

THEY CALL IT "THE GAME CHANGER OF HEALTH"

HEALTHY TO 100

The Ultimate Guide To Bullet Proofing Your Body
Against Disease, Eliminating Pain, Burning Fat and
Living Longer Stronger!

DOC OF DETOX – DR. DARRELL WOLFE

A SPECIAL NOTE

from Dr. Darrell Wolfe

We all search for good health but how would you like to have great health and experience it on a permanent basis for the rest of your life?

Just as the medical system has made health seem complicated and beyond your reach, so has the natural health industry. By the time patients' call for a consultation with me, they have crashed with the medical system and most have bought into the health fads, ineffective therapies and this season's latest nutritional breakthrough.

Our world is based on Band-Aid therapy, the '*you break it and we'll treat you but never train you*' attitude is a rotating door. Until you become the master of your own well-being - physically and emotionally, on a day-to-day basis, you will always be in emergency care. **You will never have great health until you have a personalized roadmap built specifically for you and your needs.**

This roadmap is designed to protect and guide you with gentle baby steps throughout your day, each and every day. Until you become the master of your own health and wellbeing, otherwise, trained - not treated, you will always be left disappointed, continually searching for the next quick fix.

A SPECIAL NOTE

Your potential for self-healing is limitless when you have a Supercharge Your Life roadmap built just for you! Allow me the honor to build you that roadmap and to support you along your journey.

"I am Love, I am Healed, I am Brave Heart. Today and every day from the moment I rise until I gently close my eyes, I will trust, honor, respect, protect, forgive and totally love myself first and foremost before anyone else or anything else so help me God. Because I am, I can, I am Healed, I am Brave Heart."

May you always be blessed,

Dr. Darrell Wolfe

Doc Of Detox Library:

docofdetoxlibrary.com

- The Perfect Day
- 4 Pillars Of Life
- Personalized Treatment & Training
- The EMotiona Chemistry of Cancer, Disease & Healing
- Emotional Intelligence 4 Life - Unleash Your Braveheart
- 12 Self-Loving Steps
- A to Z Wellness Guide
- Clapping 4 Health
- Spoiled Rotten
- The Domino Effect of Unhealthy Living
- Cancer An Inflammation Scar Tissue Issue
- Do It Yourself Healing
- Fasting 4 Perfect Health
- 6 Day Extended Advanced Water Fasting Challenge
- 5G & Blue Light Toxicity
- Docofdetox Calcium Ion Therapy
- Daily Cleansing Tea
- Energy Medicine Guide
- Essential Oils
- Medical Mafia
- Structured Water - The 4th Phase of Water
- The Miracle of Humic / Fulvic Acid
- The Cancer Answer
- I Am Woman

A to Z Wellness Masterclasses:

internationaltraininginstituteofhealth.com/masterclass

- Wolfe Non-Surgical Beyond Bodywork
- Become #1 At The Art Of #2
- I Am Woman
- Clapping 4 Health

Brave Heart Emotional Training:

internationaltraininginstituteofhealth.com/braveheart

Social Media:

Facebook - Dr. Darrell Wolfe

Youtube - Doc of Detox

Instagram - docofdetox

Telegram - t.me/TheDocofDetox

Bitchute - DOCOFDETOX

Doc of Detox Show:

Breakthrough Guests Every Week

Doc of Detox Q&A:

Every Monday

Practitioner Trainings:

Every Other Tuesday

(call Dr. Darrell Wolfe for information on how to join)

Written by: Dr. Darrell Wolfe/Lorie Malcolm

Publisher: Wolfe Publishing

Doc Of Detox

www.docofdetox.com

International Training Institute Of Health

www.itioh.com

Kelowna, B.C. Canada

Copyright © 2015 Dr. Darrell Wolfe Ac.PhD.

All Rights Reserved

Printed and Bound in Canada

DO NOT HESITATE TO CALL

www.docofdetox.com

support@itioh.com

Toll-free: 1 (855) 900-4544

Whats App: 1 (250) 801-0133

Skype: doc.of.detox

We love to hear from you, all your questions matter

Yours Truly,

Dr. Darrell Wolfe Ac.PhD. DNM. DHS.

Disclaimer: This publication is intended to provide helpful and informative material. It is not intended to diagnose, treat, cure, mitigate or heal or prevent any health problem or condition, nor is it intended to replace the advice of a physician. No action should be taken solely on the contents of this book. Always consult your physician or qualified health care professional on any matters regarding your health and before adopting any suggestions in this book or drawing inferences from it. The author and publisher specifically disclaim all responsibility for any liability, loss or risk; personal or otherwise, which is incurred as a consequence, directly or indirectly, from the use of, or application of, any content of this book. Any and all product names referenced within this book are the trademarks of their respective owners. None of these owners have sponsored, authorized, endorsed or approved this book. Always read all information provided by the manufacturers' product labels before using their products. The author and publisher are not responsible for claims made by manufacturers. The statements made in this book have not been evaluated by the Food and Drug Administration.

TABLE OF CONTENTS

| | |
|------------|----|
| Foreword | 19 |
| Dedication | 21 |
| Thank You | 23 |
| Intro | 24 |



CHAPTER 1: NEW WORLD NEW RULES 27

| | |
|------------------------------|----|
| New Rules New Game | 28 |
| My Generation | 39 |
| Medical Mafia | 31 |
| Back to Our Future | 41 |
| Non-GMO Shopping Tips | 46 |
| Follow Jack | 51 |
| The Liars Club | 52 |
| It's All About U | 53 |
| Good Vibrations | 54 |
| Build a Strong Foundation | 55 |
| 4 Pillars of The Perfect Day | 56 |



CHAPTER 2: THE SCOOP ON POOP 78

| | |
|---------------------------------|----|
| Things That Kill You | 79 |
| Ex-Lax Generation | 79 |
| No One Should Be Left Behind | 81 |
| Bring Health Home | 84 |
| My Quest | 85 |
| Corporation Cancer | 86 |
| What's Your Answer for Cancer? | 88 |
| Master Your Body or Pay Pay Pay | 91 |

TABLE OF CONTENTS

CHAPTER 3: EMOTIONAL CHEMISTRY OF CANCER, DISEASE & HEALING



| | |
|-------------------------------------|-----|
| Introduction | 92 |
| Cancer & The Amazing Microbes | 95 |
| Germ Theory | 97 |
| The Braveheart Way | 102 |
| Biological Conflict | 104 |
| Conflict: Cervix & Prostate | 110 |
| How Conflict Relates to The Brain | 118 |
| Biological Conflict & Breast Cancer | 127 |
| Understanding Heart Attacks | 133 |

CHAPTER 3: THE CANCER ANSWER

149



| | |
|--|-----|
| Cancer is a Fungus Cancer is a Frequency | 150 |
|--|-----|

CHAPTER 4: THE MOTHER OF ALL ORGANS

166



| | |
|-----------------------------------|-----|
| The Mother of Life | 167 |
| Not Such a Fun-Guy | 172 |
| Candida Spit Test | 177 |
| The Royal Flush | 178 |
| A Heavy Load | 179 |
| Backed Up and Feeling Down | 180 |
| The Highway to Hell-th You Choose | 181 |
| Trouble Down Below | 184 |
| When You Smell Trouble | 185 |
| They Lie, You Stink | 186 |
| The Worms Crawl In | 187 |
| Parasite Self Test | 189 |

| | |
|-----------------------------|-----|
| Sad Situation | 190 |
| Raise A Little Hell-th | 190 |
| Heart Attack or Fart Attack | 191 |
| Back Pain or Just Backed Up | 192 |
| The Wallpaper Effect | 193 |
| Capsules of Contamination | 194 |
| Bun On The Run | 195 |
| Ignorance Is Not Bliss | 196 |
| Take Life In | 197 |



CHAPTER 5: HEAL THE GUT CURE YOUR BODY 198

| | |
|---------------------------------------|-----|
| Candida Albicans: Drill Bit Predators | 199 |
| Gentle Daily Cleansing?! | 210 |



CHAPTER 6: DON'T RUSH TO FLUSH 213

| | |
|-------------------------------------|-----|
| Toilet Training and Habits | 214 |
| Stool Status | 214 |
| How to Tell a Good Stool | 217 |
| Composition of the Feces | 218 |
| Stool Investigation | 218 |
| Scoop on Your Poop Chart #1 | 221 |
| Scoop on Your Poop Chart #2 | 222 |
| Potty Training 101 | 223 |
| Educate or Constipate Your Children | 223 |
| Babies Stool | 224 |
| Toilet Training for Babies | 225 |
| Potty Training Chart | 226 |

TABLE OF CONTENTS

CHAPTER 7: ACIDOSIS

227



What's Eating You

228

The Pressure's On

230

CHAPTER 8: THE HEART OF THE MATTER

232



My Achy Breaky Heart

233

Light Hearted Eating

234

A Heavy Heart

235

Alkalize or Die

236

CHAPTER 9: THE DOMINO EFFECT

239



Your Digestive Tract - Health or Disease

243

Gassed Up, Ready to Blow

244

Trouble Down Below

248

Domino Effect of Unconscious Living

251

The Mother of All Organs

252

Bloodstream - River of Life

252

Live'R Let Die

253

Sick, Fat & Exhausted

255

Skinny on Fat

259

Kidneys in Chaos

261

The Bladder

264

The Puffball Syndrome

269

CHAPTER 10: GO DEEP

278



Contraction The Chain Reaction

279

Web of Destruction

283

| | |
|----------------------|-----|
| All Tied Up in Knots | 289 |
|----------------------|-----|



CHAPTER 11: WOLFE NON-SURGICAL RESTORATION 292

| | |
|----------------------------|-----|
| A New World Practitioner | 293 |
| Wolfe Technique and Theory | 346 |



CHAPTER 12: SCARRED FOR LIFE 359

| | |
|----------------------------------|-----|
| Invisible Bonds | 360 |
| Option One or Two | 361 |
| Realize or Crystallize | 361 |
| A Knotty Body | 362 |
| Active Becomes Inactive | 364 |
| Calcification or Crystallization | 365 |
| Muscle Spasms: Friend or Foe | 366 |
| Toxic & Twisted | 366 |
| Invisible But Deadly | 367 |
| Go Deep or Go Downhill | 368 |
| Making The Difference | 369 |



CHAPTER 13: RELEASE THE THIN WITHIN 371

| | |
|--|-----|
| Terror Within | 372 |
| The Battle of The Bulge | 374 |
| Are You Cursed or Just Confused | 375 |
| Sick & Fat or Dead | 376 |
| Pull the Trigger on Hunger | 377 |
| The Domino Effect to Weight Problems & Obesity | 378 |
| Skinny Can Be Scary | 380 |
| Toxic Time Bomb | 381 |

TABLE OF CONTENTS

| | |
|--------------------------------------|-----|
| Fat Wars | 382 |
| Increase Your Core Reduce Your Waste | 383 |
| Rescue Mission | 384 |
| Cellular Powerhouse | 384 |
| Six Steps to Great Health | 385 |
| Master Your Body | 386 |

CHAPTER 14: SPOILED ROTTEN

388



| | |
|-----------------------------------|-----|
| Hi Honey, I'm Home & I'm Starving | 389 |
| Nutrient Deprived and Hurting | 392 |
| Slow Motion Train Wreck | 394 |
| Full But Running on Empty | 395 |
| KABOOM Across The Room | 397 |
| Burnt Out On Acid | 399 |
| Bear Butt In a Rutt | 400 |
| A Tragic Love Story | 401 |

CHAPTER 15: I AM WOMAN

405



| | |
|--|-----|
| Feminine Power | 406 |
| PMS & Painful Periods | 406 |
| Balancing Act | 407 |
| The Whole Poop on and About the Female Fibroid | 408 |
| Hot Flash or Fever | 415 |
| Calcium Deposits | 416 |
| Breast Magnets | 417 |

CHAPTER 16: JUST A SPOONFUL OF SUGAR

419



| | |
|---------------------------|-----|
| For the Ride of Your Life | 420 |
|---------------------------|-----|

| | |
|-----------------|-----|
| Sweet Situation | 424 |
|-----------------|-----|

CHAPTER 17: FOODS & FREQUENCY

425

| | |
|-------------------------|-----|
| Tune In & Turn On | 426 |
| Vibrational Frequencies | 428 |
| Food Frequency Chart | 432 |
| High Frequency Foods | 433 |

CHAPTER 18: EAT WHOLE LOVE LIFE

438

| | |
|------------------------------|-----|
| Alkaline Foods | 439 |
| Acid Foods | 441 |
| Plant Based Protein Chart | 443 |
| Food Combining Chart | 447 |
| Proper Food Combining | 449 |
| Fermented Not Demented | 454 |
| Raw Food | 457 |
| Food To Live For | 465 |
| Your Daily Diet Report Chart | 471 |

CHAPTER 19: WATER: THE STRUCTURE OF LIFE

472

| | |
|-------------------------------------|-----|
| Time Bomb In a Tap | 475 |
| The Power of Your Shower | 476 |
| Swim At Your Own Risk | 476 |
| Pharmacy in a Bottle | 478 |
| Fluoride Truths | 480 |
| All Filtration is Not Created Equal | 480 |
| Filtered Water | 483 |
| Bottled Water | 484 |

TABLE OF CONTENTS

| | |
|-------------------------|-----|
| Vitamin Water | 487 |
| Effects of Dehydration | 488 |
| Daily Water Consumption | 489 |

CHAPTER 20: 5G BLUELIGHT TOXICITY 492



| | |
|------------------------------|-----|
| It's All About Light | 494 |
| Harmful Effects of Bluelight | 502 |

CHAPTER 21: NATURE'S WAY 519



| | |
|------------------------|-----|
| The Rules Have Changed | 520 |
| KISS Theory | 523 |
| Rise and Thrive | 524 |
| Small Steps Big Change | 524 |
| Daily Cleansing Tea | 525 |

CHAPTER 22: LIVE LONG CORE STRONG 535



| | |
|--|-----|
| There's More To The Core Than a Six Pack | 536 |
| Rip and Tear | 541 |
| Yoga | 550 |
| Rebound Your Way Back to Vital Health | 558 |
| Twist Your Way To A Healthier Life | 562 |

CHAPTER 23: BEAUTIFUL SKIN 566



| | |
|------------------------------|-----|
| Love the Skin You're In | 567 |
| Poisoning The Skin You're In | 570 |

| | |
|--|-----|
| Structured Water - Beautiful Skin | 571 |
| Feeding the Skin You're In | 572 |
| Face the Facts | 573 |
| Diagnostic Face Map | 575 |
| Body Talk - Signs & Symptoms of the Skin | 576 |
| Reading the Skin You're In | 580 |
| Healthy Skin Tips | 583 |
| Castor Oil Pack | 584 |
| Skin Brushing | 587 |
| U Glow | 592 |
| The Coco Salt Glow | 593 |
| Coo - Coo for Coconut Oil | 595 |
| Oil Pulling: Nature's Mouthwash | 599 |



HEALTHY TO 100:

| | |
|-------------------------------------|-----|
| Glossary of Health Terms & Ailments | 614 |
|-------------------------------------|-----|



HEALTHY TO 100:

| | |
|---------------|-----|
| Fun Terms Key | 627 |
|---------------|-----|

FOREWORD



Dr. Darrell Wolfe is not only my friend, but he's also a special kind of person whose knowledge surpasses that of most common doctors. In this book, *Healthy To 100*, you will quickly realize that Dr. Wolfe's nickname is well-deserved, as the "Doc of Detox" takes you on a galactic ride to health, while sharing essential health truths and shattering loathsome lies. "*What lies?*" you may ask.

The fact of the matter is that the majority of what you've been taught about health and medicine is a monumental myth based upon a folklore influenced by the voracious appetite of big business - specifically pharmaceutical giants ("Big Pharma"), multinational food companies ("Big Agra"), and the modern medical institutions ("Medical Industrial Complex").

Big Pharma wants to sell you a "pill for every ill" while "Big Agra" wants to sell you their "franken-foods." All the while the Medical Industrial Complex is more than thrilled to have repeat customers created by their buddies who work in both of the above businesses.

Money, money, money.... Lies, lies, lies.

The truth is that the bottom line is the bottom line.

In order to make more money, Big Pharma, Big Agra, and the Medical Industrial Complex have devised a seductive mythology that has been pounded into the consciousness of consumers everywhere. This "mind control mythology" includes some real whoppers such as, "GMO foods are healthy and needed to feed the world" and "cholesterol causes heart attacks."

If we hope to take control of our health, we must learn the truth, dispel the lies, and rid ourselves of the burden of “false thinking.” We must embrace the truth that our bodies want to be healthy and are genetically programmed to be healthy. We must realize that the simple avoidance of toxic chemicals in foods, medicines and even household products is, all by itself, a powerful strategy for radically improved health and longevity. We must realize that detoxification is essential if we want optimal health.

This book is a powerful tool. If you are interested in jettisoning the lies, which are so rampant and learning the truth about health, nutrition, and longevity, then you should follow Dr. Wolfe’s advice to the letter. Be prepared, profound changes may occur.

This book is truly a gateway to personal freedom. Read it, follow it and free your mind. From there, your possibilities are endless, who knows, you might just stay ‘Healthy To 100’.

God bless,

Ty Bollinger

Best-selling Author and Researcher and Host of

‘Quest for the Cures’

www.CancerTruth.net

www.TheTruthAboutCancer.com

**This book is dedicated to my
children for they help me to
remember.**

*Devon, Jera, Genevieve, Sage, Rayleigh,
Taylor, James & Jesse*

**If you need to remember, our younger
children have not forgotten.**

LOVE IS & LOVE HEALS
Love is the foundation of
E V E R Y T H I N G

**Beside every great man, there's an
even greater woman**

My partner & co-author, Lorie Malcolm

THANK YOU



Feel free to share this inspirational knowledge with family,
friends and loved ones. Together, we make the difference by
empowering others, showing them that we can Master not
just our bodies but our lives and live
'Healthy To 100'.

"The secret of getting ahead is getting started."

- *Mark Twain*

IT'S ONLY THE BEGINNING

Healthy To 100 belongs to everyone and we're here to share ours with your Whole Family. My name is Dr. Darrell Wolfe. I'm known as the 'Doc of Detox'. I have been compelled to write this story for some time now. Until the year of 1999 I headed up one of the most successful and well-known clinics on the World Wide Web regarding health and longevity. I am now the founder and director of the '*International Training Institute of Health*' and '*Doc of Detox*'. I consult, teach and lecture internationally on longevity, chronic illness, anti-aging, detoxification and Non-Surgical restoration. Health has been made to look and feel complicated not just by our health care system and supplement industry but also by the outdated information that most have been taught and continue to use as a foundation for their well-being. When we live in a system, we absorb that system and we think only in that system. It's time to reevaluate your **Belief Systems** or settle into the idea that pain and disease are normal... but in no way should they be considered Natural. In my former practice we carried hundreds of products and many rigorous, deep cleansing programs. Is more, better? I think not. After 35 years my foundational philosophy on health and nutrition has significantly changed due to a new reality. I feel that I have gone full circle, experiencing an amazing paradigm shift. For me I have now narrowed it down to the Four Pillars of Health. This being Structured High Frequency Water, Gentle Daily Cleansing each and every day, Whole Plant Based Superfood Nutrition and last but not least revitalization of the largest organ of the body, that being your skin. Once you truly understand the cause that undermines your health, your

IT'S ONLY THE BEGINNING

longevity, your weight and the rest of your life, you will be set free of the fear and pain that can keep you feeling helpless and even hopeless. This I promise. This book is about truthful answers, guiding you to have the greatest partnership with your body. This partnership is the most important relationship you will ever have. When two come together there are no limits. You will be The Cure that you wish to see.

This book is all about **U** and how you can overcome even the greatest health challenges. Get ready to break out of the unconscious construct that creates limitations for you without you even knowing it. You may have tried all kinds of personal health programs and/or self-improvement techniques but unless you have a strong foundation from which to come, everything else you do will not give you the desired or permanent results for which you search. What is the real core reason why you don't seem to be in the driver's seat when it comes to your health? What is the real core reason why you seem to struggle no matter how hard you try? Why do some people's lives seem to flow effortlessly when it comes to their health, while others struggle with the same type of recurring health problems? Right now you may be in pain or may know someone in pain or with a debilitating disease. Do you believe that there have been others in this condition or worse, that have completely healed themselves? I can assure you, there have been thousands and hundreds of thousands to come. When you change the rules, you not only change the game... **U** change your life and those around you.

Understanding the rules is the key because it puts you in a powerful position from which you can take and shape your health. For many people, their lives are unconscious living. Not

being aware of it, they don't understand why their health is a struggle despite their efforts to do everything right. Once you have a strong foundation from which to proceed you will no longer be doubtful or uncertain or fearful about your health. You will see things for what they truly are and not the way others would have you see. Let's pull back the curtains and make sure that your **B**eliefs **S**ystems are not outdated, that they're truly yours and here to serve only your greater good.

NEW WORLD – NEW RULES



Go to: docofdetox.com/library
to read and watch the videos in the '*Perfect Day Lifestyle Guide*'

"You will never win the game if you don't understand the rules.
New Game, New Rules, New Life... get cracking!"

- Dr. Darrell Wolfe, Doc of Detox

NEW RULES NEW GAME

In a galaxy not so far, far away, there is a planet so rich in resources that it is the envy of all other planets. The only problem is most of the inhabitants who reside on this planet are infected with a virus known as *'unconscious living'*. What if the power to manage and heal your body was taken away? What if you were lead to believe you never had the power to manage or heal your own body? What if you were given a manual to manage and heal your body but it was based on half-truth, deception, or even worse, was dangerous to your health and life itself? This same manual was also given to everyone else and handed down from generation to generation, so if majority rules, this would be considered ***The Health Guide*** for one and all to follow.

So how's that working for **U**? Just think if you lived on such a planet where polluting fresh air and clean water was a part of the accepted norm, a planet where it was normal to deplete the soil of its minerals and microorganisms. Where bottled water and processed, cooked and denatured foods, wrapped in plastic was considered healthy. Where drinking and bathing water was laced with numerous chemicals and not questioned, and taking the garbage out to the street was more important than taking it out of your own body. A planet where watching your family and friends become pain ridden, sick and diseased is also *the norm* and where a medical breakthrough is continually mistaken to be a health breakthrough.

"When you are no longer a pawn you will become the King and Master Your Life and Be The Cure."

- Dr. Darrell Wolfe, Doc of Detox

Where new and improved replaces nature, and advanced technology is absent of advanced thinking. A planet where drugs are the most popular therapy to suppress pain on an emotional and physical level and is ordained as '*the cure*'. We are all waiting for '*the cure*'.

You can run for it, beg for it, pray for it, but until you go for it on a personal level, you will never own it. But isn't that the plan? Welcome to **Planet Earth**. Sorry, the **H** belongs at the beginning.

MY GENERATION

My generation is not living longer, happier or healthier. Our western culture is so Hell-th bent on ignoring, disbelieving and purposely '*man-ipulating*' **The Whole Truth** because it's every man for himself (primitive culture). For my children's generation one out of every three at the age of eighteen will not be able to buy life insurance due to chronic illness and will have a fifteen year shorter lifespan. If we continue down this path of letting others **Master our Lives** we will die in pain and in debt. We are all One. When one suffers we all suffer.

Turn your backs on those who view you as a commodity. They have no intention of serving your greater good. Be an example for your family and friends, but mostly for your precious children because they are the future. Be a wise consumer.

Trust no one until they have earned the right and prove they are dedicated to your well-being for these are cautious (toxic) times. As a father and a practitioner I will not sit on the sidelines. I am not here to blow my horn. I am here to sound the horn to help

you remember what you already know. The book you hold is a simple, yet groundbreaking self-empowering guide, drawing on notions built on decades of practice, research and proven success.

REMEMBER WHO YOU ARE

As a result, millions of North Americans are turning to the comprehensive and authoritative guidance this book offers. The truth is human longevity is decreasing with my generation, whereas complaints revolving around the quality of life are dramatically rising. The first sign that a **system is broken** is when that system doesn't work. Welcome the first generation of children in history that will live sicker and die younger as long as their parents remain unconscious to the fact that the food chain is completely broken.

The million-dollar question can now be proposed: "What is quantity without quality?"

If we continue along this path we will have neither quantity nor quality. It is vital that one does not follow the majority. Take a look around. How do you feel about the direction that you and your family are headed? In the US alone, every 60 seconds, someone dies from cancer and every 3 minutes, someone new is diagnosed with cancer. A Northern Sydney Cancer Centre in Sydney Australia found that **Chemotherapy** is 2.3% effective at a 5-year survival rate. If we continue to follow the money, mankind will find a great betrayal to both its well-being and its happiness. Invest in your greatest commodity... **U** are precious, **U** are The Cure you seek.

“When we’re ready and willing to face The Whole Truth about Our Health, we no longer have to Die by The Lie.”

- Dr. Darrell Wolfe ‘Doc of Detox’

MEDICAL MAFIA: BUYER BEWARE OR BUYER BE DEAD

What I’m about to tell you is the greatest un-health story never told!

In my opinion the medical industry is nothing short of a “Church filled with health mysteries, illusions and unanswered questions.” This in itself leaves most people living in fear of their lives, doubting their own ability to Master their health and well-being.

The definition of **FEAR** is:

False

Evidence

Appearing

Real

The American Medical Association has made Medical Doctors the equivalent of ‘high priests’, which leaves the majority of the population left to believe that only doctors hold the answers and the power to heal. The foundation on which medical health is now based, is absent of logic and is disempowering for those who do not question its self-ordained authority. I don’t think people realize that traditional medicine such as Chinese and

Ayurvedic medicine have been in use for over 3,000 years, while modern medicine has only been around for a little more than 100 years.

People have been using cleansing herbal teas and dietary remedies since the beginning of recorded history. We're talking thousands of years of proven and effective therapies that work in harmony with the human body, without dangerous side effects.

Hippocrates, the Father of Medicine stated, "Let food be thy medicine and medicine be thy food."

The reality today is that the M.D. 'emperors' who created this new reality are only interested in money and the power to control the fate of our health. Why do I say this? Well, in order to fully comprehend and understand the current rules and guidelines that our medical system follows in the U.S. and Canada today, we must turn the clock back 100 years to the beginning of the 20th century in order to get a clear picture of the plot to end natural health and self-healing.

The year is 1900 and the American Medical Association, known as the AMA, is weak, unorganized and has very little money and very little respect from the majority of the population. Herbalists, Homeopathic Doctors and Chiropractors were the therapists of choice at this time and flourished, while medical doctors were struggling just to make a living.

For the AMA to survive, what was known to be the 'Council on Medical Education' was established in 1904. They stated that their mission was to "upgrade medical education." This, in

itself, was a noble goal - if it were true. However, the Council on Medical Education had actually devised a plan, otherwise known as the 'Evil Plot', to rank all the medical schools throughout the country. Their guidelines were dubious, to say the least. For instance, just having the word 'homeopathic' in the name of a medical school reduced its ranking because the AMA asserted that these schools taught 'an exclusive dogma'. Otherwise, all viable competition became the target; otherwise, they were now on the hit list.

However, by 1910, the AMA was out of money and didn't have the funds to complete their makeover or should I say takeover. Around this time The Rockefellers had joined forces with The Carnegie Foundation to create an 'education fund'. They were approached by N.P. Colwell, who was the secretary of the Council on Medical Education.

His request to them was to finish the takeover of the health industry that they had started. Rockefeller and Carnegie both agreed to finish what the AMA could not. Simon Flexner, who was on the Board of Directors for the Rockefeller Institute, proposed that his brother Abraham Flexner, who knew nothing about medicine, be hired for the project.

Despite his lack of medical knowledge, the plan was to 'restructure' the AMA, otherwise the American Medical Association, to 'certify' medical schools based solely upon Flexner's recommendations.

Eventually, Flexner submitted his report to The Carnegie Foundation entitled 'Medical Education in the United States and Canada,' which is also known as the 'Flexner Report'. Not

surprisingly, the basis of the report was that it was far too easy to start a medical school and that most medical schools were not teaching 'sound medicine'. Let me translate this for you: These natural health colleges were not pushing enough chemical drugs manufactured by, guess who? The companies owned by Carnegie and Rockefeller.

So to make a long story short, the AMA, who were "evaluating" the various medical colleges, made it their job to target and shut down the larger, respected homeopathic colleges. In 1910, the Flexner Report recommended, "strengthening medical courses in pharmacology, otherwise drugs, and in addition to this, they establish drug research departments at all schools that they deemed to be qualified."

Carnegie and Rockefeller began to immediately shower hundreds of millions of dollars on those medical schools that were teaching drug intensive medicine. Predictably, those schools that had the financing, churned out the better doctors or should I say, 'the more recognized doctors'.

In return for the financing, the schools were required to continue teaching course material that was exclusively drug oriented, with no emphasis put on natural medicine. I love when a plan comes together. As we all know when it comes to free money, there are always strings attached.

In this case, the Rockefellers and Carnegies were more than happy to place one of "their guys" on the board of directors at each and every medical school that accepted their funding. The end result was that all accredited medical schools became

CHAPTER I - NEW WORLD NEW RULES

heavily oriented toward drugs and drug research. It was no longer normal to be Natural. Health now had become patented and synthetic.

By 1923, the 22 homeopathic 'medical' schools that flourished in the 1900s dwindled to just 2.

By 1925, over 10,000 herbalists were out of business.

By 1940, over 1,500 chiropractors would be prosecuted for practicing "quackery."

By 1950, all schools teaching homeopathy were closed.

In the end, if a physician did not graduate from a 'Flexner-approved' medical school and receive an M.D. degree, then he or she could not find a job.

This is why today M.D.s are so heavily biased toward synthetic drug therapy and know little about nutrition, if anything. They don't even study what makes a healthy body; they study disease. Modern doctors are taught virtually nothing about nutrition, gentle daily cleansing, wellness or disease prevention. Expecting a medical doctor to guide you on health issues is sort of like expecting your local butcher to perform surgery on you. It's simply not an area in which they have been trained.

Since the Flexner Report was released, have we seen any progress? 100 years ago if a medical doctor saw a case of cancer he would call on his colleagues because it was felt that they may never see this again, since cancer was so rare. Diabetes

was practically unheard of, atherosclerosis (hardening of the arteries) was nonexistent, and the term “heart attack” hadn’t even been coined yet.

“Whenever a doctor cannot do good, he must be kept from doing harm.”

- Hippocrates, the Father of Medicine

The only thing that remains of Hippocrates is the hypocrite.

Today, cancer is an epidemic. According to the WHO in a 2010 study, 41% of the people alive today will face a diagnosis of the “Big C” (and that number was pre-Fukushima). Heart disease is rampant, and diabetes is at epidemic proportions. Infant mortality is up; birth defects are up. Even closer to home, over 66% of North American adults are overweight.

What did our great-grandfathers and great-grandmothers eat? Fresh vegetables, fresh fruits, bread from fresh grains, meat, butter, and cheese from grass-fed cows and eggs from free-range chickens. None of it was processed with drugs, chemicals or additives.

Amish children are remarkably immune to allergies, says an expert. The Amish, it seems place themselves at risk everyday of their lives, they refuse to vaccinate their children, exposing themselves to disease and they drink raw cow’s milk exposing them to salmonella, they even, and this is really disturbing, favor natural food, yet they are far more healthy. What’s up with that?

CHAPTER I - NEW WORLD NEW RULES

Until the majority of the population is more interested in being than having, we will remain primitive and feed off each other's pain and suffering for power and money. Love is the only answer, ignorance brings chaos. When the innocent are unable to make logical decisions they become prey to the predator.

Our government and medical system is a direct reflection of the self-worth of the majority of the population.

We get what we get because we do not demand better for ourselves, from ourselves. Until we truly become self-centered and look within, doing loving acts for ourselves, we will never claim our universal right, this being the true joy of living.

Why is a Whole Plant Based Diet and Gentle Daily Cleansing not taught by those who we've entrusted with our health care? This information would create individual self-empowerment and an economic crash for those who have been feeding off of us physically, emotionally and let us not forget, financially for almost 100 years.

Why is it that 80% of oncologists, when asked, would not give the standard medical treatments for cancer to their family or themselves, which they give to their patients? Let logic prevail, a 2.3% survival rate after 5 years is not successful, last time I checked, 2.3% was considered a failure, that's why!

What is all this health mystery? First, let's be perfectly honest. Medical doctors treat symptoms. Our fear and confusion comes because doctors talk about our symptoms using Greek terminology, which makes us feel helpless and vulnerable,

causing a communication breakdown and dis-ease within us. If we cannot even understand what the condition (symptom) even means, then how can we even begin to heal ourselves?

Some examples are:

Polymyalgia: poly means many. my means muscle. algia means pain. Which means you have pain in many muscles. This is not a disease. When we become backed up with toxins, the body stores these toxins in the muscles to protect our vital organs.

Fibromyalgia: fibro means fiber, my means muscle, algia means pain. This means you have fiber muscle pain. This is not a disease. This is pain that moves throughout the body due to inflammation created by a toxic lifestyle.

Arthritis: arthro means joint, itis means inflammation. This means you have inflammation in your joint(s). This is not a disease. This is inflammation due to acidosis, which is also not a disease but a symptom of an incorrect lifestyle.

Colitis: col means colon, itis means inflammation. This means that you have inflammation of the colon. This is not a disease. This is a plumbing problem where the body's sewage system has become a cesspool.

I don't think you will die from this, although it sounds like you could. I think you get the point. There are hundreds of other symptoms that have been given hard to understand names that can leave you feeling helpless, hopeless and living in fear, but isn't that the point? For every new toxic symptom that we

CHAPTER I - NEW WORLD NEW RULES

experience our medical system will create a brand new disease with another breakthrough drug to suppress the symptoms. A Pill For Every Ill, Dumbed down and drugged up!

When treating symptoms is the focal point of your health care you will be lost and forever in pain. Have you ever noticed when we make pain the enemy and run from it, we're always in it? Symptoms are your body's communication system, guiding you to the truth. Shutting down symptoms by using drugs is breaking communication with your body. It's a partnership, as in a marriage you may end up with a divorce, where as with your body, you're sure to get a disease or end up dying, prematurely.

People will wake up to their own innate healing ability when they can no longer stand this maze of pain, fear and confusion created by the status quo.

We are what we think, say and do. If you live your life and measure the state of your health by the average normal person today, then you have signed up for a life sentence that only you can break free from. Release yourself from the invisible bonds of fear and illusion.

We must filter the information that does not serve or support our health vision.

We must protect ourselves from the "system." Place your focus on the most important system, this being your digestive system.

We will never do better until we know better. Refuse to be spoon-fed! Educate before they medicate.

Start keeping a Health Evidence Journal. Become self-centered, you are the only true navigator of your body, and only the body heals. We must learn how to protect ourselves, from ourselves and from those that wish to make money from our lack of wisdom. Please do not forget that you were created by your Creator, to create. Take back your power and create that which is your universal right, great health. Be the cure that you search for!

BREAK THE CHAIN

When treating symptoms is the focal point of your health care you will be lost and forever in pain. *Have you ever noticed when we make pain the enemy and run from it, we're always in it?*

Symptoms are your body's communication system, guiding you to the truth. Shutting down symptoms by using drugs is breaking communication with your body. It's a partnership, as in a marriage you may end up with a divorce, where as with your body, you're sure to get a disease or end up dying, prematurely.

People will wake up to their own innate healing ability when they can no longer stand this maze of pain, fear and confusion created by the status quo.

We are what we think, say and do. If you live your life and measure the state of your health by the average normal person today, then you have signed up for a life sentence that only you can break free from. Release yourself from the invisible bonds of fear and illusion.

CHAPTER I - NEW WORLD NEW RULES

We must filter the information that does not serve or support our health vision.

We must protect ourselves from the “system.” Place your focus on the most important system, this being your digestive system.

We will never do better until we know better. Refuse to be spoon-fed! **Educate before they medicate.**

Start keeping a Health Evidence Journal. Become self-centered, you are the only true navigator of your body, and only the body heals. We must learn how to protect ourselves, from ourselves and from those that wish to make money from our lack of wisdom. Please do not forget that you were created by your Creator to create. Take back your power and create that which is your universal right, great health. **Be The Cure that U search for!**

Nature alone can cure disease; doctors cannot heal. They can only direct the sufferer back to the pathways of health. Nature alone can create and healing is recreation.

- Dr. William S. Sadler

BACK TO OUR FUTURE

To understand the cause of our new reality we must go back in time. Until WW2 agriculture in North America increased gradually. After WW2 there were rapid changes in farming methods due to an increased demand for food. The truth be known, drug and chemical corporations were left with tons of nitrates and phosphates from weapon manufacturing. Being savvy marketers this concoction of *N* (nitrogen) *P* (phosphorus) *K* (potassium) became a very cheap fertilizer sold to farmers to

boost their crops. From 1940 to 1944 there was a 50% increase in the use of chemical fertilizers resulting in larger crop returns. With the use of DDT and other synthetic pesticides, farmers were able to have continuous cropping on large acreage. Productivity from 1950 to 1975 increased more than any other time in history. This period marked the beginning of the end of nutrient rich food due to the depletion of essential minerals and microorganisms (good bacteria) in the soil. During this period crop output increased by more than half but along with this came a 400% increase in the use of pesticides and chemical fertilizers.

The new reality is that because farmers were forced to use chemicals to stay competitive, our food no longer supports human life as Nature intended. Yes, these crops that we eat look vibrant on the store shelves but fall short for human consumption; all show - no grow, they lack the foundational essential minerals and micronutrients. Our bodies need 59 nutrients on a daily basis including 13 **vitamins** and 22 **minerals** without compromise. *NPK fertilizers* contain no more than 8 of these essential minerals (oops). It doesn't end here, once out of the ground the food is processed, removing more vital nutrients by removing grain husks, blanching, boiling, baking, steaming, bleaching, freezing and microwaving.

It then has to travel thousands of miles to your table in most cases. Don't waste your money; eat local, organic and fresh.

Due to mineral depleted soil, US farmers in particular are now starting to rely on genetically modified (GM) versions of plants to overcome problems of decreasing growth and yield. This is a direct violation against Nature. If there were a third

world war this would be it. You must now take a stand and guard against these impostors who tell us they have our best interest at heart.

As a consequence, from trying to outsmart Nature, primitive cultures are now better nourished than we are. You will only be as strong as the soil your food is grown in. We are a direct extension of Earth. If we do not take steps to search out high frequency, Whole Plant Based, nutrient rich, Superfoods, you risk not only your health but also your life.

Whole Plant Based Foods are the cornerstone to life on this planet. Nobel winner Dr. Linus Pauling stated that for every disease, sickness and ailment there is a mineral deficiency attached to it. Without minerals your cells cannot function properly.

Today only 2% of US farms produce 70% of the vegetables, 50% of the fruit and nuts, and 35% of the poultry products grown and raised. As more and more family farms become extinct we are seeing lower quality foods and an increase in disease. The last great battle to keep integrity within our foods was when Willie Nelson was fighting to save *'the family farm'* from the corporate world. *Why is it that there is always an integrity issue when a monopoly is created?* **The bottom line is, the productivity has definitely increased but with many detrimental environmental effects such as rapid erosion of fertile top soils and contamination of our water supply from the chemicals used.** An average of 10 times as much soil erodes from American agricultural fields as is replaced by natural soil processes. For Inch of agricultural topsoil to form it

takes up to 300 years, so 'lettuce' root in and take charge of our own lives, while we still have them.

SOWING THE SEEDS OF DEPLETION

Step One - Use chemical fertilizers to increase productivity (profits). Dr. Drucker of Drucker Labs stated that nutritional crops require 70 trace minerals but currently regular farming methods only use 3-5 of these. Using only three to five minerals makes for a very low vibrational soil supplement, non life-sustaining!

Step Two - Allow minerals and microorganisms to be depleted from the soil and not replaced = low vibrational soil.

1992 Earth Summit Report - Average Percentage of Mineral Depletion From Soil During The Past 100 Years; -North America 85% -South America 76% -Asia 76% -Africa 74% -Europe 72% -Australia 55%

Step Three - Crops are now in a weakened state due to lack of minerals so pesticides, herbicides and fungicides must be used to prevent total loss (low vibrational crops). Corporations create the problem and then come to the rescue. Fill your pockets twice and **fill the humans with toxins**. *Are you aware that plants can make vitamins, amino acids and fatty acids only if they are grown in soils abundant in minerals?*

Step Four - Feed the Humans and the Animals with vegetables, fruits and grains that are deficient in minerals, chemically laced and genetically modified. **Low vibrational foods create a lower immune system in humans and animals causing pain, sickness and disease.**

CHAPTER I - NEW WORLD NEW RULES

Step Five - The Female Humans and the animals are now suffering from hormonal imbalance and consequently require hormone therapy replacement. All are becoming sick and can no longer fight off viruses, bacteria and fungus because of the lack of minerals and the abundance of toxic sprays anointing all of their food. Those who have helped create the problem are the ones coming to the *rescue* with **antibiotics** and **pharmaceuticals** to help combat our infections creating even more pain, inflammation and cellular mutation within us. Fill your pockets three times and ***fill the humans with drugs***. Lower vibration in food weakens the immune system of humans and animals. In turn, they become weaker and they themselves become prey to infectious invaders. You will not experience the negative effects of infectious invaders unless you vibrate at their level. The Swamp always comes before the Mosquito.

My Grandparents

They grew up in a simpler time. At least their environment including the air, water and food were pure. Even the ambient electromagnetic fields were at least familiar to all living things. What was naturally the norm and pure we must now pay a premium for or it is no longer available for many of us.

So Where Did We Go Wrong?

By blindly trusting and following the authorities and experts of the day, we have unknowingly put our family's health, financial worth and their lives at risk.

"A foolish faith in authority is the worst enemy of the truth."

- Albert Einstein

NON-GMO SHOPPING TIPS

How to avoid foods made with genetically modified organisms (GMOs)

What is a GMO?

Genetically modified organisms (GMOs) are made by forcing genes from one species, such as bacteria, viruses, animals, or humans, into the DNA of a food crop or animal to introduce a new trait.

Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported that, "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.

Many physicians advise ALL patients to choose healthier non-GMO foods.

Buy Non-GMO Brands

Use your consumer power and invest your food dollars in non-GMO products. A decade ago, a consumer driven tipping point kept GMOs out of the food supply in the European Union in spite of government approvals. If sufficient numbers of US shoppers avoid GM ingredients, then food companies here won't use them. The critical number for a US tipping point could be as few as 5%, which is around 15 million health conscious shoppers choosing non-GMO brands.

Visit ResponsibleTechnology.org to:

- Learn about GMO health risks and safe eating alternatives
- Sign up with the Tipping Point Network to join forces with other non-GMO activists
- Explore their Resources section and Facebook page to share information with others
- Sign up for their free electronic newsletter
- Find out if there is an event or speaker training workshop near you

Frankenstein Foods

Invisible GM Ingredients

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following ingredients may be made from GMOs.

- Ascorbic acid (vitamin C)
- Aspartame (also called Amino-Sweet®, NutraSweet®, Equal Spoonful®, Canderel®, BeneVia®, E951)
- Baking powder
- Canola oil (rapeseed oil)
- Caramel color
- Cellulose
- Citric acid
- Cobalamin (vitamin B12)
- Colorose
- Condensed milk
- Confectioners sugar
- Corn flour
- Corn masa
- Corn meal
- Corn oil
- Corn sugar
- Corn syrup
- Cornstarch
- Cottonseed oil
- Cyclodextrin
- Cysteine
- Dextrin
- Dextrose
- Diacetyl
- Diglyceride
- Erythritol
- EqualFood starch
- Fructose (any form)
- Glucose
- Glutamate
- Glutamic acid
- Glycerides
- Glycerin
- Glycerol
- Glycerol monooleate
- Glycine
- Hemicellulose
- High fructose corn syrup (HFCS)
- Hydrogenated starch
- Hydrolyzed vegetable protein
- Inositol
- Inverse syrup
- Inversol
- Invert sugar
- Isoflavones
- Lactic acid

CHAPTER I - NEW WORLD NEW RULES

- Lecithin
- Leucine
- Lysine
- Malitol
- MaltMalt syrup
- Malt extract
- Maltodextrin
- Maltose
- Mannitol
- Methylcellulose
- Milk powder
- Milo starch
- Modified food starch
- Modified starch
- Mono and diglycerides
- Monosodium glutamate (MSG)
- Nutrasweet
- Oleic acid
- Phenylalanine
- Phytic acid
- Protein isolate
- Shoyu
- Sorbitol
- Soy flourSoy isolates
- Soy lecithin
- Soy milk
- Soy oil
- Soy protein
- Soy protein isolate
- Soy sauce
- Starch
- Stearic acid
- Sugar (unless cane sugar)
- Tamari
- Tempeh
- Teriyaki marinades
- Textured vegetable protein
- Threonine
- Tocopherols (vitamin E)
- Tofu
- Trehalose
- Triglycerides
- Vegetable fat
- Vegetable oil
- Vitamin B13
- Vitamin E
- Whey
- Whey powder
- Xanthan gum

Tips to Avoids GMOs

Although most Americans say they would avoid brands if labeled GMO, unfortunately labels are not required. Here are 4 tips to help you shop non- GMO.

Tip #1: Buy Organic

Certified organic products cannot internationally include any GMO ingredients. Buy products labeled “100% organic,” “organic,” or “made with organic ingredients.” You can be

doubly sure if the product also has a Non- GMO Project Verified Seal.

Tip #2: Look for Non-GMO Project Seals

Products that carry the Non-GMO Project Seal are independently verified to be in compliance with North America's only third party standard for GMO avoidance, including testing of at-risk ingredients.

The Non-GMO Project is a nonprofit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices. NonGMOProject.org

Tip #3: Avoid at-risk Ingredients

If it's not labeled organic or verified non-GMO: Avoid products made with ingredients that might be derived from GMOs (see list). The eight GM food crops are corn, soybeans, canola, cottonseed, sugar beets, Hawaiian papaya (most), papaya from China, and a small amount of zucchini and yellow squash.

Sugar: If non-organic products made in North America list "sugar" as an ingredient (and NOT pure cane sugar), then it is almost certainly a combination of sugar from both sugar cane and GM sugar beets.

Dairy: Products may be from cows injected with GM bovine growth hormone. Look for labels stating No rBGH, rBST, or artificial hormones, or check brand listings at: NonGMOShoppingGuide.com

Tip #4: Download the Guide

Visit NonGMOShoppingGuide.com to download the growing list of non-GMO products available and check out the iPhone application, ShopNoGMO free at the iTunes store.

The Institute for Responsible Technology is a world leader in educating the public about genetically modified foods and crops. Founded in 2003 by GMO expert Jeffrey M. Smith, IRT has worked in more than 30 countries designed to achieve the tipping point of consumer rejection of GM foods in the US.

Help Us Reclaim a Non-GMO Food Supply!

Online: ResponsibleTechnology.org

Buy Non-GMO Brands

Spend your food dollars on healthier non-GMO brands!

Visit: NonGMOShoppingGuide.com or download the iPhone app: ShopNoGMO for a list of non-GMO brands.

Educate or Mutate.

Hop to it your body's counting on it.

FOLLOW JACK

OR BECOME A LEADER...

Great health is a right, so it's important to not to give it away. If you have given it away, claim your universal right and take it back. When we do not have the proper tools to make wise decisions for our families and ourselves, we allow others to orchestrate our fate. That ends here with this book. If we do

not program our minds with **The Whole Truth About Health**, then we put our families and ourselves in great jeopardy. Our loved ones are counting on us, so don't leave it in the hands of strangers; bring health home under your control.

As my kids used to say, "STRANGER DANGER." When it comes to the medical system and our government embracing and endorsing **Whole Plant Based Foods for a Whole Life**, I have one thing to say, I believe this will not happen in my lifetime because the majority follows Jack. My ultimate desire is that '*Healthy To 100*' will help us remember what we already know and who we really are. Let us rise to our greatness and claim our independence. As you read this please think of others for whom this information may serve to help them remember. ***Are you ready to be the Master of your health and well-being?***

THE LIARS CLUB

Knowledge is great but wisdom is everything. Almost all corporations who grow and process our food have hardly any or no integrity. They starve us nutritionally and poison us slowly, which eventually drives us to the drug companies who have no integrity. In turn, both of these sectors lobby our government, which in turn puts laws in place to strengthen their foothold on our well-being. '***\$erve and protect***' went out the door with '*Follow the \$*'. If you wish for a health care system to function like one, then the information needs to be based on health, duh! The average drug has seventy known harmful side effects. Whatever happened to *do no harm*?

Whatever happened to the truth, The Whole Truth and nothing but the truth? There is a natural plan for every condition with only one side effect and that being the power to assist your body in its natural healing process. It's amazing how mankind truly believes he can outsmart millions of years of evolution when it comes to Nature, nutrition and the human body. Man can enhance Nature but when Jack tries to '*man-ipulate*' her, he is playing a very dangerous and deadly game with your life... **Nutritional Strategy** or **Medical Tragedy**?

IT'S ALL ABOUT U

The only way health will ever become simple and long lasting is when you start making **U** responsible for your health on a daily basis. There will no longer be a need for anyone to save you; you write your own story, you always have. Be the *cure* you wish to see, there is power in keeping things simple. Keeping your health was never meant to be complicated or just out of reach (the shell game). If it's out of reach it's because you made it that way, you put it in someone else's hands because they said they knew better. Our way of thinking must change, we need to look within ourselves and allow Nature to guide us.

Don't look to humanity to fix your body; they never created it. Return to Nature, **the source** of all true healing. Nothing is **gentler**, more **life- giving** or more forgiving than **Nature**. It is only Natural to get well and stay healthy when you embrace **her** on a daily basis. We all must awaken the potential that lies within us from a **foundation of whole living**; it's only Natural. Drink Life In, Take Life On, Rebuild, Gently Cleanse Daily and Restore Balance. Your body and your health have always been

your responsibility, no one else's. If there's going to be a hero to your story, it must be **U!**

GOOD.♪ GOOD.♪ GOOD.♪ GOOD VIBRATIONS

YOU ARE WHAT YOU EAT, YOU ARE WHAT YOU THINK

Frequency is Everything and Everything is Frequency. Frequency and Vibration are one in the same. Vibrational frequencies can range from high to low. Just as in life, we have light and darkness, health and sickness. They are opposites of each other. Vibrational frequencies can also be negative or positive meaning they either create life force or they drain it. Have you ever walked into a room of people and felt a high vibration that made you surge with energy and happiness? Have you ever walked into a room of people and felt a low vibration that made you feel uneasy and weak, as if something or someone has drained the Life Force from you? If vibrational frequencies are everything wouldn't it stand to reason if you intake low vibrational substances, whether it be water, air or food, over time you would then vibrate at that frequency. Higher frequency food when eaten will eliminate lower frequency substances in the body such as infectious invaders, toxic chemicals, heavy metals and disease. Another effect is increased energy and a higher immune system. When lower frequency food is ingested your cells will take on this lower vibration. The result of low vibrational food is the depletion of minerals, micronutrients, metabolism and vital energy. This opens the door for infectious invaders and acidosis. Low vibration will also affect your emotions causing you to become lethargic and depressed. The emotional body will usually

follow the physical body and vice versa. Your body is a living, breathing antenna, so make conscious choices.

BUILD A STRONG FOUNDATION

What if you could have the health and body you always dreamed of and would never feel the need to take another pain **killer**? This is not a tall order to fill. **First we must build a strong foundation** that supports and protects the body on a daily basis. This being the choices we make throughout our day, every day. Then, and only then, is when we should start to fill up our cupboard with more bottles. I will show you why deep cleanses are not ideal in today's environment and that Gentle Daily Cleansing, The 4 Pillars of the Perfect Day, along with what you take into your mind everyday outweighs any medical or single nutrient breakthrough. For years I have been known as the '*Doc of Detox*'. If I could show you the major cause of how we unknowingly become sick emotionally and physically, in pain and overweight and how you can truly become the Master of your Body, does that interest you? How would this make you change the way you look at life? How would this affect the rest of your life? Never again searching for the next weight loss miracle or miracle cure or painkiller. Near the end of our life when we look back it won't be about the money or the big house. It will be about the difference we have made with our loved ones... with everyone. I know that I can't stop the war on cancer or end starvation, but what I do know is that I can make a difference one person at a time. Small, simple, life changing steps create big change. Take the next step and click on The Perfect Day Lifestyle Guide at docofdetoxlibrary.com and take massive personal action or call us for your own Perfect Day Consultation for perfect health.

WELCOME TO THE 4 PILLARS OF THE PERFECT DAY LIFESTYLE

The first thing we must come to realize, if we desire a positive, healthy and permanent change in our lives, is that corporate health care has turned everyday health care into a 9-1-1 emergency. When we finally awaken to this fact, and embrace the art of self-care and self-love with gentle baby steps each and every day, we will never have to pay with our health again. How would it feel to master not just your mind, but your body and everything connected to creating the Perfect Day from the moment you rise until you gently close your eyes. We all have the power to turn on this god-given gift.

We were created by our creator to create. We are creating at every moment, whether we are conscious of this fact or not. When you are an unconscious creator, you live by default and not design. This way of living locks you down in 'survival mode'. Yes, you will get some of what you want, but guess what? You will also get some of what you don't want because you are not in control – someone else is. You must become the master architect and leading star of the blueprint called 'your life'.

What if you could create the Perfect Day each and every day for the perfect life?

What if you never felt threatened by disease again?

What if you never felt the need for another medical check-up?

What if disease and weight imbalance were a thing of the past?

How would it feel for you to master body-pain and energy?

Let us never forget that the invisible has always created the physical. Your thoughts make and shape you. Yes, they create you. Until we make a conscious decision to change parts of our personality, we will never change our reality nor the world we live in. Health and healing are an inside job; help is not on its way, because you always were the way. Yes, you are the only way; you are the only one with the power to create your Perfect Day.

Understand this, our planet has never been so toxic on an emotional and physical level. Our families have never suffered so much pain, inflammation and disease as they do today. The suffering most have come to accept as normal is intentional; we have been 'sold off by the pound' by a corporate agenda that has no pulse, no heartbeat and no human consciousness. That being said, let me put your mind at ease. When you finally take massive personal action by creating the Perfect Day, and repeating it each and every day with gentle self-loving steps, you will reclaim your god-given right to vibrant health and happiness, restoring balance, energy and peace of mind that will last a lifetime. The continual repetition of self-empowering beliefs is the only true way to master one's life on this planet. Welcome to the game. Learn the rules, know the players and become a Brave Heart Warrior for yourself and those you love and care for.

Let me make this perfectly clear, mankind is not kind. Nature has always held the answers you seek, if your desire is to uncover and discover your authentic self. Unlock your genius today; deep within you lies the power to heal your world.

Here are just some of the benefits you and your family will experience when you embrace the Perfect Day Lifestyle:

- A lifestyle completely designed for health and happiness
- A pain-free body
- Pain-free joints
- Healthy tissues and organs
- Healthy, glowing skin
- The perfect body weight
- Mental health, clarity and focus
- Balanced hormones
- Abundant energy
- Self-awareness and self-respect
- Disease-free and happy
- Confidence and courage
- Thriver – not a survivor
- Hero – not a victim
- Awake and in-control
- Healthy diet and recipes
- Powerful internal and external therapies
- Lengthen, Strengthen, Detox and Tone exercises

Also, make sure you tap into the world's most powerful self-healing library FREE at docofdetoxlibrary.com. Unleash the power of true healing!

For those who deserve the very best life has to offer and want to supercharge their life on all levels, get a Perfect Day Lifestyle Consultation. Everyone needs a coach; teamwork makes the dreamwork, when you have a time-tested and proven strategy. Go to docofdetox.com/consultation and unleash your full potential. Together, let's sow the seed of self-empowerment that will grow into total self-care and unconditional self-love which will erase the obstacles of disease and give birth to the authentic self which holds the key to all life. As you evolve, so will your Perfect Day Lifestyle. The only thing that should ever grow larger is your conscious mind. Mind your business.

Call us with all and any questions, all your questions matter - you matter, your thoughts create matter. The condition you're in will always trump the condition you have. Do not let dysfunctional beliefs from well-meaning practitioners or government approved health systems steal your personal power. Experience real life when you unleash the real you, with the 4 pillars of the Perfect Day Lifestyle.

THE 4 PILLARS LIFESTYLE

To create your Perfect Day Lifestyle, you must gift yourself a loving push each and every day. Also, practice the art of patience and allow yourself the freedom to grow naturally into the Perfect Day Lifestyle. A time-tested proven strategy, along with passion, purpose and repetition, is the only way to master one's health. You must take massive personal action

toward changing your habits; this is the only way change is even possible.

To master life, you must master fear. Just know this, fear can never be totally eliminated because it is a built in safety mechanism for your protection. Fear can work for you or against you; this will be determined by the state of your beliefs. Healthy beliefs = a healthy body. Sick beliefs = a sick body. Your ultimate goal is to master your life on an emotional and physical level, from the moment you rise until you gently close your eyes.

Everyone needs a guide, if you wish to uncover and discover your authentic self. This is why we created the Perfect Day Lifestyle Consultation with lifetime support. It takes a team to live this dream that we call life. If you improve your health by just 1 percent on an emotional and physical level each and every day, how long would it take to unconditionally love yourself well?

4 Pillars of the Perfect Day Lifestyle:

- Whole Plant-Based Diet
- Nutraceutical Support
- Exercise & Energy Medicine
- Emotional Balance

PILLAR #1:

WHOLE PLANT-BASED DIET

Give yourself a loving push each and every day, with the freedom to grow naturally into the Perfect Day Lifestyle.

Structured Power Water

Structured Power Water is an essential part of a whole plant-based lifestyle. Turn your Structured Water into Structured Power Water by adding in Energy Medicine supplements to your water throughout the day including: Daily Cleansing Tea, Doc of Detox Calcium Ion Therapy, Tummy Love, Humic Acid, Fulvic Acid, and Essential Oils such as Super Cinnamon, Orange Burst or Lemon Lift.

SCHEDULE:

7:00AM

Warm/Hot Structured Water 16oz/500ml.

8:00AM

Structured Power Water 16oz/500ml.

9:00AM

Structured Power Power Water 16oz/500ml.

10:00AM

Structured Power Water 16oz/500ml.

11:00AM

Berry Blender Drink with Organic Plant-Based Protein Powder.
2 Blender Drinks per day – see recipes in the “Reference Material” section.

12:00PM

Structured Power Water 16oz/500ml.

1:00PM

Rainbow Whole Plant-Based Salad with Vegetable Protein such as Avocado, Chickpeas or Beans. Eat only 1 concentrated protein per meal. Eat as many sprouts as possible. See the Food Combining Chart.

2 Salads per day – see recipes in the “Reference Material” section.

2:00PM

Structured Power Water 16oz/500ml.

3:00PM

Berry Blender Drink with Organic Plant-Based Protein Powder.

4:00PM

Structured Power Water 16oz/500ml.

5:00PM

Structured Power Water 16oz/500ml.

6:00PM

Rainbow Whole Plant-Based Salad with Vegetable Protein such as Avocado, Chickpeas or Beans. Eat only 1 concentrated protein per meal. Eat as many sprouts as possible. See the Food Combining Chart.

9:00PM

Warm/Hot Structured Water 16oz/500ml.

PILLAR #2:

NUTRACEUTICAL SUPPORT

Give yourself a loving push each and every day, with the freedom to grow naturally into the Perfect Day Lifestyle. Customize the Perfect Day Nutraceutical Schedule to fit your physical and emotional condition. Do not give yourself more than you can mentally and emotionally handle. It is important to create a successful strategy without the risk of failure. Do not push yourself too hard; lovingly support and encourage yourself every day.

Nutraceuticals are a major part of treatment and are essential for restoring and maintaining health in today's environment.

SCHEDULE:

6:30AM

8-16oz/250-500ml of hot structured water with 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid.

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

7:00AM

Doc of Detox Calcium Ion Therapy – Can be taken every 4 hours.
Fulvic Eye Drops / Silver Bullet Spray – Eyes, ears, nose and throat.

7:30AM

Doc of Detox ATP+, Divine Vine or Pineal Elixir, C60 – *Activates metabolic energy; Best under tongue and hold until liquified. Take 2-6 times a day depending on condition.*

8:00AM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add ½ teaspoon Ormus Minerals to structured water.

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

Silver Bullet Nano-Crystals. Under the tongue, hold until dissolved and swallow.

Fibroclear – Best taken on an empty stomach up to 5 times throughout the day.

8:30AM

Daily Cleansing Tea or Daily Cleansing Tea Caps.

Senonian Minerals.

Infinite Iodine / Iodoral.

Doc of Detox B12 Spray.

9:00AM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

Doc of Detox ATP+, Divine Vine or Pineal Elixir, C60.

Ocean Essential Fatty Acids.

Vitamin D3-5.

Doc of Detox Vitamin K2+.

CHAPTER I - NEW WORLD NEW RULES

10:00AM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add ½ teaspoon Ormus Minerals to structured water.

Add Orange Burst, Lemon Lift or Super Cinnamon to Structured Water, if desired.

11:00AM

Add Black Gold and MagInfusion to Blender Drink.

Add 1 teaspoon Pure + Clean, if needed for worm/parasite issues.

Curcumin-Cayenne 5000 Plus (you may transition to take on empty stomach).

12:00PM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

Doc of Detox ATP+, Divine Vine or Pineal Elixir, C60.

FibrocLEAR.

1:00PM

Curcumin-Cayenne 5000 Plus (you may transition to take on empty stomach).

2:00PM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add ½ teaspoon Ormus Minerals to structured water

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

Doc of Detox ATP+, Divine Vine or Pineal Elixir, C60.

3:00PM

Add Black Gold and MagInfusion to Blender Drink.

Curcumin-Cayenne 5000 Plus (you may transition to take on empty stomach).

4:00PM

Add 1 teaspoon of Tummy Love, Fulvic Acid or Humic Acid to structured water.

Add Orange Burst, Lemon Lift or Super Cinnamon to structured water, if desired.

FibrocLEAR.

6:00PM

Curcumin-Cayenne 5000 Plus (you may transition to take on empty stomach).

7:00PM

Daily Cleansing Tea.

Senonian Minerals.

Prostate Power.

Ocean Essential Fatty Acids.

8:00PM

Doc of Detox Calcium Ion Therapy.

Fulvic Eye Drops / Silver Bullet Spray.

8:30PM

Amino Boost.

Silver Bullet Gel.

Silver Bullet Nano-Crystals.

Adjust Doc of Detox Calcium Ion Therapy, Tummy Love, Fulvic Acid & Humic Acid to your individual needs.

PILLAR #3:

EXERCISE & ENERGY MEDICINE

These exercises and external therapies will lengthen, strengthen, detox and tone your tissues, muscles, joints and organs.

Go to: “Do It Yourself - Healing” guide at docofdetoxlibrary.com for more info.

SCHEDULE:

Give yourself a loving push each and every day, with the freedom to grow naturally into the Perfect Day Lifestyle.

LION HEART BREATHING:

Upon rising, before bed and throughout the day.

BELLY BUTTON THERAPY:

Upon rising, before bed and throughout the day when feeling stressed.

ULTIMATE COFFEE ENEMA A.M. or P.M.

A.M. or P.M. – Talk to your practitioner.

PELVIC ACTIVATION SQUATS:

1 or 2 times per day.

CRAB STRETCH:

1 or 2 times per day.

PELVIC EXPANDER:

Twice per day, 15-30 minutes each leg.

REBOUNDING:

1 minute each hour for chronic conditions. 5 to 10 minutes, twice per day, to maintain body tone and balance.

SKIN BRUSHING / SALT GLOW / SHOWER:

A few times per week or more.

CASTOR / COCONUT OIL PULLING:

Can be done daily in the shower.

AVACEN:

30 minutes, 2 to 4 times a day. Usage based on your condition.

BIOPTRON:

5 minutes or more, twice daily. Usage based on your condition.

CRYSTAL LIGHT ENERGY (VITAMIN D LIGHT):

Up to 4 minutes per day. Usage based on your skin tone and condition.

SENTIENT ELEMENT:

Usage based on your condition.

TESLA EYEWEAR:

Tesla Eyewear is the only therapeutic eyewear that transforms 5G and blue light into healing waves that will heal the eyes and brain, providing real protection from blue light from cell phones, TVs, Computers, iPads, gaming stations, LED lighting, fluorescent lighting, and 5G.

LION HEART BREATHING:

Upon waking, initiate Lion Heart Breathing before you open your eyes, to calm, relax and align your heart with your mind so you start each day in a parasympathetic state. Connect with your Lion Heart Breathing throughout each and every day. It is a good strategy to set your phone alarm for 5 minutes before the start of each hour, to remind you to connect to the present moment via your Lion Heart Breath. Do this throughout each day for 33 days. The Lion Heart Breathing Technique consists of repeating a sequence of: breathing in for 6 seconds, holding for 1 to 3 seconds and then breathing out for 7 seconds.

BELLY BUTTON THERAPY:

Lion Heart Breathing and Belly Button Therapy should always be done together. Upon waking, do Lion Heart Breathing along with Belly Button Therapy for 5 minutes, to release your daily D.O.S.E. of healing chemicals and hormones. D.O.S.E. stands for dopamine, oxytocin, serotonin and endorphins. Repeat again for 5 minutes before sleep.

CASTOR OR COCONUT OIL PULLING:

Castor Oil is more effective than Coconut Oil in pulling toxins. 2 to 4 drops of Healthy Mouth or Immunity Essential Oil can be added to either castor or coconut oil. Oil Pulling should be done first thing in the morning when you wake up and before you drink or eat anything.

ULTIMATE COFFEE ENEMA:

Perform the Ultimate Coffee Enema when you have a peaceful and calm period within your day. It is best done on an empty stomach. Do not eat for 30-60 minutes after completion.

SKIN BRUSHING:

Use a natural bristle dry skin brush to brush the entire body. Start at the feet and work up the body to the head. Brush in a circular motion, towards the heart, focusing on lymph nodes. When finished, your skin should have a nice pink glow.

COCO SALT GLOW:

Coco Salt Glow should be done after dry skin brushing and before showering. Use a circular motion to scrub the whole body with Coco Salt Glow mix. Start at the feet and work up to the face, focusing on the joints, stiff areas and lymph nodes. Coco Salt Glow is like a gentle microdermabrasion, when using it on the face. It helps create healthy beautiful skin. When finished, your skin should have a nice pink glow.

CLAPPING:

This technique, along with Wolfe Non-Surgical Deep Tissue and the Perfect Day Lifestyle, will reverse almost every joint and muscle problem in the human body.

REBOUNDING:

Rebounding is the most effective exercise for cellular toning and circulation of the lymph and blood. Rebound 1 minute each hour for chronic conditions. Rebound 5 to 10 minutes, twice per day, to maintain body tone and balance.

PELVIC EXPANDER:

The length of time will depend on your health and tolerance. For those who are unhealthy, a 5-minute session can be a challenge. 15-30 minutes, twice a day, is what should be practiced for optimal health.

Pelvic Expanders can be purchased from:

Dean Sileo at 678-628-4438 in the US

Welton Kleinsasser at 780-214-5651 in Canada.

PELVIC ACTIVATION SQUATS:

Pelvic Activation Squats stretch the ankles, calves, hip joints, groin/hip flexors, glutes, and back muscles. Always remember to initiate your Lion Heart Breathing throughout these exercises. 2-5 minutes for each squat is the general rule.

Pelvic Hug / Pelvic Stretch / Pelvic Warrior

CRAB STRETCH:

The Crab Stretch is an excellent stretch for the upper body; it opens up the shoulders, neck, upper back and upper chest. Lion Heart Breathing is essential when performing the Crab Stretch.

PILLAR #4:

DAILY EMOTIONAL EXERCISES

Give yourself a gentle loving push each and every day, to become the master of your emotions.

Though it is normal for the majority of the population to unconsciously run from emotions, this is the root of all disease. The invisible creates the visible. The invisible creates the physical. To change your reality, you must change parts of your personality. You have been taught to fear the most beautiful part of yourself. You must find the courage to go within and shine your Brave Heart, so that you may uncover and discover your true authentic self.

The 4 Pillars of Self-Love

- Connect to the Lion Heart Breath
- Mirror Work
- Love Band Life Band
- Personal or Couple's Connection

Practice these 4 Brave Heart self-loving steps daily, to begin your journey to uncover and discover your authentic self. When you are ready to take the emotional leap, guide yourself into the 12 Brave Heart Loving Steps. Once you feel comfortable with the 12 Loving steps, you will be ready to unleash your full potential in the Brave Heart Online Emotional Wellness Masterclass.

12 SELF LOVING STEPS

You must lovingly repeat every step, every day during the 33 Day Awakening Transformation if you wish to unleash the true you, the authentic you or you will never win the game of love. Remember, when you wake and just before you go to sleep are the most critical times for installing new belief systems...

I believe in you and now I need you to believe in you too.
You got this.

SELF LOVING STEP #1: THE GRATITUDE ATTITUDE

List 3 things you're grateful for before your eyes even open while performing your Lion Heart Breathing Technique.

SELF LOVING STEP #2: OFF THE HOOK

Practice totally forgiving and sending love to 3 people, systems, corporations or anything in your life that you don't like (ex. Chemtrails, taxes, etc.) This might even be you and if it is, remember, you must come first and foremost. Let yourself off the hook for things you cannot fix and are probably none of your business. Let yourself off the hook for things you think you could have done or should have done, because the more contaminated your beliefs are, the more guilty you become and the more deeper and painful the hook becomes. "Off the Hook" is about eliminating Self-Hate and perfecting the art of forgiveness and unconditional love.

- 1.** Total Self-Forgiveness
- 2.** Total Forgiveness of others
- 3.** Compassion & Gratitude
- 4.** Unconditional love

SELF LOVING STEP #3:

VISUALIZE, AFFIRM, CREATE, ALLOW

Spend 5 minutes at the beginning of your day, visualizing and affirming what and how you wish to see your day - The Perfect Day each and every day for The Perfect Life.

SELF LOVING STEP #4:

LOVE BAND, LIFE BAND

Lovingly Snap Back into alignment with your Love Band - Life Band. 12x an hour if you wish to release your inner power. To ensure that you follow through turn on Telephone Tracking for lightning speed life changing results. Snap back to Total Self Love.

- "I love and approve of myself."
- "You're amazing!"
- "You can do this!"
- "You're beautiful!"

We're always going to run a program so make Love. So decide to commit and take massive action on the program that brings you the most joy.

Dip everything in love and process through the heart-brain connection. Remember you cannot fix a problem with the same mind that created it. Don't create a landmine create a mater Mind.

SELF LOVING STEP #5A:

MIRROR, MIRROR ON THE WALL

Start every day with Mirror Work. Look deep into your eyes, with all your heart and repeat The Brave Heart Oath 10 times. Write The Brave Heart Oath on a sticky note and put it on your mirror,

just below center (where your nose is) so that it is easy to read and easy to memorize.

"Today and everyday I promise to totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet so help me God. Because I am, I can, I will !"

"Today and everyday I promise to totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet. Because I am, I can, I will !"

SELF LOVING STEP #5B:

DRIVING IT HOME

Mirror Work whenever you get in and out of your vehicle. Align first then take action.

- "I love you [Your Name]. You're amazing!"
- "Life is amazing!"
- "I can do this, I got this!"
- Never go home with anything but total love.
- Wipe your mind off at the door.

SELF LOVING STEP #5C:

LOVE ON THE FLY

Mirror Work with every bathroom visit, "Hey beautiful! You're amazing" or "I got this!" or "I love and approve of myself."

Go back into the bathroom if you forget to do your Mirror Work. This is not a punishment, this is a mission of love.

Use any affirmation that makes you the Master of your Creation.

SELF LOVING STEP #6:**BEDTIME MIRROR WORK**

Before bed do your bathroom mirror work. "Thank you, God, Creator, Source or [Your Name] for such a beautiful day, I love you so much!" Repeat this affirmation 10 times out loud with passion and intention from the heart while you look deep into your eyes.

SELF LOVING STEP #7:**BEDTIME GRATITUDE**

Before you sleep state 3 things you're grateful for from that day. Gratitude is Altitude. Rise to your Greatness.

- "I am grateful for another day on planet earth."
- "I am grateful for being the hero of my day and the light for my family."
- "I am grateful that I am eternal."

SELF LOVING STEP #8:**CALENDAR TRACKING**

Track and chart your pain body programs and those you are close to and you will come to realize that we are robots programmed for pain. End the pain game and strive.

SELF LOVING STEP #9:**THE COUPLES CONNECTION**

Open yourself up to the presence of total love between you and your partner or you and yourself with the Couples Connections and Self Love Connection and bring your love to the highest possible level.

SELF LOVING STEP #10: FAMILY CONNECTION COLLAGE

Introduce your family to the art of creative visualization by inviting your family to join you on your new journey by building a vision board or collage. Teamwork makes the Dreams Work.

Come together, hug and melt hearts together and breathe life in.

SELF LOVING STEP #11: RECALL HEALING

Recall Healing and Mind Mapping unlock the hidden secrets of illness and dis-ease by identifying the underlying emotional conflicts and traumas that created this negative condition or behavior in the first place.

SELF LOVING STEP #12: MIND MAPPING

Mind Mapping is where we retrace, erase, replace and create the real you, the authentic you. Create a new map of reality of your past and super boost your life for the rest of your life. Your not your story until you make it yours. Rewrite your life's story, creating a new, true to you, reality map.

Always know you are be blessed, always loved, always stay with your breath, always stay present, always connected to your higher self, your Source, your Creator, your God.



THE SCOOP ON POOP

Go to: internationaltraininginstituteofhealth.com/masterclass
and watch the 'Become #1 At The Art Of #2' Masterclass

"Whether down on the farm or down in your belly if you don't clean it out it's gonna get smelly."

- Dr. Darrell Wolfe, Doc of Detox

THINGS THAT KILL YOU

History shows that methods of internal cleansing date as far back as the caveman days. Although they might not have understood the importance of cleansing, they did respond to instinct. In turn, when they felt bloated or backed up they knew enough to relieve themselves of this toxic load. We all know that when hunting in the prehistoric days if one were plugged up with toxic waste, it would slow you down physically and mentally enough to potentially allow you to be eaten by a dinosaur. That's even in the Cave Man Handbook under the heading '**Things That Kill You**'. As far as man knows it, cave men would use a hollow ram's horn as a funnel; placing the smaller end in the rectum - at least I hope that's how the story goes. Then by pouring water down this homemade device, they would give themselves an enema. Soon after the flush they dropped a few pounds and were off and running again.

Also used by vegetarians was a slender hollow gourd, resembling a squash, through which they poured water to cleanse the colon. Even a bird has the common sense (instinct) to fill its beak when constipated and blow the water through into its back end to relieve the waste caught in its rectum, to lighten the load, so to speak. Fly like an eagle or gobble with the turkeys. Throughout the centuries, colon cleansing is continually mentioned due to its vital importance for health and longevity. Lighten The Load, Flush The Pounds.

EX-LAX GENERATION

My parents were part of the Ex-lax generation, known for helping to usher in the pharmaceutical age (unconscious living),

ultimately ridding us of the natural methods used to cleanse and nourish our bodies. These natural methods consisted of herbal remedies that have been with us for thousands of years. *One example 'Moringa Oleifera, The Tree of Life' The most potent and complete Whole Plant Phytonutrient Superfood on the planet has been suppressed for generations.* We turned our backs on Nature, embracing instead the pharmaceutical industry, their ever expanding number of synthetic quick fixes and their false promises of salvation in a pill. Instead of eliminating pain and illness through Whole Plant Based Superfood Nutrition and Gentle Daily Cleansing we use drugs to suppress and cheat (deplete) the body as we do the soil.

Who says advertising doesn't pay. I remember my grandparents had an enema bag under their bed, this was commonplace back then, for their generation. Oh, by the way, try to find one now; and I do not mean a throw away. *Permanent is now temporary. Pain and suffering is now measured in \$\$\$\$\$.* Soon enough we began giving our money away for temporary relief, along with surrendering our own health into the hands of those who pretended to know better. *"I just wanted to trust them!"* (oops) If you do not Master your health and life, someone else will always gladly do it for you at a cost and for their benefit only. The more you hand over your power, the more you will be powerless. In addition, you may not like the results because they will never love and care for you as you would for yourself.

**A MAN'S HEALTH CAN BE JUDGED BY
WHICH HE TAKES TWO AT A TIME
pills or stairs**

CHAPTER 2 - THE SCOOP ON POOP

Everyone has a personal agenda; there is nothing wrong with this, but a word of caution, make sure it matches yours. Drugs are now the #1 accidental killer in the USA, with the vast majority of deaths caused by prescription meds. According to the Centre for Disease Control there is an average of 61 pharmaceutical drug deaths per day in the USA.

Each year 2.2 million people end up in the hospital with adverse drug reactions, 25 million unnecessary antibiotic prescriptions are handed out, 7.5 million unnecessary medical and surgical procedures occur and there are 8.9 million unnecessary hospitalizations. Stats are taken from '*Death by Medicine*' by Dr. Carolyn Dean, MD, ND

As in Nature, the slow and weak of the herd fall prey to the predator. The same goes in the case of infectious invaders and humans with compromised immune systems. Pharmaceutical corporations prey on the weak and unknowing. See what happens when you follow the herd; everyone remembers when it's too late.'

NO ONE SHOULD BE LEFT BEHIND

Let's fast forward to when I was sixteen years old and lived with my grandmother in North Bay, Ontario, where she owned Nipissing Manor. This used to be the home of the Dionne Quintuplets. My grandmother turned it into a nursing home. For myself, this is where the light bulb went on regarding this whole bowel-cleansing fixation. I could never understand the logic on this one. As you know most people in a nursing home are up there in age. I got to know many of the elderly because

I basically lived there. For the life of me, the biggest complaint people had was their bowels and their weight. At the time I had no idea they went hand in hand. We will get back to this later.

At the age of sixteen I started to realize what was really going on. Just like the caveman, these elderly people were jammed up jelly tight. Their main complaints were constipation, intermittent diarrhea, bloating, stomach cramps, low back pain, poor circulation, abdominal pressure, varicose veins, heartburn, heart problems, a foul smelling odor and usually some type of disorder or disease in the pelvic groin region. Go figure. You don't need to be a rocket scientist to know that they were full of poop and rotting from the inside out and from the bottom up. When I was younger I also lived on a farm, so I know how a manure pile can decompose creating a breeding ground for worms, parasites, bad bacteria and nauseous gases. I asked my grandma if she knew that the elderly people in her care were suffering because they were full of poop. Her reply was, yes, and that her staff did the best that they could, under the circumstances. She said that they were not allowed to use herbal medicine or do enemas.

**This is when I realized that the medical health practice
was really the chemical practice.**

The approved protocol was pharmaceutical laxatives and painkillers. This provided some relief, but made the situation even worse by further dehydrating and weakening their already deteriorated state, causing even more toxic build-up, thus lowering their cellular vibration and immune system (*evil plot*). Drug them up and shut them down - mission accomplished. Remember, history has shown us that all major epidemics

CHAPTER 2 - THE SCOOP ON POOP

and infectious diseases were caused by poor sanitation and sewer back-ups. Poor internal sanitation combined with pharmaceuticals, especially antibiotics, has been shown to reduce resistance to the conditions they were trying to combat in the first place (viruses, bad bacteria and fungus). In other words, this is a rob Peter to pay Paul situation. Yes, these pharmaceuticals would eliminate some of these infectious invaders. Along with this they also deplete your good intestinal bacteria and steal a piece of your **immune system**, only to have these infectious invaders return stronger and more deadly than they were in the first place. Every time you use antibiotics the less effective they will become. Pharmaceuticals are just like street drugs in the sense that the more you use them the more your body needs them and the stronger they need to be. Just like the cockroach that has been around forever, viruses, bacteria, fungus and worms can and will mutate for their survival. You cannot go to war with these infectious invaders and expect to win. You must focus on restoring and balancing your inner terrain. These infectious invaders will survive and thrive in any toxic, low vibrational, nutrient deprived host. Just like a manure pile, you can spray it with pesticides, herbicides and fungicides today, but if you do not remove the manure pile to raise the vibrational frequency of the terrain, the infectious invaders will all be back tomorrow. The only way to send these invaders packing is to **reclaim your inner terrain**.

To put this bluntly, these invaders only become a problem when the host's frequency is vibrating at the same low level as the invaders. When a host is full of toxic waste like the manure pile, they invite the same guests. When a host is deficient in micronutrients and essential minerals their vibrational

frequency is lowered, meaning their immune system is weakened. This gives the invaders the freedom to walk in the front door to breed, eat your food and go to the washroom in your body. All of these invaders prey on the weak, the sick, the dying and the walking dead (**zombie nation**). Give me a chronically sick person and my bet is they have unwanted internal guests. Reclaim your inner terrain and take back your home, your health and your life. Restore your body with the most phytonutrient dense plant on the planet, containing every nutrient needed to bring up your vibration to match the frequency of **life**. Whole Plant Based Nutrition, along with Gentle Daily Cleansing will serve these invaders an eviction notice and send them packing for good, the one-two punch for a knockout. Tune in and turn on your life frequency. You're a **living radio**. If you don't like heavy metal turn it to soft rock. **It's all about GOOD VIBRATIONS.**

BRING HEALTH HOME

Okay, let's fast forward to when I am nineteen and I find out that my grandfather has colon cancer and he's coming to stay with us. With cancer you have the full buffet. You would experience chronic acidosis, micronutrient and mineral starvation and as far as infectious invaders go, they have all come to this party. I will try to keep this short. My grandfather has been with us for approximately two weeks and of course his bowels aren't moving. I'm now starting to think to myself that most of the pain and problems I see affecting people are definitely related to a dysfunctional bowel. *What's the big deal? Why doesn't anyone see or smell this obvious answer?* Let's get back to my grandpa; he's off to the hospital. Seven days pass

CHAPTER 2 - THE SCOOP ON POOP

and he hasn't had a bowel movement of any sort. My grandpa is now totally impacted with fecal waste; tighter than a cork in a wine bottle. His biggest complaint right now is not the cancer but the abdominal pain that he is experiencing.

The drugs they have been giving him did not relieve his suffering, but they certainly dulled his brain (**zombie nation**). Mom and I bring Grandpa home and remove the impaction in his colon, getting his bowels moving regularly again (take action; you will always feel better). We used enemas to break up the logjam and an herbal cleansing tea remedy to keep the waste moving. We have now eliminated the pain and the toxic burden placed on his blood stream, organs, and the rest of his body tissues. Even my mother knew better and was aware back then that just cleaning out my grandfather was only half the story. She realized that even though she thought he ate well, he needed additional nutritional support. My grandfather was now out of severe pain and eating again, able to enjoy his life much more because he regained control of his health, dignity and the Mother of all Organs; his colon. Don't waste your life with needless pain and suffering. Invest in your most precious asset... **U**.

MY QUEST

After the experience of living at my grandmother's nursing home and with my grandfather's cancer, I now realized the path that I must take. So bags packed, off I went to the Australian Naturopathic College. This was the beginning of My Health Quest. I knew that I wanted to make a difference. That difference was Natural Health. Even back then, it was the

weirdest feeling. I could sense the fear, not just from the person that was sick but from their families as well. I came to realize what this sensation was. It was the smell of being crippled, unable to help themselves or their loved ones because they had given all their power over to the health care system. You're either in control or out of control; there are **no** half measures. Medical doctors were, and are, put on pedestals as if they are the great healers, when in fact; there are only three great healers, **U**, your body and Nature.

So, what became my quest? Not to remain emotionally crippled when it came to my health or the health of those that I love. I had an '*ah-ha*' moment and realized the great betrayal. Health was being deliberately stolen, a piece at a time so those affected would not notice or realize that the quality of their life was being sold at a price. This angered me. Not only for the needless pain and suffering of those who I love, but also for those who wanted to become medical doctors who were unable to truly represent health. I am no longer angry, for this serves no purpose. Just as there is dark, there is light; just as there is sadness there is happiness. This is Planet Earth after all. Where others are front men for '*pharma*', I support Nature to empower people and wish my end result to be health and happiness for all who I touch. **Remember, everyone has an agenda. You just want to make sure that theirs matches yours.**

CORPORATION CANCER

100 years ago the rate of cancer was 1 in 80 in United States. Now it's 1 in 2 with men and 1 in 3 with women. These are toxic times. A wise man once told me if something stinks follow the

trail and it will always end up at money. I didn't understand what he meant at the time but I do now, and yes, he was right on the money. **The war on cancer** can illustrate one prime example of this analogy. We cannot expect to go to war with anything and find **peace**. When we push something or someone we must always expect to be pushed back. Cancer will never be able to be beaten until all decisions are based from **love** and the **good of all**. As a result, this would allow humanity to empower itself, utilizing a healthy means on both a physical and an emotional level. One cannot beat anything back to balance. **Love heals everything**. We cannot attack the body; instead we need to Love and Respect it, as it should be with planet **earth** as well. According to the EPA's Toxic Release Inventory, 320 billion pounds of toxic chemicals are released into our air annually - and 100 million pounds are carcinogens. Another disturbing point is that only 2,000 of these 80,000 chemicals have been tested for **carcinogenicity**. When we come from the Head we come from the Masculine. As I previously stated one cannot **beat** Cancer with this energy. Instead, one must come from the Feminine, which flows through the Heart. This is where true healing begins and ends. Cancer is a war money machine that will eat one up and spit one out, due to the fact that it's fueled by fear and has no conscience; in turn, many people view it as a death sentence.

This in itself can be more debilitating than the disease. You get and become what you mainly focus on. Oops! Don't focus on corporation cancer. Take back your power - raise your frequency and focus all your energy on Corporation **U**. You become what you eat and focus on, you are your thoughts, you are the Cure!

WHAT'S YOUR ANSWER FOR CANCER?

Embrace the healing power of Nature NOW or Cut, Poison, Burn LATER

According to the World Health Organization, over 41% of the people who are living today will face a cancer diagnosis before they die. Only you can change the rules to this statistic by becoming proactive. Conventional medicine defines cancer as a colony of malignant cells or a tumor. If you have a tumor, then the conventional oncologist will try to cut it out via surgery. After they cut you, then they typically recommend chemo to try to kill any remaining cancer cells with toxic poison. They will finish you off with radiation, to burn whatever cancer cells remain. This is why I, and many others, refer to *'the Big 3'* protocol as *'Cut, Poison, and Burn'*. The most thorough research study that has ever been done on chemotherapy was at the Northern Sydney Cancer Center in Sydney Australia. They looked at 22 different lines of cancer and the effectiveness of chemotherapy at 5 year survival, which is how we measure if it's successful or not. *What percentage of people live 5 years?* They found that chemotherapy is 2.1% effective at a 5-year survival rate in Australia and 2.3% in the USA - bottom line, it doesn't work.

Natural medicine sees cancer as a multidimensional, systemic total body disease. The cancer tumor is merely a symptom and the purpose of the natural cancer treatment is to correct the root causes of cancer in the whole body. The fact is we develop cancer cells throughout our bodies throughout our lives. Our bodies are normally able to find them, identify them and destroy them before they are able to grow uncontrollably. It is a normal occurrence, which is constantly taking place in a healthy body.

CHAPTER 2 - THE SCOOP ON POOP

It is only when the healthy body becomes unable to mount its normal defenses and the cancer cells are allowed to reproduce at an uncontrollable rate that cancer becomes life threatening. This is a failure or breakdown of our normal immune system.

The immune systems break down, so it's vital to figure out what's the root cause of the failure and address the cause, rather than just treating a symptom (tumor). Any treatment that does not address underlying causes for the breakdown of the immune system will be palliative at best, and life threatening at worst. That's why the '*Big 3*' treatments are mostly unsuccessful. It's important to remember the basic physiology of all cancer cells. Whether it be breast, prostate, renal or lung, there are many facets that will remain constant.

All cancer cells produce energy the same way: They ferment glucose (sugar). The cancer cell gobbles up the sugar, then, just like a person, it eventually has to poop. So, the cancer cell '*poops*' out some lactic acid and '*flushes it*' into the blood stream. Much like sewer pipes in your house, the arteries then carry the lactic acid ('*poop*') to the body's amazing poop treatment plant called the '*Liver*', which takes the lactic acid ('*poop*') and converts it back into sugar. The cancer cell gobbles up the sugar, then, just like a person, it eventually has to poop. Wait, didn't I just say that? OK, you get the idea, right? It's an endless cycle.

This process is called '*anaerobic respiration*' and occurs in all known cancer cells. Knowing this fact, the wisdom of removing simple carbohydrates and sugars from the diet becomes obvious. The ignorant use of glucose IVs in cancer patients also becomes painfully obvious. The object is to make it difficult for cancer cells to reproduce, so why fuel them with a primary

requirement? Cancer cells are unable to efficiently use protein or complex carbohydrates for food. The healthy cells of our body and immune system are able to use these as fuel and for repair. We need to feed our bodies protein and complex carbohydrates and eliminate the rest. It's also important to remember that a large number of cancer cell types have receptor sites for opiates. In other words, opiates used to fight pain will increase the cancer cell's growth rate. Now, concerning the **tumor**, which is only a symptom of the disease and not the cause - the quick shrinkage of tumors that is sometimes seen in chemotherapy or radiation therapy is not a sign of recovery from cancer. It is a complete shutting down of the normal immune response.

Under optimal conditions, tumors will enlarge as they become engorged with CD-cells and macrophages. These cells identify the cancer cells, kill them and then devour their remains. This is an inflammatory response and results in the tumor growing slightly as it becomes engorged with these cells. If the tumor shrinks quickly from chemotherapy or radiation therapy, the ideal healthy response does not have a chance to occur. Never confuse rapid tumor shrinkage with beating the cancer. It is just the opposite. How do you stay healthy and avoid cancer? When you Fuel your Life with Whole Plant Based Foods and Superfood Nutrition you embrace the true healing power of Nature. Either Master your body or others will gladly do it for you; Cut, Poison, Burn. Be the game changer with the densest **Phytonutrient** on Earth; Moringa Oleifera, the body's most powerful healer on the planet. Cleanse daily, fuel your body with Structured dynamic water, the nutrition it needs and it will do the rest. It's only Natural.

Ty Bollinger is the Best Selling author of *'Cancer: Step Outside the Box'*, World-renowned Health Researcher and the Host of

CHAPTER 2 - THE SCOOP ON POOP

'*Quest for the Cures*', the first ever, complete investigative report (60 minutes style) mini-series on natural cancer treatments and the cancer epidemic.

www.cancertruth.net
www.thetruthaboutcancer.com

The Quest For The Cures

In May of 2014, The Truth About Cancer broadcast "***The Quest for The Cures***" which was the first ever investigative report (60 minutes style) documentary mini-series on natural cancer treatments. Then, in October of 2014, "*The Quest for the Cures... Continues*" was broadcast.

In these unique documentary mini-series ("docu-series") episodes, the viewer follows Ty Bollinger, who lost both his mother and father to cancer (as well as 5 other family members), as he travels the USA and sits down with the foremost doctors, researchers, experts and survivors to find out their proven methods to preventing and treating cancer.

MASTER YOUR BODY OR PAY \$ PAY \$ PAY

So here I present the weapon used against us. Spoil people rotten with incorrect information on how to look after their bodies and minds, this is carried out by convincing the masses that having a special degree in health is needed before they could even propose the notion of being Masters of their own well-being. As a result, the public is sold food and remedies

based on profit and half truths. Then there is the current Health Care System dilemma, which would be a book in itself. If it's the truth you seek, here is a book to read: *'The Truth About The Drug Companies'* by Marcia Angell MD. Due to all the factors mentioned above, we are now becoming a nation of people in mental and physical pain. When one is Spoiled Rotten mentally, bad choices are made. When one is Spoiled Rotten physically, pain and suffering become the norm. In turn *'dis-ease'* becomes apparent while pain becomes a normal way of life, but this is not a *Natural Way* to live. They say there is comfort in numbers; in this case I think not, especially when it pertains to needless suffering. This must end. We are one. In turn, when one suffers we all suffer. It is vital that we unite to create the change we all wish to see. I invite you to continue to read on and dwell on the propositions made in this next section. So pull up a toilet, for our journey starts here.

EMOTIONAL CHEMISTRY OF CANCER, DISEASE & HEALING



"You will never win the game if you don't understand the rules.
New Game, New Rules, New Life... get cracking!"

- Dr. Darrell Wolfe, Doc of Detox

Welcome BraveHearts

The following information I am about to share with you today has been put together from my 40 years of 'in the trenches' health care experience and research.

I believe we have entered a time of medical tyranny that I call 'Medicalization'.

Let us never forget that all beliefs and systems have a life of their own – the more you feed them, the more they grow. When beliefs are based on unconditional love for ourselves and each other, they heal, unite and make us stronger, individually and as a nation; when beliefs are based on fear, greed and power... Remember, whatever you feed will eventually feed on you. The love of power is the disease that suffocates the Spirit and eventually rots the mind and body.

Always remember, where the mind goes the body must follow without question. Whoever masters your mind masters your body.

This brings us to the 'issues in our tissues' – emotional blocks that eventually become physical blocks, crippling all human beings.

We have discussed how the human body is a vessel for frequencies. What if these frequencies do not harmonize but terrorize us all the way down to the cellular level? When we are unable to process negative emotions, all 'cell' breaks loose.

We have already shown this in detail in the 'A to Z Wellness' Guide and Masterclass series. Both of these show how 'issues

in your tissues' form crystallization, internal scar tissue and calcification in your tissues, joints and organs.

Today we are going to go deeper and show you how the invisible creates the physical and how the psychological always trumps the biological.

Together, let's uncover and discover the emotional intelligence of cancer, disease and healing. Let's unravel what the medical system calls a 'mystery' – the ultimate power of self-healing and staying healed.

INTRODUCTION

Until we are willing to embrace the real truth that most medical health care is based on fraudulent science, we will never have the power to heal ourselves or our family. Conventional medicine views the immune system as a defense system against microbes and cancer cells. Medical science believes a weakened immune system is the major cause of all disease. Conventional medicine views our body as a battlefield – a war zone – where antibodies and white blood cells constitute an army of killer cells ready to attack the 'enemy'. Understand, the fantasies of modern medicine have no limits. The fantasies of modern medicine turn us from thrivers into survivors with their 'cut, poison and burn' protocols. If you do not believe that we are creating our own diseases on unconscious and subconscious levels, then why is it that 86% of the population suffers from an autoimmune disease? Do you know what the definition of an autoimmune disease is?

Autoimmune disease is a condition where your immune system mistakenly attacks your own body.

Let's be clear, disease is not genetic – it's epigenetic. This is a scientific fact. I believe the real definition of autoimmune disease is attacking oneself with dysfunctional beliefs on a subconscious, unconscious level. The reality of your health is based on your personality. Your personality is based on the programs you run. The programs you run are based on the beliefs that you have been taught throughout your life.

How does it feel to not be in control of your health? This will continue, until you understand where the mind goes the body follows. You must view your mind as a beautiful garden that must be weeded of sick, unhealthy beliefs. Society's systems say we have choice but this is a lie that we will uncover today. You do not have a choice until you understand and awaken to the fact that self-care and self-love are the only way to navigate on a planet that operates an emergency care system.

To make my point, cancer is not a death sentence; cancer is a wake up call to the fact you have been emotionally and physically out of alignment on an unconscious level for most of your life. This is not your fault; but it is your responsibility to wake-up and realize that only you hold the power to the self-healing you seek. Self-healing can only be powered by self-love and self-care. We can continue to go to war with ourselves and each other or we can learn to love ourselves well by creating The Perfect Day each and every day.

Go to: library/docofdetox.com and click on the 'Four Pillars of the Perfect Day'.

So, let me share with you my answer to cancer, disease and healing.

1. CANCER & AMAZING MICROBES

Cancer is a meaningful, life saving, biological process. Microbes that we believe to be the enemy actually play a supportive role in the healing of all diseases.

The immune system does not exist. What does exist is a perfect biological system – a support system rather than a defense system – created to assist us while we are healing. This support system includes antibodies, white blood cells, microbes and countless other chemical and hormonal processes.

AMAZING MICROBES

Now, let's talk about the purpose of our amazing microbes. The main purpose of microbes is to maintain our tissues and organs and keep them in a vitally healthy state throughout life. In fact, every newborn baby receives Tubercular bacteria from the mother's milk which indicates the importance of the TB bacteria. What I'm about to tell you may turn your beliefs upside down and backwards... In the healing phase of cancer, fungi and TB bacteria help to remove and break down fibroids and tumors... these microbes are not the enemy - misinformation is. Tissue cells from a tumor are known as disposable cells. Disposable cells differ in size and shape from the original cells. Micro-bacteria can differentiate disposable cells from the original cells and decompose only the cancer cells.

Tubercular bacteria are truly remarkable because the moment we have a conflict-shock, the tubercular bacteria start multiplying parallel to the tumor growth; this is nature at it's finest. TB bacteria are what I call 'Terminator Bacteria'. Their job is to decompose fibroids and tumors.

If you are unaware of this fact and decide to attack them with antibiotics and other toxic therapies, they will turn on you.

The healing symptoms from this natural process are:

- Discharge
- Night Sweats
- Swelling
- Pain
- Inflammation
- Fever and Severe Fatigue

What organ is healing will dictate where and how tumor waste is discharged. During tumor healing, we will see and experience TB infections in the lungs and colon and Candidiasis infections in the mouth, colon or vagina. Infections are not really diseases but symptoms of healing. The intensity of healing symptoms is always determined by the intensity, depth and the length of the conflict created by the negative emotions or dysfunctional beliefs that caused the disease in the first place. Every intense conflict will cause an intense healing process. The solution lies in not attacking the microbes but in focusing on raising the frequency of the tissue to create a healthy inner terrain. If the

armies of microbes within your body have been destroyed by drugs such as antibiotics, the tumor will not be eliminated; the tumor will become encapsulated so that it is isolated from the body. This is the medical system's way of treating the disease – not nature's way. Louis Pasteur stated on his deathbed, "The bug is nothing, the inner terrain is everything." Every disease is created by nature to assist the host back to vital health. Let us never forget that we are walking talking globs of bacteria.

Our bacteria assist in the reconstruction of new healthy tissue growth. Our body is made up of 50 trillion cells and 500 trillion bacteria. So, who's really in charge? The large intestine is known as the second brain; the second brain is actually your good bacteria that reside in your large intestine. Just know that when you go to war with your bacteria, you're going to war with yourself. You've been programmed on a subconscious level to unconsciously attack the second brain – your immune system – your bacteria.

Let me give you one life-saving piece of advice... Antibiotics should only be taken in life-threatening situations or you will be creating life-threatening situations for the rest of your life.

2. GERM THEORY

What is the Standard Medical Theory?

The standard medical theory of infectious disease is that all diseases are caused by pathogenic disease causing microorganisms. So, let me ask you a question before we move on.

What came first, the mosquito or the swamp?

Louis Pasteur's theory is called the, 'Germ Theory'. Louis Pasteur lived from 1822-1895. In 1995, Professor Gerald L. Geison from Princeton University published a book called *The Private Science of Louis Pasteur*. Based on Pasteur's original laboratory notes, Gerald Geison discovered that Pasteur had in fact published fraudulent data. Professor Gerald Geison revealed to the world that Pasteur had conclusively committed scientific fraud. Professor Geison was not the first to expose Pasteur as a fraud and a liar. Ethel Hume also exposed Pasteur as a fraud in 1923 with an article she published called "Pasteur Exposed". Additionally, in 1940, R. B. Pearson published a book called *Pasteur, Plagiarist, Imposter*.

Despite the fact that Pasteur's theory is wrong, conventional medicine and medical science still propagate Pasteur's false Germ Theory because it serves their agenda. The reason why this continues today is because the pharmaceutical companies continue to mass produce antimicrobial drugs and vaccines.

Pharmaceutical Corporations are creating massive profits, and massive deaths, based on a scientific hoax in collaboration with the FDA, United Nations, the World Health Organization, the NIH and, let's not forget, the media that are owned and controlled by the so called 'Elite' and 'Banksters'.

Antoine Bechamp (1816-1908) stated Microbes are part of the 'inner environment' of the organism. Microbes assist the metabolic processes of the body. Microbes become only pathogenic when the organism is out of balance. Then, and only then, they become disease-causing agents. The inner terrain is everything. The inner terrain determines what and

who lives within it. Microbes play a supportive role in the healing process of all diseases. The brain is the mediator of your emotions and your body – end of story. Your brain will either be a Mad Scientist or a Beautiful Creator. Fear, panic and anxiety are the main triggers that activate and reactivate dysfunctional belief systems within the subconscious that create the shock- trauma conflict we call disease. The longer and more intense the conflict, the more physical damage will be done to the body and the longer and stronger your healing process will be.

Remember, relationships are everything – especially the one you have with your body. The medical system, along with the pharmaceutical system, have taught us to dishonor our body by no longer recognizing what the healing phase of our conflicts truly are. The most important language you will ever learn is ‘body talk’.

Go to: www.newworldpractitioner.com if you wish to perfect the art of true healing.

Diseases do not originate in the body; they originate in the mind. The seed of disease is planted in the subconscious mind by dysfunctional beliefs... repeated over and over again. These programs eventually make up your prominent dominant beliefs, that make up your map of reality that shapes your personality. The brain, otherwise the mind, initiates the biological conflict we call disease only after the emotional conflict triggers it.

The longer and more intense a conflict is, the more likely one is to lose their life. Such as with a heart attack, if the conflict

lasts more than 9 months, the heart attack may be fatal and not just a wake up call. We must remove the traumatic triggers that activate and motivate conflict. Conflict resolution through the BraveHeart Way is the only way. We must downgrade panic to minimize the emotional and physical destruction by connecting to our LionHeart Breathing and erasing and replacing lower vibrational beliefs as soon as possible; this erases dis-ease and replaces it with ease in life.

Go to: library/docofdetox.com and click on 'BraveHeart Emotional Intelligence 4 Life'.

One of the most damaging dysfunctional beliefs that people live with is that pain is the enemy. In actual fact, pain is your body's greatest gift. Pain is your body's built-in GPS warning you when you are out of alignment on a physical and emotional level and unconsciously killing yourself. Without this GPS, I know that I would be dead already. Just remember, whatever you feed gets bigger, whether it be love or fear. When you feed negativity, someday it will feed on you; thought form always becomes physical form. Wake up BraveHeart. Disease originates within dysfunctional beliefs; fearful emotions are the driver. React – Attack. Once you become aware that your life is all about the programs you run, or should I say the programs that run you, you will awaken to the life-changing fact that it is within you to heal and stay healed; all healing is self-healing where the invisible creates the physical. If a person is conflicted for more than 9 months, a heart attack can be fatal. In case of a heart attack, place an ice pack on the right side of the head above the ear to reduce the swelling and edema in the brain. If a person dedicates themselves to the

BraveHeart Way, they will uncover and discover their real self – their authentic self – and love themselves well.

When dealing with any conflict with friends, family or society, it is important to always resolve the conflict within yourself first and foremost – before dealing with the outer world. Most times, when it comes to dealing with conflict and the outer world, it is better to walk away because the change that you seek is really within YOU. We should never rush to resolve conflict outside ourselves before we resolve it within ourselves. Remember, it's always inside-out not outside-in, if you wish to win.

We must resolve conflict on an emotional level, before it will ever take permanent hold on a physical level... This is true science. Belief systems are genetic. Diseases, on the other hand, are epigenetic. Diseases are not malfunctions of the human body; they are support systems that warn you when you are not in alignment with Spirit. You can cut out the tumor, but did you cut out the belief that created it? Society's systems are the true disease, symptoms of the toxic people that power them. In this world, we are either driven by the love of power or, in my case, the power of love. We must first start looking at ourselves from within and face the conflicts in our lives that originate at the subconscious level. Otherwise, mind your own business...

It is within corrupt belief systems that all disease originates; it is within healthy belief systems that healing originates. Either you learn to master your mind or your mind will continue to master you. Learn or burn? Victim or BraveHeart? People have unlimited potential on all levels, when their beliefs are

based on unlimited potential. Prevention and healing can only happen with ourselves and within ourselves. We can never bring order to chaos, unless we go within and retrain the brain. Your personality shapes your reality. What are you willing to let go of?

From constipation to cancer, everything is rooted in the emotions. Conventional medicine only looks at the anatomy and function of the body and draws conclusions from there. They come up with academic fiction which is absurd – we are light energy electromagnetic energy beings. In science, if there is one exception to the theory, the theory is invalid. Knowing this, take a closer look at the medical healthcare system today; it is not even close to a precise science. Diseases are emergency programs. Diseases are survival techniques for the emotional and physical body. Disease names tell us where the trauma is buried – that is their only purpose. Diseases are only symptoms of dysfunctional belief systems. Welcome to medical care where everything and everyone is a 9-1-1 emergency.

3. THE BRAVEHEART WAY

The BraveHeart Way is sacred medicine. It is focused on feeding the Spirit which heals us on all levels. Healing is whole body healing – not partial body healing. Medicine today believes diseases are failures of the micro-organism, caused by pathogenic microbes, malignant cancer cells, defective genes or a weakened immune system. I will prove this is not the real story. Tell a story long enough and strong enough and the majority will always buy into it, even if it is based on

B.S. – Dysfunctional Belief Systems. The art of repetition is used for good and evil – welcome to the program. The more the Cancer Association advertises cancer awareness, the more people are afflicted with cancer. You get what you focus on – welcome to the masquerade.

The beliefs that have been orchestrated by a corrupt system leave the majority powerless, full of fear of contracting cancer and left to the mercy of a toxic system with only 4 options: life-threatening drugs, chemo, radiation or surgery.

Anyone that has a different view from the government or the medical system will be labeled a quack, conspiracy theorist or a psychopath. This is a small price to pay to help liberate people by awakening them to the fact that the power to heal has always been within them and not with the chosen few. The treatment that one chooses will be decided by how much love or hate that person has for themselves on a subconscious and unconscious level. Diseases are not errors of Nature – they are specialized programs of nature to support and protect an organism during unexpected trauma. Nature is not hostile; nature is caring and creative. The inherent force of nature is to protect its creation and to ensure its survival – your survival – because you are an essential part of nature. Conventional medicine will do anything to hide and distort Nature's secret healing powers – and this is not just a crime against nature, it's a crime against God and it's a crime against you.

For more information on this manipulation, go to: library/docofdetox.com and click on 'Medical Mafia'.

4. BIOLOGICAL CONFLICT

All disease originates from a psychological conflict. Examples of this are losing a job, loss of a loved one or being emotionally caught off guard by an unexpected or unforeseen crisis. Healing cannot take place until the trauma, whether real or unreal, is resolved within the brain by using the Heart-Brain Connection and by feeding your Spirit to resolve the conflict.

You must retell your story as a hero instead of a victim if you wish for a happy ending.

Depending on the conflict, symptoms can range from weakness to complete immobility. The symptoms will last until the mind believes there is no more threat. The unconscious programs we run can be a killer – especially the suffering program where the greater the trauma the more suffering must be endured. To make this more clear, babies have tantrums, teenagers have mood swings and adults have emotional disorders. All of these are programs of self-destruction. Biological conflict is the main cause of all disease:

- Conflicts of Loss
- Separation Conflicts
- Abandonment Conflicts
- Death Conflicts
- Fright Conflicts
- Sympathy Conflicts
- Existence Conflicts

- Starvation Conflicts
- Nest-Worry Conflicts
- Territorial Conflicts
- Sexual Conflict
- Attack Conflicts
- Feeling Stuck in Life Conflicts

Conflicts that threaten our survival, our home or the connection with family and community can be devastating and even life-threatening, if we do not have and use tools such as the BraveHeart Way 12 Loving Steps. We must have self empowering tools to help us resolve these conflicts quickly and efficiently. Breaking yourself out of 'judgment jail' is essential and life saving. Uncover and discover the invisible bonds that bind and blind you from your healing. The mind determines whether something is a trauma or not by your prominent and dominant beliefs systems.

Most traumas occur on a subconscious level and affect a different part of the body or a specific organ depending on the trauma experienced. Some examples of these are: Suffering conflict of loss, whether real or unreal, will create an imbalance or otherwise disease within the ovaries. Suffering a separation conflict for a woman can involve the lining of the milk ducts in the right breast if she is right handed.

An existence conflict, such as questioning 'how can I make it on my own', will cause disease within the kidneys. A starvation conflict such as the fear of not knowing how to provide food

for oneself or one's family will create disease within the liver. The nest-worry conflict, when it comes to children, will cause disease within the breast glands of the left breast in a right-handed woman. The 'feeling stuck' conflict can cause disease within the legs. The key to avoid the state of dis-ease when experiencing trauma is doing LionHeart Breathing and snapping back to reality and the present moment with the BraveHeart Love Band. The present moment is the only point of power and is where all creation and healing takes place. The most important step is to resolve a conflict as soon as possible in order to lessen the physical damage so the healing phase is shorter and less severe. The only place to reclaim the gift of healing is within the present moment. Most people that are suffering with a chronic illness are caught in the past, in the future or both. You cannot heal in these time zones.

As soon as the trauma is resolved, healing begins instantly. Healing cannot and will not take place in a sympathetic state. This is why a traumatized cancer patient will never heal; they will only survive and never thrive. The more we focus on the physical the more we drain our energy field – our personal field of power – which is our Spirit. If we are physically in good shape, and we have the proper tools emotionally to deal with trauma, then all trauma is short lived and never life- threatening. Most people are taught that the depth and the length of their suffering should equal the drama or the trauma. So, if we buy into this belief then we believe that whoever suffers the most loves the most. This belief is not just dysfunctional – it is life-threatening for anyone who runs this toxic program. Feeling abandoned, left out, or left behind is one of the most difficult experiences. We are social

beings; we are tribal. Abandonment is linked to disease of the kidneys. And if you don't believe me, take a look at how many people are suffering with kidney and bladder issues in today's society.

Suffering from the abandonment existence conflict will create disease within the kidneys. Examples of this are, "I feel abandoned. I can no longer exist." When we feel like a fish out of water – otherwise, alone or isolated – we will have trouble urinating. This is an abandonment conflict, an existence conflict or a fear for one's life, whether real or not real. In this situation, we starve ourselves of water; we put ourselves in the desert because we have been 'deserted'. Without water, all the metabolic processes of the body stop functioning. Welcome to the majority of the population who suffer with dehydration, inflammation, internal scar tissue formation and eventually displaced calcium to keep you alive... until you have conflict resolution.

Go to: library/docofdetox.com and click on the 'A to Z Wellness' Guide.

A cancer diagnosis, or when our livelihood is at stake, can also trigger an existence conflict. The feeling we experience behind an existence conflict is 'I've lost everything', emotionally and physically. Examples of this are loss of a loved one, divorce or loss of a home. To make my point, the Cancer Association has made cancer into a death sentence. Where the mind goes the body must follow; be the master of all your thoughts or they will master you. The moment the abandonment or existence conflict is triggered or takes place, the area of the

brain that's in charge of the kidneys is switched on, setting off stress and inflammation in the kidneys. This inflammation shuts down the valve in the kidneys causing water retention, because of contraction and internal scar tissue formation. So, to make this clear, before any other part of your body becomes inflamed, the corresponding area of the brain becomes inflamed first. Where the brain goes the body follows, whether it is regeneration, inflammation or mutation.

In the case of conflict of existence, your body not only retains water but will recycle creatinine into protein as a form of nutrition for the body; there is a threat of starving from protein deficiency because the mind believes that you are in the middle of a desert. Creatinine is a waste product of protein metabolism which is usually eliminated with the urine. The body's attempt to support this conflict may cause uremia – too much creatinine in the blood. The emotional trauma of conflict of existence has created an emergency situation; the existence conflict is the cause. The degree of water retention is determined by the intensity of the conflict. Now that you know this, you will notice even the slightest abandonment issue. You will notice shoes feeling tight, rings hard to get off and even socks will leave indents on your legs. Of course, there will also be decreased urine output; urine will have a deep yellow color. A side effect of water retention is weight gain – one quart of water is approximately two and a half pounds. So, if we exercise, have a good diet and have a hard time

losing weight, abandonment conflict is being run on an unconscious level. Excess water is stored within the fat cells

and inflates the fat cells. With overweight children, it is not just a diet issue – it's an abandonment issue. This conflict is becoming more prevalent in our society due to the conflict and anxiety being created by the same systems that we think are here to protect us. Emotional and physical abuse, inside and outside the home, play a large part in a child's abandonment issue. Our children and our pets suffer the most with abandonment issues. If the abandonment issue continues for a long period of time, there is a high risk that a tumor can form within the kidneys. Remember, the invisible creates the physical, whether good or bad, healthy or unhealthy, so become conscious of the programs that run you.

As soon as this emotional conflict is resolved, the stress, inflammation and mutation of the kidneys instantly stops. Bacteria and fungi begin to remove the necrotic tissue or tumor so healing can take place and tissue can be restored. Bacteria and fungi are the oldest living organisms on the planet. We must understand that it was not the bacteria or the fungus that created the infection, inflammation or the cancer; they are the clean-up crew and healers. Microbes being the enemy is one of the most misleading concepts in health today. Never forget the greatest equation by Albert Einstein $E=mc^2$. Energy equals mass; thoughts create things. The bug is not the problem – the program you're running is.

As soon as a person reaches conflict resolution, water retention and creatinine storage is eliminated.

5. CONFLICT: CERVIX & PROSTATE

Abandonment can also be interpreted as rejection – particularly sexual rejection. When this occurs, women's cervixes and men's prostates are affected.

CERVIX

The cervix is the passageway to the uterus. The conflict of the cervix is the conflict of not being able to mate and can be triggered by feelings of rejection, sexual abuse of any sort, sexual frustration, feelings of being rejected or unwanted or when a woman's partner is interested in another person. When this conflict occurs the cervix begins to ulcerate and have tissue loss. The biological purpose of tissue loss within the cervix is to widen the cervix so when mating finally takes place more sperm can reach the uterus, increasing the chance of conception. Never forget, first we have an image, then a thought, then an emotion which creates a frequency which triggers hormones and chemicals that either create or degenerate – even mutate. This conflict of sexual rejection can happen at an early age or later in life. Signs of sexual rejection conflict can be cold hands or trouble sleeping. Cervical cancer is a normal reaction to sexual rejection conflict. As soon as the conflict is resolved, the cervix will be restored to perfect balance. During the conflict's active phase we experience no symptoms. After we resolve the conflict on an emotional level, and are no longer preoccupied with the conflict, we enter the healing phase and begin to experience physical symptoms such as fatigue, exhaustion, can't get out of bed, pain, inflammation, swelling and infections. This is all part of the brain's and body's natural healing phase, though

the symptoms of the body's natural healing phase do not feel normal or natural; this is due to the misinformation and lies that the majority of medical doctors and natural health care professionals have been indoctrinated with over the last 150 years.

Go to: library/docofdetox.com and click on 'Medical Mafia'.

The longer we are in the active phase of sexual rejection conflict, the more intense the healing symptoms will be and the longer it will take to heal.

When it comes to symptoms of healing, even the so-called health professionals are misled. Here's an example for you. Edema is a water pocket that protects an area while it's in the healing phase. Healing always occurs in a fluid environment which means there will always be swelling which can cause pain. There can also be bleeding and discharge because of the reconstructive restoration process of cleansing and regeneration. Medical professionals, and even natural health practitioners, view this phase as a negative because they have been misinformed. The idea is to work with and control these healing symptoms – not stop them. This is the phase where the cervix fills in and restores itself, as long as there is no emotional conflict relapse or retriggered trauma. A relapse will only prolong the healing phase. This is why the BraveHeart Way is so important; it teaches us how to better understand what triggers sexual conflict so we can create a new reality map in the mind to assist the biological process of permanent self-healing.

If the healing phase continues to drag on for months and months, we know the sexual conflict has not been properly dealt with on an emotional level and triggers must be found and eliminated. We must neutralize all the triggers so that healing can be completed. This is why the BraveHeart 12 Loving steps are a must, if permanent healing is your desire.

Go to: library/docofdetox.com and click on 'BraveHeart 12 Loving Steps'.

Pap tests can be positive, but these results are just markers. Most health professionals do not understand the natural process of healing where the body is sloughing off the disease causing agents. Healthcare today distracts the patient away from the natural healing phase of self-healing. Medicine believes that diseases are errors of nature but they are not; they are part of nature's perfect plan of self-healing.

PROSTATE

Let's talk about the prostate. The prostate is a gland that produces seminal fluid; it is the main organ that secures procreation. A protein that is a component of the seminal fluid is known as PSA or Prostate Specific Antigen.

A procreation conflict for a male is not being able to mate. Remember, when a female is not able to mate the cervix begins to ulcerate causing tissue loss. If a male cannot mate, the prostate tissue cells start to proliferate; there is a rapid increase in cell production with the biological purpose of the proliferation to produce more seminal fluid. A procreation

conflict can occur when a male cannot have children or grandchildren; this is a biological concern. It can also be a sexual mating conflict such as sexual rejection, sexual frustration or feeling sexually unwanted. The prostate is also linked to gender conflict. A gender conflict is about being disregarded as a man, a husband, a father or the provider of a family. So, ugly divorces, custody battles, emotional and financial abuse can also trigger this procreation conflict.

The moment procreation conflict occurs, the area of the brain that controls the prostate is impacted and the program is switched on. At this point, the prostate cells begin to proliferate and multiply so the PSA level naturally rises. Inflammation is and always will be the trigger, but the trigger of inflammation will always be emotional conflict. We know that conventional medicine uses PSA levels as a tumor marker. There's nothing abnormal about an elevated PSA level – all this indicates is that the male is in an active conflict related to the prostate. This is an absolutely normal event. If the conflict lasts over a long period of time, the cell proliferation forms a prostate tumor or prostate cancer. During a procreation conflict active phase, there are usually no symptoms. It's the pressure and the anxiety of getting tested that has made prostate cancer the highest cancer in males.

Where the mind goes the body must follow. We are constantly being programmed without our knowing it; this is why conflict resolution is the key to all healing. In the last 5 years, prostate cancer has gone up 40% and is expected to go up another 400% by the year 2030. My personal opinion is the large intestine, which is 85% of the immune system, is rotting out.

Because the prostate sits right in front of the last four inches of the large intestine, the prostate is now swimming in the middle of a cesspool of putrefaction. The integrity of your large intestine is the key to this male prostate pandemic. Go to: library/docofdetox.com and click on: 'Become #1 at the Art of #2' Masterclass, the 'Spoiled Rotten' Guide, and 'The Domino Effect of Unhealthy Living' Guide. The increased advertising and pressure around getting tested for cancer has increased the number of cancer patients – where the mind goes the body follows. As soon as the procreation conflict is resolved, the healing phase sets in and we see the physical symptoms of being out of alignment. Now the real healing begins; bacteria begin to decompose the tumor and eliminate the waste through the urine – this is why the urine is cloudy and may even have traces of blood in it. These healing symptoms will set alarm bells off for almost all medical and natural health practitioners because of improper training about the natural healing phases of the body. One may also experience night sweats, tiredness, pain and may even require a catheter until the swelling reduces. It is also important to know the sooner the catheter is out the less internal scar tissue is created and quicker the healing will be. It is very important, when dealing with cancer, to supplement the protein loss with whole plant-based protein and amino acid supplementation.

During the healing phase of any cancer, amino acids are essential on a continual basis throughout the day because of protein loss. Severe protein loss can cause death. Cancer patients need extra amino acid supplementation support. Night sweats are a huge indication that more amino acids are needed.

Cancer has a ferocious appetite for amino acids so supplementation is critical to prevent muscle wasting. When the conflict is resolved, the tumor will still be there but the PSA will return to normal, provided there is no conflict relapse. Remember, there is no reason to panic over an elevated PSA level ; if you do, this only feeds it. Nature does not make mistakes.

A man can have an elevated PSA level even if he does not have prostate cancer or if his prostate has been removed. On top of this, women can also have an elevated PSA level – there goes that theory. High PSA levels can be experienced in women who have metastatic breast cancer. PSA can also be found in the breast, liver and salivary glands. This means there is nothing specific about the prostate specific antigen PSA. What is an antigen? An antigen is a substance that stimulates the immune system. No immune system equals no antigens. So understand, antigens are normal and natural. Hospitalization can also cause abandonment conflict, causing urine retention or water retention by shutting down urination. Lack of doctor care and lack of visitors can also cause abandonment conflicts. Make sure you always stay with loved ones while in the hospital. Everyone needs an advocate. This can save a life – shining your love is the answer. Excess water retention can severely slow down the healing phase. 1. With water retention, every tumor becomes larger which often leads to a diagnosis of a fast growing tumor or an aggressive tumor leading to more aggressive toxic treatments. With more fear comes more water retention – what a vicious cycle. All of this leads to increased pain and increased pain medication, such

as morphine and morphine derivatives, which reduce the success of healing and the chance of survival for the patient.

2. Cortisol is a steroid; it is a stimulant. It has strong sympathicotonia properties which means it stimulates the sympathetic nervous system causing vascular spasm, abnormally high blood pressure and other negative symptoms. Cortisol increases water retention which means it can be dangerous, especially in cases with tumors in the bile duct, brain and colon. Increased swelling in the bile duct and colon can be life-threatening because of excessive pressure or complete blockage.

Mood disorders and mental disorders are also linked to biological conflicts; these disorders have a brain and organ correlation. As I stated before, where the mind goes the body follows; issues in the tissues are conflicts unresolved. People have been programmed to fail. Our goal, personally and as a community, is to resolve conflicts. All emotional blocks become physical blocks which society calls diseases. The more conflicts a person is running at the same time, the more unbalanced they will be mentally and emotionally. Depending on the degree of the conflicts involved, this mental imbalance can range from mood disorders to a severe manic-depressive state to severe mental illness.

How can this be resolved? By resolving conflicts – dysfunctional programs and belief systems within the subconscious mind. We must erase beliefs that trigger conflict and replace them with self-empowering beliefs for self-healing to take place and to stay in place. Your personality always creates your reality. If you wish to be different then you must become different.

Every disease is a special biological program created by nature to support an organism during unexpected distress. The conflict of separation will create short-term memory loss until the person is capable of facing and dealing with this real or perceived separation conflict. Children that are forgetful and have difficulty concentrating are diagnosed with ADD or Attention Deficit Disorder. These children are dealing with a separation conflict which often starts when they are separated from a parent. So what is the 'H' in ADHD? The 'H' stands for hyperactivity. What is hyperactivity? Hyperactivity is being restless, not being able to sit still and wanting to move. This is linked to a conflict of 'feeling stuck' which always involves the muscles. The child counteracts the distress with maximum movement. There is nothing wrong with these children; the answer lies with the adults. When we hear about ADHD we should not think of this as a disorder; we should think of this as a separation and 'feeling stuck' conflict. This is our invitation to make changes for the sake of our beautiful children who are being misdiagnosed and mistreated by a broken system.

Memory loss is a symptom of Alzheimer's as we grow older. Within this age group it is often the loss of, or separation from a spouse, a long-term friend or a partner. If this conflict goes on for years it often results in dementia. Your beliefs are everything. The conflict of, 'I just want to forget'. We need to rewrite and retell our stories if we wish to have conflict resolution. This is why #11 and #12 in the 'BraveHeart 12 Loving Steps' Guide is crucial in rewriting and retelling your stories.

Conventional medicine considers Alzheimer's a degenerative disease. It is not the people that are degenerating; it's society's dysfunctional beliefs in health that are degenerating. When we feel we are no longer playing an important role in our life, we feel forgotten and this is when we forget. What happens when an elderly person is put into a nursing home? You know the answer to this! The world has forgotten them.

6. HOW CONFLICT RELATES TO THE BRAIN

Colon Cancer – Indigestible Morsel Conflict

Lung Cancer – Death-Fright Conflict

Kidney Cancer – Abandonment Conflict

Prostate Cancer – Male Sexual Conflict

Intraductal Breast Cancer – Separation Conflict

Cervical Cancer – Female Sexual Conflict

Ovarian Cancer & Testicular Cancer – Profound Loss Conflict

Bone Cancer – Self-Devaluation Conflict

Each cancer has its own area within the brain from where the cancer is controlled. Each cancer is linked to a very specific type of conflict, shock or trauma that correlates emotionally, psychologically and biologically to the same area in the brain that controls the cancer.

A very specific area in the brain stem, the oldest part of the brain, always controls lung cancer. Lung cancer is always

linked to a death-fright conflict. When you suffer from a death-fright conflict, you find it hard to breathe. If this continues, nodules or even lung cancer may be the outcome. This is a coping mechanism until you reach a death-fright conflict resolution. Only then will healing begin to take place. Glandular breast cancer is always controlled by a specific area in the cerebellum, just next to the brain stem, and is always caused by an unresolved nest-worry conflict such as unexpected worry about the wellbeing of a loved one. The degree of the conflict will determine the degree of the disease.

Intraductal breast cancer is controlled from a very specific area in the cerebrum and is always caused by a separation conflict. Animals experience this conflict when they're separated from their mate or offspring, when they're attacked by a predator, when they lose their nest or their territory, suffer a threat of starvation or a death-fright conflict. Go to: library/docofdetox.com and click on 'I Am Woman' Guide.

Humans can experience this same separation conflict when we lose our home, our job or means of income. We can suffer an attack conflict when we're physically attacked, verbally attacked, when our integrity is attacked or when we think it has been attacked; lack of confidence is the killer. We can suffer a starvation conflict when we don't know how to provide for ourselves. We most commonly suffer a death-fright conflict when we receive, what we believe to be, a life-threatening diagnosis – shock always follows a life-threatening diagnosis. The medical system is the greatest perpetrator of dispensing life-threatening diagnoses. When we work from statistics we operate from a 'herd mentality' thought form. If you don't

want to become a statistic, change the rules because then we change the game and heal. Conflict, whether real or unreal, will have the same effect on your body – your brain cannot tell the difference. This is how the psycho elite, the government and the systems that are supposedly there to protect us have used mind manipulation, conflict and chaos to control and harvest us since the beginning of time. Tell a story long enough and strong enough and you could have the entire planet buying into the masquerade of a fake pandemic.

Are you beginning to see the difference between mastering your emotions or letting someone else master them for you? And let's not forget, the majority of the population is unconscious about the power of their subconscious beliefs. The interaction between the emotions, the brain and the organ applies to all diseases and all cases. Examples include heart conditions, skin disorders, diabetes, arthritis, mood disorders and mental conditions, just to name a few.

86% of the population is suffering from an autoimmune disease – the body is attacking itself. But understand this, before the body attacks itself on a physical level, it first attacks on an emotional level. Whether this attack happened on a conscious or unconscious level, the outcome is the same.

Your thoughts and beliefs create things. The image you have for yourself and the world around you is either the blessing or the curse.

Medical doctors use statistics when diagnosing. Statistics are for those who do not and will not embrace change. If you desire your health to be different, you must become

that difference by breaking free from the herd and finding your true authentic self – the healer within. Diseases are meaningful biological safety mechanisms. The disease will no longer be needed when the conflict or trauma has been resolved on an emotional level. The invisible always trumps the biological – don't push the panic button. Diseases are curable, but to create this new reality you must first change parts of your personality. We are all born with the capability of healing our own diseases when we become a conscious creator. Remember, whether consciously or unconsciously, you created the disease.

People will continue to have conflicts, traumas and emotional shocks until they become the masters of their mind. Where the mind goes the body must follow. Continual shock will create a physical block. This is what we refer to as issues in the tissues, otherwise known as diseases.

Go to: library/docofdetox.com and click on 'A to Z Wellness' Guide.

The brain is the mediator between the subconscious and the body. The brain is the control station for coping with each particular conflict situation; it is where each and every biological program is controlled, coordinated and stored. The emotions are the driving and leading component of every program. Everything begins with an image, followed by a thought and then an emotion; what you imagine and focus on, you create. The more you feed a program the bigger it gets. If it is a negative program that you continue to feed, some day it will not just turn on you – it will feed on you.

How we perceive and experience a trauma, conflict or shock is determined by our coping mechanisms. Our coping mechanisms are determined and rooted in our belief systems.

The biological program and outcome will always depend on how a person perceives the trauma-shock conflict. Ten different people can experience the same trauma, conflict or shock but everyone will suffer or heal at different rates because our perception shapes and creates our reality. The death-fright panic equates to not being able to breathe which leads to lung cancer. If you think about the people who have had lung cancer in your family, you will find this always holds true. Cell proliferation is a significant biological program that happens within certain organs. When cell proliferation happens, there is tissue gain. When cell proliferation is above a certain range, cancer is considered malignant; when cell proliferation is below a certain range, cancer is considered benign.

When a woman is experiencing a sexual conflict, the cervix and uterus will enter a significant biological program of tissue loss. When you're experiencing conflict, shock or trauma, you are in the sympathetic 'fight, flight, freeze' state. The body cannot and never will heal in this state; conditions will only get worse. Whenever you're in the healing phase, you are in the parasympathetic 'rest, repair, restore' state. This is the only state in which true healing can take place. Two of the greatest techniques for retraining the mind and body to enter and stay in the parasympathetic state are Belly Button Therapy and Avacen Energy Medicine.

Go to: emf/energy@store.docofdetox.com

When we are in a state of conflict, we are in a prolonged sympathetic state. Preoccupation with the conflict causes sleep disturbances, loss of appetite and cold extremities. The moment we are out of the sympathetic state of conflict, we enter into the parasympathetic healing state. There are only two emotions – Love and Fear. There are also two main paths of action – self-love or self-hate. So, the sooner we get into this state of self-love and self-care, the less conflict we will cause within the body. When you finally enter into the parasympathetic state of healing, you will experience emotional relief, fatigue, increased appetite and maybe even fever. The cold phase is known as the conflict phase.

The warm phase is known as the healing phase. You will experience symptoms such as: fever, warm hands, warm body, pain, inflammation and even swelling in the warm phase. Rest is absolutely essential for healing to take place. When we're in the healing phase, fungi and bacteria begin their job of eating and eliminating tumors and other unwanted growths in our body. These organisms are the clean-up crew and are essential for life and healing, though we have labelled them as the bad guys or the predators of our body. As a tumor grows, the fungi and bacteria will match the growth of the tumor. This is orchestrated so when we finally resolve the conflict, with self-care and self-love, these bacteria and fungi will be there to digest the tumor. Nature does not create something for nothing; all microbes have a purpose. When you enter into the healing phase, otherwise a parasympathetic state, you may experience healing symptoms such as discharge, puss, night sweats, swelling, pain, inflammation, fever and fatigue.

Pain is a natural part of healing. Pain is your body's GPS and your ally; without it you would be dead already. When it comes to pain, people often make the big mistake of 'jumping the gun' and taking extreme measures such as shutting down pain with drugs or running away from it by ignoring it. Usually, this does not end well. The most important relationship you'll ever have, on a physical level, is with your body; without pain as a guide, you would always be out of alignment on all levels.

Body talk is the most important language you will ever learn. The most important part of body talk is learning to embrace symptoms with self-love and self-care. Even when there is blood in the discharge, just know this is a natural part of your healing process in action. Be aware of the bleeding, take control of the bleeding, but do not panic – take massive personal action to love yourself well.

Although uncomfortable, night sweats can be excessive in the healing phase. All negative symptoms can be short lived, when we start making decisions based on unconditional love for ourselves. On a physical level, we must clean out and restore the large intestine and the liver as soon as possible. This will minimize symptoms throughout the healing phase.

If antibiotics have been used, the bacteria and fungi needed to decompose and eliminate the tumor will not exist in the body anymore. The tumor will become encapsulated. A dormant and encapsulated tumor can be found years later by testing. This can cause another shock conflict which may trigger the brain to awaken the cancer again. A thought is never just a thought – it's creating your future. Thoughts never sleep; wake up and become conscious and mindful of your thoughts.

We have been purposely misinformed on so many levels about what cancer is, what cancer is not and how to treat it. We have been taught that symptoms such as discharge, pus, night sweats, swelling, pain, inflammation, fever and fatigue are the enemy. Actually, they are a major part of the natural healing process to create a healthier you. These so-called negative symptoms are the clean-up crew of the body; learn how to master them and heal yourself well.

If a person has been made aware of all these built-in life-saving mechanisms, they no longer need to be frightened by self-healing symptoms. They can now fully accept these symptoms as the healing symptoms they truly are and release the fear and panic they caused up until now. Once you change your mind, you change the outcome. The whole episode will pass without any serious consequences when dysfunctional beliefs are erased and replaced with self-empowering beliefs.

Remember, where the mind goes the body follows. Statistics are for the majority; break free from the herd and write a BraveHeart story. Never be a survivor – always be a thriver.

Go to: library/docofdetox.com and click on 'The Four Pillars of the Perfect Day' Guide.

Most conventional medical theories are based on assumptions that have never been substantiated. Diseases are a natural process of healing after one has been out of alignment with their true authentic self. What happens in the brain must happen in the body; what happens in the body must happen in the brain. In the healing phase, there can be swelling in the brain in the area of conflict which can cause dizziness or

headaches. Also, during the healing phase you will find you will urinate more often which is natural and healthy. For most, it will be very difficult to wrap their head around the fact that a brain tumor is not a malignant growth; it is a part of the healing process. I do not expect most people to accept or believe this, due to indoctrination. From hemorrhoids to cancer, when there is healing of a specific organ the healing also takes place in the brain. The size of the tumor determines how intense the healing is. The longer and stronger a conflict is, the more intense and longer the healing phase will be. What will it take for you to fill your own heart completely with self-love? This would mean taking massive personal action without the reaction.

We must downgrade and eliminate every conflict as soon as possible to prevent intense healing. To do this, we need proven take-action strategies that retrain the brain for self-healing. Check out our Whole life Coach Certification or our 3-day online Whole Life Mind & Body Masterclass to uncover and discover your unlimited potential as a Spirited being.

Every so-called disease is part of a significant biological program, created to assist an organism in coping with emotional conflict. Toxins are not the main cause of cancer. The theory that toxins are the main cause of cancer is based on the assumption that cancer is a malignant disease. If we acknowledge that cancer is a meaningful biological process, we also understand that toxins are not the major factor causing cancer. When we understand that cancer originates with emotional conflict and is controlled by a specific area

in the brain – acting as the mediator between the emotional body and the physical body – we finally reach the tipping point of understanding what true healing is. If you hold the mindset that you must ‘kill the cancer’, know that you may be killing yourself in the process; ‘the patient died, but we cured the cancer’. From arthritis to a tumor, we are dealing with emotional issues in the tissues. We must understand that tumors are storage sheds of not just physical toxicity but unresolved emotional toxicity. Since I was a young child, I can remember governments ranting and raving about terrorism. I believe that true terrorism lives in the minds of the majority because of programming. Only you hold the key to be disease free. Let me ask you a question. Why is it that people who live a healthy lifestyle, have a healthy diet and stay away from toxins still experience cancer and even die from it at an early age? The answer is that conflict and trauma can happen at any age, even at conception, and the psychological always rules the biological at any age. This is why I have put together the most powerful training for couples – ‘How to Create a BraveHeart Family’ – from pregnancy to the golden years.

7. BIOLOGICAL CONFLICT & BREAST CANCER

Let’s talk now about nest-worry conflict which is the biological conflict linked to the breast glands. This conflict happens when a woman worries about a loved one. With a nest-worry conflict, the breast glands will immediately start to grow larger and multiply forming a breast gland tumor or breast cancer in the glands. This can happen at any point in life. The size of the tumor will depend on the intensity and the length

of the nest-worry conflict. The tumor is always proportional to how intense the conflict is. The more intense the conflict, the faster and bigger the tumor grows. The emotional state is the driving force of the conflict. Your emotions, the brain and the body always work in synchronicity. The emotions are the driver and the brain is the maker and shaper. A right-handed woman responds to a conflict with her children or mother with the left breast or left side of the body. She responds to a worry conflict with the right breast with everyone else who is not her mother or child.

A left-handed woman responds to a conflict with her children or mother with the right breast or right side of the body. She responds to a worry conflict with the left breast with everyone else who is not her mother or child. It is within our emotions that cancer originates. Symptoms are not seen or felt until the healing phase begins. In the healing phase, the tumor is broken down by bacteria which activates the healing symptoms of discharge, night sweats, protein loss and/or painful swelling. A foul smelling discharge can be excreted through the skin. Do not panic – part of the healing process of a tumor being naturally broken down can cause a foul smelling discharge. It can take 4 to 6 months for tumour decomposition to complete. Again, do not panic; further conflict will reactivate the conflict active phase. It is essential to support protein loss with a protein rich diet, especially if experiencing night sweats.

As healing always takes place in a fluid environment, there can be painful swelling. It is an absolute must to support the body with proper rest so the body can restore and repair. Healthy organic plant-based food, rich in protein, along with gentle

cleansing are also crucial. Only supportive positive people should be around the patient. The biggest complication for anyone going through the healing phase of cancer is fear and panic caused by the patient, family members and friends who have no true understanding of how disease and healing actually works within the human body.

Fear and panic cause water retention. The retained water will go into the organ involved and cause more pain and swelling. Fear and panic are mentally and physically destructive. If a woman does not have TB bacteria to remove the tumor, the tumor will encapsulate and stay in place. A person can live with an encapsulated tumor, without symptoms or complications, for the rest of their life. Cancer doesn't kill; it's the fear, the panic, the extra conflict from shock and trauma created by health care professionals and the healthcare system many have chosen to surround themselves with that cripples and kills. Conflict relapses are caused by specific triggers. Until we understand that we must erase these triggers, we will continue to trigger the conflict. Finding peace, faith, courage and staying connected to your LionHeart Breath is key in setting yourself free from this fear based program called 'Healthcare'. Unplug from all systems and take massive personal action toward what you want in your life... and nothing else. We must become aware of the places, people and things that trigger conflict and panic in our lives or we will continually reactivate the conflict trauma which interrupts and prolongs the healing phase. Conflict reactivation is the number one reason for chronic illness and recurring cancers. There can be no permanent healing on the physical level, until

there is healing on the emotional level. Yes, they did cut out the tumor, but did they

also remove the belief that created it in the first place? If they didn't, there will be a conflict relapse for a second and third time. Without the belief and understanding that true healing is self-healing, we will continue to be programmed to push the panic button over and over again. Milk duct cancer is caused by separation conflict. The lining of the milk ducts begin to ulcerate creating tissue loss and contraction of the tissue.

The feeling of, 'I can no longer care for you' or 'I can no longer nurture you' creates the conflict. If this condition continues, we get 'scirrhous knots' which are fibrotic scar tissue knots viewed as cancer by the medical system. However, they are not cancerous and they are not tumors. Scirrhous knots are created following tissue loss where the remaining tissue pulls together to form a knot. These knots are usually 'treated' by having a mastectomy. When the conflict is resolved, the ulceration stops. Tissue loss is replenished and replaced with healthy cells. In the restorative phase, there will always be swelling because healing always occurs in a fluid environment; there can be pain and the breast can be hot, red and itchy. All of these symptoms are positive signs of a natural healing phase.

The majority of breast cancers are intraductal breast cancers linked to separation conflict. To support this statement, take a look at the divorce rate... Without stability there will always be a separation conflict. Fear of losing a loved one, fear of separation, death of a family member or friend are additional examples of situations that can switch on the separation

conflict program. Not everyone will experience this, however. If you have the proper tools to process your emotions, you will not become conflicted, traumatized or trigger a life-threatening conflict illness. Wolfe Non-Surgical Body Therapy is a must, along with Clapping, to heal breast conditions. Go to: library/docofdetox.com and click on 'A to Z Wellness' Guide 'Clapping 4 Health' Guide 'I Am Woman' Guide As soon as you make peace with the conflict, healing can and will begin. The length and depth of the grief, sadness, anger, fear or other negative emotions will determine the intensity of the illness and the length and intensity of the healing phase symptoms. The healing phase can be difficult, and go on for a very long time, if you do not eliminate the triggers that activated it in the first place.

A person experiences cold hands when unconsciously or subconsciously triggering or retriggering a conflict – let cold hands be a warning symptom to you. Inflammatory breast cancer is known as one of the most dangerous breast cancers, though it's just inflammation of the breast, ignorance of one's own health and the conflicts being run that create this life-threatening situation.

METASTASIS

If it's true that cancer metastasizes throughout the body via the blood and lymph, why don't they screen blood donors for cancer? Also, when it comes to metastasis, why isn't there cancer of the heart and the arteries when the blood flows through these two body parts the most? How do cancer cells get into the brain when we have a blood/brain barrier? And why doesn't brain cancer metastasize to other parts of

the body? Understand, secondary cancers are triggered by further or secondary conflict shocks – otherwise, a continual pushing of the panic button – not by metastasis. Inflammation will eventually set the whole body on fire which will trigger the next weakest link. Cancers are controlled and created by specific parts of the brain and triggered by continual conflict, shock and trauma. For example, a woman is diagnosed with breast cancer which was triggered by a separation conflict. The diagnosis, delivered by her doctor, creates a death/fright conflict which impacts the area of her brain that controls the lungs causing the development of lung cancer. For most people, this philosophy may sound foreign but there is no conclusive proof that cancer metastasizes to other parts of the body. Lung cancer is the most common secondary cancer with bone cancer being next most common. When a person experiences bone cancer as a secondary cancer, a self-devaluation conflict is revealed. The fear of a mastectomy or the fear of being useless on that side of the body can create a self-devaluation conflict.

If the medical system is correct, this would mean a cancerous breast gland cell breaks away from the milk ducts and migrates to the bone to cause cancer in the bone creating a hole; this is their logic. All of this terror can be prevented by understanding the art of mastering the mind by mastering the emotions, by loving yourself well and by creating The Perfect Day. We must find our BraveHeart; emotional intelligence is the art of living without fear of cancer or any other disease, and realizing that all diseases are part of the body's natural healing phase when we're out of alignment.

8. UNDERSTANDING HEART ATTACKS

Let me make this perfectly clear – all bodily processes are controlled by the brain and the brain is ruled by our emotions.

It was found, through many studies, that all heart attack victims have experienced a major conflict trauma prior to the heart attack. First, the emotional conflict triggers a specific part in the brain which correlates to a specific organ. In this case, it is the heart. As I stated earlier, diseases are significant biological special programs created to assist an organism during unexpected distress. Diseases are all built-in survival programs for those who have not awakened to the idea that all thoughts matter because thoughts create matter; thought form creates physical form. The heart is the recorder of all your love relationships. How we experience a conflict is determined by our personality – our map of reality made up of our belief systems. The same conflict may traumatize one person and not affect another, except for the experience of the learning.

HEART

Coronary heart diseases and complications arise from 'territorial loss conflict' such as loss of our home, job, anything of personal value or anything that we consider a part of our domain or territory. In this instance, the lining of the coronary arteries begin to ulcerate causing tissue loss in order to allow increased blood flow. Increased blood flow allows for more energy and vigor to facilitate a conflict resolution. The symptom or disease of 'angina pectoris' in the conflict active phase causes a stabbing heart pain that travels into the neck

and down the arms. Conflict intensity is determined by how intensely we experienced and were affected by the shock.

The inability to process emotions with ease creates dis-ease. The greater the conflict, the greater the impact on the brain and the effect on the coronary arteries. As soon as the conflict is resolved, ulceration stops and the healing begins. 80% of all cholesterol is produced by the liver; 20% comes from our daily diet. Cholesterol is not the culprit that the Medical System has made it out to be; cholesterol is used by the body to repair arterial walls until complete tissue healing takes place. During the healing phase, cholesterol levels will rise, and continue to rise, until there is a lifestyle change emotionally and physically. Don't panic; elevated cholesterol is a natural part of arterial healing. Cholesterol is like candle wax; it is used by the body to fill in the cracks of the arteries until a complete healing has taken place. Due to mineral depletion in arteries, mainly calcium, cholesterol is used to glue the cracks together until the blood Ph balance is restored and arterial walls are healed.

Dr. Ron Rosedale MD stated, "Cholesterol is important for cardiovascular health. Cholesterol is a necessary ingredient in any sort of cellular repair."

The brain is responsible for all healing and dis-ease, from cancer to a heart attack and everything in between. The psychological creates the biological; we are light energy electromagnetic frequency beings with emotions being the main driver. The frequency of the emotion triggers the brain to initiate and release specific hormones and chemicals. These hormones and chemicals can be healing and restorative or

destructive, depending on whether the frequency is negative or positive.

The psychological and physical damage that one experiences will always equal the impact of the shock/trauma conflict. It is vitally important to initiate the LionHeart Breathing Technique, along with the 3-2-1 BraveHeart Band Countdown to diffuse a conflict by replacing it with a peaceful healing resolution as quickly as possible. You have one second to snap back to the present moment which is your only true point of power. Living in the past or the future is what's wrong with people today; healing can only take place in the present moment. The present moment is the only place that we can create a new belief system which supports permanent health and healing. The present moment is your only true point of power for creation. Check out: The 'BraveHeart 12 Loving Steps Guide' in the Doc of Detox Library.

The natural life saving processes of the body, that the medical system and the majority view as negative, are actually life-saving symptoms to keep us alive until we awaken and become the masters of our emotions – emotions are the main driver of the brain. Retrain the brain and reclaim your God-given right to abundance on all levels. Internal scar tissue in the body occurs naturally when healing, whether it be from surgery, accidents, sports injuries or autoimmune diseases such as cancer. Where the real problem lies is health care, whether medical or natural, which has never had a healthy or effective way to rid the body of the overcompensation of internal scar tissue formation that occurs after the healing is complete.

By implementing Wolfe Non-Surgical Body Therapy and The Perfect Day Lifestyle, you no longer have to live with the internal scar tissue issue created by inflammation, prolonged conflict, trauma or surgery. Internal scar tissue creates physical blocks that choke off circulation creating more inflammation, tissue degeneration, joint deterioration, nerve pain, organ complications and tumors. Health issues and premature aging are an internal scar tissue issue for the majority; break free from herd mentality and let us show you how to remove the invisible bonds that bind you and blind you from your true health potential and happiness. Surgery must become your last option; with Wolfe Non-Surgical Body Therapy we guarantee life-changing, life-saving results.

Go to: library/docofdetox.com and click on 'A to Z Wellness' Guide.

To uncover and discover your practitioner within go to www.newworldpractitioner.com. Just know that fear and panic are the main triggers which continually activate dysfunctional belief systems within the subconscious and create the trauma and shock conflict we call disease. We must become conscious of these subconscious programs if we wish to put an end to the psychological warfare that is continually being downloaded on an unconscious level.

HEART - MYOCARDIUM HEART MUSCLE

With a heart attack involving the coronary arteries, you will get a slow heartbeat; with a heart attack involving the coronary veins, you will get a fast heartbeat. Heart attacks involving coronary veins are linked to a sexual conflict such as sexual

abuse, rape, pornography, etc. Conflict of the heart muscle is negative stress overload – money, family and work. The heart is the recorder of your love relationships with yourself and everyone else. This is why we teach that love is a self-serve job; we must fill our own hearts first if we wish to have a full, healthy and happy life. Why do you think that heart disease is the number 1 killer? The answer is because the majority of the population walk around with an empty heart, a broken heart or a heart in pieces. Oh, my achy breaky heart... Never forget, BraveHeart, love is and always will be a self-serve job.

Symptoms of a myocardium attack are heart muscle cramps, tachycardia, cold sweats and nausea brought on by being in a prolonged sympathetic – fear based – state. Half of the patients admitted to the hospital for heart attacks have normal cholesterol levels. In today's society, a large number of the population are suffering from the symptoms of high blood pressure. High blood pressure is due to running a panic/fear program on a continual basis on an unconscious level. The active phase of this conflict is tissue loss, paralysis, weakness and shortness of breath.

After the healing phase is complete, the heart muscle will actually be stronger, as long as the conflict does not go on too long or become reactivated.

A good example of this concept is a bone break. When a broken bone heals, it is stronger at the break point. This also occurs with muscles, tendons and ligaments; they will also become stronger as long as the over accumulation of scar tissue formation during the healing phase has been transformed back into healthy connective tissue. This is why

Wolfe Non- Surgical Body Therapy is so important after the healing phase – it returns the blood, lymph and energy flow back to the tissues. The body will always overcompensate, whether healing bone or tissue, so make sure that you remove the excess debris after healing has taken place. If you do not you'll be left with a physical block that will create future problems or even cripple you later in life. No matter the conflict, the sooner we downgrade or resolve it the sooner we can reduce the chances of causing a life-threatening crisis such as a large brain edema; all crises occur in the brain first before any other part of the body. Swelling in the brain is a natural part of the body's healing process; swelling takes place in the specific part of the brain that is associated with the specific organ or part of the body in the diseased state.

In other words, if we do not resolve the emotional conflict and reduce the inflammation in the body related to this part of the brain, inflammation and swelling will continue. On a side note, anyone who wishes to remain healthy, or those in crisis or dealing with an autoimmune disease, must take steps to eliminate and protect themselves from blue light poisoning from computers, cell phones, tablets, led lighting, fluorescent lighting, T.V. and gaming stations. The majority of the population do not realize that blue light causes more brain inflammation than anything else today.

Go to: library/docofdetox.com and click on '5G Blue Light Toxicity' Guide.

Also, check out the interview I did on 'Tesla Lightwear' with the scientist from Switzerland who is also found in the guide.

Let's now talk about sleep apnea which is becoming a true pandemic.

Sleep apnea is chronic heart stress linked to being completely overwhelmed. Sleep apnea is small mini heart attacks – small mini myocardial attacks – involving the diaphragm. People who suffer from sleep apnea have ongoing unresolved conflicts that are continually triggered throughout their day. At night, when they enter into the rest and repair phase, sleep apnea signs appear. Sleep apnea symptoms will continue until they create a new map of reality which will not happen until they change parts of their personality. Until you understand what the trigger or the belief system is that creates the conflict, you will continue to suffer.

Sleep apnea is a case of being overwhelmed and fearful on a continual basis throughout the day. And as long as this continues, you will not enter into or ever have complete healing. If you suffer from sleep apnea, check out these products at: store.docofdetox.com

- MagInfusion
- Belly Button Therapy
- Avacen

Understand, you must become your own practitioner. The systems that say they are there for you will never truly be there for you. Either find your roar and become a 'BraveHeart Warrior' or become a 'Beat Up Worrier'.

We must make a mental shift and understand that diseases are a built-in safety mechanism for our survival and healing

– not our demise. You must take this one fact to heart. We can no longer go to war with ourselves on an emotional or physical level. We must learn how to love ourselves well. If we do not learn the art of body talk, we will continually be at war with ourselves and creating autoimmune disease.

If you continue to go to battle with yourself because you do not understand how to love yourself well, you will find yourself laid-out and in bed on a continual basis in the rest and repair phase. Disease is not the enemy – disinformation and a dysfunctional Healthcare System is.

Every disease originates from a dysfunctional belief causing a conflict shock that catches an individual completely off guard, traumatizing them on an emotional and physical level. Until we are taught how to master the mind, our life will remain a landmine of dis-ease. Each emotional conflict shock impacts a different but specific area in the brain. The brain then triggers the corresponding organ or body part, activating a special biological program to assist the organism in coping with the particular dysfunctional belief which created the conflict situation. This is why the brain is known as the mediator or the controller and coordinator of all our biological programs. Emotions are the leading component of life. How you experience each and every individual conflict will determine the state of your life. In other words, what symptoms, how many symptoms, how intense they are and how long they last will be determined by how you experience conflict. Your conflicts are a very personal event, determined by your map of reality which is made up of your belief systems. What you

believe is how you perceive; what you perceive will make and shape your health.

For example, feeling powerless can cause thyroid problems. Anger will cause liver problems. Fear and disgust conflicts cause diabetes and hypoglycemia. The majority of the population lives in an unconscious state of stress during the day. The conflict created is carried on through the night causing sleep disorders such as sleep apnea.

All body processes are triggered solely by your emotions, though controlled by the brain. Almost all digestive disorders exist because we've choked down negative emotions that we are unable to digest, assimilate or eliminate, which create conflict in our digestive systems. Bad foods create bad bacteria which create bad moods... Where the mind goes the body follows. This is law... this is real science.

Trapped emotion within the intestines, especially the large intestine, will become encapsulated creating a growth or tumor. How big and how fast the tumor grows will be determined by the intensity of the emotional conflict. The more intense the conflict, the faster the tumor will grow and the bigger the tumor will be.

Watch, 'How To Become #1 At The Art Of #2' in the Doc of Detox Library.

It is in the emotions that 'disease' originates. It is also in the emotions that 'disease' begins to heal. Eating healthy, exercise, proper sleep, healthy habits and reducing stress are all important, but until you master your emotions – otherwise,

the mind – you will continue to create conflict and trauma in your life and in the lives of those you love.

When you finally embrace the BraveHeart Way, the authentic you will finally be in the driver's seat of your life.

Just as we have been programmed by the Media, Government and Corporations to believe that we are stupid, weak and a burden on society, we can program ourselves to be BraveHeart Heros and the light for our family. Repetition is the key to healing and setting yourself free. Until we are willing to accept the truth that most medical health care is based on fraudulent science, we will never have the power to heal ourselves as a family.

Let me leave you with one last beautiful thought. Your life is a movie and you are the writer, director and producer. Movies are made from thousands of images. What is the image that you have for yourself, your family and the world around you? Your images will decide if your life will be a horror, drama or an adventure love story where you are the leading star and BraveHeart Hero that saves the day, each and every day of your life.

Welcome to the greatest show on Earth... YOU! :)

God bless everyone. Take back your power to heal. And remember: "I am love, I am healed, I am Brave Heart. Today and everyday, from the moment I rise until I gently close my eyes, I will trust, honour, respect, protect, forgive and totally love myself first and foremost, before anyone else or anything else, so help me God. Because I am, I can. I am healed. I am Brave Heart.

3-2-1 You got this.

FIND YOUR ROAR, BRAVEHEART.

Thanks for joining me. Let us grow strong together.

Go to: www.virusmyth.com for proof that viruses do not exist in humans.

VIRUSMYTH – A Health Linking Aids Website VIRALMANIA

“Up to today there is no single scientifically convincing evidence for the existence of HIV. Not even one such a retrovirus has been isolated and purified by the methods of classical virology.” Dr. Heinz Ludwig Sanger, Emeritus Professor of Molecular Biology and Virology, Max-Planck-Institute for Biochemistry, Munich “If there is evidence that HIV causes Aids, there should be scientific documents which either singly or collectively demonstrate that fact. There is no such document.” Dr. Kary Mullis, Biochemist, 1993 Nobel Prize for Chemistry.

In May 1983, doctors at the Institute Pasteur in France reported that they had isolated a new virus which they suggested might be the cause of AIDS. January 15, 2001 District Court of Dortmund, Germany “Dr. Ulrich Marcus, the press Spokesman of the Robert Koch Institute informed me that the HIV-virus cannot be isolated.” Source: St. Lanka – K. Krafeld: Impfen. Volkermord im Dritten Jahrtausend? 2001 (Vaccination. Genocide in the Third Millenium?) Koch’s Postulates A microorganism that is the cause of a disease must be: - Found in all cases of the disease examined. - Prepared

and maintained in a pure culture. - Capable of producing the original infection.

Scientists Allege Fraud in 1984 HIV/AIDS Papers (NaturalNews)
Thirty-seven legal, medical and research professionals have sent a letter to the journal Science, asking it to officially retract the original four papers making the case for HIV as the cause of AIDS. According to the letter's authors, widespread evidence has now emerged that the studies were not only poorly carried out, but that their results were falsified.

In 1984, Robert Gallo published four articles in Science, claiming that he had isolated the HIV virus and concluding that it was the "probable cause of AIDS." Investigative journalist Janine Roberts has discovered, however, that Gallo made last-minute alterations to the paper and its results.

I was shocked when I read the original draft of the key scientific paper now widely cited as proving HIV causes AIDS," said Roberts, author of *Fear of the Invisible*.

Gallo's handwritten last-minute changes had reversed what the scientists in his lab had originally concluded. This demonstrates a stunning disregard for the scientific process and a very disturbing breach of public trust. Along with a copy of the handwritten changes, the letter from the 37 experts includes a letter from Gallo himself, admitting to another researcher that HIV could not be isolated from human samples alone; and a letter from an electron microscopy expert saying that there was no HIV virus contained in Gallo's 1984 samples.

Dr. Stefan Lanka who is a German Virologist and a Molecular Biologist. Dr. Lanka proved that, "viruses have a supportive

function in the interaction of cells". Viruses are not the enemy that we have been made to believe. Dr. Stefen Lanka revealed through his research that, " Viruses are vital components of simple life-forms. They do not exist in complex organisms such as humans, animals, or plants."

Viruses do exist in chlorella algae but they exist without harming the host organism. Microbes do not cause diseases; microbes do not harm the organism, they play a supportive role. Dr. Stefen Lanka states that there is no scientific evidence of the existence of HIV. The HIV virus has never been isolated from a host cell, which is the basic main criterion of proving the existence of a virus. Also, the DNA of the virus has never been properly identified. In the science of virology, it is only legitimate to talk about a new virus if the DNA has been identified and this was not done with the HIV virus. Dr. Lanka states, "No particle of the HIC has ever been obtained pure, free of contaminants; nor has a complete piece of HIV RNA or the transcribed DNA ever been proved to exist." Welcome to the HIV scam – Trust No One.

Dr. Lanka, after he uncovered the HIV fraud, naturally asked himself, 'what if the claim that measles, rubella, mumps, hepatitis, the flu and so forth are also caused by viruses and is a lie'? What he discovered was that not a single paper proved or showed the existence of the viruses. Dr. Lanka's research caused thousands of people to demand answers from the medical system and the scientific world that viruses existed, but it turned out to be the same story – there was no evidence of a measles virus, no evidence of a hepatitis virus, there was no evidence provided for any virus.

WHEN PARENTS BECOME ACTIVE – klein-klein-aktion.com

“We have been asking the authorities, politicians and medical institutes, about the scientific evidence for the existence of viruses that are said to cause diseases and therefore require ‘immunization’. We have not received even one concrete answer which provides evidence for the existence of viruses for which we and our children are vaccinated.”

CHILDREN ARE VACCINATED AGAINST PHANTOM VIRUSES.

By the age of 5 in Canada, they have already had 20 vaccinations. A quote taken from the book Virus Mania, “As with HIV, isolating one of these viruses in a purified form with its complete genetic material (genome) and virus shell, directly from it, and then imaging it with an electron microscope has never taken place.”

Dr. Hamer stated, “Aids is a combination of symptoms that existed already long before the invention of Aids.” Aids is the result of the invention of Aids – where the mind goes the body follows.

Symptoms, otherwise ‘diseases’, caused by an ‘HIV/AIDS’ diagnosis shock include:

Death-Fright Conflicts – lung cancer, lung TB

Fright-Scare Conflicts – bronchitis, pneumonia

Isolation Conflicts – Kidney cancer

Separation Conflicts – skin rashes, eczema...

Self-Devaluation conflicts – bone cancer, lymphoma, leukemia

Attack Conflicts – Kaposi Sarcoma

“For decades Kaposi Sarcoma was considered a rare disease that mostly affected men of Jewish heritage or African men. In the last 20 years, however, the vast majority of Kaposi Sarcoma cases have developed in association with HIV and AIDS, especially among homosexual men.” Fungi and TB bacteria remove tissue that is no longer needed, tissue that was created during the emotional conflict active period while other bacteria help to replace and restore tissue that has been damaged. Immunization is meaningless.

Lanka, “Antibodies are, in reality, soluble blood proteins, which play a central role in the healing of wounds.” (Lanka, Interview, 2005) There are no diseases, just meaningful biological processes that are created by conflict from dysfunctional belief systems. – Dr. Darrell Wolfe

*Medical science interprets the rise of antibodies as an immune response to the virus in the person who is vaccinated. This is a wrong and false conclusion because the antibody level does not rise as a result of an immune response because there is no immune system to respond to – just a support system. The antibody level rises as an indication the body is in the process of trying to heal the cell damage caused by chemicals in the vaccination. It is the poison in the vaccine that is the real danger for our health – not the viruses that don't exist.

If vaccination toxins enter the brain, they can cause serious nerve damage and neurological symptoms like paralysis, epileptic seizures and symptoms of autism. This explains why the numbers of autism is skyrocketing in vaccinated children.

The Blood Brain Barrier will only allow water, sugar and fat soluble substances to pass through. Vaccine manufacturers are using solvents as carriers; it's these solvents that literally deliver these toxic poisons into the brain. This is why Autism is skyrocketing today; increased vaccinations equals increased Autism.

ARE VACCINES SAFE? ARE VACCINES EFFECTIVE?

- Vaccines contain extremely harmful toxins.
- The presence of viruses in the human body has never been scientifically proven.
- Based on Nature's Law, microbes don't cause diseases but play a supportive role during healing.

THE CANCER ANSWER



Go to: docofdetox.com/library
to read and watch the videos in '*Cancer - An Inflammation Scar Tissue Issue*'

"Cancer is a corporation. It has no feelings because it isn't human.
The truth will set you free."

- Dr. Darrell Wolfe, Doc of Detox

CANCER IS A FUNGUS CANCER IS A FREQUENCY

By the time you finish this chapter, you will understand that you are the only answer to cancer, which means you will hold the cure for the fear that has been downloaded into your very cells. With this new information you will move forward with courage and have faith in knowing that only you can master your health and well being. Knowledge is power, heal yourself and rise to your full potential.

In this polluted, low frequency world we live in, it is not difficult see why our bodies accumulate chemicals and other toxins, known as '*carcinogens*'. Carcinogens can cause free-radical damage to our DNA and trigger mutations in the cells, which turns cancer on.

Research has shown that cancer cells develop in every human being, but because of the body's built-in natural defense system, which consists of an immune surveillance system, a repair mechanism and other regulatory mechanisms; cancer cells in a healthy body are identified and destroyed before they become tumors. As long as this natural defense system is functioning properly, the body is able to protect itself from cancer. In all cancer patients, the body's natural defense system is functioning poorly or not at all. In turn, when a cancer cell is present, it is not recognized or destroyed, allowing the cancer to go unchecked. This is why we must be trained on how to manage our body's natural defense system with correct detoxification methods and Whole Plant Based Nutrition.

CHAPTER 4 - THE CANCER ANSWER

Your intestines are called the second brain because they are home to 85% of your immune system. Your large intestine is the mother of all organs because it makes up the majority of your precious immune system.

Cancer is the consequence of a weak and toxic large intestine, which kicks off what we call the domino effect. The domino effect of the average, so-called healthy lifestyle eventually weakens, exhausts and undermines the rest of the organs and eventually the whole body, lowering your immune system's healing frequency all the way down to the cellular level.

Infection caused by Candida is what I believe to be a main contributor to the development of cancer. Cancer itself is a fungus. A tumor is your body's attempt at protecting you from the devastating effects of fungus (*Candida Albicans*).

The good news is that the healthy bacteria in your gut typically keep your candida levels in check. However, a few factors can cause the candida population to grow out of control and even explode.

How do you get candida overgrowth?

- Eating a diet high in refined carbohydrates and sugar
- Consuming alcohol
- Taking oral contraceptives (*birth control*)
- Living a high-stress lifestyle
- Taking a round of antibiotics that killed too many of those friendly bacteria

What are common symptoms of candida?

- Skin and nail fungal infections, such as athlete's foot or toenail fungus

- Feeling tired and worn down, or suffering from chronic fatigue or fibromyalgia
- Digestive issues such as bloating, constipation, or diarrhea
- Autoimmune diseases such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis
- Difficulty concentrating, poor memory, lack of focus, ADD, ADHD and brain fog
- Skin issues like eczema, psoriasis, acne, hives and rashes
- Irritability, mood swings, anxiety or depression
- Vaginal infections, urinary tract infections, rectal itching or vaginal itching
- Severe seasonal allergies, itchy ears or sinus infections
- Strong sugar and refined carbohydrate cravings

Have you ever smelled an aroma of fish or pepperoni coming from yourself or another person? This is fungus. When there is a foul odor being emitted from the body you have just become *'Spoiled Rotten'*.

When food begins to spoil, fungus shows up. When tissue cells become compromised, fungus shows up. When a banana is ripe to eat it is absent of brown spots.

When brown spots on the banana start to appear, fungus is on its way. When the brown spots start to turn black the banana is becoming moldy and decomposing. When the skin is healthy it is free of blemishes. When brown spots, sun spots, aging spots, whatever you or the medical system wish to call them appear on the skin, they are fungus and are signs of worse things to come. Just as the banana can go moldy - so can you. This is why when brown spots on the skin change color, turn black or

change form, doctors want to remove them because fungus spreads and cancer is sure to follow. Again, this is another case of remove the symptom but not the cause. Fungus gets its foothold first in the large intestine, which is the core of your immune system. The atomic bomb for fungus is the writing of 250 million antibiotic prescriptions every year by our medical system (*immune system wipeout*). Your skin is the mirror to the mother of all organs, that being your large intestine. This is why I advocate gentle daily cleansing each and every day with a herbal tea I formulated years ago.

At night when you sleep your body enters into the rest, repair, restore phase. With your body and mind in shut down mode, all excess energy is funneled to the major part of your immune system, that being the friendly otherwise good bacteria in your large intestine. As long as you have not eaten before bed, your good bacteria are on guard and in attack mode ready to devour vast quantities of parasitical microbes such as bad bacteria, fungus and yeasts within your intestines. If you do eat before bedtime and your choice was refined carbs or sugar then you have just been out smarted by the fungus that live within your large intestine. With food in your digestive tract, the vital energy that was needed to devour parasitical invaders has now been diverted to digest the food you just ate. Of all the parasitical invaders your friendly bacteria's favorite food is the yeast or fungus known as *Candida Albicans*. These fungus are like vampires and will drain you of your life force if your defenses are down. Ask any cancer patient.

As night comes closer most people are tired and exhausted, which affects the immune system, causing it to weaken. The fungus will use this opportunity of weakness to multiply causing

you to crave sugar, refined carbs, chocolate, wine, beer and hard liquor. The one glass of wine that you have everyday to unwind is unwinding your immune system as well as tying your body into knots (*internal scar tissue formation and displaced calcium*), and you thought you were in charge. When you feed your cravings, you are actually feeding the fungus within you, the addicts that control you.

It has been shown that people with higher blood sugar levels have a higher risk of developing cancer (*fungus factory*) and have a lesser chance of surviving this disease (*low oxygen, low nutrient environment*).

Those living unconsciously fall for the false unhealthy cravings caused by the fungus that now reside mainly within the large intestine. Fungus needs these addictive, low frequency foods so that they can thrive and populate. If these parasites can successfully trick you to eat unhealthy addictive foods prior to bedtime, actually anytime, the energy needed for your friendly bacteria to rest, repair, restore and devour fungus will now be redirected to digest the food you just snacked on. You have just weakened the major part of your immune system, that being the large intestine, and strengthened the foothold of these life sucking worms, bad bacteria and fungus. Your good bacteria is your body's major line of defense. You have approximately 85 trillion cells in your body but 10 times more good or bad bacteria depending on the life you live. We are literally walking globs of bacteria. Weather they become good or bad bacteria, solely depends on the choices you make daily.

Talking about choices, look what happens when you let someone else master your health and well being. Like

the devastating effects of an atomic bomb, you have just allowed your doctor to prescribe antibiotics (mutate). Your good bacteria will now transform into bad bacteria, which will set off a chain reaction creating hundreds of thousands of microscopic fungus producing factories called *Candida Albicans*. They will now proceed to undermine the major part of your immune system by rooting pinholes through the walls of the large intestine into your blood stream. The domino effect has now begun and will continue unless you take personal action and master your own health and well being; get trained or stay in treatment.

Candida Albicans is a parasitical fungus that roots itself into and through the walls of your large intestine creating pin like holes. These pin-like holes allow toxic waste, fungus, bad bacteria and worms to enter freely into the blood stream from the large intestine. Once in the blood stream these parasitical invaders now have easy access to the rest of your body.

This yeast, like *candida*, is anaerobic, which means they generate their energy and can thrive in the absence of oxygen. Once in the blood stream these anaerobes search out and attach themselves to compromised unhealthy low frequency tissue cells. These low vibrational areas in your body are known as your weak links.

We all have weak links in our body. Just like a weak link in the chain of a bicycle your body's weak links are found in the tissues, bones and vital organs. You know what and where your weak links are. They stick out and scream at you when you're run down, eat unhealthy or when you're emotionally out of balance. When your body's frequency is lowered by physical

or unprocessed emotional toxins, these toxins will settle into areas of the body that give off a matching frequency, this being low, otherwise, unhealthy.

These weak links, otherwise compromised areas of the body, will eventually become parasite ridden with worms, bad bacteria and fungus. The weak links within your body are mainly compromised, unhealthy low frequency tissues. These compromised tissues will act as an alarm by creating inflammation, pain and stiffness, continually warning you that your defenses are weak and your immune system is down. If these compromised low frequency tissues are not reinforced and returned to their natural state of health then they will become home base to millions of microscopic, fungal producing factories that will pave the way for a parasitical invasion. This parasitical invasion will begin at your weak links and spread outward consuming the rest of your body one cell at a time. To eliminate disease, heavy metals, bad bacteria and worms you must first remove the magnet that attracts disease and disease causing elements, that magnet would be fungus.

Unless you are trained to master your own body, you will eventually live a life of pain and suffering, end up in the hospital, a nursing home or hospice, pre-maturely die, become a victim of cancer or some other fatal disease. As the frequency continues to lower in these compromised areas of your body, disease and decomposition will be the result. This compromised or diseased tissue creates a frequency that becomes a homing device, which attracts vampire like microbes such as bad bacteria, viruses, worms and fungus. Compromised and diseased tissue is the perfect breeding ground for micro-organisms such as fungus, bad bacteria, viruses and worms to feed on because these parasites

CHAPTER 4 - THE CANCER ANSWER

have a frequency that matches compromised or diseased tissue. People with diseases have a low vibrational frequency.

When most people think about parasitical predators, these being bad bacteria, fungus and worms, they think of a manure pile or a decomposing corpse. *Well, how about the chronically sick and diseased?* If these parasitical invaders are not eliminated by raising the vibrational frequency, not just within these compromised tissues, but within the whole being, then elimination of these predators such as fungus, bad bacteria and worms will be temporary at best.

When your inner terrain vibrates a frequency of life, energy and positivity then these parasites can no longer exist within you. Frequency dictates matter; darkness is only created by the absence of light. These predators will continue to return and invade tissue that matches their frequency; living in it, feeding off it and yes, defecating (*pooping*) in it. If this continues the only possible outcome for these compromised cells is death or mutation, whether it is a vital organ or muscle tissue.

Low frequency tissue is the prey in nature and the parasite is the predator that feeds on those who are chronically depressed, chronically sick, diseased or dying. One of the main objectives of any parasite is to decompose what is already perceived to be decomposing, search and destroy. Draining whatever life force is left in the tissue cells and changing (*mutating*) it to be more like them, anaerobic. Compromised unhealthy tissue are the weak links in your body that live in an environment of decreased oxygen and nutrition. This unhealthy environment leads to the suffocation and starvation of healthy tissue cells.

Fungus is opportunistic; when it finds a weak link it will then set up home and attach itself onto the outer membrane of the tissue cell, preventing crucial receptor sites from working properly. Otherwise blocking the needed nutrients and oxygen from these already compromised tissue cells.

To survive, these compromised tissue cells must either mutate to match the frequency of the fungus, become anaerobic, make sugar its number one food source or die of suffocation and starvation. The main objective of any and all living organisms is survival. For their survival your cells will choose mutation before death whenever possible.

To mutate they must switch their energy production from an oxygen-based system to one that does not use or need oxygen. This new system does not use oxygen to generate their energy from food molecules because they have now mutated into cancer cells.

A cancer cells main fuel source is sugar. What a coincidence, the same fungus that caused these tissue cells to mutate into cancer cells is feeding its sugary-like waste (*poop*) to the cancer cells as a food source.

Otto Warburg won a Nobel Prize in 1931 for telling the world that cancer cells do not need oxygen and that oxygen is now their enemy!

“All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception. Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous.”

- Otto Warburg

CHAPTER 4 - THE CANCER ANSWER

Dr. Warburg has made it clear that the root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. Dr Warburg also discovered that cancer cells are anaerobic (*do not breathe oxygen*) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

The mitochondrion is commonly known as the “*power house*” of the cell. Recent research from Harvard Medical School has identified that mutations to oncogenes (*by toxins*) in the mitochondria can lead to a process called the ‘*Warburg Effect*’. Here, a cell is able to grow uncontrollably by utilizing glucose (*sugar*) better and adapting to low oxygen environments whereby avoiding the apoptosis (*cellular death*) pathway.

This is a consequence of improper mitochondrial respiration and must be treated – otherwise cancer is harder to treat and more likely to return. Natural cancer treatments aimed at increasing mitochondrial metabolism are essential.

We understand that the true cause of Cancer is the depletion of your immune system, from your large intestine all the way down and into your cells. To understand this better we must look at the Domino Effect of Cancer, which starts with the first symptom being constipation of the large intestine and the last being constipation at the cellular level ending with the life threatening symptom we call ‘*Cancer*’.

It’s the inner terrain within your body that allows cancer to grow or never show. What we think, eat, drink and do on a daily basis each and every day determines the vibrational health of our inner terrain, because frequency is everything. Function dictates form. We must create and maintain a healthy internal environment to prevent or cure cancer. Biologists studying

living cells found that cells can do only what they are allowed to do by the environment that surrounds them. This suggests that if the body's internal environment, otherwise internal terrain changes, it influence's the cells behavior!

Mina Bissell and other scientists have proven that cancer is not only caused by cancer cells, it is caused by an interaction between cancer cells and the surrounding cellular micro-environment, which they live in. Micro- environment and the content that surround those cells is actually telling the cancer cell and the cancer gene what to do. If tissue architecture and context are the message, then tumor cells with abnormal genes should be capable of becoming normal if tissue architecture is restored.

Mina Bissell's conclusions: Growth and malignant behavior are regulated at the level of tissue organization, and tissue organization is dependent on extra cellular matrix and micro-environment. Extra cellular matrix and micro-environment are totally dependent on, as I stated earlier, what you think, eat, drink and do on a daily basis. Everybody produces cancer cells but not every person gets cancer.

Mina Bissell: *Experiments that point to a new understanding of cancer can be seen on TED TALKS.*

It all comes down to form (tissue integrity) and function. Form and function is dependent on the Architect otherwise whoever is in charge of the body. For most, decisions on health are decided by the media, Pharma, food conglomerates and the Medical System. Neither has majored much less minored on what constitutes a healthy body. The Medical System majors in disease and drugs and the media majors in getting you to buy anything that can generate a profit.

CHAPTER 4 - THE CANCER ANSWER

At any given time in your 70 trillion cells, the extra cellular matrix, which is outside the cell, is in continual back and forth communication with the nucleus, which is inside the cell. This is how balance is kept and restored. As I stated earlier, how you live your life physically, emotionally and mentally on a daily basis, that is, the decisions you make and how you process your thoughts will be the deciding factors on whether you turn cancer on or off.

Let us not forget as Einstein stated, *"Everything is frequency."*

Just like a light switch every person has the power to turn cancer on or off. You are the Master controller of whether you will ever have cancer. *Do you really believe the 'Medical Model' that a single cancer gene in just one of the body's trillion cells is enough to turn cancer on?* This medical model will have you living in fear each and every day wondering when your number will be called. But wait a minute, isn't that the way the majority already live each and everyday? Crippled, captive, cursed and controlled. All your thoughts and the food you eat carry a frequency, choose wisely.

As Louie Pasteur stated on his deathbed, *"The bug is nothing, the inner terrain is everything."*

An acidic inner terrain is the only true disease and acidity is cancers greatest ally. An acidic body is the strongest link to ill health and cancer. The increasing acidity, that most lifestyles create today, cripples the cytotoxic T-cells found in a healthy body. The purpose of these T-cells is to attack and destroy cancer cells. In all cancer patients, the body's natural defense system is functioning poorly or not at all. In turn, when a cancer cell is present, it is not recognized or destroyed, allowing the cancer to go unchecked.

Cancer cells produce large amounts of lactic acid. This lactic acid production creates the perfect environment for fungus to multiply and for tumors to grow. For the tumor to thrive it must create and maintain an acidic environment because cancer cells are anaerobic (*a no oxygen environment*). These once healthy cells are now anaerobic, live primarily on sugar and are lactic acid factories. These cancer cells will continue to produce lactic acid because like any other microorganism, survival is first and foremost. Lactic acid is produced to keep the environment in and around cancer cells acidic so they remain strong, propagate, otherwise multiply and conquer. The cancer cell starts out as a life saving survival mechanism created by the body to put cell death on hold. But due to our health care system being built on a foundation of deception, this life saving mechanism called cancer will become a death sentence for millions of innocent loving human beings.

Due to this ongoing acidic condition your body's defense system goes on high alert encapsulating cancer cells and the invading fungal colonies by creating and sending fibrin, otherwise known as internal scar tissue and displaced calcium, to the area of concern. This fibrin production is used to wall off and stop the parasitical invasion, inflammation and mutation from spreading to healthy tissue cells. If this perceived threat continues, the area of concern will form layer upon layer of fibrotic scar tissue and displaced calcium, with the result being the formation of tumors.

A tumor is similar to the rings of a tree. With every passing year a new ring is formed. With a tumor, the longer this inflammation and parasitical invasion continues, more layers of hardened scar tissue are formed for your protection.

The bigger the tumor, the more fibrotic scar tissue and displaced calcium it has, and the more toxic by nature it tends to be. A tumor is mainly made up of dense layers of fibrotic scar tissue, which by the way, is the same fibrotic scar tissue that you would find in any injured tissue throughout the body. Just a few examples of this are arthritis, sciatica and fibromyalgia. This internal fibrotic scar tissue builds up over the years as a protective life-saving mechanism due to an incorrect lifestyle. This fibrotic scar tissue that your body creates helps to wall off the continual attack of fungus, bad bacteria, viruses and worms that prey on compromised, low integrity, low vibrational tissue.

Left unattended the fungi will continue to spread into the surrounding tissue and eventually throughout the body, also known as '*metastasis*'. Candida, when left to its own device, can invade and infiltrate any and all of your tissues and vital organs, due to its highly adaptive qualities. It is able to mutate and adapt itself to whatever environment it is invading more effectively than any other parasitical invader. This is why there are so many different types of tumors.

Over time, your body tissues and its vital organs will become overrun and overwhelmed with this fungal invasion. This will leave you in a weakened state due to the destruction of the immune system, that being mainly the large intestine, where this fungal invasion first took root. The body becomes unable to protect itself from this improperly managed, ineffectively treated fungal invasion, which allows the fungi to spread throughout the body like a raging fire out of control. At this point your body is completely overwhelmed and fighting for its very survival.

To remove the fungus you must raise not just the frequency of the compromised tissues but the whole body itself. To do this you must rid the body of the manure pile that creates the environment for the fungus to grow. To rid yourself of the manure pile you must focus on where the majority of your immune system resides. This would entail gentle daily cleansing of the large intestine each and every day on a daily basis.

The medical system, food conglomerates, pharmaceutical corporations, government and the media, are continually programing the masses to live a toxic lifestyle. This is known as herd mentality. This herd mentality serves one purpose, that being a profit center for pharmaceutical corporations. Create the crisis and then run to the rescue. Our health will continue to be sold off by the pound along with our bodies until we break from the herd and get trained to master our own health and well being. But let me make this perfectly clear, even the Natural Health Industry and the Supplement Industry have learned from their big brother, Big Pharma. It can be very confusing to know what to cleanse, where to cleanse and how to cleanse. This is why I now focus on training instead of treating, information before products.

The most important thing to understand is that you can cleanse the heavy metals, bad bacteria and worms from your body but like a revolving door these cleanses will never end because fungus is the magnet that attracts heavy metals and all other parasites and like super glue, the fungus pulls and sticks everything together. Heavy metals, bad bacteria and worms will continue to return until your attention is on gentle daily cleansing of the large intestine and the elimination of fungus so that bad bacteria, heavy metals and worms cannot and will

CHAPTER 4 - THE CANCER ANSWER

not return. Fungus will eventually be your downfall if not made a priority.

I would like to leave you with something to think about. ***Does the lack of drugs, chemotherapy, radiation and surgery cause cancer?***

With our current health care system the average person doesn't stand a chance. One out of every two people will experience cancer within their lifetime and I pray they live in a family that supports natural health. Between the medical system, media, family and friends, it is easy to see how we have all been continually downloaded, dysfunctional programs 24/7 distorting the truth, creating a life filled with fear, pain and suffering for most.

Being the director of the International Training Institute of Health, I am dedicated to training you, not treating you, so that you may train your family and friends to become the masters of their own health and well being so they may live a life filled with the joy and happiness they deserve. I am dedicated to training you, not treating you, so that you may train your family and friends to become the masters of their own health and well being to live a life filled with the joy and happiness they deserve. www.itioh.com



THE MOTHER OF ALL ORGANS

Go to: docofdetox.com/library
to read and watch the videos in *'The Domino Effect Of Unhealthy Living'*

"Health and Disease are born inside The Mother of all Organs. A compromised Immune System begins and ends here. Show this Organ respect or all Cell will break loose and U will live in pain."

- Dr. Darrell Wolfe, Doc of Detox

THE MOTHER OF LIFE

Most people believe that their body is mainly composed of cells. **90% of the cells in your body actually belong to bacteria.** Scientists realize that unbalanced microbial (bacterial) communities in the digestive tract, mainly the colon, are the root cause of the pain and disease we suffer today. Almost all dysfunctions of the brain can be connected to the digestive tract as the cause. Hippocrates, the Father of Medicine, stated that 'All diseases begin in the intestines.' The more science learns, the more we realize just how correct Hippocrates was. Your intestines play the most significant role when it comes to diseases such as: Allergic Disorders, Asthma, Hay Fever, Heart Disease, Cancer and yes, Obesity. Good bacteria are absent in those who suffer from Inflammatory Diseases, such as Colitis and Crohn's Disease. **Other conditions greatly influenced by a toxic, unbalanced colon are as follows:** Type 1 and 2 Diabetes, Multiple Sclerosis, Lupus, Kidney Problems, Chronic Fatigue Syndrome, Urinary Conditions, Fibromyalgia, Rheumatoid Arthritis, Ulcerative Colitis, Osteoarthritis, chronic skin conditions, degenerative conditions and other inflammatory bowel diseases. As I stated earlier this is no coincidence; almost all diseases get their foothold in the digestive tract, mainly in the **colon**. This includes both physical and mental conditions. Don't think for a minute that pharmaceutical companies are not aware that you are giving up a piece of your immune system every time you take antibiotics to attack a virus, bad bacteria or infection to find only that your intestines are now overrun by fungus (*evil plot*). The first rule, that any practitioner with any common sense knows, is that antibiotics should only be

used in life-threatening situations because continual use of antibiotics causes life-threatening situations.

“All diseases begin in the intestines.”

- Hippocrates

A compromised immune system is the major cause of most disease. As mentioned before, you cannot go to war or attack your body and come out in one piece. The fungus (Candida) you created will leave you vulnerable and open to more and bigger problems than you started with. By taking antibiotics you have given a piece of your immune system away within days, which will now take years to replace or may never be replaced. Oh, and by the way, those bad bacteria that you thought you killed, have now mutated, are becoming immune to the antibiotics and are now seeking revenge. You cannot make your body a war zone and win. The only way to regain your health and keep it is to create an environment in which the invaders cannot exist. Bacteria outnumber our cells by 10 to 1. Your health rests on you keeping a proper balance of 85% good bacteria and no more than 15% bad bacteria.

As long as these bacteria are in proper balance, they will keep you in balance physically, mentally and emotionally. For most it is the exact reverse, or worse, 85% bad bacteria to 15% good bacteria, oops! We have 100 trillion microbes living on our skin, up our nose and on any body surface you can think of. Your digestive tract makes up *'80-85% of your immune system.'* The greatest percentage of your immune system resides in the mother of all organs, the large intestine (colon). These good microbes (bacteria) help break down fibers, harvest calories,

and protect us from micro-invasion, when kept in balance. Your gut functions as **your body's second brain**. It produces even more serotonin than your brain does. Serotonin has a beneficial effect on balancing your mood. 1 out of 4 Americans will eat a high fat, high carbohydrate fast food meal each and every day. Because 25% of the population participates in this type of eating, it is widely accepted. These eating habits have a negative impact on the body and because most of the population participates, it is regarded as normal; I call it unconscious living. When your bacteria go from friendly to unfriendly they will become downright pathogenic, leaking noxious by-products (endotoxin), which will cause all 'cell' to break loose; this is the beginning of your demise. When this happens the domino effect begins and these trillions of bacteria will turn on you and make your life a living hell.

Acidosis, inflammation, internal scar tissue, degeneration, cell mutation and disease will be the result. **Dead Meat Bacteria = Endotoxemia** (endotoxin in the blood): After a meal of animal products people suffer from Endotoxemia. Their blood stream becomes awash with bacterial toxins, known as endotoxins that are present in animal products. These dead meat bacterial toxins are not destroyed by stomach acid, pancreatic enzymes, cooking or even boiling for hours. Animal fat triggers immediate inflammation within the body due to being loaded with endobacteria, even if fully cooked. Saturated animal fat then boosts the absorption of these endotoxins into our blood stream causing arterial paralysis (high blood pressure). Another cause of Endotoxemia is a greasy, refined carbohydrate meal. This will cause inflammation due to the release of endotoxin from the outer walls of the bad bacteria that now live in your

colon. Endotoxin, if not eliminated daily from your colon through Gentle Daily Cleansing can and will be absorbed into the blood stream causing inflammation to the weakest parts of the body or throughout the whole body; this inflammation is created by the body to warn you of a perceived threat or injury.

If left unattended, the body initiates a secondary support system that starts continual fibrin production to the area of concern in order to wall off the inflammation overload, until you incorporate a Whole Plant Based Lifestyle and gently cleanse on a daily basis. This continual inflammation and fibrin production, if not halted, will drain you of your vital energy, essential nutrients and will create massive internal scar tissue which will gradually immobilize, deteriorate, mutate and distort the tissues, organs and bones in the area of concern. Every disease whether it's a muscle or organ has internal scar tissue and displaced calcium involvement where inflammation is present. Hello **'invisible bonds'**.

Many will suffer massive internal scar tissue formation as if there has been a physical injury to the area, all due to mismanagement and misinformation (*evil plot*). For the body to run at peak performance there cannot be energy wastage. To be at war with one's self for more than short periods, will cripple critically needed defense systems of the body by exhausting the body of its energy. When you continually try to kill the pain using drugs, over time you are slowly and unknowingly killing yourself (*oops*).

Inflammation comes in many forms. The redness and pain experienced in an affected area of the body is a built-in safety mechanism to help ward off further invasion of microbes. In the case of flu, you will experience fever, aches and pains throughout

the body. This represents a body-wide '*seek and destroy*' mission aimed at '*invading virus*'. These symptoms are all essential for our survival. They warn of a perceived threat or injury. Even though these symptoms of inflammation are a protective device for survival they will cause injury if allowed to persist or are suppressed through drugs. Vital energy will be drained from the body leaving you exhausted and unprotected in both cases.

How was your energy level during this time of needless suffering? Low, because your immune system was low (energy leakage). If inflammation is eliminated through drugs or just not attended to, you will become more acidic, create more internal scar tissue and displaced calcium, creating crippling invisible bonds and never regain the energy needed to heal unless the cause is dealt with; this being the balance of bacteria in your large intestine. Once you cleanse and heal your colon by replenishing and restoring your body on a daily basis your digestive system will start functioning properly again and disease symptoms will disappear.

When not under threat, the body uses energy for cellular repair, maintenance and yes, sex. Life is great once again. When a threat arises hormone related activity decreases to a minimum. Non-essential tasks will be shut down and other body systems and functions will be rationed. The majority of your energy will go to fight the threat. Forget tomorrow, the priority is to preserve the self today. Right about now you should be having a ***gut feeling*** where the answer lies. The challenge for most people occurs when they have never had a nutritional strategy to optimize colon integrity.

Health and disease are born in The Mother Of All Organs so Drink Life In and Take Life On with Whole Plant Based Superfoods. Lighten Your Load with Gentle Daily Cleansing and say goodbye to 'Endo'. **Be The Cure That You've Been Searching For!**

THE CURE IS RIGHT UNDER YOUR NOSE THAT WOULD BE U

NOT SUCH A . . . FUN - GUY

Any organism whether from a piece of fruit or a human being can become moldy or infected with fungus if its life force is depleted. When fruit is over-ripe it will get brown spots as it is decomposing. When people become overly toxic or ingest antibiotics and other drugs, street or pharmaceutical, they run the risk of altering and destroying their immune system thus opening the gateway to a fungus frenzy known as Candida.

We then add fuel to the fire when we ingest sugar, refined carbohydrates and greasy foods, thus empowering these parasitic invaders into full attack mode. Your uncontrollable cravings for these foods are instigated only for the survival and propagation of the **FUN - GUY**.

STEPS LEADING TO METABOLIC SYNDROME

1. A diet mainly composed of refined carbohydrates, sugars and fatty, greasy foods.
2. Microbes (bacteria) become unbalanced in the colon due to antibiotic use or foods high in fat and sugar causing the growth of a family of bad bacteria, which produce and release a toxic substance called endotoxin from their outer layer.

3. If the endotoxin is allowed to accumulate and stagnate within the colon it will be absorbed into the bloodstream, which will trigger the immune system to react. When this happens your body will conserve energy to gear up for a fight and maybe even a full out battle with these endotoxins. You will know when the battle has begun. All 'cell' will break loose and your life will become a living Hell-th.

At least three quarters of the population suffer from this debilitating predator known as Candida and most are not aware of its existence. This parasitic organism can be responsible for your negative health symptoms from the top of your head to the tip of your toes. Your favorite addictions become the fuel to create the perfect breeding ground for these invisible but not so silent killers. Eventually the invaders will enter your bloodstream and create havoc anywhere and everywhere throughout your body.

Here is a list of common Candida symptoms composed by Dr. Mark Hyman, recognized Candida authority, and best-selling author of, *The Blood Sugar Solution*.

General Symptoms include

- Chronic Fatigue
- Loss of Energy
- General Malaise
- Decreased Libido
- Sensitivity to foods, chemicals, or other allergens
- Eczema
- Psoriasis
- Irritable Bowel Syndrome

Gastrointestinal Symptoms Include

- Thrush
- Bloating & Gas
- Intestinal Cramps
- Rectal Itching
- Altered bowel function such as Diarrhea or Constipation
- Yeast Infections
- Frequent Bladder Infections
- Irritable Bladder

Hormonal Complaints

- Menstrual irregularities like pain or excessive bleeding
- Premenstrual syndrome
- Thyroid Dysfunction

Nervous System Complaints

- Depression
- Irritability
- Inability to concentrate

Immune System Complaints

- Allergies
- Chemical Sensitivities
- Low Immune Function

And If Your Past History Includes

- Chronic yeast infections
- Chronic antibiotic use for infections or acne
- Oral birth control pill usage
- Oral steroid hormone usage

CHAPTER 5 - THE MOTHER OF ALL ORGANS

A 2012 study by Dr. Robert Lustig of the University Of California, San Francisco revealed that sugar is just as addictive to the human brain as cocaine, setting off the same dopamine triggers and forcing us to crave more and more of it.

The food conglomerates are always one step ahead of us so we won't see the word '*sugar*' on a food label.

Some other names for sugar are:

- Agave nectar
- Brown rice syrup
- High-fructose corn syrup
- Dextrose
- Evaporated cane juice
- Glucose
- Lactose
- Malt syrup
- Molasses
- Sucrose

Over the last thirty years, more and more of these re fined sugars, artificial sweeteners, preservatives, and other unnatural elements have infiltrated our food supply, creating a life-threatening breeding ground for these invading fungi. The answer is under your nose and has rooted into your intestines and is preparing to invade your bloodstream.

Now you know why more people are getting sick more than ever before, why more people are suffering from obesity and why cancer is predicted to soar by 50% by the year 2020. Food conglomerates will do what ever it takes to protect their shareholders' profit margin.

Back when I was in my teens there was a song that I used to sing. It went like this “Oh Candida, we can make it together.” In no way does this song have any relationship to the Candida (fungus) that sets up shop in your body. This Candida will take you for everything you’ve got... if you don’t keep your digestive tract healthy.

Candida is a naturally occurring organism that lives in your digestive tract. As long as you have a balance of 85% good bacteria to 15% bad bacteria your digestive tract and immune system will function normally. Where the problem lies is that the majority of our population has the percentage reversed. Over the last fifty years the food chain has been dismantled along with our health. The food chain is broken and so is our health care system, and will remain this way if it’s left up to those who broke it in the first place.

When you feed the Candida: sugar, refined carbohydrates, pastas, pizza, sodas, fried foods, breads, crackers, chips, etc., you are adding fuel to the fire. The more you eat these foods the longer and more intense your cravings become and the stronger the Candida becomes. They now rule not just your body but your moods as well; welcome to the emotional roller coaster.

I have consulted hundreds of people where their relationships became harmonious when they reclaimed their inner terrain, that being their digestive tract, mainly the large intestine.

Your digestive tract, which makes up the majority of your immune system, contains 60% of the cells in your body.

Gentle Daily Cleansing along with ample Dynamic Structured Water and a Whole Plant Based nutritional lifestyle hold the keys to reclaim not just your inner terrain but life itself.

Read: *'Scoop on Poop'*, *'The Domino Effect'* and *'Eat Whole - Love Life'* for a deeper understanding to who holds the keys. **Get Trained Not Treated - Be The Cure!**

GOT CANDIDA?

Here is an at home Candida Test, one you can do in the morning. We do not know the source of this Candida Test but it has been around a long time and is thought to be quite reliable in the evaluation of Candida symptoms:

DID YOU KNOW - Up to 85% of North Americans May Have Candida?

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, YOU MAY HAVE A CANDIDA CONCERN! Healthy saliva will simply float on the top!

(You may want to put out a glass of water in the bathroom or on a nightstand the night before you wish to do the Candida Saliva Test, just to remind yourself not to brush your teeth prior to spitting in the glass.)

THE ROYAL FLUSH

The Royal Society of Medicine did a major study and found that **a dysfunctional large intestine (*colon*) is the contributor to 85% of disease and illness from which we suffer.** I believe and will prove conclusively that if this organ is not cleansed and nourished on a daily basis, it generates the fuel (*absorbed toxic waste*) that creates most of the illness and pain we suffer on an emotional and physical level. Until your colon (*large intestine*) gets the attention and co-operation it deserves, you will not be able to prevent or reverse illness effectively.

Remember, no one is happy when they're feeling crappy and yes, I am referring to the literal sense. For a society so medically advanced and in search of health (*drug based*) breakthroughs, *why is it still so complicated for many to see, feel and smell the obvious?* When it comes to how people feel and look, what was once abnormal has now become commonplace. To illustrate this point, the next time you go to a public place make a conscious effort to look around and maybe even look down. You decide if I am correct. The majority of men and women appear to be 3 to 6 months pregnant. This is not just excess weight... this is also extreme putrefaction (*rotting*) in the large intestine - unconscious living in full bloom. I often have patients in my office constantly telling me how sick and tired they feel. In response, **I propose this question:** *Are you sick and tired of being sick and tired?* If so, let's change it! In this book, you have the tools to **Master Your Health and Well-being.** Fear of the unknown will become the illusion as opposed to being the reality. Unconscious living is a silent but deadly force and **The Whole Truth About Health**, is the antidote.

A HEAVY LOAD

Statistics show that the average person is overweight, with 1 in 4 carrying as much as an extra 25 pounds of not just weight, but toxic waste within the large intestine. This notion is all too evident once one is able to read the signs. Everywhere I go I see people complaining of the way they look and feel; many of them sporting the middle age bulge, also known as the spare tire, beer belly, potbelly, etc. What we are really dealing with is the large intestine, which, by the way, is a muscle; how's yours hanging? If by chance, yours is hanging, it now lacks muscle tone and has fallen down and outward, or down and inward within the abdominal cavity. Your abdomen is the core to your immune system. If your core lacks tone externally then it lacks tone internally. Limp and in a state of coma.

This problem is caused by a buildup of stagnant waste material along with poor dietary habits, which leads to nutritional starvation and Endotoxemia (*toxic blood*). Did you know that in our culture, the average adult has 8 to 12 pounds of stagnant fecal waste putrefying (*rotting*) within their body, even if they don't have a protruding abdomen? In this instance, their intestines are falling down and inwards. In today's society people are always eating yet always hungry. Plenty of food but we're always hungry because the food chain is broken. You can eat until you put yourself into a food coma but unless your body gets dense phytonutrients that support life, the brain will not turn off the hunger trigger. Everything is frequency. Unless you raise the frequency of your cells with Structured Water and Structured Air, **Whole Plant Based Superfood Nutrition**, you

will never turn the hunger switch off. We will discuss this in further detail later.

Without realizing it, the average person is in fact, toxic (*acidic*); this condition is becoming both widespread and accepted as the norm because there is **comfort in numbers**. We are rotting from the inside out and from the bottom up. The large intestine is the Mother of All Organs. If it is not managed properly, it will ultimately become a prime breeding ground for disease.

Being the first organ developed in the fetus, it is also the most important organ in the body. Nature understands that without a proper waste disposal sewage system life would cease to exist before it even had a chance to get started. Raise your frequency and lighten the load by flushing the pounds. **Take Life In & Release The Thin Within.**

BACKED UP AND FEELING DOWN

Just picture the catastrophes and epidemics we would face if our cities' sewer systems were not maintained. They would back up into our streets and homes, causing widespread infections and disease. The body is no different. *Where do you think the average, so-called, healthy person stands in this situation?* They have turned their body's sewage system into a living **cesspool**, creating a breeding ground of bacteria, viruses, fungus, worms and toxic gas. There are a couple of sayings that come to mind...

"Cars rust, people rot." The second is: *"An ounce of prevention is worth a pound of cure."* Small steps daily make big changes. I'm

sure we can all agree that prevention is the preferred course of action. Gently cleanse and nourish your cells daily with Whole Plant Based Superfood Nutrition. **Go green, get clean or become a Mean Machine.**

THE HIGHWAY TO HELL-TH YOU CHOOSE

The Digestive Process starts at the mouth and travels down the esophagus to the stomach and into the small intestine, which is approximately 22 feet long. It then continues on to the large intestine, which is 5 to 7 feet long. In total, we are looking at 30 feet of highway. That's quite a long distance for food to travel, even when combined properly. Every component has to be digested in its proper order and time sequence for this process to be successful, not unlike any other assembly line. The digestion process is a work of art regarding its simplicity and effectiveness. Improper eating throws this whole delicate process off course, causing pain and discomfort throughout the body. Most people are only conscious of the first 4-inches of the process; only aware of the taste and texture from the lips to the beginning of their throat.

In essence, they get 4-inches of pleasure followed by 30 feet of pain, discomfort and gas. Unfortunately when it comes to food selection, important health concerns such as nutritional value, quality, the degree of toxic chemicals, and digestive ability all take a back seat to the following factors: taste, texture, appearance and smell, which in turn creates one heck of a smell at the other end. Most people only adhere to these four standards while choosing foods to eat. Distorted taste buds cause a distorted shape to the body inside and out.

Often the foods we consume simply end up sitting too long and rotting in the digestive tract, simultaneously releasing poisons and noxious gas into the body. When food enters the body dead and toxic, meaning no nutritional life force, it vibrates at the level of stagnation, putrefaction, inflammation and pain. Negative symptoms one may experience from this situation are the following: heartburn, headache, nausea, bloating, cramps, gas, low back pain and fatigue. If we eat for energy we should feel energized as a result. Life breeds Life.

Ask yourself this, are you tired or energized by your food?

Are you absorbing nutrients or toxins?

Are you addicted to processed chemical laden foods?

Without food guidelines and logic, we are satisfying only the savvy marketers and our distorted taste buds (*evil plot*). In the meantime our digestive tract becomes severely burdened and clogged up.

EMPTY FOODS WILL NEVER FILL YOU!

What happens in between the front and back door of your body is a primary factor in deciding whether one will experience vital health or pain and 'dis-ease' throughout life. We must learn to become our own watchdog, conscious of which foods are detrimental and which foods are supportive to our bodies. The first rule of thumb is the following: The more man touches food, the less you should want it.

The more he advertises it, the more you should run from it. Let me propose a question. *Why do children have so much energy?*

Yes, they are young, but most importantly, they are not toxic. They haven't experienced thirty, forty or even fifty years of absorbing toxic waste that migrates from the stagnant fecal debris that is lining the walls of the large intestine into their blood stream. As a result, the poisons emitted haven't had a chance to pollute their blood, lymph system, organs and tissue cells. In addition, they haven't experienced the invasion of fungus, bad bacteria, viruses and parasites, which are the inevitable outcome of a backed up sewer system (*colon*). **U honestly do hold the keys.**

As I stated earlier, the large intestine is the last 4 to 7 feet of the digestive tract, beginning at the ileocecal valve, 2-inches left of the right hip and ending at the rectum. The large intestine (*colon*) is a muscle. Therefore, if it lacks tone, every other muscle and cell in the body will consequently also lack tone.

The core is everything. Without the existence of muscular tone within the colon muscle, the leakage of toxic waste slowly begins to filter through its walls into the bloodstream and the cells of the rest of the body tissues. When this occurs your immune system will be more than put to the test. This is the beginning of what's called '*The Domino Effect*' which we will digest later. Emotional stress can also aggravate this, affecting digestion, which in turn slows down the elimination process.

Most symptoms of emotional stress will be experienced negatively within the abdomen. In today's environment, even if you make healthy food choices, bowel management should still remain a top priority. Overall well- being is dependent on the efficiency of the digestive process and the large intestine

(colon). If not managed properly on a daily basis this will be the beginning of much unwanted discomfort because these are toxic times on our planet. Your digestive tract in essence, is the Highway to **HELL-TH... U CHOOSE.**

HOT & STINKY TROUBLE DOWN BELOW

MEET THE BOWEL BROTHERS

Do you suffer from persistent bad breath? If you do, it is not because of what you ate yesterday. It is the result of what you have eaten days, weeks, months and even years before. Hot gases rise up from your large intestine and out through your mouth. This unpleasant taste and smell is the cause of plaque formation due to the years of toxic waste buildup within the colon. For those of you who suffer gum disease just know the root cause is by the back door, your large intestine. Something your dentist forgot to tell you, oops (*evil plot*). Where there's smoke there's usually fire - hot and stinky.

Mints, toothpaste and mouthwash provide only a temporary fix which masks the symptoms, never resolving the root cause. *Why do people use underarm deodorant and perfumes?* One of the main reasons is to camouflage odor. The real cure is to remove the waste from the large intestine thus removing the toxic load from your lymph system and sweat glands. So get to the root cause and quit being such a stinker! *Why is it that young children do not smell? Why does the strength of body odor increase as we age?* The answer is the following: The more waste we have and the older it is, the worse it smells. As a result, we're a stinking

mess. In an attempt to mask unpleasant odors emitting from the body, we have turned to a billion-dollar business for guidance: The toiletry industry. It is important to note that almost all bathroom toiletries and perfumes are toxic and harmful to the body. Another example of the (*evil plot*), they make worse what they are meant to hide. Even some of the so-called '*natural*' products are questionable. Underarm deodorants such as antiperspirants (*aluminum*) shut down the sweat glands, quite possibly contributing to the cases of lymph ailments and breast cancer increasingly apparent in our society. Therefore, it's best not to tell your body to shut up and shut down, but instead, to clean it out so you can be the sweetie that you truly are. Do not get consumed by savvy marketers, remember what they want and who they are; **REMEMBER WHO U ARE.**

WHEN YOU SMELL TROUBLE

Why do some people avoid going to the washroom when away from home? Is it because of the odor that they may leave behind? (Oops! No, I mean poops!) Imagine walking into your own house, confronted by a foul odor and not knowing from where it was originating. Would you try to find the source or just simply spray deodorizers through the house to mask the odor! Most of us would try to find the source. Why is it that when we smell the odor of putrefaction originating from within our own body we hide it as if it's something dirty, pretending it doesn't exist. Is this from embarrassment, or have we been brainwashed to believe it is normal? Maybe that's why we sometimes joke when a friend leaves a horrible smell in the bathroom. Unfortunately, it's because we don't know any better. It's no laughing matter; they are rotting from the inside out. It's a downhill slide when

we accept putrid smells coming from the body as normal, for it certainly is not Natural. These smells are signs of worse things to come. This is called unconscious living. **See, Zombies do exist!**

...TO THE TIPS OF YOUR TOES THEY LIE YOU STINK

Most products advertised in the media are designed to mask the symptoms of health problems. Body deodorizers, breath and body fragrances, pills for headaches, lotions for dry skin, topical creams for yeast infections, arthritic pain relievers, weight loss programs, allergy relievers, gastrointestinal remedies and many, many more cure-alls are marketed. Yet none of them address the origin of the problem. This is because if the manufacturer did truly cure the problem, their product would no longer be in demand. Marketing teams are generously paid to convince you that, *'instant and temporary relief'* is what you really want and need. It's a quick fix that ensures the product will be purchased time after time, while never getting to the root cause of the actual problem, only leaving you to suffer. As a result, society is left continually paying, reaching into their wallets to fund fixes that are only temporary at best. Insanity is doing the same thing day in and day out but never reaching the desired outcome. Gentle Daily Cleansing, Structured Water and Whole Plant Based Nutrition not only clean and restore your digestive tract but also take the toxic load off your bloodstream, liver, kidneys, lymph system and skin. Why pay them to mask the problem only to become toxic and sick when you can embrace Nature and restore balance and become the Master of Your Health.

Invest wisely in your future; you're worth it. ***Don't be a stinker, become a thinker.*** Love and respect your body from the inside out and the bottom up and you will become as sweet as a rose.

THE WORMS CRAWL IN THE WORMS CRAWL OUT

Willy The Worm,

Will he or wont he come out?!

Most people in our society suffer from pain in the abdominal area, specifically in the large intestine. Stagnation of fecal waste causes trapped gas, infection and inflammation that lead to pain. The large intestine has pockets called haustras from the beginning to the end. These pockets contract in a manner similar to the movement of a snake, pushing the waste along for elimination.

As previously stated, the ileocecal valve is located at the beginning of the large intestine. Its role is to regulate the passage of foodstuffs, allowing them to pass through on a gradual basis. When pain is experienced in this area, gas is usually the culprit. Gas can hold the ileocecal valve open, causing waste and parasites to back up into the small intestine. This one-way door will malfunction when fecal debris stagnates in this area. Worms can enter the small intestine from the large intestine, migrating to other parts of the body, creating even more complications. It is important to remember that worms and parasites always accompany every stagnant manure pile, whether down on the farm or down in your belly.

As stated earlier, the average adult has approximately twelve pounds of old stagnant fecal debris and excess mucus hardened along the walls of the large intestine. The most important step towards reclaiming and keeping the health you deserve or reversing sickness is to learn the true art of Gentle Daily Cleansing and Whole Plant Nutritional restoration. Your body is your temple, or better still, the vehicle that you use to drive your energy body around in. Let me propose a question regarding your motor vehicle: *Do you get regular tune-ups and maintenance on your car?* Of course you do, because you want it to last and stay safe. *How about one more example for those who use a vacuum?* When the vacuum bag is full, would you switch it out for an empty one, or leave the full one in and burn out the motor and stink up the house?

Even if you change your diet and start eating properly, you will never experience the vibrant health you could have unless you do two important steps on a continual basis. Flush old toxic waste out of your body daily and restore the vital nutrients that have been depleted from even our fresh and raw foods during the last 50 years. This ultimately allows for the restoration of body tissues and your immune system. Without future buildup of toxic waste, along with an ample supply of dynamically Structured Water and essential vital nutrients, you not only get rid of disease and parasites, but also those who have their hands in your pockets with false promises and cures. It's your choice, a Whole Plant Based Nutritional Lifestyle or pharmaceutical drugs. Toxic fecal waste is the home and breeding ground of parasites, viruses, bad bacteria and fungus. We must break their foothold and hand these low vibrational invaders a well deserved eviction notice!

PARASITE PARTY TEST

Take The Parasite Self Test

1. Do you experience unexplained muscle aches and pains?

YES____ NO____ (YES=1 NO=0)

2. Do you experience normal bowel movements with bouts of intermittent diarrhea or constipation?

YES____ NO____ (YES=1 NO=0)

3. Do you have unexplained weight loss and/or fever?

YES____ NO____ (YES=1 NO=0)

4. Do you have a distended belly?

YES____ NO____ (YES=1 NO=0)

5. Do you grind your teeth while you sleep?

YES____ NO____ (YES=1 NO=0)

6. Do you experience have dark circles under your eyes and/or acne?

YES____ NO____ (YES=1 NO=0)

7. Do you have insomnia or disturbed sleep?

YES____ NO____ (YES=1 NO=0)

8. Have you traveled outside of North America?

YES____ NO____ (YES=1 NO=0)

9. Do you regularly eat unpeeled raw fruits and/or vegetables?

YES____ NO____ (YES=1 NO=0)

10. Do you have pets that sleep in bed with you or do you eat after contact with your pets?

YES____ NO____ (YES=1 NO=0)

Total Score

A score of 3 or higher indicates you may be suffering from Parasites.

SAD SITUATION

Studies have shown that a Whole Plant Based diet not only prevents but also can reverse conditions that a SAD diet creates. Because of the so-called Standard American Diet, aptly called 'SAD', digested food becomes so sticky due to lack of fiber, nutrients and Structured Water, it does not move along at the proper rate. This creates advanced putrefaction (toxic waste) by the time it reaches the large intestine due to the lack of vital life force. The large intestine is a living, breathing organ made up of billions of cells which are too often bathing in this SAD, stagnant, toxic waste. This toxic debris becomes absorbed into the bloodstream, polluting the rest of the body's organs and tissue cells. Sooner or later, the colon can no longer handle this toxic load and all Hell-th breaks loose. Your kids are not lazy or bad. They're just spoiled rotten from the low vibrational water and foods that you bring home. Keep your home a **Freaky Frank** free zone. Either we train ourselves and our family or we end up in treatment.

DOWN & OUT RAISE A LITTLE HELL-TH

A toxic condition over time causes the colon muscle to degenerate. In turn, it begins to lose its tone, becoming spastic but flaccid due to constant infection, which leads to the inflammation and energy drainage of its tissue cells. When your abdominal muscles become soft and begin to lack tone both internally and externally, your lower back muscles will tighten and go into spasm. This is due to its futile efforts to compensate for the lack of tone in the abdominal area. The back muscles must pick up the slack for the intestines and

CHAPTER 5 - THE MOTHER OF ALL ORGANS

abdominal muscles, which are in a state of coma. In this case the colon is falling down and out causing decreased circulation in the pelvic region. This is where your belt is no longer visible and you can't tell if your shoes are tied.

This will severely reduce circulation to this part of the body affecting the ovaries, uterus, bladder, prostate, and testicles and cause a detour when it comes to your sex drive. Plus everything below such as the hips, legs and feet will experience swelling (*water retention*), pain, achy joints, gout, poor healing and varicose veins. If the abdominal area is not toned and cleansed, other conditions may arise such as Crohn's Disease, Colitis, Mucoid Ulcerative Colitis, Diverticulosis, Fistula, Fissures, Hemorrhoids, Ulcers, Hiatus Hernia, Inguinal Hernia, Fibroids and Cancers. How can something so obvious and so debilitating be commonplace? People's intestines are falling outward and downward everywhere I look; it's an epidemic. Is there anybody out there? We need your help. We have become a **zombie nation**. Fight back, people. Eat your veggies, gently cleanse daily, **Take Life In** with Whole Plant Based Superfood Nutrition and become a **Whole Nation**.

HEART ATTACK OR FART ATTACK

Another condition known as the hot air balloon effect is characterized by a super tight stomach protruding outwards. This occurs because of the large amount of trapped gas being produced by the toxic fecal waste, causing a ballooning effect in the large intestine. It can be compared to being six months pregnant. Just think about all the additional pressure that is exerted on the lungs and heart. Remember, hot air rises. This is no different from the manure pile down on the farm. I can

remember when I used to go fishing at the pond. We would take a shovel and dig into the manure pile to look for worms. When we dug the shovel into the manure it would release hot, toxic, noxious gas with an ammonia smell that would irritate our eyes. These chemicals are silent but deadly whether outside or inside the body. Many are rushed to the hospital with symptoms of a heart attack when it's just a gas attack. Cry 'Wolf' too many times and it just might happen.

Lighten up before you tighten up. For those of you around retirement age you may want to say a little prayer regarding your prostate, uterus or ovaries if you are not doing four things. A Whole Plant Based Superfood Diet, Gentle Daily Cleansing, drinking plenty of Dynamically Structured Water and have two healthy, well-formed bowel movements daily. Don't live normal... Live Natural, Live Whole, Be The Cure.

BACK PAIN OR JUST BACKED UP

Do you ever go to the chiropractor because your hips and spine are hurting or out of place? Why not deal with the major cause of the problem first? Then, if needed, see a chiropractor. You need to clean and tone your digestive tract! Weak and toxic abdominal muscles will create many problems for the hips and spine. Remember, a strong core holds everything in place. If it falls apart so will you. About two inches past the Ileocecal valve is the beginning of your large intestine. Here you will find the appendix. This is an endocrine organ that acts as protector, creating infection fighters (*good bacteria*) for the large intestine. Many children and even adults suffer from appendicitis, an inflammation of the appendix. You won't have inflammation

unless you have an infection. Usually you won't have infection unless you have putrefaction (rotting waste). One will not have putrefaction if the art of Gentle Daily Cleansing is understood.

It's Tea Time. Now your digested foodstuffs are sitting in the cecum, at the beginning of the large intestine. Hopefully your haustras (*normal bowel pockets*) are not encrusted with fecal waste or hardened mucus and your colon has the necessary muscle tone to start the last seven feet of the journey to the rectum, where its content is hopefully eliminated. I say, *hopefully* because if your colon can't get rid of it, it becomes stored and has the potential to be leaked through the intestinal wall, back into your bloodstream, similar to seepage from any other waste dump. As you can see by the diagram below, your large intestine sits in front of your spine and on top of your hips. When you back up... you will have back problems. How many times have you gone to the washroom and felt that elimination was incomplete. *If you add this up over the years, where do you think you stand?* **Maybe at the top of a pile.**

THE WALLPAPER EFFECT

What happens when the large intestine lacks proper tone? If the waste cannot be eliminated effectively, it must be stored. The body removes the water from the stagnant waste and compacts it. Layer upon layer of dehydrated fecal waste builds up along the walls of the large intestine, creating a *wallpaper effect*. This toxic waste will gradually leak into the bloodstream causing toxins to build up. This is known as **Toxemia**, which means dirty blood, which leads to acidosis. Imagine a garbage truck working all day. *Where does the garbage go?* Each truck has a compactor; your body is very similar. If it cannot eliminate the fecal waste, it

dehydrates it and stores the waste in the lining of the haustras (*normal bowel pockets*) of your large intestine until its Master takes control. Oh, what a toxic silent bomb. Talk about a breeding ground for *bugs*. I guess you can see that we may have a chronic constipation problem on the rise and an intestine ready to fall down and out. I once had a patient who came to the clinic for colon irrigation. While cleansing his large intestine, a red berry was seen leaving his colon, which he said he had not eaten in years. This occurs because if the body cannot eliminate it, the berry will be dehydrated and stored in a cocoon of mucus until you take charge and cleanse, nourish and restore. **Berry Good!**

Layer upon Layer of old fecal waste is like Layer
upon Layer of old wallpaper.

THEY BOTH TAKE WORK TO REMOVE

CAPSULES OF CONTAMINATION

When a block is created in the large intestine it will become either herniated or ruptured resulting in a breakdown in the muscular wall. When the wall becomes impacted with fecal waste diverticulae are formed. These are abnormal out-pouchings. This is a lifestyle disease. Diverticular disease was almost unheard of in the 1900s. When these out-pouchings become inflamed due to the infection stored within them, it turns into a condition known as diverticulitis. The majority of the population over the age of forty has diverticulae. They just don't know it because they haven't experienced pain nor had an X-ray to show it. This condition is a symptom of chronic constipation. The waste within the diverticulae is called faecoliphs, they can be one-half to three inches in length. These can be brown and spongy or black and

brittle, they look like herb capsules. When the large intestine wall heals, these *capsules* are forced out into the intestines and eliminated from the body. Get to the cause and restore this vital organ with Gentle Daily Cleansing, Structured Water that hydrates and heals and Whole Plant Based Superfood Nutrition. This may sound too simple but I assure you, when you remove the blocks you will Naturally Heal. This is Nature's Way, the only way. Put on your boots and return to your roots.

BUN ON THE RUN

The main cause of diarrhea is constipation. It is caused by a block of encrusted fecal waste within the large intestine. Constipation doesn't mean that you do not have a bowel movement. Constipation occurs when you are not experiencing complete evacuation. *Do you strain to go to the washroom? Have you ever had the feeling that you wished a little more would come out? That you need to wipe more than twice, or wished there was a TV in the bathroom?* Stop, Look and Listen. These are all signs that your body is telling you that you need to cleanse the colon or it will do it for you in the form of diarrhea.

Diarrhea is a safety mechanism to save your butt when it's in a constipation rut. Constipation is the perfect breeding ground for parasites, bad bacteria, viruses, fungus and digestive tract diseases from A to Z. Diarrhea becomes the solution to remove your personal manure pile pollution along with these infectious invaders. These deadly invaders give off noxious gas, toxic waste and chemicals, causing infection throughout the large intestine, leading to inflammation. This eventually results in bowel disorders such as Colitis, Mucoidal Colitis, Diverticulitis,

Hemorrhoids, Hiatus Hernia, Inguinal Hernia, Malabsorption Syndrome, Candidiasis and a severe toxic spillover into the bloodstream. As you can see, constipation has a detrimental domino effect on the body that can lead to life-threatening conditions. You can either go to the washroom gently or you will be forced to lighten this toxic load. Get the job done or it's bun on the run. **U** choose.

IGNORANCE IS NOT BLISS

Most people do not want to talk about their poop. They stick their heads in the sand hoping you, or it will go away, because they have been taught that this is an embarrassing topic. There is big money in keeping you embarrassed and from properly understanding how to look after your body's waste management system. Unfortunately, a toxic colon (large intestine) is the breeding ground for disaster. Don't think for one minute that drug companies aren't aware of this scientific fact. The major cause of disease is acidosis, acidity in the blood and tissues. The major cause of acidosis is putrefaction (rotting) of fecal waste being absorbed into the bloodstream from the large intestine. Toxic overload equals increased acidity, which equals fat cell production, pain, inflammation, infection, internal scar tissue formation, cellular mutation, which in turn equals pharmaceutical profits. It can be a crappy life when you choose to live on autopilot (**zombie**). Let me again propose a question, do you believe that you could have any of the following: systemic candida (fungus in the blood), leaky gut, chronic fatigue, headaches, sore throat, skin disorders, heart disease, gout, arthritis, sinus problems and even cancer without your blood becoming toxic and the tissues throughout your body becoming acidic? The list of illnesses is

endless. With mismanagement, the colon becomes like a screen door in a submarine; allowing toxins, viruses, bad bacteria, fungus and parasites into the bloodstream, which accelerates the condition we know as acidosis. Some call this **leaky gut syndrome**. The proper term being malabsorption syndrome. I call it preventable and absolutely unnecessary.

TAKE LIFE IN

What do you think the chances are of your body breaking down prematurely or chronic illness emerging if your blood was pure and oxygen and nutrient rich? The reality is that I don't know of anyone who doesn't suffer from toxemia or acidosis on some level in these toxic times. This condition is epidemic and only becoming worse because of processed fast foods, **environmental toxins and pharmaceutical drugs**. To counteract this environmental imbalance each of us must travel greener pastures if a healthy life is our desire. Pure dynamically Structured Water, a fresh and raw alkaline diet, proper gentle daily cleaning and **Whole Plant Based Superfood Nutrition** on a daily basis. The result being an alkaline lifestyle, balanced pH and a pain-free, *dis-ease* free, energetic body. The grass is always greener on our side of the fence. **Take Life In** and raise your vibrational frequency so you can **Take Life On**.



HEAL THE GUT CURE YOUR BODY

Go to: docofdetox.com/library
to read and watch the videos in *'The Domino Effect Of Unhealthy Living'*

"Candida, the drill bit immortal predator that will not just eat you, but out-live you." Gently Cleanse Daily!

- Dr. Darrell Wolfe, Doc of Detox

CANDIDA ALBICANS: DRILL BIT PREDATORS

Gut bacteria, which number more than 100 trillion cells, have more of an impact on our health than medical experts previously realized. But not all gut bacteria are created equal. Among other things, 'good' gut bacteria improve digestion, strengthen the immune system, and manufacture the vitamins your body needs. On the other hand, 'bad' gut bacteria can cause digestive disorders, mental problems, skin conditions, autoimmune disease, internal scar tissue formation and all kinds of other challenges and that's just the tip of the iceberg.

When you think of the potential consequences of unhealthy gut bacteria, digestive problems are probably the first thing that comes to mind. Many doctors will begin by prescribing drugs like antacids to help people struggling with these issues and then move to even stronger drugs, such as antibiotic and steroids, but those medications only address surface level symptoms. They don't get to the root cause of the problem, which are unhealthy gut bacteria and an out of fungal control problem.

A healthy gut isn't made by trying to rid your body of gut bacteria altogether, as the medical system attempts to do by using antibiotics. Doctors will even use antibiotics on viral infections, which is useless. The food industry uses antibiotics indiscriminately on factory-farmed animals and fish. Antibiotics will wipe out the bad bacteria, but will also wipe out the good bacteria; this will weaken your immune system, which is essential for your vital health. Research also suggests that good bacteria destroyed by antibiotics will not replace themselves, to re-establish your good bacteria; the only permanent way is to take personal action on a daily basis. A healthy gut is made by

balancing the bacteria—limiting the bad guys through lifestyle and encouraging the good guys to grow strong through gentle baby steps daily - you're only as strong as your good bacteria. The gut is the gateway to health; if your gut is healthy then so are you - end of story.

The bacteria in your gut will either be your body's strongest alliance for getting or keeping you vibrantly healthy or it will become your worst enemy. Most people don't realize it but what and how you eat, drink, think and do on a daily basis is the main contributor in causing a mutation to your gut bacteria, which represents the majority of your immune system. Your immune system is a complex network of specialized cells and organs that work hard to differentiate between what is beneficial and what is harmful to the human body. Groundbreaking studies are being released every day, revealing the connection between gut bacteria and practically every aspect of human life, for example, the skin and the gut. There's been a lot of confusion about skin conditions over the years. Much of it comes from the common misguided idea that the symptoms of a condition must appear in the same spot as the condition itself. For many skin conditions, the problem isn't with the skin itself, it's with an unhealthy gut. Your large intestine and your skin are one in the same, meaning your skin mirrors the state of your large intestine's health.

Yeast overgrowth, often referred to as Candida, is the most common condition I see in my clinic at the Doc of Detox. These days, almost everyone I consult has become prey to this drill bit predator known as, Candida. A Candida yeast infection is the baby brother of the full-blown Candida fungal infection. In the 'so-called average, normal' person, Candida yeast

CHAPTER 6 - HEAL THE GUT CURE YOUR BODY

infections exhibit problems in the gastrointestinal tract, mouth, genital area and on and in the skin. It is important to treat this yeast infection quickly and effectively because without taking personal action it will become a full-blown Candida fungal infection. Taking a treatment for a yeast infection will not kill or eliminate the fungus, it will reduce the symptoms temporarily but it will not get to the root cause. Candida fungus is the silent killer that robs you of your life force, controls how you feel, and even how you think. The only place that you will find a cure is within yourself when you make a permanent healthy lifestyle change. This is why at the Doc of Detox; our first goal with our patients is to create a daily roadmap for success tailored to suite each and every person taking into consideration age, condition and how they process their emotions. First, we must know where we are going, second is how to get there and third is to be trained so that we become the master of the body that we have been given.

How do we know when something is wrong with our gut bacteria in the first place?

If you suffer from symptoms such as regular headaches, irritability, brain fog, low energy, recurring fungal infections, skin problems, scar tissue formation, ongoing pain and inflammation, mood swings, depression, digestive disorders, bloating, fatigue, if you have a pepperoni- like odor, have a fish-like odor coming from your vagina or if you have white deposits on the back of your tongue and if you have cravings for sugar, or carb-rich foods like pasta, or bread - then it's very likely that you have systemic Candida, which at the very least creates an unhealthy internal environment. Systemic Candida means these drill bit predators have created microscopic holes

through the mother of all organs, your large intestine. When these drill bit predators, known as Candida fungus drill pin-like holes through your intestines, this creates inflammation, which sets up a reaction called scar tissue formation. The scar tissue is formed to prevent pain, inflammation and fungus from spreading.

As we know scar tissue and displaced calcium cuts off circulation, which in turn can cause the intestine to lose muscle tone and become flaccid. If this condition continues, just like weeds in a garden, the scar tissue and displaced calcium will also continue to spread out of control. As the scar tissue spreads and takes over the intestine it will become what we call, 'lead pipe disease.' Lead pipe disease is when the intestine lacks tone but is stiff with scar tissue. You know the saying, 'Grandpa is getting weaker, and he is becoming stiff as a board!' Once the Candida drills its holes into the intestines it gains access to the river of life, your arterial system, its game on or should I say, game over for the uninformed and mistreated.

How do you know if your gut bacteria are out of balance? Here are the common signs and symptoms of Candida overgrowth:

- Skin and nail fungal infections such as athlete's foot, ringworm and toe/ toenail fungus.
- Feeling tired and worn down or suffering from chronic fatigue, fibromyalgia, chronic pain and muscle weakness.
- Digestive Issues: Gas, bloating, heartburn/acid reflux, constipation, diarrhea and IBS/IBD.
- Ear, nose and throat infections: Oral thrush, sore throat, ear ache, sinus infection/sinusitis.

CHAPTER 6 - HEAL THE GUT CURE YOUR BODY

- Autoimmune Diseases: Hashimoto's Thyroiditis, Rheumatoid Arthritis, Ulcerative Colitis, Lupus, Psoriasis, Scleroderma and Multiple Sclerosis.
- Migraines, headaches and dizziness.
- Mental Disorders: Autism, difficulty concentrating, poor memory, lack of focus, ADD/ADHD, OCD, brain fog, irritability, mood swings, anxiety and depression.
- Skin Issues: Eczema, Psoriasis, Rosacea, Acne, Hives, Rashes and Itching.
- Vaginal infections, urinary tract infections, rectal itching, or vaginal itching.
- Low sex drive.
- Severe seasonal allergies or itchy ears.
- Strong sugar, alcohol and refined carbohydrate cravings.
- Vitamin and Mineral Deficiencies.

You might be wondering, *"What on earth is Candida?"* Candida is a fungus, which is a form of yeast; a very small amount naturally lives in the mouth and intestines. Candida's job is to aid in digestion and nutrient absorption, but when it is overproduced it breaks down the walls of the intestine by drilling microscopic pin- like holes through it, thus gaining free access to the bloodstream, releasing toxic byproducts into the body, causing what is known as the leaky gut or malabsorption syndrome. Over the short term, this isn't such a big deal since our immune system is designed to handle short breaches in security. But over the long-term the immune system becomes overwhelmed, allowing toxins to flood into the bloodstream. This can lead to countless different health problems ranging from emotional disorders, digestive issues to autoimmune diseases. Due to the domino effect created by leaky gut,

autoimmune diseases can be difficult to manage because the body is literally attacking itself. When it comes to the medical system and the average health care practitioner, it is difficult for them to find the true cause of the condition due to how they were educated. When a practitioner is educated into weakness, they do the same for their patients. More and more research is linking autoimmune diseases to an unhealthy gut.

9 Major Signs of Leaky Gut

1. Digestive issues such as gas, bloating, diarrhea or irritable bowel syndrome (IBS).
2. Seasonal allergies or asthma.
3. Hormonal imbalances such as PMS or PCOS.
4. Diagnosis of an autoimmune disease such as rheumatoid arthritis, Hashimoto's thyroiditis, lupus, psoriasis, or celiac disease.
5. Diagnosis of chronic fatigue or fibromyalgia.
6. Mood and mind issues such as depression, anxiety, ADD or ADHD.
7. Skin issues such as acne, rosacea, or eczema.
8. Diagnosis of candida overgrowth.
9. Food allergies or food intolerances.

The primary purpose of the immune system is to produce antibodies against germs and large particles. Unfortunately, when a person starts to enter into autoimmunity, the immune system can sometimes mistakenly identify its own cells as foreign. The immune system fails to recognize its own cells and produces antibodies against its own tissues, also known as autoantibodies. It's like your body declared war on itself, your healthy cells on one side and your immune system on the other – you have

actually become allergic to yourself. Chronic inflammation and tissue degeneration, pain, and loss of function are all signs of autoimmunity. A large part of the population suffers from autoimmunity. One out of five people with autoimmunity will move onto an autoimmune disease, this is because our health care, medical and natural, is based on treating patients instead of training them on how to take care of themselves on a day-to-day basis. Approximately 90 percent of the North American population is struggling with chronic low-grade inflammation that eventually leads to more serious problems like autoimmune disease, accelerated aging, obesity, diabetes, and other serious problems. Most conventional medicine approaches are aimed at masking symptoms, not addressing the true cause.

Regardless of the particular disease, the underlying cause is an overactive immune system attacking the body. What distinguishes one autoimmune disease from another is simply the body part that is under attack. This is caused by leaky gut, which causes a domino effect on the rest of the body.

In fact, there are over 100 different diseases that can be experienced from Candida overgrowth, but in actuality, these diseases are just symptoms from a leaky gut but more specifically a dysfunctional large intestine. The symptom name depends on where the fungus is located. The initial stages of a Candida infection will very often start within the mouth, urinary tract and gut then work its way inwards.

As more studies are done on Candida infections, it is being realized that this yeast is a serious contributor to many illnesses that now includes:

- Alcoholism

- Asthma
- Addison's Disease
- Chronic fatigue syndrome
- IBS
- PMS
- Depression
- Anxiety Disorders
- Psoriasis
- Arthritis

A healthy gut is full of good bacteria that feed on yeast keeping the levels low, which stops the yeast from becoming a problem. The yeast becomes problematic when it grows beyond normal levels and spreads throughout the gastrointestinal tract. The healthy or 'good' bacteria in your gut typically keep your Candida levels in check. However, the Candida population can get out of hand if a round of antibiotics kills too many of those friendly bacteria, causing leaky gut syndrome. The main causes of leaky gut are bad bacteria, Candida fungus, parasites and diets high in refined carbohydrates, gluten, sugar and dairy, consuming alcohol and medications such as oral contraceptives, acetaminophen, ibuprofen, antibiotics, steroids and acid-reducing drugs. Environmental toxins like mercury, pesticides and BPA from plastics also cause fungus to create pin-like holes in your intestines. Some other clear-cut signs of leaky gut syndrome are premature aging and the inability to cope with stress.

Unless you are trained to master your body, you will never escape the maze of unconscious living!

Here at the Doc of Detox, we discovered a long time ago that there are two sides to creating permanent healing, one

being the physical and the other being emotional, which is overlooked by the medical system and most natural health care practitioners. There have been countless studies done by prestigious medical hospitals and universities around the globe. Their conclusion has been unanimous, that all physical pain and ailments have a minimum of 85% emotional attachment. This is why we recommend all of our patients go through our Awakening Transformation Consultation, so that they learn the simple and effective strategies in removing dysfunctional belief systems, which block their healing. Stress can wear you down, make you anxious, increases your blood pressure as it wreaks havoc on your gut! Stress is inevitable, no matter how hard we try to avoid it. Stress isn't the issue — it's learning how to harness your subconscious and overriding dysfunctional belief systems so that you can release your full potential and become the master of your emotions and your own healing. Unmanaged stress raises cortisol levels, which can stop the gut from working properly. If you've been stressed for the past few months (or years, or decades) but haven't acted to manage your stress, you're more likely to have an unhealthy gut. When you finally heal your leaky gut, you will be restoring the largest part of your immune system.

The intestines have a natural permeability that allows small molecules through its lining to absorb vital nutrients. In fact, regulating intestinal permeability is one of the main functions of the cells that line the intestinal wall. Gluten can cause the gut cells to release zonulin in sensitive people. Zonulin is a protein that in time can break these cells apart in the intestinal lining. Other factors such as infections, toxins, stress and age can cause this protective lining to the intestinal wall to break apart.

Once this protective cell lining comes apart, the domino effect is triggered, and you now have a leaky gut. When your gut becomes like a screen door in a submarine, toxins, unfriendly microbes, undigested food particles, and more can escape from your intestines and travel throughout your body via your bloodstream, settling in the weakest links wreaking havoc on your health. Your immune system will then target these “foreign invaders” as pathogens and attack them. The immune response to these invaders can appear in the form of pain, inflammation and rampant scar tissue formation if not addressed in a timely fashion.

Once this infection gets access to the bloodstream from the large intestine it will set up residence in the weakest links - that being the lungs, sinuses, skin, brain, liver, heart and so on. Fungus has a protective coating that prevents the body's immune system from being able to eliminate it effectively. It is the Candida fungus that undermines the immune system causing a vast range of debilitating symptoms. Take the brain for example, Candida is one of the few things that can actually cross the blood-brain barrier and when the fungus roots itself in the brain and sets up its mycelium-like network, the most common symptoms are depression, anxiety, and foggy thinking. Scientists have discovered that your gut bacteria produce neurotransmitters, which directly affect your mood; this is why they call the large intestine the second brain.

Candida fungus cannot root itself into healthy tissue; it has to match itself up with the same vibration, which is unhealthy, low-vibrational tissue. When Candida fungus roots itself into unhealthy tissue, it is the perfect environment for a fungal colony to take over and eventually will spread throughout the

whole body. The fungus then begins to wreak havoc on the body, excreting (poops) over 300 different mycotoxins into the blood stream - everything that eats poops. Normally, before this gets out of hand, your immune system would identify and fight off this intruder without any problem. However, that's not the real problem with Candida, the real problem is the 'armor' that this fungus wears. The Candida fungus is protected from your immune system's attack by its cellular membrane; a powerful armor called a "chitin layer." When your immune system becomes depleted, it will no longer have the strength to punch through the chitin layer. Chitin is made up of the same material that the hard exoskeletons of insects like cockroaches are made of! This is why Candida can be so hard to conquer, making it very difficult for a weakened immune system to attack the fungus and win. It is vitally important that you understand that everything is frequency; the frequency within the tissue will determine the health of the inner terrain. The health of the inner terrain will determine what lives there. When the inner terrain has a high-vibrational frequency flowing through the tissues, you will only see the good bacteria flourishing. When the frequency, otherwise, the immune system lowers within the body, the weakest links will lose their vitality first and become prey to the predator, as in the case of your intestines being attacked by candida fungus. This is why if you wish to eliminate candida fungus from your body, you must raise the frequency on an emotional and physical level on a day-to-day basis, for this is the only permanent cure. Just like an opera singer can hit the right note that causes the wine glass to shatter, you too can hit the right frequency to cause the candida to crumble by creating an inner terrain that vibrates vital health. This is

why I am adamant with my patients that it is what they do on a daily basis that will determine whether they live a life of joy and happiness or one of pain and suffering.

There are numerous treatments for Candida and strict diets that promise to rid the body of this fungal invasion. Just as there are plenty of weight loss programs and weight loss diets, if they worked, people wouldn't have to do so many. Cleanses will not permanently rid the body of the fungus, they cause the fungus to go dormant. The fungus can stay dormant in your body for months or even years, and the moment you slip up with your Candida diet or maybe you just have a stressful week because you do not know how to process your emotions and your immune system takes a dive, then the fungus will show it's ugly head and your systemic Candida problem erupts like a volcano once again. I have seen countless people continually fail by implementing Candida diets and Candida cleanses into their lifestyle.

GENTLE DAILY CLEANSING?!

In my 35 years, the only thing that I have seen work for my patients is having a personalized lifestyle plan designed specifically to fit their age, condition and routine. It's what you do daily that matters - simple, gentle and effective baby steps repeated daily or you can call in a bulldozer every few weeks or months to lighten the load temporarily. We are crisis driven; why do we continue to create a health crisis? Because the medical system has programed us to believe that we need them to run to our rescue because we are not intelligent enough to look after our bodies and our bodies have

CHAPTER 6 - HEAL THE GUT CURE YOUR BODY

forgotten how to heal us. Have you ever noticed how the word extreme has been introduced into the lives of the majority of the population? Whether it's extreme sports, extreme diets or the extreme deep cleanse, it usually does not turn out the way we wished it had. When you take personal action with gentle, loving daily baby steps, you hold the key to a life of joy. It's what you do daily that will create happiness or madness in your life, for the rest of your life.

Candida Albicans is a fungus that is only able to overrun the body when the immune system is compromised or the body is dying or dead. When we pass on, Candida fungus will still be alive and well, eating you from the inside out, because it's designed to break down the body after death. Candida Albicans is anaerobic, just like cancer – being its baby brother. This means Candida fungus require no oxygen to thrive, which makes it immortal.

There are a ton of would-be “cures” and special diets and protocols one can do to try to deal with the overgrowth of Candida. However, this only deals with the symptoms of the problem, not with the root cause. The simple fact is Candida cannot be “starved” to death by a special cleanse or diet. It is an unhealthy low- vibrational lifestyle that caused it and only a healthy high-vibrational lifestyle with day-to-day easy, and gentle steps will cure it. You'll be shocked at how fast and how many of your aches and pains will disappear when you introduce gentle daily cleansing, a whole plant based diet, core exercise, energy medicine, high-frequency nutritional and structured water into your lifestyle.

I have seen thousands of patients over the years, and most of them have been sold on the idea of continually searching for the

ultimate Candida cleanse, and then others have spent tens of thousands of dollars on silver bullet therapies such as chelation, drips and the latest greatest breakthrough. I have yet to see anything work more effectively than teaching and training the patient gentle baby steps daily so that they may live a life filled with joy. This is why the Supercharge Your Life Consultation and Awakening Transformation Consultation exist and are so effective at the Doc of Detox. I've given you a bellyful of reasons to rethink the choices you make. Make the right choice, get trained and release the healer within and live Healthy To 100.

"Knowledge is power."

- Thomas Jefferson

DON'T RUSH TO FLUSH

What your poop tells you could save your life



Go to: internationaltraininginstituteofhealth.com/masterclass
and watch the 'Become #1 At The Art Of #2' Masterclass

"Everyone Poops, Lighten the Load and Flush the Pounds!"

- Dr. Darrell Wolfe, Doc of Detox

TOILET TRAINING & HABITS

RULES FOR SUCCESS

- Always answer nature's call or prepare for a toxic
- After each meal go to the washroom. This will help to restore the rhythm. Fake it until you make it. Don't wait for the signal, encourage it!
- A stool or small box in front of the toilet will aid in easier elimination. The lower the toilet, the higher the stool, the easier the movement, the bigger the jewel.
- Slow, deep breathing on toilet; no straining. Raise arms over head. Twisting side to side may also help.
- Abdominal clockwise massage after meals, upon rising, and when on the toilet is also beneficial.

FROM THE INSIDE OUT AND THE BOTTOM UP

STOOL STATUS

The stool can tell many things, including the state of your health, what your diet is like and what kind of stress you are under. It's a '*compoohter*' printout. Many doctors believe that people have regular bowel movements whether it is one a day, once every two days, once every three days, four days, or five days. I had one client, who after telling her doctor that she had a movement every seven days, was told that this was normal for her. I believe that you should have two bowel movements a day at the least. The quality of your bowel movement is Nature's way of telling you the level of health you are currently experiencing. Just as you need to monitor what goes in your

CHAPTER 7 - DON'T RUSH TO FLUSH

mouth, stool investigation will give you valuable information regarding your highway to health: the digestive tract.

Your digestive tract is the assembly line for the food you eat. Your bowel movements can give you a clear daily picture indicating whether the most important process of your health is heading in the right direction. Learning what to look for in your bowel movements can prevent illness and suffering now and in the future. **Signs that your digestive system is not functioning properly are:** bad breath, smelly stool and the need to use deodorant in the bathroom and under your arms as well. What indicates a good bowel movement is that the stool does not smell. If you eat three meals a day, you should have three bowel movements per day. If you eat two meals a day, you should have two bowel movements per day.

The bowel movement should start naturally, without any straining or pushing. A normal bowel movement occurs rather quickly, taking no more than about three minutes. If you feel you have the time to read the newspaper while on the toilet then read the comic section and lighten up.

Having books in the bathroom is a good clue that you have internal hemorrhoids and probably external hemorrhoids are here or on their way. A hiatal hernia is just around the corner for this grunter groaner due to all that straining and pushing.

In a normal bowel movement, the stool should have a diameter, which is approximately half the width of your wrist. It should not be so large that it is hard to pass, causes pain or bleeding of

the rectum or hemorrhoids. It should not be long and stringy, pencil-thin or composed of small and hard balls.

The stool should be about the same consistency (*density*) as regular toothpaste squeezed from a tube. It should not be soft and watery. It should not be hard and compacted nor cause the toilet to become plugged up, or break the bowl. The stool should be a medium brown color and should not contain dark material from old feces nor black material which may indicate bleeding in the upper GI tract or stomach. It may be slightly colored from certain kinds of foods you recently ate, such as grapes or beets or very dark green vegetables. It should not be yellow, maroon like burgundy wine nor grey. The stool should not have a foul smell if it is entirely composed of the waste from food which was consumed less than 24 hours ago. If you pass gas it should not have a foul smell. Smelly farts may indicate that old, decaying fecal matter is stuck to the walls of your intestines.

The stool should float in the toilet if everything in it is waste material from food that has been properly digested. Stool that has become too compacted, hard and dense due to constipation will usually sink. The stool should not contain a lot of mucus. There should not be any small or large worms or other parasites visible inside or near the stool.

We want to be able to wipe clean and feel a sense of complete evacuation. Wiping clean should only take a few pieces of toilet paper... not a roll. It's amazing how often people do **not** have a sense of complete evacuation. This is a job worth doing right before you're unable to do it at all, so get moving! **It's Tea Time.**

**HOW
TO TELL
IF YOU HAVE A
GOOD STOOL**

- ◆ Is it soft, firm?
- ◆ What is the color, is it light or medium brown?
- ◆ Is it free from foul smell, odors?
- ◆ Does it float?
- ◆ Was it necessary to strain?
- ◆ Does elimination take place 15 - 20 minutes after a meal?
- ◆ Banana shaped?
- ◆ Is it 5 to 7 inches long?

**When you Take Life In
there will be NO
WASTE!**

COMPOSITION OF THE FECES

1. Remnants of undigested foods (Cellulose, fibers, etc.)
2. Remnants of digestible foods which, for one reason or another, did not get digested.
3. By-products of fermentation and bacterial breakdown of foodstuffs.
4. Mucus and salt secretions from the intestines.
5. Bacteria and parasites.
6. Broken down products of blood tissue salts.

Bacteria both dead and alive, usually constitute a quarter to half of the dried feces. With every dump, you eliminate One Hundred Trillion bacteria so it's about time to let go that which does not serve you or Endotoxemia will be your fate.

**DID YOU ELIMINATE ONE HUNDRED
TRILLION BACTERIA TODAY?**

if you did you're on a roll...

STOOL INVESTIGATION

- **Bright red blood** means that the blood is from the anus. It could be from an internal hemorrhoid or from a fistula or other rectal problem. Visit your doctor.
- **Dark red blood** has come from further up in the digestive system... it could mean ulcers or colitis in the splenic flexure area. Visit your doctor.

- **Blackish-red blood** indicates ulceration and bleeding around the hepatic flexure. Visit your doctor.
- **Blood totally black** in color could be from the stomach. Visit your doctor.
- High protein diets with mostly meat produce a dark colored stool. Spinach and other vegetables containing chlorophyll can stain stools green; dark colored food such as blackberries or cherries will stain the stool a darker color.
- **Yellow or orange stool** indicates insufficient bile and is mixed with intestinal contents, or a sign of jaundice or liver disease. Visit your doctor. Carrot juice can also make stools turn an orange color.
- **A reddish wine colored stool** can be caused from eating beets.
- **Iron medication or anemia** could cause slate grey or blackish stool.
- **Excess protein** can cause a black stool.
- **Very dark, olive blue stool** may indicate a diet too rich in protein and fat - putrefaction within the bowel.
- **Dark, hard, offensive smelling stool** may indicate very severe bleeding high in the intestinal region. It may come from an ulcer in the stomach, duodenum, colitis, or Crohn's Disease. Visit your doctor.
- **Grey or chicken soup-like stool** can indicate liver or gall bladder trouble. Visit your doctor.
- **A hard, black stool** means constipation.
- **Flat and thin stool** indicates an obstruction in the lower part of the bowel or spastic colitis (usually around the splenic flexure of sigmoid area).
- **A stool with many small bead-like bubbles** shows fermentative conditions.

- **Slick, slimy stool** could be caused from **jaundice** or cleansing the intestines.

The stool is made up of different kinds of secretions; the color of it will depend on what food we eat.

The transverse colon contains only waste products and no more nutrient absorption occurs beyond this point. The amount of debris, composition, color and odor of feces depends on whether the frequency of the food and water taken in is low or high, meaning dead or alive.

For that perfect stool have a Whole Plant Based Superfood Lifestyle.

THE SCOOP ON YOUR POOP

Log yourself for 30 days!

| STOOL STATUS | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------------------------------|-------|-------|-------|-------|-------|-------|-------|
| Are you Constipated? | | | | | | | |
| Do you have Diarrhea? | | | | | | | |
| Is Stool of Uneven Formation? | | | | | | | |
| Is it Hard? | | | | | | | |
| Is it Soft? | | | | | | | |
| Is it Firm? | | | | | | | |
| Is it Cracked? | | | | | | | |
| Is it Smooth? | | | | | | | |
| Is it Loose? | | | | | | | |
| Is it Jagged? | | | | | | | |
| Stool Length (in.)? | | | | | | | |

THE SCOOP ON YOUR POOP

Log yourself for 30 days!

| STOOL STATUS | <i>Day 1</i> | <i>Day 2</i> | <i>Day 3</i> | <i>Day 4</i> | <i>Day 5</i> | <i>Day 6</i> | <i>Day 7</i> |
|---------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Stool Width (in.)? | | | | | | | |
| Does it Float? | | | | | | | |
| Does it Sink? | | | | | | | |
| Does it have Little Bubbles on it? | | | | | | | |
| Does it have Big Bubbles on it? | | | | | | | |
| Does it contain blood? | | | | | | | |
| Does it contain mucus? | | | | | | | |
| Does it Slide out Easily? | | | | | | | |
| Do you Have to Strain? | | | | | | | |
| How many bowel movements do you have? | | | | | | | |
| Stool Length (in.)? | | | | | | | |
| Time of day | | | | | | | |

2 of 2

POTTY TRAINING 101

EDUCATE OR CONSTIPATE YOUR CHILDREN

(POOH-TEA)

Children have worse bowel problems than any other sector except for seniors. Our children ingest all the toxins that we do, plus all the treats and sweets, which create an imbalance to their delicate digestive tracts. The first step is to stop using our children as an excuse to bring home a truck load of junk. The second step is to do your research on antibiotics and what they can do to these delicate little digestive tracts. Antibiotics should only be considered in life-threatening situations because they can alter your child's inner terrain in a very negative way.

Antibiotics will wipe out your child's good bacteria along with the bad, creating a compromised immune system in their digestive tract for years to come. The third step we must teach our children is that having bowel movements daily is as normal as breathing. They must be taught at an early age what a good bowel movement looks and feels like.

If your desire is to have happy, healthy children then proper bowel management is foundational for vital health and the prevention of disease in our little ones.

The most important questions you will ever ask your children are:

How is your tummy?

Did you have a bowel movement today?

Did it come out easy or did it hurt? What did it look like?

We have been taught that poop and bowel movements are an embarrassing topic. This point of view is crippling our children's health. We need to avoid passing on our old worn out beliefs that cause our children needless pain and suffering. These worn out **Belief Systems** may just turn them into **zombies** in the future when they try to medicate their pain away instead of being free of it. Teach your children to answer Nature's Call, instead of ignoring it. This is Nature's Way, the only way, or pay, pay, pay. I can remember, as you may too, countless times of stomach pain and cramps throughout my childhood that scared the heck out of me. I remember being too scared to tell my parents because I thought I was dying and I didn't want to worry them. All this needless pain and suffering could have been avoided if I had been properly informed that what comes out matters but what stays in matters even more. Dollars to donuts you were in the same situation that I was, when you were a kid.

Talk with your children, don't let your children pile their poop up as we did. Teach them well and lighten their load on both emotional and physical levels. Open up to them so they open up to life. One poop at a time. It's **pooh tea** time. www.docofdetox.com/tea

BABIES STOOL

NEWBORN - The first few stools of a baby are a black ointment-like substance called meconium. After a few days the stool will go from black to a greenish brown to greenish yellow. After a week the stool should be a golden yellow with no offensive odor. Breast fed babies have two to four stools a day. A formula-fed baby will have only one to two stools a

day due to this being a low vibrational food. Bowel troubles and gas are already on the way for the little one because this is not Nature's Way. This is '*man- ipulation*'. Have you ever noticed that a baby will have a bowel movement within ten to fifteen minutes after it has been fed.

This trigger mechanism begins to break down over the first few years because proper toilet training was not taught to toddlers.

Do not cripple your children before they even get started. Make pooh a celebration event. Do not underestimate the power of Pooh. Don't forget about the '*compoohter*' printout.

TOILET TRAINING FOR BABIES

During the first two years of life, the emphasis is on feeding; after the second year, elimination comes into focus. Children should be applauded and congratulated when they eliminate. From this we will be promoting a child who is proud, assertive and self-sufficient. Do not rush to flush. Take this time to teach your child what having a good bowel movement feels like, smells like and looks like. This will instill in the child that poohing is something worthwhile. When you do flush, put the lid down so the noise does not scare the child.

Be patient and tolerant, keep any ancient ideas and habits you may have away from your children. Do not constipate their thinking with **Belief Systems** that are neither true nor empowering.

Be The Cure - Make them #1 in the business of #2!

Teach your children well, and they
will stay that way. Remember they
are here to help **U** remember.

POTTY TRAINING CHART

...for the little ones

| | | | | | |
|--|--|--|--|--|--|
| My Potty Training Chart Name: _____ | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

Log your child for 30 days

ACIDOSIS

WHAT THE CELL IS GOING ON!



Go to: docofdetox.com/library
to read and watch the videos in the 'Daily Cleansing Tea' Guide

"Learn to Eat Right or Be Eaten Alive. Nobody Likes a Bad Acid Trip."

- Dr. Darrell Wolfe, Doc of Detox

WHAT'S EATING YOU

Acidosis is the primary cause of all the symptoms, ailments and diseases we suffer from today. Acidic bodies will experience a rapid decline of their immune system, which in turn creates a low vibrational internal environment where harmful bacteria, viruses, and other pathogens can thrive and multiply. The **pH balance** and the frequency at which your cells vibrate will dictate what and who will live there. The bloodstream is the most critically buffered system of the entire body, far more sensitive than any other. Arterial and venous blood must maintain a slightly alkaline pH: arterial blood pH = 7.41 and venous blood pH = 7.36. Because the normal pH of arterial blood is 7.41, a person is considered to have acidosis when the pH of blood falls below this value.

When excess acidity (acidosis) must be neutralized, our alkaline reserves (minerals) run the risk of becoming depleted, leaving the body in a weakened condition. Just as your body so is the soil. Calcium is the main mineral drawn from your bones to buffer down an acidic condition in an attempt to protect and keep your body in an alkaline state. This can lead to early onset Osteoporosis.

BONE UP - It's Not A Disease Osteoporosis is not a disease, it is a natural course of life. All elderly people have Osteoporosis to some degree, but to suffer from it is not normal. Medicine has turned it into a disease at the wishes of the drug companies just as they have now made Obesity into a disease (*evil plot*).

For every new disease there is a new drug, the promise of a new breakthrough and a brighter future. It's wake-up time for the unconscious living. We need to eat right or be eaten alive. Osteoporosis is a very confusing condition for people. Most

people think they can eliminate it with milk, eating plenty of dairy products and ingesting calcium supplements. In reality, the instances of osteoporosis are very rare in countries where the people do not consume milk or dairy products. Milk and dairy products are acidic so we are being milked for our money. The largest mammals on the planet do not take in dairy products or calcium supplements; they stay alkaline by eating a fresh and raw Whole Plant Based diet and by drinking plenty of high frequency water, the way nature intended.

Osteoporosis is a symptom of chronic acidosis. The body is literally being eaten away. It is in a state of emergency. The body, in its innate intelligence, will steal calcium from the bone in attempts to delay, as long as possible, a heart attack, stroke or even cancer. As the bone mass becomes depleted, the condition is called Osteoporosis. Just as a raging forest fire eats anything that gets in its way, an acid pH out of control, will rage through your body. Similar to the way we put out the forest fire by drenching it with water, the only way to effectively treat Osteoporosis is through an alkaline lifestyle.

Osteoporosis is reversible. We need to saturate the body with dense, **Phytonutrient Rich Superfoods** and cleanse the body gently on a daily basis to remove the toxic waste build-up. This is our only choice. It is our only true defense. Calcium deposits are likely to form if action is not taken. They can be found in any part of the body from your nose to your toes, wherever acidosis is prevalent (*weakest link*). Examples of this are: calcium deposits in the breasts, kidney stones in the kidneys and gallstones in the gallbladder.

The wastes produced from most foods we consume are highly acidic. Acidosis is a main contributor to premature aging whether it's a crack in your face or a crack in your bones. Acid waste is excreted from the body by the colon (*large intestine*), kidneys and sweat glands. If this waste is not excreted in a timely fashion it will circulate in the blood and migrate throughout the body tissues. When your liver gets overburdened and can no longer process this acidity, fat cell production must take place as a storage site for this acid to protect vital organs, bones and blood from further damage. **Embrace an alkaline lifestyle** or embrace a bigger, unhealthy **U**.

When you keep your blood clean, your body will be lean and your mind will be keen!

- Dr. Darrell Wolfe

THE PRESSURE'S ON

Acidic waste, if not eliminated, will gradually accumulate in the capillary blood vessels, resulting in plaque buildup. To neutralize the acidity within the blood, the arterial walls must give up their minerals thus causing microscopic cracks within them. Your body, in all its wisdom, repairs these mineral deficiencies by producing cholesterol to goop up these cracks. Cholesterol has the consistency of candle wax. As long as this blood acidosis continues so will your high cholesterol problem. The medical system and the pharmaceutical companies, in all their wisdom, will try to convince you to go to war with your cholesterol levels instead of creating harmony within your body. Cleansing the toxins out and restoring the vital nutrients

that are needed for your vital health and well-being must be done on a daily basis to be permanent. If you do not learn to work in harmony with your body then thickening of the arterial walls and the blood will occur. This can cause blood clots which can lead to a heart attack or stroke. Currently in North America 50 million people have been diagnosed with hypertension. Just like a river, if you dump enough garbage and toxic waste in, the river will not flow at a proper rate and stagnation will occur. In this situation high blood pressure may become a concern due to the extra force needed to move the blood.

People go to doctors concerned about high blood pressure more than any other condition. The cells will be deprived of their normal supply of oxygen and essential nutrients, thus creating cellular dysfunction and mutation. Moreover, with the capillary blood vessels becoming clogged, the function of every organ is in jeopardy. Accumulating acidic waste will begin to deteriorate organ tissue causing internal scar tissue, displaced calcium and serious illnesses in the long run. Let's say your body is like a chain on a bicycle and every link an organ. With the chain, the weakest link will break first.

With your body the weakest organ will accumulate the acidity and '*dis-ease*' will overtake it. Common examples: the pancreas with diabetes, the heart with heart disease, the liver with liver disease, the stomach with ulcers, the small intestine with Crohn's Disease, the large intestine with colitis and on and on. If the cause of premature aging and other diseases lie in acidosis, then the answer to longer life must lie in eliminating such acidic wastes and replenishing alkaline reserves with a **Whole Plant Based Superfood** lifestyle. Invest wisely, your body's counting on **U**.



THE HEART OF THE MATTER

Go to: internationaltraininginstituteofhealth.com/masterclass
to read and watch the lessons in the 'A to Z Wellness' Masterclass

"TICK TOCK... I've got a block!"

- Dr. Darrell Wolfe, Doc of Detox

MY ACHY BREAKY HEART

Heart disease is the number one killer in North America. The number one cause of heart disease is Dead Meat Bacteria. **Dead Meat Bacteria = Endotoxemia** (*endotoxin in the blood*): After a meal of animal products people suffer from Endotoxemia. Their bloodstream becomes awash with bacterial toxins, known as endotoxins that are present in animal products. These dead meat bacterial toxins are not destroyed by stomach acid, pancreatic enzymes, cooking or even boiling for hours. Animal fat triggers immediate inflammation within the body due to being loaded with endobacteria, even if fully cooked. Saturated animal fat then boosts the absorption of these **endotoxins** into our bloodstream causing arterial paralysis (*high blood pressure*). Another cause of Endotoxemia is a greasy, refined carbohydrate meal. This will cause inflammation due to the release of endotoxin, from the outer walls of the bad bacteria that now live in your colon. Endotoxin, if not eliminated daily from your colon through Gentle Daily Cleansing, can and will be absorbed into the bloodstream causing inflammation to the weakest parts of the body or throughout the whole body. 785,000 people will have their first heart attack this year. Forty million plus suffer from heart disease in North America today. 70 million have high cholesterol and one hundred million have elevated LDL, but less than half are being treated for it. Almost 75% of heart attack patients fall within recommended targets for LDL cholesterol, demonstrating that the current guidelines may not be low enough to cut heart attack risk in most who could benefit. Medical studies have stated that we need to get our cholesterol down to the 150mg/dl area. In other words the serum total cholesterol must be lowered to that of the

average pure vegetarian. Statin drugs do lower heart attacks but increase the incidence of diabetes. *How would you like to decrease your chance of a heart attack and diabetes at the same time?* A Whole Plant Based diet or drugs, it's your choice. Studies have reported possible links between cardiovascular disease and PCB's, dioxins and pesticides. Because these compounds are fat-soluble, they can be stored in the body and accumulate over time. Studies indicate that these toxins can specifically accumulate in the vessel walls and contribute to arterial plaque formation. Common sources of these compounds include: plastics, fish and seafood (*especially farmed fish*), processed foods, nonorganic and **GM** (*Genetically Modified*) produce, tap water and many cosmetic/beauty/hair products.

In Sweden and many other countries most of these substances, including heavy metals such as lead, are now forbidden. Since they are so long-lived they are persistent and ubiquitous in the environment. The older we get, the higher these levels become within our body tissues. Accumulate, degenerate, mutate or cleanse, hydrate, nourish and restore or you may find yourself on the floor.

Have a Heart - Play it smart Go green like me.

LIGHT HEARTED EATING

The first step is to eliminate animal products, refined carbohydrates and sugar whenever and wherever possible. The second step is to avoid exposure to chemicals, as much as possible. The third step is to learn the art of Gentle Daily Cleansing. We must detoxify to flush out the build-up of cholesterol, endotoxin created from bad bacteria and other

acidic wastes that have accumulated and stagnated within the large intestine. This prevents any toxic waste or cholesterol from entering or re-entering the bloodstream. We must take on a Whole Plant Based Food Alkaline Lifestyle approach and eat a good and generous variety of organic vegetables and fruits, as much as possible. These foods contain anti-oxidants and enzymes that assist the body in eliminating toxic substances. You know what they say,

“An apple a day keeps the doctor away.” Well, an apple a day can also keep statin drugs and even a heart attack away due to the pectin, enzymes and fiber. Take in plenty of foods that contain healthy fats, these being organic olive oil, coconut oil, nuts, seeds, avocado and fish. Incorporate plenty of organic garlic, onions and cilantro into your diet as these compounds are natural ‘chelators’ (*binders*) of cholesterol, heavy metals and toxins. Along with this the body needs an ample supply of pure Structured Water daily to eliminate toxic build-up and to prevent further damage. Daily exercise is also a very important factor. We should incorporate 20 minutes a day of core exercise. When you tone your core, you tone your heart. Learn to *‘Live Light Hearted’* in all areas of your life.

A HEAVY HEART

The large intestine is the major waste disposal system for the body. Just like an artery, waste can build up along the walls and even become blocked without us being aware. It’s not how much comes out but what stays in that can be your downfall. This accumulated toxic waste will eventually be absorbed into the body and overburden the liver. In turn the waste will not

be eliminated efficiently and will be left to circulate in the bloodstream. All blood goes to the heart so it is just a matter of time before the waste that clogged your large intestine will now clog the vital arteries of the heart.

From here we see mineral depletion, decreased oxygen, infection, inflammation and internal scar tissue formation on and within the heart. The more fresh and raw live foods you eat the more Life you will have surging through your arteries. Lighten the load in your large intestine, bloodstream, liver, kidneys and lymph system. Lighten up - don't tighten up. Open your mind so you may open your heart and get to... **The Heart of the Matter**. Let Love In. Let Life In. Be The Cure **U** Wish To See!

ALKALIZE OR DIE

Dr. Theodore A. Baroody states in his book *'Alkalize or Die'*, *"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"*

Dr. Otto Warburg states, *"Cancerous tissues are acidic, whereas healthy tissues are alkaline."* He then states, *"All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen, a rule without exception."*

Dr. Warburg states, *"Deprive a cell of 35% of its oxygen for 48 hours and it may become cancerous."* He then states, *"Even though cancer cells are eliminated entirely through an operation, they reoccur because the acidic surroundings still remain after the operation."*

CHAPTER 9 - THE HEART OF THE MATTER

To help prevent this, we should stop the domino effect that creates acidosis by having an alkaline lifestyle. To support this reduce stress, exercise, drink plenty of Structured Water, gently cleanse daily and restore all essential nutrients on a daily basis. Nothing is permanent unless done daily. Welcome to Planet Earth.

Almost 99% of the components of food that we consume every day are composed of carbon, nitrogen, hydrogen, and oxygen with only 1% minerals. Our vegetables today only contain very few minerals in small amounts. That is why even a very large quantity of vegetables eaten is unable to meet your nutritional needs in neutralizing these acidic wastes and building the real **U**. Hippocrates, the Father of Medicine stated, "***Let food be thy medicine and medicine be thy food.***"

"Every single person who has cancer has a pH that is too acidic"

As I stated before, the food chain is broken and those in power have no intention of fixing it. Medicine has not been about food for 65 years and the food has and is being adulterated and depleted as you read this, even the fresh and raw is limping to the grocery stores. The United States Senate Bill 284, Dr. Charles Northern states, "*In the absence of minerals, **vitamins have no function.** Lacking vitamins, the system can make use of the minerals, but lacking minerals **vitamins are useless.***" The Biochemical Institute of the University of Texas examined changes in food composition of nutrients in 43 garden crops from 1950 to 1999.

Their findings were as follows: 6% decrease in Protein, 16% decrease in Calcium, 9% decrease in Potassium, 15% decrease in Iron, 38% decrease in B2, 20% decrease in Vitamin C.

The food grown today no longer has all the vital nutrients nature intended for our body. This is why I have my patients incorporate the planet's most dense Phytonutrient Whole Plant Based Superfood into their diet for whole body healing and protection; so they may thrive and Master Their Health. This is foundational for everyone. Do your research. Trust no one until they have earned it. **Your body depends on U.**

THE DOMINO EFFECT



Go to: docofdetox.com/library
to read and watch the videos in *'The Domino Effect of Unhealthy Living'*

"Have you ever thought that if one thing hadn't happened, a whole set of things never would have either? Like dominoes in time, a single event repeated enough kicked off an unstoppable series of changes that gained momentum and spun your health out of control, and nothing was ever the same again. Until you Take Life In."

- Dr. Darrell Wolfe, Doc of Detox

Life and death begins in the colon so says the Royal Society of Medicine who did a major study to conclude that a dysfunctional large intestine is responsible for 85% of all illnesses.

But in my opinion, I believe with almost 40 years in the chronic health care field it's closer to 100%.

The large intestine may be at the end of the digestive tract but it's the first domino to fall and is known as the second brain for good reason because the health of your intestinal bacteria dictates the strength of your immune system, your mood, and your energy level.

Who would have ever thought that what the medical system continues to attack with antibiotics and what the majority of the population unconsciously allows to hang down and out holds the key to life itself?

So, let's see what happens when you mistreat your bodies assembly line of life and its major immune system like a cesspool instead of nature's natural life-giving, life-saving organ.

Here's some food for thought, did you know that you are made of 50 trillion cells but 500 trillion bacteria? You are a walking talking glob of bacterial intelligence and your large intestine is life control central.

Let's talk about the most important highway that you will ever travel in your life that goes straight down the middle of your body and it is the only part of you that's open to the outside world.

Your digestive tract begins at your mouth, this being the front door and then travels down the esophagus to the stomach and then into the small intestine, which is approximately 22 feet long.

CHAPTER 10 - THE DOMINO EFFECT

It then continues to the large intestine, which is 5 to 7 feet long. In total, we are looking at 30 feet of highway.

That's quite a long distance for food to travel, even when it's whole plant-based, combined properly and chewed thoroughly in a calm

and peaceful state.

Every component along this highway known as your digestive tract must digest and assimilate the nutrients in their proper order and time sequence for this process to be successful, not unlike any other assembly line.

The digestion process is a work of art regarding its simplicity and effectiveness.

But understand that improper eating and negative emotions can and will derail this life saving, life-giving process, causing inflammation, pain, and discomfort throughout your whole body.

Most people are only conscious of the first 4-inches of this delicate process, being the mouth.

We have become unconsciously addicted to the chemicals, disregarding the taste and nutritional value of the food.

We are trading 4-inches of perceived pleasure followed by 30 feet of indigestion, heartburn, gas, bloating, ulcers, angina, Crohn's disease, leaky gut, pain, inflammation, constipation, diarrhea, colitis, cancer and hemorrhoids just to name a few symptoms that have been unleashed because of the domino effect of unconscious living.

Unfortunately, when it comes to food selection, important health concerns such as nutritional value, quality, freshness,

the degree of toxic chemicals, and digestive ability all take a back seat to the following factors such as advertising and brainwashing.

This unconscious programming has not just created a bloody mess but one heck of a smell from one end to the other end of your body.

Your large intestine has now gone from being your body's greatest friend and ally to becoming a breeding ground for parasitical attack and dis-ease.

Welcome to the family curse of unconscious living handed down by well-meaning family members and driven by corporate America because of their insatiable appetite to harvest you and your family's health one piece at a time for their fat bottom line.

Understand that chemically addicted taste buds and an addicted brain will always cause a distorted shape to your body inside and out.

Too often in today's society the foods we consume simply end up sitting too long and then end up putrefying in our digestive tract with the large intestine taking the beating, which in turn unleashes the domino effect of toxic poisons and noxious gas into that beautiful body of yours.

When food enters the body already dead and toxic, meaning no or very little nutritional life force, understand this, you are what you eat.

Yes, you become what you eat, drink and think, it's as simple as that.

Our creator did not complicate or create something inferior. Systems and corporations have made us feel this way about ourselves by force-feeding us their toxic, manipulative, controlling, dysfunctional beliefs. Welcome to the harvest, that would be you.

Understand live foods breed life whereas dead food breed... well, you get the picture.

YOUR DIGESTIVE TRACT: **HIGHWAY TO HEALTH OR DISEASE**

Your digestive tract is a Thirty-Foot Journey: The front door is your mouth; the back door is your rectum. What happens between your mouth and your rectum is the deciding factor on how well and how long you will live.

The first rule to eating and emotions is: You never eat when you are upset.

The second rule is: When you're preparing your food, put your heart into it. Make what you love, love what you make because it will become part of you.

The third rule is: Never use the dinner table for a place to discuss family problems.

The fourth rule is: Stay calm and stay connected to your Lion Heart breathing.

The fifth rule is: Bless your food and give gratitude knowing that whatever you're eating has given its life for you and that the closer it is to nature, the healthier and happier you will be.

The health of your food will depend on who and how it was treated.

The fourth rule is: Chew your food so well that you are drinking your solids and chewing your liquids.

The fifth rule is: Never eat late at night.

The sixth rule is: Do not mistake thirst, tiredness or being bored as hunger.

The seventh rule is: Do not use eating as a way to suppress your emotions.

The eighth rule is: Digest the Brave Heart Twelve Self-loving Steps each day for the perfect day every day of your life.

ALL GASED UP & READY TO BLOW

When the majority of the population is backing up and piling up their emotional and physical waste, this is an unconscious subconscious self-hate, self-destruct program that will tear the body apart from the inside – out starting from the bottom up.

This condition that the majority have learned to accept as a normal way of life over time will cause the bodies most important muscle, your large intestine, to slowly lose its tone and become flaccid.

This will lead to stagnation, putrefaction and eventually rotting of the tissues, which will eventually create a dis-ease in the body's weakest link.

We are unknowingly attacking and creating disease with our day to day lifestyles. In health, we call this condition Auto-Immune Disease, which means your body is attacking itself.

CHAPTER 10 - THE DOMINO EFFECT

The fix is in or should I say, your health is headed down and out like your large intestine.

When your abdominal muscles become weaker and begin to lack tone both internally and externally due to this intestinal backup, your lower back muscles will tighten up and go into protection otherwise chronic spasm.

This is due to your lower backs futile efforts to compensate for the lack of tone in the abdominal area known as your core.

The back muscles must pick up the slack for the intestines and abdominal muscles, which are now in a state of coma.

Do you realize that your abdomen otherwise your core does all the lifting? From getting out of bed, off the toilet, in the car, picking up your children you name it we need a healthy toned tummy. We need Tummy Love and Daily Cleaning Tea.

But as we can see with about 90% of the population their large intestine is falling down and out or just sticking out, which causes decreased circulation in the whole pelvic region.

This is where your belt is no longer visible and you can't tell if your shoes are tied.

This will severely reduce circulation to this part of the body affecting the ovaries, uterus, bladder, prostate, and testicles and cause a detour when it comes to proper bowel movements, urination and let's not forget your sex drive.

Most people do not understand by the time they reach the age of 35 or 40, their pelvic region is overburdened with inflammation, scar tissue formation, displaced calcium and yes even mutation.

Plus, everything below this intestinal backup such as your hips, legs, and feet will experience swelling otherwise water retention due to chronic inflammation.

Other symptoms that you may experience with this intestinal backup are pain, achy joints, gout, poor healing, varicose veins, hip and knee replacement and neuropathy, which by the way, can all be reversed when you take your power back with Wolfe Non-Surgical and The Perfect Day Diet.

If your core otherwise your abdominal and pelvic area is not toned and cleansed daily with gentle loving steps, life-threatening conditions from the bottom of your toes to the top of your eyes will pop up.

How can something so obvious and so debilitating be commonplace? People's intestines are falling out, falling down and blowing up everywhere I look; how do you look? How do you feel?

You have a choice to explode, implode or learn how to dump this toxic load by utilizing the Perfect Day Guide, Fasting for Perfect Health Guide and the Brave Heart Way guide in the Doc of Detox Library. It's yours for the learning, so learn or burn.

Understand that if you are unable to process or otherwise digest and eliminate negative emotions you will cause issues in your tissues.

So, what do you think happens when the large intestine backs up and becomes a storage shed for toxic waste and negative emotions? If this toxic waste and negative emotion cannot be eliminated effectively, then it must be stored.

The body will lock it down and wall off all this physical and emotional toxicity for your own protection by creating

CHAPTER 10 - THE DOMINO EFFECT

excessive mucus, crystallization, internal scar tissue formation, and displaced calcium until the host, that being you, awakens to become the driving force in this relationship called life.

When it comes to a weak core, otherwise a colon in a coma your body will absorb the water from the stagnant waste and compact it in and along the walls of the large intestine known as haustra, otherwise outpouchings.

Layer upon layer of dehydrated fecal waste will build up along the walls of your large intestine, creating an accumulating wallpaper effect.

This toxic waste will gradually leak into the bloodstream due to leaky gut causing a toxic build-up in your bloodstream.

This condition is known as toxemia, otherwise acidosis, which means dirty blood, which causes disease to all parts of the body because of the Domino Effect of unconscious living.

Imagine a garbage truck working all day. Where does the garbage go? Each truck has a compactor; your body is very similar.

If it cannot eliminate the fecal waste, it dehydrates it and stores the waste in the lining of the bowel pockets of your large intestine until you realize that you must become the master of your own waste line.

At this moment, I am treating and coaching 5 different people with colon cancer.

We must learn to let go, to forgive, to let ourselves and others off the hook. All thoughts have energy and energy creates things.

Thoughtform creates physical form. When you can't let go, otherwise, when you cannot go, that would be a constipated thought, which will cause your tissues to rot. Hello, bowel cancer.

Until you let go emotionally you will never let go physically – you're not a garbage truck – you're a creation of beauty.

Whether down on the farm or down in your belly, if you don't clean it out it's gonna' get smelly.

TROUBLE DOWN BELOW

So, do you suffer from persistent bad breath? If you do, it is not because of what you ate yesterday. It is the result of what you have eaten days, weeks, months and even years before.

Hot gases rise from your large intestine and into your mouth.

This unpleasant taste and smell is the true cause of plaque formation on your teeth due to the years of toxic waste buildup down below within your large intestine.

For those of you who suffer gum disease just know the root cause is at the back door. Something your dentist forgot to tell you, oops.

But the truth is your dentist may not have been taught the true cause of gum disease because this would undermine the bottom line of profits for the dental association.

Understand that colon cancer is on the rise and so is gum disease. It is estimated that about 1 in 23 people will suffer from colon cancer in their lifetime.

Where there's smoke there's usually fire – and this time it's hot and stinky.

CHAPTER 10 - THE DOMINO EFFECT

Mints, toothpaste, and mouthwash will provide only a temporary fix, which masks the symptoms, never resolving the root cause, which is bowel rot creating the tooth rot.

Why do people use underarm deodorants and perfumes? The main reason is to camouflage unpleasant body odor. The real cure is gentle Daily Cleaning of the large intestine thus preventing and eliminating the toxic waste build-up within your lymph system and sweat glands.

Let's get to the root cause and quit being such a stinker! Take a minute and feel underneath your armpits. Does it feel puffy like a fat build-up?

What this is, is severely congested lymph nodes from backed up waste in your intestines not allowing your lymph to drain.

Just because there is traffic coming into the city does not mean it's not backed up for miles. No other organ in your body will become toxic unless your large intestine is a toxic bomb.

Why is it that young children do not smell? Why does the strength of body odor increase as we age? The answer is the following: The more waste we have and the older it is, the worse it smells. As a result, we're a stinking mess.

In an attempt to mask unpleasant odors emitting from the body, we have turned to a billion-dollar business for guidance: The toiletry industry, where we add more chemicals to an already toxic ridden body.

It is important to note that almost all bathroom toiletries and perfumes are toxic and harmful to your body. Even some of the so-called 'natural' products are questionable.

Underarm deodorants such as antiperspirants with aluminum shut down the sweat glands, contributing to chronic lymph conditions and breast cancer.

We have all been intentionally programmed to tell our body to shut up and shut down, instead, we must lovingly listen to our body because it is telling you somethings wrong, it loves you.

Pain, inflammation, swelling, crystallization, internal scar tissue formation and let's not forget displaced calcium in our joints, tissues, and organs are all symptoms of a dysfunctional relationship with your body that all begin with the first domino being inflammation.

Your emotions and symptoms are your body's GPS, understand this, your body loves you and your life depends on these symptoms to guide you and bring you back to alignment, back to love.

Listen, having a loving relationship with yourself must come first and foremost if you wish to create the Perfect Day for an amazing life. So gently cleanse each and every day, why let it pile up. Remain the sweet-smelling beauty that you are.

To do this we must get media out of your lives, do not get consumed by savvy marketers and their B.S., otherwise dysfunctional belief systems, remember what they want, who they are and who and what they work for; remember who you are and what you really want.

Erase and replace dysfunctional beliefs and take your life back or better still, stop giving it away.

THE DOMINO EFFECT OF UNCONSCIOUS LIVING

Welcome to the Domino Effect of unconscious living. I'm going to tell you a true story about what happens to us when we do not have access to self-empowering tools to master our own mind... body... and life.

Where the mind goes the body must follow. For the majority, they do not have authentic thinking they have stinking thinking, which are dysfunctional beliefs handed down by a corrupt and contaminated society that wishes to rule and school our health for their bottom line.

Have you ever thought that if one thing hadn't happened, a whole set of things never would have either?

Like dominoes in time, a single emotional event repeated enough kicked off an unstoppable series of events that gained momentum and spun your physical and emotional life out of control and nothing was ever the same again.

Once this Domino Effect of unconscious living kick's in from the dysfunctional belief systems you have been unknowingly running for years, you will wish you could've stopped it.

This is something that is not talked about because this is the goose that laid the golden egg for the medical and pharmaceutical corporations and everyone else that focuses on mis-treating you, instead of training you on how to release the unseen practitioner from within – that would be you... the authentic you.

So, I need you to get this, with all the brilliant minds in natural health and countless medical breakthroughs, 60% of the population is obese and even if they're not obese, 80% look like they have a tire wrapped around their waistline, which is their large intestine falling down and out because nobody really truly cares.

THE MOTHER OF ALL ORGANS: **80% OF YOUR IMMUNE SYSTEM**

So, let's begin our journey called the Domino Effect of Unconscious Living.

As I mentioned earlier toxemia, which is also known as dirty blood is caused by a backup of stagnant fecal waste and buried toxic emotion in your large intestine. What better place to hide undealt with and unwanted emotion than in your poop?!

YOUR BLOODSTREAM: **THE RIVER OF LIFE**

You know it's just a matter of time that this stagnant toxic fecal waste and the parasites that it breeds in your large intestine will invade your bloodstream. This toxic spill-over into your circulatory system opens a door of infection and inflammation to the rest of your tissues, organs, and joints.

It follows, that if the large intestine is operating properly, you wouldn't absorb this toxic fecal waste or these parasitic invaders. Unfortunately, this is not the case with most of the population and those we love because of a condition known as leaky gut.

We continue to be programmed with not just incorrect information but out-and-out lies when it comes to caring and loving our bodies. We have been given a health manual rooted in deception created by the systems that we follow and live our lives by.

This so-called 'healthy government approved lifestyle' will give you a lifetime of pain and suffering on an emotional and physical level because it is not only nutrient-deficient but deficient in love and caring. We are what we eat, we are what we think, we must put an end to stinking thinking.

It is hard to measure misery when everyone you know is in this same Bloody Mess. When your bloodstream becomes overburdened by these deadly toxic poisons and lacks essential nutrients to support life, acidosis is the only result.

LIVE'R LET DIE

When your blood becomes overburdened and congested with toxins your liver is then called into action to help filter out these toxins from an unhealthy bloodstream. Your bloodstream is the most critically buffered system of your body, far more sensitive than any other.

Your arterial blood must maintain a slightly alkaline pH: arterial blood pH is 7.35 to 7.41, the ideal pH of arterial blood is 7.41. A person is considered to have acidosis when the pH of blood is 6.8 to 7.24. A blood pH drop below 7 can lead to a coma and even death due to severe acidosis. Under 6.8 pH, 'death' comes knocking. pH is like a dimmer switch and only you hold the power to turn it UP or DOWN.

When we are dealing with a dysfunctional large intestine the liver must pick up the slack and work overtime to maintain this sensitive pH balance needed in your bloodstream.

Your liver already performs over 500 different metabolic functions for your body. But now it must filter the toxic waste that the large intestine is continually spilling over into the bloodstream. It's only a matter of time that the liver becomes inflamed and exhausted.

The liver screams to the large intestine, "I can't believe this! Sewage disposal is your job; are you trying to deplete me of my energy and poison this beautiful body?"

"No of course not," replies the large intestine, "I can't do my job. My Master has been made to believe that she can eat glicky, sticky, gooey, processed, fried, chemical-laden new and improved GMO food and I don't think things are going to change any time soon, she is an emotional mess... she's up and down like her weight and her diet is a riot.

She watches too much TV, gets her health tips from magazines and her friends who know just as much as she does about health and emotions. My Master keeps talking about new and improved but I never get to see it, much less feel it. Now I've got twelve pounds of toxic fecal waste stuck to my walls, I've lost all my muscle tone and I'm pooped out."

Please forgive her, she knows not what she does, I believe it's called the family curse. "I understand, my dear friend" says the liver and I realize the responsibility must always fall back to our Master.

Does our Master not know that Gentle Daily Cleaning, Structured Water and Whole Plant-Based Nutrition and the

Brave Heart Way '12 Self Loving Steps' are the keys to set us all free from this pain and misery?

The word around the body is, "She thinks all this pain and inflammation is normal and out of her control." The colon suddenly bursts out in a chuckle and says, "I'll show her what out of control is when she has diarrhea and I turn her blue eyes brown to help turn her health around.

SICK, FAT & EXHAUSTED

The liver, being a team player continues to work overtime until it becomes chronically fatigued. In turn, the owner of the body starts experiencing Chronic Fatigue, go figure the Domino Effect in action.

So now the master has aches, pains, and inflammation throughout her whole body. So being the robot that she has been programmed to be, off to the doctor she goes... cause that's all she knows.

The doctor says, "You're doing fine for a person of your age." He adds that Chronic Fatigue and Fibromyalgia, which means pain in the muscles are average and quite ordinary for a woman of her age.

So, he writes a prescription to numb her senses. Thanks a lot, Doc!

He may consider her an average person, but the symptoms inside her body are anything but normal, but then he was never trained in the laws of nature.

When doctors are taught that pain is the enemy then symptoms become simple, fast money makers for Big Pharma.

You will no longer be a statistic when you learn the game and change the rules. Pain, inflammation, and swelling is your GPS letting you know that your relationship with your body is not aligned with

self-love which creates self-care the only true health care.

Instead of society drugging her to shut her down and shut her up, why don't they just get their hands out of her pockets and focus on her beliefs and bowels?

I will tell you why because getting to the cause takes caring; being involved does not mean caring. Why don't they just come from their heart and find out why she's truly hurting? She's a human being, treat her like one.

Roughly 10 million Americans have Fibromyalgia. This means that 4 out of 50 people or 8% of the entire American population suffers from Fibromyalgia, the second most common musculoskeletal ailment, after Osteoarthritis. 75 to 90% of Fibromyalgia patients are female because women are the canary in the coal mine.

Fibromyalgia is acidosis on the move and it can create internal scar tissue formation, crystallization, and displaced calcium in every muscle, joint and organ it comes in contact with. You're getting eaten alive from the inside out.

Fibromyalgia is just a symptom of a poorly managed body physically and emotionally. I hurt all over, life hurts all over. Perception is everything. You are what you focus on. And to reinforce this dysfunctional belief that we are helpless and hopeless when it comes to caring for ourselves the medical

CHAPTER 10 - THE DOMINO EFFECT

system lowers its definition of good health every few years to suit the majority because majority rules.

Liver disease due to toxicity is becoming more and more common because of our increased exposure to an inflammatory lifestyle due to dysfunctional beliefs emotionally and physically.

Continual inflammation in the liver will cause a fatty liver, which will damage the liver and create internal scarring which will eventually lead to liver failure if left unchecked by the master of the body.

This fatty, inflamed liver condition created by a sluggish large intestine will never improve as long as the Domino Effect of unconscious living continues. The liver plays a crucial role in the detoxification of the body by cleansing the blood of toxic chemicals.

Harmful toxic substances that enter the bloodstream are broken down and metabolized by the liver into a water-soluble form. Made harmless, they now can be flushed out of the body through the large intestine or the kidneys.

All health problems start off as something small but for most, they will turn out to be your worst nightmare because we have turned our backs on Nature's law to embrace man's rules.

You know what must be done. Take back your power – But first, you must stop giving it away.

Symptoms of liver toxicity may be acute, severe and very noticeable or come on gradually as a chronic problem.

It is possible for non-severe liver toxicity to cause chronic conditions such as fatigue, depression, mental illness,

headaches, skin conditions, low libido, fibromyalgia and yes, even cancer.

Skin disorders often develop because of toxins flooding the bloodstream as they cannot be efficiently detoxified by the liver fast enough.

Since the blood cannot be cleansed at this rate, excess toxins are then released, as a safety valve, through the skin to protect vital organs and bones thus causing an array of skin disorders, from eczema to skin cancer.

Age makes no difference to toxemia. Your skin is the mirror to your large intestine, how is yours looking?

Allergies are another symptom of a dysfunctional large intestine that has overburdened the liver causing liver toxicity.

Haven't you noticed that most of the population has one or more allergies today? A liver that is overwhelmed with toxicity will malfunction and will not be able to effectively break down any new incoming toxins.

This will create a hypersensitivity to the external environment, chemicals and foods ingested.

Foods that were once digested with ease will now turn on you. If your body cannot process it then it becomes a poison. In other words, you are becoming allergic to life because of a compromised immune system.

60 million people now suffer from seasonal allergies, a large percentage of these being children; this is the worst it has ever been, go figure. Check your children's bowels and your beliefs

mom and dad and get to the root of the problem; their little bowels.

Fatigue, loss of appetite, nausea, abdominal pain and vomiting are also often symptoms of liver toxicity.

Palpation of the liver is a method used by practitioners to check whether there is tenderness or enlargement of the liver.

Do not confuse trapped gas caught in the upper right side of the large intestine for gallbladder or liver problems. You're just having a fart attack, that's all, pull the cork out by gently cleansing each day to create the perfect day.

Rising levels of ammonia in the blood is another symptom of a toxic liver. Ammonia is a by-product of mainly animal protein being broken down by bacteria in the intestines.

This ammonia problem is resolved by reducing emotional stress, proper food combining, better food choices, reducing animal protein, drinking structured water but first and foremost drinking Daily Cleaning Tea to eliminate the stagnant putrefaction.

Now let's get back to our story.

SKINNY ON FAT

So now the liver must do much more than its share of cleansing because of the toxic spillover caused by a backed-up lethargic large intestine, which is now, by the way, falling into a coma.

When this happens the healthy gut/brain connection turns bad like the good bacteria have done and we enter into a severe communication breakdown causing conflict between your gut otherwise large intestine and the brain.

The gut bacteria speak to the brain 9 times for every 1 time the brain speaks to the gut.

But when the large intestine was clean and healthy, these were 9 healthy messages, instructing the brain what to do.

Now that the good bacteria have gone rogue, the messages are also bad, which releases bad chemicals and hormones, which create bad moods, making you crave bad foods, which just adds more inflammation, scar tissue formation, displaced calcium, and let us not forget mutation for 50% of the nation.

Welcome to the Domino Effect of unconscious living.

This all stems from us unknowingly downloading dysfunctional beliefs, which are meant to create self-hate pain-body programs. How's that working for you.

These dysfunctional programs fatten the bottom line for chemical-laden processed food corporations that eventually lead to greater profits for Big Pharma due to the Domino Effect of unconscious eating.

This program is working because Big Pharma is increasing its sales by 20% every year with North Americans consuming 50% of the prescription drugs sold worldwide. Due to constipation we have become a zombie nation; drugged up and dumbed down.

The more your body becomes overburdened with toxins, the more energy blocks will be experienced on an emotional and physical level.

What do you think is one of the major side effects when the liver is overloaded with toxins? The Liver is no longer capable

CHAPTER 10 - THE DOMINO EFFECT

of burning body fat efficiently or ridding the body of these excess toxins.

These toxins now must be stored in fat cells to protect the body so your body goes into fat cell production protection mode to reduce this toxic load.

This is a safety mechanism that will continue until the master awakens the large intestine from its coma.

Hello, weight gain – hello, yo-yo diets – hello, yo-yo emotions. Let me say this another way.

When the body is overloaded with emotional stress and toxic waste it transfers its energy away from burning calories and redirects the energy to take the toxic burden off the body by creating a toxic storage dump made from fat cells.

Welcome to fat and 40, the beer belly, the mid-ridge bulge, the spare tire and let us not forget the love handles.

Understand, this had to happen; toxins must be taken as far away as possible from vital organs. It's called fat, and that's that.

KIDNEYS IN CHAOS

The liver now must call on a neighbor for help. The next in line in the Domino Effect of unconscious living is the kidneys.

The kidneys aren't so happy about taking on this extra burden either; they've already felt the added pressure both physically and chemically from the large intestine for years.

Your kidneys sit just behind the large intestine which has become a cesspool of leaking toxic waste.

The kidney's scream out, "Great, now I'm going to get kidney stones, which are calcium deposits, internal scar tissue and crystallization from all this inflammation because now I'm taking on all this acidic waste.

I'm already on fire because the master of this body hardly drinking any water and it's definitely not structured.

You Pee me off; my job is to purify body fluids. We're not meant to take on these bowel and liver toxins. What are these poisons?"

"Well, I can tell you this much", the Liver states, "they're not toxins occurring from normal metabolism. These are chemicals and toxic waste from the large intestine that should never have entered my master's mouth in the first place.

What was she thinking? She wasn't, she's been programmed." Welcome to new and improved.

"I demand a clear answer, not a toxic one and don't Kid Me", states the kidney.

The liver answers back, "Nothing's clear anymore, especially our body fluids, I have done my best. You can talk to the large intestine, but I doubt he will even answer, he's been down and out in a coma for some time now."

The kidneys then shout back, "Easy for you to say, you can still function with only 25% of your liver and rehabilitate much easier than I can.

CHAPTER 10 - THE DOMINO EFFECT

Once I get into trouble, I am in big trouble and it usually just goes from bad to worse. Call me a worrywart, but I don't want to end up on life support otherwise, dialysis. I'm too young to die."

The kidneys reluctantly must now carry this acid torch and they're burning mad with inflammation – emotions are running high. They do their best but as the months go by, chronic lower back pain, kidney inflammation and continual bladder infections set in, due to the overload of toxic waste.

Other warning signs of the Domino Effect are beginning to show up from the overworked kidneys such as kidney stones, sweaty palms, puffiness under the eyes and frequent urination with little volume.

Internal scar tissue, crystallization, and displaced calcium are now forming in the kidney tissues due to severe acidosis, and last but not least, excess weight gain around the kidney region. Most people know these as

love handles.

Fat cells must be created to store toxic acidity or someone may have an unexpected trip to the hospital with kidney failure.

The kidneys can no longer take on the brunt of this cesspool from the large intestine. The master of the body is now waking up throughout the night in a cold sweat from dialysis nightmares.

From here, the next domino falls into the holding tank known as the bladder.

THE BLADDER

Let's talk about the bladder. It sits just in front of the sigmoid colon, the last part of the large intestine.

The tissues of the bladder have been under attack physically and chemically for quite some time now.

The Kidneys are taking on the toxic waste that has entered the body from the fecal debris that's stuck to the inner walls of the large intestine; constipation is the root cause of bladder infections.

This same toxic situation is true for the prostate, ovaries, and uterus that reside in the same neighborhood as the bladder.

It is no coincidence that there is a high incidence of fibroids and cancer in the pelvic area, go figure.

Increased toxicity equals increased acidity, which equals tissue inflammation, which leads to internal scar tissue formation resulting in decreased circulation and increased stagnation.

Hello, cellular mutation. This Domino Effect results in fibroid and tumor formation. Welcome to the inflammation nation.

How many people do you know find themselves going to the washroom two, three or even four times a night?

This toxic waste that has come from the large intestine is now forced into the kidneys and will irritate and inflame any tissue it encounters.

Remember, it's an acid trip, which will cause issues in all tissues.

This toxic sediment is not only irritating the bladder, but also its neighbors - the prostate, ovaries, and uterus.

CHAPTER 10 - THE DOMINO EFFECT

This toxic waste is now settling and building up on the bottom of this sac-like organ known as your bladder.

The bladder tissue becomes inflamed and irritated due to this toxic waste buildup.

The bladder becomes hypersensitive contracting into spasm to protect the inflamed tissue from stretching.

Due to this situation, the bladder can now only hold a small amount of urine before pain and spasms occur.

This toxic waste will continue to irritate, inflame and degenerate the bladder tissue, causing internal scar tissue and displaced calcium which causes crystallization and calcification to form.

This condition will continue until the cause is uncovered. This being the master of the body awakens the large intestine from its coma.

So now you understand the mystery of why you must urinate so often. What most call a mystery, I call ignorance because take-action knowledge of how to master your body is being withheld from you.

So, it's 3 o'clock in the morning and it's the third time you feel pressure in the bladder. So it's out of bed and off to the bathroom again.

Relief is only seconds away. Finally, you get to the toilet but – what's this? Only a few drops come out. You've got urination constipation.

You must understand this, take a look at the people in your life that have serious health conditions.

You'll know when their life is being threatened, otherwise coming to an end because the ability to go number 1 and number 2 cannot be done.

We either eliminate or become eliminated. Let's get back to our story.

Remember, your bladder is hypersensitive from the inflammation and lack of elasticity due to the internal scar tissue formation and displaced calcium.

Many people now have to wear 'Depends' because of the constant drip, drip, drip. With every new dis-order, corporations fill another order.

The valve that holds the urine back has been infected and inflamed for so long that the tissue has become weakened and unable to close the valve properly due to hardened internal scar tissue and displaced calcium, just like the bladder. Maybe you recall, I said that scar tissue spreads like a weed if not dealt with.

Just as a steel valve will rust, scar tissue and crystallization will make a valve made from tissue sticky and unable to open or close.

How will we ever rest and repair with all this interrupted sleep... drip, drip, drip. How many people wear Depends?

It's a multimillion-dollar business. How many people need to take sleeping pills? It's a multimillion-dollar business. For every ill... there's a new pill.

These companies are counting on you to never to take control or have control.

CHAPTER 10 - THE DOMINO EFFECT

That's right, they've got you believing there's nothing you can do for yourself, so you better pick up some more of those big boy diapers.

But now, you have a choice: Depends or Daily Cleanse by mastering The Perfect Day for the Perfect Life.

As I stated earlier your body talks to you continually whether you've been taught to listen or not. So stop, look and listen and learn to feel what it's really telling you.

Unless you answer the call of nature, you will have more than a broken heart, you will have a broken bowel. Your body talks to you continually whether you're listening or not.

A negative emotion or pain is your body's way of telling you that you are not in alignment with your health or your higher purpose.

Ignore this loving communication or try to suppress it with drugs and you will pay more than just financially.

Your body will warn you until all health breaks lose. First, a sluggish toxic large intestine, then the blood, liver, kidneys, bladder, prostate, uterus, ovaries and soon the lymphatic system will become toxic and put into a life-threatening situation.

These symptoms all come into effect because you've never been taught to understand what your body is trying to tell you – It's called body talk and it is the most important communication you will ever have.

Pain and odor are major signals from your body crying out for your help because you have been spoiled rotten.

Until you master the mind you will never master your body. You hold the power to create or destroy. Choose wisely Brave Heart.

Ignoring or shutting down these symptoms, otherwise, warning signs does not make for a good relationship. Just as when couples do not communicate they suffer and create pain in their relationship.

If harmony is not reached, divorce may be the outcome. If you have not learned how your body communicates with you or you continue to ignore your body then pain, premature aging, disease, and maybe even premature death may be the final chapter in this love story called the Domino Effect of unconscious living.

When an emotional issue is not dealt with it will become an issue within the tissues of your body.

It would be wise to have a 'heart-to- heart' talk with your body and learn to listen. It's not just your body, it's your buddy.

So here we go, the gut/brain connection is still shut down so there is still no proper communication happening between you and your body.

The first logical and most basic step has not been taken, 'Potty Training 101'. And the second, but most important step is erasing and replacing toxic beliefs.

So now the kidneys can no longer take on the extra burden of toxic waste, they have reached their maximum threshold.

They're overworked and starting to breakdown and now your bladder is in a tatter.

Your skin is known as the third kidney so it's next in line to carry the acid torch for the colon.

Signs of this may include premature aging, wrinkles, age spots, dry skin, itchy skin, dry patchy skin, eczema, psoriasis, boils, abscess, acne, and even skin cancer.

So, what emotional blocks have gotten under your skin?

If personal action is not taken to awaken the large intestine and get the cork out then the lymph system is next in line to break down from the Domino Effect of unconscious living.

THE PUFFBALL SYNDROME:

IT'S NOT WEIGHT, IT'S WATER

By the time the full force of the Domino Effect of the colon, liver, kidneys, bladder, and skin reaches the lymph system it will be under full attack.

But understand, the lymph system has been backing up on itself since the beginning of the Domino Effect when the large intestine started to go into a coma.

The lymph system has not been able to dump its toxic load into the large intestine due to the large intestines walls being clogged with mucus, waste, displaced calcium and scar tissue for years now.

So, how's that for the gut/brain communication, constipation breakdown?

The lymph system is a major part of your immune system. Welcome to the puffball generation, when we begin to look and feel bloated!

When the body reaches a state of toxic, acidic overload as such, it will retain water, causing the body to gain excess weight, this is a built-in safety mechanism because all your detox organs are now on strike.

So why is the body retaining water?

It retains water to dilute the toxins, hoping to put off the inevitable: internal scar tissue formation, crystallization, calcification, cellular mutation, disease, and organ failure.

There will also be a sharp rise in fat cell production to keep the body safe from this increasing toxic overload. No one suffers this long and this much through choice.

Your beliefs make and shape you but are they truly your beliefs. We suffer because of unconscious living.

What are some of the symptoms we experience with a toxic lymph system?

The symptoms of a toxic lymph system are, a sudden increase of weight, hard time losing weight, puffy face and feet, swelling of lymph nodes, ovaries, uterus and prostate inflammation, breast swelling and inflammation, foul-smelling arm-pits and/or groin region, profuse sweating or never sweating due to total lymph system blockage.

Check your armpits, if you feel a fatty deposit under the armpit, it is chronic lymph congestion that can lead to breast disorders and even cancer.

Toxic waste overflow to breast tissue from the lymph nodes creates swelling, tenderness, pain, cysts, fibroids, and tumors.

CHAPTER 10 - THE DOMINO EFFECT

25% of women will experience breast cancer and here lies a major part of the answer; unconscious living through misinformation.

You can run for it and jump for it but until you go for it and become the master of your body you'll be in for it.

So understand lymph congestion causes water retention, which leads to swelling of face, hands, feet, legs, abdomen, dry skin, skin disorders, achy joints, achy muscles, cellulite, and a weakened immune system.

The body will always choose water retention and fat cell production first and foremost, to store the toxic burden of waste and negative emotions that cannot be processed or eliminated due to dysfunctional beliefs and a dysfunctional large intestine still in a coma.

This life-saving process of fat production is to keep the toxic waste and toxic beliefs as far away from bones and vital organs as possible until we learn to master the mind and awaken the unseen healer from within.

Since breasts are composed mainly of fatty tissue they are ready-made storage tanks for toxins.

Breasts are toxic magnets when the body is unable to keep up with fat production due to the overload of toxins.

When the lymph system becomes blocked your body will retain water. When this happens the impulse for most people and doctors is to reduce or stop drinking water; what a mistake.

This will only add fuel to the fire creating more of a toxic burden, inflammation, internal scar tissue formation, displaced calcium, and mutation.

Now would be the time to introduce plenty of structured water to hydrate and Daily Cleaning Tea to get the cork out and awaken the large intestine from its coma.

You know when you have become a human elevator when you eat or drink something and swell up like a balloon.

At this point, not only your size but also your weight and emotions will fluctuate on a continual basis.

At this stage in the Domino Effect , the only thing still working properly is the elevator of weight and emotions.

This morning your belt is on the fourth notch and by tonight it's only on the second.

Today you can take your rings off, tomorrow you cannot. This morning your shoes fit, but by supper, they are too tight.

When you're tired these elevator symptoms magnify, becoming even worse.

You go on a weight loss program and lose ten pounds in the first ten days but by the following week, a couple of pounds are gained back.

This happens because you have not opened the door to proper gentle Daily Cleaning, whole plant based nutrition, Structured water but the most important step is to erase and replace beliefs that support an unhealthy lifestyle.

And to do this we must embrace the Brave Heart 12 Self Loving steps.

These toxins that are not being eliminated efficiently must now be diluted by your body retaining excess water.

CHAPTER 10 - THE DOMINO EFFECT

This extra water retention will give a false weight gain but understand it was necessary to protect your tissue cells, bones and vital organs.

This is a built-in safety mechanism to shield and reduce the damage until you flush your body of these toxic pounds of inflammation and restore the laws of nature.

If you get tired of this ride, push 'L' for Lighten the Load and get off this emotional elevator called, 'The Domino Effect of Unconscious Living'.

So now the Domino Effect s of unconscious living have gone full circle; all the major detoxification organs are up in arms while one of them still remains in a coma.

First, the bloodstream took on this toxic burden from the large intestine. Then it was passed on to the liver, then the kidneys, bladder, skin, and lymph.

The body has more built-in safety mechanisms than one can even imagine but when the master is asleep at the wheel all health can break apart.

In a last attempt to save the day, the brain calls an emergency meeting with all the organs showing up except for one - the large intestine, which is still in a toxic state of coma.

They all agree that the large intestine has become a breeding ground for toxic chemicals, parasites, viruses, bad bacteria, fungus, and toxic beliefs that are poisoning the rest of the body.

A consensus is reached to temporarily help remove the burden of toxic overload on the other organs caused by the mother of all organs the large intestine.

The first step is, whatever water that can be taken from the organs and the body's tissues without causing severe

dehydration must be sent down to the large intestine to loosen up the toxic log jam.

Massive action needs to be taken in order to flush out some of the encrusted fecal waste, which has caused this life-threatening Domino Effect to take place.

The second step is to create a fever to burn up negative microbes within the body and maybe kick in some vomiting for extra measure.

All for one and one for all, until the Master Heeds The Call. So guess what? Now you have diarrhea. Why diarrhea? Well, almost all cases of diarrhea are caused by chronic constipation or holding onto toxic beliefs that make you sick to your stomach.

Constipation does not mean you do not go to the washroom. It means that the waste from the large intestine is not being eliminated.

There are people who go to the washroom three times a day but still have colon cancer. Also, not everyone will have diarrhea at this point, they are the unlucky ones.

They are unlucky because diarrhea is a safety valve and without it, you run the risk of heart attack, stroke or other life-threatening conditions such as cancer.

I know diarrhea is an inconvenience but don't we feel much better on an emotional and physical level when the cause of the problem has been temporarily reduced in hopes of buying time until the Master of this beautiful body takes back their power to heal on all levels.

CHAPTER 10 - THE DOMINO EFFECT

Well, now we're pooped out, but relieved. Even though you feel tired, your body can finally start to rest, restore, and regenerate itself with some of this toxic load eliminated.

Your large intestine is now eliminating loose stool; this will continue until the chemical and physical pressure is removed from the other organs.

This Domino Effect will keep repeating itself stronger and longer each time until you have learned the importance of gentle Daily Cleaning, whole plant based nutrition, structured water but most important of all, the erasing and replacing of the dysfunctional beliefs that created this Domino Effect of unconscious living.

Understand this, where the mind goes the body must follow, your thoughts make and shape you.

You are the greatest healing machine ever created prepare for greatness – learn how to create the perfect day every day – it's your god-given right.

Doctors are trained to only treat symptoms. Until you are willing to unleash and awaken the unseen practitioner from within you, all the complaining and explaining will fall on deaf ears.

I hear you, I feel you. Never, ever give up on you, believe in yourself and have faith in your ability to totally cure yourself. Love is the answer but self-love is the cure, for without total self-love there cannot be total self-care.

We've given the medical system and all the other systems and corporations over 100 years to prove themselves, and since that time we have seen the human race drastically decline in health to the point that before the American Medical Association came into existence, cancer, diabetes and heart disease were virtually unheard of.

The medical system is now the number one leading cause of death in North America. How many more of your family members need to become a statistic before you are ready to awaken the practitioner from within?

If you wish not to become a statistic then learn the rules of this fun-filled, life-threatening game called Planet Earth. We are all born healers, it's time to reclaim your god given universal right to an outstanding life.

So, you have a choice to go from treatment to treatment, suppress your emotional and physical pain with toxic drugs or be trained to become the cure you search for. That would be you, the real you, the authentic you.

Over the last 37 years, I've created what I believe to be new world therapies.

Not only are these therapies and techniques the most simple and enjoyable to learn but they are the most powerful.

CHAPTER 10 - THE DOMINO EFFECT

We prove this every day with our guarantee that the first treatment with us will outperform all other therapies. We have couples, families and care takers coming to us from around the world for our Personal Treatment and Trainings to learn the most powerful antiaging body work along with creating the Perfect Day on an emotional, physical and nutritional level.

We also have world leading certification programs for those wishing to become New World Practitioners in Whole Life Coach Certification, Wolfe Non-Surgical Certification and Wolfe Non-Surgical Certification.

For more information go to: International Training Institute of Health and discover your unlimited potential as a human being.



GO DEEP

Go to: docofdetox.com/library
to read and watch the videos in the '*Do It Yourself Healing*' guide

**Scar Tissue & Displaced Calcium are the major causes of
your pain and physical limitations**

BREAK FREE FROM THE BONDS WHICH BIND YOU

"The Whole Truth never lies on the surface. Pull back all the
curtains and go deep to release the real U."

- Dr. Darrell Wolfe, Doc of Detox

CONTRACTION THE CHAIN REACTION

Let me explain why almost all body pain, physical degeneration and chronic recurring injury are not just preventable but unnecessary when you come from a proper foundation on all levels. The secret to the fountain of your youth does not lie just within the physical but also the mental. When the mind over reacts it causes contraction, shutting down our life force. The fuel is fear, doubt and worry, the result is pain, inflammation, energy depletion and a life ruled by chaos, and last but not least, a severe drop in your pH causing you to become acidic thus forming crystallization and internal scar tissue and displaced calcium. The heart creates, causing expansion of our life force. The result being a life filled with an abundance of love, laughter, forgiveness, gratitude and a body free of pain, able to rest, repair, restore, and regenerate - The Natural Way because we are now raising our pH to an alkaline state. Every person and every thing has a frequency ranging from high to low, meaning strong to weak. A large percentage of society today is in a contracted state thus vibrating at the low level of fear, doubt and worry. This low vibrational frequency promotes a lowered immune system and sickness because like attracts like. Toxic, processed, fried, microwaved food contracts, lowering the body's frequency and energy. This causes acidity, pain, spasm, crystallization, internal scar tissue (*invisible bonds*), mutation and disease.

Whole Plant Based Superfood expands, raising the body's frequency to repair, regenerate, restore and revitalize. Dancing, laughter, yoga, swimming, stretching, meditation and praying are expanding forces; whereas weightlifting without stretching

is contractual leaving one acidic, stiff and out of balance. Running without stretching is also contractual leaving one acidic, stiff and out of balance.

Hurting oneself or someone else without forgiveness is contractual and will leave you acidic, stiff, in pain and out of balance. One might say we live in a downright uptight society. If we do not learn to lighten up, there is only one outcome; to tighten up (*invisible bonds*). On the topic of '*lighten up*', what do you think the most common mineral deficiency is in the North American population? The clue, I stated most of us live in a contracted low vibrational frequency, so we're basically uptight physically and drained emotionally. *What are the 2 main minerals used up by the body when we are uptight and out of balance?* **The answer is calcium and magnesium.** Magnesium is the mineral used to rest, relax and repair; to keep things open and keep things moving, *check out MagInfusion at docofdetoxstore.com*. And when it comes to calcium, when this mineral becomes deficient is heart problems such as angina and heart attack, *check out Docofdetox Calcium Ion Guide at docofdetoxlibrary.com*. If we look at the digestive tract in the way of contraction and expansion, contraction is constipation and two to three well-formed bowel movements a day is expansion. **How's that working for you?**

It would be best to embrace and learn how to effectively raise your vibrational frequency and live an expanded lifestyle. You can lighten up or tighten up on many levels; it's always been your choice. Love is the greatest expander (healer) but even drinking a glass of Structured Water is a start. All negative emotion such as fear, doubt and worry are contractual in nature and will shut down proper circulation, reducing the

supply of oxygen and nutrition to the cells. This will cause a lower vibrational frequency, creating an acidic environment throughout the body.

You will know when you have created an acidic environment within your tissues and joints for they will feel stiff, sticky and painful. This is where it all begins, so if you are not aware of how this develops then this dysfunctional program will continue, internal scar tissue will form and you will prematurely age with invisible bonds. You can become crippled physically, at any age, but there is a greater chance of this happening as you get older.

We usually become more toxic and stuck in our ways with age, due to the accumulation of toxic waste and a colon that lacks tone. You have been unconsciously programed with **Belief Systems** that do not serve your greater good (*evil plot*).

Is it a physical problem or a mental one that rules the physical, **U** choose; *but haven't you already chosen?!* Every negative emotion and thought if held longer than 30 seconds will cause muscles to tighten, breathing to become shallow, or more shallow and, of course, old faithful, the fight or flight response. This is where your adrenals kick in, responding to the illusion of a life threat. *How many times do you trigger this program everyday, consciously or unconsciously?* The result from this; **drained of vital energy**, painful stiff muscles from the acid you have just created with your mind (*mind over matter*). Continual knee-jerk reactions repeated enough times means your joints won't be able to move because of all the acid, crystallization and internal scar tissue (*invisible bonds*) from your *stinkin' thinkin'*.

Shoulders rounded almost permanently to protect your heart against the big, bad world and head down because that's

where you are heading (*low vibrational frequency*). If you have a distorted view of the world, life, love or yourself, you may just distort your health, heck, even your muscles and bones. Muscle spasms, inflammation, internal scar tissue, displaced calcium and premature degeneration are all due to continual physical contraction, whereas with sickness and crippling conditions you must totally dedicate yourself to a low vibrational contracted lifestyle, for these are chronic and more severe in nature.

Reactive or Creative, make a choice but choose wisely. Love and life depend on it. For myself I've lived through a thousand deaths within my mind, it gets tiring, to say the least. I've done the drama queen show but realized that the world was not going to change for me or save me. Enough already! I am ready to take total responsibility for my life and well-being. I realize that true happiness is not found externally and that all answers lie within the changes that I make for myself.

This is where all true change must take place if we wish to be the Master of our life and the body we live in. Oh, but to free up your joints and muscles you must open the mind, open the heart, become pliable, flexible mentally and physically. Flow freely into life and embrace Nature's Whole Plant Based Foods and Structured Water, so your body may do the same. Take Life In to set your body free from these invisible bonds. **Feed your spirit and live to your full potential. Be The Cure!**

WEB OF DESTRUCTION

THE MAJOR CAUSE OF SCAR TISSUE FORMATION

The internal scar tissue and displaced calcium that we all find within the body gets its foothold from years of incorrect treatment and guidance on diet and detoxification, which creates an unbalanced digestive tract, mainly that being within the large intestine. Your health rests on practitioners teaching you how to maintain a proper balance of 85% good bacteria to 15% bad bacteria, no greater. As long as these intestinal bacteria are in balance, the friendly bacteria will keep you in proper balance physically, mentally and emotionally. For most people it is the exact opposite or worse, 85% bad bacteria to 15% good bacteria. This reversal with the percentages regarding bacteria is no coincidence when the majority of the population choose to go to Medical Doctors for their day-to-day healthcare without questioning the fact that they haven't received any real training in nutrition or detoxification, they were trained entirely on emergency care and prescribing drugs.

Refined carbohydrates, animal products, GMOs, processed foods, a high sugar diet and almost every other manmade ingested "new and improved product" will turn your friendly protective bacteria into destructive, invasive, inflammatory, fungal producing bacteria. However, nothing even comes close to antibiotics when it comes to the annihilation and mutation of the good bacteria, the creation of fungus and the destruction that this causes to the major part of your immune system, this being your large intestine. Yes, these same antibiotics that most doctors prescribe for sore throats, earaches and acne will force the body into an over-productive,

out of control state, forming internal scar tissue and fungus. Like an atomic bomb, your doctor just helped you transform your good bacteria into hundreds of thousands of microscopic fungus producing factories called *Candida Albicans* that will now undermine the major part of your immune system by rooting pinholes through the walls of the large intestine into your blood stream. *Thanks Doc! Wait a minute isn't Cancer a fungus?* So begins the domino effect to inflammation, pain, internal scar tissue formation, tissue degeneration, bone degeneration and yes, cellular mutation.

250 million courses of antibiotics are taken every year. When bacteria go from friendly to unfriendly they will become downright pathogenic, leaking highly acidic chemical byproducts called endotoxin from their outer wall. These endotoxins are absorbed into the bloodstream from the large intestine causing the body to go into 'high toxic alert mode', creating a defensive and protective inflammation response known as pain. Your body talks to you on a continual basis but the majority of the population have been programmed to ignore these warning signs of pain, inflammation and disease. It all starts with excess acidity in the blood and tissues from the toxic spillover from stagnant waste, fungus and bad bacteria in the large intestine. If the large intestine is not addressed and brought back into balance in a timely fashion with gentle daily cleansing, the domino effect will begin with the first warning sign of inflammation, then pain and continue onto crystallization, internal scar tissue formation and finally a fungal invasion that leads to degeneration and mutation - Hello, Cancer! This is all due to the toxic chemicals being released from these mutated bacteria and fungus

created by antibiotics, sugar, refined carbohydrates and the stagnation of putrefactive waste within your large intestine.

If this toxic parasitical breeding ground is not brought back into balance within the large intestine through gentle daily cleansing, the toxic waste created by the bad bacteria and the fungus, can and will, continue to be absorbed into the bloodstream, causing ongoing inflammation and pain with continual scar tissue formation that will overtake the weakest parts of the body, and in time, travel throughout the whole body, if this process goes unchecked. This ongoing inflammation is a symptom created by the body as a built-in safety mechanism to warn and protect you of a perceived threat to your tendons, ligaments, muscles, vital organs, tissues and even life itself. If your body did not experience pain as a warning sign you would be dead already, I know I would be.

If the inflammation is left to run its course, which happens in almost all cases, due to the ineffective therapy and guidance that most patients receive with today's health care system, the body will initiate a secondary support system, which is continual fibrin production (*internal scar tissue and displaced calcium*) to wall off the area of inflamed tissue.

The body's built-in protective intelligence does this for three reasons. The first reason is to help prevent the spread of tissue inflammation and mutation to the surrounding healthy tissue. The second reason is to stop the infiltration of bad bacteria, fungus, viruses and parasites from invading the compromised inflamed tissue.

Insanity: doing the same thing over and over again, expecting different results.

- Albert Einstein

The third reason, which is a much more chronic state, is to deaden the area of inflammation and pain with thick fibrotic scar tissue and displaced calcium so it does not continually drain the host and the immune system of its life-giving energy.

The body has now deadened the pain but now the patient is stiff as a board. This preventable degeneration process will continue until you have this internal scar tissue and displaced calcium broken down and are taught how to become the master your digestive tract to reclaim your inner terrain. This continual fibrin production will create a web of destruction throughout the whole body if not halted. It will drain you of your vital energy and essential nutrients and will create massive internal scar tissue and displaced calcium buildup, as if you have been in a severe accident.

This will eventually immobilize, deteriorate and mutate the tissues and organs causing calcium to be pulled from the bones involved. This is one of the final safety mechanisms the body initiates in an attempt to buffer down the acidity in this compromised area in the hopes of preventing chronic diseases such as arthritis and cancer. All calcium deposits found in body tissues and all calcium stones that are found in the gallbladder and kidneys are by-products of a highly acidic body that has never been properly treated or guided. Examples are Bursitis, Tendonitis, Arthritis, Osteoarthritis, Rheumatoid Arthritis, Carpal Tunnel Syndrome, Sciatica, Endometriosis, Breast Cancer and every other sore

acidic muscle, joint, organ and disease you can think of because of incorrect information and ineffective therapy.

It does not matter what symptom, condition or disease we discuss they all are created by the domino effect, which gets its start in a compromised large intestine. When patients receive ineffective therapy or incorrect information on how to treat a symptom, that symptom will continue to escalate until it becomes chronic. Then we are taught to call the symptom a disease by the health care system and now the patient becomes initiated into the pharmaceutical system no longer believing they have the ability to look after themselves. An example of this is tendonitis; when not treated properly, will become arthritis and then escalate to rheumatoid arthritis, osteoarthritis or both.

These symptoms are all essential to your survival and will continue until you wake up and take charge. Even though these symptoms of inflammation, pain and internal scar tissue are a built-in, protective safety mechanism for survival, they will cause injury to body tissues and joints if they persist too long because the correct therapy and guidance has not been given.

Vital energy will be drained from the body leaving you exhausted and unprotected, forming internal scar tissue and even tumors that will undermine the quality of life for your whole life. Internal scar tissue lacks elasticity, flexibility and eventually will have the same consistency as beef jerky if the correct treatment does not occur in a timely fashion. This internal scar tissue will block proper circulation to the cells causing nutrient and oxygen depletion backing up toxic waste that can lead to mutation and even cancer.

The majority of the population suffers from massive internal scar tissue formation as if they have had a physical injury to the area. Not only our health care system but also our Natural Health Care System calls it a normal process of aging, go figure. For the body to run at peak performance, there cannot be continual energy wastage. When the body is continually at war with itself, it will weaken the immune system and leave the body open to parasitical invasion such as bad bacteria, fungus and worms creating a life of pain, suffering, prescription drugs and yes, even cancer.

“Pain is our friend, not our enemy. When you make pain your enemy and run from it, you will always be in it.”

– Dr. Darrell Wolfe

PHARMA NATION-ZOMBIE CERTIFIED

What if there was a plan to drug the masses of a powerful nation so that they could be controlled and **man**-ipulated? 50% of Big Pharma's drugs are taken by 5% of the world's population, yours truly the United States of America. It's time we unite and send these drug pushers a message. Make no mistake about it, these drugs are meant to dumb us down and open the gate to a life of pain and suffering; the very thing that they promise to CURE. It's time to say no and kick the drug habit (addiction), get out of the way and allow your body to heal itself. Please get this, drugs do not and will not heal. Drugs suppress you physically and mentally so **you can't truly heal**. Drugs suppress you emotionally so **you can't truly feel**. You're not there for yourself or anyone else, sounds like the definition of a **zombie**.

We need to put these drug pushers on notice - Merck, Pfizer, Novartis, Roche, GlaxoSmithKline, Abbott, Astra-Zeneca, Amgen, Eli Lilly, Bristol- Myers Squibb, and Sanofi (along with the FDA and CDC).

It's a sad day when we know names of the top selling drugs of Big Pharma like - Abilify, Nexium, Humira, Plavix, Crestor, Advair Diskus, Enbrel, and Cymbalta, instead of words like - Whole Plant Based Food, Structured Dynamic Water, Gentle Daily Cleansing and Moringa Oleifera, a plant that has healed millions around our globe for centuries.

Annual sales for the Humira cancer drug: One drug - One year - \$9.3 billion. Desperate, uninformed people make pharmaceutical corporations rich.

When you have been taught to Master your life one day at a time you will need no one to come and save you. Desperate people make bad decisions. **Be The Cure U Wish To See!**

ALL TIED UP IN KNOTS

When we give a gift of love we wrap it up with beautiful paper and tie it with a silky bow. When we give the gift of fear, doubt and worry to others or ourselves we wrap it up in a nice, little package of internal scar tissue and crystallization until we are ready and willing to deal with it. How knots is that? This is where emotional problems tie themselves up into the physical body. We all have **Belief Systems** that handicap us emotionally. We typically inherit these beliefs at a very young age to protect ourselves from a perceived threat that could cause us pain physically, mentally or emotionally. Many of these dysfunctional

beliefs are stored away deep within our subconscious, long forgotten and difficult to access.

These subconscious invisible bonds cripple our relationships with family, friends and associates but most importantly with ourselves, creating pain and inflammation on an emotional and physical level that can and will create disease if not looked at. A good part of the pain we experience in the body can be attributed to stored toxic emotional waste and trauma. These emotions are buried and stored deep within the body's tissues and joints. They will create pain and inflammation, crystallization and internal scar tissue formation until you are willing and able to reevaluate your **Belief Systems**. Your habits are an extension of your **Belief Systems**. First you make your Habits and then your Habits make **U. Choose wisely or live a knotty life.**

You know the saying, '*lighten up or tighten up*'? As long as we take things personally, which we are all good at, stress and body tension will always plague our lives and body tissues (*realize or crystalize*). When we learn to practice observing instead of judging, on a daily basis, we will then free ourselves of much unnecessary pain. Give me a person that's in continual emotional pain and I will show you a knotty person riddled with crystallization and internal scar tissue. How do you feel on a physical level when you have been emotionally upset for more than a few minutes? An achy, tired body is usually the answer for many. When we are emotionally upset, two of the main side effects are headache and stomach ache.

This is the beginning of an acidic condition (*acidosis*), which will lead to pain, inflammation, crystallization and internal scar tissue formation. Continue this program, of not being

flexible mentally and you will become as stiff and rigid as your thoughts. We all know that if you want to Master something, you must practice everyday until it becomes second nature.

Many things we do are robotic; some good, some not so good. To Master your life you need to download a new program and practice it daily without fail for months if you wish to release the invisible emotional and physical bonds. The choice is yours; pharmaceutical drugs, alcohol, cigarettes, sugar or reprogram yourself to become **the real U**.

When I perform Wolfe Non-Surgical restoration on a patient I can get a sense of how they deal with the emotional side of life by the location, consistency and quantity of the crystallization and internal scar tissue within their body. Following the breaking down of crystallization and hardened internal scar tissue there is also an emotional release some of the time. This emotional release can vary in intensity from the sense of a burden being lifted to a more intense release such as a crying spell. A patient can experience an immediate release or one within that twenty-four hour period.

Many years ago a very experienced deep tissue therapist told me that the emotional release of tears after breaking down scar tissue and crystallization is the crystallized emotions melting and leaving the body in liquid form. For some an emotional release is not needed. For others they're not ready yet to deal with that which binds them, so they keep it suppressed and in lockdown mode deep within the body tissues. When we are ready to embrace our **Belief Systems** and only keep those that serve our greater good, along with Gentle Daily Cleansing, hydrating with Dynamic Structured Water and a Whole Plant Based Lifestyle, we will then Master our lives.



WOLFE NON-SURGICAL RESTORATION

Go to: internationaltraininginstituteofhealth.com/masterclass
to read and watch the episodes in the 'Wolfe Non-Surgical Bodywork'
Masterclass

Wolfe Non-Surgical Restoration reaches structures far beneath the superficial fascia to reverse chronic muscle, tendon, ligament problems and chronic injuries where other therapies fall short. Our Philosophy at the International Training Institute Of Health - if you cannot guarantee your therapy then you should not don't charge for it!

"He who runs from pain lives in Pain. Go Deep and live pain-free!"

- Dr. Darrell Wolfe, Doc of Detox

'Your success should only be measured by the success of your ability to heal yourself and how well you hold the loving line. The greatest medicine of all is the knowledge of how to become the medicine for yourself and those you love. This is called the awakening of the electromagnetic light energy being.' - Dr. Darrell Wolfe

Welcome to the future of HealthCare.

A NEW WORLD PRACTITIONER

Unless practitioners become the change, health care will always remain watered down and contaminated. Unless practitioners grow consciously, the majority of the population will be sold a fraudulent product called 'Healthcare'.

The foundation of your practice must come from the power of loving people and not be rooted in the love of power over people.

A New World Practitioner recognizes and teaches that every human being has the power to self-heal.

A New World Practitioner will focus on training their patients, not just treating them, because just treating patients has led us to where we are today – mistreatment and the collapse of a healthy human race.

A New World Practitioner will first look at the condition their patient is in before the condition they have – what they think and how they act dictates their health reality map.

A New World Practitioner will search for the true root cause of illness, not just focus on the symptoms of their patient as most

practitioners have been programmed to do.

A New World Practitioner will educate, enlighten and empower – not overpower the patient using fear tactics to make a sale.

A New World Practitioner will create the Perfect Day on an emotional and physical level for themselves, their family and their patients; they will lead by example.

Without an effective whole-body approach, you and your patients will continue to only have temporary success. For a successful outcome, natural health practitioners must step outside the box of the so-called 'normal health practice', whether natural or medical, that most health care practitioners have been unconsciously programmed for.

There is nothing normal about the health of our society today. Practitioners must continue to evolve, if they wish human health to evolve on this planet. Unless we are teaching and training ourselves and others in self-care, self-love, self-respect and self-discipline, I believe we are the root cause of this health crisis.

A New World Practitioner does not practice alternative health care but traditional health care – not man's way but nature's way. Whether you are already a health professional or have always wanted to become one, know your potential is only limited by your beliefs.

From doctors to nurses to the general-public, we all have the potential to become New World health professionals; do not let limiting beliefs from any government agency or the medical

system keep you from your passion, your purpose and your healing. Our doors are open to all our brothers and sisters who want to take their personal power back and become the light of healthcare.

A health practitioner can only give what he or she is; they cannot give what they are not. If we wish to see things differently, we must become that difference. The quality of the therapies and treatments given will always match the quality of the beliefs of the practitioner or doctor. The quality of the treatments accepted by a patient will always match the love, honor and respect a patient has for themselves. Every practitioner's ability to treat and every person's ability to heal is, and always will be, limited by his or her beliefs.

A New World Practitioner will teach their patients that they are worthy of total love, total forgiveness and total healing.

A New World Practitioner completely understands how the emotional being and the physical body affect each other for creating perfect health and the perfect body.

A New World Practitioner understands they must create new pathways in the brain – new belief systems – before anything else, if permanent healing is to take place and remain in place.

A New World Practitioner understands that the only true growth is conscious growth which has no limits; where the mind goes the body must follow.

True health & real healing is much different than we've been

taught.

People are fed their health information from the food industry, which pays no attention to health, and then treated by the healthcare industry, which pays no attention to food, nutrition or detox. Both of these industries are regulated by the government which pays very little attention to what either of these systems are doing to human beings. Make no mistake, physicians and surgeons are the best for emergency care but these doctors do not practice health care – they practice emergency care. Who wants to become a 911 emergency and then remain in emergency? Only nature heals and only the body cures.

Hippocrates stated, *'If you are not your own doctor, you are a fool'*.

Taking personal action for your own health care is regarded today as a rebellious and foolish act. In truth, it is the only real health insurance you have. Taking Massive Personal Action Is How Miracles Happen... Become that miracle.

"The Perfect Day Lifestyle is a time tested protocol, built for you to guide your patients. This is the compass that will guide you to support your patients in creating their own personalized roadmap for their journey to vital health. As your patients grow emotionally, their health will grow physically; the condition your patient is in emotionally is more important than the condition they are in physically. Unless your patient grows consciously, all physical changes will be short lived. Your patients will experience the healing power of the Perfect Day Lifestyle, and the enormous potential that self-care has to offer, usually within six weeks to three months.

Until we empower our patients to uncover and discover their true authentic selves and the practitioner within, true healing will only be temporary."

– Dr. Darrell Wolfe

As practitioners, we must embrace and experience what the Perfect Day Lifestyle looks like and feels like for us on a personal level, from the inside out and the outside in. If we do not immerse ourselves fully into the Perfect Day Lifestyle, how can we truly teach it? You cannot give what you are not.

The 4 pillars of whole body healing encompass a plant-based diet, nutraceutical support, exercise & energy medicine and advanced emotional training. The most important part of the 4 pillars of whole body healing is frequency. What you eat, think, drink and do should only be high-vibrational if you desire the best of everything; vibration creates everything. Everything is frequency and nothing is more important than frequency; the invisible creates everything physical. It's frequency that creates and shapes life in every given moment and with every breath. This is why the Perfect Day Lifestyle is built on a foundation of high vibrational living foods and superfood nutraceuticals. So there is no misunderstanding, a vegetarian diet is not a whole plant-based diet.

Why do I state that the Perfect Day Consultation is necessary for all your patients? Without this first important step, they have no strategy, road map nor coach, leaving your patient to fend for themselves while trying to learn the new language called self-love and self-care. Every patient needs focus, a spe-

cific roadmap, repetition, and a coach that will support them to success.

Know this, your success as a practitioner is only measured by your patient's success. The Perfect Day Lifestyle will help them uncover and discover that the only true healing is self-healing. Unless you teach your patients the only true health care is self-care, you are not living up to your full potential as a New World Practitioner.

Our high frequency nutraceuticals, advanced energy medicine and cutting-edge therapies, along with our bi-weekly trainings, provide you with up-to-date information and the necessary tools to grow and empower your patients to take their health back and keep it for a lifetime.

For those of you who are business oriented, know that we have perfected and created 'business in a box'. For our practitioners, we will design and build your website, business cards and brochures the right way and at the best price. We are here to support you on all levels – your success is our success.

We have 40 years of experience dealing with everything from constipation to cancer on a physical level and depression to suicide on an emotional level. Know that health has been made to feel and seem complicated to everyone – not just you.

Big Pharma & the Chemical Industry, Food Corporations, the Implant Industry, the Telecommunications Industry, the Media and even certain departments of the Medical System are parasitic entities that feed off human beings. If you are just awakening to this fact, you have been asleep your whole life. They

have been poisoning us on all levels and will continue to do so, as long as we allow it.

You must teach your patients the art of being patient with themselves. This is absolutely critical for retraining the brain; otherwise, they will remain a patient for the rest of their lives. There is a genius inside all of us, yet we have been made to feel stupid and unworthy so we do not claim our God-given right to health freedom. There is an amazing practitioner within you. We will prove this to you beyond a shadow of a doubt – you have what it takes to turn your hesitation into excitement and know this is where you belong. Let your passion and purpose be the driving force so that you can accomplish your life's purpose.

Welcome to the team!

All your patients must have a proven step-by-step strategy that creates their Perfect Day, from the moment they rise until they gently close their eyes. Self-empowerment and belief in the power of self-healing will be the only thing that carries your patients through when self-doubt and family reject this new way of living. We must become bigger than our environment, and the people in our lives, if we wish to change.

The only true growth is conscious growth. Conscious growth comes at a price; with conscious growth, your patient must break away from the herd. To do this, they must learn to believe in themselves more than anything or anyone else. Your patients cannot do better until they grow and know better.

The majority of the population spends the first 50 years accu-

mulating their wealth – and ruining their health – and the last 50 years trying to buy their health back. You can end this cycle today for your patients. The power lies within you. Awaken it.

‘Gentle baby steps’ is the motto when creating the Perfect Day Lifestyle for your patient; repetition of their Perfect Day will ensure it will become a habit and lifestyle. Your patients must learn to breathe, relax and know that you will continue to support them along their amazing journey of uncovering and discovering their unlimited potential for self-healing and creating their own life. Everyone needs a coach. Only when you awaken to the fact that your words hold power will you fully understand you are the answer to an unhealthy world. Self-healing is the only way – it’s nature’s way – it’s Law.

As a Practitioner, practice and teach your patients the most simple and cost effective ways to raise their frequency on a physical and emotional level; frequency is everything.

I am here for you, when you or your patients need guidance. Know that practitioners are my first priority, as you are the change this world needs. Remember, repetition is how we master everything. Get to know the Practitioner Portal inside and out. Listen to all the consultations repeatedly.

Rise up and take your place – there will never be another You.

Together, let’s uncover and discover your passion, your purpose and the hidden practitioner within you. Let’s create an evolution of love inside of you that transforms your world.

Thanks for joining me on this beautiful journey called... your

life.

THE TWO PROTECTORS

You have 2 main protectors – your immune system for the inside of your body and your adrenals for the outside of your body. If most of your energy is focused toward external threats, whether real or unreal, your internal threats will be left unprotected and exposed; your immune system is shut down by the continual triggering of adrenaline. It's one or the other – internal protection or external protection – they never function simultaneously.

This invisible Tiger called 'fear' has no real teeth. However, when you go into fear mode, you take a bite out of your immune system every time by giving fear a false sense of power. Those that you have given your power to say they want to help you and even care for you, but they're really just feeding their own life force with the fear they continually inject and infect you with.

Understand, fear shuts down your growth, your healing and the maintenance and protection of your body thus putting your immune system in harm's way. Stress hormones completely shut down your immune system in order to conserve energy and move energy to your limbs so that you can run away from a real, or unreal, threat. When you lack energy inside your core, you lack an immune system. All systems except for your fright, fight and flight system shut down. Fearful people will never heal – they only burn up and eventually burn out.

Your Immune system protects you from internal invaders

whereas your adrenals protect you from external invaders. 75 years ago, we triggered our adrenals maybe 3 times per day. Before COVID-19, we triggered our adrenal around 17 times per day. Now the majority is experiencing a constant drip of adrenaline and cortisol that is burning up their tissues, wearing out their joints and overloading their vital organs.

When you trigger your adrenal glands and there is no actual threat (your brain cannot tell the difference between real and unreal), the threat becomes real and your immune system comes under full attack because internal immune defense energies have been rerouted to external defenses. The constant drip of adrenaline will build up inside you and eventually burn you up from the inside out, drawing calcium from your bones and turning healthy tissue into beef jerky from the inflammation you have created either knowingly or unknowingly.

If most of your energy is focused on external threats, internal threats are left undefended which means self-healing will never take place. The program you run is more important than the disease you have because thought form creates physical form. This is law. It's one or the other – internal protection or external protection. Where the mind goes the body follows. Have you been unknowingly programmed to become your own worst enemy? Remember, everything has a frequency so watch out what you put out there; a thought is not simply a thought – it's a conductor.

Now, let's talk about Love. Actually, let's talk about self-love. Are you getting your daily DOSE of gentle loving chemicals and hormones that create self-healing? Simply, positive emotions

create healing and negative emotions create the dis-ease.

What happens when you create a positive thought, frequency or experience? It triggers the brain to release positive hormones and chemicals like dopamine, oxytocin, serotonin and endorphins which stand for 'DOSE'.

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

CHANGE YOUR MIND **CHANGE YOUR LIFE**

Your emotions can create a frequency of Love or Hate. Emotions of Love between two can create a baby; emotions of Hate can create a tumor. There are only two master emotions – Love and Hate. Emotions are everything.

Let's review the domino effect of creation. Images create thoughts. Thoughts create emotions which create experiences. Experiences create frequencies which trigger a release of chemicals and hormones from the chemist – your brain. The chemicals and hormones released by the brain create physical matter. Therefore, choose your thoughts wisely my friend; as I stated earlier, the invisible creates the physical. In other words, everything physical has been created by the invisible.

As Einstein stated, ' $E=mc^2$ '; energy creates mass. Put simply, where the mind goes the body must follow. Become a conscious creator and master your life.

The conscious mind is the CEO in charge of creating all things

new. The conscious mind lives only in the present moment, where all new thoughts and true healing takes place. Your point of power – your point of healing – can only be accessed in the present moment.

Most of the population live in the present moment only 2 to 5 percent of their day. Unless we become conscious of the conscious mind, we will live a life of continual struggle and pain – doing everything else and being everyone else – because most of us are prisoners of the subconscious mind. The subconscious mind hates anything new, loves the past and fears the future. Does this sound like anyone you know?

So, let's talk about the subconscious mind – the 'editor' – your protector and storage container of prominent programs. The subconscious is where all prominent thoughts are stored and protected, whether good or bad, and where new thoughts are always rejected. The subconscious mind hates the present moment, the future and anything new. It loves to wallow in the past and play life's 'so-called' failures over and over again like a broken record, making you feel like the life you're living is as good as it gets. Your subconscious does not care if you are creating a strategy to save your life – it believes it's saving your life by stopping you from changing anything in your life.

If you wish to change anything in your life, you must master the art of repetition along with taking massive personal action; this is your only weapon against the stubborn subconscious mind and the psycho elite that wish to rule your world. You will never fix a problem or heal a disease with the same mind that created it; this is law. Unless you're willing to change parts of

your personality, as I stated earlier, you will never create a new reality. Unless YOU change, nothing else changes.

Now, let's talk about the unconscious mind – the 'autopilot' – the 50 trillion tissue cells that make up your body. This is where the saying 'issues in your tissues' comes from! Most people do not realize that repetition is the key to mastering anything and everything in life. Any thought repeated and experienced enough will become a prominent thought within the subconscious thereby creating a habit. Habits are carried out by the unconscious mind without any thought, such as putting pants on, brushing hair, going to the bathroom, making coffee... You get the picture. Thoughts become experiences. When experiences are repeated enough, they become habits. Habits eventually become programs infused into every cell of the body; this programming is how habits are performed without conscious thought. Welcome to the program.

Habits are never a problem, unless they are creating negative issues in your tissues. How you perceive and process your emotions will decide the quality of your blood, emotional state of being and the health of your tissues, joints and organs. Remember, perception is everything. Health care or self-care? Self-hate or self-love?

Thought form always proceeds physical form; this is universal law. The integrity of your blood, tissues, organs & bones, lymph, intercellular and extracellular fluid is created by the chemist – your brain – which is orchestrated and conducted by your emotions and feelings. How you feel at this very moment is either turning your cells on or off.

Remember, there are only two emotions – love and hate. Perception orchestrates chemistry and your brain is the chemist. When at peace, your body is in a parasympathetic state – a state of love and healing. In this state, your body releases a love potion of hormones and chemicals including dopamine, oxytocin, serotonin and endorphins. This stands for your daily ‘DOSE’ of the self-love drug ‘Vitamin L’.

When at war with oneself, in a state of fear, your body is in a sympathetic state of fright, flight, fight and freeze; a habitual unconscious state of fear, doubt and worry leading to all dis-ease. In a sympathetic state, your body will be continually releasing acidic hormones and chemicals including histamine, adrenaline and cortisol.

Every time that you’re in a sympathetic state, your body thinks you’re being chased by a tiger. This state is caused by the illusionary fear that we are force-fed, day in and day out, by the media, medical system, corporations and even religions who wish to control our bodies and own our minds. Being in a sympathetic state of fear creates inflammation, crystallization, internal scar tissue formation, displaced calcium and mutations such as fibroids, adhesions, cysts and tumors.

Until you learn to become the master of your own mind, your body will be mastered and manipulated by others; you will suffer life threatening issues – first in your mind and then in your tissues – throughout your whole life. Remember, where your mind goes your body must follow without question – this is law.

It is said that 92% of the population suffers from an autoimmune disease – literally the body attacking itself. Until you awaken the inner power that lies within, you will never realize that you have been unconsciously programmed to self-destruct. Welcome to the program. Welcome to the herd. Welcome to the harvest.

When we finally awaken to the fact that all healing begins and ends with self-healing – and that self-healing can only be turned on by total unconditional love for oneself – then and only then, will we begin to heal our world. Love is not the answer – total self-love, total self-forgiveness and total self-healing is.

THE INVISIBLE CREATES THE PHYSICAL

All diseases are physical blocks that began as energy blocks. A negative emotion that could not be properly processed through the heart with love becomes a trapped emotional issue caught in low integrity tissue; like attracts like. Negative thoughts become issues in the tissues. This is where the equation $E=Mc^2$ comes into play. Energy creates mass and, in the case of negative energy, it creates 'mass destruction'. The medical system even calls an abnormal growth a mass, though they do not believe in the energy body.

Similar to a computer, the physical body is the hardware and the emotional body is the software. Corrupted software will eventually corrupt the hardware. Corrupted emotional energy creates corrupted tissues – disease. Energy creates mass; in the case of corrupted energy it only creates a massive mess.

In my opinion, the medical system is the definition of contra-

diction. On one hand, it refuses to look at the human body as an electromagnetic light energy body. Meanwhile, almost all medical testing equipment is based on testing the electromagnetic light energy body and not the physical body.

The medical system is the main reason why the majority of the population focuses on less than 1% of what they truly are – the physical body. The day that you finally accept the scientific fact that the majority of what you are is an electromagnetic light energy being, you will set yourself free from the invisible belief system – otherwise B.S. – that has enslaved humankind for over a century. This enslavement is the dysfunctional belief that life begins, ends and revolves around only physical matter. This archaic way of thinking pulls our focus into the physical, when actually all disease, pain, and suffering is emotional first and foremost; we are energy beings having a physical experience on this planet.

Everything visible is created by the invisible – your images, thoughts, beliefs and your perception of self and the world around you. You are the architect; where your focus goes, disease or vitality grows. A sick mind always proceeds a sick body, fuelled by limiting dysfunctional beliefs. Every disease in the human body is first created by an emotional block before it becomes a physical block.

Remember, all physical blocks are manifested from trapped negative emotional blocks – emotions that could not be properly processed due to limiting subconscious beliefs. The emotional blocks that have transformed into physical blocks will find their home in inflamed low vibrational tissues, organs, or

joints that match their vibration – like attracts like. All physical energy blocks disrupt the normal flow of blood, lymph and energy. The amount of energy you have, or don't have, dictates your health or lack of it.

We have all heard the saying, 'let go and go with the flow'. Nowhere is this statement more important than in the human body. The human body is like a river. When there are beaver dams (physical blocks) in a river, the water flows slower. It's only logical that the more dams there in a river the slower the flow and the more congested and contaminated the river becomes as pressure builds. It is resistance (physical blocks) in the human body that cause pressure and conditions such as high blood pressure, arrhythmia, heart attack, lung congestion, organ malfunction, headaches, constipation, pain, swelling, internal scar tissue, fibroids, tumors and cancer, just to mention a few.

Blocked energy creates pressure. How's your blood pressure? Do you feel under pressure? When you have a disease, you don't have one block within your body; you have many blocks. All chronic diseases are complex diseases. An unmanaged disease can cause 10 to 40 physical blocks in the body. Very few people will ever return to vital health because practitioners are just not taught this. To focus on only one part of the body and not the whole body – on just the tumor, fibroid, joint problem or particular body part – is only 'part of the story'. When dealing with chronic disease, this means continuing to deal with the illness, or something even worse, throughout your whole life. We believe in whole body healing – not partial body heal-

ing.

Disease is simply the breakdown of the weakest link in the body. Symptoms are your body's way of communicating with you; symptoms are 'body talk'. This is a language that most people do not understand because they have never been taught it. Do you know the saying, 'the straw that broke the camel's back'? Well, this time it's not the camel's back that broke but the body's weakest link.

The medical system chases symptoms, like a dog chases its tail; they never seem to catch the true cause. How convenient for repeat business! Welcome to the revolving door of Big Pharma, Surgery and the Implant Industry. They market this approach so well that most of the natural health industry practices this same symptom-chasing protocol without even knowing it.

Most practitioners are not trained to understand and recognize physical blocks like adhesions, fibroids and tumors until it becomes an emergency such as surgery, radiation or chemotherapy. These physical blocks are nutritional energy blocks that will eventually starve the patient to death. Practitioners are programmed like everyone else. In this case, they are blind to the root cause of most illness and disease; this root cause is the block that binds us. These physical energy blocks must be gently taken apart, and eliminated in a loving way, or they will eventually steal the body's nutrition and undermine the immune system.

Never forget, pain is your body's GPS. Pain is your guardian and your friend to the end – respect it and listen to it. In today's

society, pain is either a gift or a punishment; it all depends on your Belief System. Do you want to be a physical victim or an awakened spirit? Pain is a protector for those who are conscious. Pain is an alert system to get your attention and focus. Where your focus goes, energy flows. When you master pain through self-awareness, self-love and self-care, great healing can take place; the more peaceful a heart and mind, the greater the healing.

The pain you experience is the pain you must release on an emotional and physical level. You can't have a 'healing crisis' unless you have issues in your tissues. God created the vehicle – your body – but only you hold the key to self-healing. This key is self-care.

All healthcare systems that do not empower self-healing have been created to empower the illusion of healing; this is the 'disease of business' or, should I say, 'the business of disease'. When you put your faith in mankind, the body takes a backseat or may even become obsolete. Self-healing is the only way – it's nature's way.

Emotional blocks will continue to be created within the body, until we understand the true definition of disease is an unconscious subconscious dislike for one's self programmed into us by society's man-made systems. The more toxins and toxic negative emotions ingested, the more fat cells, internal scar tissue, adhesions, fibroids and tumors the body will produce. An amazing, little-known fact is scar tissue stores more toxins than fat cells and tumors store even more toxins than scar tissue!

You will continually have to detox the visible, the physical, until you learn the art of detoxifying the invisible – the dysfunctional beliefs that block emotional growth. A physical tumor can be removed, but did you remove the belief that gave the tumor life? Empower yourself by mastering the three T's – toxins, thoughts and traumas.

Stress is the invisible injury at the root of almost all disease suffered today. Can you believe the Heart Association does not even recognize stress as a factor when it comes to heart health? Big Pharma plays the puppet master once again... Whether we're talking about the heart or any other part of the body, stress creates more inflammation and internal scar tissue in the body than any diet.

The weakest link breaking is an opportunity to realize your body is talking to you and asking you to take personal action and love yourself well. All chronic diseases are simply symptoms that have been mismanaged and mistreated. Until we learn the art of trusting, honoring, respecting, protecting, forgiving and loving ourselves first and foremost, our health will always be in jeopardy. Take back your God-given right to love, health, healing and happiness!

FROM SCAR TISSUE TO A TUMOR

Tissues move from Inflammation to Internal Scar Tissue to Adhesions to Fibroids and then to Tumors. These are all created by your mental and emotional programs which turn the invisible into the physical. It's all about programming, but who

controls the program? Are you the master or are you being mastered?

To master the art of reversing physical blocks and conditions that are limiting your potential to live the life you deserve, go to the 'A to Z Wellness Guide' and watch 'Heal Your Muscles, Bones & Organs with Wolfe Non-Surgical Body Work Master-class'. To access all our Master Classes, go to: docofdetox.com and click on the Library link at the top of the page.

If you are one who follows the herd, welcome to a lifelong Acid trip of unconscious living programmed for the so-called greater good. Emotional blocks will eventually become physical blocks that choke your muscles, lock up your joints, create holes in your bones, shut down your organs and eventually block and limit the flow of vital energy throughout your body. These 'issues in your tissues' will show up as: mucus congestion, crystallization, displaced calcium, internal scar tissue formation, adhesions, deep internal scars from surgery, fibroids and tumors. All this is caused by constant underlying emotional stress which leads to continual low-grade inflammation. Eventually this inflammation creates some form of autoimmune disease – attacking one's self.

We can no longer live unconsciously. We've become an inflammation nation, drowning in pain on all levels. Unconscious subconscious programming is, and always will be, a life-threatening experience when you let others control the steering wheel of the vehicle known as your brain.

Those who control society's systems also desire to control your

system. They have taken possession of God's greatest self-healing device – the human body – and made it seem weak, infected, and incapable of healing. We have been programmed to no longer care for ourselves and each other.

When I first became a practitioner, it puzzled me how there was truly no therapy that prevented or treated internal scar tissue, crystallization or displaced calcium within the human body. I grew to realize that this was orchestrated purposely. From physiotherapy to acupuncture to chiropractic and even to all medical treatments offered, there are no successful treatments for these specific conditions. Still to this day, the medical system only treats internal scar tissue with surgery. Ironically, surgery causes more scar tissue than anything else!

Remember, every physical block created causes increased pain due to blocking and disrupting the natural flow of the visible and the invisible. Energy blocks are the foundation of disease. Examples of physical blocks created by energy blocks include: crystallization, calcification, internal scar tissue, blood clots, cysts, pimples, adhesions, fibroids, tumors and everything else that creates discomfort within the human body.

An adhesion, fibroid or tumor is like a chunk of ice found in the ligaments, tendons, muscles, joints or organs. How do you get rid of a chunk of ice? You raise the temperature by increasing the circulation to melt and transform it. All 'issues in your tissues', whether arthritis, a knee replacement, hip replacement, spinal surgery, adhesion, surgical scar or fibroid, needs to be lovingly pulled apart.

Wolfe Non-Surgical Therapy is the most powerful technique to lovingly pull apart the fibrous, beef jerky-like, scar tissue. As the fibers are pulled apart, lymph, blood and energy flow increases, along with the temperature, in and around the area. The increased flow and temperature dissolves crystallization and loosens the displaced calcium so it can be restored to the bones. Fibrous scar tissue is transformed back to healthy connective tissue thus restoring ligaments, tendons, muscles, organs and joints to their original healthy state by allowing 'life' to flow again.

The medical system, even the natural health system, do not recognize scar tissue until it becomes an adhesion, fibroid or tumor. Until this changes, Healthcare will never be 'Healthy'; neither of these systems have, what I would call, a successful plan of action. Internal scar tissue is the issue when it comes to physical well-being. If the invisible bonds that bind you on an emotional, physical and energetic level are left untied, your human potential will remain blocked on all levels.

When it comes to issues in the tissues, you now have a choice: drugs, surgery or Wolfe Non-Surgical Bodywork. Without gentle, loving destruction of obstructions and blockages, there will be no healthy construction and true healing. Whether a Wolfe Non-Surgical heart release, pelvic clearance, breast lift, hip, knee or spinal restoration is performed, the removal of these physical blocks will facilitate the proper blood, lymph and energy flow returning to the area of concern so that tissues, joints and organs can be restored back to their original state of vitality. Removing physical blockages increases circulation.

Increased circulation equals increased energy and increased temperature firing up your built-in mechanism of self-healing. For healing to occur, scar tissue must be transformed back into healthy connective tissue. Crystallization must be melted and displaced calcium returned to the bones where it belongs. We know that inflammation, internal scar tissue formation, and displaced calcium are the major causes of joint problems, premature aging, autoimmune diseases, physical limitation and even cancer.

One of the biggest hurdles for practitioners is finding a successful method to return the displaced calcium that is locked within the tissues, organs and joints back into the bones where it came from. Balanced blood calcium is critical. Your body will always surrender bone calcium to save your life.

For the first time in history, we are able to accomplish what medical researchers believed was impossible. With Calcium Ion Therapy, we can now completely restore the displaced calcium back into the bones. Calcium Ion Therapy is one of the biggest nutritional scientific breakthroughs of this century. This therapy has the ability to return bones back to their original healthy state, no matter what the age or condition the patient is in. It requires no energy from the patient and no other nutritional support to be fully active and effective. Calcium Ion Therapy is the only calcium product that actually works.

CHAPTER 12 - WOLFE NON-SURGICAL RESTORATION

Go to the Doc of Detox Library and click on: 'Calcium Ion Therapy Guide'

Read: Our 30 page overview

Watch: 12 videos on the scientific research of SAC and specific conditions it helps

For all Questions & Orders: Call 855-900-4544 ext. 1, for your free Calcium Ion Therapy consultation.

To completely restore the joints and tissues, the invisible blocks that bind must be removed. This is the master key to staying vibrantly healthy throughout your entire life – though you grow older, you don't have to feel 'old'.

No matter what injury, surgery, disease or chronic condition is experienced within the body, the excess build-up of internal scar tissue, crystallization and displaced calcium that occurred during the body's natural healing process after surgery, injury, disease or trauma, must be removed. The body will always overcompensate by laying down excess scar tissue, crystallization and calcium to protect any weakened, diseased, injured or highly acidic area. The body does this even more so after surgery – surgery is an extremely traumatic experience for the human body. Surgery is an area the medical and natural health systems fail at, leaving the majority crippled with excess internal scar tissue formation and displaced calcium after the so-called healing is complete. Nothing creates more scar tissue problems in the body than surgery. Beware of the invisible bonds that will eventually strangle your tissues, muscles, joints and organs.

Due to the lack of knowledge and understanding of the body's natural healing process of overcompensating with scar tissue and displaced calcium to protect and support the healing process, body workers, therapists, nurses and even doctors think that after the injury is healed their job is done leaving the majority with physical blocks within their tissues. The joints, tissues and organs that were supposedly healed will generally haunt you, and even cripple you, later in life.

These physical blocks created by the body's natural healing process, if not removed, will create stiffness, pain, infection, stagnation, inflammation, internal scar tissue formation, fibroids and even tumors. We continually see all of this in our practice. If these physical blocks are not removed, and the tissues restored back to their original healthy state, blood, lymph and energy flow will continue to be compromised along with quality of life. We have been programmed to believe that stiffness is a normal part of aging. Grandpa's 'stiff as a board', grandma's in a wheelchair and nobody gives this a second thought – not even healthcare workers.

During the body's natural healing process – and even after the injury, disease or surgery has supposedly healed – practitioners must go in with Wolfe Non-Surgical Bodywork to remove the buildup of scar tissue, crystallization and displaced calcium or the body will never truly be healed leading to complications in the future. Wolfe Non-Surgical Bodywork is revolutionizing the way we look at bodywork. It's the key to healing. How could something so obvious – removing the physical blocks from the body – go unnoticed for so long?

You would think that practitioners would realize that patients continually returning with the same issue, or requiring surgery in the same area, would indicate the root cause – which is always issues within the tissues and not the bones – had never been truly dealt with properly. Even though it is a normal occurrence to see people limping, furnishing a cane, walker, wheelchair or scooter, know it is a normal occurrence for our patients to ‘wake up’ and realize their body can and will totally heal itself without surgery, implants, or drugs after experiencing just one Wolfe Non-Surgical Bodywork session and following the Perfect Day Lifestyle. No one needs to remain a victim anymore; you have a choice, for maybe the first time in your life.

The medical and natural healthcare systems are of the opinion that the nerves that you cannot see on x-ray are dying or dead already. This is false. The truth is that nerves can become calcified and get wrapped up and choked-off by scar tissue, cutting off nerve transmission and energy flow. A similar mistake is made by doctors who say there’s no cartilage left in the knee or that the hip is ‘bone on bone’. The cartilage and tissue is still there, cemented to the bone, until we go in with Wolfe Non-Surgical Bodywork and the Perfect Day Lifestyle to restore the joint and its tissue back to its original healthy state. Wolfe Non-Surgical Bodywork releases and awakens the supposedly ‘dead’ nerves that are being strangled, irritated and inflamed by the internal scar tissue formation and displaced calcium within the joints, muscles and spine. When the calcification is removed and scar tissue restored back to healthy connective

tissue, the natural flow and life force automatically returns to the so-called dead nerves and worn out joints.

True health has always been a joint effort between you and your body. Take massive personal action; stop attacking it with drugs and surgery and you will naturally heal. Your body has not forgotten how to heal – your mind has.

All therapies have their place, but unless you open-up and transform the internal scar tissue back to healthy connective tissue, eliminate the crystallization and replace the displaced calcium back to the bones, the results are only temporary at best. Where other therapies fail, Wolfe Non-Surgical Bodywork succeeds. We offer all our patients a money-back guarantee that their first treatment will outweigh all other treatments and therapies received up until this point. I promise, within your first treatment of Wolfe Non-Surgical Bodywork, your belief will be restored about the amazing healing powers of your body.

THE ABDOMEN & PELVIS

The abdomen and pelvis are the holy grail of healing.

Let's talk about a healthy person, and I do mean a healthy person – not today's definition of a healthy person.

In a truly healthy person, you will find the surfaces of the abdominal and the pelvic organs are slippery and move easily past one another, as this person goes about their daily activities pain-free and with abundant energy.

Most people have quite a different day in store for them because of the inflammatory lifestyle that the majority live. Ad-

hesions, bands of scar tissue, will form anywhere and everywhere in the abdominal and pelvic area restricting and tying a person's digestive tract up in knots. People who have never even received abdominal surgery will have massive bands and blocks of scar tissue throughout this abdomen due to an inflammatory lifestyle both emotionally and nutritionally.

For those who have had surgery, or are thinking about going for surgery, know surgery causes more adhesions in the human body than anything else. And, of all the surgeries performed, abdominal and pelvic surgeries create more scar tissue adhesions than any other surgery.

Before contemplating surgery, and after any and all surgery, consider reading, watching or listening to: the 'Perfect Day Lifestyle Guide', 'Fasting for Perfect Health Guide', and the 'A to Z Wellness Guide' in the library found at docofdetoxlibrary.com.

Total elimination of inflammation and adhesions through a non-inflammatory lifestyle, including the Perfect Day Diet, Advanced Water Fasting, Calcium Ion Therapy and Wolfe Non-Surgical Bodywork, is the most effective way to reverse and prevent the continual formation of adhesions and further surgery. An adhesion is an internal scar that forms in the body after any and all surgeries. Scar tissue adhesions cause tissues and organs to stick together like glue.

External and internal scar tissue and adhesions do not stretch; they pull, tear easily, grow roots and attach themselves, eventually choking off organs, tissues, and joints.

Adhesions cause chronic constant pain, fibroids, cancer, endo-

metriosis, and infertility. Infertility has become an epidemic. This is why we created a 6-day training called 'The Perfect Pain Free Pregnancy Personal Treatment and Training'. This is one of our most popular trainings for couples wishing to become pregnant or who are already pregnant.

Let's now talk about a scar tissue issue that afflicts 20% of North American women – endometriosis. Endometriosis is a medical condition that occurs when the lining of the uterus, called the endometrium, grows in other places such as the fallopian tubes, ovaries or along the pelvis. When that lining breaks down, like the regular lining of the uterus that produces menstruation, it has nowhere to go. To this day the medical system claims they have no idea what causes endometriosis. It may be no surprise, at this point, that the top four causes of endometriosis are inflammation, constipation, leaky gut and surgery.

Almost all disease is a scar tissue issue, created by inflammation because of misinformation.

So, what do you think are the three top surgeries performed on North American women?

The number one surgery performed in North America is the Cesarean Section; there are over 1.3 million C-sections performed every year. Many of these women have had three to four C-sections in a row. Imagine the massive amount of internal scar tissue this creates! It's not just debilitating, it's crippling and even life threatening.

The second most prominent surgery performed is the Hyster-

ectomy – the removal of a woman’s womb (the ovaries and uterus). This is also called ‘Pelvic Clearance’. In most cases, it need not happen when women learn to take massive personal action by removing the issues in their tissues and implementing the Perfect Pelvic Protocol.

The third most prominent surgery performed on women is a Myomectomy – the removal of a benign fibroid or scar tissue mass from the uterus. This surgery is performed due to pain, bleeding and/or infertility. The main cause of infertility is caused by adhesions involving the fallopian tubes that result in the kinking and obstruction of the tubes thereby preventing the eggs that are released from the ovaries from reaching the uterus.

All three of these surgeries are rooted in the fact that we are a constipation and inflammation nation continually being fed mis-information. These three surgeries make up most of the surgeries that women are forced to endure, mainly due to a broken system where women are being sold off by the pound.

The key message to remember is that all problems within the body stem from an inflammation scar tissue issue, right from the tip of your nose to the end of your toes. It is critical to eliminate the internal scar tissue created from inflammation, infection, accidents, injuries, sports injuries, stiff joints and surgeries for healing to take place.

After surgery, excess scar tissue must be eliminated within 8 to 12 weeks post-surgery. It’s imperative to take personal action if you wish to set yourself free from the life-threatening, invis-

ible bonds that bind you and blind you from the life you could live.

The three top three surgeries – C-sections, hysterectomy and myomectomy – are preventable in most cases. These three surgeries create life-threatening adhesions in 93% of the women who receive them. Every woman who has ever had surgery on her abdomen or pelvis suffers from multiple adhesions. This is why the Perfect Day Lifestyle and Wolfe Non-Surgical Bodywork are necessary; without them, these adhesions will continue to grow creating physical blocks that will slow you down, and eventually cut off circulation, digestion and elimination of waste leading to more inflammation, scar tissue formation, displaced calcium and even cellular mutation.

Adhesions and internal scar tissue will attach the intestines to the inner lining of the abdominal wall, peritoneal lining or to other organs within the abdominal cavity such as the liver, gallbladder, uterus, fallopian tubes, ovaries and urinary bladder. Adhesions in the abdomen and pelvis always become a web of destruction for all tissues, muscles and organs in this area of the body. Abdominal pain and other symptoms of intestinal obstruction are, by far, the most common symptoms of adhesions. Laparoscopic Lysis is the medical system's answer to abdominal adhesions, but this surgery creates even more adhesions leading to even more abdominal surgeries. Welcome to the revolving door of Big Pharma and the Implant Industry.

Continual growth of these adhesions will eventually cause moderate to severe bowel obstructions by constricting, twisting or pulling your intestines out of place. These adhesions

can partially or completely block food or stool from successfully moving through the intestines.

I can tell you first hand, after being in practice over forty years, once your bowel movements and urination become constricted because of scar tissue and/or adhesions, the quality of your life will also be cut off.

For those suffering with chronic illness, a scar tissue issue is the tipping point of disaster. If women were given full disclosure of the downside of surgery (surgical adhesions) and the upside of gentle daily cleansing, creating the Perfect Day Lifestyle and Wolfe Non-Surgical Bodywork, what do you think they would choose? It is clear we do not have freedom of choice in this country, when the Medical System is the third leading cause of death in North America.

Welcome to the herd. Welcome to the harvest.

Adhesions are one of the main reasons why we see bowel cancer rising at such an alarming rate in the female population.

The best line of defense is the Perfect Day Diet, gentle daily cleansing, Advanced Water Fasting, the Ultimate Coffee Enema, Doc of Detox Pelvic Exercises, Wolfe Non-Surgical Abdominal Lift and Pelvic Restoration to prevent and eliminate inflammation and the internal scar tissue formation.

For more information on scar tissue formation and how to prevent it, go to docofdetoxlibrary.com and watch, read or listen to: 'Cancer Is An Inflammation Scar Tissue Issue' and 'I am Woman'.

I frequently see patient cases in which a partial or complete obstruction occurring in the bowels correlates with health declining at an alarming rate in a short period of time. Did you know you can measure a person's health by their bowel movements and urination?

For more information on what healthy bowel movements are (and are not!), go to the 'Perfect Day Lifestyle Guide – Stool Charts' and watch the Masterclass 'How to Become #1 at the Art of # 2'.

Typical symptoms of obstruction include abdominal discomfort around the belly button or the umbilicus, beginning with a cramp and followed by spastic contractures and distension of the abdomen. Symptoms are worsened by eating. With prolonged obstruction, nausea and vomiting may occur.

One of the most powerful and simple techniques to heal the abdomen is Belly Button Therapy. Check out Belly Button Therapy in the 'Do it Yourself Guide' in the Doc of Detox Library.

The most common cause of abdominal adhesions is abdominal surgery. Other causes of adhesions are abdominal infections such as peritonitis, inflammatory conditions such as appendicitis, colitis, leaky gut, Crohn's, IBS, SIBO, abdominal trauma, radiation and, of course, constipation.

How could it be that the main cause for these adhesions, being a dysfunctional large intestine, is so overlooked though it sticks out like a sore thumb in most women? We have been programmed ; programmed to disrespect the entire body but mainly the holy grail of immunity – the large intestine. Know

that infertility can be reversed by following the Perfect Day Lifestyle and removing the inflammation and scar tissue that created the physical block of infertility in the first place.

Check out the 'Personal Treatment & Training Guide' in the Doc of Detox Library if you're ready to take massive personal action.

FROM MEDICATION, TO SURGERY, TO IMPLANTS

The adhesions and internal scar tissue created by implants such as stents, mesh, rods, pins, plates, screws and any other device they can invent are yet another matter. Whether it's the hip, knee, spine, breast or anywhere else in the body, implants are foreign invaders that are continually giving off toxins and compromising your immune system 24/7 – 365 days a year.

All implants and surgeries create massive internal scar tissue and adhesions, as a prevention, to wall off and protect the body against implants. The problem is, this overcompensation of internal scar tissue formation, crystallization and calcification will continue to grow and create physical blocks that will actually turn on you and create a domino effect of disease, drugs and more surgery.

The blockages, formed by adhesions, attract and store heavy metals, chemicals, toxins and pathogens because this is low vibrational tissue which is prone to dis-ease and eventually even cancer – like attracts like.

For women with breast implants, check out 'Breast Implant illness and Healing by Nicole' – a women's support group on

Facebook.

Know there has been a major increase in lymphomas due to breast implants and adhesions caused by surgery. Lymphoma is cancer that begins in the infection-fighting cells of the immune system called lymphocytes. Lymphocytes are in the lymph nodes, spleen, thymus, bone marrow, and other parts of the body. There are two types of lymphoma; Non-Hodgkin lymphoma is the most common type. This lymphoma is cancer that originates in the lymphatic system – the disease fighting network found throughout your body – with tumors developing from lymphocytes which are a type of white blood cell.

To be successful in healthcare, we must always search for the root cause of every disease; not just focus on the symptoms found downstream. This is the madness found in mainstream healthcare today that feeds Big Pharma, Surgery and the Implant Industry. The root cause of almost all disease, on a physical level, is the root organ – the Large Intestine. Most people today are suffering from ‘root rot’ – putrefaction in the large intestine leading to gut rot known as ‘leaky gut’. Eventually, this leads to medication, surgery and then implants.

Understand, any foreign object put into the body will turn on an autoimmune response – an autoimmune disease – that can range from low-grade inflammation to stage four cancer.

When it comes to breast surgery, or any other surgery, your doctor can hide the scars, but the scar tissue is the invisible threat that must be dealt with as soon as healing takes place with Wolfe Non-Surgical Bodywork. Otherwise, this hidden scar

tissue will become the issue that will create pain, pulling and eventually could become a fibroid or tumor. The more physical blocks you have, the more you suffocate your tissue cells. Reducing oxygen by 35% in your tissue cells for a few days will cause cells to mutate. 65% oxygen content is not enough for healthy cells to exist so cells will mutate to survive. Dr. Otto Warburg received the Nobel Prize in 1931 for his research showing that cancer cells can live in the absence of oxygen. Cancer is an inflammation scar tissue issue.

The more you research the more you will understand; cancer gets its foothold in and around internal scars and adhesions due to a choking and blocking off of blood, lymph and cellular circulation to the area. In the case of fibroids, adhesions or tumor removal, there is a large recurring incidence of cancer because of the scar tissue formation created from the surgery. One should always take action to remove these adhesions and internal scars in a loving and non-invasive way as soon as the area has healed. This cannot be over emphasized.

For more information on scar tissue elimination, go to internationaltraininginstituteofhealth.com and check out 'Wolfe Non-Surgical Bodywork' and our 'Personal Treatment & Training'.

Always ask your doctor what the risks and complications are before you opt-in for any surgery – especially when it comes to abdominal, pelvic, spine or breast surgery. History has taught us that we must do our own research and homework and not trust the professionals – trust in God, trust in yourself, trust in nature.

You must take massive personal action to respect, protect and honor your body; with healthcare today, your life depends on it. The medical world has lost its beating heart.

Always get a second opinion.

Love your body well and you will love your life.

Your thoughts and beliefs will be the deciding factor on how you live your life. Survivor or thriver? Victim or hero? Reaction or massive personal action?

Cancer is the end stage of low vibrational love for one's self along with constant inflammation. This is why one out of every two people will experience cancer in their lifetime, if they continue to follow the herd and live unconsciously. Unconscious living is a killer; just take a look at your family and those around you.

Western society does not have true answers for healing. Telling your body to shut up and shut down by taking pharmaceutical drugs makes for a dysfunctional relationship between you and your body. No one likes to be told to shut up or to be shut down and your cells are always listening.

Is your pain being managed for you? I want to master pain. Pain is not the enemy – dysfunctional beliefs are. The greatest prison ever created is being stuck in a world of pain. Remember, whatever you push pushes back. Whatever you fight will attack.

Honor or dishonor your spirit and body; it's your choice. Self-love or self-hate? Everything has a frequency; we must rise on

all levels if we are to truly heal and remain healed.

What you think matters; you can't hold a thought in your hand but it is the most powerful thing in this world.

It's critical you go in with both eyes wide open when it comes to Big Pharma and the Implant Industry. There is a big problem in healthcare today; most people believe that a medical technological breakthrough is a health breakthrough. We couldn't be further from the truth.

I will always opt for what God created rather than what is man-made. Why have we forgotten our body can heal? I'll tell you why – programming. Welcome to the program. Know you are a human being – not a human doing – not their experiment.

Artificial hips, heart valves, mesh, stents and implants are all modern medicine miracles, but what happens when they don't work? By unleashing these so-called medical innovations, we are creating more inflammation, internal scar tissue formation and cellular mutation within our bodies than we have ever created before.

New technology does not mean innovation, yet we have turned our backs on mother nature and most of us have signed up for a life of pain and suffering. According to a new study by iData Research, approximately 340,000 Coronary Artery Bypass Grafting surgeries are performed in the United States each year – and this number is growing at an alarming rate. There are 1.8 million cardiovascular stents implanted per year in the United States. The sad truth is the majority of these surgeries could have been prevented and symptoms reversed through

diet and lifestyle changes.

Americans undergo an average of 9.2 surgical procedures per lifetime. Surgery is big business now that we have unconsciously turned our backs on nature and forgot that the body is the greatest healer.

Did you know the medical device industry has even greater power over the government than Big Pharma? That being said, know Big Pharma is one of the main reasons why people believe they need surgery; pharmaceutical drugs short circuit pain, inflammation and swelling which is part of the body's natural healing process.

When you make pain the enemy, you go to war with your body. When you hijack the body's natural healing process for the promise of instant relief, you short circuit the brain; even though you no longer feel the pain, the inflammation goes unchecked like a house on fire.

We are addicted to emotional numbing out because we have not mastered our emotions. This translates into a life-threatening habit of instant gratification leading to even more damage to your body's tissues, joints and organs.

People do not understand that when they take numbifying drugs, the inflammation still rages on, unsupervised, silently destroying the body's tissues, joints, organs and its precious immune system. The biggest part of that immune system – the Large Intestine – has been devastated by the use of pharmaceutical drugs, damaging the gut-brain connection and you. The body's alarm system, pain and inflammation, has been cut

off from the brain by these 'wonder drugs'.

Unsupervised inflammation in your body has free access to burn up the tissues, joints and organs, leading to further internal scar tissue, crystallization, displaced calcium and cellular mutation. Big Pharma has always known this is the end result of their so-called miracle cures. Big Pharma teaches their physicians and surgeons that for every 10 years a person is alive another drug must be added to their prescription care. For example, a 10 year old would be taking 1 drug and a 60 year old would be taking 6 different drugs.

Currently, 92% of the North American population is suffering from one or more autoimmune diseases. To make matters worse, they are unaware that they are being prepared and processed for surgery and the world of robotics. Most people do not stand a chance in this arena of health deception.

The majority have no clue inflammation, caused by the so-called normal lifestyle they unconsciously live day in and day out, is the number one root cause of the internal scar tissue constantly growing inside their joints, muscles, tendons, ligaments and organs leading them eventually to surgery.

This internal scar tissue issue is the main cause of premature aging, disease, cancer and the crippling life that most of us have been programmed to accept as normal. Take a look around you at all the people with surgical implants, canes, walkers, wheelchairs, Depends diapers and unnecessary emergency trips to the hospital.

How does it feel to live in crisis, knowing life is only going to get worse and you're only healthy until your next check-up?

How does it feel to be part of the herd?

And it does not end here... The unchecked inflammation is causing unprecedented amounts of calcium to be pulled from the bones and displaced into the body tissues, organs and joints. This leads to fractures, osteopenia, osteoarthritis, osteoporosis, as well as calcium deposits in the breasts, kidneys, gallbladder, organs, joints and tissues within the body.

If you do not understand and respect the law of nature and how your body works, and know that self-care is the only true healthcare, you may find that surgery might become your only option.

Let's talk about what happens when you do not understand the law of nature and how your body works.

Many women will experience their abdomen or pelvic area falling down and out at some point in their lifetime. This also occurs in men, though not as often or as bad; men do not give birth so they do not have as many alarm systems as the female population.

When it comes to prolapse and hernias, doctors are promoting the use of mesh instead of suture. Doctor's used to suture, but now people are forced to leave their province or state to get this procedure done because the medical device industry is trying to make mesh the only option. Mesh costs \$25 to produce and sells for \$2,000 per surgery. All these mesh devices

were cleared through the 5K pathway. What does this mean? It means that the FDA did not require human studies on any of the mesh devices. How crazy is that?

Analysis by the FDA found the most common adverse effects from surgical repair of hernias with mesh are pain, infection, hernia recurrence, scar-like tissue that sticks other tissues together and chokes off proper circulation. Mesh can also cause blockages in the large or small intestine and uncontrollable bleeding. The primary function of surgical mesh is to support prolapsed organs from falling down and out due to lack of tone.

Mesh is most commonly used in hernia surgery within the abdomen (when an organ protrudes through the abdominal muscles). Once mesh is surgically installed, it causes scar tissue that welds it into place. The mesh will then begin to shrink and push itself up against the tissues that it grows into. The mesh creates a stiff beef jerky-like scar tissue, creating a hard and inflexible object that becomes a physical block choking off the microcirculation to all surrounding tissues and organs in the area. This physical block of mesh and scar tissue will eventually cause an inflammation crisis in all the pelvic organs, hips and vagina creating a recurring surgical nightmare.

All pelvic organs must continually move smoothly for maximum circulation to be consistent. For most, however, the organs and tissues have become frozen, cemented structures of scar tissue, crystallization and displaced calcium, resulting in reduced blood and lymph flow and inevitably tissue disintegration in the surrounding areas.

This mass of mesh, scar tissue, crystallization and displaced calcium will cause a cascade of problems from the tip of your toes to the tip of your nose. Most people that get mesh never realize that the mesh was responsible for the future diseases experienced in other parts of their body. Please take this to heart; once mesh has been surgically placed in you, you cannot remove it. Once mesh is installed into you, it will be a nightmare to get it out. It will be like trying to remove rebar from concrete.

SURGICAL MESH (HERNIA)

There are four states currently suing Johnson & Johnson for concealing the dangers of vaginal mesh. Vaginal mesh can destroy not only your sex life but your whole life; it's a foreign object implanted into the holy grail of the human body – your abdominal pelvic region. Why would anyone put a foreign object in the most sensitive area for a man or a woman? How could all 'cell' not break loose?

In the past decade, mesh lawsuits have cost Johnson & Johnson 300 million dollars. During that time, their total revenue exceeded \$683 billion dollars. Therefore, they have no problem playing the pain game; lawsuits are worth the risk because there is no actual risk – it's just part of doing business.

In a written response from Johnson & Johnson they said "your assertion that our vaginal mesh and hip products have had a negative impact on the health of patients is untrue." By the way, Johnson & Johnson is currently being sued by 65,000 mesh and hip replacement patients.

Currently, there are hip manufacturers forced to recall hip replacements containing cobalt because these devices cause nearby tissues to disintegrate. Know that all hip implants have complications, no matter what they are made from. The medical device industry continues to recommend cobalt, even though the human cost is known and understood.

As disregard of human life increases the bottom line, health and human beings have taken a back seat within the medical device industry. Where is the FDA, the supposed watchdog of safety?

There are currently 10 million people that have hip, knee and shoulder replacements manufactured with cobalt. Systemic cobalt poisoning from hip or other joint replacement is a common problem. A strong argument can be made that everyone would be better off if we stopped innovating total hip or joint replacement. Every type of implant will have complications. End of story.

If you don't take care of your body, who will?

You can not rely on the medical device industry nor the government to do what's in the best interest of human health. Most implantees never realize that the disease they received subsequent to the implant was actually caused by the implant. This is a scary time to put your health and life in the hands of a corporation's care – there is no longer anyone guarding the hen house.

Recognize the fact that implants are foreign to the human body. Implants will cause an immune response which will un-

leash an attack on the implant and all the surrounding tissues leading to tissue disintegration. If you have already been given an implant, know you will have to take massive personal action to protect your immune system and to remove the excess scar tissue because any implant is a ticking time bomb.

Now let's talk about a supposed medical technological breakthrough robotic device, called the da Vinci® Surgical System, which allows surgeons to operate 7 feet away from their patient. They call it 'intuitive surgery'. I call it 'the blind leading the blind'.

The story of how 'the robot' came into healthcare is exactly what's wrong with medicine in America today; we see massive adoption of a new technology with little evaluation of the outcomes. The manufacturer says that most doctors only need to perform two or three surgeries to perfect their skill using it; surgeons are stating that it takes 200 to 300 surgeries before they are even comfortable with the da Vinci® surgical robot. When the manufacturer brought the da Vinci® Surgical System robot to the FDA, they said they would give 9 weeks of training on the device. They have not followed through on this promise of training. The manufacturer only gives surgeons a half a day of training before allowing a robot to decide your fate. Intuitive surgery continues to advise surgeons to determine for themselves if they're ready to perform surgery with the da Vinci® Surgical System robot. This is like giving someone a loaded gun when they don't know how to use it. The Da Vinci® Surgical System has a history of terrible surgical complications. Where is the FDA in this horror story? It is interesting to note

the da Vinci® robot made 4 billion dollars in surgeries last year.

Now, let's talk about the women who have had hysterectomies via the da Vinci® robot. Remember earlier when i mentioned organs falling-down and out in the abdomen, pelvis and vagina? Some women have had up to 3 feet of their intestines fall out of their vagina after getting a hysterectomy performed with the da Vinci® robot. Vaginal cuff surgery complications occur 3 to 9 times more often with the da Vinci® Surgical System robot. Many women who have had hysterectomies with the da Vinci® robot have been unable to ever have penetration again because of the destruction that this device left behind in their vagina. Many women have almost died because of this robotic procedure. This robot is not a human being; it has no heart, feelings and it does not care. Sounds like a corporation to me....

We have had many women come to us in pain and with pelvic conditions. Fortunately, they no longer have to live with them once they embrace the Perfect Day Lifestyle and Wolfe Non-Surgical Bodywork. Always do your own research and trust no one; it's your body.

I'm reaching out to every woman considering a hysterectomy or is suffering from ovarian cysts, bladder infections, fertility issues, fibroids, endometriosis or continual pain, as well as to every man that has prostate problems or bladder problems, and asking you to rethink your options. You do not have to live with these painful pelvic conditions. You can take your life back – it's your God-given right. Your body knows how to heal when given the chance because you've learned how to love

yourself well.

Over 33 million women in North America suffer from chronic pelvic pain. Why have women accepted this nagging and even excruciating pain as a normal way of life? Simply, indoctrination. We have all been programmed to serve the needs of corporate America. Stabbing pain in your pelvis is not normal. Prolapse, urine leakage, and painful love-making is not normal. Doctors have been taught that pain can only be managed. Welcome to healthcare.

Pain killers, muscle relaxants, feeling helpless and feeling depressed have become a way of life for almost half of the female population. Know you are not alone. 50% of all women have pelvic organ prolapse. One out of three women suffer from sexual pain. 49% of all women experience urine leakage on a continual basis. Though this is the new normal for most women, it does not make it natural. Do not accept this. You're not broken; you have been betrayed by a healthcare system that does not work for women.

No matter how desperate you feel, know that we have turned around the lives of thousands of women. Real help is finally here. Do not give up on you. You do not need surgery, pills, to be stitched up or have Botox injected into your vaginal wall. You've been set up; you're not broken – the system is.

Take back total control of your abdominal pelvic region by welcoming in Wolfe Non-Surgical Bodywork and the Perfect Pelvic Healing Protocol into your life. You will finally be able to throw away your 'panty liners' and 'Depends' forever. Never feel out

of balance again; we can help you take back your power and keep it. Unleash your feminine power.

Within days, your faith in self-healing will be restored. Within weeks, you will feel and be whole again. When you put yourself first and foremost, by honoring, respecting and protecting your body, you will love yourself well. Awaken and heal your pelvis and return to life's simple pleasures.

To learn more, go to the 'A-Z Wellness Masterclass Guide' in the Doc of Detox Library, watch the 'Wolfe Non-Surgical Therapeutic Bodywork Masterclass' and 'How to Become #1 at the Art of #2'. Check out our 'Personal Treatment & Training Guide' and the 'I Am Woman Guide' in the Doc of Detox Library or go to International Training Institute of Health (itioh.com) and unleash the hidden healer from within.

Going under the knife is not your first or only option; give life, self-love and self-care a chance and take massive personal action. You can heal the physical block of displaced calcium and crystallization caused by this inflammation and scar tissue situation. We have had thousands of patients turn their lives around. Never give up on you – you're worth everything. Give your body a chance to heal by creating The Perfect Day Lifestyle. Don't give in – let self-love win.

There is something terribly wrong with healthcare today. Take a look at the statistics or, better still, take a long look at your family and friends with an open mind and ask yourself, is today's 'normal' natural? Each year approximately 600,000 hysterectomies are performed in the United States – a little more

than one uterus for every minute of the year. 100,000 men had prostate surgery last year in America. Did God create a faulty product? I think not.

Most people do not look at the obvious. I believe that most diseases, including cancers, get their foothold from a poorly managed large intestine which the medical system ignores and has no problem attacking more than any other organ in the human body.

What's up with this?

I think we can all agree, putting untested medical devices on the market is insane. As far as I'm concerned, it is a blatant attack against humanity. Do you know that 98% of all the new innovative medical devices are untested? The medical device industry has had free access to everyone for over the last 10 years, implanting 70 million Americans with foreign objects – untested medical devices.

To add even more fuel to this already raging fire, only 3 to 4 percent of all the complications from these medical devices are ever reported. The rest are hidden from the public. Medical companies paid doctors more than 2 billion dollars in 2016 to keep them trustworthy. Medicine is all about the 'business of health' – not about 'being in the health and wellness business'. Welcome to the harvest. Welcome to the latest greatest life-saving, unhuman, untested medical device.

Remember, in most cases a scientific breakthrough is not a health breakthrough. The biggest health breakthrough is learning to love YOU through and through – you are precious!

CHAPTER 12 - WOLFE NON-SURGICAL RESTORATION

Here are some safety precautions for human beings entering the surgical device arena:

Research any device that will be used on you or put into your body.

New is not necessarily better.

Get a second opinion for any risky or expensive procedure.

Ask your surgeon how many procedures he or she has performed.

Have a friend or family member be your advocate while you're in the hospital.

Check if your doctor has been paid by a medical device company by going to: openpaymentsdata.cms.gov.

It is empowering to know most illnesses you might ever suffer from in this lifetime can be reversed by you through implementing Wolfe Non-Surgical Deep Tissue Bodywork and the Perfect Day Lifestyle. Doctors won't make you healthy. Nutritionists won't make you slim. Teachers won't make you smart. Ultimately, you must take massive personal action to save yourself by loving yourself well. Never forget that you were created by your creator to create an amazing life – claim your personal God-given right of self-healing and total self-love for yourself and your family. Every family needs but one hero to light the way!

Get treated and get trained in the world's most powerful bodywork – Wolfe Non-Surgical Bodywork – that reverses the so-

called irreversible. Wolfe Non-Surgical Bodywork has proven to be the most effective form of bodywork therapy to reverse the underlying cause of chronic muscular and skeletal problems, injuries, sports injuries, muscle loss (atrophy) and internal scar tissue formation within the body. The most impressive result from Wolfe Non-Surgical Bodywork is the instant pain relief, increased blood flow, increased lymph flow and increased range of motion, strength, mobility, flexibility and tone in just the first treatment.

For almost 4 decades, I have devoted my life to creating life-changing therapies, certifications, trainings and powerful personal take-action strategies and tools, for those who wish to become practitioners and those who wish to take their health to the highest level.

We have taught everyone from medical doctors, naturopaths, nurses and chiropractors to the general public – anyone who has the passion and drive to become a practitioner. There is an unseen healer in all of us; do not limit yourself. Rise up and claim your life's purpose!

We have people coming from all over the world, and from all walks of life, to our breakthrough trainings and certifications. We have Master Trainers that travel the globe, teaching Personal Treatment & Trainings to couples, families and groups. We also travel world-wide certifying clinics, groups and individuals in the Wolfe Non-Surgical Bodywork technique.

Personalized training is for singles, couples, caregivers, families, and groups of all ages. All treatments and trainings are

CHAPTER 12 - WOLFE NON-SURGICAL RESTORATION

tailored to your specific needs and requirements. Come stay with us or we'll come to you.

To learn more, visit the International Training Institute of Health at itioh.com. Together, we will heal the world one person at a time – starting with ourselves.

Self-healing is the only way for it's Nature's way. Let's rise-up to our uniqueness; there will never be another you!

Together, let's uncover and discover your passion, purpose and the hidden practitioner within. Let's create an evolution of love that transforms our world.

Thank you for joining me on this beautiful journey.

May you always be blessed.

Mankind is not kind and, as far as I'm concerned, cannot be trusted. Please take action and read, 'I Am Woman' and watch the Masterclass, 'How to Become #1 at the Art of #2' in the 'A-Z Wellness Masterclass Guide' in the Doc of Detox Library.

WOLFE TECHNIQUE & THEORY

Wolfe Non-Surgical Restoration was created 30 years ago by Dr. Darrell Wolfe Ac.PhD., C.C.H., D.M.T. due to the internal scar tissue and crystallization he found in almost all of his patients; this being the underlying cause of physical pain experienced in the body. This unique therapy is taught by the International Training Institute of Health and has been taught and successfully used in the treatment of muscle, tendon, ligament and joint conditions since 1985.

Crystallization and internal scar tissue are the major underlying cause of physical pain experienced in the body. Wolfe Non-Surgical Restoration has shown to be the most effective form of bodywork therapy ever created to reverse the underlying cause of chronic and acute muscular and skeletal problems, injuries, sports injuries, muscle loss (*atrophy*), pain and internal scar tissue and crystallization in the body. Internal scar tissue and crystallization are the major causes of premature aging, pain and physical limitation. All therapies have their place but unless the underlying cause, that being internal scar tissue, is broken down and eliminated in the process, then the therapy becomes useless or temporary at best.

With every muscle, tendon, ligament and joint problem, if the therapy does not eliminate the internal scar tissue and/or correct guidance is not given by the practitioner to the patient, the body will continue to create fibrin (*internal scar tissue*), which is a defense mechanism within the body to wall off the inflammation from spreading to the healthier tissue and wall off the bacteria from invading the already inflamed and compromised tissue.

If this inflammation is left to continue or is suppressed by drug therapy the body will go into full production mode of fibrin to deaden the pain and stop the spread of the inflammation in the affected area to end the energy wastage and depletion of the immune system. The end result will be massive internal scar tissue formation leading to a chronic muscular, joint or organ disease, which is actually a symptom of the inflammation allowed to go out of control and unchecked. The area will feel as if a physical injury has taken place, when all this scar tissue is just a symptom created by the body's built- in safety mechanisms due to incorrect therapy and/or incorrect information given to the patient.

Superficial techniques applied at a distance from a lesion cannot be expected to correct the problem. They can help by reducing inflammation, aiding circulation and soothing hyper-toned muscles, but the cause will always remain and will reveal itself time and time again in the future. The true cause of physical disorders is never on or near the surface. For any long- lasting results you must release the deep invisible bonds and empower the patients with true wisdom. Wolfe Non-Surgical Restoration reaches structures far beneath the superficial fascia to reverse chronic muscle, tendon, ligament and joint problems. It is remarkably effective for aligning skeletal structures that lie deep within the body that cannot be reached effectively with other therapies. Even in cases of severe fibromyalgia where the patient is in constant pain, we can still remove the invisible blocks and remove the cause of their pain without any further pain to the patient. It is called 'Wolfe Non-Surgical' but when the technique is done properly, it can even put a patient to sleep. We will break the cycle of

pain within the very first treatment. All of our therapies and consultations come with a 100% satisfaction, money-back guarantee. If we can't guarantee our work then we should not charge for it. Deliver lasting results!

The actual manipulation is a controlled, precise, short, concentrated transverse movement with a penetrating action applied directly on individual muscles, tendons or ligament fibers that have lesion (internal scar tissue) involvement. By using a transverse manipulation on the origin and insertion of the deeper tendons and ligaments, we release the whole muscle belly and the involved joints. The origin and insertion is found on either end of muscles where the tendon or ligaments attach onto the bone.

What is a tendon? It is the fibrous cord-like part of the muscle found on either end of the muscle belly that is attached to the bone. With contraction of our muscles, where do you think the most stress would be? In the muscle belly or in the tendons attached to the bone? If I hang from a rope, where is the most stress placed? That's right, at the end of the rope, where it is tied! The tendons get the most stress; they will experience micro tearing and become matted with internal scar tissue and crystallization, which will form knots that will cause the muscle to shorten in length. Why is there spasm in the muscle belly when the damage lies mainly within the origin and insertion, where the tendons attach? This reaction is a built-in, protective safety mechanism for the damage that has occurred in the tendon at or near the origin and insertion point. The muscle belly will stay in spasm and even in pain so that it remains contracted thus limiting range of motion. This reduces the movement of the muscles, which in turn protects the tendon

from any further tears until the cause is eliminated, that being hardened internal scar tissue at the joint.

The conclusion is: work deep at the insertion and origin of tendons and ligaments to remove scar tissue and crystallization or become the average, normal person, who experiences premature aging with pain and inflammation continually off and on throughout their whole life, because the true cause was never addressed or eliminated.

“Pain is our friend, not our enemy. When you make pain your enemy and run away from it, you will always be in It.”

– Dr. Darrell Wolfe

When you release the internal scar tissue at the insertion and origin of the muscles you automatically release the muscle tension and spasm within the muscle belly, which was only there as a protective safety mechanism against further injury in the insertion and origin of muscles. Wolfe Non-Surgical Restoration is applied by using the base of the phalange, forearm, epicondyle or elbow.

This technique is used to mobilize the muscle, tendon or ligament, separating the adhesions between the individual fibers that are restricting natural movement. Traditional techniques, where they stretch out the muscle in an attempt to widen the distance between the muscle fibers, are temporary at best. During stretching, the muscles lie more closely together. Adhesions within the tissue cannot be broken down by stretching, but only by using a deep transverse manipulation, which broadens the tissue, opening it up and allowing circulation and nerve flow to be restored. This is particularly

true of the fibers that attach muscle to bone, where the vicinity of stationary tissue restricts the mobility of adjacent muscle.

Wolfe Non-Surgical Restoration Therapy restores proper blood flow and increases range of motion instantly. In any form of injury, chronic muscular problem, or crippling condition, there will be internal scar tissue (*lesions*) or atrophy (*decreased muscle tone*) developed by the physiological process. Even in the case of arthritis, I personally would not label this as a disease. 'Arth' stands for joint and 'itis' stands for inflammation. The inflammation at the joint is increased acidity attacking the tissues within the joint, which causes crystallization and internal scar tissue formation. As the internal scar tissue hardens, mineral depletion of calcium from the bones will occur to buffer down this chronic inflammatory tissue created by acidosis. As long as you receive ineffective therapy there will be continual degeneration to the tissues and joints involved, so the symptom called 'Arthritis' that has received ineffective therapies now has become 'Osteoarthritis'. As you can see, these are not diseases; these are symptoms that only become worse overtime due to improper treatment and incorrect guidance.

As the scar tissue hardens, mineral depletion to the bones of the joint will occur along with degeneration to the tissue involved.

Anyone who runs marathons would be shocked if they could see inside their body. Running creates internal scar tissue in the muscles, tendons, ligaments and also in the heart. Inflammation and pain is the first sign of internal scar tissue formation.

There is nothing worse than an injury that won't heal. It does not matter how much ice, heat, Advil, Motrin or anti-inflammatories you take or apply, they may suppress your pain but only to have you unknowingly rip and tear because they have numbed out the warning signs of re-tearing the internal scar tissue that has never been addressed properly with the correct therapy to break it down and remove it in the first place. Sometimes a chronic injury will last for months or even years with no real end in sight.

Repeated visits to the doctor for prescriptions to numb the pain, visits to physical therapists, registered massage therapists, chiropractors and acupuncturists will help reduce the problem but until the crystallization and internal scar tissue is removed and the patient is taught how to prevent it from returning, their search will go on. The major cause of injuries now and always will be the invisible bonds that bind and restrict; internal scar tissue formation that eventually turns into knots will shorten the muscles, ligaments and tendons they are attached to.

This cannot be stretched out, even though most therapies and trainers teach this, for it will only rip and tear again because of the lack of circulation and elasticity due to it being fibrotic internal scar tissue. The same scar tissue that attempts to prevent damage will also constrict future movement, binding tissues and organs, causing unnecessary pain and suffering when the 'healing' has supposedly already completed. A transverse penetrating technique is clearly necessary if such tissues are to be restored to their healthy state. Proper guidance on diet, detoxification and exercise is essential to restore and maintain your health on a permanent basis.

In the majority of the population the internal scar tissue has hardened like cement and a change in diet alone will not be enough for true healing to take place. Tissue that was once elastic, pliable, toned and self-healing now receives hardly any blood flow due to its fibrous, crystalline structure. This tissue now lacks needed oxygen and vital essential nutrients and has the consistency of beef jerky.

From a frozen shoulder to a cancer tumor you will have crystallization and scar tissue formation when incorrect guidance and treatment is given. When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain and able to perform at your optimum once again, as a healthy active person...at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system with ample quality Structured Water, Gentle Daily Cleansing, a Whole Plant Based Diet along with Superfood Nutrition and Core Exercises.

This is why we believe at the International Training Institute of Health that any physical therapist without proper training in the art of Non-Surgical restoration and a correct foundation of nutrition, detoxification and **exercise** will never provide what their patients truly need – whole body healing needs a whole body, **whole life approach. Be the Cure you wish to see.**

Make sure your practitioner is well trained in the removal of these invisible bonds **and has the wisdom to teach you how to become the Master of your own health and well being. Release that which binds U.** For more information, go to: www.itioh.com

Wolfe Non-Surgical Restoration & Whole Life Coach Certification

***Professional Certification in the Art of Longevity
and a Pain Free Disease Free Body***

THE MOST ADVANCED TRAININGS IN THE ART OF NATURAL HEALING

This 21-Day in-depth Professional Training Course is designed to give practitioners and those who wish to be practitioners the most advanced, cutting-edge strategies, tools and techniques in the art of Natural Healing in the most empowering, but simplistic way. Dr. Darrell Wolfe is known worldwide for his Whole Life Coaching Methods and his Wolfe Non-Surgical Therapy. His Whole Life Coaching and unique Non-Surgical Therapy leads the way in advanced bodywork therapeutics.

His philosophy has always been, 'If you can't guarantee your work then it should be for free!' Dr. Wolfe takes this one step further, his guarantee is that this 21-Day Intensive Training will give you the tools, strategies and techniques for you to become the therapist that you always knew you could be. Let us train and teach you – we will surpass your expectations and will continue to do so by supporting you with weekly online webinar and teleconference trainings, so that you remain a leader in the field of health. We will teach you how to build and maintain a successful and financially lucrative practice, featuring top industry specialists to help you with marketing, media and business planning strategies.

WHOLE LIFE COACH CERTIFICATION

Whole Life Coach Certification has earned the reputation as being the most effective, life-changing course for practitioners and their patients. We provide our practitioners with the most powerful techniques and strategies along with ongoing support to ensure that your practice is always on the cutting-edge. Teaching the medicine of the past with today's health breakthroughs, along with fundamental tools and strategies, will create the strongest foundation for building a long-lasting, financially successful career in the Natural Health Care Industry.

The successful reputation that we have achieved with our Whole Life Coach Certification Program is based on years of success with our practitioners and our patients; you cannot have one without the other. With this course and our ongoing support, you will have the confidence and the knowledge to create a personalized health plan tailored to suit each individual patient by their age, condition, lifestyle and emotional state. Creating a strong foundation in the regards to Whole Plant Based Superfood Nutrition and Whole Body Detoxification are monumental for a long and vibrantly healthy life. Our nutritional program is not based on fads or the latest, greatest breakthrough or cure but is based on the science of nature. The Whole Life Coach Certification course will create a financially successful business because we teach strategies, techniques, protocols and provide foundational products that have stood the test of time and remain the cutting-edge still to this day. We are a new breed of practitioner, our focus is on training our patients – not treating them.

Too many patients fall through the cracks with the standard protocols that are used by the majority of health practitioners today. If we continue to practice the same old techniques, we will continue to get the same ineffective results. Truly, how many practitioners out there actually halt their patients' degeneration, less turn their condition around? The health manual that is used by the majority of Natural Health practitioners today was written or at the very least manipulated by pharmaceutical corporations, food conglomerates and petrochemical companies and has been spoon-fed to the North American population by the media and the medical system. I would like to say that we learn through logic and wisdom but repetition is still the weapon of choice when educating the average practitioner.

We spend the first half of our lives wasting our health to gain wealth. And the second half of our lives spending our wealth to regain our health. By 2030, 20% of the population will be 65 or older and in retirement. Practitioners that have been trained to empower their patients will naturally be in high demand.

Awakening Transformation Training

Just as there are two sides to every story, there are two sides to health – physical and emotional, you cannot heal one without the other, they must heal together as a team. If you have researched health coaching programs as we have, you will come to realize that with most courses, the emotional part of the training falls drastically short. Our Whole Life Coach Certification Program takes a serious and in-depth look at how emotions and emotional attachment can create dysfunctional belief systems that undermine our health and wellbeing. Every dysfunctional belief system comes with a specific symptom,

which becomes labeled as a disease. Our goal is to teach you the tools and strategies so that you can become more aware to help your patients have a greater understanding that their illness is not just physical by nature.

When emotions are not digested, assimilated and eliminated properly, they become stored in the weak or damaged tissue or joints of the human body. We will be looking at the difference between a physical injury and an emotional one, so that you will be able to tell the difference and treat it for what it really is. Dysfunctional Belief Systems programmed into each and every one of us, by not just the medical system but also the natural health care system, keeps everyone in treatment because practitioners are focused on treatment and not training their patients to Master their own health and wellbeing.

With years of research under my belt, consulting thousands, and learning from the best, I have put together what I call Awakening Transformation. How would it make you feel to be able to teach your patients simple but effective techniques to remove the blocks that have prevented them from releasing their limitless potential physically and emotionally? I will teach you how one session will outweigh hundreds of hours and thousands of dollars of therapy by implementing simple, powerful and enjoyable techniques in your patients' daily routine. They say people cannot change – well now they can, with Awakening Transformation Training.

We will teach you how to build a successful and financially lucrative practice, featuring top industry specialists to help you with marketing, media and business planning strategies. All certified practitioners will be featured on the International

CHAPTER 12 - WOLFE NON-SURGICAL RESTORATION

Training Institute of Health website. Practitioners will also be invited and encouraged to participate in ongoing, online trainings, webinars and teleconferences to stay abreast of new techniques and nutritional breakthroughs. Do not hesitate to call with any questions, your success is our success. – Dr. Darrell Wolfe, 1 855 900 4544

WOLFE NON-SURGICAL CERTIFICATION

Good Day Dr. Wolfe here! The first thing I would like to do is put the record straight. No, not all deep tissue is deep tissue. To actually be called deep tissue, one must first be using their elbow. Second of all, it is not about how hard you work but how effective the technique is that you use.

If a therapist uses their phalange, fingers or hands, there is no possible way that this can effectively pull muscle fibers apart, remove crystallization, calcium deposits, adhesions from organs, joints, ligaments or tendons. Whether you are talking about the Pfrimmer technique, Rolfing or any of the other countless wannabe deep tissue techniques, nothing else compares to Wolfe Non-Surgical in it's effectiveness, speed and longevity.

Wolfe Non-Surgical Restoration was created by Dr. Darrell Wolfe Ac.PhD. 30 years ago due to the crystallization and internal scar tissue he found in all of his patients. Wolfe Non-Surgical has been shown to be the most effective form of therapy in the elimination of internal scar tissue and crystallization, which is the major cause of premature aging, pain and physical limitation whether it is an acute or chronic situation.

When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain

and able to perform again as a healthy active person at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system for elasticity, flexibility, strength and complete range of motion to return to normal.

Wolfe Non-Surgical Restoration works by performing a 45 degree angle, cross-fiber technique on body tissues, which restores balance in the muscles on a cellular level. Wolfe Non-Surgical stimulates the lymphatic and circulatory systems, which helps to deliver nutrients while removing toxic waste from the cells.

When we relieve the body of unwanted scar tissue and crystallization, we naturally find balance and alignment. Through Wolfe Non-Surgical, the elasticity of the tissue can be restored and the body realigned so that it can function with ease. Better posture and improved movement can be expected in the first treatment.

Wolfe Non-Surgical helps to release nerves that are being strangled, irritated and inflamed by the scar tissue in your body. Wolfe Non-Surgical also greatly increases the removal of toxins and congestion, that is trapped in the tissues and organs. With the very first treatment, you will see edema (water retention), inflammation and pain are greatly reduced and cellular function is restored along with improved range of motion!

Wolfe Non-Surgical Therapy is most known for its ability to remove topical and internal scar tissue, correct and prevent serious muscle and joint conditions, including MS, ALS (Lou Gehrig's Disease), Muscular Dystrophy, Parkinson's, Cerebral Palsy, Brain Injury and Stroke. **To join our team, go to: www.itioh.com**

SCARRED FOR LIFE



Go to: internationaltraininginstituteofhealth.com/masterclass to read and watch the episodes in the 'Wolfe Non-Surgical Bodywork' Masterclass

"U will no longer be imprisoned by your invisible bonds when you take charge of your life and Break Free."

- Dr. Darrell Wolfe, Doc of Detox

ACIDIC TISSUES = INVISIBLE BONDS

It is important to remember that **acidosis** is the root cause of the pain, inflammation and **degeneration** of your body tissues and joints. This condition known as acidosis only started to become prevalent after the introduction of chemical fertilizers, sprays, factory farming, processed chemical laden foods and pharmaceutical drugs. Over the years the depletion of vital nutrients from the soil caused a chain of events that left our food chain broken and our body starving of these vital life-giving properties. In addition to this, we bought into the notion that drugs heal so we turned our backs on Nature to suppress the pain instead of seeking balance. Before farming became big business, chronic achy muscles and joints were not an everyday occurrence. This kind of pain was temporary, just a part of the Natural Healing process. You cannot wait for mainstream medicine to embrace this fact; there is just too much money involved for them to change the bottom line.

When your daily habits do not support an alkaline lifestyle such as Gentle Daily Cleansing, Whole Plant Based Nutritional Support and Structured Water then an internal acidic environment will be the result and you can expect pain. When you become acidic your body will always protect your vital organs and bones first and foremost. The body must and will find ways to store the acidity in your tissues until it's cleansing and nutritional needs are met, no compromise. I promise you this, recurring pain; until you turn your back on **man** - ipulation and **Embrace Nature**. Remember who **U** are. You are the key so set yourself free - from pain!

OPTION ONE OR TWO

With an acidic condition there are two main options. The first one is fat cell production to store the acidic waste and the second is to store the acidity in the body tissues such as muscles, tendons and ligaments to protect your bones and vital organs. When your digestive system is not cleansed and toxins stagnate they are absorbed into the bloodstream. Your bloodstream has a very narrow margin on how acidic it can become. The liver must filter the toxic burden. When this extra toxic load overburdens the liver, it will enter into a state of chronic fatigue along with you. If proper action is not taken, pain will persist and the symptom will be called fibromyalgia. As long as you focus on only part of the problem such as: symptoms, single supplements or pharmaceutical drugs, you will never get to the cause or experience for yourself, **The Whole Truth About Health.**

Acidosis is not a disease but a symptom of mismanagement that can be eliminated when you embrace the cause with Nature leading the way; or you can pay physically, emotionally and let us not forget, financially. You have a choice to go deep into your pockets and still live in pain or go deep within and cleanse, nourish and restore your body's tissue. **You are stronger than you think when you remember who U are.**

REALIZE OR CRYSTALLIZE

When acidosis becomes prevalent, elimination has become stagnation, resulting in aching and swelling of muscles and tissues in and around joints. Due to lack of circulation,

crystallization of these acidic wastes will form in body tissues such as muscles, tendons and ligaments. These acidic wastes will create a low-grade inflammation that will block oxygen and nutrition at the cellular level causing premature degeneration of tissues and joints. The excessive toxins in our blood become the breeding ground for internal scar tissue and crystallization formation in the weaker points of the body. The weakest link will always crystalize first. This recurring pain is a gentle warning that you are not in balance and that you have not been taught how to properly take care of your body. Those around you have always suffered with pain so you also have accepted pain to be a normal way of life. Your **Belief System** might very well be, *'as long as I'm alive, I will be in pain.'* Realize you have always had a choice. Stay mainstream and crystalize or take action and realize. **Go deep within, cleanse, nourish and hydrate. U will release your invisible bonds and heal yourself - Naturally.**

A KNOTTY BODY

Where there is constant inflammation there is pain, degeneration and internal scar tissue formation (*invisible bonds*). The more severe the toxic buildup, the greater the inflammation which causes a reduction of blood supply and degeneration to your muscles and joints. This in turn, causes your body to produce excessive fibrin (tissue fibers) to be sent to the area in crisis to repair the micro-tearing to wall off the pain and crystallization. Fibrin is what internal scar tissue is made from. The body always overcompensates in cases of inflammation when it comes to fibrin production (*internal scar tissue*). *What do you think happens if the inflammation is not eliminated and is allowed to continue?*

Believe it or '*knot*', you can have a huge build-up of scar tissue even if you've never had an injury. This internal scar tissue will create a web around your joints, which will prevent the red blood cells from delivering oxygen and from eliminating cellular waste. This is what causes your muscles and joints to cry out in pain. This acidity and crystallization will continue to grow and become trapped until the web of scar tissue is eliminated. Welcome to the beginnings of a knotty body caused by the buildup of scar tissue and crystallization. The more scar tissue and crystallization that forms in your muscles, tendons and ligaments the shorter these structures will become with every knot created. When you take a shoe lace notice what happens to it with every knot you tie. You lose a quarter inch with every knot; the more knots, the shorter it becomes.

I will give you a few life examples. I can't get my arms over my head to get my shirt off. I can't tie my shoes. I waddle like a duck. I can't shoulder check when I drive, my neck is frozen. I remember when I used to... you get the picture. Give me a joint problem and I'll show you a knotty body. Give me a knotty body and I'll show you how to make it young again. The fibers of a ligament, tendon or muscle are like the strings of a guitar in that they run parallel to one another.

When fibers tear or degenerate through inflammation, it's as though the strings were cut. Ideally, the fibers should heal parallel again, like getting new guitar strings, but often this does not happen. Instead, in the body's enthusiasm to heal, the fibers are not only joined end to end but they also stick to those running parallel to them, as if all the guitar strings were glued together. **The Sound Of Muscle Music** has now become a painful party with no relief in sight.

ACTIVE BECOMES INACTIVE

Now you have a situation of matting and clumping of scar tissue which will reduce elasticity of muscles and normal range of joint motion. For the average person who generally lives an acidic lifestyle, this area of the body may very well plague them for a long time, maybe even a lifetime. When this area is stretched through normal use, the strings or the fibers will re-tear due to the decreased range of motion caused by crystallization and scar tissue formation (*invisible bonds*). The resulting pain and inflammation caused when over-stretching is there to protect against further damage until the cause is removed, this being the internal scar tissue. The autonomic nervous system mostly compensates for scar tissue by isolating or '*walling off*' the pain, but when the nervous system is overrun with stress, this compensation fails and pain results. In each case, circulation and nerve transmissions are impaired.

Take a good look at 'Woody'. Woody used to be a Super Hero but now he is just Super Stiff. This is a normal situation for the unconscious living. Woody is **malnourished**, dehydrated and bloated as you can tell, due to years of putrefactive waste being backed up in his colon. His muscles are deteriorating due to crystallization and internal scar tissue. Now you know why they call him Woody. You also now understand that neither Woody nor anyone else needs to live this way. **Be The Cure and Become The Super Hero You Were Meant To Be!**

CALCIFICATION OR CRYSTALLIZATION

When internal scar tissue builds up and/or crystallization begins to create blocks in your body, nerve pain will become intermittent or constant until the cause is removed or you have been drugged enough not to feel it. Many health professionals believe that this disorder is due to calcification. Yes, this is true in some conditions such as toxic acidic breasts creating internal scar tissue and becoming fibrotic due to the ongoing signal of inflammation. If this internal scar tissue process, within the breast, is not treated and reversed correctly in a timely fashion then calcium deposits will develop to buffer down the acidity to ward off cancer as long as possible. I have had hundreds of people coming to me believing that calcification was the problem, only to find out that it was mainly internal scar tissue and crystallization with traces of calcium. The body creates this overcompensation of internal scar tissue due to inflammation and infection in an attempt to protect and heal an injured area.

Why do muscular and structural disorders go away only to return again? The cause has never been addressed or dealt with properly. Is it lack of spinal adjustments? No, when it is a muscular problem; ask yourself, “Where is the pain, on or in the bone or in the muscle?” Now ask yourself, “Do bones pull muscles out of place or do shortened, knotted muscles pull bones out of place?” Remember, inflammation and spasms come from deep within the muscle tissue, not the bones.

All answers lie deep within the muscles. Release those invisible bonds and educate yourself on a whole plant based diet, gentle daily cleansing, Structured Water, core exercise and how to achieve a healthy sleep and you will live pain-free. It's not about

age, it's all about the internal scar tissue and crystallization build up. Age has nothing to do with pain – unless you're the so-called, average person. When a practitioner has the knowledge of internal scar tissue removal and the ability to teach their patients the foundational keys to vital health on a daily basis, then and only then will permanent healing take place. **Just ask Woody.**

MUSCLE SPASMS FRIEND OR FOE

Muscle spasms are not constant. They spring into action at a certain point in the range of motion to protect arthritic joints, sprained ligaments, inflamed tendons or an injured area from further damage until the true cause is dealt with. Muscle spasms result from a lesion (*internal scar tissue, crystallization*) and their sole purpose is to prevent full extension thus sparing further tearing. Internal scar tissue tears easily due to lack of elasticity, flexibility and circulation, whereas connective tissue has tone, elasticity, flexibility, proper circulation and proper hydration.

Scar tissue in our body can be compared to gristle in a rump roast. It may still have some flavor but it is definitely harder to chew. **Beef Jerky anyone?**

TOXIC & TWISTED

When you experience severe spasms in your body this will cause you to curl up and twist. Imagine these muscle spasms continuing day in and day out in your body for years. Over time these muscle spasms will twist and distort bones, such as in

the case of Osteoarthritis or Rheumatoid Arthritis. In these conditions, muscles, tendons and ligaments become burdened with internal scar tissue and crystallization. This causes shortening of these muscles, tendons and ligaments leading to physical distortion and imbalance of bone structures. In both of these conditions, vital minerals and other nutrients are being depleted from the tissues and bones to buffer down the acidity. This symptom is known as osteoporosis. A healthy, nontoxic internal environment would never allow such a debilitating condition to even exist, much less ever get started. How does a patient ever get or even learn how to create a healthy internal environment in their body when most practitioners are taught ineffective techniques when it comes to bodywork and dispense misleading information when it comes to foundational nutrition and detoxification. This is why I developed a professional training course for practitioners and a two- day course for the general public along with a one-on-one training course for couples so that they may learn how to work on each other and live pain free. All our courses have two parts to them, health from the inside out and the outside in. Whole body healing with Whole body results, the way health was meant to be. For training course information go to: www.itioh.com

INVISIBLE BUT DEADLY BREAK THE CHAINS

What makes this internal scar tissue and crystallization formation so frustrating is that it does not show up on X-rays. Ultrasound also does not give a clear picture of this condition, and doctors often diagnose it as psychosomatic. Just because you can't see something doesn't mean that it doesn't exist.

Internal scar tissue restricts, chokes and immobilizes joints (*invisible bonds*). Internal scar tissue is similar to weeds in a garden, in the way that if the garden is not tended to properly, the weeds will overtake the garden, just as internal scar tissue will overtake and choke the tissues of your body. When internal scar tissue spreads long enough, and deep enough, you will prematurely age and lose your flexibility, elasticity and tone and be forced to live in a weakened, restricted state. **Snap, crackle, pop!**

GO DEEP OR GO DOWNHILL

I think I have made things crystal clear. The more acidic you become, the more internal scar tissue and crystallization you form in your body. The vast number of today's chronic muscle disorders, injuries and plain old body pain are reversible. I have proven it and **U** can do the same. To be successful you must first remember what you are capable of and know that you hold the power to make yourself sick or healthy. You must focus on what you want and not what you don't want. Picture yourself the way you wish to be and take charge of your own healing. You will need to drink plenty of Dynamically Structured Water. *Why?* Because we are walking bags of water. You will need to lean to an alkaline lifestyle, along with Gentle Daily Cleansing and Whole Plant Based Nutrition. Start core exercises to mobilize your joints and tissues. Learn proper breathing and relaxation techniques. **One more thing**, the most effective form of body work to reverse scar tissue and crystallization is Wolfe Non-Surgical Restoration. If possible, learn the art of Wolfe Non-Surgical Restoration so you can help yourself and others; or

find a therapist who can go deep and release your invisible bonds. Learn to Master your body and you will Live Pain Free.

Get Moving and Be The Cure.

MAKING THE DIFFERENCE

The more acidic you become, the more internal scar tissue and crystallization your body will form to protect you. The vast number of today's chronic muscle disorders, injuries and plain old body pain are reversible and yes, preventable when you take personal action and Master your own well-being. We've proven it and so can you. The body only knows the past. At one time this internal scar tissue protected you from further damage but now you are being crippled by it.

As I have stated, the body only knows the past so you must break up these invisible bonds that no longer serve you, but this is just half the story. If you do not follow up by learning a new way to live, the pain, suffering, crystallization and internal scar tissue will be back. Unless you become the Master of your own health, the scar tissue will return because the body only knows the past. I would like you to take a hard look at the people you love and the people you know.

How successful have they been with keeping their health and restoring their health? To be successful with your health, you must encompass whole body healing: break down and eliminate the internal scar tissue and have a strong foundation in whole body cleansing, nutrition, diet, exercise and emotional processing so that it is never allowed to return. Years ago it became very obvious to me that almost all therapies given

and the health information provided to patients only soothed their pain and suffering temporarily; never really removing the true cause of their suffering or personally empowering them with take action information so that they could Master their own health and well-being. This is why I created the *'International Training Institute of Health'* with training courses for professionals, corporations and the general public. For more information go to: www.itioh.com

RELEASE THE THIN WITHIN



Go to: docofdetox.com/library
to read and watch the videos in the 'Spoiled Rotten' Story

"Once you embrace Whole Plant Based Superfoods and Structured Water... you'll never have to embrace another fad or flavor of the month!" Drink Life In

- Dr. Darrell Wolfe, Doc of Detox

TERROR WITHIN

Dieting has become a national obsession. Despite this billion-dollar diet industry, North Americans are more overweight and obese than ever before. An explanation for this phenomenon is the fact that more toxic chemicals than ever are being poured into our food and environment on a daily basis. 74 billion pounds of environmental toxins are produced everyday in the United States. Your body must produce fat cells to store these deadly toxins far enough away from your organs to slow down or prevent cancer and other fatal diseases. Gently Cleanse Daily and live, or become a ticking toxic time bomb.

Another important fact, if you have taken antibiotics for ear aches, sore throats, acne, colds or whatever the reason then you have annihilated a major part of your immune system, mutating your good bacteria to bad and destroying the integrity of the Mother of all organs, the large intestine. After taking antibiotics that same food that never bothered you before now causes you to gain weight. Dr. Blaser, in his book *'Missing Microbes'* proves that the more antibiotics we ingest the fatter we can become due to this bacterial war and the loss of integrity we have created in the large intestine. Yes, there are situations where antibiotics are needed to save lives but these should only be taken in life-threatening situations. Antibiotics can cause up to a 15% weight gain due to the adverse effects to the large intestine. Savvy marketers have duped us into buying new and improved when it was really overweight and obese that we bought into. Have you ever noticed the more low fat and diet foods you eat the bigger and sicker you become? The Whole Truth is; there are no watchdogs in the food industry. It's just a

dog eat dog world and everybody is running around in circles confused as ever while '**man-ipulation**' hits a home run because we '*donut*' have a filter for half-truth and deception. It's not bad enough that they totally own most of the adult population as unconscious eaters, but this is also being taught to our children, creating mini-me's... but not so mini. These kids are going to become so sick, not just physically but also emotionally. If you have given up on life and want to eat yourself into a food coma, fine, but don't drag your children along for the ride. They never signed up for the '*give up and eat*' program. Stop buying all that toxic, lifeless GMO food and bringing it home if you want anyone to make it out alive and well. These foods will, and do, make you into half-living, half-breathing **zombies** and the producers of these foods know it oh, so well. They're at home, grinning, as they count your money.

Meanwhile you're at the doctor trying to troubleshoot all these alarm bells going off in your not so happy body, waiting for the next knockout prescription. So here's the skinny; everyone who participates in the processing and the selling of this food does not care what condition you're in, as long as you get in to buy it, even if that means you're using an electric scooter.

This will never be regulated for the health of it because there are too many people making big money in the Health Care Industry when you and your family get sick. The rules to staying slender and healthy have never changed, but we have (*oops*). When you turn your back on Nature you leave your health's greatest protector, healer, and yes, your weight management team on the sidelines, but don't you worry your pretty, little head. When you're all done trying the fads, the quick fixes, the pie in the sky promises and you're truly sick and tired of being

sick and tired, Whole Plant Based Superfood Nutrition will be waiting to magically shed the pounds, save your butt and tone it, giving you back the health that you deserve. All will be well again when you finally remember who you are and where you came from. **The Whole Truth** is, we are overweight and struggling with obesity more than ever before... despite all the dieting, weight gain is still on the rise. The percentage of people overweight in 1950 was 25% of the population. Today, just over 70% of the population is overweight. 210 million people are clinically overweight and 114 million are obese in North America as you are reading this.

THE BATTLE OF THE BULGE

At this current rate 75% of the population will be overweight and 41% obese by 2015, unless they have released their *'thin within'* and have embraced Nature to flush the pounds and lighten their load. 1.1 billion adults are overweight on this planet and 300 million are obese. We know we have definitely entered *'the battle of the bulge'*, when the slender man is in the minority. No, you're in great shape for the average person of your age, this is quite normal. *Thanks Doc!* **It is definitely normal but in no way, shape or form is this Natural.**

I guess North America takes the cake, so to speak. 20% over your ideal weight will put you in the obese category. A few of the side effects of obesity are, weaker bones, lower levels of vitamin D, loss of brain tissue, dementia, multiple sclerosis, depression, erectile dysfunction, decreased fertility, decreased sperm quality and quantity, increased diabetes, increased birth defects, suicides and lack of self confidence to name a

few. Excess fat cannot be viewed as a cosmetic problem if you want it to go away forever.

I know it's not a pleasant situation for most, but if it wasn't for this situation being uncomfortable, we may not be motivated to find the root cause. The rules that we have been taught to live by are not just outdated but downright dangerous in today's environment if healthy living and a slender body is what you desire. There is only one major cause for this epidemic and this is toxicity within the body, which leads to acidosis. When you reduce toxicity, you reduce fat cells, this is simple science. When you restore vital nutrients that have been depleted from your food you turn off the hunger trigger in the brain. It's that simple...you're confused because they make it that way. Life is now sold by the pound. I say to you, ***"Be The Cure, an ounce of prevention is worth pounds of fat."***

ARE YOU CURSED OR JUST CONFUSED

In my 35 years of practice there have been two common areas of motivation to lose weight. The first being how people view themselves and the second being how the excess weight makes them feel. Most people who are searching for weight loss have been searching for years and have failed at countless weight loss programs. Most are left feeling helpless and hopeless. Trust me, you're not cursed. If there was a curse it would be called misleading information.

Just a normal day in the office of your average medical doctor. In walks the patient looking 6 months pregnant... but wait! It's a man. *"Doc my feet are swelling, I've got hemorrhoids the size*

of grapes, heartburn, high blood pressure, low back pain and my diabetes is acting up."

The doctor says, *"Let's get those hemorrhoids cut off. I'll write you a script for the high blood pressure and heartburn, send you for a blood test for your diabetes and then to a specialist."* Just because someone is well-educated does not mean they use logic.

Where the problem really started is when you went to battle with your weight and allowed others to **man**-ipulate your health with their false promises and cures instead of eating right and Gently Cleansing Daily. Healthy people are not overweight or underweight. Weight loss programs and drugs are only temporary solutions. A healthy lifestyle is a permanent fix to a healthy, slender **U**. To flush the pounds and lighten the load, you must flush the toilet and become conscious of what passes your lips.

All kidding aside, there are physical laws of nature, true laws of Nature. If you want to love your body... then love your body. Give it what it needs and it will give you what you have always wanted. There is a slender body under all those toxins.

When you change the way you look at things then you will change the way you look. Change your mind. Change your body. Take Life In, Take Life On, restore vital nutrients, gently cleanse daily and transform **the real U**.

SICK & FAT OR DEAD

Are you ready to have the body you always dreamed of?

Is your desire to have an awesome body and amazing health?

You cannot have one without the other, they come as a package deal and Nature delivers.

Are you prepared to cleanse the toxins from your body and meet all of its nutritional requirements?

If not, then be prepared to enlarge your closet as your body will do the same. The body cannot break down toxins. They must be eliminated properly and effectively and if not they will be stored in body fat. Toxins and body fat go hand in hand. Your body would rather be **sick** and **fat** than **dead**. It is not by accident that as environmental toxins are on the rise so is body weight.

We are being exposed to enormous amounts of environmental toxins that must be stored in fat cells to protect our vital organs, bones and life itself. **Don't get caught in the trap, your life depends on it!**

PULL THE TRIGGER ON HUNGER

There are two main reasons why the hunger trigger in your body malfunctions and does not turn off, leading to weight problems and obesity. The first reason that I would like to discuss; since our foods have and are being grown in nutrient depleted soil, it stands to reason that our diet is also low in vital nutrients. This is why the hunger trigger in the brain never shuts down. This is why we eat, and eat, and treat ourselves into a food coma, mistaking sugar for nutrients. Although most of the fruits and vegetables eaten today have chemicals and are lower in vital nutrients, never underestimate the power of their healing ability.

Even if they are inorganic, they should always come before any other food choice. We need enzyme rich live foods, they are the

spark of life. Let logic prevail though, if you are not restoring the depleted essential nutrients that your fruit and vegetables have been robbed of with Whole Plant Based Superfood Nutrition and cleansing your body of these chemicals and toxins on a daily basis, then your body must take charge and increase fat production in attempts to slow down the inevitable; that being pain, illness, internal scar tissue formation, premature aging, disease and you know the rest of the story. We see this not only in ourselves, but in our children and our pets as well. **Death By Diet.**

In today's society large amounts of toxins are almost impossible to avoid if you buy into the system the way it has been programmed for you. North Americans are overweight and fatter than ever; toxic chemical buildup and depleted nutrients are one of the main reasons why. Make no mistake, your body won't change until you do. Some examples of these toxic substances are, artificial sweeteners, trans-fatty acids in processed foods, high consumption of sugar and high fructose corn syrup.

Lots of chemical-laden food with very little nutritional value. What's wrong with this picture? It's exactly opposite to 50 years ago. Get rid of this fairytale idea that you have. There is not, and never will be, a latest, greatest diet that's going to fix this. We have to quit chasing the carrot that they put in front of our noses. You know the one; it's always just beyond your reach, **Doggone' IT!**

THE DOMINO EFFECT TO WEIGHT PROBLEMS AND OBESITY

The second but most important reason for out of control weight gain and obesity is **Metabolic Syndrome.**

CHAPTER 14 - RELEASE THE THIN WITHIN

1. A diet mainly comprised of refined carbohydrates, animal products, sugars and fatty, greasy foods.
2. Microbes (*bacteria*) become unbalanced in the colon due to foods high in fat and sugar, causing the growth of a family of bad bacteria, which produces and releases a toxic substance called endotoxin from their outer layer.
3. If the endotoxin is allowed to accumulate and stagnate within the colon it will be absorbed into the bloodstream, which will trigger the immune system to react. When this happens your body will conserve energy to gear up for a fight and maybe even a full out battle with these endotoxins.
4. You have now entered what is called Metabolic Syndrome. Your body is now out of balance causing your pancreas to pump out far too much insulin, far too fast. Insulin is used to regulate blood sugar levels. Since the body is out of balance it cannot read the signal from the hormone leptin, which tells the body it has had enough calories, already! The brain does not receive this signal that you are full, so you eat more. However, the lack of the hormone, leptin, is not the main problem that many would wish you to believe.
5. Your fat cells have now become bloated and stressed from storing excess calories and begin emitting a danger signal of low-grade inflammation.
6. Immune activation caused by low vibrational acidic foods, prompts insulin and leptin resistance. Sugar builds up in your blood causing insulin to increase, which causes your liver and pancreas having to strain to keep up to the overload. This is all caused by the danger signal, low-grade inflammation, which blocks your cells' ability to respond to the hormonal signals that are supposed to make you

feel full and shut down the hunger trigger. The next stop is diabetes and/or weight gain.

7. In conclusion, in order to reverse diabetes, lose weight and maintain a toned and slender body, you must eliminate inflammation. To eliminate inflammation you must first eliminate endotoxin from your

SKINNY CAN BE SCARY

In some ways those who are overweight are more protected from toxins than those who are thin, due to their bodies ability to create fat cells. Skinny does not mean healthy unless you are living a healthy lifestyle. You can still be skinny and have a fatty liver, insulin resistance, elevated blood sugar, high blood pressure and low-grade systemic inflammation. It's not how well we fit into our jeans. If you lack the protection that fat cells provide; Skinny can be even more dangerous if you partake in the so-called '*normal*' diet. Without fat cells these toxins have a better chance of attacking bones, vital organs and body tissues. Hello, cellulite and internal scar tissue formation. I have worked on countless athletes who have great shaped body's but also have a lot of cellulite. Even runners must replenish essential nutrients that have been burned up, to neutralize the acid created from pounding the pavement.

Whether you are an athlete or the average person, **Whole Plant Based Nutrition and Gentle Daily Cleansing** is an absolute necessity in today's toxic environment. Whether your body tends to be overweight or skinny the same rules apply if a healthy, energetic, pain-free body is your goal.

TOXIC TIME BOMB

Toxic substances and chemicals are minute particles that the body simply cannot break down (*digest*). Because the body has no ability to metabolize these toxic wastes, the body cannot totally and safely eliminate these harmful toxins, as the manufacturers of these chemicals would lead us to believe. Toxic chemicals are not dangerous at very low levels but where the danger lies is in the body's inability to eliminate them. If we do not understand the importance of daily detox and an Alkaline Superfood Lifestyle, this is where the struggle begins. With every year the planet becomes more toxic and so do we. So it stands to reason, the more toxic chemicals that get trapped in our body, the higher the risk for weight gain and continual pain. The problem is, these toxins if allowed to accumulate have a very nasty effect on your **'waste line'** and your overall well-being.

Biopsies of human fat show that 100% of humans have high levels of carcinogenic PCBs, styrene's and dioxins stored in their fat cells, bringing us just one step closer to cancer and other chronic degenerative diseases. Breaking down the fat will release these toxins into the bloodstream and possibly cause damage to the vital organs and bones if you do not support your body's cleansing and nutritional needs for a quick and effective elimination. Therefore the body's built-in survival mechanism will do all it can, to keep the fat intact until you take proper action to cleanse and restore vital nutrients daily. Toxins, over time, will destroy the body's ability to digest food effectively.

When this happens, the food will putrefy in the intestines and cause infection, inflammation, discomfort and bloating. Some

examples of these toxins are pesticides, antibiotics, heavy metals, growth hormone in food, chemicals from our cleaning products, hair care products, make-up, unfiltered shower and drinking water, **PCB's** and other deadly chemicals that leach into food from packaging. You must become your own watchdog. Say, 'No' to that which does not serve your greater good. Say, 'Yes' to the one who loves you. **That would be U.**

REASONS WHY I'M FAT

1. I eat when I'm bored.
2. I'm bored all the time.

FAT WARS

Everywhere you go you see advertising on the latest, greatest breakthrough in the war on fat. Remember earlier when I said you cannot go to war with anything because it will just push back and get bigger. The '*war*' train of thought only leads to frustration and a lighter wallet, not a lighter you. You cannot fool the body into losing weight; it seeks balance, it seeks health. When you try to stimulate your body by tricking it into losing weight with the '*flavor of the month*' program, you will be left **heavily** disappointed. Everyone wants a balanced life, your body is no different. I want the best for you; stay away from **man**-ipulated food. The more man touches it, talks about it, tries to sell it, the quicker you should run from it. You cannot go to war with your fat and win. Most diets can cause plateaus in weight loss due to an adaptive response in your body. Recently, Dr. Oz stated that a whopping 99% of all

Americans are micronutrient deficient. Embrace Whole Plant Based Food. **Return to your roots. It's only Natural.**

INCREASE YOUR CORE REDUCE YOUR WASTE

Your colon (*large intestine*) is the most important organ to detoxify on a daily basis if you wish to lose weight, keep it off or simply not gain it. *Why, do you ask?* Because it is the Mother of all organs. It lives in an area of the body known as the *core (abdomen)*. When your core is strong and healthy, so are you. Give me a person with a strong core and I will show you a healthy, slender, vibrant human being. The colon is a major factor in whether you will be fat and flabby, or slim and toned, throughout your Whole body, throughout your Whole Life. Would you please put your hand on your belly button. Your belly button sits right at the '**waste line**'. No, I did not spell it wrong. Your colon surrounds this area and it's the body's main sewage system. In most people this sewage system becomes a cesspool that eventually leaks deadly toxins into the body's tissues and bloodstream. The first organ to feel the painful side effects of a sluggish toxic colon, as I have stated before, is the liver. *What do you think is one of the major side effects when the liver is overloaded with toxins from a faulty colon?* Pain and weight gain. So begins the **Battle of the Bulge**. Down and out.

Never underestimate the pain of a person, because in all honesty, everyone is struggling. Some people are better at hiding it than others.

- Will Smith

RESCUE MISSION

Let me say this another way. When the body is overloaded with toxins it transfers its energy away from the process of burning calories and uses that energy to try to detoxify a body in crisis. The body can no longer afford the energy to burn calories because the energy is desperately needed elsewhere. It is now on a *rescue mission*. What body tissues are closest to this toxic spillover? **Oops, it's your belly.** Welcome to the belly fat bulge. Why here? Because toxins must be stored quickly and efficiently to protect your bones and vital organs. Why the belly region?

Number 1: The toxins are far enough away when stored in the belly region to keep the bones and vital organs safe.

Number 2: These toxins were leaked mainly into the body tissues from the colon which is only a couple inches away from the belly. The belly is the closest and safest site for toxic storage. The body captures and stores the toxins in fat cells until the Master realizes what's 'growing' on under his/her nose, takes the garbage out and restores the vital nutrients so organ energy and tone is restored. The more toxins that have to be stored, the more belly fat you will accumulate. Do the math.

CELLULAR POWERHOUSE

Another side effect of producing unwanted body fat is damage to your mitochondria. A study done by Pascal Imbealt, concluded that exposure to large amounts of toxins will damage your mitochondria. The mitochondria are known as the powerhouses inside each cell of your body. They are organelles that act like a

digestive system breaking down nutrients, thus creating energy for the cell. The process of creating cell energy is known as cellular respiration. Most of the chemical reactions involved in cellular respiration happen in the mitochondria. Mitochondria are the main location where fatty acids eventually undergo beta-oxidation. In the case of damaged mitochondria this may result in impaired fat burning. By avoiding excessive amounts of environmental toxins, Gentle Daily Cleansing, hydrating with Structured Water and restoring vital nutrients through Whole Plant Based Superfood Nutrition, your mitochondria will stay healthy and you decrease the risk of belly fat.

Belly fat has been shown to greatly weaken the immune system according to research done by Alexander Viardot at Garvan Institute of Medical Research. Conclusion: a large waistline will increase the risk of diseases of the immune system. Even when your weight is regarded as normal, studies have shown that waist circumference is almost always an accurate predictor of disease. So, reduce your waist (*waste*) and increase your overall health by getting to the CORE of the issue.

SIX STEPS TO GREAT HEALTH

1. Restore balance with a Whole Plant Based Alkaline Diet and plenty of dynamically Structured Water daily. Read *'Foods and Frequency'* and *'Water - The Structure of Life'* for a deeper understanding.
2. Eliminate toxic substances and EMF from your home.

3. Assist your blood and lymph by exercising 20 minutes minimum a day. Read '*Live Long Core Strong*'.
4. Skin brushing and Salt glows will also support skin, blood and lymph. Read '*Beautiful Skin*'.
5. Get all your body systems working in peak performance with Gentle Daily Cleansing and Whole Plant Based Superfood Nutrition daily. Read '*Superfood Nutrition*' and '*The Scoop On Your Poop*'.
6. Master your mind. You are what you focus on most of the time. Read '*Let's Get Mental*'.

MASTER YOUR BODY

1. **Drink Clean** - *Drink plenty of clean Structured Water. Drink half your body weight in ounces. If you weigh 150 pounds then you would drink 75 ounces or almost 2.5 quarts or 2.5 liters a day. Shower Clean - One of the most dangerous things you can do for your health is shower in chlorinated water. Each shower is equivalent to drinking 10 to 15 glasses of tap water. What do you think this is doing to your skin, lymph system, bloodstream and vital organs? Read 'Water - The Structure Of Life'.*
2. **Complete Elimination of Bowels Twice a Day** - *Cleanse and restore your vital detoxification organs on a daily basis. Castor oil packs on the abdominal area will aid in detox. Read 'The Scoop On Your Poop'.*
3. **Eat Toxin Free Where Possible** - *Organic produce and limit organic animal products this will help you reduce toxins, hormones and antibiotics.*

4. **Eat a Whole Plant Based Alkaline Diet.** *Proper food combining. Eat right for your blood type. Read 'Foods and Frequency'.*
5. **Avoid** - *White flour, white sugar, sugar substitutes and corn syrup. Stevia is your best sugar substitute.*
6. **Eliminate Where Possible** - *Stimulants, sedatives, drugs, caffeine, nicotine, and alcohol.*
7. **Exercising** - *Find an exercise regime you enjoy so you keep doing it. If you like it, you will do it often. Myself, I like to work out on my Core Master and Core Rebounder. I also enjoy yoga and swimming. Find your passion and get moving. Read 'Live Long Core Strong'.*
8. **Get A Sweat On** - *When possible get a good sweat going. To enhance skin detox. See skin brushing and salt glow. Read 'Beautiful Skin'.*
9. **Whole Plant Based Superfood Nutrition** - *Natures most dense phytonutrient plant on the planet. Nutritionally and scientifically backed. Take Life in everyday. Read 'Superfood Nutrition'.*
10. **Find Peace And Joy From Within** - *Meditate, pray, sit in silence, learn to deep breathe or just go for a quiet peaceful walk in Nature. Read 'Let's Get Mental'.*

Create the perfect weight, go to: www.docofdetox.com/consultations



SPOILED ROTTEN

Go to: docofdetox.com/library
to read and watch the videos in the '*Daily Cleansing Tea*' Guide

"The All American Meat & Potato Man is now down and out mentally, physically and emotionally because he has allowed others to Spoil him Rotten."

- Dr. Darrell Wolfe, Doc of Detox

HI HONEY, I'M HOME & I'M STARVING

The All American Meat and Potato Man is spoiled rotten, "Hi honey I'm home! I've had a hard day and I'm starving to death!" Well, of course, the Meat and Potato Man is starving; he's malnourished, toxic and he's been programmed to only satisfy his taste buds and fill his stomach. Yah, he's usually a little grumpy and every day is a hard day because he only has a 4-inch consciousness when it comes to his diet.

My grandmother used to say, "Darrell, your grandfather's not grumpy, he's constipated."

At the time I did not understand but in time I grew to understand this would become a normal way of life for the majority. Oh, and by the way, my Grandfather died of bowel cancer. The lesson here is, it doesn't pay to hold onto things emotionally or physically too long.

They can turn on you and even take you down.

Our Meat and Potato Man has never been taught the guidelines of what healthy eating or thinking is or the need to gently cleanse his large intestine on a daily basis.

This is no fault of his or his wife's, it's just part of the family curse. Question everything, always question your beliefs, always question authority. Just like everyone else the Meat and Potato Man's idea of a nutritional diet has been passed down through the family and is based on hand me down tips, media advertising and the eight hours of nutritional training that their medical doctor received; God help us.

As far as health tips go, the rules to the eating game have changed drastically over the last 75 years. Environmental toxicity has skyrocketed and all this glicky, sticky, gooey, processed, fried, chemical-laden new and improved GMO food is spoiling us rotten from the inside out and the bottom up. And as far as nutritional facts obtained through the media, make sure you have a great medical plan (evil plot).

The average medical doctor is not trained in nutrition or detoxification so it's not fair to make them responsible for something they have never been educated in. Medical doctors specialize in emergency care and if you use them for your daily health care then you are putting your life at risk and may very well become a 911 emergency. Understand eight hours of nutritional education won't cut it because they specialize in drugs to kill the pain, which shuts the body down. This does not create a loving, caring relationship with your body.

If you use the medical system for your main health care then you are unconsciously running a dysfunctional life support program.

This means real self-love and true self-care are almost nonexistent for you or it's because you have been swept up in the Domino Effect of Unconscious Living like 98% of the population.

Understand this, it's your life, your body, and it's always been your God-given responsibility to love and care for it daily with gentle baby steps.

CHAPTER 15 - SPOILED ROTTEN

To conform to the norm, in my opinion, makes for an emotionally and physically abusive lifestyle but don't take my word for it, look at the statistics. What programs are you running?

Talking about programs, our Meat and Potato Man has never been taught how to deal with his emotions or that nutritious food is a must or bust, so he is always starving to be emotionally and physically fulfilled on so many levels. Your personality equals your reality. How's that working for you? Understand this, when one is always starving, one is always eating. Negative emotions can never be satisfied no matter how much you eat, they will only be buried.

Here's the dirty little secret of Corporate America: teach the population to eat lots of empty foods with chemical hooks and little nutritional value. What? This makes no sense you may think. Oh, grasshopper, it's long past making cents, and onto making billion\$. Their Master Plan consists of teaching people to eat food deprived of nutrients. This evil plot is making corporations rich while causing the All American Meat and Potato Men to become sick, frustrated and broke.

Not just broke, but actually breaking down both physically and emotionally on all levels. Where's the love? Understand this, corporations have become an evil entity with no blood, feeling or heartbeat, just a ferocious bottom line.

The Meat and Potato Man is now Spoiled Rotten. Rotting from the inside out and the bottom up.

I love when a plan comes together, the plot thickens. Now it's off to the doctor he goes, to get more chemicals, except this time let's call them medicine. Oh, what a wicked web we

weave when we let ourselves be deceived. Because the Meat and Potato Man now looks like and feels like... 'S--t'... well you know what I mean. He has unknowingly turned his body into a human garbage can, he now needs drugs to suppress the pain, inflammation, swelling and the

dis-ease he has unknowingly created.

Have you ever had the feeling you've been played? Do you want to know how the 'Meat and Potato Man' can mess up this evil plot? By taking his power back, better still, how about not giving it away in the first place. You can live by chance or by choice, you decide. Become a Brave Heart or a Blow Apart. The key is the following: always question authority because you are the only authority for you. Believe nothing you read, hear or see until you have proven it for yourself first; your body is counting on you. Always make sure the decisions you are making are actually yours and not unconscious downloads of deception.

NUTRIENT DEPRIVED, AND HURTING

Now let's feed that starving, malnourished, toxic and tired, Meat and Potato Man.

Being the loving wife she is, she gives him a large serving of meat and potatoes and a large glass of milk. The starving Meat and Potato Man gulps down his food; barely tasting or chewing it. I'm sure he must think he has a second set of teeth down in his stomach. We must always chew our food well, the smaller particle size of the food allows for a greater surface area for stomach acid and enzymes to digest, assimilate and capture the nutrients. Digest or putrefy, choose wisely. Another golden

rule for effective digestion is: Never mix a protein with a starch. Meat requires protein enzymes for digestion and starches such as potatoes require starch enzymes. When these enzymes are mixed together they neutralize one another and allow the ingested food to putrefy, otherwise, rot.

Instead of the food being digested by enzymes, it breaks down and putrefies creating more bad bacteria. A side effect of this is bloating created by the noxious gas that these bad bacteria release. Where do you think your stinky farts come from? In addition, mixing different types of concentrated cooked foods takes much more energy to digest than the actual energy derived from the food itself. This should be obvious if conscious because after a meal you should feel energized, not sluggish, remember we eat for energy.

Did you know that the average All American Meat and Potato Man meal takes 70% of your daily energy to digest? But the real problem with this is, if you are already tired before you eat, digestion is never complete and the back door is never sweet. Another problem arises; not only are the body's internal enzymes neutralized by improper food combining, but the cooked foods also have had their naturally occurring enzymes destroyed through the heat used in the cooking process.

As my grandmother used to say, "The more you cook the worse you look. The more you fry the sooner you die." Just understand, your food has a much greater chance of putrefying in a tired and weak digestive tract. This will lead to gas, ulcers, inflammation, infection, heartburn, bad breath, sinus problems, tinnitus, bloating, constipation, diarrhea and this is only the beginning of the Domino Effect of Unconscious Living.

When we make unhealthy food choices this makes for a bumpy ride all the way from the mouth to the rectum. It is always a wise decision to have a salad with every meal when possible.

The live enzymes aid in digestion and the fiber supports the cleansing and toning of the digestive tract and also restores the good bacteria in your large intestine. To maintain a healthy body in this day and age the greater weight and volume of your diet must come from Whole Plant-Based Food.

SLOW MOTION TRAINWRECK

Understand, all foods carry a vibrational frequency. Is your diet bringing your frequency otherwise, energy up or down? Life breeds life. The more fresh and raw you eat, the more vibrant or high vibrational you will look and feel. Fresh and Raw foods carry a high vibrational frequency that aids in both healing, the building of a strong immune system and a happier you.

Cooked and processed foods carry a low, or no vibrational frequency, which vibrates at the level of sickness, breeding infectious invaders known as parasites, fungus, and bad bacteria.

How low will you go? Heads you win, tails you lose your health. Remember when you were younger and could eat a whole pizza? Try that today and see how you look and feel. Our body simply does not produce the number of enzymes as we used to when we were younger.

The last time I ate like that I woke up the next morning looking like the Pillsbury Doughboy and feeling like I had been hit by a

train. No one enjoys a hit and run. Eat live food and stay that way, Nature's way!

FULL BUT RUNNING ON EMPTY

Let's get back to the All American Meat and Potato Man. He's almost finished eating his meal, or rather, 'gulping down his food', to be more accurate. He begins to feel better because his sugar glucose is climbing and he's feeling more energetic.

His wife says, "Honey, do you think you would like to come with me for a walk tonight? We haven't done that for a while."

"Sure sweetie," he agrees.

His wife finishes eating and starts cleaning the dishes.

Our Meat and Potato Man is just finishing his supper and his wife asks,

"Dear, are you full yet?"

And of course, he belches and states,

"I think I have a bit more room."

He belches because he is suffering from low hydrochloric acid production in his stomach due to the build-up of mucus congestion created from the constant irritation, inflammation and improper food combining from this, 'All American Die-it'. As the meal is drawing to an end so is he; he grows even more tired. Poor guy! No matter how much he eats he can't get his energy back; he's been backed up for years now. Poor eating habits have spoiled him rotten. His food has begun to putrefy due to a broken down digestive tract and poor dietary habits.

As mentioned earlier, we either digest our food with enzymes or it breaks down through putrefaction, otherwise rotting with bad bacteria.

The purpose of eating was meant to feed the body, not fill it.

"Honey, how about that walk, I'll finish the dishes and we'll go." She says.

"Gee, Dear. I don't know. Something has come over me, I'm too tired to go for a walk right now. I think I'll just sit here for a while and let my food digest," he replies.

Little does he know for him it's called putrefaction. You see, our Meat and Potato Man has never eaten in an effective, healthy way. He eats like the majority so for him this is as good as it gets and the worst is yet to come. Blood flow has decreased in his limbs and other organs and has increased in his digestive tract because it is overwhelmed and in crisis from all this overeating and mis-treating.

This surge of blood supply to his abdomen is a lifesaving protective response coming from his body's system in hopes to reduce this putrefaction of his latest meal so his toxemia, otherwise dirty blood, does not escalate into acidosis and full-blown body inflammation. This reduced blood flow to his arms, legs, and head has also deprived him of the little oxygen he did have. This has made him feel even more tired than when he started to eat. This is what happens when you live to eat instead of eating to live... life is short-lived.

This is a story where an abnormal abdomen is now viewed as normal; the heat is on, the pressure is starting to build down

below and the Meat and Potato Man is getting ready to blow. Wake up - show up - before you blow up.

When was it that men looking three to six months pregnant became a normal way of life for the majority? I'll tell you when... when corporations learned they could master the minds of the masses. Where the mind goes the body follows. The Meat and Potato Man is ready to blow.

KABOOM: ACROSS THE ROOM

You guessed it, he has had to loosen his belt a couple of notches to make room for his bulging belly. There's a cesspool down below that has given rise to the bad bacteria, which are now creating a toxic nauseous gas that's blowing him up like a hot air balloon.

"Gee, Ho0000000ney," he gasps, "I feel pressure on my chest; I feel like I am having a heart attack."

Little does he know he's just like 95% off the other men that get rushed to the hospital with angina when it's actually a fart attack, not a heart attack. He's all gassed up and ready to blow.

It's only been a short time after the supper meal and our Meat and Potato Man is starting to Rrrrrumble. The dinner table begins to shake! His wife turns in fright to see her husband red in the face with one hand on his waistline and the other over his heart! And... KA-BOOM, across the room!

He let's one go from the back door that shoots him across the kitchen floor. The gas was so strong it shot him long, all the way over to the couch! Maybe that's a good thing for four reasons:

he may not have moved all night, he can now pull his belt in an extra inch, the pressure around his heart has been alleviated from the release of gas and another trip to the hospital has been diverted.

Hundreds of people each day visit emergency rooms mistaking a heart attack for a gas attack.

As the hot gas rises and puts pressure on the lungs and heart, the acidity eats up minerals and oxygen needed by these organs, causing undue stress and pressure in the chest.

It's always better to be safe than sorry, but first, lighten the load and flush the pounds to take the pressure off. It's 'Daily Cleansing Tea Time', not 'Miller Time'. Eventually, something will have to give if he continues down the same old path. The next time it may be more than gas for this Master Blaster. Let's get back to the story.

"Are you okay, Honey?" His wife yells from the kitchen.

"Yes Honey", he groans.

The pressure's gone but not the rotten feeling... something just doesn't smell right.

"Honey, I think I'll just stay, I mean lay here on the couch and rest for a few minutes before our walk."

Minutes turn into hours and now our 'All American Meat and Potato Man' is now 'Mr. Couch Potato'. Does he remind you of anyone?

BURNT OUT ON ACID

Did you know that 7 million people yearly are rushed to the emergency room with Acid Reflux?

And yes, he's gripping his chest and the heartburn he is experiencing now has our Mr. Couch Potato's full attention. Well, it did. You guessed it, a few minutes later he is sawing logs; snoring to the beat of the band. They're playing Roll Out the Barrel. Do you know why he's snoring? The food was not combined properly it was cooked to death and he did not chew it.

And seeing that his digestive tract is sick and exhausted his food is becoming spoiled rotten like the rest of his body.

It's now up to the bacteria to decompose this undigested meal, which will soon cause a toxic waste spillover, nauseous gas, decreased oxygen, fungus, parasites and inflammation throughout his body. The snoring is caused by his exhausted state, sinus inflammation, excess mucus caused by inflammation and of course lack of oxygen from this cesspool that's created that smelly belly down below.

Do you know 70 million people suffer from sinus problems today? 20 million people suffer from asthma and 2 million from Emphysema. We have become walking, talking mucus making inflammation factories inside and out. Understand this our Meat and Potato Man is fighting for his life, whether he or his wife realizes it or not. We are a world full of zombies that talk about love but have no self-love, we talk about health care but have no self-care.

We complain and explain while we ride the pain train watching our families cry and even die because we can't break free from this family curse created by corporations and the systems we have come to trust.

Just because unconscious living has become a normal way of life for almost the whole population does not make it right when loved ones are dying right under our noses.

So where's Romeo now? Where's the walk he promised Honey? All we have now is a couch potato sawing logs.

BEAR BUTT IN A RUTT

Well, here we are again, it's 11:00 p.m. and time for bed. His wife gently wakes him up but he's grumpy as a bear and has the breath of one too. Why? Because nobody feels good or smells good when they're rotting inside. He's not grumpy, he's just constipated and for most of us, this constipation is more emotional than physical.

Luckily it's only 11 o'clock, just in time for his daily dose of bad news, like he doesn't feel bad enough already. Remember, like attracts like, he needs to confirm that someone out there is doing worse than him. So he turns on the news where all the worst events in the world are exaggerated and condensed into a half an hour of more stomach upset where he swallows even more indigestible garbage that will turn on him -evil plot.

This is programming at its worst. But on the bright side, it makes him feel better on some crazy level, knowing that there's somebody out there worse off than himself.

His focus is now on all the world's problems, that he cannot solve and are none of his business, instead of focusing on the real problems he can solve; being the master of his health and reviving his relationship with his body and his Honey.

A TRAGIC LOVE STORY

This is a true tragic love story that occurs much too often and you know how the story ends.

Another unfulfilled night with his loving wife, and of course, the walk stays on hold. So, now he peels himself off the couch and drags his butt to bed. And because the news was the last thought on his mind the sweet dreams will now be restless nightmares (evil plot). So the cycle continues.

You guessed it, it's 3:35 a.m. and our Meat and Potato Man has been to the washroom three times. Just like his bowel, hardly anything comes out and when it does, he has to force it. Drip, drip, drop. His sluggish bowel, his bladder infection, his hiatal hernia and let us not forget his inflamed prostate... have caused his life to become a daily struggle with no end in sight. The 'Domino Effect' is in full force due to his colon in a coma and it's spilling toxic waste into the pelvis. He is cursed with continual bladder infections, prostate inflammation, erectile dysfunction and down the road possibly prostate cancer.

When your cells are bathed in toxic waste long enough, inflammation, internal scar tissue formation, displaced calcium, and mutation is the only reward. All the Meat and Potato Man's energy has been redirected to fight this raging fire of inflammation in his pelvis. You are what you focus on and his

focus is a fearful future. Life sucks when you believe others are responsible for your life. Perception is everything.

So now his dreams of a better life are on hold until he learns or just burns out. Understand, that the prostate is located right behind the bladder and in front of the sigmoid colon, which makes this area a landmine for the prostate because 90% of most men struggle with chronic constipation and don't even know it. I call this landmine the prostate sandwich.

Whether the medical system wishes to recognize this indisputable fact or not, constipation is the number one cause of prostate inflammation and cancer of the prostate. The majority of all bowel cancers happen within the last six inches of your sigmoid colon, otherwise within a finger's reach.

This would be the rectum... almost killed 'em. As I have stated countless times before, the 'Mother' of all organs is the large intestine and shutting her down will create a Domino Effect of disease throughout your whole body. Show the large intestine the respect that it deserves, or it will back up causing you to break down and all cells will break loose. Now let's get back to our story.

Our Meat and Potato Man wakes up as grumpy as a bear with a sinus headache and just as tired as when he went to bed. 12 million people suffer from sleep apnea. 45 million people today suffer from chronic headaches. His body could not rest, recuperate or restore itself.

It's been under attack and working overtime all night long trying to deal with his toxic state.

Oh, and by the way, you better not speak to him until he has had his morning coffee. He needs his daily fix of caffeine to get going; in more ways than one.

Number One: to alleviate his exhausted state so he can participate in life on some level, and I mean this in the best way. But understand, as long as he remains unconscious of his power to heal, he will continue to be mastered by others.

Number Two: He will be working on NUMBER TWO for the next twenty to thirty minutes.

He must now use coffee as a stimulant to go to the washroom as he has done for the last few years because his large intestine is in a state of coma, otherwise, it's down and out and lacking tone. All this pushing to force a bowel movement has created hemorrhoids the size of grapes and now he walks like John Wayne. How's that workin' for ya, Partner? He also suffers from a hiatal hernia resulting from the countless years of grunting and groaning to squeeze a bowel movement every morning when he's not experiencing diarrhea. So here he sits broken-hearted, wished for a movement but only farted.

As far as his morning coffee goes, it does not give energy, it steals energy from the body because it is a stimulant. When it hits the liver it increases metabolism, giving a false sense of energy that is simply stolen from this organ. If only he realized the best things in life are not found in a lineup, on TV, in the newspaper, the tip of the day from his buddies or his medical doctor.

Sometimes you have to look under a rock, climb a mountain or swim the river, but the answer will come if you search inside

yourself. If the All American Meat and Potato Man woke up one day and turned his back on the media, corporations, and systems and embraced creating The Perfect Day in a nutritional, physical and emotional way he would become the Brave Heart Warrior for himself and the light for his family. He would finally say goodbye the coffee blues, goodbye constipation, inflammation and hello Honey, I love my life and I love you, let's go for that walk, maybe a mile or two. So never give up, there's a hidden practitioner in all of us.

Awaken your Brave Heart by taking small gentle loving steps each and every day towards the Perfect Day because you are the answer that you seek. Say good-bye to the All American Meat and Potato Man and say hello to the All American Brave Heart Hero.

I AM WOMAN



Go to: docofdetox.com/library
to read and watch the videos in the 'I Am Woman' Guide

"God created Man and then he created a MasterPIECE."

- Dr. Darrell Wolfe, Doc of Detox

FEMININE POWER

You are beautiful, you are smart, funny, kind and you are unique; there will never be another like you.

You are love and affection. You are never too much but always enough. You are more precious than any diamond, you are the most amazing of all God's creations.

You are worth more than you could ever imagine. Your value is more priceless than all earthly things. You are powerful, you are strong and you are more than capable of doing anything and being everything. So now you must rise to take your place by taking back your power. Finding true inner peace and totally accepting who you are is the most priceless gift that you can give to yourself.

Feminine power is creation, courage, confidence, spirit, strength, sustenance, energy, enthusiasm and empathy.

There is an old eastern saying that when women are respected, gods make their home. Unless feminine respect is restored on this earthly plain, this will no longer be our home.

PMS AND PAINFUL PERIODS

Premenstrual Syndrome (PMS) is believed to affect approximately 80% of women at some point in their lives. Some women are mildly affected, experiencing few symptoms, while for others PMS may seriously affect their lives on a monthly basis. The term PMS is used to describe a wide range of symptoms that occur after the

middle of the menstrual cycle (*ovulation*) and disappear almost as soon as the period arrives because the toxic pressure in the lower abdomen and pelvic region is now being alleviated. These symptoms can range from bloating, water retention, muscle pain and spasms, breast tenderness, migraines, depression, mood swings, food cravings, etc. So men, be gentle on your partner! Help her to become healthier, it could be you.

Since PMS is so common the general consensus seems to be that this is a condition that you should just put up with each month. This is just another case where abnormal is accepted as normal by the average person. However, our view is quite different. We believe that by having an alkaline lifestyle, mainly comprised of fresh and raw foods, Superfood Nutrition and Gentle Daily Cleansing, along with the proper amount of pure Structured Water, will detoxify and restore these organs; especially the colon and liver, so you can free yourself from this vicious cycle and go with the flow.

P.M.S.

Punish Men Severely

BALANCING ACT

Constipation and the health of your intestines may not seem an obvious factor in PMS, but let me assure you, they are. Regular bowel movements are essential in the removal of toxins and processed hormones from your body. If you suffer from constipation or a sluggish colon then toxins and estrogen

ready for excretion will be reabsorbed back into your body. These reabsorbed estrogen wastes will add to an already existing hormonal imbalance, which further burdens the liver. In this situation you will also experience increased water retention and bloating. Regular daily bowel movements are a priority to restore balance. Flush the pounds, lighten your load and balance yourself mentally, physically and hormonally.

THE WHOLE POOP ON AND ABOUT THE FEMALE FIBROID

Fibroids are the most frequently seen tumors of the female reproductive system. I will explain what I believe to be the major cause of these fibroids and then let you decide if my theory is based on a foundation of logic and scientific fact. Fibroids are also known as uterine myomas, leiomyomas, or fibromas. These compact, abnormal growths are made of smooth muscle cells and fibrous connective tissue that develop in the uterus. Some studies have shown that up to 77% of women will develop fibroids sometime during their childbearing years, although only about 1/3 of these fibroids are large enough to be detected. In more than 99% of all fibroid cases, the tumors are found to be benign (*non-cancerous*). Fibroids will range in size, from as small as a pea to as large as a softball or small grapefruit.

When it comes to the cause of fibroids the medical system believes estrogen levels influence them but the true cause still remains unclear to them. I believe that estrogen plays a part, but a much smaller part than they would have us believe. I also believe that the medical system has a tendency to make

everything into a mystery that could even boggle the greatest of minds.

For the medical system, fibroids are no longer a symptom of improper self care. They have been labeled a disease that needs a medical specialist, since only they can figure out what is the latest greatest drug to suppress your symptoms because they won't take action until the fibroids are big enough to be cut out (evil plot). Once again we have been given a subconscious download implying that we cannot properly Master our own health. This eliminates the greatest Law of Nature, which assures us that the body heals everything when we follow the Laws of Nature.

Definition of Endometriosis

Endometriosis (*en-doe-me-tree-O-sis*) is an often painful disorder in which tissue that normally lines the inside of the uterus - the endometrium - grows outside the uterus (*endometrial implant*). Endometriosis most commonly involves the ovaries, bowel or the tissue lining the pelvis. Endometrial tissue may spread beyond the pelvic region, but rarely.

In endometriosis, displaced endometrial tissue continues to act as it normally would - it thickens, breaks down and bleeds with each menstrual cycle. Because this displaced tissue has no way to exit the body, it becomes trapped (*web of destruction*). When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, inflamed and eventually develops internal scar tissue and adhesions; both of which are abnormal tissue that binds organs together (*invisible bonds*). Read '*Web of Destruction*' for a deeper understanding.

Endometriosis can cause pain, sometimes severe - especially during menstrual periods. Fertility problems may also develop because basically, it's become a jungle of scar tissue and toxic waste in the pelvic region so life is being choked out.

What are the symptoms of Uterine Fibroids?

- Heavy or prolonged menstrual periods
- Abnormal bleeding between menstrual periods
- Pelvic pain (*caused by the tumor pressing on pelvic organs*)
- Lower back pain
- Pain during intercourse
- A firm mass, often located near the middle of the pelvis, which can be felt by the physician
- Increased urination frequency
- Constipation, gas and/or abdominal bloating
- Pain in the back or legs
- Emotional stress

Definition of Fibroids: Fibroids are benign (non-cancerous) tumors made of muscle and fibrous tissue that grow in a woman's uterus.

Hysterectomy: Hysterectomies involve the surgical removal of the entire uterus. Fibroids remain the #1 reason for hysterectomies in North America. As you're reading forward please keep in mind the above information on Endometriosis, Fibroids and Hysterectomy. You may not be aware of the scientific health fact that your large intestine is not just the body's sewer system, but also the '*Mother*' of all organs and demands your attention and respect. This is accomplished by Gentle Daily Cleansing.

I believe the most effective method to prevent and reverse endometriosis and pelvic fibroids and to save your uterus, lies within the large intestine. The uterus is sandwiched between the bladder and the last few inches of the large intestine known as the sigmoid colon. How many times have you felt there was just a little more fecal waste to be eliminated but it was caught in the last part of your large intestine. It only stands to reason that as fecal waste becomes stagnant and toxic, the pelvic area will also become toxic and inflamed as the fecal waste is absorbed through the colon wall and into the pelvic girdle. Oh, and by the way, I have patients who have had colon cancer... and pooped regularly three times a day. It's not what comes out that destroys our health... but what stays in and putrefies. The first step towards health is to create an environment in your large intestine where fecal waste does not stagnate and where invaders, like Endobacteria, cannot exist. Your health rests on you keeping a proper balance of 85% good bacteria and no more than 15% bad bacteria within your large intestine.

As long as your intestinal bacteria are in proper balance, they will keep you in balance physically, mentally and emotionally. For most people the ratio is the exact reverse, or worse: 85% bad bacteria to 15% good bacteria. Your digestive tract makes up 80-85% of your immune system. The greatest percentage of your immune system resides in the Mother of all organs, the large intestine (colon). When kept in balance, the good microbes (bacteria) help break down fibers, harvest calories and protect us from micro invasion. Your gut functions as your body's second brain.

1 out of 4 Americans will eat a high fat, high carbohydrate fast food meal each and every day. 25% of the population participates in this type of eating everyday; it has become widely

accepted. These eating habits have a huge negative impact on the abdominal area, but because most of the population eats like this, it is regarded as normal. When your bacteria ratio goes from friendly to unfriendly it will become downright pathogenic, leaking noxious by-products, known as endotoxin into the pelvic area and cause inflammation which leads to the beginning of the web of destruction - the formation of internal scar tissue. Hello, Endo. Prepare for all '*cell*' to break loose; this is the beginning of Endometriosis.

When this happens the Domino Effect begins and the trillions of bad bacteria will turn on you and make your life a living hell. This is due to the highly acidic waste known as Endotoxin being excreted by the unfriendly bacteria. Acidosis, inflammation, pain, scar tissue, fibroids, endometriosis, dis-ease, surgery, infertility and even painful lovemaking will be the result for the uninformed. Meals and drinks high in sugar and/or greasy or refined carbohydrate meals will accelerate this inflammation due to the added release of the molecule, known as endotoxin, from the outer walls of certain bad bacteria that now reside in your colon. Endotoxin, if not eliminated from your colon, through Gentle Daily Cleansing, can and will be absorbed into the bloodstream causing inflammation and pain to the weakest and most vulnerable part of the body, which tends to be the pelvis due to the force of gravity.

When this acidic waste enters the body, the circulation in the pelvic region becomes backed up and congested. This waste will settle, stagnate, irritate and inflame tissue cells causing painful contractions. Inflammation is created by the body to warn you of a perceived threat or injury. If left unattended, the body initiates a secondary support system, which starts

continual fibrin production (*internal scar tissue*) to the inflamed area of concern in order to wall off the inflammation overload... Hello, endometriosis and fibroids! To add even more fuel to the fire the majority of women over 40 are suffering from some degree of a fallen transverse colon (*prolapsed*). This is a condition where the large intestine has fallen down due to weak abdominal muscles thus causing even more unnecessary pressure in the pelvic region. This pressure will decrease circulation to the uterus and ovaries until you learn how to cleanse your digestive tract and tone your core. A good place to start would be to monitor what comes in the front door and what goes out the back door.

This continual fibrin production, if not halted, will drain you of your vital energy, your essential nutrients and will create massive internal scar tissue, which will gradually harden and immobilize, deteriorate, mutate and distort the tissues in and around the pelvic region. This internal scar tissue can and will continue to develop as long as the inflammation is present. Many will suffer massive internal scar tissue formation as if there has been a physical injury to the pelvic area. Hello, '*invisible bonds*'. Hello, fibrous mass.

The two groups of women who have the greatest risk for developing fibroids are those approaching menopause and women who are overweight.

Let me first address women who are in or approaching menopause. First of all, let me say that when women come to me with severely painful periods, it usually takes them no more than 4 to 6 weeks to reduce or totally eliminate these painful symptoms. When you reduce the toxic load from the abdominal region and

pelvic girdle, you will also eliminate muscle contractions, spasms, inflammation and internal scar tissue formation.

As women enter menopause, the period slows down or becomes nonexistent. The period is a built-in detoxification process that has an added benefit that doctors never talk about. Enormous amounts of toxic waste are eliminated during the period, but when combined with a toxic sluggish large intestine, this overload of toxic waste in the lower abdominal region creates the perfect storm. It brings to the pelvic region severe contractions, over the top spasms, inflammation, fever and high acidic levels, causing internal scar tissue formation.

Another concern can occur when your period completely stops. You have just lost a very effective detoxification process.

What do you think happens to these extra toxins that you are no longer being eliminated on a monthly basis? They are now accumulating in your body and, thanks to a sluggish bowel and the downward force of gravity, we now have chronic tissue inflammation that leads to increased internal scar tissue formation in the pelvic region unless you flush the pounds to lighten the load in your large intestine.

The next group of women who are at a high risk of developing fibroids are those who are overweight. Concern about this very common condition is something, which many women share. For very heavy women, the risk is 2 to 3 times greater than average. For those overweight we usually find 4 problems. The first is the excess weight of the abdomen and the second, a lack of tone in the abdominal muscles and large intestine, so this area has a tendency to fall downward and out ward so everything beneath it in the pelvic area gets choked and squashed. Also

overconsumption of greasy or refined carbohydrates, sugar, fatty foods and a lack of Gentle Daily Cleansing of the large intestine.

Whole Plant Based Superfood Nutrition, proper hydration through Structured Water, Gentle Daily Cleansing and core restore exercises must come first and foremost to avoid or reverse this condition. It's what you do daily that forms your life and shapes your body. If you are prepared to make these changes, you could potentially avoid surgery or years of pain and suffering which, for many women, will become their life story.

The effort of taking charge and Mastering your body is a small price to pay to restore joy to your life... and keep it.

If you do not take out the garbage, the bottom line is, the garbage will take you out. Work on that which is sticking out. Instead of getting treatment get training and take control of your health and well being and Be The Cure **U** search for.

HOT FLASH OR FEVER

Hot flashes, a common symptom of menopause, are typically experienced as a feeling of intense heat with sweating and rapid heartbeat. These flashes may last from 2 to 30 minutes for each occurrence. The sensation of heat usually begins in the face or chest, although it may appear elsewhere such as the back of the neck, and it can spread throughout the whole body. Some women feel as if they are going to faint. This is due to a toxic overload (*acidosis*) eating up oxygen and essential minerals, creating a pH imbalance. In addition to being an internal sensation, the surface of the skin, especially on the face, becomes hot to the touch. This is the origin of the alternative

term 'hot flush', since the sensation of heat is often accompanied by visible reddening of the face. Excessive flushing can lead to rosacea. The hot flash event may be repeated a few times each week or every few minutes throughout the day.

Hot flashes may begin to appear several years before menopause starts and last for years afterwards. Some women who undergoing menopause never have hot flashes. Others have mild or infrequent flashes. The worst sufferers experience dozens of hot flashes each day. In addition, hot flashes are often more frequent and more intense during hot weather or in an overheated room. The surrounding heat apparently making the hot flashes themselves both more probable and more severe. The number of hot flashes and their length will depend on nutritional support, organ integrity and the amount of toxins the body needs to burn off to accomplish some sense of balance.

I believe this hot flash to be a mini-fever and I will explain why. In a fever you will also experience a hot flash, hot flush, red face, fever and profuse sweating day or night. The hot flash can be compared to boiling water. If you don't want the water to boil then you must turn down the burner to reduce the heat. If you want the hot flash to leave, the toxins must leave. When you follow the Laws of Nature, it's only Natural to feel and look great. It's the law!

CALCIUM DEPOSITS SYMPTOMS OF TOXIC BREASTS

In 2011 breast cancer represented the most common serious cancer of women in the United States, with over 200,000 new cases diagnosed every year, according to the National Cancer

Institute. Calcium deposits, or calcifications, in your breast are a common finding on mammograms and can indicate either benign or cancerous changes. Calcium deposits occur in the breasts tissue as a safety mechanism when breast tissue becomes overly acidic (*acidosis*). These calcium deposits can occur in any part of the body that becomes overly acidic. Due to the acidic nature of our diets, lack of Whole Plant Based Superfood Nutrition and Gentle Daily Cleansing, 44 million people suffer with osteoporosis and another 40 million suffer with arthritis, which is due majorly to the loss of calcium to buffer an acidic condition. Put another way, Osteoporosis can be viewed as a symptom of an acidic body using the calcium to put out the Fire at the expense of your bones. We now know that the main cause of acidity in the body tissues is caused by excess toxins. These being environmental toxins and absorbed toxins from a sluggish colon causing the liver to become over burdened. In the case of breast tissue, when toxins become stored in this area of the body, the tissue becomes acidic and fungal in nature. The body then pulls on calcium as a safety mechanism to help balance and restore pH. Calcium is sent to the breast tissue to buffer down the acidity in the attempt to reduce infection, inflammation, fungal production, cysts, fibroid scar tissue and other abnormal growths. **When abnormal is accepted as normal, this is the sign of a Broken System.**

BREAST MAGNETS

These excess toxins must be stored in fat cells quickly and efficiently to protect damage to your bones and vital organs. *Why the breast region?* **Number 1:** The toxins are far enough away when stored in the breasts region to keep the bones and

vital organs safe. **Number 2:** The breast tissue is composed of fatty tissue and when the body becomes toxic this acidic waste must be stored in fat cells. So in a sense your breasts are like magnets for toxins, acidity and then bone calcium. The breasts make ideal ready made storage tanks for acidic overload. To add fuel to the fire, if an antiperspirant is being used, this will compound the problem by shutting down the sweat glands and creating even more acidity within the breast tissue. The more toxins that have to be stored, the higher the acidity, the lower the pH thus greater the risk of calcium deposits in this area to protect you from cancer and other unwanted symptoms. To prevent or reverse this condition one must eat a Whole Plant Based alkaline diet, drink plenty of dynamically Structured Water and cleanse gently on a daily basis. The only way to properly restore balance for whole body healing is with a lifestyle that supports restoring proper pH balance. Eliminate the acidity and leave your bones where they belong...bon appétit.

**ELIMINATE BREAST TOXICITY, RAISE
YOUR FREQUENCY TAKE LIFE IN.**

JUST A SPOONFUL OF SUGAR



Go to: docofdetox.com/library
to read and watch the videos in *'The Perfect Day Lifestyle'* Guide

"The average American consumes 150 lb. of sugar per year.
The average child consumes a whopping 32 teaspoons per day.
Gasoline is to Fire as Sugar is to Cancer."

- Dr. Darrell Wolfe, Doc of Detox

FOR THE RIDE OF YOUR LIFE

TYPE 2 - ADULT ONSET Diabetes is an epidemic on fire. As of today there is 26 million plus with diabetes and 79 million with a pre-diabetic condition. At this rate of growth there will be 130 million full blown diabetics by 2050, if the pharmaceutical corporations have their way. This will continue to get even worse due to the increase in environmental toxins, processed packaged foods, processed carbohydrates, sugar intake, chlorinated tap water and plastic bottled water. Where the gas hits the fire is the lack of knowledge, regarding a high vibrational nutrient dense diet and Gentle Daily Cleansing, which will prevent and reverse this life-altering condition. One of the main causes for triggering diabetes is Metabolic Syndrome.

STEPS LEADING TO METABOLIC SYNDROME

1. A diet mainly composed of refined carbohydrates, sugars and fatty, greasy foods.
2. Microbes (*bacteria*) become unbalanced in the colon due to foods high in fat and sugar causing the growth of a family of bad bacteria, which produce and release from their outer layer a toxic substance called endotoxin.
3. If the endotoxin is allowed to accumulate and stagnate within the colon it will be absorbed into the bloodstream, which will trigger the immune system to react. When this happens your body will conserve energy to gear up for a fight and maybe even a full out battle with these endotoxins.
4. You have now entered what is called Metabolic Syndrome. Your body is now out of balance causing your pancreas to pump out far too much insulin far too fast, which is used to

regulate blood sugar levels. Since the body is out of balance it cannot read the signal from the hormone leptin, which tells the body it has had enough calories, already! The brain does not receive this signal that you are full, so you eat more. Lack of the hormone leptin is not the main problem that many would wish you to believe.

5. Your fat cells have now become bloated and stressed from storing excess calories and begin emitting a danger signal of low-grade inflammation.
6. Immune activation caused by low vibrational acidic foods, prompts insulin and leptin resistance. Sugar builds up in your blood causing insulin to increase, which causes your liver and pancreas to strain to keep up to this overload. This is all caused by the danger signal, low- grade inflammation, which blocks your cells' ability to respond to the hormonal signals that are supposed to make you feel full and shut down the hunger trigger. The next stop is diabetes and/or weight gain.
7. In conclusion, to reverse diabetes, lose weight and maintain a toned and slender body you must eliminate inflammation. To eliminate inflammation you must first eliminate endotoxin from your intestines by leaning towards an alkaline lifestyle along with Gentle Daily Cleansing and nutritious Whole Plant Based Food. Many have what I call '*unconscious eating*', no fault of theirs. Remember, only **U** are responsible for your body, even though others pretend to be.

When your diet is made up of generous amounts of white processed sugar and refined carbohydrates on a daily basis rising levels of insulin in the blood will be impossible to avoid. Eating processed sugars and refined carbohydrates

will create a false chemical high and an endorphin release, which is always followed by a physical and emotional crash. Depression is usually the outcome due to overstimulation of the brain releasing large amounts of endorphins into the bloodstream. If the consumption of processed sugars and refined carbohydrates continue, essential minerals and micronutrients will be depleted and acidosis will prevail. The body cells will lower in vibrational frequency (*energy*) becoming addicted to sugars and refined carbohydrates in their attempts to get out of a depressed (*low vibration*) state searching for that chemical high.

Whenever large amounts of sugar hit the bloodstream creating this false, acidic high, the body counteracts by sending vast amounts of insulin to the scene of the crime to neutralize the effects, thus creating an emotional and physical downer. This **whiplash effect** is just the body trying to find balance (*rescue mission*). When you pull on an elastic band too fast and let go, it will whip back to normal and when it does someone always gets hurt. **Better hurt than dead.**

This whiplash effect will cause physical and emotional chaos for 'all' of those involved. Side effects from the sugar hit will last for about an hour whereas the effects from insulin can last much longer. This up and down roller coaster will deplete the life force from the body on an emotional and physical level, which will weaken the immune system leaving the body vibrating at a very low level and leaving it open to infectious invaders and chronic illness.

When the pancreas becomes chronically fatigued, it will still produce insulin but of a poor quality. This is why the first step

of Type 2 diabetes is oral medication to support this ailing insulin situation. In the case of gall bladder problems, due to a diet usually too high in bad fats, gall bladder attacks may result. You would think that logic would prevail and there would be a diet change and Gentle Daily Cleansing implemented. This is not usually the case. Most people will opt to get their gall bladder removed to relieve themselves of the pain but never addressing the cause. With the gall bladder removed there is no longer an alarm system to alert us of bad fat consumption. As a result, most will continue on this path creating a new and worse chronic problem. I shared this story because it's similar to that of Adult Onset Diabetes, which as we know is mainly caused by an unconscious diet resulting in insulin medication. This is usually a ticket to disaster for most because they do not get the educational support they need in getting a new mindset. They use the insulin meds to continue their unconscious eating, thus lowering their vibration, similar to a jet in free fall. This ride will never end unless a high vibrational nutrient dense lifestyle is implemented on a personal level.

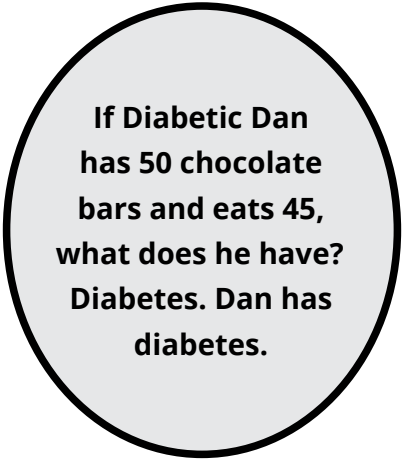
Diabetes is a huge money machine where the Whole Truth is easily lost. When acidic wastes accumulate in the pancreas, diabetes can develop due to the lack of quality insulin produced. This delicate process will not return to a healthy state until these pancreatic tissue cells do first. When you work in sync with the Mother Of All Organs and focus on whole body healing with Whole Plant Based Superfood Nutrition, *health will be the only and **Final Outcome**.*

This illness began due to the highs, the lows and the crashes. I guess if you practice something long enough you'll get it right.

SWEET SITUATION

Doctors say that symptoms of diabetes appear mainly in people above 40, with no symptoms of diabetes in their 20's. *How do they differ from each other?* In general, the quantity of accumulated acidic wastes is much greater at the age of 40 because of 20 more years of unconscious living resulting in nutritional bankruptcy. Let logic prevail. When the large intestine becomes sluggish the liver becomes overburdened, toxins will then accumulate in the weakest link (*pancreas*). If this acidic waste accumulates in the pancreas, Adult Onset Diabetes may very well be the outcome. Just know that you can reverse Adult Onset Diabetes if you take charge and flush out these unwanted toxins and incorporate a nontoxic alkaline nutrient dense lifestyle, Superfood Nutritional support and plenty of Structured Water to reclaim that which was taken away.

When you change the rules, you change the game. Your body is a true miracle, **U** are the game changer. Master these changes and it will do the rest. Once we get out of the way, love and support our body, **SELF HEALING** is the **NATURAL OUTCOME**.



If Diabetic Dan
has 50 chocolate
bars and eats 45,
what does he have?
Diabetes. Dan has
diabetes.

FOODS & FREQUENCY



Go to: docofdetox.com/library
to read and watch the videos in *'The Perfect Day Lifestyle'* Guide

"Get a charge out of Life... Plug into Nature and Drink Life In.
It's only Natural."

- Dr. Darrell Wolfe, Doc of Detox

TUNE IN & TURN ON

I believed there were only three food groups, these being carbohydrates, fats and proteins. There is a fourth that must be considered in this **New Reality** if a healthy vibrant life is your priority. This fourth food group is known as vibrational frequency. All foods have a high vibrational frequency when left in their natural state. New and improved will usually be found to be depleted of essential nutrients and could possibly contain toxic chemicals and GMOs. These foods will either have a low frequency or none at all. You are what you eat and drink. If your diet has a low vibrational frequency then it stands to reason so will you. If you're sick and tired then it stands to reason so is your diet. If your diet is heavy in toxins then chances are, so are you. When you embrace Nature and avoid *man*-ipulation of the foods you eat, you will be truly blessed with the essential nutrients and the vibrational frequency your body's cells need to communicate for greater health.

Try to view your body as a radio with a built in antenna. Foods all have their own frequency just as all radio stations do. If the heavy metal station brings you down but rock and roll raises your energy level then vibrate to that which makes you happy.

There is common knowledge among science, medicine and metaphysics that certain frequencies can repel disease and certain frequencies can eliminate disease. Here lies the connection between frequency (vibration) and health. This energy vibration is in your body; the foods you eat and in the water you drink. The body eliminates all food and drink we take

in; the only thing left behind is the energy and the frequencies within your food and drink.

Albert Einstein is best known for his physics equation $E=mc^2$, that all matter contains waves of light and energy. Everything is frequency and frequency is everything.

Once we become aware of the fact that we are energy bodies and that high vibrational food, water and nutrition are the driving force to a healthy life, we become unstoppable, we become The Cure.

Dr. Robert Becker, MD, the author of *The Body Electric*, validates that the human body has an electrical frequency and that much about a person's health can be determined by it.

Dr. Otto Warburg was a two-time Nobel Laureate and winner of the Nobel Prize for cancer research, for discovering that human cells have an electrical voltage. Your cells function more like a battery than a pool of chemicals. An acid environment is a diseased environment and an alkaline environment allows the cells to receive 10 to 20 times more oxygen, which is essential for a healthy metabolism. Our goal at the 'Doc of Detox' is to teach you how to become independent from drugs, therapies, specialists and the latest greatest medical or nutritional breakthrough. When you learn to Master your health you will Master your life.

"The living cell is essentially an electrical device..." Albert Szent-Györgyi (1960), 1937 Nobel Prize for Physiology of Medicine. It is important to remember that food provides us with not only nutrients and fiber but also energy and information in the form of frequency. Dr. Kikuo Chishima, Professor of the Nagoya Commercial University, Japan, theorized that the intestinal villi act

like small antennae that absorb both nutrients as well as energetic or frequency information from the food we eat. Phytonutrients give fruits and vegetables their radiant colors and healing ability. Phyto means plant and nutrients being the vitamins, essential minerals, trace minerals, enzymes and anti-oxidants. Doctors Hyman and Gallard say that phytonutrients help *'turn-on'* your body's metabolism at the cellular level and regulate hormones that control appetite. In conclusion phytonutrients turn off the hunger trigger and turn on your electrical Life Force due to the high vibrational frequency they possess.

VIBRATIONAL FREQUENCIES OF THE HUMAN BODY & FOOD

The vibrational frequency of food is typically measured in hertz. 1 hertz is 1 cycle per second of energy flow that is constant between 2 points.

Scientific research has shown that different foods and parts of our bodies have their own sonic signature. In other words, the sound of the cells of your heart differs from the sound of the cells of your kidney.

MHz is the shortened form of the word **megahertz**. It is important to understand the meaning of hertz to understand MHz. The term *'hertz'* is named for Heinrich Hertz, who contributed significantly to the study of electromagnetism.

Frequencies of the Human Body in MHz

Human cells start to mutate when their frequency drops below 62 MHz. Low frequency indicates a pH imbalance due to lack

of phytonutrients and proper cleansing. Invading pathogenic frequencies (*including biologicals such as anthrax, plagues, etc.*) are low. Positive beneficial bacterial frequencies are higher. The vibrational frequency of your inner terrain will be the deciding factor of who and what comes calling. **U choose**, The Vibrational Frequency! It's always been your choice.

In 1992, Bruce Tainio of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of a healthy human body during the day time is 62 to 68 MHz. When the frequency drops, the immune system is compromised.

If the frequency drops to 58 MHz, cold and flu symptoms appear; at 55 MHz, diseases like Candida take hold; at 52 MHz, Epstein Bar and at 42 MHz, Cancer. Tainio's machine was certified as 100% accurate and is currently being used in the agricultural field today. Frequency information from Tainio Technologies:

HUMAN BODY

Genius Brain Frequency: 80-82 MHz

Brain Frequency Range: 72-90 MHz

Normal Brain Frequency: 72 MHz

Human Body: 62-78 MHz

Human Body from Neck up: 72-78 MHz

Human Body from Neck down: 60-68 MHz

Thyroid & Parathyroid glands : 62-68 MHz

Thymus Gland: 65-68 MHz

Heart: 67-70 MHz

Lungs: 58-65 MHz

Liver: 55-60 MHz

Pancreas: 60-80 MHz

Colds and Flu start at: 57-60 MHz

Disease starts at: 58 MHz

Candida overgrowth starts at: 55 MHz

Receptive to Epstein Barr at: 52 MHz

Receptive to Cancer at: 42 MHz

Death begins at: 25 MHz

FOODS

Fresh foods and herbs can be higher if grown organically and eaten freshly picked

Essential Oils: 52-320 MHz

Fresh Foods: 20-27 MHz

Fresh Herbs: 20-27 MHz

Dried Foods: 15-22 MHz

Dried Herbs: 12-22 MHz

Processed/Canned Food 0 MHz (the majority of food eaten today)

According to Dr. Royal R. Rife, every disease has a frequency. He found that certain frequencies can prevent the development

of disease and that others would destroy disease. Substances with higher frequency will destroy diseases of a lower frequency. The study of frequencies raises an important question, concerning the frequencies of substances we eat, breathe and absorb. Many pollutants lower healthy frequency. American inventor Nikola Tesla (1856 - 1943), a pioneer of electrical technology, said that if you could eliminate certain outside frequencies that interfered in our bodies, we would have greater resistance toward disease. *"In every culture and in every medical tradition before ours, healing was accomplished by moving energy."* - Albert Szent-Gyorgyi, Nobel Laureate in Medicine (1937).

Your energy follows your thoughts. You create what you expect. Negative thoughts will lower your frequency by 12 MHz and positive thoughts raise your frequency by 10 MHz. We need to raise our body frequency regularly/ daily. We need to eat the right substances that are compatible at the cellular/ energetic level of our being. If you eat low vibrational foods or have low vibrational thoughts on a daily basis you will mentally and physically match this frequency (**zombie**). Why wait until our body frequency has dropped so low that it becomes a host for microscopic invaders and dis-ease. When you make others responsible for your body's well being you have given your power away to be the great creator you were meant to be. **Take Life In & Vibrate High.**

FOOD FREQUENCY CHART

52-320 MHz - Healthy To 100

- Ameo® Essential Oils
- Zija® Moringa Oleifera
- 'Doc of Detox' Daily Cleansing Tea
- Structured Water
- Wheat Grass
- Phytoplankton
- Chlorophyll

15-52 MHz

- Raw Cocoa
- Sea Weed
- Almonds
- Goji Berries
- Raw Cacao
- Spirulina
- Mangsteen
- Limes
- Lemons

5-15 MHz

- Blueberries
- Coconut
- Avocado
- Melons
- Raspberries
- Pineapple
- Mango
- Apples
- Strawberries
- Bananas
- Peaches
- Lychee
- Grapes
- Cherries
- Oranges
- "Raw" Nuts
- Dates

0-5 MHz

- Cabbage
- Lettuce
- Spinach
- Cauliflower
- Carrots
- Beets

CHAPTER 18 - FOODS & FREQUENCY

- Peas
- Kale
- Pumpkin
- Potatoes
- Sweet Potatoes
- Parsnips
- Turnips
- Yams
- Beans
- "Roasted" Nuts

0 Mhz

- Cooked Eggs
- Cheese
- Milk
- Cream
- Whip Cream
- Butter
- Lard
- Cake
- Cookies
- Scones
- Donuts
- Dairy Baked Goods
- Pudding
- Sauces with Dairy
- Dressings with Dairy
- Drinks with Dairy

Negative (-) MHz

- Hot Dogs
- Burgers
- Pizza
- Meat Burrito
- Steak
- Poultry
- Pork
- Dead Animal Tissue
- Lamb
- Duck
- Veil
- Buffalo
- Turkey
- Shrimp
- Lobster & Bottom Feeders

HIGH FREQUENCY FOODS

High frequency foods are those foods that have been left in their natural state, unadulterated, unprocessed, no chemicals, no genetic mutations or alterations. Being energy bodies we

are affected greatly by the frequencies (*foods*) we take in. For those who are weight conscious, the more you feed your body what it needs, the more efficient it becomes and the less you need to feed it.

NUTRIENT RICH HIGH VIBRATIONAL FOODS

Phytonutrient Rich Foods should only be eaten if you can handle being ostracized by those who follow Jack and desire limitless energy and clear thought, clear skin and a **Whole Life**.

Tips For Buying High Vibrational Food

1. The most phytonutrient dense plant on the planet is ***Moringa Oleifera***.
2. Buy food that is grown organic when possible.
3. Eat locally grown when possible.
4. Eat foods grown in season whenever possible.

Organic Foods can contain 10 times the mineral content of non-organic. If you cannot afford organic then follow the other two rules, in season and locally grown when possible. **Local Produce** has the most nutrients. This ensures they were picked only when ripe not premature.

You also have a better chance at fewer chemicals when they are local. Eating in season keeps us aligned with Nature. Out of season food may be '*force grown*' in artificial conditions.

Fresh and Raw Foods have the highest vibrational frequency of any other food group. What do you think happens when you ingest fresh and raw food? You become what you eat, the highest vibrational frequency.

Whole Foods have the highest frequency. The more they are processed the lower you will vibrate (*immune system depletion*). If you focus your shopping on the outside isle of the grocery store you will find this the least toxic.

HABITS FOR HIGHER FREQUENCY

- **Chew every mouthful thoroughly** - Drink your solids and chew your liquids.
- **Eat food in moderation** - Overeating kills.
- **Eat an alkaline diet** - See alkaline food chart.
- **Eat in a peaceful calm setting.**
- **Always drink ample pure Structured Water.**
- **Always thank those who made it possible for the food you eat.**

HABITS THAT DECREASE FREQUENCY & MICRONUTRIENTS

Eating more than your stomach can digest, always leave the table feeling **fed, not full**.

If you must drink at meals *sip your water*. Do not use water to wash food down, it's not a log jam. This will only dilute digestive enzymes and hydrochloric acid.

Eating while emotionally upset or stressed will cause many different digestive problems. Your food will turn on you in this situation. Negative emotions cause lower frequencies, so digestion is interrupted and putrefaction will result.

Eating in a hurry. Without peace at meals your food will never be broken down into small enough pieces for nutrients

to be assimilated. Even fresh and raw will turn on you if you're eating in a negative low frequency state.

Low Vibrational Factors - *Noise, EMF, drinking alcohol, smoking, strenuous exercise, dieting, prescription or over-the-counter drugs and last but not least fear, doubt and worry.*

Here's the kicker, I have known many people who eat all organic, follow all the guidelines to healthy living but still are complaining about their health. Negative emotions and dysfunctional **Belief Systems** can sabotage even the perfect diet. ***We are what we think, talk and eat.***

FOODS THAT DECREASE FREQUENCY

- Genetically Modified Organisms (GMO).
- Irradiated
- Microwave
- Refined (*white flour, white rice, all grains that have the germ and the bran removed*).
- Processed (*all junk food, even most health snacks*). 75% of all packaged foods are GMO.
- High glycemic. These sugary, starchy foods affect blood sugar levels and weight gain.
- Hydrogenated (*margarine, vegetable shortening, lard*).
- Foods containing chemicals, hormones, preservatives and color dyes.
- Artificial sweeteners
- Coffee
- Canned foods

- Everyday Micronutrient Depleters can rob the body of additional micronutrients. These include: Drinking beverages that contain phosphoric acid, caffeine, sugar or high fructose corn sugar. Eating nutrient deficient food.

**THE MOST IMPORTANT
RULE IS TO LEARN WHAT'S
GOOD FOR YOU.**

IF YOU TRY TO LEARN
WHAT'S NOT GOOD FOR YOU
THAT'S INSANITY.

RAISE YOUR VIBRATION
it's only Natural



EAT WHOLE LOVE LIFE

Go to: docofdetox.com/library
to read and watch the videos in *'The 4 Pillars of Life'* Guide

"Live food gives Life, Dead food gives... you know the rest of the story."

- Dr. Darrell Wolfe, Doc of Detox

ALKALINE FOODS

| MILDLY ALKALINE | MODERATELY ALKALINE | HIGHLY ALKALINE |
|------------------------------------|------------------------------|--|
| DRINK | | |
| Almond Milk | Fresh Young Coconut Water | Pure Structured Water Moringa SuperMix |
| VEGGIES | | |
| Artichokes | Arugula | Himalayan Salt |
| Asparagus | Beets | Real Salt |
| Brussels Sprouts | Basil | Avocado |
| Cauliflower | Capsicum/Pepper | Broccoli |
| Comfrey | Cabbage Lettuce | Cabbage |
| Kohlrabi | Carrot | Celery |
| Lambs Lettuce | Chives | Cucumber |
| Leeks | Collard/Spring | Endive |
| New Baby Potatoes | Greens | Garlic |
| Peas | Coriander | Grasses |
| Pumpkin | Endive | (alfalfa, kamut, wheatgrass etc.) |
| Onion | Ginger | Kale |
| Rutabaga | Green Beans | Parsley |
| Squash (butternut, summer etc.) | Leeks | Spinach |
| Watercress | Lettuce | Sprouts (alfalfa, bean, pea, soy etc.) |
| White Cabbage | Mustard Greens | |
| | Okra | |
| | Radish | |
| | Red Cabbage | |
| | Red Onion | |
| | Turnip | |
| | Zucchini | |

| MILDLY ALKALINE MODERATELY ALKALINE HIGHLY ALKALINE | | |
|---|--|--|
| FRUITS | | |
| Coconut Grapefruit Pomegranate | Lemon Lime Rhubarb | Tomato |
| SEEDS, NUTS & LEGUMES | | |
| Almonds Fennel Seeds Lentils Tofu Sesame Seeds Herbs & Spices | Butter Beans Lima Beans Soy Beans (fresh) White (navy beans) Chia/Salba Seeds Hemp Seeds Quinoa (pseudo grain/ seed) | Soy Nuts... (soaked soybeans, then air dried) |
| FATS & OILS | | |
| Avocado Oil Olive Oil Coconut Oil Flax Oil Grape Seed Oil Hemp Oil | | Soy Lecithin (pure) |

ACID FOODS

| HIGHLY ACID | MODERATELY ACID | MILDLY ACID |
|---|---|--|
| DRINK | | |
| Alcohol Coffee & Black Tea Fruit Juice (sweetened) | Fresh, Natural Juice | Rice, Soy, & Coconut Milk |
| Other | | |
| Cocoa Honey Jam Jelly Mustard Miso Rice Syrup Vinegar Yeast Artificial Sweeteners Syrup Mushroom | Ketchup Mayonnaise | Sunflower Oil |
| FRUITS | | |
| Dried Fruit | Apple Apricot Banana Blackberry Blueberry | Cantaloupe Fresh Dates Nectarine Plum Sweet Cherry Watermelon |

| HIGHLY ACID | MODERATELY ACID | MILDLY ACID |
|---|---|---|
| | Cranberry Grapes Guava Mango Mangosteen Orange Peach Papaya Pineapple Strawberry | |
| MEAT | | |
| Beef Chicken Eggs Farmed Fish Pork Shellfish | Ocean Fish | Freshwater Wild Fish |
| DAIRY | | |
| Cheese Dairy | Butter Goat's Cheese Vegan Cheese | |
| GRAINS/LEGUMES | | |
| White Rice | Brown Rice Rye Bread Wheat Wholemeal Bread | Black Beans Garbanzo Beans Kidney Beans Seitan |

| HIGHLY ACID | MODERATELY ACID | MILDLY ACID |
|-------------|------------------------------|--|
| | Wild Rice Wholemeal Pasta | Amaranth Buckwheat Groats Buckwheat Pasta Millet Oats/Oatmeal Soybeans Spelt Couscous Rice/Soy Protein** |
| NUTS/SEEDS | | |
| | Walnuts | Hemp Protein** Brazil Nuts Flax Seeds Hazelnuts Macadamia Nuts Pecans Pumpkin Seeds Sunflower Seeds |

PLANT BASED PROTEIN CHART

This information was taken from the USDA Nutrient Database. It will show you the protein content of vegetarian foods.

Amino acids make up protein, you may not be aware of this but there are amino acids in all foods. There are distinct health

advantages of a pure vegetarian diet, but the protein question stays with us because animal products have been promoted by the industries that produce them, sell them, and want people to think of them as the best source of protein. This assumption is wrong and can be harmful when we eat too much animal protein. It's important to note that most nutritionists, dietitians and official sources agree that we need only 2.5%-10% of our calories from protein.

| Vegetables (cooked) | Protein (g) |
|----------------------------|--------------------|
| Corn (1 large cob) | 5 |
| Potato (with skin) | 5 |
| Mushroom, Oyster (1 cup) | 5 |
| Collard Greens (1 cup) | 4 |
| Peas (1/2 cup) | 4 |
| Artichoke (medium) | 4 |
| Broccoli (1 cup) | 4 |
| Brussel Sprouts (1 cup) | 4 |
| Mushroom, Shitake (1 cup) | 3.5 |
| Fennel (medium) | 3 |
| Swiss Chard (1 cup) | 3 |
| Sweet Potato (1 cup) | 3 |
| Kale (1 cup) | 2.5 |
| Asparagus (5 spears) | 2 |
| String Beans (1 cup) | 2 |

| Vegetables (cooked) | Protein (g) |
|----------------------------|--------------------|
| Beets (1 cup) | 2 |
| Cabbage (1 cup) | 2 |
| Carrot (1 cup) | 2 |
| Cauliflower (1 cup) | 2 |
| Rutabaga | 2 |
| Squash | 2 |
| Celery (1 cup) | 2 |
| Spinach (1 cup) | 1 |
| Bell Peppers (1 cup) | 1 |
| Cucumber (1 cup) | 1 |
| Eggplant (1 cup) | 1 |
| Leeks (1 cup) | 1 |
| Lettuce (1 cup) | 1 |
| Okra (1/2 cup) | 1 |
| Onion (1/2 cup) | 1 |

| Nut/Seed (1/4 cup) | Protein (g) |
|---------------------------|--------------------|
| Chia Seeds | 12 |
| Hemp Seeds | 10 |
| Flax Seeds | 8 |
| Sunflower Seeds | 8 |
| Salba | 7.4 |
| Almonds | 7 |
| Pumpkin Seeds | 7 |
| Sesame Seeds | 7 |
| Pistachios | 6 |
| Walnuts | 5 |
| Brazil Nuts | 5 |

| | |
|-----------|---|
| Hazelnuts | 5 |
| Pine Nuts | 4 |
| Cashews | 4 |

| Beans (1 cup cooked) | Protein (g) |
|-----------------------------|--------------------|
| Lentils | 18 |
| Adzuki Beans | 17 |
| White Beans | 17 |
| Cranberry Beans | 17 |
| Navy Beans | 16 |
| Split Peas | 16 |
| Anasazi | 15 |
| Black Beans | 15 |
| Garbanzos (Chick Peas) | 15 |
| Kidney Beans | 15 |
| Great Northern Beans | 15 |
| Lima Beans | 15 |
| Pink Beans | 15 |
| Black-eyed Peas | 14 |
| Mung Beans | 14 |
| Pinto Beans | 14 |
| Green Beans | 9 |

| Grains (1 cup cooked) | Protein (g) |
|------------------------------|--------------------|
| Triticale | 25 |
| Millet | 8.4 |
| Amaranth | 7 |
| Oat, bran | 7 |
| Wild Rice | 7 |

| | |
|----------------------|---|
| Rye Berries | 7 |
| Whole Wheat Couscous | 6 |
| Bulgur Wheat | 6 |
| Buckwheat | 6 |
| Teff | 6 |
| Oat Groats | 6 |
| Barely | 5 |
| Quinoa | 5 |
| Brown Rice | 5 |
| Spelt | 5 |

| Other Sources | Protein (g) |
|---------------------------------|-------------|
| Sunwarrior Rice Protein (scoop) | 17 |
| Cherimoya | 7 |
| Egg | 6 |
| Sapote (1 medium) | 5 |
| Avocado (1 medium) | 4 |
| Durian (1 cup) | 4 |

FOOD COMBINING CHART

SANE EATING FOR YOUR ASSEMBLY LINE

FOOD COMBINING FOR YOUR HEALTH

VEGETABLES

Combine Well With Most Foods

SWEET FRUITS

Best Combined With Celery & Lettuce

Do Not Use With Acid Fruits

SUB-ACID FRUITS

Combine With Acid or Sweet Fruit,

Not Both

Good With Lettuce or Celery

ACID FRUITS

Best Combined With Sub-Acid Fruits,

Not Sweet Fruits

Good With Lettuce or Celery

PROTEINS

Best Combined With Salads

Do Not Use With Sugar & Starches

STARCHES

Best Combined With Green Salads

Do Not Use With Proteins & Fruit

MELONS

Do Not Combine With Other Foods

Best Eaten Alone

YOUR GUIDE TO PROPER FOOD COMBINING

The Reason For Proper Food Combining is to bring sanity back to eating

Food Combining is based on the theory that different food groups require different digestion times. In addition, the principles of food combining are dictated by digestive chemistry. Different foods require different digestive enzymes to aid in the digestive process: some acid, some alkaline. For this reason, correct food combinations are important for proper utilization and absorption of the nutrients in our diet.

For example; most protein foods require an acid digestive environment for proper digestion, whereas most carbohydrates will only digest properly in an alkaline environment. The proper combining of foods leads to good digestion and ultimately to better health. Remember, **the simpler the meal the better you feel.**

PROTEINS

Protein foods are those that contain a high percentage of protein in their makeup. Most protein foods require an acid digestive medium. Among these are the following:

- All Animal Protein* (*except fish*) - Animal Protein foods include beef, pork, chicken, lamb, duck, game, etc.
- Dairy products* (*cheese, butter, milk*)
- Nuts, Seeds
- Dry Beans, Dry Peas
- Soy Beans

- Peanuts
- Olives
- Eggs
- Avocados

CARBOHYDRATES

Carbohydrates are starches and sugars. These foods are broken up into three distinct groups or classifications: Starches, Sweet Fruits and Sugars.

STARCHES

- All bread products
- All cereals
- Dry Beans, Dry Peas
- Potatoes
- Pumpkin
- Yams
- Chestnuts
- Squash
- Corn
- Coconut (*Coconuts are a starch/protein combination and also a saturated fat*)

SWEET FRUITS

- Bananas
- Dates
- Fig
- Raisins
- Prunes

CHAPTER 19 - EAT WHOLE LOVE LIFE

- Persimmons
- Dried Fruits

SUGARS

- Pure Maple Syrup*
- Pure Honey*
- Agave*
- Carrots
- Rutabaga
- Beets
- Artichokes
- Parsnips

****These foods are not recommended but are included for clarity.***

GENERAL PRINCIPLES OF FOOD COMBINING:

MAIN GUIDELINES

1. Avoid eating protein with carbohydrates. Protein foods require an acid medium for digestion, most carbohydrates will only digest properly in an alkaline setting.
2. Salads combine very well with proteins or starches. Non-starchy vegetables may be combined with proteins or starch. Green, leafy vegetables combine very well with most other foods and should form the major part of ones daily diet.
3. Do not consume starch and sugars together.
4. Eat melons alone. They do not combine with other foods.

5. Avoid desserts. Eaten after meals, desserts simply sit in the stomach and ferment. Bacteria turn them into alcohols, acetic acids and vinegars.
6. Sprouts/Grains: The best way to eat grains is as sprouts. When grains are sprouted, they come alive with enzymes and oxygen. They become a pre-digested food. Other seeds and legumes may be sprouted as well.
7. Chew all food until it is close to liquid in consistency. We can easily assimilate foods, which are the most liquefied.
8. Water: Structured Water should be consumed throughout the day. Do not allow your thirst to build up and always avoid dehydration. Water should not be consumed in a large amount at one time. It is better to have a smaller, but continual flow of water throughout the day for proper assimilation and detoxification. Water is important; therefore, make it the best quality you can. Avoid distilled and chlorinated water for health's sake. Use only a chemical free, clean, Structured and alkalizing water.

OTHER IMPORTANT RULES

1. Eat acids and starches during separate meals. Acids neutralize the alkaline medium required for starch digestion resulting in indigestion.
2. Avoid eating carbohydrates with acid fruits. This combination may neutralize the enzymes needed for proper digestion.
3. Eat only one kind of protein food during a meal. Do not consume two proteins of different character and composition (*such as nuts and cheese*) during the same meal.
4. Eat proteins and acid foods during separate meals. The acid foods inhibit the secretion of the digestive acids

required for protein digestion. Undigested proteins putrefy in bacterial decomposition and produce some potent toxins.

5. Do not consume fats with proteins. Our need for fat is small and most protein foods already contain a great amount of fat. Fat has an inhibiting effect on digestive secretions and lessens the amount and activity of pepsin and hydrochloric acid necessary for the digestion of protein.
6. Do not combine sweet fruits with proteins, starches or acid fruits. The sugars in sweet fruits are not apt to ferment if digestion is delayed by mixing with other foods.
7. Use fats sparingly. Fats inhibit the secretion of gastric juice. With the exception of avocado, fats used with starch result in delayed digestion. Though not a high protein food, avocados contain more protein than milk. They are high in fat and the small percentage of protein they contain is of exceptional biological value. They are best used with a salad meal. Avocados should never be eaten with nuts, which are also high in fats.
8. Acid fruits may be used with sub-acid fruits. This combination is best made with less sweet, sub-acid fruits. Never use acid fruits with sweet fruits. Tomatoes should not be combined with sub-acid fruit or with any other kind of fruit.
9. Sub-Acid fruits may be used with sweet fruits. It is best to use the sweeter varieties of sub-acid fruits when making this combination. For people with poor digestion, bananas are best eaten alone.
10. Combine fruit only with lettuce and celery. These uncooked vegetables with a fruit meal may even enhance digestion of the fruit. Avoid over ripe fruit.
11. Eat only one concentrated starch food during a meal.

12. Milk is best consumed alone. Organic is preferred.
13. Do not rush or eat '*on-the-go*'. This will only worsen any digestive problem. Take time with your meals.

SPICES & CONDIMENTS

- Sea Salt, Cinnamon, Cayenne, Cumin, Clove, Turmeric, Ginger, Garlic
- Apple Cider Vinegar
- Cold pressed Extra Virgin Oils (*Grape seed, Olive, Coconut*)
- Whole Grain Mustard

FERMENTED NOT DEMENTED

One of the most important facts that is never talked about is that the fiber from fruits, vegetables and whole grains are not just healthy but critical to human life. The bacteria in your digestive tract ferment these fibers to break them down to become the body's main powerhouse of immune protection. They release acetic acid, butyric acid, B vitamins and k vitamin. The tangy flavor in sauerkraut is an example of the acid by-product of the gorging bacteria on the carbohydrates in cabbage. Fermented foods are an excellent source for building bacteria and should be eaten daily. Try to get this, your friendly bacteria are your body's frontline guardians of your immune system. These good bacteria are the greatest detoxifiers and chelators for the body. They help to remove BPAs, heavy metals and other modern day contaminants that we are exposed to. Fermented fruit, vegetables and wholegrain fibers ensure that your bacteria remain your greatest friend and protector whereas sugary fatty foods will turn these same protectors into your worst

nightmare. When your bacteria go from friendly to unfriendly they will become downright pathogenic, leaking noxious by-products (*endotoxin*), which will cause all 'cell' to break loose; this is the beginning of your demise. When this happens the Domino Effect begins and these trillions of good bacteria will have the potential to turn on you and make your life a living hell.

When **U** truly take care of your body through Superfood Nutrition, a Whole Plant-Based Alkaline Lifestyle along with Gentle Daily Cleansing you will become the Master of your Health.

FERMENTED FOODS FOR LIFE

What are fermented foods you ask? Oh, you're in for a life-saving, butt saving treat. Eating fermented foods will take your health to the next level when you incorporate these on a daily basis. These are foods that have gone through the fermentation process. The seven most popular are Sauerkraut, Kombucha, Tempeh, Kefir, Miso, Seed cheese and Rejuvelac. These are superior foods rich in friendly bacteria (*flora*) and enzymes that support the Mother of all Organs, which is the major part of your body's immune system, **the one and only COLON.**

These are live unpasteurized foods with the power to transform inner health. The fermentation process naturally preserves the food. These foods have life-giving cultures living within them. The word culture comes from the Latin word 'to cultivate'. Since the beginning of time the fermenting and culturing of foods has existed. As far back as history shows

humans were aware of the life preserving qualities of these enzymatic bacteria rich foods. When you make these foods part of your daily life, you will inject more life into every day. *"Humans have been fermenting longer than we've been writing words or cultivating soil."* Sandor Katz. When you cultivate your inner garden you are awakening the true fountain of youth, your immune system. One quarter to half a cup of fermented vegetables is a great addition to the diet. It is always good to rotate different fermented foods in your daily diet. The more varieties of fermented foods that you eat, the stronger you will become and the more you are going to inoculate your colon with different organisms.

This in itself takes your immune system to a higher level. People will also eat fermented grains, nuts, seeds and meats. Even products that once could not be tolerated, if fermented, will be digested usually without negative symptoms. However, some may never be able to digest even fermented grains. This is usually due to antibiotic wipeout. For those it may be best to avoid grains and legumes. **The Whole Truth** is even if you eat fresh, organic veggies, you may still have a problem if you are chronically ill and pathogenic bacteria rule your digestive tract. To shift your health in your favor switch to fermented foods when possible. One quarter to half a cup of fermented vegetables one to three times a day depending how much support you require and what your desired goal is.

You may experience a healing crisis when you begin to crowd out the pathogenic bacteria. Gentle Daily Cleansing and Superfood Nutrition will help alleviate any symptoms of a healing crisis.

BENEFITS OF FERMENTED ENZYME RICH FOODS:

- Supports proper digestion of food.
- Helps in eliminating and preventing *Candida albicans*. (*fungus*)
- Supports and protects immune system.
- Helps maintain proper pH balance. (*alkalinity*)
- Helps restore balance of friendly bacteria.
- Tones and strengthens colon.
- Helps eliminate cravings.
- Supports detoxification process of the body.

FOUR LITTLE TIPS

1. Steel cut oats are much more nutritious for the friendly bacteria in your colon than rolled oats.
2. Diets such as the Atkins regime that lack fiber, have been shown to cause a dangerously high bad bacterial content in the colon, which may be linked to colon cancer.
3. Pasteurized yogurt is not a cultured live yogurt and it also contains sugar. You want to either make it yourself or find someone who has a raw organic dairy source.
4. The large intestine is called the colon because it has colonies of good bacteria, which is the foundation of a strong immune system and a long, happy, healthy life.

RAW FOOD

Technically, raw foods can be defined as whole food that has not been refined, chemically processed, altered from its natural state or heated above 116°F thereby preserving its natural

nutritional content. Raw foods are plant-based foods. That's a textbook definition, but it isn't fully accurate because raw foods represent so much more than that. Most of us know that eating raw fruits and veggies is good for us, right? They have vitamins and minerals and if you want to lose weight, we need to eat more of them. Beyond that, have you ever considered why whole plant based foods are beneficial?

Whole Plant Based Foods are predominantly alkaline; disease cannot exist in an alkaline environment. Reducing your intake of acid-forming foods like sugar, artificial sweeteners, flour, caffeine, red meat and processed foods while increasing alkaline-forming foods is the most effective and efficient way to become more alkaline. An acidic environment and inflammation go hand-in-hand, so as you reduce the acid in your system, you automatically reduce inflammation. Here are just a few reasons to add more raw foods into your diet.

Weight Loss: As you increase your consumption of raw foods you will lose unwanted pounds, especially if you eat raw before other foods at each meal. Your body will naturally find the weight that is perfect for you and the diet roller coaster will end for good.

Balanced Blood Sugar: This is a huge issue and a big part of the diet roller coaster. Why? Because when we eat "*diet*" or "*fat-free*" products, the fat that is removed from them has to be replaced with something - and that something is sugar. Sugar in and of itself is fat-free, however, when you eat it, your body releases insulin to handle the sugar. Insulin is a fat-storage hormone, so, the sugar your body doesn't use immediately for energy is stored as fat.

Eating sugar raises blood-sugar levels and if you don't have an adequate balance of fiber and protein, after a relatively short period of time your blood sugar drops, signaling you to eat again. **Raw foods in their natural state, are balanced foods meaning they come complete with protein, fiber and a balance of vitamins and minerals.**

Energizing: Raw foods do not bog down our digestive system and digestion is what our bodies expend the most amount of energy on. Raw foods are known as "*clean*" foods because they are used quickly, efficiently and actually assist our body in gathering and eliminating waste.

Mental Clarity: Brain fog and sharper mental focus are natural side effects to increasing raw foods. High sugar, high fat processed foods have negative impact on our brains as well as our bodies, leaving in their wake a "*hangover*" type effect. Consuming clean, unprocessed whole foods eliminates that effect, leaving us alert and clear. You get the idea, right?

I could go on and on about the physical health benefits of increasing raw foods in your diet because the list is seemingly endless. *Our bodies are designed to heal themselves and when we give them what they need, not necessarily what the brain is addicted to, magic happens.* However, there is a much bigger picture here, which for me, is the greatest benefit of all. Nature has blessed and gifted us with everything - in total and complete perfection.

All that is required of us is to graciously accept and use these gifts. We are a part of that complete perfection, not separate from it. There has never been, nor will there ever be another 'you'. You are unique, irreplaceable, and magnificent, worthy of all your heart's desires and in part, here to add beauty

and grace to the world. When you remember that, you will naturally choose to honor and respect yourself by taking care of yourself. This is the highest form of self-love and it includes nurturing and nourishing your body and mind with the best foods available. Clean foods that are high in energy, nutrition and frequency keep you healthy and strong in body, mind and spirit, so that you can do what you were put on this planet to do - express your passion by sharing your unique gifts; the world needs what you were divinely created to share. **Be the very best version of U. Be Extraordinary.**

By: Ann Lotwin, Raw Food Chef

FOOD TO LIVE FOR

With Celebrity Chef & Nutrition Expert Janice Skoreyko

When was the last time you leapt out of bed feeling fully rested, before your alarm clock rang; excited and fully in charge, ready to take on the day? For many of us the very thought of this is so far from recent reality that it takes us back to our childhood and Christmas morning. It is time to put the brakes on those energy zappers and recapture your passion for life!

When you read our '*Perfect Day Lifestyle Guide*' you are privileged to unlimited, mouth-watering, delicious raw food recipes; including deprivation-free dishes that help you feel physically and mentally energized. You will finally have the energy to do all of the things that you love to do!

We are here to share with you how you can put this plan into action; quickly, easily and deliciously. Each recipe is the result of over 20 years of research and development, many of

which use less than 5 ingredients, take less than 5 minutes to prepare and will keep you satisfied! Unlike many traditional prescriptions, this is one that you will be looking forward to and you will welcome the side effects with open arms.

The True Rx for Health

When we are feeling sick we have a particular protocol we follow: drink plenty of fluids, eat clean and well, get plenty of rest, take hot baths, watch funny movies, nurture ourselves, allow others to nurture us and for some, revisit our spiritual beliefs and connection.

I invite you to consider that the very same ingredients that we use to restore our health are also those needed daily for optimum health. It is second nature to do these things when we are knocked off of our feet, why not create high energy days and feed a powerful foundation with these ingredients everyday? You have the innate wisdom to make this happen!

While there are things we do when we are under the weather, there are many things we definitely avoid, including: Drinking milk and consuming dairy, as they create even more mucous. Eating processed sugar decreases the immune system. Stimulants such as coffee further dehydrate the body and tax the immune and endocrine systems. Large heavy meals take the body's energy away from healing by prioritizing digestion, so we naturally avoid those and prefer smaller, lighter meals throughout the day.

The same prescription we use for healing is therefore the same prescription for vibrant health. Of course, there are side effects to every prescription. Adopting the principles that feed life

daily will result in, greater mental clarity, accelerated learning, sound sleep, clear smooth skin, stable moods, better digestion, low healthcare costs and abundant energy. Overall these side effects can be summarized into an exponentially greater quality of life. No “diet” required.

The “Indulge ME” Philosophy

Indulge: To allow oneself to enjoy the pleasure of. Stop the diet battle! Diets don't work as they are not in alignment with our psychology.

Deprivation increases the stress hormone, cortisol, which as a result increases the acidity level in the body. Diets are irritating, and where we see irritation we see inflammation along with plummeting energy levels.

Overtime, the inflammation increases and manifests into a form of disease. The good news is that disease can only live in an acidic environment.

When we consume alkalizing foods and beverages we are feeding vibrant health. Unfortunately many *‘healthy alkaline diets’* are boring, tasteless and impossible to stick with in the long run. I have personally tried every one of these *‘diets’* I could get my hands on; and the result was the same every time: **cheating**.

This result produced feelings of guilt, shame, disappointment, disapproval, depression, despair and further destructive behavior. The program running in my head said *“I have fallen off the wagon, so may as well make a weekend re-tox of it. I will start again on Monday.”* Can you relate?

In April of 2004, this happened for the last time as a result of a near death experience. I was alone in China at the age of 29, you see for the past 15 years I had been an active participant in my healing journey, travelled to 7 countries, studied medicine in both traditional settings and with village healers, though I had a hard time sticking to the protocols of dull foods and countless supplements and herbs.

I became 100% committed to creating and running a new program in my body; one comprised of the most delicious, decadent nutrition and lifestyle ingredients possible. This led my body to reverse the symptoms of all 5 serious illnesses and enabled me to learn how to indulge without the bulge and make it fun!

When we enjoy whole foods that have not been heated above 116°F, it is not only the easiest for our body to digest but also the most nutrient-dense. DigestComplete enzymes, help break down food into smaller parts that can be absorbed, transported and utilized by every cell in your body.

Dr. Howell's research of 50 years, shows clearly that these enzymes are not present in cooked food. This lack of enzymes causes the food to sit in the digestive system longer than raw food, resulting in decreased capacity for the body to break the foods down and nourish itself. This increases storing of these foods and abdominal bloating. We understand that you may indulge, we suggest taking DigestComplete enzymes with foods that have been cooked above 116°F. These digestive enzymes

will help your body to digest cooked foods and keep you on track with your fresh, whole food lifestyle.

5 Ingredient, 5 Minute Gourmet - Your key to more confidence in the kitchen!

Getting started with a new culinary skill-set requires a few things; learning, practice and having confidence in the kitchen. Imagine knowing that your recipes are going to turn out well the first time you try them at home, feels great doesn't it! This is the ultimate form of empowerment.

We have many 5 Ingredient, 5 Minute Gourmet recipes for you in our '*Perfect Day Lifestyle Guide*'; as well as links to live footage with tips and tricks that will have everyone, from the newbie to seasoned foodie, excited to get into the kitchen and unleash their inner chef!

The '*Perfect Day Lifestyle Guide*' is the perfect place to start your powerful, health journey; from here you may continue with the 3-Day Raw Food to Live For Immersion or Chef Certification Program. In the Immersion program you will learn more about flavor and taste combining, advanced recipes such as lasagna, pizza, desserts, cheese and chocolate to how to repurpose ingredients efficiently, plan your menu and prepare your food in just 2 hours a week vs. the typical 20 hours per week, along with solid science and nutrition education.

FOOD TO LIVE FOR

Delicious Raw Recipes

Watermelon Radish Ravioli

Ingredients:

Gourmet Sweet Chive Cheese

2C cashews (soaked 8 hours)
1/4C extra virgin olive oil 1/2t
onion powder
1/4C freshly squeezed lemon juice
1T chives, chopped
1t dill, chopped
2t raw honey/agave nectar
3/4t sea salt
1/4t black pepper

Ravioli

large watermelon radish, peeled
2T extra-virgin olive oil
1T lemon juice
1/4t sea salt

Garnish

1C Enoki mushrooms
1C Pomegranate seeds
20 basil leaves, small

Method:

Gourmet Sweet Chive Cheese

Process all ingredients in a food processor until smooth.

Ravioli

Using a mandolin, slice the radish very thin. In a large bowl, coat the radish slices in lemon juice, oil and salt.

Place a radish slice on your plate and spoon one spoon full of cheese onto it. Next place a second radish slice to top off the ravioli. Repeat for desired serving amount.

Garnish

Finish the plate with a few Enoki mushrooms, pomegranate seeds, a drizzle of olive oil and a basil leaf. Enjoy!

**Looking to lighten this recipe up a bit more? Check out our newest savory Cauliflower Cheese recipe in 'Perfect Day Lifestyle Guide'.*

Candy Cane Beet Salad**Ingredients:****Salad**

Candy Cane Beets, sliced thinly
 2 Yellow Beets, sliced thinly
 1 green apple, chopped into ¼" cubes
 1/2C fennel, chopped
 1/2C pineapple, chopped into ¼" cubes
 2C arugula
 2C mixed spring greens

Dressing

1/4C extra virgin olive oil
 1/4C coconut aminos
 2t lemon juice
 1t coconut sugar
 1/4t chili flakes

CHAPTER 19 - EAT WHOLE LOVE LIFE

1/4t black pepper

1/4t salt

Garnish

1/4C Gourmet Sweet Chive Cheese

(see Watermelon Radish Ravioli recipe)

Method:

Salad

Toss the beets in 1/4C olive oil and 1/4t salt.

Combine the beets and all remaining ingredients into a large salad bowl. Plate.

Dressing

Combine all ingredients into a medium sized bowl, whisk and spoon onto salad.

Garnish

Chef Tip: Beef this salad up both physically and nutritionally by adding in marinated kale and a sliced avocado. Check out Raw Foundation's Super Bowl Sampler Series in '*Perfect Day Lifestyle Guide*'.

No-Bake Double Chocolate Brownie Cake

Ingredients:

Cake

3/4C cashews

7 Medjool dates, pitted

1/4C cacao powder

1/2t vanilla bean powder

1/4t cayenne pepper

2t cacao nibs, garnish

Pinch of salt

1 strawberry, fanned (garnish)

Icing

1/4 C raw honey/agave nectar

1/4 C cacao powder

1 T coconut oil, melted

Method:

Cake

Process the cashews in a food processor, until fine.

Add the remaining ingredients and process until smooth.

Place the mixture onto a plate, form into a heart and set aside.

Icing

Process in food processor until smooth.

Assembly:

Ice and garnish the cake.

Place in the freezer for 5 minutes. Enjoy!

New York Style Lemon Cheesecake

Ingredients:

Vanilla Shortbread Cookie Base

2C macadamia nuts

1 pinch of salt

1t vanilla bean

Filling

1C cashews

1C lemon juice

.C coconut sugar

.C coconut butter

Coulis

3C - berries

2T - raw honey/agave nectar

Method:

Vanilla Shortbread Cookie Base

Place all ingredients in the food processor and process until 70% combined. A light crunch to this cookie will create fabulous finish.

Press the dough into the base of two 4" spring form pans. Set aside.

Filling

Soak the cashews for 6 hours.

Rinse the cashews and continue to soak and repeat rinsing them every 6 hours, for an additional 24 hours.

Combine all ingredients in blender and blend until smooth.

Pour the mixture on top of the cookie crusts, in the 4" spring form pans. Freeze for 6 hours.

Coulis

Reserve 1/4C berries or berry piece.

Pulse remaining ingredients, in a small food processor.

Pour mixture from the processor into a bowl and stir in the pieces that were set aside.

Refrigerate until ready for service. Spoon on top of cake. Enjoy!

Energy Elixir

Ingredients:

Smoothie

4C tightly packed spinach 4 bananas

3C Structured Water 1 pack SuperMix

5 Medjool dates, pitted

Garnish

4 strawberries

Method:

Blend all ingredients.

Garnish your wine glass with a strawberry.

Pour the Elixir into the glass and energize every beautiful cell in your body! For more recipes read our '*Perfect Day Lifestyle Guide*'

Raw Foundation Culinary Arts Institute

The RAW Foundation Culinary Arts Institute is a global, industry leading, raw food culinary school, home of The Raw Food Education Experts and RAW Food Educator Program TM; located in the heart of Vancouver

BC, Canada. We are devoted to educating on the benefits of a plant-based lifestyle, inspiring & empowering foodies, home and professional chefs, health enthusiasts and healthcare professionals from around the world; to prepare delicious, raw meals with ease and successfully share this passion with others while making a positive impact transforming their lives and the lives of those that matter to them most, doing what they love.

Continuing Education / Education Visit: www.rawfoundation.ca

Call 1 855 839 8424 or 778 839 8424

YOUR DAILY DIET REPORT CHART

Log yourself for 30 days!

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| Morning <i>Meal</i> | | | | | | | |
| Noon <i>Meal</i> | | | | | | | |
| Evening <i>Meal</i> | | | | | | | |
| Food & Drink <i>used at other times</i> | | | | | | | |

BE THE MASTER OF YOUR LIFE



WATER: THE STRUCTURE OF LIFE

Go to: docofdetox.com/library
to read and watch the videos in the 'Structured Water' Guide

"U are not a body with water. U are water with a body. Your health will be measured by the life within the water."

- Dr. Darrell Wolfe, Doc of Detox

CHOOSE YOUR WATER WISELY

Water is the most amazing substance on the planet. It is the key to sustaining all life. Water does mysterious and amazing things that even defy the laws of physics. Top scientists today still can't explain some of the characteristics of water and how it actually interacts and communicates with human cells.

Are you the type of person that finds yourself asking these questions:

- Why am I so tired all the time?
- Why am I still thirsty when I drink all of this bottled water?
- Why can I not heal myself?
- Why am I suffering from premature aging?
- Why am I so itchy after showering?
- Why am I bloated?
- Why do I retain water?

The water you drink will either give life or take it away. You can eat a healthy diet, exercise daily and take Whole Plant Based Superfood Nutrition but you must drink high vibrational Structured Water and enough of it to achieve and maintain optimum health, the way Nature intended. Structured Water is the vehicle to nourish, detoxify and restore your body all the way down to the cellular level. Choose your water wisely, your life depends on it.

The cells in your body are surrounded by mostly water. There is a mountain of evidence, which proves the type of water you drink is possibly the most important element of your health. The water you drink will decide how, and how much, your cells absorb nutrients, remove toxins, and how effectively they behave and communicate.

We are told that our body and our planet are comprised of approximately 70% water. What we are not told is that, on a molecular level, the trillions of cells that make up your body are actually composed of 99.9% water. You are not a body containing water; you are a body of water in the form of a human being.

Since water is a nutrient more important than food, the water you are drinking deserves a closer look. If you're drinking tap water, distilled, reverse osmosis, filtered or bottled; I can assure you, you are taking in an inferior product. And guess what? You are slowly but surely depriving yourself of the life you are entitled to and possibly even poisoning yourself. Oh, and by the way, government regulations for drinking water are about the same as a screen door in a submarine (*evil plot*).

We can discuss the hundreds of toxic materials found in our water, and the ones that are intentionally put there, but that's a whole book in itself. Who really wants to hear about the greed, the negligence and the intentional poisoning of our water systems? Let's get back to real answers and the solution to this internal pollution.

Although drinking water is not the major source of essential nutrients for our body, it is nonetheless an important factor for many reasons. Today the diets of most families lack adequate sources of minerals and micro-elements. The minerals and nutrients in water are present as free ions and therefore more readily absorbed into our body. In food these minerals are mostly bound to other substances; therefore, are not as absorbable on a cellular level.

TIME BOMB IN A TAP

As I stated earlier there are far too many chemicals in our tap water to address. It would be wrong to overlook the one chemical that most have embraced and allowed not just into their life but also into their body.

The drinking and bathing of chlorinated water is fast becoming a serious health problem, not only here in North America but world-wide. Adding chlorine to our water is meant to disinfect the water distribution systems and the water pipes that bring the water to our homes and businesses.

Chlorine is not used because it is safe or healthy. Chlorine is used primarily because it is the cheapest way to disinfect your water. The truth is, in the long run it is the most expensive because it will undermine your precious health.

Side effects of drinking and bathing in chlorinated water:

- Dry, brittle, lusterless hair
- Dry, aging skin
- Skin rashes and irritation
- Acne
- Headache
- Premature aging
- Respiratory problems
- Tissue cell damage
- Cancer
- Cardiovascular disease

THE POWER OF YOUR SHOWER

The two major diseases for some time now, have been heart disease and cancer. Cardiovascular, or heart disease, along with an escalating incidence of bladder, colon, rectal, and breast cancer have all been linked to our continued ingestion of chlorinated tap water.

Many drink, shower, bathe and swim in chlorinated water. Since the majority of the population participates, then it must be safe. There is comfort in numbers.

The results can be very damaging when you put your health in the hands of your government, who's main concern is the bottom line. Would you go to an accountant for health advice?

Studies have shown that when you shower in hot water, the chlorine gas that is formed can be even more damaging to our body than the chlorine found in drinking water.

SWIM AT YOUR OWN RISK

We all know that 'chemical feel and smell' of a pool; stinging, blurry eyes and dry itchy skin.

SALTWATER POOLS

But salt water pools **do** use chlorine - just less of it. The pool owner installs a salt generator which manufactures its own chlorine. Instead of adding chlorine directly to the pool water, salt water chlorinating systems use electrolysis, which releases chlorine gas from the salt into the water. When the chlorine

gas mixes with the water, it creates liquid chlorine, which then mixes with the pool water, providing the cleaning component to the system.

Salt systems are more harmful to human health than conventional chlorine, bromine or biguanide chemicals. There are healthy alternatives which will cost you less money and save your health in the long run. Never follow the herd, you will end up at the butcher (*evil plot*).

Healthy skin is covered in a very thin, slightly acidic film called the 'acid mantle' that is secreted from the skin's sebaceous

(oil) glands. The pH of bacteria, viruses, and other chemicals are primarily alkaline in nature, so the acid mantle acts as both a physical and chemical barrier to bacteria, viruses, and other potential contaminants penetrating the skin. When we bathe with soap or swim in chlorinated water, the acid mantle is stripped away. Even when conventional lotions are applied, the skin remains too alkaline - leaving the skin and body vulnerable to invasion from harmful chemicals and pathogens.

Side effects of swimming in a chlorinated pool:

- Respiratory Defects
- Neurological Dysfunction
- Cardiovascular Defects
- Skin infection / A Skin Irritant
- Eye infection
- Gastrointestinal Issues
- Kidney Cancer
- Liver infection
- Colorectal cancer

- In hyper-chlorinated pools, dental enamel can become eroded because of increased levels of acidity.

CHILDREN AND POOLS

Children inhale more air per unit of body weight than adults; therefore, children absorb a greater amount of toxins, relatively speaking, than older swimmers. Children with asthma who frequent chlorinated pools, in most cases, will show a worsening of this condition.

Always choose the lake first before a chlorinated or salt water pool. If you do not protect your children then who will? Definitely not our government or all their so called 'health specialists' sanctioned by them. Just because the pool is full does not make it safe. It just shows how naive we are.

WEAR PROTECTION

This is no answer but if you must swim in a chlorinated pool then wear protection. Cover your skin with coconut oil to block chlorine from getting into your skin or, at least, to minimize its exposure. Reapply coconut oil after swimming. It is also better to shower at home if you have a shower purifier. Your skin is your biggest organ. I know you wouldn't knowingly poison yourself or your family.

PHARMACY IN A BOTTLE

Many of our prescription and over-the-counter drugs end up in our waterways and in the water we drink. Discarding prescription medications into the garbage sends them to

our landfill systems, where these toxins are leached into the ground and in turn, these toxins find their way into our water systems. Likewise, when you flush these drugs down the toilet they also end up contaminating our water system. Since a lot of bottled water is simply tap water, you are getting a pharmacy in a bottle. Pharmaceutical drugs that were never meant to be combined together because of the toxic reaction they would create inside the body are now mixed together as a poisonous cocktail in your drinking water. People are unknowingly having allergic reactions to an invisible culprit called 'pharmaceutical drugs' within their water. Small and constant exposure to these pharmaceutical cocktails may result in drug allergies.

Millions of people have drug allergies. Are you one of them? If so, how would you know if the unusual symptoms you have been exhibiting are due to ingesting small amounts of drugs from your bottled water?

TICKING TIME BOMB

We have established that drinking bottled water from the shelf can cause serious health risks but the most serious chemical exposure comes from leaving bottled water in the hot sun. Have you ever left your bottle of water in your car on a warm day and noticed that when you took a drink, it tasted like plastic? Just know, that what you tasted was a toxic, chemical, cancer concoction.

Not only did **U** just get ripped off for your money while they fill their pockets in exchange for your precious health as it goes down the drain.

FLUORIDE TRUTHS

A recent study on children in India shows that fluoride doesn't fight cavities. Fluoride is toxic and it actually increases the risk of developing cavities, can cause a weakened immune system and accelerates aging due to cell damage. Young children exposed to fluoridated drinking water are more susceptible to developing Fluorosis. Fluorosis is the developmental disturbance of tooth enamel. It creates stains and streaks on the teeth and may cause a pitted, rough and hard to clean tooth surface.

Bottled water that originates from tap water, in most cases, is loaded with fluoride. A simple and proven remedy for the damaging effects of chlorine, fluoride and other toxic chemicals in our drinking water is the installation of a Structured Water unit. Structured Water units are an effective and inexpensive way to eliminate the negative effects of toxic chemicals in our tap and shower water. These units need no replacement filters, no electricity and have no moving parts, so they remain trouble free. Structured Water interacts with your cells.

ALL FILTRATION IS NOT CREATED EQUAL

DISTILLED WATER AND REVERSE OSMOSIS

Let me say that in my 35 years of practice I have never tried to pass these two sources of water off as being suitable for human consumption. Many health practitioners, however, are often surprised to hear me say that drinking distilled water or reverse osmosis water on a regular, daily basis is potentially

dangerous... and here is why. These two water sources are not found in Nature.

Distilled and reverse osmosis water are essentially void of minerals and are acidic. Distillation is the process in which water is boiled, evaporated and the vapor condensed.

While fasting, using distilled water or reverse osmosis can be dangerous to your health because of the rapid loss of electrolytes (*sodium, potassium, chloride*) and trace minerals like magnesium. Deficiencies of these minerals can cause heartbeat irregularities and high blood pressure.

Distilled Water: When it comes in contact with air, it absorbs carbon dioxide, making it acidic. Acidosis is the root cause of all disease.

The more distilled water you drink, the more acidic you will become. Along with this comes inflammation, which leads to pain, suffering, crystallization and internal scar tissue.

Most commercial beverages that people consume are made from distilled water. Studies have consistently shown that regular consumers of soft drinks (*with sugar or sugar free*) spill huge amounts of calcium, magnesium and other trace minerals into their urine due to the acidic nature of these commercial beverages.

Hello, osteoporosis and hormonal imbalance. Let us not forget that these commercial beverages are the king of acidity, which equals inflammation, mutation, pain, suffering, crystallization and internal scar tissue. Hello, again 'Woody'.

The more minerals we lose, the greater the risk for: osteoporosis, osteoarthritis, calcium deposits throughout the body, hypothyroidism, coronary artery disease, high blood pressure and a list of degenerative diseases generally associated with premature aging.

Reverse Osmosis: To fill a 1.5-gallon container of reverse osmosis water you will waste 13.5 gallons down the drain.

Cooking foods in distilled or in reverse osmosis water pulls the minerals out of the food and lowers their nutrient content. So, don't ask yourself why 'you're dead on your feet' (**zombie**).

Cooking with soft water is found to cause substantial loss of all essential elements from vegetables, meat and cereals. Magnesium and calcium mineral loss can reach up to 60%, even higher losses for some other micro- elements such as copper 66%, manganese 70% and cobalt up to 86% loss. In contrast to the above, when hard water is used for cooking the loss of these elements is much lower due to the water being full of minerals.

ACCORDING TO THE WORLD HEALTH ORGANIZATION

Demineralized water *'attacks distribution piping and leaches metals and other materials from the pipes and associated plumbing materials.'* If it does that to pipes just think what it's doing to your internal plumbing system.

Your body contains electrolytes (*e.g., potassium, sodium*) in certain concentrations that are regulated by your body cells. If you drink distilled water your intestine is forced to take electrolytes from body reserves, which in turn, will deplete you

of your normal electrical charge and leave you drained... like any other battery.

Drinking distilled water leads to the dilution of electrolytes within body fluids and cells. This in turn, will create an imbalance throughout the body.

Symptoms at the beginning of this condition include:

- Tiredness
- Weakness
- Headaches
- More severe symptoms include muscle spasms and impaired heart rate

We know that Whole Plant Based Foods are the main source of calcium and magnesium for our bodies. So just know that if you lack Whole Plant Based Foods and drink distilled or reverse osmosis water you will increase the chance of running a deficit of these two minerals within your body.

FILTERED WATER

One of the most common types of water purification systems used in our homes today is the carbon filter system. These filters may work for removing many harmful substances but do not remove toxic metals, harmful nitrates, sodium and fluoride that contaminate our water. Other disadvantages of the carbon filter system are that they require frequent filter replacements, may clog and can harbor mold.

CLOGS

Water containing a lot of sediment can clog up your filter thereby greatly reducing the normal lifetime of the filter.

MOLD

Organic substances from water may become trapped in the carbon filter. If left unused for periods of time, this creates an environment for the growth of mold.

pH

Acidic water is common in many households. The minerals that cause your water to be acidic dissolve and pass through the filter, resulting in acidic water remaining acidic.

FILTER REPLACEMENT

Carbon filters require frequent filter changes. To remain at peak performance this is an ongoing expense.

BOTTLED WATER

The bottled water industry really needs an enema for all the manure they pitch (fork) at the general public.

FACTS ABOUT BOTTLED WATER

- It takes an estimated 3 quarts of water to produce 1 quart of bottled water.

- Worldwide, an estimated 2.4 million metric tons of plastic are used to bottle water each year.

ENVIRONMENTAL IMPACT

- Bottled water is destructive to the environment.
- 67 million bottles are thrown away each day.
- Only 10% of bottles are recycled.
- Transporting large amounts of plastic or glass bottled water requires an incredible amount of fuel for its delivery to you.

There is a lot of conflicting information surrounding bottled water, some positive, some negative. Here is the whole truth to guide you down the path towards healthier water consumption.

What is the true source of your bottled water?

Approximately 40% of bottled water is simply bottled tap water. So now where are those harmful chemicals you were trying to avoid? You are still drinking them along with a list of other chemicals released from the plastic bottles. (*Oops, cancer anyone?*)

THE DANGERS OF PLASTIC

You may not realize it, but there are serious health risks to you and your family from drinking water from plastic bottles. If you choose to drink out of plastic water bottles, then you are potentially being exposed to the following chemicals.

BPA (BISPHENOL A)

BPA is commonly used to make polycarbonate plastic and epoxy resins to maintain the 'quality' of canned food and

drink. If you are feeding your baby, or older child using plastic bottles or containers, you may be exposing them to harmful chemicals. You may want to change over to a glass or stainless steel container. BPA is an estrogen-mimicking chemical that has been associated with a range of serious health problems such as:

- Prostate and Breast Cancer
- Diabetes
- Obesity
- Early puberty in girls
- Learning and behavioral problems
- Fertility problems in females
- Decreased sperm count
- Altered immune system function

PHTHALATES

Phthalates are widely used to make plastics like polyvinyl chloride (*PVC*) more flexible. These chemicals disrupt natural hormone levels and have been linked to a wide range of developmental and reproductive complications such as:

- Reduced sperm count
- Testicular atrophy or structural abnormality
- Liver cancer
- Studies have shown that exposure to high levels of phthalate in pregnant women increased the chances of their male offspring to have certain demasculinized traits and produce less testosterone.

VITAMIN WATER

Just Another Unhealthy Soda

What's in a name? **U** fell for it. One of the biggest scams brought to us today by soda manufacturers is 'Vitamin Water'. Marketers have worked their magic to disguise this new drink as a 'health drink', and a healthy alternative to soda pop, by promoting the added benefits of vitamins and minerals (*evil plot*). Don't be fooled! These added vitamins and minerals don't come close to a nutritional drink.

Vitamin Water is one of the worst types of bottled water you can put into your body.

These so called healthy drinks contain health damaging additives such as:

- High fructose corn syrup (*causes obesity and diabetes*)
- Food dyes (*affect physical and emotional health*)
- Just like the phrase Healthcare System, Vitamin Water is also a wolf in sheep's clothes.

Buyer beware... or be dead wrong.

EFFECTS OF DEHYDRATION

Mild-moderate dehydration can cause:

- Dry, sticky mouth
- Sleepiness or tiredness — children are likely to be less active than usual
- Thirst
- False Hunger

- Energy Loss
- Brain Fog
- Decreased urine output
- No wet diapers for three hours for infants
- Few or no tears when crying
- Dry skin
- Headache
- Constipation
- Diarrhea
- Dizziness or lightheadedness

Severe dehydration can cause:

- Extreme thirst
- Shriveled and dry skin that lacks elasticity
- Extreme fussiness or sleepiness in infants and children; irritability and confusion in adults
- Very dry mouth, skin and mucous membranes
- Little or no urination — any urine that is produced will be darker than normal
- Sunken eyes
- In infants, sunken fontanel — the soft spots on the top of a baby's head
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- No tears when crying
- Fever
- Pain and Inflammation
- Muscle cramps
- Insomnia
- In the most serious cases, delirium or unconsciousness

DAILY WATER CONSUMPTION

You are composed of approximately 60 - 80% water. As we age that percentage of water drops but if you are drinking Structured Water, it will remain *(the same)* constant. This is where premature aging gets washed down the drain. Life begins and ends at the cellular level.

Many people follow the 8 by 8 rule: This is where we are told to drink 1, 8 ounce glass of water 8 times a day. *For myself, I like the body weight theory:* take half of your body weight, in pounds, and drink that number of ounces of water. 60% of this amount should be drunk before noon and the remaining amount before 5pm.

Example: A person of 200 pounds would drink 100 ounces before 5 pm.

Drink It, Love It, Live It - Drink Life In

Here are long time, proven advantages of drinking water.
None of these facts have been watered down.

1. Drink Structured Water to reduce weight safely. Water contains no calories, limits your food intake, removes by-products of fat and reduces your appetite.
2. If you want to look younger, drink plenty of Structured Water every day. Structured Water moisturizes your skin and helps maintain your skin's elasticity. Just from drinking Structured Water, you can say hello to glowing supple, younger looking skin that is free from toxins! Food and beverages like caffeine, chocolate, cola, tea, coffee and alcohol are dehydrating and should be limited... better still, eliminated.

3. Drinking Structured Water helps to fight against skin conditions such as eczema, dry skin, wrinkles, psoriasis and spots.
4. Since our body is made up of 80% water; drinking plenty of Structured Water is a must to help the body and mind maintain peak performance. The brain communicates with the rest of the body through the cerebrospinal fluid, which is 93% water! Notice your energy levels and your ability to think improve when **U** hydrate... not constipate.
5. Structured Water takes the toxic load and acidic waste out of the body efficiently. We must drink the amount required by our body, weight and lifestyle. When we do not drink enough Structured Water, our bodies run at a deficit when it comes to oxygen and minerals and our hearts pump much harder, due to the increase of acidity.
6. There is absolutely no substitute for Structured Water, whether it is tea, coffee, milk or juice. Studies have shown there is an increased chance of incurring a heart attack when you replace your needed water intake with tea, coffee, milk or juice.
7. Dehydration is a major cause of headaches and back pain. Taking in enough Structured Water can help reduce and prevent these symptoms. Realize before you crystallize. If you wake up stiff like 'Woody' this is a major sign that you are already dehydrated.
8. There are foundational rules to living a happy and healthy life. One of these is to drink enough Structured Water daily. Your life depends on it.
9. Structured Water plays a foundational role in strengthening and preserving your immune system. Drinking plenty of Structured Water will help fight against the flu, kidney

stones, pathogen points and other ailments by promoting healthy aerobic bacteria and eliminating disease- causing anaerobic pathogens.

10. Let logic prevail. The more toxins/ acidity you have within your body the more inflammation, degeneration, internal scar tissue formation and mutation you will experience. When you drink the proper amount of Structured Water for your body weight, each and every day, you are eliminating and greatly reducing cancer causing agents especially in the bladder and colon.
11. Drinking enough Structured Water throughout the day will help your body maintain a proper pH balance. The body requires a neutral pH 7 range in order to remain healthy and vibrant.

Whether you want shinier hair, younger skin, a healthier body... or all three... Structured Water is the world's best beauty elixir.



5G BLUELIGHT TOXICITY

Go to: docofdetox.com/library
to read and watch the videos in the '5G Bluelight Toxicity' Guide

"Everything is Frequency; what you think, what you eat, drink and the environment that you live in, will determine your voltage."

- Dr. Darrell Wolfe, Doc of Detox

SYMPTOMS OF RADIO-WAVE SICKNESS

US NAVAL RESEARCH INSTITUTE (1972 DECLASSIFIED)

BRAIN

- HEADACHES
- DIZZINESS
- NAUSEA
- DIFFICULTY CONCENTRATING
- DEPRESSION
- ANXIETY
- MEMORY LOSS
- INSOMNIA
- FATIGUE
- TREMORS
- MUSCLE SPASMS
- TINGLING
- ALTERED REFLEXES
- MUSCLE & JOINT PAIN

EYES

- PRESSURE BEHIND/IN THE EYES
- DETERIORATING VISIONS
- CATARACTS

HEART

- PALPITATIONS
- ARRHYTHMIA
- CHEST PRESSURE & PAIN
- LOW OR HIGH BLOOD PRESSURE

PELVIS

- STERILITY IN MEN & WOMEN
- TESTICULAR/OVARIAN PAIN

RESPIRATORY

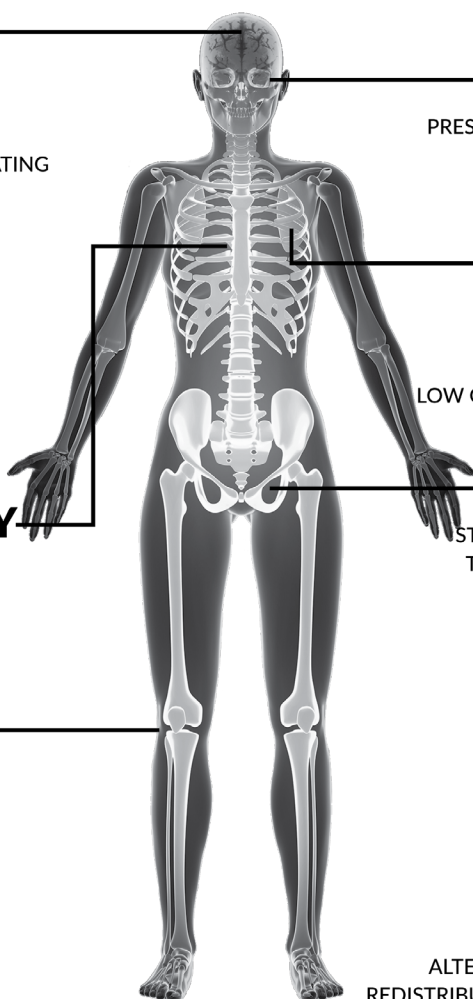
- SINUSITIS
- BRONCHITIS
- ASTHMA
- PNEUMONIA

SKIN

- SKIN RASH
- ITCHING
- BURNING
- FACIAL FLUSHING

OTHERS

- DIGESTIVE PROBLEMS
- ABDOMINAL PAIN
- ENLARGED THYROID
- DEHYDRATION
- IMMUNE ABNORMALITIES
- ALTERED SUGAR METABOLISMS
- REDISTRIBUTION OF METALS IN BODY
- HAIR LOSS



Before we start I would like to give you something to think about.

Where did all this A-I, otherwise 'Artificial Intelligence' come from so quickly; out of the blue, so to speak. Artificial Intelligence is stealing our brains, we don't have to think anymore. Most Millennials can't, write, spell or communicate face to face.

This is the age of Digital Dementia. Remember when you could recall a phone number or an address in an instant? What happens when you don't use it - you lose it. Welcome to the age of brain drain. Advanced technology does not equal evolution. The human race is de-evolving.

Remember, A-I is creating an artificial life that is undermining our health and all our relationships. If we do not return to our roots, which is nature, we will remain an inflammation nation spiraling into mutation.

Look, sunlight is the most important food in our lives and the most important nutrient for the health of your mitochondria. So let's talk about these mighty little power plants that are in your cells.

IT'S ALL ABOUT THE LIGHT

When you finally take back your power and embrace the fundamentals of light then you will better understand how light impacts your health mentally, physically and spiritually.

Sungazing in the morning is one of the most beneficial habits one can practice, not just for healthy dopamine levels but for overall great health; sungazing is when you allow the sunlight

to shine into your eyes. The key to life is high-frequency thoughts, supplements, food, water, and light. So become a high-frequency sun-gazing, mitochondria addict.

So when it comes to renting or purchasing a house, you will want to consider a house that gets the morning sunrise so you may take in as much sunlight as possible throughout the day. In a lot of places throughout the world, we do not get the sunlight or the Vitamin D that we need, such as where I live, Kelowna, BC, Canada. We lack the proper sunlight from October to March, it is proven that the sun is too far from us during this time to receive the benefits of Vitamin D.

And this is why we promote and sell the Vitamin D light. This will saturate you with the necessary Vitamin D within 4 minutes. And with 2 minutes twice a day from the Bioptron Light, you will increase your microcirculation by 47% for 24 hours.

True innovation is about taking things that are known and connecting them in ways that nobody else has ever thought about before; bridging the gap between science and nature.

Einstein's theory of $E = mc^2$ is the most important equation you will ever know. Energy and mass are exactly the same things, they can be changed into each other. The only difference is the environment in which each side of the equation is in. This means, when you slow energy down, otherwise light, you create things of mass.

Everything you are and everything you will ever be was first light. You need to get this, you are light. To be more scientific, you are a light energy being. This is Einstein's greatest discovery. Most of today's researchers, scientists, medical professionals,

and functional doctors just don't get it, if you don't know about light then you don't know about the number one food for optimal health.

We must get sunlight on us and in us as much as possible if we wish to get healthy and stay healthy. In this life we have an amazing opportunity to experience around 25,000 sunrises in a lifetime, so don't miss out if your goal is optimal health and healing. Sunlight is the healer.

For every thousand feet we go up, the more UV light we get and the more life we get into our mitochondria. UV light and infrared light are invisible to the human eye, yet this is where our power comes from. The greatest things in life are invisible to us. Did you know that you inherit your mitochondrial DNA from your mother, unlike nuclear DNA, which comes from both parents? There are two genomes inside every cell, our nuclear genome, and our mitochondrial genome. Medicine only focuses on the genetic DNA, which is a huge mistake, we must focus on the mitochondrial DNA because the mitochondria are the powerhouse of the cell, which makes all the energy for the body in the form of ATP. Energy is life and you are the battery.

From the science of epigenetics, we have come to learn that energy is the only thing that turns off the cancer genome and this energy comes from your mitochondria. To restore mitochondria for our clients and patients at the Doc of Detox, we use energetic supplements and equipment such as Doc of Detox Calcium Ion Therapy, Fulvic and Humic Acid Concentrate, Ormus, Fulvic Acid Eye Drops, Silver Bullet Solution, Sentient Element and ATP+ Elixir, the only organic ATP that I know of and the only ATP powered by Dr. George Merkals life crystals.

So, do you know what changes energy into matter?

Frequencies, which we cannot see, yet we absorb frequencies through our eyes, which are like a light seeking camera. We all need to understand one fact, and that fact is that we are light energy beings first and foremost.

When it comes to light and our eyes, everything changed in 1879. This is when the first incandescent light bulb was introduced and blue light toxicity was born. After the birth of incandescent lighting chronic diseases began to show up more and more around the turn of the century, I challenge anyone to go back before 1879 to find papers documenting proof that today's chronic diseases were present before that time. 85 to 90 percent of all diseases are related to dysfunctional mitochondria origins.

Do you realize that in the year 1900, colon cancer was the 37th leading cause of death, today it's number 2? At this very moment, I am supporting and educating 5 patients that are suffering from Colorectal Cancer. I believe that this specific cancer is growing due to the increase in a toxic lifestyle, we have become Spoiled Rotten. And on an emotional level, we are unwilling to let go of that which no longer serves us, frequency is everything.

The evolution of man-made light does not equal the evolution of light or health within your cells. If a disease-free vibrant body is your goal, you will come to understand that when it comes to light, red balances blue; this is key to keeping you disease free.

The ophthalmology industry, otherwise, the supposed eye care industry has been trained to believe that all UV or ultraviolet light is dangerous to the eyes and is blocked by the cornea. When in fact 1% of UVB and 3% of UVA gets through the eyes because our eyes know how much light to let through.

Just like, your body knows how much water to drink without drowning you. Understand your eyes know exactly how much light to allow in to maintain your health. Your eyes are built to slow down light, remember what I said before about $E = mc^2$? When you slow down light, you create things with structure. You create matter. What you think matters. What are you creating?

When two come together in love they create a baby. When one creates frequencies of depression, sadness and anger we create everything from constipation to cancer. Love is the highest frequency in the universe but on planet Earth, if you do not understand that Self Love is the highest frequency then all 'Cell will break loose'. Yes, love is the answer but self-love is the cure.

Today's so-called average healthy person has low dopamine levels, low mentality, and a low functioning endocannabinoid system, say hello to Blue Light, say goodbye to your Life Light say hello to Digital Dementia.

Do you realize that the 3% UVA that comes into the eyes from the sun helps make up your melatonin and dopamine? So look up at the sun and raise your dopamine and melatonin levels every morning. It's as simple as that. Morning sunlight is critically important, it's the most important time of the day so don't miss out. Do not miss out on life. Consistency is everything. Love yourself daily.

Do you realize that one hundred thousand biological programs run every second within your cells, and guess what controls all of these programs? Light frequencies. Light frequencies are what charge up the mitochondria which produce the ATP that energizes and keeps you disease free.

Some of our products that have light charging frequencies in them are Calcium Ion Therapy, ATP+, Divine Vine and Pineal Elixirs along with our Fulvic Acid and Humic Acid Concentrates, these will charge your cells because these products are based more on energy than matter. In addition, Fulvic Acid provides molecular oxygen to regenerate the Krebs cycle and to produce more ATP free energy. And when it comes to eye health our special blend of Fulvic Eye Drops will protect, support and hydrate the health of your eyes by removing inflammation and by restoring the amino acids within the eyes.

These amino acids are the building blocks of protein and are critical for healthy vision and a strong immune system. Healthy eyes are rich in amino acids, the whole ocular tissue of the eye has high levels of free amino acids, the retina and lens contain a more concentrated free amino acid pool. Amino acids absorb UV light like a photon trap. They are like light antennas surrounded by water, making every protein in your body hydrated.

When light hits the amino acids or protein, the light turns into sound and the sound is collected in the surrounding water. The water is magnetic which allows it to control the sound when the light enters the water, changing the hydrogen bond networks which create a physical change to the density of the water.

Why is it that as you get older, the dark winters become so much harder? Why is it that people become depressed without sunlight?

Because their life light, otherwise their life is being turned off like a dimmer switch. Understand this, all these non-native electromagnetic frequencies are dehydrating your cells, which in turn lowers the redox potential in the mitochondria; we are all being denatured through these non-native negative EMFs. This dehydration of our cells occurs because our mitochondria cannot make enough water. EMF dehydrates our tissue cells just like a microwave dehydrates a piece of steak – what a mistake. Yes, the lights that everyone uses in everyday life and trusts are dehydrating their bodies all the way down to the cellular level.

When we are at the office, airport, hospital, mall or when we watch TV on an LCD or LED screen or stare at a computer, cell phone or an iPad, we are taking in blue light, which in turn causes elongation of our eyeballs and when our eyeballs get longer, this leads to myopia or nearsightedness.

So what really happens when you get myopia? The retina can detach, resulting in acute macular degeneration. Understand this blue light is not just toxic to your eyes but to your whole body, it is responsible for causing this new epidemic of cataracts we see today.

The reason why people are getting cataracts is that the brain is protecting itself from all this blue light toxicity, wow, I hope you're getting this! Understand that every condition, otherwise, every symptom that is formed by your body is because it's trying to protect you, from you, until you awaken from this manmade comma of ignorance. Our body will literally make

the lens of our eye hazy, causing cataracts in an attempt to prevent cognitive haze or memory loss and brain dysfunction.

Cataract surgery is on the rise, which should come as no shock when you understand the main cause of cataracts is this blue light saturation that we find in almost every home, office and public space; this blue light that almost everyone has invited unconsciously with open arms into their life is literally microwaving their cells which in turn is destroying the mitochondria which are the powerhouse of the cells. Do you know that when you get cataract surgery they put an implantable lens in your eye after the surgery, which blocks 100% of UVA and UVB light?

We now know that light not only turns on but gives life to the human brain through the eyes, end of story. Did you know that your eyes do not see, your brain sees. Your eyes transport light and frequency. How amazing is that? Your brain is the image maker. Did you know that 42% of the sunlight that falls to Earth is infrared? Sunlight is balanced all the time with a perfect balance of red light and blue light especially when the sun rises.

Your growth and metabolism occur through the eyes and is triggered by light. Light creates mass, light creates the chemicals, light creates the hormones; light creates everything. Everything you see and everything you want to be, demands light. Light comes first and foremost, even before diet and exercise. The light coming into the eye creates a DC current to help regenerate all your body's tissues and organs.

HARMFUL EFFECTS OF BLUE LIGHT

- Disruptions to the circadian rhythm
- Digital Eye Strain Syndrome: blurry vision, difficulty focusing, dry and irritated eyes, headaches, neck and back pain
- Increased risk of certain types of cancers
- Increased risk of diabetes, heart disease, and obesity
- Increased risk of depression
- Blue light will cause permanent eye damage and contributes to age-related macular degeneration which can lead to vision loss
- It also aids in the development of over 140 autoimmune diseases.

Blue light is a major cause of obesity and this is why it's so hard for you to lose weight and keep it off. Blue light makes you fat and that's that.

Let me ask you a couple of questions when you sprain your ankle does it get bigger or smaller? When you have heart failure does your heart get bigger or smaller? Before a star in the sky dies, does it get bigger or smaller? When you get sick does your abdomen get bigger or smaller? The answer to all of these is, they get bigger. Everything that loses energy gets bigger.

When you're obese or have swelling and inflammation, you are deprived of sunlight due to excessive blue light exposure and lack of nature. Obesity is caused because we need to lighten up; we need to brighten up. We need to drink light, eat light, think light, be the bright light. Understand obesity begins in the eyes, sunlight burns fat and that's that.

The sun rises with visible and infrared light, initially, there is no UVB light. The morning sun is the most important light to take in. Our bodies regenerate with the AM sun, this is when our eyes make melatonin. Understand, the hormone of darkness is first made in the eyes. We must reconstruct our AM to recreate the 'I AM'. Almost all diseases are mitochondrial diseases.

We must take back control of our lives in the morning so that we may create life all day long. This is not my rule, this is nature's rule. We need to get our body parts out in the sun as much as possible for as long as possible without burning. Morning sunlight exposure is tied to better sleep because of natural melatonin production. But taking a melatonin supplement is a great way to ruin sleep. Blue light that is balanced by red turns on hormone production, morning sunlight is a perfect balance. If you can't get the morning sun as I stated earlier then look at a vitamin D light and a Bioptron Light on our website.

YOU, AND YOUR CIRCADIAN RHYTHM

Every morning, wear as little clothing as possible, face east and gaze into the sun's beautiful rays to reset the circadian oscillator within your body. The body's circadian clock, or circadian oscillation, is a biochemical oscillator that cycles with a stable phase and is synchronized with solar time. But blue light messes up this life-saving clock, but even more so it messes you up right down to the cellular level.

Did you know that wearing contacts, glasses, and sunglasses outside is one of the fastest ways to cause degeneration,

premature aging and dis-ease? We are addicted to the sun for one reason; it is our main power supply for life. Sunlight deprivation may cause you to crave street drugs, prescription drugs, or alcohol.

You may even suffer from food addictions or blue light addiction if you do not feed your body sunlight. If you wish to avoid osteoporosis or dental issues when older consider adding Calcium Ion Therapy to your daily diet, follow the Perfect Day protocol, The Fasting For Perfect Health guide and read What The Cell Is Going On in the Doc of Detox Library - but first, take some clothes off, get outside, sungaze, and soak up the morning sun.

Circulation is everything. Why do I say this, well your red blood cells are ferry boats of light. Your bloodstream is the river that carries the ferry boats of light, or energy, to every part of your body. Remember microcirculation is 74% of your body's circulation. If this shuts down, blood cannot flow and if blood cannot flow, you will not get the energy you need.

With that being said, did you know that blue light causes blood clotting as well as blood and tissue degeneration? Your cells must make ATP every day for vitality and longevity. A 75-kilogram man requires 85 kilograms of ATP each day, did you get that. The best and easiest ways to protect and create more ATP are first with sunlight, then Doc of Detox Calcium Ion Therapy, ATP+ Elixir, enhanced water fasting, Tesla LightWear, and the Bioptron.

Now, are you ready for a life-saving fact? Did you know that you get one-third of your electrons from food and you get the other two thirds from sunlight sources? You heard what I said,

the other two-thirds come from sunlight. So, get naked and get healthy because the more disconnected you are from the earth and the less connected you are to the sun, the more food you feel you need to eat. Remember to become a sun addict; eat light, drink light, think light, get in the light to always be the light.

Nature has made you addicted to the sun for a reason because the sun is life. This is why you feel so good in the sun. So get out of your house and lighten up your day. No food can fix your problem when you live in the dark like a vampire. Are you holding your mitochondria hostage? We must become ATP addicts so that our mitochondria can thrive so that we can thrive.

Since 1879, man has manipulated history to make it his-story. There is a great biological toll when you are ruled, schooled and fooled by technology. Nothing can take the place of nature. We are being pushed toward a cliff and don't even realize we're falling for artificial life.

Blue light and 5G will bring the human species to the edge of extinction because we still do not realize that a busy mind is not a thinking mind it's a landmine. Blue light is already the number one cause of blindness, acute macular degeneration, glaucoma, cataracts, and digital dementia. Blue light affects the circadian oscillator in the eyes. This artificial light that everyone uses and has been programmed to trust is causing your sleep problems and nervous system disorders. No sleeping pill will cure this ill; it's cellular.

You must get UVA and infrared light through your eyes and on your skin every morning. Morning light is crucial and if you

don't do it you will have failing health. Morning light is balanced light and it is absolutely critical for a healthy lifestyle. You need to reconstruct your day if you wish to recreate your health.

Every time you turn on your computer or look at your phone, your brain thinks it is twelve noon, no matter what time of day it is. Why do you think you can't sleep at night? You just messed up your circadian rhythm. If you must do blue light get Tesla LightWear glasses wear protection.

MILLENNIAL MADNESS

Did you know that the average teenager looks at their cell phone 150 times a day? Which means they are getting blown out by blue light exposure and this has created a population of children, who are now blue light toxic? Data shows that nearly 70% of children ages 11 to 12 use a mobile phone; and this usage goes up to 90% for children ages 14. Developmental patterns due to technology utilization have drastically changed, and our children are suffering from the epidemic of digital dementia.

The light you truly want is A.M. light, this is the right light, perfectly balanced with blue and red light, the way nature intended.

Overall 1.8 billion people own smartphones and check their devices all day long, which means, for their body, it's always 12 noon. Your health is your wealth and you're losing it.

Advancements in technology are beneficial to the advancement of society in an economic and business sense. However, the long-term impacts of the technology are still unknown but are becoming very clear to those of us awake.

The Millennials are a new generation; the first in history to be exposed to screens and mobile devices throughout all stages of their development.

The human brain is pliable and adaptable and always changing in response to the environment. Children's brains are particularly adaptable in development, which is now when the brain is most exposed to technology.

Young people are now being born into a world where it is normal to spend an average of 8 hours each day exposed to digital technology. This exposure is rewiring their brain's neural circuitry.

Increased screen time neglects the circuits in the brain that control more traditional methods for learning in the frontal lobe. These are typically used for reading, writing, and concentration.

With the loss of these important skills, digital dementia has arrived and it might be here to stay. This term describes how the overuse of digital technology is resulting in the breakdown of cognitive abilities in a way that is traditionally seen in people who have suffered a head injury or Alzheimer's disease.

So why are so many diseases becoming a global epidemic so quickly now? The answer is that these diseases are not just coming out of nowhere, they are all attributed to blue light toxicity. Blue light is manmade and it was created intentionally and is absolutely destroying yours and your families health all the way down to the cellular level.

Blue light drastically decreases Vitamin A production which is linked to mitochondrial diseases and obesity which is a direct

cause of inflammation. We have become an inflammation nation on a crash course of displaced calcium, crystallization, internal scar tissue formation, and cellular mutation. Do you realize that the morning sunlight is essential to your vitamin A cycle? Did you know that sunlight and the Biopton light both make vitamin A for a healthy brain?

I bet your ophthalmologist has never told you that glasses and contact lenses degenerate the eyes over time. We should always look for the true cause of eye problems. We do not have eye problems due to lack of glasses just as we do not get cancer because of a lack of chemo, radiation, and surgery.

Let's get back to the importance of light and your eyes. Did you know that the speed of light changes when the medium changes? The speed of light slows down when it hits your eyes. Remember Einstein's equation, $E = mc^2$, which means that energy turns into matter, otherwise energy creates matter? So how amazing is this, that this light energy creates matter such as chemicals, hormones and yes, even tissue, bone and everything else.

ISSUES IN YOUR TISSUES

Everything you see and everything you wish to be is energy first and foremost. We are not talking about the speed of light in space; we are now talking about the speed of light in your tissues. Never forget this, that those mental issues in your head will eventually become issues in your tissues. Have you wondered why your retina is backward in your eye, well your retina is backward for a very important reason; it slows down

the speed of light and also reflects the light and image because your eye does not see, your brain sees.

Did you also know that the majority of the light that falls to Earth is infrared light and the retina in your eyes is the key to transporting all this energy into all the metabolic pathways of your body?

Before you fill your tummy with food, fill your eyes with light. Just as you can destroy your health when you eat the wrong food you can also destroy your body's circadian rhythm when you take in the wrong light, so wear Tesla LightWear glasses and protect your health when you are around man-made toxic light.

If you work inside or on computers your health is always at risk. So what are Circadian rhythms? Circadian rhythms are physical, mental, and behavioral changes that follow a daily cycle. They respond primarily to light and darkness in an organism's environment. Circadian rhythms are found in most living things such as humans, animals, plants, and many tiny microbes.

When you take in blue light you must wear protection that does not block but changes the blue light into healing light. Watch TV, go on the computer or check your phone at night without protection and you will have trouble sleeping. Can't sleep, well it's not because you lack sleeping pills you lack intelligent living. We are all asleep at the wheel because those who wish to control us keep intelligent living in the dark. This is why 9 out of 10 people suffer from a chronic disease.

Your circadian rhythm affects everything, so protect it, because your life depends on it. So do you realize that your mitochondria make the water inside of you which captures the light? Every cell in your body at night releases low-frequency UV light. What did I tell you, we are light energy beings first and foremost. We are walking bags of structured water that feed off the light. Water, light, and magnetism need to be studied, and studied thoroughly because that's what we are; this is our true food, but to be more specific, structured water and healing magnetic frequencies are what heal us and keep us vital throughout life.

Have you ever asked yourself this question, why is medicine completely backward and upside down? Because it keeps people powerless on a mental and physical level. Most of medical science is manufactured fraudulent health. Every nutritional study that has ever been done has been done under the effects of blue light – end of story.

When you get too much blue light your pupils become enlarged and then you become sick. As I stated earlier, this period we are now entering is called the harvest and is promoted by corporations who wish to feed off your health and welfare. Are you ready to have your health and wealth harvested? We must learn how to protect and keep our mitochondria healthy. When your mitochondria are healthy, you stay healthy. This means you make extra energy and this extra load of energy turns the nuclear genome off and keeps it off. Why is this important, well when the nuclear genome is turned off then you can't turn on cancer? Cancer is an epigenetic disease caused by a lack of natural light and an abundance of the wrong light which is blue light. All this blue light leads to mitochondrial damage, mitochondrial calcification and a shortage of ATP.

My prescription for staying happy and healthy is to always eat light, drink light, think light, be in the light, become the light. Connect to the light by laying out in the sun with as little clothing on as possible. Even when it's cloudy, 31% of the heat or infrared light still comes through nourishing you.

Remember, your eyes are the key to how you look and feel. Do you know for every pound you are overweight you have an extra four pounds of pressure on your joints? If diets were the key then why is it that 300 new diet books come on the market every year and this weight problem is only getting worse. It's not a diet we need... it's a live it. It's called the Perfect Day Guide, it's called the Fasting For Perfect Health Guide. Check out these life-saving, life-changing guides and videos on the Doc of Detox Library.

The bottom line is, the world needs more light energy gurus and fewer food gurus. Never forget this, the electromagnetic antenna in your body is your mitochondria. The health of these cellular powerhouses will determine how well you live and how long you live.

And what about your blood? Did you know that your blood acts as a magnet to the hydrodynamic fluid? What does this mean? It means that your blood absorbs electric and magnetic energy from the sun and transfers it down to the mitochondria. This is what your blood really does. So if you're not connected to the earth energy and the sun then you're already in trouble. A big part of my job is to teach people to ask the right questions because until we ask the right questions, we will remain in darkness.

We must quickly break away from the belief that our doctor or health care provider is responsible for our health if we wish to stay healthy and safe. Unless you are in training to be your own Doctor or practitioner then you are a fool. For we are being schooled, fooled and ruled, welcome to the Harvest. This is why a quarter century ago I created the International Training Institute of Health. Because every human being must become their own practitioner or become a statistic. This statement is truer now than in any other time in history. Do not fall for his-story, create your own story, create your own destiny; one of health, wealth and happiness.

Remember the sun, that dangerous sun that causes cancer. Well, do you know what the greatest healer is? It's the sun. Did you also know that the number of healing frequencies delivered by the sun is 81 with 31 zeros attached to the end, and here you have the universe's greatest healing device? Understand this, light controls one hundred thousand biological chemical changes that happen every second within your body, now that's amazing? So before you check your phone in the morning or open your computer, make sure you go out and greet the morning sunlight, preferably as soon as it rises. This one first step sets up your bodies internal clock of life, this is your circadian rhythm clock. But use the sun responsibly, and never burn your skin, so try not to go out into the sun when it's at its peak, between 1:00 PM and 2:00 PM.

Remember, if you must look at your phone or computer first thing in the morning, put on your Tesla LightWear glasses on before you turn on your computer or phone and use fulvic eye drops to detoxify and feed the eyes. Stay strong, stay healthy.

We have become so programmed and spoiled by technology that we build our lives around the needs of society instead of our own natural needs. Your life-line is your light-line. The light that we now live under for the majority of our day is artificial blue light. Blue light is creating everything from inflammation to diabetes, to obesity, to eye degeneration, to cancer. Welcome to The Harvest. Open your eyes and uncover their lies.

5G: WELCOME TO THE HARVEST

We all need to understand that blue light and 5G will be the greatest tragedy for our health the world has ever seen. We now have conclusive evidence to show that the more congested the city, the more your longevity, and health are now in jeopardy. EMFs Are The New Smoking - Welcome to the harvest.

In 1954, the tobacco industry founded the precursor to what is known today as the Council for Tobacco Research. This organization financed hundreds of so-called independent researchers, who published several thousand peer-reviewed studies, the goal of which, as we now know, was to create controversy and considerable doubt about the link between smoking and a wide spectrum of life-threatening illnesses.

The Tobacco Industry used arguments which claimed to be “scientific” although industry insiders knew as early as 1950 that their product was dangerous to everyone’s health. In 1969, an internal note from a subsidiary of a leading tobacco firm stated, “Doubt is our product”. Create doubt - make the sale at any cost.

For decades, a group of cigarette companies referred to as 'Big Tobacco' financed bogus scientific studies claiming smoking was perfectly safe. This tricked doctors, scientists, politicians, and smokers into a false sense of security. But it doesn't end here, they even paid medical doctors to lie, well here we go again - money before humanity.

As you will see in a short time these techniques are still extensively used today by telecommunication companies. The parallels with the tobacco industry are strikingly similar, although the tactics of the telecom companies have become much more ruthless due to their relentless lobbying of the untruth.

However, this is where the comparison between the tobacco and telecommunications industries stops. Electromagnetic radiation, otherwise EMR has no smell and you cannot see it. It is everywhere, you cannot escape it, thus the consequences of biased science combined with the intangible nature of EMR are far more insidious and life-threatening to you and your family than smoking ever was.

Believing and putting our focus on food as the number one healer has and is crippling us as a nation physically and emotionally. If I put a tarp over a tree will it grow? I say no. Well, that's exactly what we have done with modern technology and our bodies. We have placed a tarp over ourselves; we have become totally saturated in blue light, 5G, and EMF within the office, home and every other public place. There will be no place to run and no place to hide.

Today we're facing an even bigger health threat, EMFs — the radiation emitted by cell phones, wifi routers, and Bluetooth devices, just to name a few.

Even if many doctors, politicians and Big Wireless companies still claim that EMFs are perfectly safe, the early warning signs could not be clearer.

Here are 5 Scientific Facts Proving EMFs Are NOT Safe

1. Many leading EMF scientists say EMFs should be classified as a "Class 1" definite carcinogen, just like smoking and asbestos.
2. The best functional medicine doctors in the world like Dr. Dietrich Klinghardt, MD, Ph.D. have observed that EMFs are at the very root cause of many "Mystery" symptoms including insomnia, fatigue, depression, and digestive issues just to name a few.
3. New technologies like the "5G" fifth generation networks are being rolled out at a frantic pace, while ZERO biological studies have proven their safety. Asleep at the wheel.
4. EMF "safety" standards haven't been updated since 1996, and are based on short- term exposure to ONE device.
5. Growing children's brains are especially at risk, as their head absorbs twice the radiation compared to adults. Regardless of that fact, a 2014 survey showed that up to 75% of 4-year old children possess their own cell phones. Go figure, money before humanity.

THE RISKS OF 5G

- DNA single and double-strand breaks which leads to cancer.
- Oxidative damage which leads to tissue deterioration, crystallization, calcification, and premature aging.
- Disruption of cell metabolism leading to mitochondrial damage.
- Increased blood-brain barrier permeability.
- Melatonin reduction leading to insomnia and increasing cancer risks.
- Disruption of brain glucose metabolism.
- The human skin basically acts as an absorbing sponge for microwave radiation.
- Millimeter wave interaction with bacteria could lead to antibiotic resistance, this is distressing news considering immunity to bacteria is already compromised due to the overuse of antibiotics.
- Plant irradiation of planet's flora which will lead to contamination of our food supply.
- The 5G infrastructure would pose a major threat to our planet's atmosphere.
- 5G will potentially threaten all our natural ecosystems. According to several reports over the last two decades low-level non-ionizing microwave radiation affects bird and bee health. It drives birds from their nests and causes plume deterioration, locomotion problems, reduced survivorship, and death. And bee populations suffer from reduced egg-laying abilities of queen bees and smaller colony sizes.

PROTECTING YOURSELF FROM 5G

- Take Massive Action - as individuals, we must do everything we can to protect ourselves.
- Eat a healthy plant-based diet.
- Educate yourself as much as possible - check out our library at [Doc of Detox.com/library](http://DocofDetox.com/library)
- Keep your distance as much as possible from a 5G phone because the beams of microwave radiation will follow a person who is holding the 5G phone. These beams of radiation have to be strong enough to penetrate walls and human flesh such as hands and heads. You must understand, this is a device of mass destruction. Refuse to use 5G phones and devices. Educate and discourage those you know from doing so.
- Whenever possible, limit your exposure: use an anti-radiation headset or speaker mode while talking on a cellphone.
- Understand EMFs and their behaviors. Measure radiation levels whenever possible. Get a good quality radiation detector to know whether or not you're near high levels of EMFs. You can buy one at [Safe Living Technologies.co](http://SafeLivingTechnologies.co). The meter you will want to buy is the 'Safe and Sound classic meter' which measures radio waves otherwise, wireless frequencies. It has an audible and visual display, comes with all instructions, is small, portable and easy to use.
- Protect and reverse mitochondria and cell damage from negative EMF with a Doc of Detox Sentient Element, Doc of Detox Calcium Ion Therapy, and ATP+.

- Neutralize the harmful effects of mobile phones by placing a patented product such as a Doc of Detox Cell Guard on the back of your phone.
- No matter what, do NOT get a smart meter and if you already have one, know your rights and have it removed as these put high levels of 5G radiation right into your home and just know, they do cause fires. Here is the link for more information: <https://eluxemagazine.com/magazine/dangers-of-smart-meters/>
- Create A Low EMF Sanctuary in your home and especially in your bedroom.
- Spend More Time With People And In Nature. Return to your roots.

NATURE'S WAY



Go to: docofdetox.com/library
to read and watch the videos in the '*Energy Medicine*' Guide

"We are what we repeatedly do. Excellence then, is not an act,
but a habit."

- Aristotle

THE RULES HAVE CHANGED

These are very toxic times that we live in. No longer will the 2-3 week spring cleanse, supplementation and filtered water even come close to pulling you out of this toxic fire. It will be very challenging for those who do not recognize or have the understanding that the environment concerning health and well-being has drastically changed over the last 25 years. You will need to pay more attention to the health choices that you are making on a daily basis. No longer will supplements and a few health tips, in any way, protect you from this unhealthy climate that the average person is immersed in on a daily basis.

The climate concerning the health of the environment has and is changing rapidly and not in your favor. It has been common practice in the past, for those who strive to be healthy and stay healthy, to deep cleanse every few months from 3 days to 3 weeks long. 3 days is not long enough to do the job. 3 weeks of a deep cleanse will definitely remove many toxins but it can be very hard on your body because our detox organs are already severely overburdened and backed up due to this toxic environment we call Home. Safer and long lasting results can and are accomplished through Gentle Daily Cleansing and simple guidelines when followed daily without the '*no pain, no gain theory*'. Some practitioners promote what I call, '*The Spring Cleanse*'.

Why would you pile up toxic waste in your body that causes most of the pain, suffering, disease, and yes, even premature death that many experience?

Incorrect information given to patients and ineffective training has caused most health practitioners to practice the same way as the medical system does. Allowing the patient to go into a health crisis and then come to their rescue, because they have been educated in the same manner. 75 years ago our environment was not in this toxic state.

Should we gently cleanse daily for prevention or should we stay with the old rules and pile up that which does not serve us, and then do a cleanse every few months that only delivers temporary relief?

This attitude of 'create the problem and rush to the rescue' must end if you wish to make a permanent difference in our health. Let logic prevail. Unless your practitioner is empowering you to Master your own well-being with gentle baby steps on a daily basis, they are keeping you from the health that you truly deserve.

Nature does not just cleanse in the spring, she does it on a daily basis. If Nature were to let toxic waste pile up and did not cleanse and nourish on a daily basis, then humankind would become extinct. Your body is no different. Yes, deep cleanses have benefits but only if your organs are not backed up and in a state of fatigue.

The majority of the population will never experience long-term benefit from deep cleanses, nor the vibrant health they seek, because permanent health only comes with gentle steps done daily each and every day.

The rules to having and maintaining a healthy body have changed, but the proper training and guidance has not come

with it, as we see with our family and friends. Our immune systems are now under attack 24/7 in this new toxic reality and health care today has mistreated and guided most into an unhealthy state of being.

When it comes to natural health people have been taught to dive into a deep cleanse when they feel they're in trouble and then fall out during or right after the deep cleanse, going back to the bad habits and symptoms they were trying to rid themselves of in the first place. At the '*Doc of Detox*' we have created the most effective, simplistic program to guide, protect and empower you step-by-step and day-by-day, because the rules have changed, and as therapists we must teach this new reality if we wish to make a permanent difference in the health and well-being of our patients.

It is a much wiser practitioner that teaches their patients to do a little each and every day to ensure that they stay vibrant, happy, healthy and disease-free on a continual basis, than one who continually runs to their rescue pretending to save them. Our success as practitioners is only measured by the success of our patients. Our patients will only be successful when they become Masters of their own health and well-being. **Be The Cure U Wish To See!**

We are burdened with toxins because our foods are, because our soil is. *Where does this leave us?*

Deficient of vital nutrients and burdened by toxins. It's much wiser to do a little each and every day to ensure that you stay vibrant, happy, healthy and disease-free on a permanent basis. An ounce of prevention is worth a pound of cure. Small baby

steps daily prevent us from needing the pound of cure - Be The Cure!

KISS THEORY KEEP IT SIMPLE SAFE

We tend to do things in an '*extreme*' way but there is usually a price to be paid. This is known as the whiplash effect. Here's the kicker. Deep cleansing programs release many chemical toxins and acidic waste all at once that have been stored in fat and tissue cells. 75 years ago, many of these toxins were never in the environment or in our bodies. These toxins cannot be broken down by the body. When released and not eliminated effectively and efficiently the toxins will naturally settle in the weaker parts of the body where they are free to do more harm. A deep cleanse, in most cases, can cause the body to detoxify too much too fast, very similar to a dam. If you open the flood gates all at once and the rivers were never meant to handle this amount of water what do you think would happen?

The water will overflow and flood unprotected areas causing unnecessary damage and destruction because the release was not Nature's Way; this being gentle and gradual, in harmony with all. Today's truth; 50 years ago the toxicity in the environment and in the average person was minuscule compared to the new toxic reality that is around us, in us and a part of us today. We must all learn to detoxify gently and daily, hydrate with Structured Water and nourish our bodies with Whole Plant Based Nutrition or we will never experience that for which we search. If we play by their rules medically or nutritionally, we will not have the health we deserve because these rules are neither simple nor safe. Let us return to our

roots, Nature's Way. From which we came we shall return... it's only Natural.

RISE AND THRIVE

How long should you keep drinking '*Doc of Detox*' Daily Cleansing Tea and SuperMix Superfood Nutrition? As long as you will be breathing, eating, drinking and wish to release your thin within. The greater the buildup of toxic waste, the longer it will take to restore balance. Once balance is restored you will want to keep it. Just like a garden, you must weed it daily so that the vegetables will thrive and not be choked out. Your body is no different.

Every one of your trillions of cells is a breathing, life-giving miracle that vibrates at the frequency of the food, water and air you ingest on a daily basis, no compromise. Rise and Thrive, you are Everything. For some this may sound absurd, but for me absurd is never questioning taking prescription drugs every day, wine every night, or 3 beers or 10 cigarettes a day. All choices have consequences; hopefully your choices are not from unconscious living. **Rise and Thrive.**

SMALL STEPS BIG CHANGE

As we get older, we produce less and less stomach acid and digestive enzymes, which means we may not fully digest our food or eliminate our waste effectively. The more you lean to a Whole Plant Based Superfood Lifestyle the more enzyme rich and cleansed you will feel and look. Small steps make big change. '*Doc of Detox*' Daily Cleansing Tea should be used on a

daily basis for prevention, proper pH balance and to maintain excellent health throughout your life.

The objective is to regulate bowel movements 2-3 times daily to keep the waste moving through the digestive tract for complete elimination. This will stop any build-up and prolonged exposure to the fecal waste and poisons which would be absorbed by cells in intestine walls, creating a burden on the blood, bones and vital organs. Master your greatest gift one day at a time with baby steps, that would be **U**.

DOC OF DETOX DAILY CLEANSING TEA

Cleansing gently each and every day is the most powerful and important step in reclaiming and keeping your immune system strong. Be the cure you wish to see – flush the pounds to lighten the load!

DOC OF DETOX DAILY CLEANSING TEA FORMULA

‘Doc of Detox’ Daily Cleansing Tea does NOT contain: stimulants, caffeine, cascara, senna, sugar, harmful chemicals, or pesticides. *‘Doc of Detox’ Daily Cleansing Tea has been infused with vibrational frequencies.*

Made from the finest quality organic ingredients: Milk Thistle (Silybum Marianum), Blessed Thistle (Cnicus Benedictus), Malva Leaves (Chinese Mallow and Dong Kui), Persimmon Leaves (Diospyros Kaki) and Marsh Mallow Leaves (Sweetweed)

DETOXIFICATION IS FOUNDATIONAL

For All True Healing

70% of your body's immune system is in your digestive tract, the majority of this 70% is in your large intestine. You must have a compromised immune system if you suffer from pain, inflammation, pre-mature aging, diseases and yes, cancer. We live in the most toxic times this planet has ever experienced, the Royal Society of Medicine did a major study and proved conclusively that 85% of all illness begins in the large intestine. In Natural Health, detoxification is foundational for all healing. In The Medical System, detoxification is never mentioned. Why? Because detoxification eliminates the need for most pharmaceuticals. Let logic prevail, should we do a cleanse every few months and allow the toxic waste to pile up? Should we wait until we're sick? Or, should we **gently cleanse daily** and relieve ourselves of at least **85% of the pain and suffering** that the majority of the population experiences on a daily basis? Baby Steps Daily is the only true way to live Happy and 'Healthy To 100'.

DAILY CLEANSING TEA INSTRUCTIONS

- Bring 1 gallon (4 liters/quarts or 16 cups) of (structured) water to a boil then remove from heat.
- Let the boiling stop before adding the tea bags - this will preserve the natural enzymes and the effectiveness of the herbal ingredients.
- Add 2 bags of 'Doc of Detox' Daily Cleansing Tea.
- Cover and let steep for 8 hours to bring the herbs to full potency.

- Leave tea bags in container and refrigerate until finished.
- You may reheat the tea but do not bring to a boil.
- Never microwave the tea bags or the water used to make the tea.
- Used tea bags can be saved, the herbs dried and added to food.
- This batch will last for eight days.
- Drink 4 ounces twice a day for 3 days then 8 ounces twice a day.
- Make new batch of tea when 1 liter of tea is remaining, with Structured Water for best results.

Call **1 855 900 4544** before you start the tea to get personal instructions from the 'Doc of Detox'.

DAILY CLEANSING TEA DIRECTIONS

Start 'Doc of Detox' Daily Cleansing Tea with half a dose (4 ounces) twice a day for the first 3 days. Then increase the amount, gradually working your way up to 8 ounces twice a day. You can increase or decrease as needed. Some may need a 4 ounce booster or more in between the two 8 ounce glasses where lack of abdominal tone, back up of old fecal waste, build up of old mucus or when you're above normal weight. You may drink more but follow guidelines at the beginning. There are those that may need to add 3 bags to a gallon to get the desired effects.

You can drink Daily Cleansing Tea at any time but drinking it just before meals may help to reduce heartburn and acid reflux. Drinking Daily Cleansing Tea protects esophagus and intestinal lining, soothes irritation and helps eliminate

and prevent parasites, viruses, bad bacteria, heavy metals and acidosis (low pH) from environmental toxins.

Drinking 'Doc of Detox' Daily Cleansing Tea on an empty stomach or twenty to thirty minutes before a meal is best.

Some of the following may occur when beginning 'Doc of Detox' Daily Cleansing Tea:

- Gas and cramping are symptoms of loosening of old mucus, bad bacteria, fungus and fecal waste off of the intestinal walls. This is a normal occurrence and the waste can be 20-30 years old.
- This can occur for 3 to 14 days in people who lack tone and bacterial integrity. These symptoms will not last - there is light at the end of this tunnel I guarantee it.
- If extreme cramping occurs, decrease the amount of the tea taken, but do not stop the cleanse. This is due to the break down of scar tissue in the colon. Don't hesitate to call if you have any questions.
- Loose stool is normal when starting 'Doc of Detox' Daily Cleansing Tea.
- If the stool is watery, decrease the amount of tea taken, but do not stop the cleanse. You should maintain 2 bowel movements per day, slightly on the loose side but of good volume for the first few weeks then it should hang together.
- Your rectum may feel warm. This is due to the acidity and ammonia that is being dumped from your tissues from extreme putrefaction.
- Feces that is extremely dark in color (black) is very old waste that is being expelled.

- Weight loss will occur only if the body needs it.
- 'Doc of Detox' Daily Cleansing Tea acts as a body balancer and purifier.

If you wish to save thousands of dollars, eliminate needless pain and suffering for your pets - it's tea time! Dogs are people too!

CLEANSE BUILD & RESTORE

Stool may be soft and foul smelling when you start to cleanse and may last for some time depending on the back up in the small and large intestine. If you feel your stool is too loose then reduce amount as much as you need to and drink 'Doc of Detox' Daily Cleansing Tea after meals and do not stop unless necessary. Do not hesitate to call us. Do not mistake mushy, soft stools for diarrhea - Diarrhea is very watery, very light brown or yellowish in color, and floats. Real diarrhea can be caused by many things such as stress, a change in diet, certain foods, consuming too large a meal or too much fat in a meal, certain parasites and bacteria and by at least 600 pharmaceutical drugs which list diarrhea as a side effect. Using Daily Cleansing Tea on a regular basis will provide you with so many important health benefits. If you experience soft stools, just reduce the amount you are drinking for a day or two, drink it before a meal, and stay with the program, and you will soon see how great you will feel!

Contact your medical doctor if pregnant, if you've had a recent major surgery on the digestive tract.

DAILY CLEANSING TEA

For Children

Children have worse bowel problems than any other sector except for seniors. They must be taught at an early age what a good bowel movement looks like, feels like and that they should have two to three a day. If your desire is to have happy, healthy children that don't suffer like you did, then proper bowel management is foundational for vital health and prevention of disease for these little one's. Help teach your children to answer Nature's call it's only Natural. Why not end needless pain and suffering and increase their vitality. Don't let your children pile their poop up like we did. Lighten their load one pooh at a time.

Under 75 pounds

Start with 1 ounce twice a day for three days and gradually work up to 2 ounces twice a day. Increase or decrease as needed.

75 pounds and greater

Start with 2 ounces twice a day for three days and gradually work up to 4 ounces twice a day. Increase or decrease as needed

DAILY CLEANSING TEA

For Pets

Constipation is a constant problem with pets. Diarrhea is a recurring problem caused by constipation with your pets. Do not underestimate gentle daily cleansing for your pets. Keep your pets healthy for cents a day and save thousands.

'Doc of Detox' Daily Cleansing Tea will help eliminate and prevent:

- Parasites
- Bad Bacteria
- Worms
- Viruses
- Toxic Waste Build Up

Dosage for pets:

One ounce for every twenty pounds once a day.

Can be given to your pets straight or mixed with water or food.

GENTLE DAILY CLEANSING

The Key To Longevity

The longer you drink 'Doc of Detox' Daily Cleansing Tea the deeper the cleanse and the greater the effect on the body's self healing process. Just to cleanse the small and large intestine can take 3 to 9 months. Your liver will always need this type of support in this environment. All organs and systems will benefit from Daily Cleansing Tea. You will know by the way you look and feel. As long as your breathing, eating and drinking there will always be toxic build up. So as long as you wish to protect your vital health it will be Tea Time. If you are a person that smokes, drinks or has any other toxic addiction do not forget your life jacket - 'Doc of Detox' Daily Cleansing Tea. We will maintain our car, house and vacuum but what about the most important vehicle of all?!

Iced Tea anyone? The objective is to regulate bowel movements 2-3 times per day to keep the waste moving through the digestive tract for complete elimination. This will stop any buildup and prolonged exposure of the fecal waste and poisons that would be absorbed creating a burden to the blood, tissues, bones and vital organs.

REVIVE THE ELDERLY

A wise elderly woman once told me “We’re not grumpy, we’re constipated.” Thanks grandma. Bowel mismanagement is the worst when it comes to this age group. The pharmaceuticals being ingested due to the pain and discomfort of a stagnated bowel is epidemic. Those responsible for the care and health of our elderly lean towards the quick fix and not the cause. The elderly deserve our respect and attention as they are shown in other cultures. Shame on us. I assure you that once you lighten this toxic load the body will do what it was created to do at any age. Heal you. If you must start your day with toast and tea make it Daily Cleansing Tea. So lighten your load and be happy and healthy.

DAILY CLEANSING TEA USES

- Acid Reflux Disease (GERD) or Heartburn
- Excess Gas / Foul Flatulence / Stomach Cramps
- Indigestion / Stomach Ache
- Belching / Bloating / Water Retention
- Enlarged Abdomen / Protruding Belly / Midriff Bulge

CHAPTER 24 - NATURE'S WAY

- Irregularity / Chronic constipation / Hard Stools / Hemorrhoids
- Irritability and anxiety
- Irritable Bowel Syndrome (IBS) / Crohn's Disease
- Abdominal Pain / Inflammatory Bowel Diseases (IBDs)
- Spastic Colon / Colitis / Ileitis / Enterocolitis / Leaky Gut Syndrome
- Candidiasis / Yeast Overgrowth / Parasites / Worms
- Bad Breath / Bad Body Odor
- Excess Stored Fat / Excess Weight / Obesity
- Skin Conditions / acne / Itchy, flaky skin or scalp / Dandruff
- Inflamed Skin / Dermatitis / Eczema / Psoriasis / Acne
- Allergies and Hay Fever / Food Allergies
- Chronic Fatigue / Fibromyalgia / Sciatica
- Joint Pain / Back Pain / Sciatica / Arthritis / Migraine Headaches / Headaches
- Insomnia / Restless sleep
- Low Energy / Chronic fatigue
- Loss of Mental Clarity and Concentration / "Brain Fog" / Forgetfulness
- Clearing out pharmaceutical / recreational / chemical drug residues
- Clearing out aspartame and its byproducts
- Decrease in sex drive

'Doc of Detox' Daily Cleansing Tea is a very special blend with infused frequency that allows the gentle cleansing of the whole body with continued use.

Thousands have lost weight and kept it off due to its cleansing action.

Over the years, thousands of clients from around the world have taken Daily Cleansing Tea to cleanse their colon, liver, detox their body, lose weight, and feel great.

Note: The information provided is “for educational purposes only” and is not intended in any way to be considered as medical advice or a consultation about the diagnosis, treatment, cure, or prevention of any disease. Consult your medical doctor or professional health care provider if you have a medical condition.

If pregnant, recent major surgery on the digestive tract consult a medical doctor before using ‘Doc of Detox’ Daily Cleansing Tea.

LIVE LONG CORE STRONG



Go to: docofdetox.com/library
to read and watch the videos in the *'Personal Treatment & Training'* Guide

"You can't exercise your way out of a bad diet. 80% of the results U will achieve are through Structured Water, Whole Plant Based Food and Super- food Nutrition."

- Dr. Darrell Wolfe, Doc of Detox

THERE'S MORE TO THE CORE THAN A SIX PACK

There are 4 foundational keys to having and keeping a functional body throughout life. Your body is a walking, talking credit card; use it wisely. Remember, if you don't make regular healthy payments, or if your payment is counterfeit, **U** will no longer be functional.

Hydration - See Water the Structure of Life Chapter

Nutrition - See Foods and Frequency Chapter

Gentle Daily Whole Body Cleansing - See Nature's Way Chapter

Exercise - Keep Reading This Chapter

The most important group of muscles in the body is the core muscles, not the back muscles like most therapies focus on. 60-70% of your immune system resides in the core. The core, literally, is what gets you up, holds you up and keeps you alive and healthy. Your core plays a major role in almost every movement of your body. Core muscles allow you the ability to complete the tasks that you need to perform every day.

It is the vital 'foundation' of all your body's movements, whether you are walking, carrying a heavy grocery bag, picking up your grandchild, making love, keeping your balance on a slippery sidewalk, playing sports and let us never forget about digestion, assimilation and elimination. Most people are becoming increasingly inactive; we spend most of our 'awake time' sitting, with our core muscles relaxed.

WHAT ARE YOUR CORE MUSCLES?

Relaxed is one thing but the average person has grown comfortable with the major part of their immune system falling down and out, this would be the large intestine along with the core muscles. This is why the Supercharge Your Life – Advanced Training Course was created. To guide anyone who wishes to Master his or her own health on a permanent basis. We must teach and deliver total health to our patients because as practitioners we must restore that which has been taken from them. Health Independence.

Many people think that their “abs” or abdominal muscles, are the only core muscles. The core muscle group includes all of the muscles that make up your torso which keeps your body stable and balanced. It takes many different muscles working in harmony to keep your body aligned during all of your many daily activities.

Your core muscles are comprised of 2 types of muscles: *stabilizers and movers*. The ‘stabilizer muscles’ are attached directly to the spine and support its every movement. The ‘movers’ are the muscles that support the stabilizer muscles and work with them to move your body with ease.

BENEFITS OF A STRONGER CORE

Your core includes your back, shoulders, chest, sides, hips, pelvis, buttock muscles and the abdominal muscles. The core forms a sturdy bridge that links your upper and lower body. Similar to the trunk of a tree, your core muscles need to be strong, but always flexible. A weak or inflexible core (*due to*

internal scar tissue formation) will drain you of your energy, making you susceptible to injury.

No matter where movement begins, it ripples upward and downward through the core. That means a strong, flexible core is vital in everything you do.

Everyday Activities - Even the most basic activities of daily living, like bathing or dressing, call on your core muscles.

The Work Place - No matter the task, whether lifting, twisting or typing, a strong core makes for good posture. Good posture prevents injuries and makes you look and feel younger.

A Healthy Back - Low back pain can be prevented with core exercises such as: Yoga, Core Master Twisting, Rebounding and Core Vibration.

Sports and Other Activities - All athletic activities are powered by a strong core, even sexual activity requires core power and flexibility.

Housework and Gardening - Lifting, bending, twisting, carrying, hammering, reaching, mopping, vacuuming, and dusting all rely on a strong core.

Bathroom - Without a strong core your large intestine will sit limp within your pelvis and you will need to push to have a bowel movement. This will cause hemorrhoids and may even cause a hernia.

Balance and Stability - When you begin to lose your balance or become unstable, look to core exercises that will create a strong foundation and restore your balance as well.

Good Posture - Poor posture leads to injury, creates wear and tear on the spine and interferes with your breathing. Shallow breathing is shallow living. Good posture from a strong core projects confidence and prevents both injury and muscle pain.

When exercising, if your main focus is on your abdominal muscles, you will create an imbalance in your hips and back muscles. This can lead to injuries and reduce your athletic ability. This is where whole core exercises for strengthening, lengthening and toning are essential. Your core muscles are responsible for all your body's strength, including your arms and legs. I have seen countless people at the gym with a weak core and no matter how much they work their arms and legs they do not achieve their desired affects.

Your core is everything. It houses your digestive tract, liver, pancreas, stomach, lungs and heart, but most importantly; the Mother of All Organs, your Large Intestine. You will never reap the rewards **U** deserve in your exercises if your focus is only on the External Core and not the Internal Core, composed of your organs. When your organs lack tone and stagnate with waste, you will be kissing more than your butt goodbye. You know the roll that is hanging over your belt; well that is the Mother of All Organs, your Large Intestine in a comatose state. *How's that for down and out?* For the ins and outs on this very intoxicating topic please read *The Scoop on Your Poop* and *The Domino Effect of Acidosis*.

But, as we have seen time and time again, when we restore our core externally but not internally the aging process goes into high gear and the Poop hits the fan and causes us to lose more than just muscle mass and strength. We lose our Health. Just

ask Woody. He's stiff as board (snap, crackle, pop). You now have a choice; follow the herd or lead the pack.

Your core abdominal muscles play a major role in some of your most important bodily functions, such as breathing, vomiting, coughing, urination and excretion. Do you experience two, 5-7 inch long bowel movements a day without grunting, with the feeling of complete elimination? If no, then you have entered The Domino Effect of Acidosis. How many times have you heard this one? *"I just bent over to pick up something and snap went my back..."* or *"I reached for my pills and my back went out..."* The rest of this story is: There's no more core, it has fallen on the floor.

CORE BENEFITS

Now we've established how important it is to tone and detox your Internal and External Core. Your aim here is to achieve and keep core stability.

That means you need to balance core strength exercises, with core flexibility exercises, which will strengthen, lengthen, twist, detox and tone.

A strong 'Internal' and 'External' core supports overall circulation and digestion. The major part of your immune system lives in the large intestine. *How's that working for you?*

A strong 'Internal' and 'External' core supports your lower back. This is an area that can easily develop crystallization and internal scar tissue that can lead to painful knots. A weak 'Internal Core' is one of the main causes of internal scar tissue formation in body tissues, joints and organs. A strong 'Internal' and 'External' core will help relieve cramps and PMS

CHAPTER 26 - LIVE LONG CORE STRONG

around the menstrual cycle. Gently Cleansing on a daily basis, strengthening, lengthening, twisting and toning core restore exercises for a pain-free healthy body.

A strong 'Internal' and 'External' core will restore your body's strength and stamina because its job is nutrient uptake and waste elimination. Go to the source, go to the Core and Be The Cure **U** Wish To See.

A strong 'Internal' and 'External' core will restore whole body balance that affects your emotional balance. A sense of calm, steadiness, and support once established in the physical will travel to your mental and emotional health because everything is connected to the Core. If you need a reason for having a strong 'Internal' and 'External' Core your body will show you all the health benefits that support it! If that's not enough, just take a look at the so-called average, normal person's core.

Stored fat in the core area, particularly in the abdominal area, will increase your risk of heart disease, Type 2 Diabetes and some cancers. Losing fat and building strength in the core can help improve your balance, stability, posture and reduce the risk of back problems. For the fastest results, combine proper exercise with a Whole Plant Based diet, Superfood Nutrition, Gentle Daily Cleansing and ample Structured Water. **Live Long Core Strong.**

RIP AND TEAR

Moderation is the keyword when it comes to endurance or strenuous exercise, as with all things in life. We have been taught unhealthy belief systems in so many areas of life, not

only regarding diet and detoxification but also in physical fitness. Unhealthy exercise does not stop at athletes and the general public. You would be shocked how many fitness trainers and so-called experts are continually injuring themselves and their clients. The no pain, no gain, run faster, run harder, run longer, lift more weights, do more repetitions, *"If you don't hurt, you didn't work hard enough!"* mentality is an epidemic of abusive exercise, mentally and physically.

Anyone who runs marathons or is involved in extreme workouts would be shocked if they could see inside their body. Running and extreme workouts create internal scar tissue buildup in the muscles, tendons and ligaments and also to the heart. Repeated extreme exercise or long-distance running will create acidity that will deplete you of your essential minerals and oxygen. It will form crystallization and internal scar tissue damage in, around and on the heart. This can lead to patchy myocardial fibrosis in up to 12% of marathon runners. Long-term exercise of this nature can cause premature aging of the heart and muscles, stiffening of the heart, joints and muscles and an increase in arrhythmia and atrial fibrillation. Enlarging of the heart and thickening of the heart muscles are known as 'athlete's heart' - go figure. The heart will heal unless it is repeatedly damaged from internal scar tissue that builds up through incorrect exercise, diet, nutrition, low quality water and ineffective therapy.

This situation is only getting worse due to the way exercise has been marketed. If a person is in pain during or after exercise they will need to rid themselves of the internal scar tissue and crystallization they have caused through the no pain, no gain

theory. You will eventually lose your agility, elasticity, flexibility, strength and set yourself up for a life of stiffness, pain and premature aging, unless you are taught that there is a better way, a healthier way.

Give me an injury that other therapists have been forced to give up on or just keep trying to treat without success and I will give you and show you amazing results within the first few minutes of the first treatment. At the 'Doc of Detox' we give a money-back guarantee on all treatments that we provide while training you to Be The Cure that you search for. Almost all therapies deliver superficial and temporary results at the best of times.

In the past, it was thought that internal scar tissue damage, within the body was temporary and would subside, but this has been proven to be incorrect. A published report, by Mayo Clinic stated that internal scar tissue, within the body accumulates over time. You know the spot where you keep having reoccurring pain? When you're tired or when you're stressed? That is scar tissue. Where the real problem lies is this internal scar tissue becomes a permanent fixture for people because practitioners have not been properly trained to understand it, much less deal with it or eliminate it. The older this internal scar tissue becomes, the less elasticity and flexibility it has and the more dehydrated and brittle it becomes. This is where the old saying '*stiff as a board*' comes from. This condition is caused from being highly acidic... ***but wait a minute, isn't that the major cause of cancer!?***

Most exercise programs taught today along with the average lifestyle validates the need and importance of the courses

we teach at the International Training Institute of Health. Our Wolfe Non-Surgical Therapists are helping thousands to bridge the gap between just living the so-called, normal life and having a life filled with joy and a pain-free body.

Most people today have been conditioned to run from pain even though they continue to live with it each and every day, learning to wear it like a badge of honor as if there are no other answers but only specialists, drugs, alcohol and marijuana: Drugged up and dumbed down. Just know that with our advanced training with internal scar tissue, we are the answer for those searching for a pain-free life, without drugs. When you invest into a Wolfe Non-Surgical Therapist - Whole Life Coach you will then be taught how to become the Master of your health and well-being and live pain-free on a permanent basis. It's training over treatment that patients need for permanent success to become The Cure they have been searching for.

As a physical therapist, I see this day in and day out, in the athletes and patients I treat. Just ask Woody, he's stiff as a board. Snap - crackle - pop! The older the internal scar tissue gets, the more brittle it becomes. Extreme sports and extreme workouts are making our International Training Institute and Wolfe Non-Surgical Restoration Therapy extremely popular in this 'take the pain' climate.

Okay, so you're halfway through your workout and suddenly you feel a twinge in your back but because you're no quitter, you push through. Moments later you hit the Wall of Pain. The pain is localized and your muscles spasm and you're now on the injured list.

The biggest mistake that trainers, athletes, or anyone performing an exercise program can make is ignoring their body's messages and continuing to push through the pain. Repetitive exercise with intensity will always show to be damaging to tissues, joints - and yes - even to the heart. Just because you lift more weights and run or cycle with a large group where everyone pushes through their pain, does not make it right or healthy. Don't be caught up in the herd (*hurt*) mentality.

The problem that most people do not realize is that the continual inflammation, caused through improper over-contracting exercise, places extreme stress at the joints and creates micro tears in muscle tissue throughout the body. This continual inflammation causes the body to continually create fibrin as a protective mechanism to wall off the pain. This will lead to severe internal scar tissue build-up, which will, in time, shorten the muscles, tendons and ligaments. This in turn will reduce the range of motion, elasticity and flexibility and will even cripple you as this internal scar tissue hardens as we see with the majority of the elderly and those who are drugged. Runners, weightlifters and extreme sport athletes need Wolfe Non-Surgical Restoration to counterbalance these over-contracting, high impact sports, if they wish to not pay the price as they age.

Inflammation and pain is the first sign of internal scar tissue formation. There is nothing worse than an injury that won't heal. It does not matter how much ice, heat, Advil, Motrin or anti-inflammatories you take or apply, they may suppress your pain but only to have you unknowingly rip and tear because they have numbed out the warning signs

of re-tearing the internal scar tissue that has never been addressed properly with the correct therapy to break it down and remove it in the first place. Sometimes a chronic injury will last for months or even years with no real end in sight.

Repeated visits to the doctor for prescriptions to numb the pain, visits to physical therapists, registered massage therapists, chiropractors and acupuncturists will help reduce the problem but until the crystallization and internal scar tissue is removed and the patient is taught how to prevent it from returning, their search will go on. The major cause of injuries now and always will be the invisible bonds that bind and restrict; internal scar tissue formation that eventually turns into knots will shorten the muscles, ligaments and tendons they are attached to. This cannot be stretched out, even though most therapists and trainers teach this, for it will only rip and tear again because of the lack of circulation and elasticity due to it being fibrotic internal scar tissue. The same scar tissue that attempts to prevent damage also constricts future movement, binding tissues and organs, causing unnecessary pain and suffering when the *healing* has supposedly already completed. A transverse penetrating technique is clearly necessary if such tissues are to be restored to their healthy state. Proper guidance on diet and detoxification is essential to restore and maintain your health on a permanent basis.

In the majority of the population the internal scar tissue has hardened like cement and a change in diet alone will not be enough for true healing to take place. Tissue that was once elastic, pliable, toned and self-healing now receives hardly any blood flow due to its fibrous, crystalline structure. This tissue now lacks needed oxygen and vital essential nutrients and

has the consistency of beef jerky. From a frozen shoulder to a cancer tumor you will have crystallization and internal scar tissue formation when incorrect information and ineffective treatment is given. The patient needs to be trained to be the cure they have been searching for if permanent success is their goal.

When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain and able to perform at your optimum once again, as a healthy active person... at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system with ample quality Structured Water, Gentle Daily Cleansing, a Whole Plant Based Diet along with Superfood Nutrition and Core Exercises. This is why we believe at the International Training Institute of Health that any physical therapist without proper training in the art of Non-Surgical restoration and a correct foundation of nutrition and detoxification will never provide what their patients truly need – whole body healing requires a whole body approach.

The slight limp in your walk, the inability to raise your arm above your head or touch your toes or being unable to shoulder check while driving has become a normal of life for the majority. When the majority suffers from it we call it normal because we've been taught herd mentality. This is what happens when incorrect information and ineffective therapy seems to be the only choice.

These troublesome conditions are due to lack of counterbalance exercise such as stretching, foam rolling, yoga and core twisting. Other factors that increase acidity within body tissues

include: an incorrect diet, incorrect or insufficient water - and excessive contractual exercise. When a muscle, tendon or ligament is damaged the body has only one repair method, internal scar tissue formation, all due to a safety mechanism called inflammation that only you can turn off.

Internal scar tissue delivers great short-term benefits by restricting movement of the injured area thus preventing further damage. But here's the downside; internal scar tissue also brings with it negative, long-term affects if not broken down and removed. The same internal scar tissue that attempts to prevent damage will also constrict movement and binding tissues and organs, causing unnecessary pain and suffering when the 'healing' has supposedly completed (*oops*). Over time this internal scar tissue will harden like cement. The decreased range of motion that this causes locks the muscles, tendons and ligaments of the body in place causing decreased circulation, thus weakening muscles and eventually draining the life force from you.

This is why the average, so-called normal person suffers from premature aging, which leads to that old saying, *"I just can't do that anymore but I wish I could."* Until you are prepared to take proper action by backing off excessive contractual exercises, by loving and respecting your body with core building, strengthening, lengthening and toning exercises, **U** will continue to suffer!

Traditional treatment techniques require months to fully resolve injuries to tissue and joints if they ever truly do. *Do these other therapies really heal or has the body just walled off the pain again with more internal scar tissue until the patient rips*

the so-called healed injury again a year or two later? With Wolfe Non-Surgical Restoration Therapy along with a diet based on whole plant based foods, Structured Water and daily gentle detoxification sets the pace for life-changing instantaneous results on a permanent basis no matter the condition or the age of the patient, this I promise.

For sports related injuries and sports performance enhancement you must eliminate the internal scar tissue that binds **U**. It's vastly important to recognize and eliminate the true cause... not just ignore and cover it up, or you will have a full-blown injury that will put you on the sidelines for life.

We don't have to stop these constricting, contracting exercises we love, but we need balance through restorative exercise and therapy to keep internal scar tissue at a minimum.

If you run or workout at the gym for 30 minutes, match that with 30 minutes of stretching, yoga or core twisting. You will be pain-free, injury-free and in balance.

My personal prescription to prevent injury and to really rid the body of pain is to properly hydrate with ample Structured Water, eat a Whole Plant Based diet, Superfood Nutrition, Gentle Daily Cleansing, Core Master Twisting and Rebounding, Foam Rolling and last but not least, find a yoga studio that has maintained the true philosophy of Yoga. Set yourself free from the invisible bonds that bind **U**.

Our society is drowning in dysfunctional belief systems when it comes to effective bodywork and patient empowerment. When you experience a sports injury or any other type of injury, if you do not have the internal scar tissue broken down after the

injury has supposedly completely healed, I guarantee you it will come back to haunt you when you are older.

How many times have you heard someone say, *"Yeah, this pain is back from when I..."* and *"This pain is back from when I..."* and *"This one is from when I..."* People wear their injuries like a badge of honor because they don't know any better, because their doctors and therapists do not know any better. But I know better. So when you're tired of reminiscing over the war wounds that haunt you, I'll bet you that if you have this internal scar tissue broken down and you implement the guidelines we have discussed in this book, this will be the end to your painful story. We cannot do better until we know better or should I say you cannot do better until you find a practitioner that can treat and teach you to know better.

This is why the Supercharge Your Life – Advanced Training Course, the Family Retreat Treatment & Training and the Couples Retreat Treatment & Training were created. To guide anyone who wishes to Master his or her own health on a permanent basis. We must teach and deliver total health to our patients because as practitioners we must restore that which has been taken from them. Health Independence.

YOGA

THE ART OF MASTERING THE BODY

"Yoga is a physical discipline which lengthens, strengthens, tightens and tones while performing a deep relaxing detox on the tissues and organs of the body. Yoga is about allowing

and opening up on many levels with its foundations being in awareness itself. Awakening the ability to notice and feel the movement and muscles themselves. I was 8 years old when I first heard the word 'yoga'. I was at church when the Pastor said India was trying to infiltrate their religion into North America by the way of introducing an exercise known as Yoga. I forgot about this until we started this chapter. Actually, Yoga is about not controlling, or some restrictive dogma. It is the science of the body, about allowing without judgment and letting go that which does not serve U. Such as stiff joints, tight muscles and body pain. Release your invisible bonds."

- Dr. Darrell Wolfe

THE PERFECT COUNTER BALANCE FOR A CONTRACTED CULTURE

The art and science of yoga is dedicated to bringing you more in tune with your body. Its objective is to assist you in exercising the breath and body in unison for a greater awareness of your potential. This can be a perfect compliment to the drive and effort of other practices. In short, it is about creating balance and harmony with and throughout your whole body. Yoga's breathing techniques can and will improve an athlete's performance- enhancing powers along with their mental and psychological focus. Simply knowing Yoga's breath management techniques can help build resilience. The deeper effect that comes from practice is an overall sense of well-being. That sense eventually becomes the motivation to practice; a deep part of **U** seeks well-being, not accomplishment.

What does basketball superstar LeBron James, tennis champion Andy Murray and all the NFL players of the Seattle Seahawks have in common? They all used this same technique to recover from their elite workouts: Yoga.

With sports such as hockey, tennis or football, we only use 10-15% of the body, whereas with yoga every muscle, joint and organ is put to the test. Yoga works every body system: cardiovascular, skeletal, muscular and endocrine. Yoga oxygenates the blood, generating more energy when you finish the exercise as opposed to draining the body of it like many other workouts.

Athletes like Wayne Gretzky, Kareem Abdul-Jabbar and John McEnroe have heightened their performance levels through practicing yoga. By combining mental, physical and emotional strength, they became better athletes at their chosen sport. Yoga is not just an exercise; it teaches us how to calm the mind and body, enabling us to handle stressful situations more successfully.

HOCKEY & YOGA

Ryan Getzlaf practices yoga, he says, to “keep limber.” But what about the spiritual side of the practice? *“I’m not really that kind of a yoga guy,”* says the Anaheim Duck’s Captain. *“It’s more just the stretching.”*

Net-minder Tim Thomas says, *“My whole career has been about proving to people that I can play in the NHL and be successful, so Yoga is a part of that journey.”*

Retired NHL forward, Georges Laraque kept his 6-foot, 243-pound frame flexible by sticking to a strict training exercise program that included Yoga.

"I'm strong, but not because I bench-press six plates," he says. "If you do yoga, you don't need to do weights that much because it's like a weight exercise, but instead you're using your body."

Laraque explains, *"When you work on your flexibility it makes you less prone to injuries."* He adds, *"I believe yoga is really something that will help young athletes get stronger, improve their core and become better athletes."*

In addition to the physical benefits, Laraque also enjoys the calming aspect of Yoga. *"The game can be stressful on your body and on you mentally,"* he says. *"You go there and it's just really relaxing. It's really quiet and it's hard to explain but you don't think of any problems or anything else. It's so relaxing and purifying."*

There are some top NHLers who use yoga Nidra as a relaxation practice. Yoga Nidra is a guided resting practice, a full body meditation led through audio.

Some use it to prepare on game day, after the morning practice or to completely relax (a power nap!). Some use it for post-game or next day recovery relaxation. It is a deeply restorative practice.

More and more athletes and people who just want to stay fit are realizing that with proper yoga they are able to recuperate from strenuous workouts and injury much faster, especially for those reaching middle age. Yoga also helps to prevent the typical aches and pains commonly associated with aging and an inactive lifestyle.

What Is the Counterbalance to Intense Workouts?

Professional and amateur exercisers are turning to yoga to restore their body between other sport and intense exercise programs. Even Tony Horton's best-selling "extreme" fitness DVD series, P90X, has an accompanying Yoga program, "Yoga X" Tony recognized this need to balance out his aging (*54 year young*) body and natural contraction from resistance training. Extreme workouts are contractual and shortening in nature. Yoga will counterbalance this with its strengthen, lengthen and detox techniques.

Athletes often carry tension in the core of the body. Specifically in the Iliopsoas, the deepest hip flexor. When that muscle is out of balance, or over tight, it can cause other muscles to react and so on. I know of an interesting experiment regarding this muscle, sometimes called an emotional muscle, as it can react to fear, etc. When a group of healthy people go to a scary movie, the psyche does not know it is just a movie, and the body reacts. When those people get up out of their seats after the movie, they feel 'old' and hunched over. That is the Iliopsoas! So, play that out in life. When there is fear, anxiety, suffering there will be a reaction in the body.

Athletes need to recognize this. One of the NHLers, who has to fight, has learned to relax through the Yoga Nidra mentioned above. From his relaxing yoga practice he can relax his deep core, the pelvis and hips, and in turn the groin. He has had no groin injuries since beginning this practice. The moral of the story is sometimes we have to release muscles (especially deep in the body), instead of work them.

Pounding The Pavement

Runners in particular need yoga to counterbalance this over-contracting high impact sport if they wish to not pay the price.

During the course of an average mile run, your foot will hit the ground 1,000 times. The force of impact on each foot is about 3-4 times your body weight. It's not surprising to hear runners complain of bad backs, knees, tight hamstrings and sore feet.

The pain most runners suffer from is not from the running itself but from the imbalances that running causes. If you bring your body back into proper alignment through the practice of Yoga, you can run long and hard for years to come. In fact, running and Yoga make a good marriage of strength and flexibility.

Strong physical activity stresses our body similar to the *'fight, flight or freeze'* response of the autonomic nervous system. Yoga has been proven to re-set the autonomic nervous system to a more parasympathetic (*relaxed*) state, which is what is needed for the body to heal and recover. In its basic philosophy, the science of Yoga, it does not have to be scary, in fact it takes the scare away from life's reactivity.

If restoration and detoxification of body tissues is the goal then an athletic yoga practice would be counterproductive. Athletes need to lean towards a yoga that calms the nervous system, rests and restores the body.

If yoga is your only form of exercise then you may want to lean towards a more fast-paced, flowing style using more intensive deep stretches.

Would an athlete become too flexible from doing Yoga? The answer is no. When Yoga is done correctly using proper breath techniques and the ego is left on the sidelines, Yoga will help prevent injury and give the athlete a competitive edge at their chosen sport. A proper Yoga practice will take you to the edge of sensation, but not push through it. Very flexible people should focus on stabilizing techniques and muscle engagement in their yoga practice, rather than expansion and flexibility. The more muscular person would want to focus on lengthening and releasing. The battle of the sexes can definitely show up in a yoga class. Women tend to be more allowing, and even have a natural flexibility, while men do not. If men do not leave the ego at the door (*and some women!*), there will be a battle in the body. Don't let that be **U**.

Technically speaking, the more athletic a person is, the tighter they will be. Especially in the sport specific muscle groups that are affected, for example: runners-hamstrings, throwers-shoulders and one-sided sports. These individuals should use caution when starting yoga. An aggressive approach without proper guidance and body awareness will only get you into trouble.

Usually the more athletic a person is the more contracted their muscles are. Yoga is a valuable tool to restore balance in this situation, but must be respected; this is where aggressive becomes more passive.

If your exercise of choice were weightlifting, Yin Yoga would be a perfect counterbalance, as these classes focus on slow stretches with deep breathing.

Yoga is the best form of exercise in relieving stiffness from other sports or just life itself.

When muscles become fatigued, they build up with lactic acid, and yoga, with its strengthening and lengthening postures, relieves the tension and the waste is flushed away. Yoga does not deplete energy from your body like a gym workout where your body can become fatigued after the workout. Instead, it will not just increase but restore your energy, making you feel more balanced and invigorated.

If you are new at yoga you may want to participate in a class that focuses on alignment and a balance of strength and stretching. Yoga done correctly will develop strength to the same degree as it develops flexibility. A perfect blend not just for the athlete but also for all walks of life.

When it comes to Yoga, I recommend that you do an authentic style. You want to make sure that you get the emotional and psychological benefits of yoga practice rather than just a physical workout. Yoga does not care how you look or the shape you're in, it welcomes all. Yoga will test your personal boundaries by increasing your flexibility, endurance and muscle strength at a level comfortable for you.

Always remember, if you can leave your ego and expectations at the door, you will create a partnership of understanding with your body and you will begin your own yoga journey. For the first time in your life, you will pull back the curtains, release the invisible bonds and Master your mind and body and tap into your true potential.

In finishing, I would like to say that we live in a world of contraction, we need counterbalance. Somewhere we can create a new Belief System that opens our minds and our bodies. For myself, My fitness center of choice is called **'Oranj Fitness'**. Find a yoga

studio that provides a wide range of levels of fitness to suite your needs with a flexible schedule to fit your lifestyle. If you would like to experience yoga and you're in my neighborhood, tell Oranj Dr. Wolfe sent you and your first session is free! ***Live, Laugh, Love, Lengthen, Strengthen, Detox & Tone!***

REBOUND YOUR WAY BACK TO VITAL HEALTH

The Best Exercise To Rebound Your Immune System!

It's quoted by NASA as *"The most efficient and effective exercise yet devised by man."*

Rebounding is also known to be the most effective exercise for the prevention of cancer and for assisting the body to heal from cancer.

Who Can Rebound?

Moms, dads, children, grandparents... Rebounding is suitable for all ages and abilities! Rebounding is a rhythmic movement from one foot to the other with moderate height and a gentle pace.

Stabilizing bars can be fitted if you are unsteady, disabled or handicapped. When you incorporate weights, rebounding benefits are amazing for building and toning. Rebounding is the rhythmic movement from one foot to the other - to a moderate height - at a gentle pace.

Bouncing or jumping on a rebounder is a Cellular Exercise, your body has about 60 trillion cells. The 2-4 G forces (*gravitational pull*) involved in bouncing squeezes out the toxins. During the brief

weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Thus the flow of materials to and from cells is improved. It is like every cell individually exercising in your body.

When cells become weak they can rupture easily, this weakens the immune system and shows up in the form of inflammation, pain, internal scar tissue formation and eventually disease. When your cells are strong, you will have more energy and vitality. This cellular exercise results in cells being 5 times more active due to the increased G-force response.

What Is Rebounding?

Rebounding is a safe, cardiovascular muscle-building exercise with very low impact. It is a series of controlled movements performed on a mini trampoline. Running and jogging are very stressful on the feet, ankles, knees, hips, back and the spine. Rebounding decreases the shock and stress by 95% while still giving you a cardiovascular muscular workout as beneficial as running. 20 minutes of rebounding equals 1 hour of running as a cardiovascular workout. Rebounding is more effective for fitness and weight loss than cycling, running or jogging. 12 minutes of rebounding burns about 10 more calories than 12 minutes of jogging.

Cardiovascular Fitness - Exercising on the trampoline lowers the risk of cardiovascular disease in 3 ways:

1. By strengthening the legs so that they act as an auxiliary pump for the cardiovascular system. This lessens the strain on the heart.

2. The increased pulse rate strengthens the heart.
3. The strengthening of both the voluntary and involuntary muscular systems makes the entire system work more efficiently.

Rebounding = Lymphatic Detoxification of the Body

The body's lymphatic system is a network of vessels that transports nutrients and drains toxic products from tissues. This system does not contain its own pumping mechanism and relies on external pressure, including breathing and muscular contraction, to propel its contents through a system of one-way lymphatic valves.

Rebounding greatly increases lymphatic circulation more than any other exercise. Rebounding causes a pumping action that pulls waste out of cells and pushes nutrients and oxygen in. The most important fluid to immune function in the body is lymphatic fluid. Lymphatic fluid clears the system of toxins and waste products. Two-thirds of your body's white blood cells are found in the lymphatic fluid and are responsible for eliminating bacteria, viruses, parasites, fungi and cancer cells.

Rebounding is a zero-impact exercise that provides many benefits for U, all the way down to the cellular level.

The benefits of rebounding include:

- Reduces body fat and water retention (*lymph congestion*).
- Firms legs, thighs, abdomen, arms, and hips.
- Increases agility and improves sense of balance.
- Lowers blood pressure, triglycerides and cholesterol.
- Promotes regular elimination and relieves constipation.
- Strengthens the musculoskeletal system - core building.

CHAPTER 26 - LIVE LONG CORE STRONG

- Protects the joints from chronic fatigue.
- Gentle impact increases circulation of heart and lungs.
- Rehabilitates heart problems by assisting circulation through low impact exercise.
- Strengthens the heart.
- Improves resting metabolic rate as calories are burned for hours after exercise.
- Prevents chronic edema.
- Promotes tissue repair.
- Benefits the alkaline reserve of the body.
- Benefits body alignment and posture.
- Enhances digestion and elimination processes.
- Promotes deeper and easier relaxation and sleep.
- Helps to reverse aging process of muscle degeneration.

Rebounding is a year-round exercise that can be done inside or outside and is easily portable for those who travel. It's fun, it's easy, it's safe and you can do it at home to your favorite music or even while your watching TV!

Buying A Rebounder

You get what you pay for... inexpensive models can be stiff and don't offer adequate cushioning and support. They will be hard on joints and lower back. If you cannot buy a good one, I would suggest you wait until you can. Your joints will thank you for it!

Invest In A Quality Rebounder

- A stable 6-leg design - cheaper 4 leg models are known to topple over
- Detachable legs – for easy storage

- A solid, but responsive, spring system – to ensure adequate support for your joints
 - A non-slip mat – for those trickier maneuvers!
 - Spending 20 minutes on a rebounder a day will help you tone and firm your body in just six weeks.
 - The reason it's so effective is because your body feels an increased gravitational (G) force at the bottom of the bounce. This can be equivalent to 2 or 3 times your bodyweight with minimal stress to the joints and tissues of the body. Every cell in your body will respond to this perceived 'stress' by strengthening and toning, creating a more vibrant, resilient
- U. BE THE Master OF YOUR BODY REBOUND BACK TO HEALTH.**

For the Best Quality Rebounder Made, go to: www.docofdetox.com/ultimaterebounder

TWIST YOUR WAY TO A HEALTHIER LIFE

STRENGTHEN - LENGTHEN - TWIST, DETOX AND TONE

Everybody that is not in good physical shape runs from the word 'twist'. I guarantee you that, if you're the type of person that runs from the word,

twist, then you're probably not in shape. When you gently twist while you exercise, you are performing an important movement that stretches, tones and detoxifies your core. This movement helps to readjust and align your spine on a daily basis. This is one twisting action you don't want to be without.

"Age is not a factor when it comes to health and vitality," but this statement is not correct if you are the *average, normal* person that follows the herd.

Are U the type of person who is sick and tired of rip and tear exercises that tone and strengthen but accumulate toxic waste (*acidity*)? Over time, these exercises will create inflammation, pain and internal scar tissue formation.

This will cause strength, elasticity and mobility to decrease while pain and injury increase. When you continually tighten to tone, you need counterbalance to keep your body's circulation open to maintain peak performance. If circulation is not maintained, waste will build up in joints, tissues and organs. This will block nutrients and oxygen from reaching and entering tissue cells, interrupting the rest, repair, restore and tone phase at the cellular level.

Are U the type of person who would like to tone up and build muscle along with having a cardio workout that is in perfect balance from beginning to end?

Are U the type of person who would like to have a full body, muscular workout while restoring mobility back to joints and aligning your spine to creating a stronger, straighter and more flexible you?

Are U the person that wishes to rid your body of pain and premature aging? Are you the type of person that wishes to detoxify your joints, tissues and organs of that which does not serve you?

Say goodbye to those love handles and that muffin top and say hello to a strong core, toned tummy and a smaller waist due to less waste.

The answer is a fun, easy and effective twisting exercise that detoxifies the body while giving you a great cardio work out. This exercise strengthens, lengthens, stretches, tones and detoxifies your body tissues all at the same time. Weightlifting, running, biking and other exercises like this are mainly a *contracting* movement.

They cause a build-up of acidity in the body tissues. They block and eat up your nutritional reserves and create internal scar tissue. This is why we must stretch, twist, rebound and practice Yoga to counterbalance these *contractual* exercises. Products like The Core Master facilitate a twisting action effectively removing toxic waste from the muscles and organs while increasing circulation, nutrition and oxygen into the tissue cells...similar to the twisting action you would use to wring out a wet towel.

This will probably be the smallest, but most powerful, piece of exercise equipment you will ever own. Core Master not only improves strength, flexibility and endurance of the abdominals, but also tones all of your muscles and internal core organs. The rotating platform will improve the balance and coordination of a person at any age, which in turn will restore healthy posture. Even 20 minutes a day will send you on your way toward your desired goals. There are techniques for stretching and toning and others for stretching and muscle building, but they all detox due to the twisting action on tissue, joints and organs.

CHAPTER 26 - LIVE LONG CORE STRONG

Always build your workout gradually. As you become more familiar and confident with this equipment you will increase the intensity of the exercise. Do not over-twist and make your muscles sore. Love your body and start slowly to prevent injury.

In with the good and out with the bad as you become a lean, toned, health machine. Why not have the body you desire without the downside of rip and tear. Let's do the *twist*, love your body as **U** build, tone and detoxify creating a pain-free, energetic life. **Take Life On.**

To Order Your Core Twister, go to: www.docofdetox.com/coretwister



BEAUTIFUL SKIN

THE ONLY FOUNDATION YOU WILL EVER NEED

Go to: docofdetox.com/library
to read and watch the videos in the '*Braveheart - Emotional Freedom*' Guide

"True beauty grows from the inside out and from the outside in. Build a strong foundation. Drink Life In & Stay Young."

- Dr. Darrell Wolfe, Doc of Detox

LOVE THE SKIN YOU'RE IN

The beauty about the body's largest organ is that you can nourish it from the outside in and the inside out. We know the food chain is broken and we are not getting enough nutrients from the food we eat. To add insult to injury, the skin care industry has learned very well from its big brother; the pharmaceutical industry. Some of the ingredients in beauty products aren't that pretty. US researchers report that one in eight of the 82,000 ingredients used in personal care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins, and hormone disruptors. Many products include plasticizers (chemicals that keep concrete soft), degreasers (used to get grime off auto parts), and surfactants (they reduce surface tension in water, like in paint and inks). Imagine what that does to your skin, and to the health of your loved ones. We do have choices. You can prevent premature aging and yes, even turn back the hands of time.

It's unfortunate that many doctors and skin care specialists will ignore any connection between diet, skin health and the large intestine.

Many people unknowingly miss the opportunity to make major improvements in their skin. That ends here. Simple life changing strategies for healthy skin from the inside out and the outside in.

What is the largest organ in the body?

YOUR BEAUTIFUL SKIN!

What organ is responsible for one quarter of the body's detoxification everyday?

YOUR AMAZING SKIN!

What organ eliminates two pounds of acidic waste daily?

YOUR RESILIENT SKIN!

What is one of the most important elimination organs of the body?

YOUR AWESOME SKIN!

What organ requires 33% of all the blood that is circulated in the body?

YOUR LIFE-GIVING SKIN!

When the large intestine, liver and blood become overloaded with toxic waste, what organ will display this with problems?

YOUR MIRACULOUS SKIN!

What organ is the last on the list to receive nutrition, yet the first to shows signs of malnutrition or deficiency?

THE SKIN YOUR IN!

Are U ready to learn Simple Life Changing Strategies to turn back the hands of time and truly love the skin you're in?

Your skin mirrors your inner health. The look, feel and texture are all indicators to the state of your health from the inside out and the bottom up.

The large intestine is the mother of all detoxification organs. When your skin becomes sluggish due to lack of Whole Plant

Based Nutrition and Gentle Daily Cleansing and Structured Water your body will become polluted.

Guess who must pick up the slack? Your skin is a primary indicator of a toxic large intestine. As soon as your internal body becomes toxic, it will spread out, into and through your skin. This will cause your skin to become slack, irritated, itchy, wrinkled and yes, now you look and feel older than your age. Remember your skin is a mirror of your internal health. Every time you look in the mirror you will get a gentle reminder of things to come when you slack off with nutrition, hydration and detoxification.

When your internal well-being starts to crumble, skin conditions such as rosacea, acne, boils, psoriasis, rashes and premature aging will result because you lack an understanding in the art of body talk. You either pick up the slack or more than your skin will crack.

One purpose of your skin is to keep your organs, tissues, capillaries, muscles and bones in place. Your skin is known as the third lung; it inhales and exhales, allowing your body to breathe. How cool is that! It's alive!

Your skin is a respiration organ. This is why it is so important to nourish, hydrate and detoxify your body's largest organ, from the inside out and the outside in. When we use toxic substances on our skin, whether it's chlorinated water for drinking, showering, bathing or your so called skin care products, just know that you are choking the skin you're in.

This is a living and breathing **organ**, so if you can't eat it, don't **treat** it to your skin.

Eliminating waste through your skin is essential for remaining vibrantly healthy. Sweating helps to cool the body and eliminate acidic toxic waste. Your pores must remain healthy and open for business 24/7. If you decide to use deodorants, antiperspirants and toxic skin care products or bathe/ shower in chlorinated water, just know that you will be shutting down your body's largest organ and triggering unwanted symptoms.

Studies have shown a link between these toxic products and breast cancer, liver cancer, skin cancer and other forms of cancer. These products shut down the body's natural ability to open up and eliminate toxic, acidic wastes through the skin. The next time you see someone with skin problems, you now know the answer is not just an external one. It also lives deep within the bowels.

POISONING THE SKIN YOU'RE IN

Your skin and your large intestine must remain flexible to stay healthy. A healthy large intestine and healthy skin do not sag or crack. They hold their tone and shape. Minerals, amino acids, enzymes, fatty acids and vitamins are all needed for tissue integrity, but they must be able to reach the cellular level or they will have little or no effect on your body.

Just because a company tells you they have a natural product with all the nutrients to achieve the health your body deserves does not mean it is in the correct formulation that the body can recognize or assimilate on the cellular level. This is true whether it is a nutritional supplement or a skin care product. Read 'Superfood Nutrition' for a deeper understanding. Buyer

beware, buyer be wise; there's knowledge and then there's **The Whole Truth.**

STRUCTURED WATER-BEAUTIFUL SKIN

Structured Water is not just important but critical for preventing disease, premature aging and degenerative conditions involving your skin and large intestine. Structured Water is essential for the uptake of nutrients from your food and for proper elimination of fecal waste from the large intestine. This is the same for your skin; it needs plenty of Structured Water to deliver the needed nutrients and eliminate toxic waste at the cellular level. Compare this scenario to a river that does not have an ample supply of water.

Stagnation will occur and the natural balance will be lost to mutation and dis-ease. What comes first the Mosquito or the Swamp? Terrain is everything. If you wish to get rid of the bugs then change the environment by increasing the water flow so natural balance is restored. If you had a manure pile in your living room, would you build a box around it to hide it or find a way to remove it? If stagnation occurs in your tissue cells, like the river, you will breed dis-ease. Like the riverbed without ample water, wrinkles will form in your skin due to dehydration. Structured drinking Water is the body's first and foremost healing food.

Water lubricates and keeps skin soft and supple. The best example of this is baby's skin; hydrated and healthy. When you lack Structured drinking Water your tissues will shrivel, lose tone and age prematurely; losing their ability to function properly. Your skin will lose its flexibility and elasticity due to

the crystallization and internal scar tissue formation from lack of Structured drinking Water. It is a fact that people who drink ample amounts of Structured Water, live a Whole Plant Based Lifestyle and cleanse gently on a daily basis look years younger than their age. Healthy skin reflects a healthy large intestine. You cannot have one without the other.

Read **'Water - The Structure of Life'** for a deeper understanding.

FEEDING THE SKIN YOU'RE IN

There's a saying that all answers lie within. The food chain is broken and so now is our health. When a person suffers from nutritional deficiencies, especially minerals and amino acids, they will appear to age much faster than usual. This is known as premature aging due to malnourishment and acidosis. And you thought malnourishment was a third world problem. You're witnessing a nation that is suffering from the stiffening and hardening of their fibrous connective tissue in their skin. Read *Web of Destruction* and *Scarred For Life* for a deeper understanding. Hardening body tissue is crystallization and internal scar tissue formation that can be found all the way down to the cellular level. The skin no longer snaps back into place. It has entered the wear and tear phase just like your joints going snap, crackle, pop. All disease and body pain have crystallization and internal scar tissue. *Just ask Woody.*

When you cleanse your body of toxic waste, drink and shower in life supporting water, restore the essential nutrients with Whole Plant Based Superfood Nutrition along with skin care that promotes life at the cellular level. **U** will age gracefully.

It only stands to reason that the Planet's most **dense phytonutrient plant** would contain all the ingredients, not just for a healthy vibrant body, but also for young radiant skin.

Take Life In!

Read 'Superfood Nutrition' and 'Water: Structure of Life' for a deeper understanding on cellular nutrition.

LIFE-GIVING SKINCARE

If U Can't Eat It, Don't Put It On Your Skin. If it does not feed your skin at the cellular level then what's the point?

Beauty is more than skin deep - It's Cellular.

FACE THE FACTS

The Chinese have used face reading for thousands of years as a way to detect and diagnose diseases. This is a Chinese medical practice called, mien shiang or mien xiang (pronounced *MYEN-SHUNG*), that started in China nearly 3,000 years ago to help prevent illness. The skin on your face is able to give a glimpse of your current health and things to come. Face readings are not set in stone but they do warn of possible health issues. Your face will reflect changes in your health faster than any other part of your body.

Our faces provide clues to the path in which our health is going, by the facial lines and marks such as discolorations, spots, creases and indentations. Your face can predict the age at which certain problems may appear by the location of various marks. The bigger and darker these marks are, the

more severe the problem may be. When You Face the Facts...
U can then release the true healer from within.

DIAGNOSTIC FACE READING MAP KEY

| |
|---|
| 1. Bladder/Reproductive System is the entire scalp, jawline & chin including the lower lip. |
| 2. Small Intestines is the middle of forehead. |
| 3. Bladder, the right side of the forehead is the right side of the bladder & the left side of the forehead represents the left side of the bladder. |
| 4. Liver, it shows up in between eyes, outsides of eyes and as the eyeballs themselves. |
| 5. Kidneys, the areas around, above & below each eye are the facial demonstration for both the right and left Kidneys. |
| 6. Stomach, Esophagus & Upper Stomach on the left cheek & the Lower Stomach with the pyloric valve connecting the Stomach & Small Intestines on the right cheek. |
| 7. Adrenal Glands, the right Adrenal Gland is on the outer corner below the eye on the right, the left Adrenal Gland is on the outer corner below the eye on the left side. |
| 8. Heart, it shows up as the nose, upper lip area below the nose & both earlobes. Heart issues score this way, the nose 20%, the upper lip area below the nose 20% and each earlobe is worth 30%. |

| |
|---|
| 9. Endocrine Strip or Endocrine System (major glands), on each side of face beside the nose, from the top of the nose along the cheek, beside the mouth to the bottom of the sides of chin. |
| 10. Lungs, the right & left lung appear in the hollows of the cheeks. |
| 11. Ileocecal Valve, one each side of face, beside the nostrils we find the connection of the Small Intestine & the Ascending Colon. |
| 12. Ascending Colon, on each side of face, on the sides above the upper lip. |
| 13. Transverse Colon, on each side of face, corners of mouth. |
| 14. Descending Colon, on each side of face, below corners of mouth. |

BODY TALK

Signs & Symptoms of the Skin

It is believed that your face can tell your life story.

The ears and the top part of your face are believed to represent the earlier part of life, from preteens to early 20s. As you grow older, corresponding facial areas move downward from your eyebrows. Many prestigious Western medical journals such as *'The American Journal of Cardiology'*, have recognized a connection between a diagonal earlobe crease and coronary artery disease in people under age 70.

- **Slightly green facial hue:** Decreased liver function
- **Overly red facial hue:** Heart disease or high blood pressure
- **Yellowish facial hue:** Low function of spleen and stomach
- **Darkened facial hue:** Low kidney function
- **Whitened face:** Low lung function

EYES: Reflect the liver. A change in color can be a sign that something is wrong - especially if the color is yellow. If your eyes show yellow, contact your doctor.

- **Folding between eyebrows:** Low-functioning lymph, weakened immune system.
- **Red spots and/or pox around the eyebrows:** Increased likelihood of flu, or sign of flu in recent past.
- **Reddened eyebrows:** Overactive nervous system, lack of quality sleep.
- **Reddened eye sockets:** Inflammation in the kidneys or back pain.
- **Black eyes or black/brown spots:** Low kidney function.
- **Dark skin around eyes:** Deteriorating kidney function, likelihood of kidney 'stones'.
- **Violet swelling around eyes:** Could be ovarian, cervical, vaginal, breast complications.

NOSE: Reflects the condition of the heart. A red nose or a line through the nose can indicate heart issues. A large bulbous nose can indicate overconsumption of alcohol or enlarged heart. If the tip of the nose is swollen and has a blue hue heart circulation is poor and may indicate heart attack.

- **Reddened nose:** Bladder inflammation or back pain.

- **Swelling veins on the nose:** Deteriorating function of kidneys and bladder.
- **Black moles between nose and lips:** High levels of acid and toxins in the body.
- **Darkening of black moles between nose and lips:** Possible sign of cancer risk.

UPPER LIP: When a woman notices changes on the middle of the upper lip, she may be experiencing fertility issues, fibroids or hormonal changes.

- **Red lips:** Overactive stomach.
- **Blue lips:** Heart weakness or problem.
- **Dark lips:** Low function of spleen and kidney.
- **Pox spots or cold sores near lips:** Stomach ulcer.

CHEEKS: Reflect the condition of the lungs. A change to the hollowing of your cheeks may be a sign that you are not breathing properly.

- **Red cheeks:** Overactive liver.
- **Region between chin and ear has depressed scars, pox marks, or other anomalies:** Poorly functioning intestine. If this region becomes red, possible sign of impending diarrhea.

LARGE PORES: Indicates general toxicity.

PIMPLES OR RASHES: Indicate body toxicity, irritants, chemicals, pollutants, environmental hazards, together with deficiencies of essential fatty acids and vitamins A and C.

ACNE: Acne is a condition representing total body toxicity, poor food choices, exhaustion and nutritional deficiencies. Excessive

consumption of refined salt and hormonal imbalances are also contributors. If acne is located in the chin area, it is typically due to hormonal or ovarian disturbance. It represents an excess of estrogen and a lack of progesterone. This imbalance produces deep nodular acne.

Acne that appears on the back and other areas of the face are due to excess cortex hormones from overactive adrenal glands or an under active thyroid.

Adrenal hormonal involvement has a masculinizing effect and is often accompanied by excess facial hair in women. Bacteria present on the skin's surface live off the poisons released from the pores. Excessive pore excretion combined with these bacteria block and congest pores causing the formation of pimples and redness known as acne.

All these conditions are connected to a lack of a Whole Plant Based Superfood Nutritional Lifestyle, quality water and a lack of Gentle Daily Cleansing.

DANDRUFF OR OILY SCALP: Indicates an extreme oil deficiency.

ITCHING: Itching occurs when the skin is congested with toxins or irritants. The nerve endings react to these substances, which cause us to scratch. Itching is a warning sign that there is a decrease in the blood flow because toxins and wastes are being retained in tissue. Some itching can be a result of contact with a substance that creates a topical chemical reaction. Excess body acid can also contribute to itching, as can liver insufficiency or disease, body chemicals as in excess bile, and undigested proteins in the digestive system. Anemia, diabetes, hypothyroidism, low functioning adrenal glands, stress, worry

and anxiety can cause skin discomfort. Coffee and medications have been known to increase the possibility of itching.

ECZEMA: Eczema is an inflammation of skin that is seriously depleted of essential oils. The dry crusts that form are surface cells that have died in large numbers and are flaking away as a result of this deficiency. This condition can include scaling, thickening, flaking and itching.

Eczema is often referred to as dermatitis or seborrhea and contact or photo dermatitis. These conditions are often seen in individuals with tendencies towards allergies. Dr. Philip Incao has stated that vaccines induce severe outbreaks of eczema in young patients, in addition to escalating the incidence of ear infections, asthma and bowel inflammations.

PSORIASIS: Psoriasis is a chronic condition that produces small to large varying sizes of patches of silvery scales. It is a blood-born disease where the white blood cells migrate into the uppermost layer of skin. Attention to dietary habits improves such conditions immensely and often involves fats and metabolism of fat soluble vitamins. Prolonged attention to dietary changes and daily bowel cleansing is essential to eradicate any existing evidence of psoriasis. When psoriasis presents itself, we can be sure that there is a lack of coordination and efficiency of both detoxifying and eliminating systems. This causes congested lymphatic fluids resulting in the seepage of toxins into the gastrointestinal tract. Poor carbohydrate metabolism is related to deficiencies of calcium, magnesium and zinc.

A balance of sodium and potassium is necessary for relief from psoriasis and other related skin conditions. When the nails

and scalp are involved, this condition will most likely spread to other areas of the body. Conventional treatments include such things as applications of cortisone cream and coal tar, which we know addresses the external manifestation rather than the internal origin.

Until you treat the cause, you will always be chasing symptoms. Please understand that a nutrient deficiency is still a symptom. Single supplementation will never address the root cause. Whether it's a pimple, psoriasis or cancer, what we need is whole body healing. This is accomplished through Whole Plant Based Superfood Nutrition, quality water and Gentle Daily Cleansing. End of story!

SKIN CANCER: There are many different types of skin cancer. The two most common being basal cell carcinoma and squamous cell carcinoma. The good news is that both are successfully treated if caught early enough. Malignant melanoma is a more serious disease and is more rare than the other types.

Skin cancer often, but not always, originates in moles although moles are not necessarily risky. It is highly advisable to monitor any changes that occur in moles such as asymmetry, borders, red, white, blue or black moles and moles that grow beyond ¼ inch in diameter. The key is and always will be a healthy body. A healthy body does not fall prey to sickness.

READING THE SKIN YOU'RE IN

Our bodies are amazing and they speak to us, if only we would listen! The following symptoms may be clues to possible conditions within the body.

- **Bruises:** Lacking rutin, Vitamin C
- **Dry skin:** Lacking natural oils of the skin
- **Calluses:** Crusty edges of feet, lacking essential fatty acids
- **Cold puffy hands:** Hypothyroid
- **Corns:** Poor nutrition and circulation
- **Crusty skin:** On base of knuckles of fingers and/or on elbows or knees indicates lack of quality oils in diet (coconut, olive oil)
- **Dry peeling skin between toes:** General circulation, allergy to gluten, wheat, sugar, and tension
- **Elasticity loss:** Low rutin, proteins, collagen, zinc
- **Flabbiness:** Drooping of skin under jaw, tiredness, poorly functioning adrenal glands or pituitary gland.
- **Flakey:** Lack of natural oils in skin
- **Gooseflesh:** Fear, anxiety, tension, lymphatic congestion
- **Grey sallow skin:** Excess toxins, lack of oxygen, lung related disorders, asthma, serious illness
- **Hair growth excesses in abnormal locations:** Fever, anemia, emotional disorders, heart conditions
- **Moist, sweating:** Toxicity, overactive thyroid, high blood sugars, and kidney stress
- **Moist palms:** Liver problems. If palms are cold, there are adrenal and sugar problems. If warm, thyroid over-activity.
- **Moles, warts or small-localized skin growths:** Often indicate existence of toxicity of internal organ associated with this point
- **Night sweats:** High sugars, 'fever' response of body to release toxins
- **Oily skin:** Lacking oil. Oil deficiency triggers sweat glands to secrete excess sebum as an oil substitute. Can also indicate vitamin B deficiency.

- **Orange hands/palms:** Frequently seen in diabetic individuals.
- **Pale skin:** Poor blood circulation, anemia, exhaustion or burnout.
- **Pigment spots near base of thumb and forefinger:** Left hand = fatigue, low functioning spleen.
- **Pigment spotted skin:** Watch for specific acupuncture points, use as indicators.
- **Redness:** Overactive adrenal glands, lacking antihistamines, excess stress, fear, and anxieties.
- **Redness (dark):** Of face, lips = poor circulation, inefficient heart, congested liver, alcoholism, infection.
- **Red (lower arms/legs):** Circulation
- **Redness of skin of soles of feet:** Liver congestion, blockage.
- **Rough skin of nose with soreness and pimples:** Low vitamin A, liver congestion.
- **Scars, thick heavy:** Vitamin A, C, E and protein deficiencies.
- **Sensitivity to sunlight:** Lack of body oils, vitamin A, E, F.
- **Skin tenderness:** Toxins or pollutants in skin.
- **Slow healing:** Lack of proteins, vitamin A & C, zinc, silicon and calcium.
- **Small red spots:** Same as bruising, lacking digestive enzymes & vitamin C.
- **Stretch marks:** Lacking quality proteins, kidney stress, and lymphatic congestion.
- **Visible capillaries:** Spider veins on cheeks - liver problem.
- **Thin wrinkled skin:** Protein deficiency, lack of vitamins, (A, C, E and F) rutin, damage from toxins.
- **Yellow or orange skin:** Blockage of liver, gall bladder, jaundice or anemia.

As you can tell, different symptoms show different nutritional deficiencies. It may seem that there are many different causes for all these different conditions. I assure you, there is only one cause; the food chain is broken. Embrace a Whole Plant Based Nutritional Lifestyle, Gentle Daily Cleansing and quit poisoning your skin. Let your body do what it was meant to do. Heal You!

HEALTHY SKIN TIPS

- Whole Plant Based Superfood Nutrition
- Healthy, regular bowel movements
- Dynamic Structured Water - drinking and bathing
- Fresh and raw foods, organic when possible
- Quality air & deep breathing techniques
- Steam baths, saunas
- Natural skin care - RENU 28 is the best healer and restorer for beautiful healthy skin.
- Dry skin brushing
- Coco Salt Glow
- Core exercises
- Rest and relaxation

Nothing is written in stone. Use these tips as a gentle guide to better health. Your body will continually talk to you even if you're not listening or answering its call to action.

Let us find the strength to Face the Truth that we are the Masters of the Skin We Live In.

CASTOR OIL PACK

Healthy skin reflects a healthy large intestine. You cannot have one without the other. *What is the most important muscle group in the body?* The abdomen. This muscle group helps decide whether you will digest and eliminate effectively. If you're flabby on the outside, expect worse on the inside. A toned abdomen will give you a well-toned, healthy body.

Rubber Ball Roll

While lying down rub a tennis ball or hand ball around the abdomen from right to left in a clockwise circular motion 25 times; focusing on areas that are tender or blocked. Rubber ball roll can be done at any time or just prior to a castor oil pack.

Castor Oil Pack

The castor oil pack can be used on any body part to help reduce pain and increase range of motion and detoxification. Due to our modern so-called civilized diet, lack of exercise and the continual presence of gravity, our abdominal organs slowly but surely fall into the pelvic girdle that is located at the waistline. The main contributor to this problem is the colon. It is the last seven feet of the digestive system.

The digestive system has three main steps; these are digestion, assimilation and excretion. These three steps are performed in the abdominal region. The abdominal region is responsible for your health and vitality. Your large intestine is the body's waste disposal unit.

Through improper diet, constipation, pregnancy, or lack of exercise, this muscle, known as the colon, has not received proper nutrition or tone so it's now falling down and out, or down and in with thinner people. The majority of the population has a prolapsed (*dropped*) colon. I have yet to meet a person whose assembly line is not knotted and twisted and fallen on itself, even the best food will be left to putrefy.

This problem will not just cause blocks in the large intestine but it can lead to the following:

- Prostate Problems
- Cramps
- Internal Problems
- Intestinal Gas
- Impotence
- Low-Back Problems
- Endometriosis
- Kidney Problems
- Tipped Uterus
- Hiatus Hernia
- Swelling (Edema)
- Stomach Ulcers
- Painful Period
- Scar Tissue & Cysts
- Hemorrhoids
- Digestive Disorders
- Varicose Veins
- Pregnancy Disorders
- Constipation
- Colon Disorders
- Abdominal Distension

Reason For Use

1. Improved Digestion
2. Glandular Imbalance
3. Detoxification
4. Joint Difficulties

Materials Needed

1. Wool or cotton flannel cloth
2. Plastic covering (plastic wrap)
3. Electric heating pad
4. Towel

Instructions

Unrefined castor oil has a drawing action on the body, helping to get rid of toxins and tension build-up; also, it increases circulation to the area, speeding up the body's process of healing. The rectal implant is done after the castor oil pack routine.

Flannel or wool cloth must be used if the best results are to be achieved. The wool cloth should be three or four layers when folded. The abdominal pack should measure roughly 10 inches in width and 12 inches in length. Pour unrefined castor oil on the wool cloth covering the area. Make sure it is wet but not dripping with oil. Place it against the skin. Cover with plastic and then place the heating pad over medium and then high if the body

can tolerate it. The pack should remain for at least one hour, two hours if time permits, as often as needed. After use, the cloth can be wrapped in plastic and placed in the refrigerator

for re-use; this prevents the oil from evaporating. When the flannel cloth becomes discolored throw in wash. After 20 uses replace flannel.

Note: This pack can be used anywhere for tension, when tired or to alleviate pain.

Directions

- Soak flannel cloth with castor oil and place on desired body part
- Wrap with plastic around body to secure the castor oil pack
- Apply medium to high heat for at least 1-2 hours.

SKIN BRUSHING

The practice of dry skin brushing may not be new but it is a foundational anti-aging skin therapy. I thought it was important to share this amazing technique that is not only a great way to maintain healthy skin, but also helps you to maintain a healthy beautiful body. The ability of the skin to excrete toxins is of paramount importance to you. Unhealthy skin will not only make you look older but you will feel older than you truly are.

Dry brushing the skin may be one of the easiest and best ways in helping to support your body to detoxify. The skin is estimated to eliminate over a pound of waste each day through its pores and with the sloughing off of dead skin cells.

Where do you think all that dust in your house is coming from?

Dry brushing is an effective way to maximize the toxic elimination of backed up waste within the skin. Those who have inactive lifestyles or occupations, such as sitting in front of

a computer screen all day, will experience stiff and sore necks and shoulders which can even affect the circulation in their arms, spine and lower back. Increased blood flow from skin brushing will help reduce stiff muscles and increase energy levels. Wherever there is stagnation there will be degeneration, which leads to crystallization and internal scar tissue formation. Increased circulation is revitalization of your life force.

Your skin, hair, fingernails and toenails are made up of a network of dead epidermal cells. All of these are a form of pulling toxins out of the body. Your sweat glands also play an active role in flushing toxins out of the body through perspiration. So again, I repeat do not clog your pores with unhealthy water, toxic skin care and antiperspirants.

As skin cells get closer and closer to the outer surface of the body, they lose their blood supply and die. This is an effective strategy of the body to eliminate wastes in these cells by sloughing off these old dead cells.

Dry brushing sloughs off old dead skin cells and the toxic debris within them, while initiating the development of new healthy skin cells. Every minute we lose over 30,000 dead skin cells, which are replaced by new healthy skin cells.

Dry skin brushing also helps renew your skin by aiding in the increased circulation and absorption of needed nutrients by eliminating clogged pores. Healthy, breathing skin is a major contributor to overall wellness.

Cellulite is produced by the body for storing toxins and acidic waste. Cellulite is comprised of toxic material that has been accumulated in your body's fat cells due to ineffective

elimination. By improving lymphatic flow with skin brushing, it can help prevent the formation of unsightly cellulite. So, rather than liposuction surgery, how about using dry skin brushing, along with a Whole Plant Based Nutritional Lifestyle, Gentle Daily Cleansing, Structured Water and an enjoyable exercise routine. Together these daily routines will eliminate the toxic, acidic deposits from your body through your elimination organs, resulting in a happier, healthier **U**.

When you feel an itch what do you do? You scratch it, and in turn, the area turns red with a fresh blood supply and the natural healing process has now been turned on.

This is the same healing process that will follow a skin brushing session.

HOW TO DRY BRUSH CORRECTLY

Skin brushing sets into motion the natural healing process within your body. Dry skin brushing calms and rejuvenates the nervous system by stimulating nerve endings in the skin. Skin brushing also helps to improve circulation, firms your skin and tightens your muscles. Dry skin brushing stimulates the lymph canals to drain toxic mucoid matter into the colon; thereby, helping to purify your lymph system. This enables the lymph to perform its house- cleaning duties by keeping the blood and other tissues healthy and vital. Just another great reason to gently cleanse your colon daily so that you do not cause a back up and create a traffic jam that could lead to a break down. Increased circulation from skin brushing improves brain function and increases energy. So spoil yourself. **U deserve it.**

It is important to find a brush with natural bristles. Synthetic bristles often contain chemicals. Skin brushes are typically available at your local health food store. Purchase a brush with a long handle, so you are able to reach all areas of your body. Best-case scenario would be one that has a removable head with a strap for your hand. I enjoy a brush with firmer bristles.

Skin brushing should be performed once to twice a day. Skin brush when you wake up and before retiring. This will refresh the body in the morning and relax it before bedtime.

If you are feeling ill, please do it gently twice a day until you feel better. Skin brushing should take about 10 minutes.

Skin brushing in the morning dry and naked before your shower. Please sit if you have a problem with your balance.

It is best to begin brushing with long sweeping gentle strokes. Over time your skin will become toned and resilient, then you may wish to go deeper. The strokes should move toward the heart to improve lymphatic flow back through the venous system towards the heart.

Start at the bottom of the feet using a rotary or circular motion towards your heart. Apply very light pressure to start, avoiding broken skin, skin rashes, cuts, burns or areas where the skin is thin, such as the face or inner thighs. After you've finished both legs, move on to your arms. Brush from your fingertips, again towards your heart. Reach around and brush from your back towards your stomach or get a buddy to do it.

When dry brushing the stomach it is best to go in a clockwise motion as that works with the natural digestive flow and

CHAPTER 27 - BEAUTIFUL SKIN

elimination. Brush scalp regularly to remove dead skin and to help promote hair growth. If you brush facial skin, be very gentle; better still, use a facial skin brush.

The skin should glow afterwards but should not be red or sore. A shower should always follow skin-brushing. This will remove uric acid crystals along with any dead skin that has been loosened.

Always start your shower with warm water and end with cold. When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body. Once the water is cold, do not linger.

Avoid hot showers unless a Structured Water unit is used. When showering in high temperatures, toxic chemicals are carried in the steam and into your lungs. Invest in a shower filter to prevent toxic poisoning to your body from chlorinated water. Your skin is a living breathing organ, keep it that way.

Baths can be unsanitary unless Structured Water is used. When the pores open, they allow the toxins to be reabsorbed. Also hot baths are more energy draining then relaxing. They can drain vital energy from you.

Soaps should always be used but do not soap the entire body. Areas to be soaped are the underarms, groin region and feet.

After getting out of the shower, dry off vigorously and massage your skin with pure organic coconut oil. Rub it into every part of your body and be generous. The only side effect is younger feeling and looking skin - Guaranteed.

Don't forget to clean your skin brush using soap and water once a week. After rinsing, dry your skin brush in an open, sunny

spot to prevent mildew. For a thorough lymphatic cleansing, perform skin brushing daily for a minimum of three months.

Most individuals notice that they feel refreshed and energized after dry brushing. After several days of dry brushing, you may notice the gelatinous mucoid material in your stools. This is visual proof how the large intestine and skin are connected.

U GLOW

Your skin will feel silky smooth after this whole body exfoliation experience. Do not forget the icing on the cake. Lather your skin with organic coconut oil for that baby skin look and feel after every shower or bath. There is no body skin care on the market that will accomplish what you can do with organic coconut oil. Become self centered enough to focus on your health from the inside out and the outside in. **U** are worth it... Rub Life In.

When your skin needs a boost because you have that big date or you want that mini spa beauty treatment, it's time to put a Glow on. We have the icing on the cake skin treatment: The Coco Salt Glow Rub; also known as a salt scrub. If you're looking to remove old dead skin cells and to leave your skin hydrated, smooth and silky as a baby's bottom, we have the answer. This wonderful in home spa treatment is made up of epsom salts, Muscle Restore Essential Oil and organic coconut oil.

It is mixed into a paste-like substance that can be gently massaged over the body. Count on this treatment to give you that radiant glow **U** have been looking for.

The high concentration of magnesium in Epsom Salt really adds to the therapeutic value of this treatment. As discussed in *Contraction, The Chain Reaction*, magnesium is the one most neglected and under used by the majority of North Americans. This mineral is known as the relaxant, healing mineral along with being a great sleep aid. Epsom Salt also has other supportive minerals, which help in nourishing and hydrating your skin.

The National Eczema Association and the National Psoriasis Foundation recommend using the salt glow as a method to reduce the itching and inflammation caused by skin diseases. It can relieve the symptoms of certain skin disorders, such as eczema and psoriasis, but be cautious to avoid sores and inflamed areas with salt glow. Your focus is on the surrounding areas to support the body's natural healing process.

With areas of inflammation and sores, mix coconut oil with tea tree oil and apply often to encourage healing.

THE COCO SALT GLOW

BODY BOOST PROCESS

A Salt Glow helps to draw the toxins from the tissues, increases skin blood circulation thus promoting the growth of new skin cells. A Salt Glow will boost your immune system in fighting infections and illness.

- The pure essential oil Muscle Restore is used in the Coco Salt Glow. This special blend not only smells great, but also

energizes and cleanses as it stimulates the senses and calms and relaxes the body.

- The Coco Salt Glow is simple but a very powerful therapy that has been used for beauty and to support the body.
- Coco Salt Glow should **not** be done after a skin brushing. These two are done on separate days. So put a Glow on.
- Take a large soup bowl, fill halfway with Epsom Salt and moisten it with quality water. The Epsom Salt should have the texture of wet sand (*granular, not soupy*). Whatever the volume is of Epsom Salt use 10% organic coconut oil.
- Use 5 drops of Muscle Restore pure essential oil for every cup of Epsom Salt. Mix thoroughly into the moist Epsom Salt. Congratulations, you have just prepared a \$100 spa treatment for \$2.50.
- Step into the shower and have a warm shower to open your pores.
- Stay in the shower stall or tub. If there is nowhere to sit you may want to use a stool for comfort and safety. Make sure you are secure so you do not slip.
- With your hand, scoop about one tablespoon at a time, of the Coco Salt Glow into your palm. Start by rubbing mixture onto your right foot. Use the same routine as skin brushing.
- Rub briskly up and down in a short friction-type movement, rubbing the skin firmly enough that a red glow develops. Now friction rub the opposite foot. Repeat the procedure on both legs front and back, then the groin, hips and buttocks. Continue to the abdomen. Tighten the abdominal muscles and rub **U** Glow mixture in a clockwise motion from the right side of your abdomen to the left side. Be thorough. Moving

upward, rubbing onto the chest with a light but friction type action.

- A towel can be used, which has been rubbed with some of the Coco Salt Glow to do the friction rub to the back. Continue until every area of the body has been covered. Be very gentle on your face and neck. Do not skimp on the Coco Salt Glow.
- Now rub off the Coco Salt Glow from your body.
- Then shower with lukewarm water; going from warm to cold. When the water turns cold, let it hit your legs first. Do not let it hit your heart or head first as this can cause a slight shock to the body.
- Regular Salt Glows will help increase circulation of blood and lymph, ease constipation, swelling, skin conditions, fatigue, stiffness, headaches, tenseness, arthritis and hangover.
- If you feel like you're getting a cold or have one, then one of the best ways to stimulate circulation and your immune system is with a Coco Salt Glow. When you have finished, go to bed and rest for at least thirty minutes to enable the treatment to do it's magic. Self Indulge - You're Worth It - Rub Life In.

COO-COO FOR COCONUT OIL

1. Coconut oil is the best oil for cooking. Use it for baking, stir-frying and as a replacement for butter. Coconut oil is also great for deep-frying. It is better for high temperature cooking than vegetable oil or olive oil.
2. 2 tablespoons ingested daily will help boost metabolism, energize and alleviate pain.
3. As a replacement for cream in your coffee.

4. The best daily body lotion.
5. Can be used in making homemade lotion and deodorant bars.
6. Is a great eye makeup remover.
7. Reduces the appearance of age spots when rubbed directly on problem area.
8. Use during pregnancy to prevent stretch marks.
9. For all the nursing mothers out there. Use on sore, cracked nipples. Your little one will get the added benefit.
10. Use as a diaper rash cream on a baby's bottom.
11. Great for ridding baby of cradle cap. Massage into scalp and rinse with warm water.
12. Ingesting coconut oil supports thyroid function.
13. Excellent as a sunscreen to avoid burning.
14. Excellent for eliminating and preventing yeast and fungus infections when taken internally and applied externally to affected area.
15. The best massage oil ever. Add your favorite scent of Essential Oils for that ultimate massage.
16. For the hair, a little dab will do ya'. Excellent for split ends, anti-frizz and that healthy shine.
17. For an intensive oil treatment rub into dry hair, put a shower cap on or a plastic bag and leave on for several hours or just go into a sauna as I do.
18. A great body scrub for soft smooth skin: Mix with Epsom salts 10 to 1, rub on entire body then rub off and shower.
19. Goodbye chap stick, Hello coconut oil.
20. Heals skin injuries and infections faster when used topically.
21. Will sooth and heal perineum after birth.
22. Rub on feet to fight athlete's foot or foot fungus.
23. Helpful against psoriasis or eczema.

CHAPTER 27 - BEAUTIFUL SKIN

24. May support the body against Alzheimer's when ingested.
25. Mixed with apple cider vinegar, it is a great treatment for lice.
26. Use to make brainpower snacks for your child's lunch box such as coconut clusters.
27. Boosts energy levels and brain power when added into your smoothie.
28. Rub inside nose to help relieve allergy symptoms.
29. To increase milk supply nursing mothers can take 3-4 Tbsp. a day.
30. Research has shown that coconut oil aids in digestion and the elimination of fungus, bad bacteria and parasites.
31. Has been shown to aid insulin levels.
32. To help improve the health of your gums, mix coconut oil and a drop of oregano or any other essential oil that can be ingested.
33. Helps improve cholesterol balance.
34. Mix a Tbsp. into a hot lemon and honey drink to help speed recovery from a cold, flu or sore throat.
35. Use to replace vegetable oils in all of your favorite recipes.
36. Helps reduce appearance of varicose veins.
37. Speeds healing of sunburn. Use only when the heat from inflammation is gone.
38. Coconut oil is a great source of energy for the body when eaten and is not stored as fat.
39. As a personal lubricant that doesn't disturb vaginal flora.
40. Use as an antibacterial skin cream.
41. Makes for a great shaving cream.
42. Can help get rid of cellulite when used regularly on the body.
43. Keeps cast iron skillets in great condition.

44. Coconut oils anti-inflammatory properties can help reduce arthritis.
45. Can reduce itch from rashes, chicken pox, poison ivy and insect bites.
46. Can aid against acne when ingested on a regular basis.
47. Can stimulate hair growth when rubbed into scalp.
48. Aids in the absorption of calcium and magnesium.
49. The beneficial fats found in coconut oil have been shown to aid against depression and anxiety.
50. Can be used as a natural deodorant.
51. Mixed with baking soda it is a natural whitening toothpaste.
52. Excellent for pets with skin problems.
53. Has been shown to be helpful in some cases of Autism.
54. A great homemade vapor rub when mixed with the essential oil of Eucalyptus.
55. A tablespoon taken before each meal can soothe and improve digestion.
56. There is no better natural baby lotion than coconut oil.
57. A great hand moisturizer for beautiful skin.
58. Can soothe and aid healing of hemorrhoids when used topically.
59. Helps nails grow when rubbed on cuticles.
60. Helps in healing cold sores when ingested internally and applied to the area of concern.
61. **Before you or your children enter a chlorinated pool or salt water pool** rub coconut oil all over the body. This will provide protection against this very unhealthy environment. Just because everyone else swims unprotected in chlorinated water does not mean it's healthy.

OIL PULLING: NATURE'S MOUTHWASH

Oil pulling dates back to ancient times and is an Ayurvedic remedy that involves swishing a tablespoon of organic cold pressed oil in your mouth in the morning on an empty stomach for 20 minutes and then spitting it out. This procedure pulls out toxins from your body to improve not just oral health but overall health.

Reported Benefits

- Migraine headaches
- Hormone imbalances
- Tissue & joint pain & inflammation
- Gastroenteritis
- Skin Disorders
- Bronchitis
- Kidney functionality
- Sinus conditions
- Vision
- Insomnia
- Hangovers
- Allergies
- Heavy Metals
- Bleeding Gums
- Dry mouth
- Gums & throat conditions
- Whiter teeth
- Cavities and gingivitis
- Better Breath
- Stronger teeth and gums
- Jaw pain (TMJ)

HOW TO OIL PULL

Always use a high quality organic oil. Coconut oil is generally the oil of choice due to its strong antibacterial properties, but you can use any other high quality organic vegetable-based oil such as, sesame oil. Take a tablespoon of oil and swish it around in your mouth for 20 minutes.

This is a 20-minute process, so be gentle and swish slowly to prevent a stiff jaw. The oil will double in size as it pulls in saliva and body toxins.

Do not swallow, as the oil has been absorbing your body's toxins.

When you start, only go as long as you are comfortable with but your goal is to oil pull for 20 minutes. When complete, spit the oil out into the garbage because you will clog the drain. Then swish your mouth with warm water and natural organic salt. Finally, brush and floss as you normally would.

WHAT DOES OIL PULLING DO?

Oil pulling creates an environment that cleanses the mouth, as vegetable fat is an emulsifier by nature. This process has the ability to cleanse out harmful bacteria and reduce fungal overgrowth as well as reduce the toxic load on lymph nodes and other internal organs.

Coconut oil makes a great organic substitute for mouthwash as it has antibacterial and anti-fungal properties thanks to the lauric acid and monolaurin.

Coconut oil also contains easily digestible, fat-soluble vitamins such as, A, D, E and K. Vitamin A is known to be an immune booster. Vitamin E is known to have strong antioxidant properties, which aids skin providing protection against UV rays. Vitamin D is great for strong bones, teeth and immune system functionality. Vitamin K is good for blood-clotting and cardiovascular health. So open your mouth and pull the toxins out.

BEAUTY AND SKIN TONE

There comes a time in everyone's life when their skin begins to look and feel older. A time when they search for a way to slow down or even reverse an accelerated aging process. Aging tends to break down the polymeric bonding that gives young skin its fresh, smooth appearance. But where the fuel hits the fire, is that the food chain is broken leaving the majority of the population severely malnourished, toxic and dehydrated without realizing. On top of this we also use toxic skin care products, bathe in chlorinated water and take in other environmental pollutants, which severely escalate the aging process of the skin. As the skin area begins to exceed the face area, bags, folds and wrinkles increase due to the absence of these vital essential nutrients needed for cellular tone, elasticity and longevity. When you're hungry and toxic, you become weak and may even feel like you could fall down. How do you think your face feels?

BEAUTY IS MORE THAN SKIN DEEP

The surface of the skin is a direct reflection of the health of your large intestine and vital life giving nutrients that are made

available for cellular rejuvenation of the skin. As we grow older, we deplete our cells of vital nutrients, thus, losing elasticity and tone to the facial muscles. True beauty is a reflection of the nutrition we feed the skin from the inside out and the outside in.

Just because an all natural nutritional supplement or a skin care product boasts that it contains all you need for healthy skin does not mean that it's in the proper form to be assimilated at the cellular level, where all the magic happens for youthful skin. Your outer skin is made up of several layers called epidermis. It is this outer surface that becomes rough, wrinkled and slack due to the decreased circulation caused from lack of Whole Plant Based Superfood Nutrition, a Whole Plant Based diet, skin care that reaches the cellular level, Gentle Daily Cleansing and ample Structured Water. Without these life support systems we build up lactic acid and uric acid in our cells.

This leads to crystallization and internal scar tissue build up in the deeper layers which causes decreased circulation to the skin. In turn this condition will starve your skin of its vital nutrients and oxygen also depriving it of cellular detoxification, which our skin must have on a daily basis in order to maintain its healthy look and feel. Healthy skin radiates a youthful look at any age. Read *Acidosis: What the Cell is Going On, Web of Destruction* and *Scarred for Life* to get a deeper understanding. **Love the Skin You're In and Face a New U.**

THE PERFECT DAY CONSULTATIONS



The First & Most Crucial Step For Permanent Healing

All Doc of Detox coaches are Master Trainers for the International Training Institute of Health. Along with creating the Perfect Day to support your individual needs we will provide you with lifetime telephone support so as you grow your program grows with you. Personal action with our ongoing support is a proven formula to your success!

***Consultations can be done over the phone,
via Skype or in person***

SUPERCHARGE YOUR LIFE CONSULTATIONS

A Health Plan Tailored Just For You

Go to: docofdetox.com/consultation
to book your
Perfect Day Consultation

The majority of the population choose to go to Medical Doctors for their day-to-day health care without questioning the fact that these practitioners have never been trained in health care, nutrition or detoxification, they were trained entirely on emergency care and prescribing drugs. Either continue to be treated or get trained to master your own body with a health plan tailored just for you!

Welcome To Your New World Where Everything Is Possible!

Go to:

www.docofdetox.com/consultation

to book your consultation

ITION CERTIFICATION COURSES



internationaltraininginstituteofhealth.com/certifications

SUPERCARGE YOUR LIFE ADVANCED TRAINING

Host Us In Your City

Dr. Darrell Wolfe, a worldwide recognized health coach, has condensed over 35 years of his '*in the trenches*' experience, wealth of knowledge and hidden health secrets into this unique and empowering Advanced Training Course, which is known as the '*Game Changer of Health*'. This extraordinary life-changing training will revolutionize the way you think, feel and live the rest of your life. **Supercharge Your Life Advanced Training has a General Public course and a Professional Course designed for practitioners who wish to incorporate these methods into their practice.**

This will be the most self-empowering take action course you will ever experience when it comes to erasing dysfunctional belief systems and uncovering the only true healer - that would be you. For the first time you will truly become the Master of your body and reclaim your universal right, this being individual health freedom. You will awaken to the fact that you do possess the inner wisdom to release the invisible bonds that have been unknowingly downloaded.

Uncontrollable fear, pain, inflammation, cancer and other life-threatening diseases are all symptoms of unconscious living and unconscious thought. Transform your life, just as thousands have done before you, just like you. You will leave

this advanced training with a proven roadmap on diet, detox, nutrition, exercise and mental well-being. This advanced training is the beginning of a life most only dream of. It was designed for those who are ready to put themselves first.

Supercharge Your Life Advanced Training will strip away the illusion that commercial health has created. You will receive foundational, life-changing step-by-step strategies for cost-effective health to put you in the driver's seat of a life filled with joy. This event will be the tipping point to pulling back all the curtains and uncovering the whole truth. Unleash your body and mind and release the warrior within and become the Master of not just your health but your whole life! Be The Cure! Host Us In Your City or Come To Ours! www.itioh.com

COUPLES & FAMILY RETREAT

TREATMENT & TRAINING

Tailored For You

Families and couples from around the globe come to be treated but most importantly trained by Dr. Darrell Wolfe and his team. With our Family & Couples Retreat Treatment and Training, each program is specifically tailored to meet your individual needs! **When you come to the Doc of Detox for our retreat trainings, you can stay in our beautiful lake view suite.**

We teach all the foundational tools, techniques and strategies in Wolfe Non-Surgical and Whole Body Nutrition and Detoxification, so that families and couples become the masters of their own health and well-being.

Wolfe Non-Surgical is the most effective form of therapy in the elimination of internal scar tissue. **From joint pain to a tumor - it's all scar tissue - which is the major cause of disease, premature aging, pain, inflammation and physical limitation.** When you learn how to remove the hardened internal scar tissue, then you will be free of pain and able to perform again as a healthy active person at any age. This internal scar tissue must be manually broken down and then flushed out of the system for elasticity, flexibility, strength and complete range of motion to return to normal. For the first time ever, you and your partner/family are able to instantly relieve each other's pain and suffering.

Most people will tell you that they have a good diet, even a great one! For over 100 years, the health manual that most use to guide their lives was written by pharmaceutical corporations, food conglomerates and petrochemical companies and has been spoon-fed to the North American population by the media and medical system. Most people follow this manual of deception and half-truths, it is no wonder that we are confused and don't understand what true health feels or looks like - that changes now, release your full potential! **You will leave this retreat with a personalized proven roadmap on diet, detox, nutrition, exercise and mental well-being. Live the life most only dream of!**

Master Your Health, Heal Your Body, Awaken Your Mind!

www.itioh.com

CERTIFICATION COURSES

Upon completing the Whole Life Coach Course and/or the Wolfe Non-Surgical Non-Surgical Course, you have all the information and tools to start your own business. Know that you are not do consultations or non-surgical treatments on people cheap or for free. You must respect the therapies and know your value.

If you work on friends or family members you can trade for other services they can do for you like an exchange. If someone comes to you asking about the non-surgical deep tissue therapy, do a 5 minute treatment on them to show them what you can do and tell them to imagine what you can do with a full treatment. You need a website and business cards to be successful and it communicates to patients that you are professional.

The Wholesale portal is for you to purchase products for you or your patients at a discount. The Affiliate program is designed to provide you a link to give your patients to purchase products and you will receive a commission on their purchases and Doc of Detox handles the inventory and shipping.

No two courses are the same because the people in the course make it different and Dr. Wolfe is always researching to learn more to make the courses better. You will receive a 30% discount on the second and third time you take the course.

The Doc of Detox is here to support you and your business. Don't make the same mistakes I have made over the years to build Doc of Detox. Allow us to help you. Our Business Builder

ITION CERTIFICATION COURSES

Program is designed to create a beautiful and highly functional website for your practice.

Unleash your potential and find your confidence to become a Master Trainer and embrace the personalized treatment and training options that we have developed and know that you can build these into your business. Become a Master Practitioner when you complete the 21 Day Certification course 3 times. Continue to grow and become a Master Trainer upon training with us by assisting with 3 certification courses.

Live it... Practice it... and Become a

Master Trainer! You are the miracle New World Practitioner for all your patients.

Know that we have a program suited for all your patients' conditions, needs and lifestyles. What your patients eat, drink, think and do truly matters, it makes them and it shapes them.

PERSONAL TREATMENT & TRAININGS

A Personalized Treatment and Training can range anywhere from 5 days to 33 days with a minimum of 7 hours per day. This will depend on the severity of the patient's condition and needs. Every treatment and training is personalized and designed so that you can integrate the techniques, strategies and tools for each patient so they can build them into their perfect day lifestyle. The Doc of Detox / International Training Institute of Health has 35+ years experience in training and treating people in becoming masters of their own health and well-being. We have created 6 amazing treatment and training options. Embrace them!

Whole Body Joint Restoration

Created for anyone, especially the elderly and hard core sports people who do not want to work on their emotions as this will lighten the load in their joints without weakening them.

Work on a person's joints and you will give them their life back (answers lie in the joints).

25+ hours Body Work.

Couples Treatment & Training

(Emotional / Nutritional / Body Work)

35 to 45 hours (35+ hours Body Work and optional 10 hours Nutritional and Emotional support).

ITIOH CERTIFICATION COURSES

Perfect Pain Free Pregnancy

35 to 45 hours.

Athletic Non-Surgical Body Work Training

Created for sports trainers.

35+ hours Body Work.

Wolfe Non-Surgical

Personal Treatment & Training

35+ hours Body Work.

35 hours for 2 people.

40 hours for 3 people.

50 hours for 4 people.

65 hours for 6 people (10 days and the 6th day is off).

33 Day Awakening Treatment & Training



WOLFE NON-SURGICAL TREATMENTS

Instantly Increases Range of Motion & Eliminates Pain

Our guarantee to you. You will experience more results in your first Wolfe Non-Surgical treatment than you have had with all other therapies or your money back! Where other therapies have failed, Wolfe Non-Surgical succeeds. You don't have to live like this.

What do you have to lose, except your pain?

Wolfe Non-Surgical Restoration was created by Dr. Darrell Wolfe Ac.PhD. 30 years ago due to the crystallization and internal scar tissue he found in all of his patients. Wolfe Non-Surgical has been shown to be the most effective form of therapy in the elimination of internal scar tissue and crystallization, which is the major cause of premature aging, pain and physical limitation whether it is an acute or chronic situation.

When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain and able to perform again as a healthy active person at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system for elasticity, flexibility, strength and complete range of motion to return to normal. **It's time to release all of your physical and emotional invisible bonds that bind you!**

- | | | |
|--------------------------|----------------------------|----------------------------|
| • Abdominal Pain | • Headaches/ | • Rheumatoid |
| • Ankle Problems | Migraines | Arthritis |
| • Arthritis | • Hip Problems | • Sciatica |
| • Back Pain | • Muscle Spasm | • Scoliosis |
| • Bursitis | • Neck Pain | • Shin Splints |
| • Carpal Tunnel Syndrome | • Nerve Pain | • Sinusitis/Sinus Problems |
| • Disc Problems | • Non-Surgical Breast Lift | • Sports Injuries |
| • Dislocated Hip | • Non-Surgical Face Lift | • Sprains & Strains |
| • Dislocated Knee | • Numbness & Tingling | • Tendonitis |
| • Fibromyalgia | • Osteoarthritis | • Tennis Elbow |
| • Foot Restructuring | • Overuse Syndrome | • TMJ |
| • Frozen Neck/Shoulder | | • Whiplash |

*For more information on treatments offered,
visit: www.docofdetox.com/treatments*



GLOSSARY OF HEALTH TERMS & MENTIONED AILMENTS

Acidosis - An increased acidity in the blood and other body tissue

Ammonia - A colorless gas with a very sharp odor. Ammonia is produced in the human body and is commonly found in nature. It is essential in the body as a building block for making proteins and other complex molecules. It is toxic if levels exceed that of a healthy level in the body.

Anti-Oxidants - Anti-Oxidants are substances that may protect your cells against the effects of free radicals. Free radicals are molecules produced when your body breaks down food, or by environmental exposures like tobacco smoke and radiation. Free radicals can damage cells, and may play a role in heart disease, cancer and other diseases. Anti-Oxidants are found in many foods. These include fruits and vegetables, nuts, grains, poultry, fish and in some meats.

Arterial Blood - Arterial blood is the oxygenated blood in the circulatory system found in the lungs, the left chambers of the heart, and in the arteries.

Arthritis - A form of joint disorder that involves inflammation of one or more joints. There are over 100 different forms of arthritis. The most common form, osteoarthritis (degenerative joint disease), is a result of trauma to the joint, infection of the joint, or age.

Cancer - A broad group of diseases involving unregulated cell growth. In cancer, cells divide and grow uncontrollably, forming malignant tumors, and invading nearby parts of the body. The cancer may also spread to more distant parts of the body through the lymphatic system or bloodstream. Not all tumors are cancerous; *benign tumors* do not invade neighboring tissues and do not spread throughout the body. There are over 200 different known cancers that affect humans.

Candida - A genus of yeasts and is currently the most common cause of fungal infections worldwide. Many species are harmless commensals or endosymbionts of hosts including humans; however, when mucosal barriers are disrupted or the immune system is compromised they can invade and cause disease.

Cholesterol - Cholesterol is a lipid (fat) which is produced by the liver. Cholesterol is vital for normal body function. Every cell in our body has cholesterol in its outer layer.

Chronic Fatigue - Chronic fatigue syndrome is a complicated disorder characterized by extreme fatigue that can't be explained by any underlying medical condition. The fatigue may worsen with physical or mental activity, but doesn't improve with rest.

Diabetes - A group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Pre-Diabetic Condition - Pre-diabetes means that your blood sugar level is higher than normal, but it's not yet high enough to be classified as Type 2 diabetes. Still, without intervention, pre-diabetes is likely to become Type 2 diabetes in 10 years or less. And, if you have pre-diabetes, the long-term damage of diabetes - especially to your heart and circulatory system may already be starting.

Diabetes (Type 1) - Results from the body's failure to produce insulin, and currently requires the person to inject insulin or wear an insulin pump. This form was previously referred to as 'insulin-dependent diabetes mellitus' (IDDM) or 'juvenile diabetes.'

Diabetes (Type 2) - Results from insulin resistance, a condition in which cells fail to use insulin properly, sometimes combined with an absolute insulin deficiency. This form was previously referred to as non insulin- dependent diabetes mellitus or 'adult-onset diabetes.'

Dialysis - Dialysis is a treatment: it does not cure kidney disease or make kidneys well again, and it does not fully replace your kidney function. Unless you receive a kidney transplant, you must continue to have dialysis for the rest of your life. Two types of dialysis are used to treat the later stage of chronic kidney disease: hemodialysis and peritoneal dialysis. - See more at: kidney.ca/Kidney-Health/Living-With-Kidney-Failure/Dialysis

Diverticulitis - Occurs when one or more diverticula in your digestive tract become inflamed or infected. Diverticula are small, bulging pouches that can form anywhere in your digestive system, including your esophagus, stomach and small intestine. However, they're most commonly found in the large intestine.

Diverticula are common, especially after age 40. When you have diverticula, the condition is known as diverticulosis. You may never even know you have these pouches because they seldom cause any problems, such as diverticulitis. Sometimes, however, diverticulitis occurs. This condition can cause severe abdominal pain, fever, nausea and a marked change in your bowel habits.

Emphysema - Emphysema occurs when the air sacs in your lungs are gradually destroyed, making you progressively more short of breath. Emphysema is one of several diseases known collectively as chronic obstructive pulmonary disease (COPD). Smoking is the leading cause of emphysema.

Endotoxin - A heat-stable toxin present in the intact bacterial cell but not in cell-free filtrates of cultures of intact bacteria. Endotoxins are lipopolysaccharide complexes that occur in the cell wall; they are pyrogenic and increase capillary permeability.

Q: What foods have the greatest content of Endotoxins? **A:** Based on the very small number of published papers on this subject and the small number of foods tested the foods commonly containing endotoxins were ground meat, yogurt, cheese, chocolate, ice cream, bread and precut bags of salad vegetables.

Enzymes - Are large biological molecules responsible for the thousands of metabolic processes that sustain life.

Fecalomas - A 'stone' made of feces, is a hardening of feces into lumps of varying size inside the colon, which may appear whenever chronic obstruction of transit occurs, such as in megacolon and chronic constipation.

Fibrin - An essential protein in the human body that is produced during inflammation. The body utilizes fibrin as a blood clotting protein, containing blood loss and keeping infection at bay, especially after an injury. Fibrin accumulation is one of the first steps in the body's attempt to recover.

Fibroids/Fibroid Formation - Fibroids are non-cancerous (benign) tumors that grow from the muscle layers of the uterus (womb). Fibroids are growths of smooth muscle and fibrous tissue. Fibroids can vary in size, from that of a bean to as large as a melon.

Fibromyalgia - Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event. Women are much more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, Temporomandibular Joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression. While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help.

GMO - Genetically Modified Organisms refer to the plants or animals created through the gene splicing techniques of biotechnology. GMOs and genetically engineered (GE) foods refer to the same thing. They are foods created by merging DNA

from different species. The safety of GMO foods is unproven and a growing body of research connects these foods with health concerns and environmental damage. For this reason, most developed nations have policies requiring mandatory labeling of GMO foods at the very least, and some have issued bans on GMO food production and imports. In Canada we do not.

Hemorrhoids - Hemorrhoids (HEM-uh-roids), also called piles, are swollen and inflamed veins in your anus and lower rectum. Hemorrhoids may result from straining during bowel movements or from the increased pressure on these veins during pregnancy, among other causes. Hemorrhoids may be located inside the rectum (internal hemorrhoids), or they may develop under the skin around the anus (external hemorrhoids). Hemorrhoids are common ailments. By age 50, about half of adults have had to deal with the itching, discomfort and bleeding that can signal the presence of hemorrhoids. Fortunately, many effective options are available to treat hemorrhoids. Most people can get relief from symptoms by using home treatments and making lifestyle changes.

Ileocecal Valve - Valve between the ileum of the small intestine and the cecum of the large intestine; prevents material from flowing back from the large to the small intestine.

Inflammation - Inflammation is the body's attempt at self-protection; the aim being to remove harmful stimuli, including damaged cells, irritants, or pathogens and begin the healing process.

Insomnia - Insomnia is a disorder that can make it hard to fall asleep, hard to stay asleep, or both. With insomnia, you usually awaken feeling unrefreshed, which takes a toll on your ability

to function during the day. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life.

How much sleep is enough varies from person to person. Most adults need seven to eight hours a night. Many adults experience insomnia at some point, but some people have long-term (chronic) insomnia.

LDL's - An LDL particle is a microscopic blob consisting of an outer rim of lipoprotein surrounding a cholesterol center. LDL is called low-density lipoprotein because LDL particles tend to be less dense than other kinds of cholesterol particles. LDL is a "bad cholesterol" that collects in the walls of blood vessels, causing the blockages of atherosclerosis. Higher LDL levels put you at greater risk for a heart attack from a sudden blood clot in an artery narrowed by atherosclerosis.

Leptin/hormone Leptin - A protein hormone that plays a key role in regulating energy intake and energy expenditure, including appetite and metabolism. It is one of the most important adipose derived hormones.

Lesion - Any abnormality in the tissue of an organism (in layman's terms, "damage"), usually caused by disease or trauma.

Low Libido - Sex drive is determined by biological, psychological, and social factors. Biologically, levels of hormones such as testosterone are believed to affect sex drive; social factors, such as work and family, also have an impact; as do internal psychological factors, like personality and stress. Medical conditions, medications, lifestyle and relationship issues may

affect sex drive. A low libido is the low desire for sexual intimacy often in relation to physiological traits, stress and related to low levels of testosterone in women or men.

Lymph - The fluid that circulates throughout the lymphatic system. The lymph is formed when the interstitial fluid (the fluid which lies in the interstices of all body tissues)[1] is collected through lymph capillaries. It is then transported through lymph vessels to lymph nodes before emptying ultimately into the right or the left subclavian vein, where it mixes back with blood.

Lymph Nodes - Your lymph nodes, also called lymph glands, play a vital role in your body's ability to fight off viruses, bacteria and other causes of illnesses. Common areas where you might notice swollen lymph nodes include your neck, under your chin, in your armpits and in your groin.

Metabolized - To change (food) into a form that can be used by your body: to process and use (substances brought into your body) (Merriam-Webster Dictionary)

Microbes - Microbes are single-cell organisms so tiny that millions can fit into the eye of a needle. They are the oldest form of life on earth. Without microbes, we couldn't eat or breathe.

Mitochondria - Mitochondria are known as the powerhouses of the cell. They are organelles that act like a digestive system that takes in nutrients, breaks them down, and creates energy for the cell. The process of creating cell energy is known as cellular respiration. Most of the chemical reactions involved in cellular respiration happen in the mitochondria. A mitochondrion is shaped perfectly to maximize its efforts.

Mitochondria are very small organelles. You might find cells with several thousand mitochondria. The number depends on what the cell needs to do. If the purpose of the cell is to transmit nerve impulses, there will be fewer mitochondria than in a muscle cell that needs loads of energy. If the cell feels it is not getting enough energy to survive, more mitochondria can be created. Sometimes they can even grow, move, and combine with other mitochondria, depending on the cell's needs.

Nutrients - A nutrient is a chemical that an organism needs to live and grow or a substance used in an organism's metabolism which must be taken in from its environment. They are used to build and repair tissues, regulate body processes and are converted to and used as energy.

Osteoarthritis - Osteoarthritis is the most common form of arthritis, affecting millions of people around the world. Often called wear-and-tear arthritis, osteoarthritis occurs when the protective cartilage on the ends of your bones wears down over time. While osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, neck, lower back, knees and hips. Osteoarthritis gradually worsens with time, and no cure exists. But osteoarthritis treatments can slow the progression of the disease, relieve pain and improve joint function.

Osteoporosis - Causes bones to become weak and brittle - so brittle that a fall or even mild stresses like bending over or coughing can cause a fracture. Osteoporosis related fractures most commonly occur in the hip, wrist or spine.

Bone is living tissue, which is constantly being absorbed and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone.

Palpation - Palpation is used by various therapists to assess the texture of a patient's tissue (such as swelling or muscle tone), to locate the spatial coordinates of particular anatomical landmarks (e.g., to assess range and quality of joint motion), and assess tenderness through tissue deformation (e.g., provoking pain with pressure or stretching). In summary, palpation might be used either to determine painful areas and to qualify pain felt by patients, or to locate three-dimensional coordinates of anatomical landmarks to quantify some aspects of the palpated subject.

Parasites - A parasite is an organism that lives on or in a host and gets its food from or at the expense of it's host. Parasites can cause disease in humans. Some parasitic diseases are easily treated and some are not.

PCBs - Were widely used as dielectric and coolant fluids, for example in transformers, capacitors, and electric motors. Due to PCBs environmental toxicity and classification as a persistent organic pollutant, PCB production was banned by the United States Congress in 1979 and by the Stockholm Convention on Persistent Organic Pollutants in 2001. According to the US Environmental Protection Agency (EPA), PCBs have been shown to cause cancer in animals, and there is also evidence that they can cause cancer in humans.

PMS (Premenstrual Syndrome) - Premenstrual syndrome (PMS) has a wide variety of symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. An

estimated 3 of every 4 menstruating women experience some form of premenstrual syndrome. These problems tend to peak during your late 20s and early 30s. Symptoms tend to recur in a predictable pattern. Yet the physical and emotional changes you experience with premenstrual syndrome may be particularly intense in some months and only slightly noticeable in others. Still, you don't have to let these problems control your life. Treatments and lifestyle adjustments can help you reduce or manage the signs and symptoms of premenstrual syndrome.

Processed Foods - The definition of what constitutes a processed food can vary slightly, but it usually refers to foods that are packaged in boxes, cans or bags. These foods need to be processed extensively to be edible and are not found as is in nature. In addition to going through many complex processing steps such as over heating (killing most if not all nutrition if ever there was any nutrition to begin with), processed foods often contain additives, artificial flavorings and other chemical ingredients.

Avoid processed foods and base your diet on whole food to get the most nutrition and maximize your health.

Putrefaction - is one of seven stages in the decomposition of the body of a dead animal. It can be viewed, in broad terms, as the decomposition of proteins in a process that results in the eventual breakdown of cohesion between tissues and the liquefaction of most organs.

Scar Tissue - is fibrous, connective tissue made primarily of **fibrin** --which the body uses to replace previously healthy tissue that has been destroyed by injury or disease. Under normal conditions, internal scar tissue should be the final result during

typical inflammatory response. However, when inflammation has become prolonged – fibrin, along with other proteins such as collagen, can begin to transform original soft tissue into a tough fibrous matrix. Differentiated and sequestered apart from healthy tissue, this fibrous matrix still maintains the biological markers of inflammation, such as swelling, redness and pain.

Serotonin - Serotonin is a chemical your body produces that's needed for your nerve cells and brain to function.

Sleep Apnea - Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly and you feel tired even after a full night's sleep. There are two main types of sleep apnea: Obstructive sleep apnea, the more common form that occurs when throat muscles relax; Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing. If you think you might have sleep apnea, see your doctor. Treatment is necessary to avoid heart problems and other complications.

Toxemia (dirty blood) - A condition in which the blood contains toxins produced by body cells at a local source of infection or derived from the growth of microorganisms. Also called blood poisoning.

Toxic Dilation aka "Megacolon" - is an acute form of colonic distention. It is characterized by a very dilated colon (megacolon), accompanied by abdominal distention (bloating), and sometimes fever, abdominal pain, or shock.

Toxic megacolon is usually a complication of inflammatory bowel disease, such as ulcerative colitis and, more rarely,

Crohn's Disease, and of some infections of the colon, including *Clostridium difficile* infections, which have led to pseudomembranous colitis.

Toxicity - Toxicity is the degree to which a substance can damage an organism. Toxicity can refer to the effect on a whole organism, such as an animal, bacterium, or plant, as well as the effect on a substructure of the organism, such as a cell (cytotoxicity) or an organ such as the liver (hepatotoxicity).

Ulcerative Colitis - Is an inflammatory bowel disease (IBD) that causes long-lasting inflammation in part of your digestive tract. Like Crohn's Disease, another common IBD, ulcerative colitis can be debilitating and sometimes can lead to life-threatening complications. Because ulcerative colitis is a chronic condition, symptoms usually develop over time, rather than suddenly.

Ulcerative colitis usually affects only the innermost lining of your large intestine (colon) and rectum. It occurs only through continuous stretches of your colon, unlike Crohn's Disease, which occurs anywhere in the digestive tract and often spreads deeply into the affected tissues.

HEALTHY TO 100: FUN TERMS KEY



Throughout this book, as you read you may have noticed some terms that stood out!

For your benefit we have listed these words complete with their intended meanings... Enjoy!

(Zombie) or (Zombie Nation) : An individual, or a large body of people, void of all feeling and emotion, populating a zombie nation and living in a sleep-like state of unconsciousness. Because they all share the same unconsciousness, Unconscious of The Whole Truth, they accept it as...*'normal'*.

Hell-th: An evil plot designed to lead you to believe that you're on a path to health, but when The Whole Truth is digested it becomes clear this is a one way ticket - Destination?...Hell.

(evil plot): *An enslaving method contrived for your body, mind and spirit, in the name of greed and profit benefiting only the almighty few.*

man-ipulation: The process of charging more, promising more and delivering less. Processed and GMO foods are prime examples.

U: Everything that's beautiful; the *'REAL YOU'*.

Pooh-Tea time: A cleansing tea break for toddlers.

Structured Water: A water molecule free of toxins, chlorine, chemicals and fluoride. Structured Water supports life as it was designed to; through hydrating and fueling a physically

Structured body to its fullest capacity providing optimal performance for the human body to thrive.

Dis-ease: To live in a state of fear or discomfort; focused on negative feelings, emotions or thoughts that may contribute to illness and impaired '**normal**' functions of the mind, body and spirit.

Frequency: Universal Law states that everything in the Universe moves and vibrates. Everything is vibrating at one speed or another. Nothing rests. Everything you see around you is vibrating at one frequency or another and so are you. Every healthy living cell of every organ/tissue in your body has its own vibrational frequency. Unhealthy cells, e.g., cancer, vibrate at lower frequencies. In a similar manner, fresh, unprocessed foods vibrate at a higher frequency than those which have become processed or stale. Frequency is Everything.

Unconscious living: is to lead a '**normal**' life ultimately downloaded since birth, day in day out practicing a lifestyle burdened with habits, carrot dangling and false hopes which leads you to believe you are free and as powerful as you wish to be. In reality this unconscious lifestyle which so many embrace has been designed and perfected by the almighty few to empower and benefit the almighty few.

Take Life In: To embrace Nature, To embrace a Whole Lifestyle. To take in The Whole Truth you have always known deep down inside.

Whole Plant Based Superfood Nutrition: The most complete highly absorbable nutrition, the world's most Phytodense

Nutrient Superfood on the planet known as none other than Moringa Oleifera.

XM Plus: A Moringa Oleifera energy mix produced by Zija® International LTD. The all-natural powder blend of XM+ is a convenient way to consume cell-ready nutrients, anti-oxidants, minerals, omega oils and proteins that provide the energy you need to fuel your entire body throughout the day. Please go to: www.docofdetox.myzija.com for more product information and details about Moringa Oleifera.

Wasteline: The area of the human body where fat is most easily stored; commonly referred to as the '*gut*'. Year after year, toxins, fecal matter and toxic waste build-up, compact and putrefy in and around the waistline. For many today, the outcome of unconscious choices regarding nutrition is - THE WASTELINE.

Lighten the Load: Through awareness of The Whole Truth, the tools you now possess, you are enabled to release the Thin Within. It's time to

Cleanse, Restore and Zija® Build. Take Life In, upgrade and become THE REAL U. Lighten the load!

Stinkin' Thinkin': Occurs when your focus is out of the now, shadowed with worry, fear and doubt. It is the process of negative, repetitive, empty energy trapped on the mental merry-go-round of your mind!

Gentle Daily Cleansing: The act of daily maintenance on your body, the most vital tool **U** possess. It is said that; '*your body is your temple*' and for very good reasons. Treat it as such and

gently cleanse daily with '*Doc of Detox*' Daily Cleansing Tea for optimal performance.

It's Tea Time: A cleansing tea break designed to release the real **U!**

Invisible Bonds: A fibrous matter defined by internal scar tissue, crystallization and emotions cemented, invisibly to the naked eye, beneath your tissues. These bonds can birth through both physical and emotional trauma and can weave a wicked web inside us. Over time they cripple us physically, mentally, emotionally and ever so unnecessarily. Go Deep and Release your Invisible Bonds!

Hunger Trigger: A trigger that can be enabled through emotion, trauma and unconscious habits. Commonly found in a Zombie Nation lifestyle fueled by little to no nutritional value. Pull the trigger on hunger and embrace a Whole Plant Based Superfood Nutritious Lifestyle to Release the Thin Within.

HEALTHY TO 100: REFERENCES & LINKS TO



Dr. Drucker (*ref on: p.44*)
Dr. Carolyn Dean MD, ND (*ref on p.59*)
Ty Bollinger (*ref on: p.67,*)
Marcia Angell MD (*ref on: p.69*)
Dr. Mark Hyman (*ref on p.94, 269*)
Dr. Robert Lustig (*ref on: p.95*)
Dr. Theodore A. Baroody (*ref on: p.157*)
Dr. Otto Warburg (*ref on: p.79, 157*)
Dr. Charles Northern (*ref on: p.158*)
Dr. Patch Adams (*ref on: p.178*)
Dr. Blaser (*ref on: p.220*)
Dr. Oz (*ref on: p.230, 445*)
Dr. Robert Becker MD (*ref on: p.268*)
Albert Szent-Györgyi (*ref on: p.268, 272*)
Alexander Viardot (*ref on: p.233, 272*)
Pascal Imbealt (*ref on: p.232*)
Albert Einstein (*ref on: p.268*)
Dr. Kikuo Chishima (*ref on: p.268*)
Dr. Gallard (*ref on: p.269*)
Heinrich Hertz (*ref on: p.269*)
Bruce Tainio (*ref on: p.270*)
Dr. Royal Rife (*ref on: p.271*)

Nikola Tesla (*ref on: p.272, 385*)

Sandor Katz (*ref on: p.297*)

Ann Lotwin (*ref on: p.301*)

Janice Skoreyko (*ref on: p.301*)

Dr. Gerald Pollack (*ref on: p. 340*)

Dr. Carey A. Reams (*ref on: p.347*)

Dr. Konstantin Korotkov (*ref on: p. 369*)

Dr. Royal Lee (*ref on: p.370*)

Magda Havas (*ref on: p.382, 405*)

Marcel Wolfe (*ref on: p.383-390*)

Dr. Russ Bianchi (*ref on: p.449*)

Dr. Howard Fisher (*ref on: p.455*)

Dr. Duke (*ref on: p.455*)

Dr. Philip Incao (*ref on: p.510*)

The Mayo Clinic (*ref on: p.551*)

itioh.com

docofdetox.com