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Dr. Janet Starr Hull, PhD, CN

A nutrition and diet regimen designed to cleanse your body of toxins. Purifying your body of toxins improves health and resilience.

Detox Program

Ten Steps To Detoxification:
A Nutrition and Diet Regimen Designed to
Cleanse Your Body of Toxic Chemicals

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Author's Note

Finding nutritional answers to illness is an art passed down from generation to generation. Yet, the causes of modern diseases are harder to identify today than ever before in human history. The various sources of high-tech diseases have become lost in today's technological shuffle. As time marches forward, much information is lost.

The industrialization of food has blindly lead modern man down a lazy and dangerous path. The inundation of chemical sweeteners, the thousands of chemical food additives, and the increased toxicity of pharmaceuticals and inoculations are threatening human health as never before. The fear of the "button being pushed" is all too real, along with the poisons all living things would be exposed to if a chemical war were to take place. It's an understatement to say that nutrition today is not what it used to be. Modern society has deviated from a natural relationship with food and other environments. Manufactured and lower quality foods have contributed to, if not caused, a marked increase of modern degenerative diseases at younger and younger ages.

More people fear their food these days. *Don't eat eggs*—too much cholesterol. *Stay away from nuts and seeds*—too fattening. *Don't eat meat*—too much saturated fat, too many antibiotics, growth hormones, and steroids. *Dairy products*—slimy mucous, more antibiotics and more growth hormones. *And, butter—real butter vs. margarine?* Which is REALLY better? *Fish*—you might as well eat the mercury from an old thermometer. *Coffee*—too much caffeine, but is caffeine REALLY the bad guy? Why eat?

Don't forget, *humans don't live to eat—we eat to live!* Modern advertisers want us to believe that we live to eat. It's time to reverse this trend.

In 1991, I was told I would die from Grave's Disease, but the doctors didn't know what caused my near-fatal illness or how to cure it. They simply knew how to mask my symptoms with radiation and life-long medications. I decided to use my environmental skills to find the cause of my disease before signing up for a dependency on expensive medications to stay alive. I found the cause

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of my illness, all right. The chemical sweetener in NutraSweet, aspartame, and when I removed it, I healed myself in thirty days. I've been perfectly healthy ever since. No surgery and no medications.

I developed the Ten Step Detoxification Program as a result of my personal experience and years of nutritional research, and through counseling others afraid of diseases their doctors couldn't cure. I have hundreds of case files from people who have "healed" their diseases by identifying the cause of their illnesses by using a hair analysis and following my Detoxification Program.

Good nutrition IS simple. You just have to take the time to determine where you got off track in the past and what poisons you have been exposed to along the way. In our world today, it is prudent to detox your body of all environmental and food chemicals you may have been exposed to, and to have the right tools to repeat a cleansing if radiation or micro-terrorism ever becomes a reality. The Detoxification Program can help remove toxins from your body, and the quicker you begin, the better. ■

Chapter 1

Why Detox?

Do you dust your house or wash your car? If you don't, both get quite a build-up of dust, dirt, and toxic chemical residue, don't they? Well, it's the same with the human body. Our foods and living environments are becoming more and more polluted with time, and if we don't regularly "clean" our bodies from the inside out, disease has a perfect environment in which to grow.

Humans are progressively becoming more misinformed about the fundamentals of eating, and more human beings are becoming diseased as the result. Now, we are adding the threat of chemical warfare and nuclear fallout to this state of affairs. Polluted foods, polluted water, polluted air, and polluted lives. So, where do we go from here?

Metal and chemical poisoning are considered one of the major causes of the following diseases:

- Most all cancers, particularly cancer of:
 - Bladder*
 - Liver*
 - Stomach*

- Alzheimer's Disease
- Asthma
- Arthritis
- Bronchitis
- Chronic Fatigue Syndrome
- Epilepsy
- Emphysema
- Fibromyalgia
- Heart disease
- Hypertension
- Kidney disease
- Liver disease
- Lou Gehrig's Disease
- Schizophrenia

Chemical and metal toxicity can cause:

- Cell breakdown
- Chromosomal damage
- Destruction of tissue
- Damage to T-cell production

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- Genetic changes
- Tremors
- Thyroid problems

It's important to remember that the human body has not "kept up" with modern technology. Human beings certainly shouldn't eat technology! But that is happening today as a result of the onslaught of manufactured foods, artificial sweeteners, and the threat of chemical warfare. This very second, your physical body is without explanation functioning internally *exactly the way* human bodies functioned 10,000 years ago. Because our bodies today are the same as in the past, it is critical to eat the same as in years past—centuries past. But, human beings are adopting one of the most unnatural lifestyles known to mankind. Cancer rates and cardiovascular disease in the United States are among the highest in the world, and association with medical doctors represents the third leading cause of death in the United States through unnecessary surgeries, medication errors in hospitals, infections in hospitals, and non-error, negative effects of drugs.

There are over 70,000 chemicals used in commercial production in the United States today. The Environmental Protection Agency (EPA) has classified 65,000 of them as potentially hazardous to human health. Over 6,000 new chemicals are tested every week, and more than 14,000 of these chemicals have been approved for and are found in the public food supply. Over 700 chemicals are added to public drinking water, and more than 10,000 other compounds are found in public foods for food processing and storage purposes.

Finding nutritional answers to illness is an art passed down from generation to generation. And, the causes of modern diseases are harder to identify today than ever before. The various sources of high-tech diseases have become lost in today's technological shuffle.

As time marches forward, too much information is forgotten.

Good nutrition is basic and simple. Proper nutrition is supposed to be uncomplicated. Fat-free this, sugar-free that, food exchanges, food substitutes, processing, packaging, biological warfare, microorganisms, radiation ... Stop right here! Nature did not intend for humans to eat complex laboratory concoctions, heavy metals, gunfire, or polluted food and water as nourishment. The human body was created to be fueled by basic whole foods rich in vitamins and minerals, fibers, enzymes, amino acids, and proteins providing everything human beings need to maintain an energetic healthy life. It's time to get back to the basics of eating and to clean up the pollution boxing all living beings into a futile corner.

In the past, natural healers were known as the wise men, the spiritual leaders, the enlightened ones, and seers. They knew how to heal the body and soul. Many cultures still refer to natural healers as the prophets, shamans, and the inventors. In today's modern times, natural healers require degrees in chemistry, hazardous waste and emergency response, environmental science and toxicology in order to understand how to restore natural health!

I wasn't always a Doctor of Nutrition. Emerging from a background in International Studies, Environmental Engineering, and Hazardous Waste and Emergency Response, I developed my unique approach to natural healing by merging all three disciplines. I am a geologist, international geographer, a licensed Environmental Hazardous Waste Specialist, and fire fighter. I was fortunate to be working for an environmental engineering firm shortly after the Berlin Wall came down in the late 1980s. We had the opportunity to design the remediation programs for two of the Soviet army bases in Poland and Czechoslovakia. At that time, I witnessed environment devastation

never seen in The United States. I observed how man-made chemicals damage the delicate framework of the human body, and I learned the history of French Green Clay and its ability to remove radiation from human cells. The Soviets used French Green Clay after the nuclear meltdown at Chernobyl, and to date, what's left of the razed nuclear power plant is lying under a landfill of French Green Clay. I incorporated the French Green Clay's cleansing abilities with the other supplements in my Detoxification Program, and completed a valuable line up of nutrients affective in removing radiation, mercury and other heavy metals, as well as food chemicals such as aspartame safely from human body tissues.

I personally followed my Detoxification Program to cure myself from an incurable thyroid disease, Grave's Disease. I was told I would die, yet the doctors didn't know why, what caused my fatal thyroid disorder, or how to cure it. They only knew how to operate and medicate. I decided to use my environmental skills to find the cause of my disease before I agreed to destroy my thyroid gland, left only to begin a lifetime dependency on expensive medications to stay alive. I found the cause of my Grave's, all right. The chemical in diet drinks, aspartame, and when I removed all aspartame from my life, I healed my "incurable" disease in thirty days. I've been perfectly healthy ever since. No surgery, no radiation, and no medications—just basic nutrition.

As a result of my personal experience and years of counseling others with diseases doctors can't determine the causes for, I developed my Ten Step Detoxification Program. I have hundreds of case histories of people whose disease symptoms disappeared by simply identifying the cause using a hair analysis and following my Detox Program.

Polluted Foods

The rapid increase of chemicals in our environment, food and medicine has greatly challenged the human body's ability to rid itself of toxins. Symptoms related to chemical and metal toxicity vary from person to person as each person's body is individual, but one common symptom of toxicity is the breakdown of the human immune system. This response opens the gateway for various diseases in the human body. Another common reaction to toxic chemicals is damage to the nervous system followed by anxiety and increased nervousness.

Some primary symptoms of chemical and metal toxicity are:

- Abnormal hardening of the bones
- Accelerated aging
- Aches and pains in bones and muscles (i.e. Fibromyalgia)
- Allergies
- Anemia
- Angina
- Birth defects
- Behavioral changes
- Blood problems
- Blurred vision
- Brain damage
- Breathing problems
- Cataracts
- Colitis
- Constipation
- Cramping
- Depression
- Disorientation
- Distractibility
- Dizziness/vertigo
- Dry skin and eyes

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- Eye damage
- Fatigue/malaise
- Fever/low-grade
- Headaches/migraines
- Hyperactivity/ADD-ADHD
- Indigestion/acid reflux
- Impulsiveness/OCD
- Injury to cells
- Insomnia
- Irritability
- Lack of concentration
- Liver damage
- Loss of appetite
- Loss of hair
- Loss of memory
- Lung damage
- Metabolic problems
- Mineral deficiencies
- Nausea
- Nerve disorders
- Numbness
- Neurological disorders
- Protein/sugar in urine
- Seizures
- Sexual disorders
- Skeletal malformation
- Skin ailments/rashes
- Tumors
- Vitamin deficiencies

Sugar—Good Guy or Bad Guy?

Sugarphobia. Over the last several decades, sugar has become a villain in the modern American diet. General sugar-bashing has led to a sugarphobia, which can lead to a

dependency on chemical sweetener substitutes, which creates a craving for “replacement foods.” Sugar is blamed for causing many health problems including heart disease, diabetes, anxiety, fatigue, depression, hyperactivity, and even criminal behavior. But:

- Is this accurate information?
- Are we blaming the “right” form of sugar for our health problems?
- Has dis-information over time created a false fear of sugar?

Seventy-five years ago, the average American ate a mere three pounds of sugar per year. Ten years ago, this level rose to seventy-five pounds per person per year. The sugar substitute aspartame found in NutraSweet/Equal® came on the market in 1981, complicating hypoglycemia, diabetes, weight management, and a myriad of health and emotional issues by increasing the body’s malnutrition levels, and by releasing toxic by-products into the body. Now, we have sucralose found in Splenda® battling for the top position in the sugar-free market. Crafty advertising departments have created the mindset that people can eat and drink all the sugar-free products they want without penalty. Sorry to say this, but the piper will eventually have to be paid.

Some nutritionally oriented physicians estimate a current eighty-five percent of their patients have abnormal blood sugar curves. This is the result of the current 125 pounds per year of processed, white sugar now eaten by the average American. There is no doubt that white flour and white sugar, man-made food chemicals, and environmental pollutants are the curse of civilized man. Wherever white flour, white sugar, and food chemicals are brought to primitive societies in various parts of the world, a new cycle of the same degenerative diseases prevalent in America begin anew.

Everyone needs to know that there is a

difference between sugars—natural sugar, refined sugar, and corn syrup. Sugar is like a two-sided coin: heads—if natural, it can be useful to the body, and tails—if altered by man, it can be harmful to the body.

Natural sugars are normally not eaten in the quantity processed sugars are consumed, primarily due to their food sources. It is important to remember that natural unprocessed sugars are not the bad-guy when eaten in moderation. The human body requires energy from sugar just as it requires lubrication from natural oils. Basically, human beings are not eating enough sugars or oils—REAL sugars and oils, that is.

Low Blood Sugar

Many nutritionists source the primary cause of divorce to low blood sugar and its consequent irritability and irrational behavior. There was a judge in Oklahoma years ago who actually refused to grant divorces until both parties were checked for hypoglycemia.

Low and imbalanced blood sugar is a valid contributor to crime. Several hundred prisoners on death row in one California prison system were routinely checked for hypoglycemia in the 1960s. Without exception, they were murderers, and without exception, they were severely hypoglycemic. Why do the criminals in the country's prisons kill one another regularly? It could be that their diets are high in white flour and white sugar, making them severely hypoglycemic and consequently irrational. I'm sure some inmates sip on diet drinks throughout the day as well. Add toxic chemicals to any diet and you have created a dangerous health situation, and it's happening at younger and younger ages in modern societies.

Alcoholism is primarily caused by low blood sugar in conjunction with toxic chemicals circulating throughout the bloodstream. Alcohol is chemically comparable to sugar,

and alcohol raises blood sugar levels.

Additionally, alcohol is mixed with a sugar-based flavoring—more chemicals. When someone drinks too much, raising his or her blood sugar too high, their sugar level will in turn plunge too low. This is when they pass out and slide under the table. Alcoholics Anonymous (AA) states: Once an alcoholic, always an alcoholic. This is true as long as the person does not cure the underlying cause—hypoglycemia. At AA meetings, hypoglycemia is never mentioned. Members chew gum, smoke, drink coffee or caffeinated soft drinks, consume liters of diet soft drinks for the methanol (wood alcohol) content, eat cookies, cake or candy—all of which raise the blood sugar and make you feel good—temporarily. All alcoholics, like drug addicts, require proper vitamin and mineral supplements to physically recover from their addiction after they have detoxified the poisons remaining in their body tissues.

Your Healthy Choices

The following is an alphabetized list of the best natural choices for sweeteners safer for long-term health as opposed to the refined sugars and the artificial chemical sweeteners. *Remember nothing is without consequence. Natural is always a better choice*, but all of these should be eaten in moderation. “Natural” doesn't necessarily mean “low-calorie.”

The safest sweeteners:

- Barley Malt
- Brown Rice Syrup
- Date Sugar
- Honey
- Maple Syrup and Sugar
- Molasses
- Saccharin
- Sorghum

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- Stevia
- Sucanat®

The “grey area” sweeteners are those that are natural, yet are either slightly altered in laboratory processing or naturally tend to spike blood sugar:

- Fructose
- Fruit Juice Concentrate
- Sugar Alcohols
- Turbinado® Sugar
- Tagatose

New natural sweeteners:

- Lo Han
- Tastes Like Sugar®
- Trehalose

A quick explanation of these sweetener choices:

Barley Malt

Barley malt is a thick, dark, slow-digesting sweetener made from sprouted, roasted barley grain with a sweet nutty, malt-like flavor. Barley malt can be bought in granular form or as syrup. It is called “malt” because maltose is the sugar that occurs when starch in the barley sprouts. Barley malt is used in brewing beer, and some say barley malt is to beer as grapes are to wine. It is ideally suited to brewing for many reasons:

1. Malted barley has a high balance of enzymes for converting its starch into simple sugars
2. It also contains protein, which is needed for yeast nutrition

Barley malt extract is used medicinally as a bulking agent to promote bowel regularity. Because the malt comes from sprouted barley, the malt can be concentrated into a soluble fiber, so it has laxative qualities similar to psyllium, oats, and the pectin in fruits. Beneficial bacteria in the colon use

barley fiber for food. Barley malt is helpful in chronic constipation, irritable bowel syndrome, diverticulitis, hiatal hernia, and diabetes. Soluble fiber can even lower cholesterol ten to fifteen percent.

Because barley malt is an actual food sugar, it should be refrigerated for extended storage.

Brown Rice Syrup

Rice syrup is made by slow-cooking brown rice until it develops a thick sweet syrup. Few people have allergies to rice, so this makes an ideal sweetener for most consumers. Rice syrup has a light, delicate flavor that compliments most foods because it IS food. There is no need to refrigerate rice syrup. If the syrup hardens, simply run the jar under warm water.

Date Sugar

Date sugar is made by dehydrating and pulverizing dates. The date fruit has a high concentration of naturally occurring sugars. This particular sugar does not dissolve well, but it is good for cooking and baking. Date sugar should be stored in a cool, dry place.

Date sugar is high in fiber, and contains a long list of vitamins and minerals, including iron. Substitute one-cup date sugar for each cup granulated sugar.

Honey

For centuries, honey has been referred to as “nature’s gold.” After gathering the nectar from flowers and flowering plants, bees return to the hive and process the nectar as honey. (Local bee pollen, the precursor to honey in the hive, is great for allergies.) The flavor of the honey reflects upon the flower. Sources commonly include buckwheat, blackberry, heather, clover, orange blossoms, wildflowers, and sage. To process raw honey, remove it from its wax comb, strain or heat, and filter. Honey should be stored in a dry place. If the honey begins to crystallize, place the jar in a pot of hot water until the sugar crystals dissolve.

Honey contains the following nutrients: protein, thiamin, riboflavin, niacin, vitamin C, calcium and iron. Topical application of honey to infected wounds is an ancient remedy, and one that has been confirmed by many scientific studies.

Maple Syrup and Maple Sugar

Thirty-five to fifty gallons of maple tree sap boil down to one gallon of maple syrup. Classified by color and flavor, the lighter the syrup color (Grade A), the lighter the flavor. The grades of syrup have more to do with taste rather than quality. The darker the color, the longer the syrup has usually boiled. Maple syrups and sugars should be refrigerated.

Molasses

The liquid that is spun-out of refining cane sugar is molasses. Molasses is twenty to twenty-five percent water, fifty percent sugar, and ten percent ash, with some protein and organic acids remaining. Molasses is graded by color and sugar content, with the lighter color containing more sugar. Because of its very strong flavor, molasses is used mainly in baking, and should be kept cool or refrigerated.

Saccharin

I consider the original saccharin a natural alternative, not a chemical one. Advertisers have painted a very different picture of saccharin over the past twenty years, though, and the politics behind “sodium saccharide” has left it with a bum-rap.

Saccharin actually is a natural plant sugar derivative, and back in the day when saccharin was “accidentally” discovered, it was considered an authentic sugar substitute because it was the only known alternative to traditional sugar.

Unfortunately today, saccharin’s molecules have been reproduced in the laboratory and the pink packet is filled with anti-caking agents and emulsifiers. Saccharin is no longer sourced to its origin, but is still the most natural choice of the “colorful paper packets.” If you insist on using a packet sugar substitute,

choose the pink packet—even if it has different brand names.

Sorghum

Sorghum is a grain related to millet. It is processed into a sweetener by crushing the plant stalks and boiling the extracted juice into syrup. Sorghum is comparable to molasses but much lighter and milder tasting. Sorghum should be refrigerated.

Stevia

Stevia is 250 to 300 times sweeter than sugar. It is isolated and purified from the leaves of the stevia plant. Stevia has been used as a traditional remedy for diabetes and gum disease among the indigenous people of Paraguay and other South American countries for over 1,500-recorded years (Who knows how many years prior to the records?). Preliminary scientific evidence performed by independent researchers shows stevia may indeed improve the function of cells in the pancreas required for insulin production, and may also improve glucose tolerance in people with diabetes. But according to the generations of people who have used stevia as a part of their daily diet, stevia has been proven to regulate blood sugar, and is used as a treatment for diabetes and gum disease.

Unlike other sweeteners, stevia has been reported to possess anti-viral activity. Preliminary evidence suggests that stevia possesses blood pressure lowering properties and may be a useful treatment for hypertension.

Note: the secret to saccharin and stevia use—don’t use too much or they will taste bitter.

Sucanat—Sugar Cane Natural

Sucanat as a natural granulated sweetener with a higher nutrition level and a lower sugar level than refined sugar (88.3% vs. 99.9%). Fresh cane juice is pressed from the sugar cane stalk and then dehydrated through a co-crystallization process. It is through this process that Sucanat granules are formed.

Sucanat granules are an improvement over bleached sugar crystals in shape and function. Unlike processed sugar crystals, Sucanat granules are round, porous, and easily compressed.

Product qualities include:

- No additives or preservatives
- Lower sugar level than refined sugar
- One-for-one replacement for refined white sugar, brown sugar and honey
- Homogenous blending
- Natural rich flavor
- Compressible
- Excellent consistency and texture in baked goods
- Instant solubility

Note: Liquid natural sweeteners (barley malt, brown rice syrup, honey, and maple syrup) can be stored at room temperature in the original packaging, but should be refrigerated after opening. Dry, powdered alternative sweeteners should be stored in a dry place at room temperature. Fruit juice concentrates should remain frozen until ready to use.

A Quick Explanation Of New Sweeteners:

Lo Han

The Chinese plant Lo Han Guo *Siraitia grosvenorii* is a perennial vine in the cucumber, melon, squash, and gourd family. Lo Han fruits are used both inside and outside the People's Republic of China as a food, beverage, and traditional medicine. Although millions of Lo Han fruit are consumed worldwide each year, Lo Han fruits in Europe and the United States are mostly sold by Chinese grocery and herb stores. The current uses and potential of Lo Han Guo are as a food, seasoning, beverage, or non-caloric sweetener plant.

The Chinese book [Fruit as Medicine](#) (Dai and Liu, 1986) reports these fruits are

used for heat stroke (with thirst), acute and chronic throat inflammation, chronic cough, constipation in the aged, and as a sugar substitute for diabetics. In general, the preparation is to boil or simmer the fruit in water and drink it as an herb tea. As a sugar substitute in cooking, the fruits may be simmered into a thick juice and added to food. The prepared block form called "Luohanguo Chongji" is reported to be a popular treatment for colds in China.

Trehalose

Trehalose is one of the most interesting new sweeteners on the market today, and I felt it was worth including in this chapter primarily due to the "honesty in advertising" the company has expressed about their new product. We can probably classify trehalose as a grey area sweetener because we really don't know enough about it, yet it appears a good product with sound science. This sweetener is a disaccharide (a good carb) with two glucose molecules (a better choice for diabetics because it is a complex carb), but the thing that impressed me the most, is their honesty in admitting that trehalose is fully digested and metabolized. Finally, someone admits their sweetener is digested! This is the most "natural" form of sugar metabolism.

Cargill Health & Food Technologies, makers of trehalose, markets the new sweetener for sports drinks. November 2003, PacificHealth Laboratories, Woodbridge, NJ, announced the launch of a ready-to-drink form of its sports drink, Accelerade®. It provides the energy (from complex sugar carbs) needed in sports, according to the company representatives. I'd rather see an athlete drink water for body restoration, but trehalose appears a better choice than the other artificial sweeteners, and that's about all athletes have to choose from when it comes to low-carb sports drinks and energy bars.

Trehalose is found naturally in honey, mushrooms, and other foods. One thing I am

concerned about, though, is trehalose is commercially produced from cornstarch, which can cause allergic reactions and stomach irritations in some people. Its functions include coloring adjunct, flavor enhancer, humectant, nutritive sweetener, stabilizer, thickener and texturizer. Trehalose can also protect and preserve food's cell structure, which can help maintain food texture during freezing and thawing. Trehalose is found in candies, gums, and mints; processed foods, such as dried vegetables and fruits; dairy; fruit products; and chewing gum.

Yacón

Yacón is not a commercial sweetener in the U.S. yet, but look for this natural sweetener coming to the American market in the near future. A distant relative of the sunflower, yacón grows from Venezuela to Argentina in small farm orchards in the inner mountain valleys. Yacón is a natural plant root with a rich sweet flavor, and contains traces of inulin. In spite of its sweetness, Yacón is composed of complex plant sugars, so it will not penetrate the intestines and contribute to weight gain. This is also a plus for diabetics.

Yacón can be eaten raw, just like a fruit. Once the roots have been dried in the sun, they become sweeter. Watch for this new sweetener sometime in the near future. ■

Chapter 2

Ten Steps To Detoxification

After working with hundreds of people around the world concerning chemical poisoning, I developed my Detoxification Program to remove toxins from body tissues and to help restore the nutrients that toxic by-products destroy inside the body. Modern medicine has led human beings to the “take a pill or cut it out mentality” for almost every modern health symptom, but this approach alone cannot cure disease as more and more people are personally discovering. If anything, we just keep getting sicker and more physically tired until our bodies eventually give in to disease. Curing illness and degenerative diseases as in times past might be considered old-fashioned and ineffective when compared to today’s high tech standards, but our physical bodies haven’t changed over time nor have the effects of disease, just the magnitude of modern treatments and the chemicals that cause illness. It’s essential that human beings remember that the roots of disease and

their cures are as old-fashioned as the body itself. This is the basis for my Detoxification Program.

Become aware of those around you who have chemical diets or have been exposed to radiation or heavy metals, and notice their health symptoms. Headaches may have them down—again. Maybe it’s a migraine this time, yet they’ll tell you they *never* had a migraine before now. Seizures may be a recurring problem, and they’re frustrated because they’ll tell you they *never* had seizures before either, and their doctor can find no cause for sudden life-threatening conditions. Do you know anyone who has recently been diagnosed with Lupus, Grave’s Disease, Fibromyalgia, Chronic Fatigue Syndrome, or Diabetes? Or maybe your children are showing signs of hyperactivity, yet *never* had a behavior problem before now?

The U.N. World Health Organization is warning nations that a worldwide epidemic of diabetes will soon be a reality, yet no one has the answer to “why?” Degenerative diseases are at epidemic levels today, and doctors have no clue as to the causes. Trillions of dollars

are being spent on pharmaceuticals to control the symptoms of disease and the threat of war chemicals, but no long-term cures have been discovered by traditional medicine nor have been proven to be safe for long-term health and wellness. Chemical sugar substitutes are now taking over our food supply, and are found in simple drinking water, children's medications, pain killers—well thousand of products from gums to cereals. Modern doctors have no answers for the increase in degenerative diseases, and debilitating illnesses are occurring at younger and younger ages. These "Western" disease syndromes are now appearing for the first time in other countries exposed to our modern diet and threats of war.

The dangers of chemical poisoning from the chemicals in our food supply and medications have been a well-guarded secret in America. Traditional doctors and many alternative doctors are not properly informed about the adverse effects the myriad of chemicals have on human health. But the research and history of chemical poisoning is conclusive as a cause of illness and toxic reactions in the human body. The harmful effects to children are some of the greatest modern tragedies of all.

After more than fifty years of chemicals saturating our food supply and now facing the threat of radiation and chemical poisoning from war and terrorism, the number of victims is rapidly piling up and people are figuring out for themselves that chemical exposure is at the root of their health problems. Patients are teaching their doctors about this nutritional peril, and they are healing themselves with little to no support from traditional medicine.

Pharmaceutical medicines do not address the underlying causes of disease, causes such as aspartame or radiation. They merely suppress the symptoms and end up expensive in the long term. Pharmaceuticals don't cure causes, and prescribed drugs are actually recreating more adverse symptoms as a result of taking the drugs themselves. Then, more

drugs are prescribed to counteract the side effects from the original drugs.

This is like describing a headache as an "aspirin deficiency disease." The causes of disease must be determined before the cures can be found, and as thousands of people are discovering, chemical toxins are the common denominator for health symptoms at the root of modern disease. The most effective way to repair disease symptoms is by simply removing the underlying cause—modern man-made chemicals saturating our food supply, our water stores, our pharmaceuticals, and our living environments.

My Detoxification Program can improve your health and possibly change your life forever. You can regain control of your life in "Ten Basic Steps."

I am not minimizing the seriousness of degenerative diseases, but until the cause of disease is determined, the cure cannot be permanently put into place. Humans do not know the full extent of harm to plants and animals by the various microorganisms launched globally for war games, and so many new medications are coming on to the American market each week, human beings can't keep track of their long term effects nor the many interactions they may have with one another.

More than likely if you are suffering from health symptoms your doctor cannot identify, then you are reacting to an environmental cause—something outside of your body that's penetrating inside. This is good news actually, because if your doctor cannot "see" any physical damage, then it's not too late to turn your nagging disease symptoms around and restore good health. This means you do not have to live the rest of your life dependent on expensive prescribed medications, medicines that can be toxic in the long run, creating even more health problems and dependencies. And if we have another global war, can you be assured you can get your prescriptions refilled anyway?

If you begin preventative detoxification procedures before chemical exposure, then your body will be prepared to defend its immune system more efficiently if a chemical exposure were to occur. Begin a chemical-free lifestyle today.

The Ten Steps

1. Identify and remove the cause of your health symptoms
2. Learn to “read” your body. Begin recording any health changes
3. Get a hair analysis
4. Be happy with yourself
5. Detoxify your body
6. Restore depleted nutrients
7. Exercise and get plenty of rest
8. Eat 75% raw foods at every meal
9. Drink water, water, water
10. Get control of your life

Step One:

Identify and remove the cause of your health symptoms

Specifically, remove all chemicals from your diet and environment immediately. Become aware of the chemical additives in all your foods. Really KNOW what is going into your body at all times. Don't cheat yourself.

I tell people to look for their body's weakest link, which is usually a genetic weakness. This is where toxins within your body will be “noticed” initially because this is the weakest part of your physical make-up. Toxins like mercury or radiation will absorb within your weakest link first, breaking it down easier. By removing all chemicals from your diet and environment, you can focus on strengthening your weaknesses rather than tearing them down.

Purify your environment as much as possible. Remove any toxins from both inside and outside your body. Inspect your house and place of employment for:

- Old pipes
- Leaking insulation
- Unsafe drinking water
- Dusty air vents
- Pesticides
- Radon
- Mold
- Chemicals upstream or upwind
- Air quality
- Toxic metals
- Leaky power sources

Read food labels. Most people first look at the price of a food product and then glance to see if it's reduced calorie or fat free. Look for the natural content with the fewest ingredients instead. Minimize buying processed and packaged foods. Metals, such as inorganic aluminum and nickel along with a variety of toxic chemicals like methanol found in aspartame, are used in the manufacturing of foods. No one needs to eat these substances. The manufacturing and packaging of foods removes natural vitamins and minerals, too. Many times, artificial fillers are injected into foods to stretch profits. “Enrichment” isn't the same to the body as “natural.” The purer the food, the fewer the ingredients.

Additives you want to avoid:

- Aspartame and sucralose
- Autolyzed yeast
- All food colorings
- All hydrogenized and partially hydrogenized oils
- Calcium caseinate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed protein

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- Monopotassium glutamate
- Monosodium glutamate
- Sodium caseinate
- Textured protein
- Yeast extract

Don't overindulge so you won't have to give up fast and convenient foods altogether. Just be aware of how much and how often you "indulge" on them, and try to minimize the chemicals you are eating. Be picky about the fast food stops you make, and choose the better quality in all food choices. If you want to order a pizza, for example, order one from an authentic Italian restaurant that makes their pizzas fresh with natural ingredients rather than ordering one from a pervasive food chain replete with chemical-processed-assembly-line-food saturated with chemical preservatives and lifeless oils.

Step Two:

Learn to read you body and begin recording any health changes

Do you remember the last time you really felt good? Think about when you first started feeling ill and when your first health symptoms occurred. Go backwards in time day-by-day, month-by-month, or year-by-year until you can stop at the point when you started feeling sick. This is where you start over. You may have been through a tough emotional time, or you might have been very ill with a high fever. But were you drinking diet colas or living downstream from a factory? So, pick up where you got off track and start over at that point.

Aspartame Free

Once you have removed all chemicals from your diet and environment, and remember to read all your labels for hidden aspartame and other sweetener chemicals, begin to notice if your health symptoms disappear. A woman in London who drank diet colas for

many years, e-mailed me with her story. For the past nine years, she had been sick. She began having seizures; sporadically at first and small in impact. Then they progressed more often and more intensely. Over a six-month period, she was having two seizures a day. She lost her memory during the seizures, and they affected her work. In and out of doctor's offices, no one could find anything wrong with her. Sound familiar?

Desperate to find answers her doctors could not give her, she read my first book *Sweet Poison* and got off all aspartame. Within three days, her recurring seizures stopped. If she accidentally got into hidden aspartame in any form, she would have another seizure. The medication her doctors prescribed for her began to cause seizures, too. Now aspartame free, having detoxed, and continuously supplementing with the specific vitamins and nutrients specified for her individual needs, she no longer needs her medication. Her doctors thought she was crazy to get off the prescribed medicine, as that was the only solution they had for her unexplained seizures. (I'm not recommending anyone stop their prescribed medications, but I do advise alternative ways to lessen a dependency on medications that mask health symptoms rather than treat the cause of disease.)

Aspartame free and seizure free, this young woman restored her health day by day. She noticed that not only were her seizures gone, but she was able to sleep throughout the night for the first time in years, her hair, skin, and nails returned to normal, her mood swings were gone, her weight dropped and her energy level increased. Her memory is now sharper, and her sexual desires returned.

Take the time to read your body. Learn your limits, but notice if you have more energy when detoxing various body chemicals, or if you sleep better and have better dreams. Note if you look and feel younger. Do you have more vigor and are you in better control of

your life? Give yourself credit—you can control your life again, the natural way.

Step Three:

Get a hair analysis

As I discovered through my personal disease recovery, I couldn't fight what I couldn't see. It wasn't probable I would cure my disease if no one knew the cause. The hair analysis is the best "road map" to see a history of what's going on inside of your body. Drug and chemical residues within the body remain embedded in the protein of the hair as it grows. Drugs such as cocaine and heroin may not be detected in urine several days after use, yet these drugs will show up in a hair analysis months later. Hair has the advantage of long-term memory. It's a permanent record, like tree rings. A three-inch strand of hair will give a six-month history of what's going on in the body since head hair grows at a rate of about a half an inch a month.

I recommend everyone have at least one hair analysis in his or her lifetime to "see" what your body is lacking or in need of. A hair analysis is the highest caliber of laboratory science a Certified Nutritionist or Doctor of Natural Medicine can use.

The hair holds an imprint of all vitamin and mineral levels in the body and reflects trace levels of toxins deposited in the tissues. As human beings become more polluted, a hair analysis can detect specific toxins that have stored in the body. It's a great diagnostic tool. Before taking any vitamin and mineral supplements, consult a Certified Nutritionist for your specific health needs. Every individual is different, and a hair analysis can identify personal nutritional needs.

With a background in environmental engineering, I could not make an accurate decision on how to clean up a toxic spill without performing a soil or water analysis of the polluted area. So it is with a hair analysis—

the hair provides the best view as to what is within the body.

Many traditional medical doctors criticize the hair analysis as not being a respected diagnostic test for human beings measuring up to blood tests, urine tests, MRIs or CAT scans. But I believe their protests are sourced to their lack of nutritional education and background needed to interpret the hair tests properly. The key to any good lab analysis lies in its interpretation, and without a thorough background in nutrition and in the sources of disease, lab tests are less effective in long term healing. You might witness this when you go to the doctor with health symptoms, yet receive no answers as to why you feel sick or alternative answers when the lab results show that there's nothing there. They prescribe "medications" to help relieve your symptoms, but don't fix the underlying problem.

Step Four:

Be happy with yourself

Ask yourself WHY you are using:

- Sugar-free diet products
- Alcohol
- Prescribed and over-the-counter medications
- Have you had your old mercury fillings removed?
- How do you protect your health for the long term in the event of a nuclear attack?
- How long have you been refilling that prescription without question?
- When did you begin changing your diet from natural foods to an artificial chemical diet?
- Are you diabetic?
- Do you give sugar-free foods to your children because you think keeping them off sugar is better for them?

These are important questions. At some point, anyone who depends on a chemical diet to solve their nutritional needs must have some rationale that artificial diets AREN'T really healthy in the long run. You know that! If you are diabetic, there are natural diets and alternative sugar substitutes other than aspartame or sucralose available on the market. If your children are hyperactive, research the amount of fake fats in their diets, food colorings and other chemicals they are exposed to, and determine if they are getting enough exercise. If you want to lose weight, how much exercise and rest do you *really* get each day?

- What underlying issue may be keeping you from good rationale?

Back up and start over on how you perceive taking care of yourself. Your body is a tool, and like any instrument needed to complete a task, you must maintain that tool properly to keep it functioning efficiently. Do all you can do to protect your health by eating a natural and balanced diet beginning NOW. What goes into your body must be used to its fullest potential to secure long term health and wellness.

And read! There is an abundance of information on nutrition and disease in public and university libraries dating as far back in time as you choose to probe. Good nutrition and emotional wellness is an art passed down from generation to generation. The causes of modern diseases are harder to identify today than ever before because of the abundance of chemicals flooding our food supply. As time marches forward, much information is forgotten. Turn back time, and remember wisdom from the past so the future can be filled with peace and health—and no chemicals.

Step Five:

Detoxify your body

Just as an oil spill pollutes the ocean killing the sea life within, chemicals within

your body pollute you and damage healthy cells. Cleaning your body of toxic foods and environmental poisons is no different than restoring a polluted watercourse. The Detoxification Program is a combination of the finest vitamin supplements from around the world orchestrating the perfect tools to remove environmental and food toxins. Compliment the supplements with a whole foods diet as wholesome as possible, and minimize buying packaged food products with ingredient lists that resemble a chemistry book.

What goes out is just as important as what goes in: Nutritional diets are critical to long-term health, but when you are polluted with chemical toxins from manufactured metals, inoculations, or from your foods, such as chlorine in sucralose and methanol in aspartame, it is important to remove these toxins as quickly and as safely as possible. Removing chemicals from the human body is a two-part process—eating right and cleansing from the chemicals permeating your tissues. Give your body a chance to accept healthy dietary changes by cleansing it first.

Many times, removing toxic foreign chemicals from the body can be as simple as turning your diet around. In the case of my Grave's Disease, apparently it's not always so easy. One of the most common questions I receive from people wanting to get off diet chemicals is: "How do I remove these chemicals from my body?" Read on!

Step Six:

Restore depleted nutrients

When you walk into a vitamin store, there are thousands of bottles on the shelf and out of all those choices, how do you know what you really need? The hair analysis specifies exactly which nutrients you are depleted in, and those are the vitamins to buy first for your special needs. Some vitamins are a lower

quality these days and may contain toxic metals as fillers and have coatings that are hard for the stomach to digest, so research the various vitamin manufacturers for the best. Here's a good Rule-of-Thumb: If you have to break your vitamins apart with a hammer, they are not a quality product. Natural supplements should be breakable with a slight snap between your fingers.

Food provides all living things with the basic requirements to furnish energy for daily activities. Just as a machine burns gasoline or coal for fuel; the human body burns food for fuel. It's as simple as that. A machine converts its fuel into other forms of energy; the human body converts food into body energy. So why eat fake foods filled with chemicals instead of food bursting with natural nutrients? Think about this the next time you see someone sipping a diet cola while eating a fake-fat-free chunky bar for lunch or snack. And they wonder why they feel tired all the time and have health problems?

Beware of artificial "diets" and diet programs. Remember this fact: If you lose one pound of weight by starving yourself and eating "fake" foods, you actually lose approximately three-quarters of a pound of fat and one-quarter pound of lean muscle mass. However, if you lose one pound of body weight following a whole foods diet with regular exercise, you actually lose approximately one and one-quarter pounds of fat and gain one-quarter pound of lean muscle. Lose weight by eating natural foods and exercising regularly! There's no such thing as healthy dieting. Instead, adopt a healthy lifestyle. Balance your life. Purify your environment.

After my experience with aspartame, I learned to avoid processed, artificial, counterfeit, sugar-free, fat-free, calorie-free, responsibility-free foods. I only eat real food. It's more expensive, but it's healthier! And with the money I save on medical expenses, I'm still ahead.

Here are some tips:

- Lay out a variety of fresh snacks after school or work. My kids love it, and they actually eat it!
- Snack on raw foods every day. Apples, oranges, and raw nuts in the shell—I don't believe animals gain weight from raw, healthy foods.
- Eat big meals early in the day. At night, your body processes what's left over. Try not to eat heavy food past five or six o'clock in the evening.
- For an evening snack, pop popcorn in cold-pressed seed oil with a little natural butter and sea-salt, drink a fruit smoothie, or enjoy a cup of herbal tea.

Tell me what you eat, and I'll tell you what you are. Eating the right foods goes a long way toward radiant health, toward resisting disease, toward securing proper growth for children, and insuring youthful and energetic aging for all.

Step Seven:

Exercise and get plenty of rest

Where you find diet colas, processed foods, televisions and computers, stale air and pollution, you'll find people gaining weight and getting sick, and at younger and younger ages. "Modern" human beings don't move their bodies sufficiently enough. Exercise alone can keep your weight down, yet exercise shouldn't require you to join a fancy health spa and dedicate a half a day to an exercise program. Exercise means:

- Walking or bicycling instead of taking the car
- Climbing the stairs instead of riding the elevator
- Walking the dog after work rather than sitting in front of the television
- Children are running, jumping and

playing less and less as today's societies become more intense and technological

So, exercise daily. Movement keeps the blood flowing. Blood carries nutrients and oxygen to the entire body, delivering life to every cell. Bodies need to keep moving!

A study from Brown University, USA discovered that 2,500 people who lost an average of sixty pounds and kept it off for a year exercised approximately one hour a day. Another study to compliment the Brown Study found that short bouts of exercise throughout the day were as effective as one long period in maintaining weight loss. And eating natural foods opposed to fake foods with no nutrient value is rudiment to a healthy exercise program.

And sleep? Sleep is nature's way of putting yourself to rest while the body's immune system comes in to "clean-up" like the night-shift cleaning crew. Scientists have determined that after 5:00 P.M. the body is ready to stop eating and start processing what it was fed during the day. It can't do this with a late night meal nor without the body shutting down to rest through sleep. While you are asleep, the body works to repair, cleanse, eliminate all the "leftovers," and strengthen the body organs and organ systems in preparation for the next day. For example, it has been determined that at 1:00 A.M., the liver begins its daily repair and restoration. Each body organ and it's supportive body systems take a turn, if you will, so that the immune system can focus on one specific organ at a time. It takes approximately two hours for each organ to be dealt with. If you are not asleep, and even worse if you are eating at this time, the body can't do what it needs to do efficiently. So you wake up tired, your organs are not rejuvenated, and you may not have eliminated excess body weight, toxins, or water weight. Your body may now be out of balance and will take care of this dilemma the following night. And the cycle begins again.

Step Eight:

Eat 75% raw foods at every meal

Eat raw. If there's only time to grab quick food, keep lots of fresh vegetables, natural dry cheeses, whole-grain crackers, pickles, natural yogurts, Tofu, fruits and nuts, water and fresh juice on hand. You may have to shop more often because the "real stuff" spoils more quickly, but that's because it's loaded with enzymes and live nutrients—nutrients that do something for your health. Raw, steamed, natural, and fresh! A nutritious quick meal. Plus, eat all you want. It's hard to gain weight eating only natural foods.

Think of your food plate as a "pie"—*No, NOT an apple pie*. Seventy-five percent of that pie should be raw or steamed every meal. These "fundamental" foods provide all the digestive enzymes the body needs, as well as the vitamins and minerals required to trigger the digestive chain reaction.

Basic nutrition doesn't need to be as complicated as food manufacturers and crafty marketing departments make it out to be today. Remember that fat-free this and sugar-free that and all the modern-day food fads and diet crazes are really nothing but marketing campaigns. Manufactured foods are filled with toxic fillers and preservatives and have lost their nutrient content, even though they claim to have "enriched" the foods by putting the vitamins back in before packaging. The required daily amounts of natural vitamins and minerals, amino acids, necessary sugars and fats, and proteins the body demands for fuel cannot be obtained through any source other than raw foods and natural supplements. Don't fool yourself.

Natural foods supply the fuel needed to stay healthy, to keep your body moving, and to stay mentally alert. Food converts into raw energy. All food passes through the same set of reactions, whether it's fast food or a raw carrot. **WHAT** the food provides is the issue.

Always try to eat 75% foods rich in natural nutrients instead of chemical fillers and toxic by-products.

The natural ability your human body possesses is no less a miracle to select substances from the foods you eat required to build flesh and blood, bones and teeth, and to regulate the countless processes driving respiration, circulation, metabolism, and digestion. Give your body what it needs to stay healthy—not sugar-free, fat-free, fake food chemicals, but 75% of each meal fresh, raw food bursting with nutrients.

Step Nine:

Drink water, water, water

Water! Water is important in keeping the body strong. Approximately two-thirds of the adult human body is water, but salt water. Humans drink fresh water, but we are actually saline. Simply taste a tear or a bead of sweat for its salt content. This is one reason why humans need to drink ample fresh water every day. It keeps the body's salt concentrations low, easing stress on the kidneys and cardiovascular pathways. Plus, the average adult eliminates approximately eight cups of water a day by sweating, urinating, crying and spitting. It is essential to replace what is lost. Drinking lots of water and sweating during exercise helps eliminate toxins, too. And one thing's for sure, if you've been drinking diet colas or iced tea with Equal all day every day, you have NOT been giving your body enough water. And if you are exposed to environmental toxins or radiation, having your body saturated with water will help eliminate those toxins quicker and more efficiently. So get into the habit of walking around with a bottle of water—all day long. You'll have more energy, feel better and feel full, and flush out toxins quickly.

Chief Oren Lyons of the Onondaga American Indian tribe stated in the book

Wisdomkeepers, "One of the Natural laws is that you've got to keep things pure. Especially the water. Keeping the water pure is one of the first laws of life. If you destroy the water, you destroy life."

Step Ten:

Get control of your life

You must not neglect the fact that healing from a disease or illness takes faith, personal strength, and perseverance. A book I highly recommend is The Four Agreements by Don Miguel Ruiz. Born into a family of natural healers and raised in rural Mexico, Ruiz was mentored by his mother, a healer, and his grandfather, a native shaman. For more than a decade, he has taught the ancient Toltec traditions, blending ancient wisdom with modern-day personal awareness. I respect Ruiz's work and I practice "The Four Agreements" myself to stay balanced within my daily life. I pass these on to you, for to resist disease requires emotional and spiritual discipline.

Be impeccable with your word. As Ruiz writes, speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't make assumptions. Find the courage to ask questions and to expect what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

Detox Program

Always do your best. Your best is going to change from moment to moment; it will be different when you are healthy opposed to sick. Under any circumstance, simply do your best, and you will avoid judgment, self-abuse, and regret.

As you recover from any chemical poisoning, your entire life will change as a result. You may experience a refreshed emotional outlook as a positive side effect of your lifestyle changes. I designed this Ten Step Program to facilitate your health and the health of those you love from being seduced by the multi-trillion dollar web of chemicals mankind has created at your expense. Removing chemicals from your life is merely the first step to a complete disease recovery. As you experience positive physical changes, may you also begin a journey of self-empowerment and lifelong health. ●

Chapter 3

The Detox Process: How To Begin

You can fix a problem, any problem, if you simply remove the cause. But if you don't know the cause of your problem, how do you expect to permanently fix it? This is the basis for the Detoxification Program.

First, identify the cause or causes of your health problems, such as aspartame, mercury, or radiation exposure, and stop exposing yourself to it. A hair analysis can target most any toxin and its by-products that remain within your body.

Follow through with the specific mixture of supplements I discovered for my Detoxification Plan to remove toxins naturally and permanently, as long as you permanently remove the cause, that is. Replace each of the specific nutrients your body is depleted in, and your natural state of health should restore. If you cannot remove the source of the toxin making you ill, then continue the Detoxification Program daily until that time comes.

The Supplement Program: The Program + Lifetime Maintenance

The Products

The components of the Detoxification Program consist of:

- 1. French Green Clay*
- 2. Vitamin C*
- 3. B-Complex*
- 4. B3 Niacin*
- 5. Digestive Enzymes*
- 6. Multi-vitamin*

Toxins are at the root of most diseases, and once they are removed, health and well being return. An affective detoxification plan removes the source of disease symptoms, such as aspartame or radiation poisoning, detoxifies toxic residue from the body, and replaces specific nutrients to regain a state of wellness. The Detoxification Program removes the toxins from chemicals quickly, and can actually

Detox Program

remove most chemical toxins from your body tissues and body organs, from your water stores, and from fat stores within your bloodstream, along with assisting in the elimination of those toxins via the bowels and pores of the body.

It is important to:

- #1 identify the source of your toxins
- #2 remove the source
- #3 remove the toxins from the body
- #4 restore natural body balance through specific vitamins and nutrients, proper elimination and digestion, using whole foods and natural nutrients

The Process

Have you ever washed greasy dishes without hot water or dish soap? The dishes don't get clean, do they? When toxic metals and chemical food additives get inside your body, it takes a strong "cleanser" to scrub your body clean from the inside out. The combination of vitamins and minerals in the Detoxification Program work in this fashion to remove toxic metals from your body tissues and body organs, from your water stores, and from fat stores within your bloodstream. Every component of the program is important to work together in identifying and removing toxins, so not to activate the toxins and re-deposit them somewhere else in the body. Each nutrient I have selected as a part of the Detox Program is an integral part of your success.

Toxins, such as lead, mercury, and the side effects of aspartame's by-products of formic acid and formaldehyde, block nutrients from getting into normal body cells in the same fashion a lead shield blocks radiation during an x-ray. If toxins are present within your body, oxygen and the body's "food supply" cannot get inside your cells to supply needed nutrients, nor can the cells' waste products

get out. Diseases, such as cancer, now have an environment in which to form. When these body toxins are removed permanently, your body can then restore a healthy balance.

The Components

There are many natural detoxification diets available to help remove toxins from the body. Through my environmental research, I implemented the most efficient ways to remove toxins from the natural environment, and so I learned to apply that protocol to the human environment to remove toxins from the human body.

I discovered that combining specific vitamins and nutrients known to remove toxins from the environment works as effectively in the body as in nature. My all-natural Detoxification Program can remove metals, radiation, parasites, bacteria, and mold from body tissues and eliminate them from the bloodstream, water stores, and fecal waste.

What works in nature can surely work in man.

The Program

1. Take the recommended dosage of French Green Clay in the morning or before bed on an empty stomach. (French Green Clay is available on my website <http://www.hullisticmarket.com>)

- Use the French Green Clay every day for the recommended period your nutritionist has given you, and then taper down to three or four times a week to secure all toxins have been removed. Continue to taper down to once or twice weekly for an unlimited desired time to maintain purity.
- If you are not working with a nutritionist or have not had a hair analysis done to determine specific toxins, I recommend taking the French Green

Clay daily for three to six weeks as a general detox, and tapering down as indicated above.

- See Chapter 9, *The Soviet's French Green Clay*, for a detailed explanation and history of French Green Clay.

2. *Vitamin C* from ascorbic acid, NOT from a corn source, to bowel tolerance.

- Begin with 1,000 to 2,000 mg. a day and increase by 1,000 mg. daily until you have a loose stool. Remain slightly below that dosage daily. You can split the daily dosage into a maximum of three doses per day.
- Recommended C-1000 mg. supplements from sources extracted from fruit—not corn as corn-based Vitamin C can upset the stomach, and preferably never use a buffered form of vitamin C.

3. *B-100 Complex* once daily in the morning, four to five times a week.

4. *Extra B3 (niacin)* until you flush shortly after taking. A niacin flush will result in your skin turning red like sunburn for about twenty minutes. You may feel hot and energized.

- Begin with 50 mg. to 100 mg. of niacin on a slightly full stomach. Increase by 50-100 mg. daily until an immediate flush occurs (five to twenty minutes to feel the flush).
- Do not panic if you turn red and your heart beats rapidly. This activity is a sign that your blood is pure and toxins are being removed.
- It is recommended to take niacin before working out, before a hot bath or shower, during a sauna or steam bath, before sex, or at a time when your pores are open and your heart rate is naturally elevated.
- Note: Do NOT use time released or

flush-free niacin for this detox program. This is a less natural form of niacin and stresses the liver. You preferably want to use pure niacin that will activate immediately so you will know the present degree of toxicity and how to adjust your dosage.

- If you have more toxins in your body than niacin, you will not feel a flush, but if more niacin is present in the blood opposed to toxins, you will feel a flush. The stronger the flush, the better. At this point, begin cutting back on the milligrams of niacin.
- See Chapter 5, *What To Expect*, for a detailed explanation on possible niacin reactions.

5. *Digestive enzymes* after every meal.

Purchase an enzyme containing both upper (papain, HCL) and lower (amylase, lactase, etc.) digestive enzymes.

Note: It is best to use digestive enzymes AFTER a meal so to encourage your natural digestive juices to produce and digest on their own. The enzymes assist the body in supplying the proper amount of enzymes needed for complete stomach digestion, and if taken after a meal, the body will not develop a dependency on them.

- It is best not to drink liquids while eating a meal so to allow the digestive juices in the saliva to begin the first stages of digestion. Drinking while eating washes the enzymes away before they have a chance to begin digestion in the mouth.

6. *Multi-vitamin* three to five days a week. Purchase a vitamin that is organic and from a whole-foods base. Avoid multi-vitamins with added metals and ones that have been processed in a laboratory using synthetic-based chemicals.

Does the Detox Program

Really Work?

The following is a case history of a 71-year-old woman who detoxed what her doctor identified as a brain tumor.

In 1997, Virginia's doctors found a 3 mm tumor within the lower region of her brain. She had been experiencing frequent headaches and debilitating vertigo as a result of the pea-sized mass. She had all the traditional medical tests performed, such as CAT Scans, MRIs, and EEGs. The doctors conclusively discovered a tumor. Virginia refused to have brain surgery to remove the mass and sought nutritional alternatives. Her daughter had read my book, [Sweet Poison](#), and brought her mother's hair sample to me for advice on what alternatives were available.

The hair analysis showed Virginia to be high in the metal "tin." After discussing in length the possible source of her exposure to tin, we determined that her upbringing in Industrial City, USA was the source of the industrial metal, as she was raised downstream from a factory. Virginia cleaned up her diet by removing all possible chemicals and metals she had been and was currently exposed to. She stopped all use of aspartame sugar-free products and Equal and diligently followed my Detoxification Program for six weeks. When she returned to her doctor eight weeks later for a follow-up appointment, her tumor was gone. Symptom-free with no more headaches, Virginia's doctor could see no evidence a tumor had ever been present. Fearful of a malpractice suit, he showed her the brain scans showing the prior presence of a tumor, stating, "I don't know what you did, but I'd keep it up. That tumor WAS here, but now it's gone."

As of spring, 2005, Virginia is enjoying good health, headache and tumor free.

More on the Components

French Green Clay

[French Green Clay](#) is virtually unknown in America as an internal detoxification supplement, yet Europeans have used it internally for thousands of years to remove the causes of disease symptoms. In 1986 after the meltdown of the Soviet nuclear power plant, Chernobyl, the Soviet Union put French Green Clay in chocolate bars and dispensed them freely to the masses to remove radiation they may have been exposed to after the disaster. To date, Chernobyl has not been completely remediated, and is still lying dormant beneath a landfill of French Green Clay.

Found only in France and India, the ancient sea beds that provide the green clays have healing qualities that not only attach themselves to and remove toxic foreign substances within the body, but activate the body's own immune system through its chemical constitution.

Green clays contain organic forms of:

- Magnesium
- Calcium
- Potassium
- Manganese
- Phosphorous
- Zinc
- Aluminum
- Silicon
- Copper
- Selenium
- Cobalt
- Micro-algae
- Kelp
- Phyto-nutrients

French Green Clay has the ability to remove toxic metals and chemical residues, bacteria, and blood toxins with virtually no

side effects of constipation, diarrhea, or stomach cramping. It is known to remove radiation, arsenic, lead, mercury, and aluminum amid other toxic metals in less than six weeks. Used primarily in The United States as a topical skin treatment, green clay is one of the finest internal purifying clays in the world. The more you use internally, the quicker you detox.

Vitamin C

Vitamin C to bowel tolerance. The most affective form of Vitamin C is ascorbic acid NOT from corn. Begin with taking 2,000 to 3,000 milligrams (mg) every day and increase by 1,000 mg daily until you have a loose stool several days in a row. Remain slightly below that dosage, daily. You can split the dosage throughout the day if the milligrams run high during the detox process. Ascorbic acid removes toxins from the water stores within your body better than any other form of Vitamin C, and ideally, every cell within your body should be bathed in water. When the ascorbic acid levels have successfully reached every cell within your body, the excess Vitamin C excretes in your stool, which makes it soft and watery.

Today, there is an ongoing debate on the importance of Vitamin C. I support the old school of thought that Vitamin C is essential for good health and is needed in larger amounts than the Recommended Daily Allowance. Natural Vitamin C is best found in ascorbic acid form not from a corn base. Some people have a reaction to Vitamin C, feeling nauseated or cramps. This may be due to its corn base, not the vitamin itself. Vitamin C is important for:

- Normal growth and development
- Collagen formation in connective tissues and healthy skin
- Aids in the healing of wounds and in the recovery from surgery
- Assists adrenal gland function and

hormone production, especially in times of high stress

Pure Vitamin C helps in:

- Proper cholesterol metabolism
- Bile production for good digestion
- Alcohol, drug, and smoking detoxification
- Proper iron absorption
- Protects against pollution and free radicals

A deficiency of Vitamin C causes a failure of the cementing substance that holds the cells of the body together. Vitamin C cannot be stored in the body, so it should be provided every day to keep the body in optimum health. Diets low in Vitamin C constitute fragile bones. A partial deficiency of Vitamin C results in weariness and fatigue accompanied by fleeting pains in the joints and limbs. These pains are often mistaken for arthritis in adults and growing pains in children. A severe deficiency of Vitamin C results in scurvy. Years ago when people developed spring fever, referred to today as the first sign of “hay fever” and “allergies,” a generous dose of fresh fruits and vegetables, tomatoes, and citrus juices were eaten to relieve the symptoms. Raw vegetables work well, too.

Unlike most animals, the human body is unable to produce its own Vitamin C. Humans, guinea pigs, apes, and one species of bat found in India are the only animals known to mankind that are unable to produce Vitamin C within their own livers.

A 150-pound animal produces an average of fifteen grams of Vitamin C every day. When the animal is stressed, it produces in its liver as much Vitamin C needed to meet the demands on its body. Some animals have been known to produce up to 100 grams (100,000 mg.) of Vitamin C in a day when put under extreme stress. Yet, humans depend

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on their diet exclusively for their supply of Vitamin C. When under stress, we require more than average amounts. Now I know why my dog never catches a cold!

Cooking destroys Vitamin C, so it is important to include in your diet two or more servings of a raw vegetable or fruit every day. The more common foods containing Vitamin C are:

- Oranges
- Grapefruits
- Tomatoes
- Pineapple (fresh or canned)
- Raw vegetables
- Green peppers
- Asparagus
- Potatoes
- Turnips
- Bananas
- Strawberries
- Cantaloupe
- Cabbage
- Peas
- Watermelon

B Complex

B-100 Complex (100 mg.) once daily in the morning. Foods that contain the B vitamins are considered the most potent “morale foods” because they promote a feeling of general well being and increased vigor. The B vitamins are essential for good health and nutrition. They assist in healthy blood, bones, and nerve function, as well as supporting liver function. B-Complex is necessary to aid in the body’s nutritional demands during the detoxification process. B-Complex contains the following B vitamins that work efficiently and with fewer side effects when taken together:

Vitamin B1 is also called thiamine. A

severe deficiency of thiamine is associated with diseases of the nervous system and poor digestion, resulting in overall poor health. Many Oriental countries suffer with these types of diseases because they eat predominantly polished rice, which is devoid of vitamin B1. Vitamin B1 helps maintain a normal appetite, promotes good digestion and the absorption of nutrients, and also combats constipation. Vitamin B1 plays an important role in burning carbohydrate foods in the body. It is also essential for normal reproduction and lactation.

Vitamin B1 is found in the outer coats and embryo of grains. Polishing rice and the manufactured processing of breads and cereals removes this vitamin. In the United States, the manufacturers of white flour and refined cereals add vitamin B1 back into their processed products, but this isn’t the same as eating the vitamin in its natural state. I’ve always wondered where the “replacement vitamins” come from anyway. Do the manufacturing companies salvage the natural vitamins from their original extraction and insert them back into the processed food product? Do they buy the vitamins from a health food store and dump them into their man-made concoctions in bulk? Are the vitamins chemical reproductions of the natural vitamins? “Does anyone know the answers to these important questions?” I wonder.

The foods that provide natural vitamin B1 include:

- Lean meats
- Liver
- Kidney
- Port
- Yeast
- Whole-grain cereals and flour
- Wheat germ
- Legumes

- Beans
- Peanuts
- Egg yolk
- Milk
- Oranges
- Pineapple
- Grapefruit
- Tomatoes
- Peas
- Potatoes
- Green leafy vegetables

Vitamin B2 is known as riboflavin and helps the body metabolize carbohydrates, fats, and proteins. It is fundamental in red blood cell formation, antibody production, and cell respiration. B2 facilitates the utilization of oxygen by the tissues of the skin, mucous membranes, nails, and hair. This vitamin is needed to properly metabolize niacin, which is the third component of the Detoxification Program. B2 is important in the prevention and treatment of cataracts, and is especially critical during pregnancy to help promote normal fetal growth.

Individuals who take antibiotics or oral contraceptives, drink alcohol daily, or exercise heavily each day have increased needs for vitamin B2. The best sources are:

- Almonds
- Broccoli
- Cheese
- Green leafy vegetables
- Egg yolks
- Fish
- Legumes
- Milk
- Organ meats
- Poultry
- Soy

- Spinach
- Whole grains
- Yogurt

Niacin

B3 niacin. For the Detox Program, begin taking 50-mg. niacin on a slightly full stomach; increase by 50 mg. daily until an immediate flush occurs. Do not panic if you turn red or your heartbeats rapidly; this is a good sign that your blood is pure and toxins are being removed. Some people take as much as 500 mg. niacin three times a day until they break through their toxins and feel a burn. And the less food you have in your stomach, the quicker the niacin will get into your bloodstream to do its work. Some people may get a stomachache when taking niacin on an empty tummy, so judge for yourself what works best for you. Just know, it's removing toxins from your blood.

Remember this general Rule-Of-Thumb: if you have more toxins than niacin, you may not feel a burn through your skin. As you increase your daily niacin intake, you are increasing the amount of B3 in relation to your toxic load. When you have more niacin than toxins present, you WILL feel the burn within ten to twenty minutes after taking it.

Niacin is not found in corn, and people on a corn-based diet are usually deficient in B3. In 1942, niacin was added to enriched flour and other commercially made products.

Niacin is proven to regulate blood sugar levels, is needed in the synthesis of sex hormones, and detoxifies the body of certain drugs and chemicals. It is necessary for normal mental function, and is necessary for red blood cell formation and blood circulation. B3 lowers cholesterol and is a vasodilator. It assists in the maintenance of skin, nerve, and blood vessels.

B3 is involved in the normal secretion of bile and stomach fluids and is needed for the

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production of hydrochloric acid, critical for proper food digestion. Like the other B vitamins, B3 helps the body metabolize carbohydrates, fats, and protein.

Individuals who are highly toxic or drink alcohol daily have an increased need for vitamin B3. Because they do not metabolize the vitamin efficiently, elderly people and individuals with hyperthyroidism also need higher doses of niacin.

Niacin is found in:

- Brewer's yeast
- Broccoli
- Carrots
- Cheese
- Dandelion greens
- Dates
- Eggs
- Fish
- Milk
- Nuts
- Pork
- Potatoes
- Tomatoes
- Wheat germ

Vitamin B5, also known as pantothenic acid, is essential for growth, reproduction, and normal physiological functions, including energy metabolism of carbohydrates, proteins and lipids, the synthesis of lipids, neurotransmitters, steroid hormones, and hemoglobin. It assists in making bile, building red blood cells, and is necessary for the normal functioning of the gastrointestinal tract. B5 has been found to be helpful in treating depression.

Most plant and animal foods contain B5, and is a very abundant vitamin in whole foods. Natural sources include:

- Avocado
- Brewer's yeast

- Eggs
- Beans
- Brown rice
- Corn
- Lentils
- Mushrooms
- Nuts
- Organ meats
- Peas
- Pork
- Saltwater fish
- Soybeans
- Sweet potatoes
- Wheat germ

Vitamin B6, pyridoxine, is involved in more bodily functions than almost any other nutrient. The nutrient helps metabolize carbohydrates, fats, and proteins, supports the immune system, nervous system, and mental functions. B6 is vital for nerve impulse transmission within the brain and is necessary for antibody production.

Pyridoxine maintains the body's sodium-potassium balance, aids in the formation of red blood cells, and helps synthesize RNA and DNA. It protects the heart by inhibiting the formation of homocysteine, a toxic chemical that attacks the heart muscle and contributes to cholesterol deposits around the heart.

B6 is found in:

- Avocados
- Bananas
- Beans
- Blackstrap molasses
- Brown rice
- Carrots
- Corn

- Fish
- Legumes
- Nuts
- Poultry
- Soybeans
- Sunflower seeds
- Tempeh
- Walnuts
- Wheat germ

Vitamin B7 is also known as biotin. Best known as a moisturizing agent in shampoos, conditioners, and skin creams, biotin is essential to numerous body processes. As with the other B vitamins, biotin allows the body to metabolize carbohydrates, fats, and proteins, aids in cell growth, is necessary for fatty acid production, and promotes normal function of the sweat glands, nerve tissue, and bone marrow, and helps relieve muscle pain.

Most foods contain biotin, but biotin is found in highest concentration in:

- Beef
- Brewer's yeast
- Broccoli
- Egg yolks
- Kidneys
- Milk
- Nuts
- Poultry
- Saltwater fish
- Soybeans
- Sunflower seeds
- Sweet potatoes
- Whole grains

Vitamin B9, folic acid, is necessary in the development of healthy fetuses, preventing low birth weights and premature birth. It is also needed for healthy nervous system func-

tioning, assists in the formation of red blood cells, the metabolism of protein, and the synthesis of DNA and RNA. It is important for cell division and replication. It helps manufacture white blood cells and is necessary for immune system function.

Foods that contain Vitamin B9 are:

- Apricots
- Asparagus
- Avocados
- Barley
- Brussels sprouts
- Dried beans
- Brewer's yeast
- Brown rice
- Cantaloupe
- Celery
- Eggs
- Fish
- Mushrooms
- Nuts
- Oranges
- Peas
- Root vegetables
- Seeds
- Tempeh
- Wheat bran
- Wheat germ

Vitamin B12, also known as cobalamin, is best known for its role in preventing anemia. It works with folic acid to help form and regulate red blood cells and absorb and utilize iron. It aids in cellular longevity and in maintaining fertility. Along with the other B vitamins, it helps metabolize carbohydrates, fats, and proteins, and is essential in producing myelin, a fatty substance that forms a protective sheath around the nerves. Vitamin B12 is

linked to the production of a neurotransmitter that assists memory and learning.

Unlike the other B vitamins, B12 takes several hours to be absorbed by the digestive tract. While excess vitamin B12 is excreted in the urine, a small “backup” supply is stored for three to five years in the liver.

People taking anticoagulant drugs, anti gout medication, or potassium supplements, vegetarians, the elderly, and people with AIDS have an increased need for vitamin B12.

Vitamin B15, also known as Pangamic Acid, is a fairly controversial vitamin. The FDA has been monitoring the wide range of medical conditions treated with B15 in other countries. Pangamic Acid is not readily available in the USA, as the FDA has taken Pangamic Acid products off the market.

The Soviet Union has been the most progressive about B15, feeling that it is a very important nutrient with physiological actions that can treat a multitude of symptoms and diseases. Soviet scientists have shown that Pangamic Acid supplementation can reduce the buildup of lactic acid in athletes and thereby lessen muscle fatigue and increase endurance. It is used regularly in Russia for many health problems, including:

- Alcoholism
- Drug addiction
- Aging and senility
- Minimal brain damage in children
- Autism
- Schizophrenia
- Heart disease
- High blood pressure; diabetes
- Skin diseases
- Liver disease
- Chemical poisonings

Dimethyl glycine (DMG) has been used

in the United States as a substitute for B15 as it is believed to increase Pangamic Acid production in the body. Dimethyl glycine combines with gluconic acid to form Pangamic Acid. It is thought that the DMG is the active component of Pangamic Acid.

Pangamic Acid is found in:

- Whole grains such as brown rice
- Brewer’s yeast
- Pumpkin and sunflower seeds
- Apricot kernels
- Beef blood

B15 helps in the formation of certain amino acids such as methionine. It plays a role in the oxidation of glucose in cell respiration. Like vitamin E, it acts as an antioxidant helping to lengthen cell life through its protection from oxidation. Pangamic Acid mildly stimulates the endocrine and nervous systems, and by enhancing liver function, it helps in the detoxification process.

B15 has been shown to lower blood cholesterol, improve circulation and general oxygenation of cells and tissues, and is helpful for arteriosclerosis and hypertension, America’s most common diseases.

In Europe, vitamin B15 has been used to treat premature aging, because of both its circulatory stimulus and its antioxidant effect. It is a helpful protectant from pollutants, especially carbon monoxide. Pangamic Acid (and possibly DMG) offers support for anyone living in a large polluted city or with a high-stress.

In Russia, Pangamic Acid is used in treating alcohol dependency, possibly reducing the craving. It has been reported to diminish hangover. B15 has also been used to treat fatigue, as well as asthma and rheumatism, and it may even have some anti-allergic properties. Some child psychiatrists have reported good results using Pangamic Acid with emotionally disturbed children; it may help by

stimulating speaking ability and other mental functions. B15 may also be used for autism, but more research is needed.

It is currently not legal to distribute B15 in the United States, though it was used as a supplement for some time through the 1970s. The most common form of Pangamic Acid is calcium pangamate, but currently it is dimethyl glycine (DMG), which may even be the active component that has been hailed in the Soviet Union. Pangamic Acid, or DMG, is often taken with vitamin E and vitamin A. A common amount of DMG is 50–100 mg. taken twice daily, usually with breakfast and dinner. This level of intake may improve general energy levels, support the immune system, and is also thought to reduce cravings for alcohol and thus may be very helpful in moderating chronic alcohol problems.

Vitamin B17 has been completely eliminated from the complex B-vitamin supplements also, but can be found in nature with foods containing the other B vitamins. According to research provided by nutritionists and medical scientists from decades past, vitamin B17 is a natural cyanide-containing compound that gives up its cyanide content only in the presence of a particular enzyme group called beta glucosidase or glucuronidase. Miraculously, this enzyme group is found almost exclusively in cancer tissue. If found elsewhere, it is accompanied by greater quantities of another enzyme, rhodanese, which has the ability to disable the cyanide and convert it into completely harmless substances. Cancer tissues do not have rhodanese. Therefore, cancer cells are faced with a double threat; the presence of one enzyme exposing them to cyanide, while the absence of another enzyme found in all other normal cells results in the cancer's failure to detoxify itself. Like with all other animals in nature that ingest B17 foods, the cyanide destroys diseased cells. The cancer cells that are unable to withstand the cyanide are destroyed. The non-cancerous

cells are not threatened by the cyanide and remain unharmed.

Vitamin B17 is found *naturally* in many foods. If you eat foods containing vitamin B17, your body will know what to do next. All other animals in nature instinctively do this. Consider it nature's cancer prevention. If only modern medicine would allow it to be so.

So, in a nutshell, you can see why this B-vitamin Complex is important during a detoxification program to restore, replace, and repair damage from toxins.

Digestive Enzymes

Digestive enzymes should be taken after every meal when detoxing. Always supplement with an enzyme that contains upper enzymes (papain, HCL) and lower enzymes (amalyse, lactase, etc.), the stomach digestive aides and pancreatic digestive enzymes. I recommend taking digestive enzymes immediately AFTER eating a meal so to give the stomach a chance to produce its own needed stomach acids in order to properly dissolve food intake. What the stomach cannot produce on its own can then be supplemented.

Always maintain good digestion. Digestion is where 'eating right and good health begins.

Animals must maintain a high acid level in their stomachs in order to digest food, vitamins, and nutrients. After more than thirty years of eating alkaline foods such as white flour and margarine products, most human beings' acidic levels within their stomachs are too alkaline and, therefore, ineffective. (The stomach is the one place in the body required to maintain high acidic levels during digestion.)

After meals, remember to take a digestive enzyme, papaya or eat a raw lemon, drink a rich red wine, or take a betaine hydrochloride supplement to aide in the digestion of your food, especially if you eat a meal of red meat or heavy in fake processed oils. To support the stomach lining, you can eat raw cabbage at least three times a week to keep the

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mucin cells lining the stomach walls thick and healthy. Research supports that stomach ulcers disappear when raw cabbage is eaten to rebuild the stomach lining.

As written in the pH chapter of the book, eat 75% raw food with each meal, including high fiber grains, smaller portions of red meat, drink an abundance of water, and maintain a regular supplementary program of the specific vitamins and minerals determined by an individual hair analysis.

Multi-Vitamin

Multi-vitamins should be taken three to five days a week. As much as you may think you are eating a balanced diet, unless you grow your own organic foods, most Americans are not getting the proper amount of vitamins and minerals from the public food supply. American soils are depleted in nutrients and saturated with chemical pesticides and fertilizers, especially on corporate farms. Modern societies are ridden with fast foods saturated with artificial chemicals, and children are being raised with too many choices of unhealthy foods and artificial sweetness. Convenience is more important than quality. Drive-thru fast-food services have doubled in the past five years and have now become a \$129 billion American industry. Home deliveries, instant fulfillment, and microwaving have created a financial empire as people become less physically active.

It is merely an “insurance policy” to supplement with a natural, organic multi-vitamin and mineral at least five days a week. If you have sufficient vitamins in what you do prepare as meals, it won't hurt to keep a good vitamin supplement available for special times of need. I recommend taking a multi-vitamin three to five days a week, as it is good to allow your body to rest for two days each week in order to "wing it" naturally and flush out any residual build-up in the liver from foods, medications, and/or supplements.

Dietary Reminders

- No artificial food chemicals, aspartame or other diet sweeteners
- Use only sea salt
- Lessen processed foods; use olive oil, coconut oil or cold pressed seed oils of choice
- No white flour or white sugar; replace with whole grains, Brewer's yeast, unprocessed sugars, and bee pollen local to your area
- Eat 75% raw or steamed foods at each meal

Exercise

- Honor a scheduled weekly workout of biking, walking, aerobics, etc.
- Twenty minutes of regular exercise will do the body more good than a procrastinated periodic extended workout

Optional Supplements of Value

- Body Oxygen® dietary food supplement
- Green drinks, such as Barley Greens® and green teas
- Ezzeac® Plus Herb tea
- 100% Willard Water Concentrate®
- SeaSilver® whole food plant-based liquid supplement
- Liquid kelp for thyroid and iodine supplementation; kelp aids in radiation exposure
- Broken cell wall Chlorella for mercury detoxification •

Chapter 4

Detoxing Disease

I believe in miracles. The human body is one of the most miraculous creations there is. Just let it do its thing and witness a miracle everyday. Real magic. Blink, breathe, think, feel, and heal a cut. When you let your body take charge, it does quite well on its own! Mankind started out this way. Many cultures around the world still live this way.

My curious mind never stops. Not a day passes that I don't reflect on my 1991 diagnosis of Grave's Disease. Diseases are an intriguing phenomenon, especially when you've had a personal affiliation with one. I decided to explore the history of disease. I wanted to know, 'Where did diseases come from? When did disease begin to effect mankind?'

The History Of Disease

At the time of my illness, I was teaching International Studies at the University of North Texas. I found the answers I was curious about in my own office within the most

beautiful medical geography books written on cultures throughout the world. I discovered that disease accompanied the history of food. Life for the ancient hunters and gatherers was a day-to-day proposition. At best, dining meant hand to mouth. One day primitive man accidentally dropped a piece of meat into a fire, pulled it out and noticed that it tasted better and was easier to chew when it was cooked. It was at this time the first culinary school was founded, offering classes on how to boil water while preparing woolly mammoth.

The taste of cooked meat made humans fierce hunters, sometimes killing their own kind as well as the animals they hunted. Human beings have a history of becoming more aggressive for the sake of convenience. Humans focused more and more on food. Human beings became a more complex structure culturally, and nourishment also became more complex.

Over the centuries, humans perfected ways to produce more food with less work. They planted crops such as barley, corn, veg-

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etables, and grass to feed domesticated animals. The art of farming seeded the beginnings of larger and larger communities. Farming for profit was such a good idea that it spread around the world. Over thousands of years, more and more people began to plant crops and settle down in villages and towns. There were fewer nomads and hunter-and-gatherers left in civilized societies.

Farmers started trading food with other villages and began storing food for future use. For the first time in human history, having surplus food allowed people to escape some of the day-to-day worries about not having enough to eat.

Human beings had taken an evolutionary big step—instead of adapting to fit their environment, they began changing the environment to suit their needs. Previous ways of life had kept groups fairly small and their ritual of food gathering was in balance with their natural surroundings. That was now changing, and not necessarily for the better.

Do We Control Technology Or Is Technology Controlling Us?

Technology began spreading around the world by the year 1760. Inventions stimulated fast growing industries. The food industry and the medical industry began to dominate societies. The more technological food became, the more advanced medicine became. It is an interesting fact that the evolution of food and medicine has been hand-to-hand from an early beginning.

Medical doctors learned how to control germs. They began operating on living human bodies. More people gathered inside cities instead of on the farms, and humans opened to a new lifestyle—urbanization.

The rich and more advanced European societies believed they were superior to the people in poorer societies. They tried to convert whom they called the “savages” to

their modern way of living. They brought new medicines to the poorer countries and showed people how to cure and prevent disease, which slowed the natural death rate. By imposing medicines on the number of babies being born in the more primitive countries, populations began to steadily grow, creating the need for more food and more medicines. The circle widened.

Population Explosion

The world’s human population continued to grow at an alarming rate. At the time the Paleo-Indians crossed into the Americas from Asia, the total world population was around five million. At the time of Julius Caesar, the population had reached 250 million, climbing to 500 million by the year 1650. By the year 2020, the world’s population is estimated to be over eight billion.

Throughout history, widespread famine and disease have slowed population growth. The leading killing diseases were tuberculosis, typhus, plague, and smallpox. Today with the aid of modern medicine, man cannot only control disease, but control life and death. The result: a world population growth that is out of control.

The growing number of human beings signals an increase in the production of food, housing, energy, waste, pollution, new diseases, and war. As human numbers continue to increase, the quality of life is currently being debated. Humans have become dangerously dependent on a monster of their own making—technology and the money and pollution it creates. Are human beings in control of technology, or is technology controlling human beings? Among the countless species with which we share this planet, human beings have the power to design the future and all other beings’ existence along with it. Whether humans have the wisdom to plan the future well remains to be seen—not by

humans themselves, but by the generations of all species farther along the evolutionary path.

As our planet becomes more crowded, human beings look for new sources of food. As farmlands shrink amid expanding cities and the quality of drinking water decreases, the cost of producing, cultivating and transporting proper nourishment amplifies. It is at this point technology becomes an influence. Technology has made it possible to increase the surplus of goods—but artificially. This makes economic sense, but it doesn't work nutritionally. Food cannot be manipulated by man's technology. The human body must remain an autonomous organism beyond man's control. Human beings, as other animals, must not forget their primordial origin as well as their position in the circle of life on this planet.

Animals in the wild, including those in the rivers, lakes and seas, are sick and dying from being exposed to man-made chemicals. Human beings are no exception. We have polluted ourselves into a corner. Chemicals in our food supply are no different than chemicals in the environment. When man-made chemicals are ingested in small doses, human bodies may not always react immediately, but over time, toxic chemicals accumulate in human cells causing illness and death. If too many artificial chemicals are consumed, the body's natural defenses become overloaded. The body is then not able to remove all the toxins. This becomes a threat to health, and the body becomes weak and diseased.

The Concept of Disease

Disease is defined as any condition that disturbs the normal functioning of a living organism, whether in whole or separate organs or organ systems. Disease is simply a lack of health and well-being.

The concept of disease has changed over time. Early man tended to view disease

as divine intervention. Modern knowledge taught human beings to accept disease as a natural process. Today, disease is epidemic and understood and manipulated at the microbiological level.

All organisms are subject to disease. The causes of some diseases are unidentified, but they range from living to non-living agents that invade or otherwise affect the body, to various environmental and psychological conditions, to hereditary factors. There are genetic diseases, infectious diseases, parasitic diseases, system and organ diseases, and diseases caused by contamination—contamination by chemicals humans have no business eating. The more chemicals we add to our foods, more new diseases develop. There are now record numbers of childhood diseases, seizures, strokes, heart attacks, diabetes, and mental diseases today than ever before in human history. Human beings have become dangerously dependent on a monster of their own making—the technology of food. Are we to control it, or is it controlling us?

The Technology of Food

As a child growing up in Dallas, Texas, I used to spend hours looking out my bedroom window staring at the beautiful Texas ranch that once surrounded our house in the 1960s. I would gaze at sleek horses and magnificent Texas Longhorns grazing amid vast pastures of grass and painted wildflowers. It was common for comical roadrunners to shoot across our driveway unannounced. Woods and native songbirds were everywhere. The creeks were filled with crawdads, a small lobster-looking creature the boys used put down our backs on the playground at elementary school.

Within ten years, I witnessed Dallas explode in magnitude. The ranch outside my window sold. The view became one of stores, gas stations, housing developments, vapor

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light posts, and neon shopping placards. This is urban reality, and part of what I believe is steering people out of balance in Western societies today. Big cities are the breeding ground for fast foods, dieting frenzies, and eating disorders. They are the demand center for convenience.

Nature invariably suffers in the growth of modern cities. To support a growing population, trees have to be cut down to provide spaces for buildings, the wildlife are killed or run away, and thick layers of concrete spread over old farms to provide roads, neighborhoods, and shopping complexes. Nature, along with the basics of living, keeps getting pushed farther and farther away.

To an environmental engineer like myself, pollution represents water and soil contamination from unnatural sources such as emissions from cars, factories, and airports. The toxins are unable to dissolve or breakdown naturally in the environment. It is now time to include chemical poisoning from food as pollution, too! Getting sick from pesticides and farm chemicals is no longer the exclusive health danger. Chemicals added to our food supply as “food additives” cause disease in people like you and me. The chemicals used for terrorism and warfare are unimaginably devastating to the health of all living beings. Only until I dealt with the pollution of my own body during my illness with Grave’s Disease did I realize that pollution is indeed within us all.

Pieces to the Puzzle

Experiencing Grave’s Disease showed me that I had been totally unaware of what my lifestyle was doing to my health, both mentally and physically. I am now more aware of my diet and my environment. You don’t have to become deathly ill to return to the basics of living, though. During my natural recovery, I discovered there were different components

to proper nutrition—identifying the cause, removing the toxins, and restoring depleted nutrients—and that healing from an illness was like fitting pieces of a puzzle together, one-by-one.

Toxins activate certain natural enzymes in the body. These enzymes magically transform the toxins into water-soluble substances that can be excreted from the body. Drinking lots of water and sweating during exercise helps eliminate toxins. But, if the toxic load gets high enough to saturate the fatty tissues, the toxins will begin to deposit in the body organs and in brain tissues. Over time, the contamination accumulates, creating scum or body sludge. You can see this same type of sludge along riverbeds and shorelines, but you can’t see it inside of you. This doesn’t mean it’s not there! This sludge clogs oxygen flow and inhibits the ability of nutrients to reach the individual cells. Due to the inability to breathe and be nourished, the cells mutate, making themselves susceptible to cancer and other diseases.

Nutrients within your body protect your cells from the damage toxins cause. They aid in eliminating toxic chemicals. If pollutants continuously enter your body, more and more nutrients are needed. The cleansing cycle goes on until the body is completely purified. And, it can purify itself if you supply it with the right nutrient “tools” and stop flooding it with man-made chemicals. The Detoxification Program identifies the toxins and removes them from both the water and fat stores of the body tissues.

With the amount of synthetic chemicals in contemporary, processed foods today, it is harder and harder to eat enough live enzymes, vitamins, and minerals to stay detoxified and nutritionally balanced. Pollution is increasing to such dangerous levels, all animals are absorbing damaging degrees of toxins. It is overwhelming when you add it all up. We are bombarding our bodies with poi-

sonous chemicals from inside-out.

Simplify your life

During the Global Forum on Environment and Development for Survival held in Moscow in January 1990, Onondaga Clan Mother, Audrey Shenandoah, delivered a keynote address in which she defined “nature.” She stated, “There is no word for ‘nature’ in my language. Nature, in English, seems to refer to that which is separate from human beings. It is a distinction we don’t recognize. The closest words to the idea of ‘nature’ translate to refer to things, which support life. It is foolish arrogance for humans to think themselves superior to all life-support systems. How can one be superior to that upon which one depends for life?”

“I would urge the whole concept of nature be rethought,” she continued. “Nature, the land, must not mean money; it must designate life. Nature is the storehouse of potential life of future generations and is sacred... Society needs to prioritize life-supporting systems and to question its commitment to materialism.”

Filtering factory emissions, recycling garbage, and saving baby seals are but meager measures to reverse environmental damage already done. Human beings’ abuse of nature has and is rapidly evolving. We can’t afford to pollute the Earth and our food supply as we are today. Nor can we afford to pollute our bodies without destroying ourselves. There is no difference between a mountain stream bubbling with clear, blue water and a river of rich, red blood flowing within your veins. Life is life. Pollution is pollution—inside or outside the body. Simplify your life before an illness forces you to. ●

Chapter 5

What To Expect

Have you ever driven by a landfill or sewer on a hot day or been in a room where something died within the walls? It has a distinct rancid odor, wouldn't you say? This isn't the most pleasant thought, but when you have rancid chemicals, bacteria, or yeast within your body that have been trapped for weeks, months, or years, it's going to have an rotten odor when you remove it. As you detox your body, you may experience this unpleasant odor in your stools and/or from your pores, and might want to take more than one shower or bath each day until you have purged the toxins. You may also experience headaches, initially, or flu-like symptoms. These symptoms won't last forever, just during the cleansing process, if at all.

This is not to discourage you in the least, if anything it should encourage you to press forward with the detox program. If you host rancid chemicals within your body, you must get them out. You'll know they are gone when the body odor is gone, when your bowel movements are odorless and float in

the toilet and your urine is clear, and when your energy level is up. Keep this reality a goal, and stay with the discipline of driving the impurities out of you no matter what the short-term offenses may be.

Aspartame, for example, is directly associated with over 92 disease syndromes. How can one food toxin create such a variety of health symptoms? When aspartame goes into solution within the body, it moves throughout the body systems like water soaking into fertile soil. Aspartame, like other toxic chemicals, will go anywhere your water stores penetrate inside your body tissues. More specifically, aspartame is a neurotoxin, which means it also penetrates into the brain. This is dangerous because any toxin that is allowed into the extraordinary brain center can reap havoc throughout the body, creating a domino effect. Anywhere the brain affects, so do the chemicals within the brain—like taking an aspirin to kill pain down at your big toe. In other words, aspartame and chemical toxins create a rancid environment anywhere within your body. The degree of toxicity may

vary from person to person and from symptom to symptom depending upon the toxin.

So heads up in case you do experience a toxic reaction as you remove toxins from your body. Celebrate them instead of fearing them because you are witnessing the removal of the things that are making your body ill.

To explain the various withdrawal reactions another way—once toxins get into the brain, they don't get back out without you paying a price—headaches (migraines to be specific), mood swings, depression, aggression, sadness, body aches, joint aches, rapid heart rate, insulin swings, cravings for carbohydrates, weight problems, menstrual problems, sexual apathy, vision problems, ringing in the ears, nerve problems and seizures ... chemical toxic by-products floating around in your brain and body like loose cannons. So any of the 92 identified symptoms recorded from using aspartame, for example, could happen to you, and you'll lay witness to them as you detox!

I tell people to look for their “weak link,” which is usually an inherited weakness. This is where toxins within your body will be noticed first because this is the weakest part of your make-up. Toxins such as radiation, heavy metals and food chemicals weaken your weakest link first. By removing all chemical toxins from your diet and environment, you can focus on strengthening your weaknesses rather than tearing them down.

What to Expect From the Niacin Flush

You may not be prepared for the “Niacin Flush.” I have a client who drove in a panic straight to her doctor's office after taking her first dose of niacin, fearing she was having a heart attack. Her doctor typically did not know what a niacin flush was, and told her that she was “allergic” to the niacin. Her doctor scheduled her for a lung x-ray and

breathing analysis because her niacin reaction initially made her short of breath. I wish she had called me first! My client discovered that it was simply the niacin removing toxins from her lungs and blood stream, as her lung x-ray and the many expensive lab tests her doctor had her go through showed her lungs were clear.

Rest assured that niacin reactions don't cause heart attacks or breathing difficulties under normal conditions, but you must be aware that a true niacin flush is a very different experience the first time you have one. It is not uncommon for your heart to race, your skin to get red like a sunburn, your body temperature to increase, and you may even break a sweat while you feel an adrenaline rush. This is one reason for taking the niacin shortly before an exercise workout, a hot shower, sauna, or steam bath. If your pores are open and your blood is flowing in an energetic manner, the niacin will immediately remove any toxins it has picked up in the blood and deliberately escorts them out of your body. You may or may not react uncomfortably, but you can be assured the niacin is picking up toxins—that's what you're feeling.

There are three ways toxins leave the human body:

1. Excreted wastes in the urine and the bowels
2. Vomiting
3. The pores

These are the three main outlets for stored body toxins to exit your body. It is unusual to vomit during a detox program unless the toxins are within the stomach, but I'm sure you can recall eating something rancid and immediately throwing it up and out of the system. Normally, toxins are removed through the urinary and intestinal tracks, but the toxins that are stored within the bloodstream and the fat stores within the body are commonly released through the skin. Body

odor is nothing more than toxins releasing from the lymph nodes and pores under the arm. The niacin flush is a healthy reaction to remove soluble toxins and fats.

General Reactions

Depending where your body toxins are deposited, the type of toxin, and the degree of damage the toxins have already done, the body will react in some fashion to the removal of the toxic load. Commonly, people experience headaches as the toxins release from the brain. They may feel lightheaded, tired, or heavy-weighted. Some break out in rashes at various places over the body.

It is not uncommon to either have diarrhea or constipation, depending on the toxin. Flu-like symptoms are one of the most typical side effects of removing toxins, but this should last merely a few days and with no fever. Nutritional detoxification creates immediate body responses and rapid healing. Especially when you are replacing depleted nutrients while you are removing toxins.

The physical location of an individual body reaction during a detox program is more than likely the specific area where the toxic residue has deposited. These areas should be monitored and supplemented with extra care so to help those areas of the body cleanse and heal thoroughly. The hair analysis is a terrific tool for monitoring individual toxic reactions, as it specifies the precise nutrients an individual needs to restore damage done.

If you experience reactions to a detox program that frighten you, contact your local nutritional doctor or me. Asking questions is a healthy step as you remove toxins from your body. Re-read the Ten Steps and review each step carefully to remind yourself that cleansing your body requires faith and self-confidence. Healing your own body may be the greatest leap of faith you'll ever take. ●

Chapter 6

1942: Woman's Home Companion Cook Book

1942: “A nation is as healthy as the food it eats. We in America are a privileged people—we have in abundance a greater variety of food at all seasons of the year than any other people in the world. Out of this bounty, the meal-planner must select the right food to build the health and stamina of her family. To do so, she must know what to choose.

“To make this job easy we have prepared this simple chart. It is based on the rules for good nutrition and is in harmony with the Government’s nutrition program.”

Dorothy Kirk wrote this quote in 1942 for the Woman’s Home Companion Cook Book, Garden City Publishing Company. I came across this priceless book while visiting my parents one Christmas several years ago. Traditionally, my sister and I gather at my parent’s house for Mom’s good cooking and Dad’s irreplaceable old stories. While exploring a stack of Mom’s old cookbooks all worn and curled on the corners, I discovered her

favorite. She loved this particular cook book so much she actually willed it to my sister, who found it first I suppose. Mom has referenced the Woman’s Home Companion Cook Book ever since she was married in 1947. Back then, cookbooks included instructions on how to boil water with pretexts on the importance of prunes.

I was immediately captivated by the enigma of this old book, and in a sheepish manner asked Mom if I could have it. “Can I at least take it home for a while?” I requested in a childlike tone after she made it clear that “big sis” already claimed it. “I’d like to reference it in my next book,” I stated. “This is incredible information. Just what I am looking for. This cookbook represents the common sense of food and basic nutrition long forgotten. I want to bring the ideals in this old book back to life!” How can she refuse me?

Mom was a bit irritated that I wanted to remove her prize from its permanent spot on her kitchen bookshelf, but after artfully convincing her that I’d take good care of it

and return it at her first request, she finally let me out of the house with it proudly tucked beneath my arm. She continuously asked me in the weeks that followed, “Are you finished with my cook book yet? I want it back!”

I could understand Mom’s attachment to the old book. The wisdom inside this aging publication is without doubt vanishing today. The preparation of “genuine” food was assumed in the past, but modern eating doesn’t deal with actual food as much as contemporary food substitutes and pre-prepared meals heated up in the microwave. Modern cooking addresses the preparation of fat-free, egg-free, sugar-free, calorie-free, cholesterol-free, nutrient-free, fiber-free, enzyme-free, acid-rich, chemically enriched food concoctions. Many cookbooks today liken chemistry books with formulas on how to create chemical meals with the least amount of effort as fast as possible.

Today, the U.S. Government acknowledges the following five “basic” food groups:

1. Dairy
2. Meats
3. Grains
4. Fruits
5. Vegetables

It has currently been proposed that the Dairy Group be excluded, deeming only four major food groups necessary for good health in modern society. In 1942, there were eight food groups.

1. Butter, Margarine, Oils and Other Fats
2. Citrus Fruits, Tomatoes, Pineapple, and Cranberries
3. Meat, Poultry, Fish
4. Milk and Cheese
5. Eggs
6. Green, Yellow, and Leafy Vegetables
7. All Other Fruits and Vegetables

8. Bread and Cereal

I propose we go back to the original eight! If you include one food from each of the eight food groups in your daily diet, you can rest assured you will receive the proper nutrients to stay healthy and naturally fit.

The average diet today is dominated by “refined” sugar and chemical sugar-free substitutes, refined white flour, foul hydrogenated cooking oils, dangerous chemical preservatives, artificial flavor enhancers, and unnecessary food colorings. These modern food additives may provide quick energy and a feeling of satisfaction, but all at the expense of sound nutrition. In 1942, the eight food groups that provided the necessary proteins, vitamins, and minerals for the maintenance of good health were divided as follows:

Group 1: Butter, Margarine, Oils, and Other Fats

Peanut butter is included in this group. In the natural form, this group supplies energy and provides iron and some calcium. Raw peanut butter supplies B1. Avoid these foods, however, when they are hydrogenated and processed. Hydrogenization benefits the food manufacturer more than the consumer. The human body needs the oils from natural foods. Just as a car requires oil to keep its parts lubricated, human beings need oil for their body parts, too. Experiencing joint pain? Do your bones ever crack and pop? Try lubricating your system by eating natural oils. Your skin will look younger, too.

Human cells are saturated in water and oil. Human beings need oil to line the intestinal track. Most people who are constipated simply need water and oil in their digestive systems. Add these natural ingredients to your daily diet and loosen your system up! Plus, drink a glass of very warm water first thing in the morning, and you’ll be running to the bathroom in less than thirty minutes

to empty your bowels in a healthy and quick way.

Oil enables skin cells to stick together, lessening wrinkles and the effects of aging. Try this experiment: rub the palms of your hands together like two sticks sparking a fire. Keep rubbing until you feel your hands getting warm and moist. The faster your hands become moist, the more water and oil you have in your body, which is good. The longer it takes to feel any moisture, the more dehydrated you may be. If you naturally have dry skin, you need a lot of oil and water in your diet. People from cultures around the world who are naturally oily, such as Native Indians and Mediterraneans, enjoy many years of beautiful and youthful skin. They also have a lower incidence of colon cancer.

The human body has an uncanny way of processing natural oils. As the body digests cold-pressed seed oils, it uses the oils as it breaks them down inside the intestinal track. Seed oils are rich in the B vitamins and in chromium, both necessary for normal thyroid function and energy production. Natural seed oils aid in the elimination of bad cholesterol. They cleanse the liver and the gall bladder where “unhealthy” cholesterol is stored.

How to Get Rid of Gall Stones—The Natural Way

When I was hospitalized in 1991 with an incurable case of Grave’s Disease, not only was I diagnosed with an incurable illness, but also the doctor was concerned about my gall bladder. “I want to run some tests on your gall bladder,” he told me haphazardly during one of his routine visits. “I think you may have some gall stones, and I may need to remove your gall bladder.”

“What?” I replied with surprise. “When did you decide this? I’m here for thyroid problems. I can’t handle anything else right now. Sorry, I’m not interested.”

“Well, just a minute,” he responded. “Let’s look into this for a second. Have you had diarrhea after you eat? How many fried foods do you eat in a day?”

I had the distinct impression he hadn’t heard a word I’d just said.

“No! I never get stomach cramping or diarrhea—never,” I replied a bit perturbed. “And, I eat very few fried foods.”

“I was raised on margarine, though,” I added with a smidgen of curiosity. Anything to solve a mystery. “Could that be the source of my gall bladder problems?”

I refused to own up to a gall bladder situation while in the hospital fighting Grave’s Disease. Coping with my thyroid was more than I wanted to deal with at the time. The doctor had aroused my curiosity though. I decided to investigate the matter further after I completely healed from my Grave’s.

I counseled with my nutritionist who helped me plot my strategy for not only healing my thyroid problems but also my ensuing gall bladder dilemma. I decided to “cleanse” my gall bladder holistically of thirty years of hydrogenated margarines, boiled oils, white flour, white sugar, and white rice. I fasted for a week, drank gallons of apple juice and water, and ate only broth and liquids and soft foods. At the end of the week, I prepared to flush my system with olive oil.

I bought a pint of the purest virgin olive oil available on the market and half dozen fresh lemons. One Friday night, I tucked myself in bed and followed a very precise and well-researched program. I drank one-quarter cup of olive oil followed by two tablespoons of freshly squeezed lemon juice every quarter hour until the pint of oil was empty. By ten o’clock that night, I was somewhat nauseous, but I lay back in bed, tucked my knees under my chest, and attempted to sleep on my right side.

By five o’clock the next morning, I woke

with stomach cramping which directed me swiftly to the bathroom. After three very productive trips to the toilet, I had cleansed my gall bladder. I purged what the doctor had been so concerned about. The stones weren't hard and spiny like I expected. They were squishy with the texture of lard. I saw for myself how natural seed oils really do pass straight through the body opposed to depositing as unwanted fat, as the excess olive oil was skimming the top of the toilet water.

This is the key to the cleansing. The olive oil passed straight through my body. After drinking the cold-pressed seed oil in mass quantity, the lubricant passed through my gall bladder, lifted away the scum and sludge deposited within it from bad foods and processed oils, and carried them out of my body.

Fascinated and quite proud of my accomplishment, I placed the "stones" in a jar and stored the jar in the refrigerator, preventing the spongy pebbles from melting in the ambient air. The next day, I took some of the stones to the university lab where I was teaching, only to discover they were composed of 97% cholesterol.

The following week I scheduled a doctor's appointment. Just like "show and tell," I proudly took my jar of gallstones to show my doctor what I had done. Innocently, I pulled the jar from my purse after our routine appointment was over.

"What in the hell are these?" the doctor asked in disgust. "What have you done now?"

"Well," I innocently replied. "You had mentioned something about my gall bladder a while back, so I did something about it. After careful research, I did a gall bladder cleanse, and this is what I got!"

"You know," the doctor responded appearing somewhat fascinated, "I'm Italian and my grandmother used to swear by olive oil. Plus, this last blood test showed your cholesterol did drop over 100 points."

"But darn it, Jan," he continued a bit calmer. "Would you please let me know what you're doing before you do it the next time!"

I just laughed. "Probably not," I thought.

Natural Oils Versus Manufactured Oils

Processed manufactured, fake oils have already been broken down during the manufacturing process. They have no nutritional value, and they won't pass readily through the body. These are the oils that add pounds and inches. They are boiled, injected with hydrogen and an assortment of other chemical preservatives and dilutants, then bottled, and shipped. When you cook the oil by reheating it, you are literally eating synthesized by-products and free hydrogen ions. The hydrogen process, called hydrogenization, was invented not only to dilute natural oils but as a means to preserve the oil from spoiling on the grocery shelf. But, hydrogenization also prevents the oil from melting at body temperature. Therefore, the hydrogenated oils stick in your liver and gall bladder, eventually raising blood serum cholesterol levels and eventually causing gall bladder problems and intestinal grease and sludge.

Natural seed oils, nonetheless, have not been broken down when they are cold pressed. They are squeezed directly out of the seed, bottled, and shipped. When your body removes the oil from a peanut, an olive, a sunflower, an almond, or a sesame seed for example, it digests the oil in the same fashion it digests the nut itself. Your body serves as the manufacturing plant, breaking down the oil into the natural vitamins and minerals contained in the seed or nut. The by-products are the oils themselves; the oils your cells require to stay properly lubricated. What your body doesn't use can be found floating in the toilet. Unused natural oils pass straight through the body. They do not store

as unwanted fat.

Frying natural seed oils will break the oils down before you eat them, rendering them less nutritious. But, they are not harmful like the by-products from manufactured oils because they do not have the rancidity, the artificial chemicals, or the hydrogen content.

Seed oils and natural butters are necessary in a well-balanced diet. Select natural cold-pressed oils and pure dairy butters. Enjoy a piece of whole grain toast with real butter or pop popcorn in peanut oil. Allow yourself a minimum of two tablespoons a day. Not only will you enjoy the taste of food again, but you'll look more healthy and younger, too.

Group 2: Citrus Fruits, Tomatoes, Pineapple, And Cranberries

Citrus fruits such as oranges, grapefruits, papaya and kiwi, tomatoes, pineapple, and cranberries were differentiated in 1942 from the other fruits because they contain the digestive enzymes needed for proper food assimilation. "Eat them anyway you can" they wrote in 1942: canned or fresh, juiced or dried. Just remember to eat one serving with every meal because these foods aid natural digestion.

Many health problems start with improper digestion. Good digestion is where proper nutrition begins! Always strive to eat the best foods you can afford to purchase, but if you're not digesting your foods and breaking them down into their vitamin and natural nutrient contents, your body won't benefit from the nutrition it requires from food. The same concept applies to vitamin and mineral supplements, and to herbs. If you do not assimilate them in the stomach, they do you little good.

In the past, daily meals included at least one food from the Citrus Fruits, Tomatoes,

Pineapple, and Cranberries food group. For example, baked ham with pineapple, fish served with lemon, turkey with cranberries, and lamb and red wine. Foods rich in digestive enzymes should accompany every meal. This is the way the body naturally digests what is eaten. No more heartburn, indigestion, and acid stomach churning and bubbling its way back up your throat. These "acid reflux" conditions usually result from eating too much over-cooked food without proper natural digestive enzymes to help aid in their digestion.

Indigestion, you say? Drink apple cider vinegar in water. One tablespoon of vinegar to 1-cup water. Hold your nose if you have to, but get as much of the solution down as you can. One glass of a rich red wine will do the same thing for poor digestion. Nature has always provided natural digestive aids.

Stomach Acid Is A Good Thing

My nutritional mentor loved to tell the story of the research performed on stomach acids. "Have I told you about the research performed on stomach acids?" he'd reiterate. Even though I'd heard him repeat this story over a dozen times, I'd willingly listen to anything he shared with me. I felt fortunate to have had one of the finest nutritionists from the 1940s era as a teacher.

"Years ago, scientists experimented in the laboratory trying to recreate artificial stomach acids," he'd begin in the same fashion each time he'd repeat this story. "The researchers took a raw piece of meat and dropped various acids on it, attempting to break it apart. Nothing could dissolve the slab of meat, not even the strongest acids available. The acids put holes in the meat, but nothing dismantled the muscle into mush. The stomach, however, contains the most powerful acids on Earth, acids capable of dissolving raw meat in less than forty-five minutes. And not by

destroying it, but by dissolving it into a usable resource of nutrients. No scientist has ever duplicated the powerful capabilities of the stomach itself.”

“Real magic!” this nutritional wizard would say with a smile as he continued. “The lining of the stomach is so strong, it protects the potent acids from escaping into the body. The stomach is lined with miraculous mucin cells. If the lining wears thin, a hole will form, permitting the acids an exit. This can create a burning sensation and stomach “ulcers.” The mucin lining can easily be replaced and repaired by eating foods that produce mucin. The best and most effective mucin producer is cabbage, red or green. Raw cabbage will replace the mucin lining of the stomach immediately. If you have an ulcer, eat cabbage every day for two weeks and presto, the ulcer will disappear like magic.”

As I have learned, make available foods from this food group at every meal and eat your digestive enzymes so you can throw the antacids away.

Group 3: Meat, Poultry, And Fish

In 1942, the meat, poultry, and fish group included dried beans and peas. Meat encompassed all cuts of beef, veal, lamb, pork, as well as the meat sundries—liver, heart, kidney, and sweetbreads, an authentic 1940s term. Meat sundries are LOADED in natural nutrients and were once ideally served once or twice a week to satisfy proper nutritional needs.

Americans seem reluctant to eat sweetbreads and organ meats today. In the wild when a predator kills its prey, the first thing it will eat is the liver, then the heart, then the kidney, then the brain, and on down the chain of sweetbreads. Animals in nature instinctively know to eat liver. The sundries contain essential life-giving nutrients. The muscle meats are eaten last in the wild, if at all.

Poultry refers to chicken, turkey, duck, guinea hen, and game birds. The fish group includes quick-frozen, canned, and fresh in all varieties. For the many people who live far away from major water bodies, fish should be eaten in any form. Eating frozen fish is preferred over eating no fish at all. Try to buy fish at whole food markets when possible. Avoid chemically laden fish and fish products.

Don't let price compromise your health; buy the purest available. As time progresses and the demand for fish increases beyond traditional canned tuna, be cautious of contemporary farm raised fish. The number of fish per tank is increasing to the point that algae and bacteria are becoming a problem, creating the need for an increase in chemical pesticides. I recommend buying Alaskan salmon and Norwegian cold-water fish. They pride themselves with a reputation of chemical free environments.

For the vegetarian, or to simply add to the total protein in a meat (sic) meal, eat dried beans and peas with main course dishes. This food group supplies high-quality protein, iron, and vitamins B1 and G. Eat one serving a day for proper health.

Group 4: Milk And Cheese

In the past, dairy represented an unalterable place in balanced nutrition. What dairy used to be cannot be compared to what dairy is today. Currently, dairy is processed to the degree that it no longer remains original dairy. Family farmers who eat and drink their own dairy before processing, consume a different product from what's on the grocery shelves. They eat natural dairy—tangible dairy—dairy the way it used to be—the way it should be—rich in natural nutrients. The 1940s style of dairy was prominent as a necessary food group.

Today, commercial milk and dairy products are pasteurized. I'm not advocating

throwing safety precautions to the wind, but modern milk processing is overkill to the point of destroying all the vitamins and minerals originally found in dairy, diluting milk down to a worthless nutritional state. Unless you buy milk from a local farmer or from one of the few whole foods dairies, manufactured milk today to me is like drinking watered-down mucous. Removing dairy from the “five” modern food groups is not the solution to this curdled problem, either. The solution is to return dairy to its natural state.

Cheeses suffer the same dilemma. Natural cheese is most nutritious. I enjoy natural cheese in a salad, for a snack, or as dessert. Real cheese furnishes calcium, protein, and vitamins and minerals such as vitamins A, B1 (Thiamin), and G (Riboflavin known as contemporary B2). Purchase cheeses that mold quickly, because if they mold, they are the “real thing.” Avoid processed cheeses, especially those that won’t melt. Not only are these manufactured cheeses loaded with unnecessary chemicals, but also these are the cheeses that create weight gain. European cheeses are the best to buy. The lighter in color, the purer the cheese. The drier the cheese, the less fattening. The quicker it molds and melts, the more your body will benefit from the natural nutrients within.

Pure milks and natural milk products supply proper calcium. The current rise in osteoporosis and gum disease proves this need is not being met. In 1942, a child’s basic nutritional needs demanded one quart daily of real milk, an adult one pint. Human beings demand no less today. Approximately five ounces of pure cheese a day delivers the proper nutrients required to feed the bones and the roots of teeth. So, seek the purest milk and cheeses available. Good dairy is no bull.

Group 5: Eggs

Eggs. A modern controversy. “The incredible, edible egg.” Or is it: “Don’t eat eggs, they’re bad for you.” Who and what to believe?

There are better quality eggs than others. There is no difference in food value between grades A and B or between white and brown eggs, nonetheless. The issue at hand is how the chicken was raised and the breeding quality. Many corporate hen houses today have compromised living quarters. The chickens have no room to walk about, and when they do, they stand in their own feces.

In 1942, *The Woman’s Home Companion Cook Book* recommended eggs from free-range chickens as the most desirable. Today, local farmers and pure dairy markets are still the best places to buy quality free-range eggs. If you purchase natural milk and cheeses at whole foods markets, the eggs should be equally as good.

Most animals in the wild consider finding an egg undeniable nourishment. How best to support nutrition needs than from the embryo from where life begins? Eggs are bursting with proteins, necessary fats, enzymes, and vitamins. One egg a day is fine, but at least three to four eggs a week provides vitamins A, B1 and G, iron and protein. Eggs are one of the best sources of protein for children, too. Eggs can be substituted for the meat, poultry, and fish group when that group is scarce. Eggs efficiently supply the fuel that keeps the machinery going.

Group 6: Green, Yellow, And Leafy Vegetables

Green asparagus, string beans, broccoli, green peppers, okra, beet greens, dandelion greens, turnip greens, kale, collards, mustard greens, spinach, cabbage, carrots, yellow corn, sweet potatoes, pumpkin, yellow turnips, all

squash except white, and all raw salad greens share this 1942 food group. I just listed the foods we feed our Iguana and turtles at home. When I watch them eat, I marvel at how pure and simple they are. Green, strong, and healthy. Not that I want to look like an Iguana, but I try to eat as many of these vegetables in one week that these reptiles eat in one day.

The vegetables listed above vary in nutritive value, but all supply vitamin A, smaller amounts of iron, calcium, vitamins B1, C, and G. One or more servings a day are essential to good health. The moms of yesteryear knew what they were saying when they repeated, “Eat your vegetables, dear.”

Group 7: All Other Fruits And Vegetables

This group includes all vegetables including potatoes. Exclude those listed in Group 2 (Citrus Fruits, Tomatoes, Pineapple, and Cranberries) and include those not listed in Group 6 (Green, Yellow, and Leafy Vegetables). Fresh fruits and vegetables are preferred, but eat these foods anyway you can rather than not at all. Canned, quick-frozen, or dried. In general, these fruits and vegetables supply iron and various multi-vitamins.

Eat two or more servings a day, with one serving raw. Steam fresh vegetables and add a nutty oil, herbs and spices. I keep fresh vegetables cut and sliced in the refrigerator for my kids to snack on. I always have fresh pickles and olives to add to a relish tray along with chemical-free salad dressing for a vegetable dip. Set a fresh tray of fruits and vegetables like this out every day, and it will be eaten.

Group 8: Bread And Cereal

This group includes breads and cereals made from the whole grains of wheat, rye, oats or corn. Minimize the consumption of

breads made with enriched white flour and avoid cereals “restored” to a whole-grain state by artificial additives. During processing, manufactured foods lose their natural vitamin and mineral content, and the enriching process does not sufficiently replace what should be there naturally. Processed breads and cereals are not as nutritious as their whole-food counterparts, and serve more as a filler than an essential food source.

In front of me is a box of “low-fat” snack crackers. New and Improved! With 25% less calories than the leading snack cracker written on the box. The box instructs me to “look on the side panel for information about sodium and other nutrients.” This is what I find:

Looking like the profile of attic framing, The Food Guide Pyramid, A Guide to Daily Food Choices is printed on the side of the brightly colored green box. The Food Pyramid shows colorful pictures of fruits and vegetables positioned within their separate compartments. The top of the pyramid is labeled:

1. Fats, Oils and Sweets—use sparingly.

The two compartments under the “Fats” are:

1. Milk, Yogurt, and Cheese Group—two to three servings.

2. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group—two to three servings.

The two groups below that are:

1. Vegetable Group—three to five servings.

2. Fruit Group—two to four servings.

At the bottom of the prearranged pyramid is:

1. Bread, Cereal, Rice and Pasta Group—eight to eleven servings.

The script below the pyramid reads:

“The Food Guide Pyramid shows how to build a healthful diet by eating a variety of foods each

day. These crackers are part of the 'Bread, Cereal, Rice and Pasta Group.' Nutrition experts recommend eating the most from this important group—six to eleven servings daily. Grain foods supply carbohydrates—an excellent source of energy.”

Turning the box over I read:

“These crackers have two grams of fat and 120 calories compared to eight grams of fat and 160 calories in an equivalent serving of the leading snack cracker.”

Okay, then. Next, I study the ingredient list. There are sixty-five ingredients listed on the box. “You know,” I think while holding the box in my hand, “If I were baking snack crackers, I wouldn’t use sixty-five ingredients.” Here is a list of some of the ingredients that have NO nutritional value:

- Enriched flour
- Vegetable shortening
- Partially hydrogenated soybean oil
- Cheese powder
- Partially hydrogenated soybean oil (again)
- Disodium phosphate
- Artificial flavor
- Lactic acid
- Autolyzed yeast extract
- Maltodextrin
- Monosodium glutamate (MSG)
- Dextrose
- Color including Red 40
- Yellow 5
- Blue 1
- Turmeric extract
- Sodium diacetate
- Natural flavor (yet another name for monosodium glutamate)
- Sugar AND corn syrup

- Salt emulsifiers mono- and diglycerides
- Natural and artificial flavors [(MSG) monosodium glutamate—yet, again]
- Sodium stearoyl
- Lactylate dough conditioner

At this point my mind desires more details about these “simple” snack crackers. For a serving size of thirty-two crackers, there are twenty calories of fat for a total of 120 calories. Stop right here! I realize that instead of reading food labels for the fat content, I need to be reading labels for the accumulation of artificial ingredients. I also realize that this box of crackers is a container of lifeless, acidic foodstuff with no nutritional value, serving one purpose only—to fill me up.

By mathematically calculating a precise number of allotted crackers, the manufacturer is giving me permission to eat the whole box guilt-free if I want to. Eat all you want—buy lots of boxes. Eat and never get fat—eat and starve your body of nutrients, but feel full and satisfied. Foodstuffs like these crackers fill you up all right, by sticking to your gut. They have too many hydrogenated oils, artificial flavorings, an overload of chemicals, and are saturated with unnatural fillers and empty nutrients that mean nothing to the body as far as good nutrition is concerned. Only nature can supply vitamin and mineral rich foods.

Foods similar to these manufactured crackers saturated with man-made chemicals do not dissolve properly in the stomach anyway. They do not adequately pass through the liver, and in turn, stick inside the gall bladder. Elimination becomes sluggish and constipation occurs, eventually creating more problems.

The good advice from the 1940s: eat at least two slices of bread and one-half cup of cereal a day, but eat whole grain natural products. Many cereals not only contain enriched grains, monosodium glutamate, and partially

hydrogenated oils, but also now contain aspartame, the artificial chemical sweetener containing methanol or chlorinated sucralose.

Read Labels

The fewer the ingredients, the better. I stay away from foods that contain laboratory ingredients I can't pronounce. Try the kid test: if your kids can't pronounce the ingredients on the foods you purchase at the grocery store, then put them back on the shelf!

Tell me what you eat, and I'll tell you what you are. Eating the right foods goes a long way toward radiant health, toward resisting disease, securing proper growth for children, and insuring youthful and energetic aging for all. Even Iguanas.

No one can afford to ignore the basics behind proper nutrition. It may not be possible to understand the intricacies of all the vitamins and minerals your body requires daily, but it is enlightening to examine the scientific side of nutrition. It helps to comprehend the "whys" of poor teeth and gums, what's behind eating disorders and a fickle appetite, why many people experience dry skin and premature hair loss, how to prevent continuous migraine headaches and avoid debilitating PMS and chronic fatigue. As stated in the *Woman's Home Companion Cook Book*, "The natural ability your human body possesses to select substances from the foods you eat required to build flesh and blood, bones and teeth, and to regulate the countless processes driving respiration, circulation, metabolism, and digestion is no less than a miracle."

May the nutritional insight from 1942 never be forgotten. Thanks, Mom for lending me your unparalleled cookbook! ●

Chapter 7

Body pH Balancing Meal Recommendations

A Universal diet does not exist. People are individuals and have personal needs, so what works for one person may not work for the next. A balanced diet is unique for each person, yet our diets should not stray from providing the natural nutrients we need for prolonged health. To find balance, it is helpful to know:

1. Your own personal needs
2. The correct preparation of whole foods
3. How not to overeat
4. How to choose high-quality foods
5. The many unnatural food combinations
6. The broad range of nutritious foods including chlorophyll-rich plants, the best sources of certain fatty acids, and the dangers of food chemicals like aspartame, MSG, and food colorings

When a good attitude and sufficient exercise are combined with a balanced and disciplined diet, you can find no limit to

health. Remember that we eat to live; we do not live to eat. When food is seen as an object separate from other aspects of life, we create an imbalance. Preoccupation with food creates both mental and physical imbalances. Get back to the basics of eating, and recognize your individual needs in relation to nutrition.

The pH Balance Of Water

One of the most important processes in your body is the process by which the pH balance is maintained. The pH scale was developed by scientists to measure the number of hydrogen ions in any solution. Hydrogen is involved in nutrition. Some solutions carry more hydrogen ions than others, and the pH scale is an easy way of measuring this. Scientists have established the pH scale from 0-14, so having a solution with a pH of 0 has low ability to attract hydrogen ions, while a solution with a pH of 14 has high ability to attract hydrogen ions. “p” stands for potential and “H” stands for hydro-

gen—the potential of a solution to attract hydrogen ions.

The scale runs from 0-14, so 7.0 is the midpoint for fresh water bodies. A pH above 7.0 is alkaline in nature, and a pH below 7.0 is acid. Taking into consideration the various acids involved in the human body systems, nonetheless, and the fact that we are actually salt water beings, the pH midpoint of your body fluids averages a bit lower at a pH of 6.4. Therefore, above 6.4 is considered alkaline, and below 6.4 is acid.

Blood pH Balancing

When the body is too acidic as a result of acid forming foods, high fat, mucus forming foods, and toxic chemical food residues, disease and infections proliferate.

The human body should be slightly alkaline in order to build an alkaline reserve for acid-forming conditions such as stress, lack of exercise, or poor dietary habits, but not too alkaline or the blood hardens, kidney and gall stones form, and mineralization takes place within the body tissues. This is comparable to a highly alkaline environment in nature where sediments “suffocate” the oxygen and water stores, resulting in sedimentation and mineral deposits, found in dried streambeds, caves, or salt flats.

A balanced body pH should be 6.4; different from a body of fresh water or your blood's pH. Below 6.4 is considered acidic and above 6.4 is alkaline. The perfect pH for a body of fresh water or for a freshwater aquarium is 7.0, and normal blood pH is tightly regulated between 7.35 and 7.45. So why the difference?

The acidity or alkalinity of blood is slightly different from the average “body fluid” pH because these are two entirely different fluid systems. The blood is a very protected and “exceptional” body system, and one that must remain isolated from body wastes,

toxic by-products, bacteria and microorganisms, foreign chemicals, fats, and the like. The body's water stores and hydration system, on the other hand, are exposed to many elements as they excrete from the body, including acids used by the body to rid itself of foodstuffs and other body wastes, lactic acid during exercise, and bile acids during elimination.

The pH is the measure of the hydrogen ion (H⁻) concentration of any fluid. As mentioned above, a pH of 7.0 is considered neutral for fresh bodies of water, and normal blood pH is tightly regulated between 7.35 and 7.45. A variety of factors affect blood and body pH including what is ingested, vomiting, diarrhea, lung function, endocrine function, kidney function, urinary tract infection, and exercise.

The pH (acidity level) of the blood monitors the level of carbon dioxide (CO₂) within the blood. Many physical processes influence your pH levels, but one of the largest contributors is the CO₂ content of the blood. As CO₂ levels increase, the concentration of H⁺ ions also increases, and more H⁺ means more acid and a lower blood pH. This acidic state signals your brain that you need to breathe faster or deeper. Under prolonged oxygen deprivation conditions such as heavy air pollution and ozone warnings, lung illnesses, or extended periods at high elevations, your body balances its blood pH by increasing the bicarbonate level (alkaline HCO₃⁻).

Many of the chemical reactions that occur in the body, especially those involving proteins, are pH-dependent. As I have already mentioned, ideally, the pH of the blood should be maintained at 7.4. Fortunately, we have buffers in the blood to protect against large changes in pH. There are a series of “natural buffers” which help the blood resist any changes in pH. These include: the hemoglobin in the red blood cells, other plasma proteins, the bicarbonate

buffer, and the phosphate buffer. Your body's water stores contribute to the elimination of blood toxins, keeping your blood pH in balance, but temporarily lowering the fluid pH as toxins excrete.

What Happens to the Blood pH During Exercise?

When you exercise, the pH of the blood will change. The following steps outline the processes that affect the buffers in the blood during exercise:¹

- Hemoglobin carries O₂ from the lungs to the muscles through the blood.
- The muscles need more O₂ than normal because their metabolic activity is increased during exercise. The amount of oxygen in the muscle is therefore depleted in the muscles, setting up a concentration gradient between the muscle cells and the blood in the capillaries. Oxygen diffuses from the blood to the muscle via this concentration gradient.
- The muscles produce CO₂ and H⁺ as a result of increased metabolism, setting up concentration gradients in the opposite direction from the O₂ gradient.
- The CO₂ and H⁺ flow from the muscles to the blood via these concentration gradients mentioned above.
- The buffering action of hemoglobin picks up the extra H⁺ and CO₂.
- If the amounts of H⁺ and CO₂ exceed the capacity of hemoglobin, they affect the carbonic acid equilibrium. As a result, the pH of the blood is lowered, causing acidosis.
- The lungs and kidneys respond to pH changes by removing CO₂, HCO₃⁻, and H⁺ from the blood.

Hence, the body has developed finely tuned chemical processes (based on buffering and acid-base equilibrium) that work in combination to handle the changes that exercise produces.

This is where my 75/25 Plan comes into play. If you try to eat 75% alkaline foods and 25% acidic foods with each meal, no matter what your activity level or daily stresses may be, your body pH should average 6.4 both morning and night, while maintaining a more slightly alkaline pH in the blood.

Acid-Forming Foods:

Meats

Fish

Poultry

Eggs

Most dairy (Milk is neutral in acid/alkaline but high in mucus-forming attributes such as fat.)

Most grains and legumes (Millet and roasted buckwheat are slightly alkalizing. Soy and lima beans are extremely alkalizing.)

Refined sugars

Drugs

Food chemicals

Alkaline-Producing Foods:

Fruits

Vegetables

Sprouts

Cereal grasses

Herbs

¹Casiday, R, Frey R. *Blood, Sweat, and Buffers: pH Regulation During Exercise Acid-Base Equilibria Experiment* Department of Chemistry: Washington University. St. Louis, MO.

The body's acid/alkaline balance can be changed by simple practices such as:

- Mildly soaking acid-forming foods such as whole grains and legumes before cooking starts the alkalizing sprouting process.
- Thoroughly chewing the complex carbohydrates such as grains, vegetables, and legumes in order to mix them with saliva, a very alkaline fluid that begins the digestive process.
- Do not drink while eating as this stops the digestive process from beginning within the mouth by washing away the digestive enzymes within the saliva.

The correct ratio of acid and alkaline forming foods is difficult to know since the balance is altered by chewing, food preparation, individual lifestyle, genetics, exercise, and mental outlook. However, those prone to infections, viruses, excess mucus problems and other toxic acidic conditions generally need to increase an alkaline diet.

Urine and Saliva pH

In a healthy person, the saliva pH may be slow to change, and when it does change, it can be equally as difficult to bring it back to normal. The saliva pH can be indicative of the pH of the blood, liver bile, pancreatic fluids, and the intestinal tract. For example, if your saliva pH is highly alkaline, it may be a sign that the lower intestinal tract digestive enzymes are too alkaline. This can create an issue with keeping weight under control (typically weight gain), can cause lower bowel gas, inefficient metabolism, and internal energy loss. A large spread between your saliva and urine pH can create even more intestinal gas, energy loss, and stress.

If your urine pH is acid, along with an acidic saliva pH reading, you may have fast digestive action. This can create the tendency

toward gastric or duodenal ulcers, colitis, and loose stools. Research indicates a correlation between degenerative diseases and an acid saliva pH².

An acid body pH can mean the food you eat may be passed through the digestive tract very quickly to keep from irritating the walls of the intestines. The time normally allotted for the absorption of minerals and vitamins may be greatly decreased, and as a result, you may not get the proper energy out of the food you eat. This can create the need to eat more, which can result in weight gain.

The more alkaline your pH travels, the weaker the digestive juices become. You may not be getting the proper energy from the foods you eat because your body's digestive enzymes are too inefficient to break down the food for easy assimilation. This can be the beginning of nutritional problems. People with a high (alkaline) pH can experience:

1. Increased respiration
2. Stiff joints
3. Muscle cramps
4. Calcium precipitating and moving out of the bone and into the tissues
5. Discomfort eating due to a lack of acidity in the stomach
6. A sudden rush of sugars into the bloodstream
7. Insulin stress
8. Lowered resistance to disease
9. Slow digestion
10. An environment for yeast, viruses, bacteria, fungus, parasites and other microorganisms that thrive in an alkaline medium

High (alkaline) pH environments encourage upper body issues such as asthma, allergies, and sinus problems. Colon problems such as chronic constipation occur in alkaline environments, as well.

Improper Absorption

As I previously mentioned, every body solution has its proper pH. If its specific pH gets too far out of balance, the secretion (or solution) loses its effectiveness to assimilate or absorb minerals and vitamins. Enzymes are also affected by the pH of the solutions in which they are contained. If you are not properly absorbing nutrients from the foods you eat, then poor health and improper weight can ultimately result.

If you desire perfect health, a strong immune system, and a proper weight, then the pH of your body is something you can't ignore. If the pH of both your saliva and urine average between 6.4 to 6.7, then it may indicate that the secretions of your digestive system are operating at peak efficiency. It also indicates you are obtaining maximum nutrition from the foods you eat, and that your blood is also at a proper pH.

When your pH balance is altered, however, and one or both urine or saliva readings move away from the 6.4 range, your digestive secretions may be out of balance. When your enzymes become less efficient, the nutritional processes in your body also become less efficient.

General Dietary Recommendations

Eating a meal that is right for your individual body type should produce marked and lasting improvement in your energy, your mental capacities, and your emotional well-being, leaving you feeling well satisfied for several hours. I suggest you to read [The Metabolic Typing Diet](#)³ as it reviews these topics in detail.

The authors write, "If you are already feeling good, eating healthy foods should maintain your energy level. But, if you feel worse in some way an hour or so after eating, such as:

- You still feel hungry even though you are physically full
- You develop a sweet craving
- Your energy level drops
- You feel hyper, nervous, angry or irritable
- You feel depressed

Then it might be due to an improper combination of proteins, fats and carbohydrates at your last meal. You might be eating the perfect foods for your metabolism, but having too much of one type of food in place of another can easily produce the symptoms listed above."

Reference the original Eight Food Groups I mention in Chapter 6 as a baseline for your personal eating plan, as foods from each of these groups are necessary for a well-rounded diet needed to fuel your body.

It is important to identify your individual nutrition needs and what you require for YOU. You can be one of three general body types:

- Protein user
- Carb burner
- Mixed

Protein types do better on low carbohydrate, high protein and high fat diets. A typical ratio might be 40% protein and 30% each of fats and carbohydrates, but the amounts could easily shift to 50% fats and as little as 10% carbohydrates depending on circumstances.

Carb types normally feel best when the majority of their food is carbohydrate. Typically this is about 60% carbs, 25% protein and 15% fat, but this type may need as little as 10% fat and as high as 80% carbs in exceptional times.

Mixed-types requirements are between the carb and protein types. Don't stress about

³ Wolcott, William Linz and Fabey, Trish, *The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry*.

the percentages; they are only rough guidelines.

Additionally, your activity and stress levels will affect and alter the quantity of food your body may require at the time, as well as the ratio of proteins, fats and carbohydrates you need to feel your best.

Lastly, the book points out that there is a circadian rhythm to account for. Your biochemistry moves through various phases throughout the day. These rhythms involve your hormonal output, your acid/alkaline shifts, your waking/sleeping times, and many other time-based variables. While some people have a need for the same ratios of protein, fat and carbs at each meal, others may discover that they need very different ratios at the different meals in order to derive optimum energy, well being, and mental performance.

Start by eating the proportions of proteins, fats and carbs according to your taste and appetite that work best for you as an individual.

As I write in Chapter 6, your personal reactions to a meal will either make you feel good or bad, so discover for yourself how well you are selecting the right ratios and types of foods you eat daily.

If you did not react well to your last meal, change the ratios the next time you eat that same meal, and analyze again your reactions. In this way, you can fine-tune each meal to the ratios of proteins, fats and carbs that are just right for you.

Remember that you should feel terrific one hour after you eat. If you are still having food cravings or your energy level is even lower, these are giant clues that you are likely not eating appropriately for your metabolic type.

For example, suppose an hour after lunch you feel sleepy, hungry and want some caffeine or something sweet. These are clear indications that the ratios at lunch were far

from what they should have been for your metabolism. And, you may be eating far too many fake foods and man-made chemicals or diet colas. So the next day, eat the same foods at the same time, minus the food chemicals, but dramatically change the ratios. As a result of this change, you will feel noticeably better or possibly worse. Either way you win. Either you'll know you are on the right track, or you will have learned that you need to go in the opposite direction with your ratios. In other words, if you dramatically increase your protein and lower your carbs and your symptoms worsen, you'll know that what you need to do at that meal is actually lower your protein and increase your carbs.

Your body knows best—far more than any diet expert ever will. It will always tell you in no uncertain terms exactly how well you did in giving it what it needs. Once you learn how to interpret your own “body language,” enjoy discovering your own unique dietary needs. You'll be amazed at the results. And remember to always avoid the “sweet poison” and all diet chemicals.

For more information about body pH, how to test your pH levels, alkaline and acidic foods, and more information about pH, visit my website:

<http://www.janethull.com/ph-balance-testing/> ■

Chapter 8

How To Do A Hair Analysis

Let me share some details about what a hair analysis is and the benefit to using a hair analysis in health and wellness.

The protein in hair fiber holds the composition of the body tissues for a permanent period. By analyzing the hair fiber composition, you can tell what toxins have accumulated in the body tissues and what vitamins and minerals are depleted or too abundant causing an imbalance in body function. By detoxifying unnatural chemicals and by replacing specific vitamins individual to your needs, proper health can be restored through nutrition. The human hair analysis can detail these levels.

Toxic Food Chemicals

My own hair analysis was an important part of my natural healing from Grave's Disease. As with any chemical in solution, food chemicals like aspartame saturate the

body with toxins that penetrate the brain. The hair analysis is an excellent tool to identify specific food toxins and vitamin and mineral deficiencies caused by them.

After I was diagnosed with Grave's Disease, I used an environmental approach through the hair analysis to determine the toxin that polluted my body, making me sick. The hair analysis identifies the root of illness more specifically than blood or urine tests. But, the key to a good hair analysis is in the interpretation—a lost art amid traditional medicine, yet a critical step in disease recovery.

Hair Analysis—FAQs

A hair analysis is not understood by traditional medicine, but is highly respected in the world of forensics, scientific research, and drug testing. A hair analysis works the same for a nutritionist as a soil or water sample works for a geologist or engineer—it leaves a permanent imprint of the environmental influences within the pores of its matrix.

Having a hair analysis performed is one

Detox Program

of the most accurate ways of detecting toxic metals within your tissues and determining your vitamin and nutrient imbalances. You first must IDENTIFY the cause or causes of your health symptoms before you attempt to “heal” them.

Q: Are hair analysis tests really accurate?

A: Yes, of course they are. They are as credible as a standard blood or urine test. The key to a good hair analysis is the capability of a credentialed laboratory and the expertise of the practitioner interpreting the results. The American government and law enforcement agencies have depended upon hair analyses for decades to provide conclusive evidence in crime investigations and for drug testing for prison parolees. The cause of death by poisoning can only be determined conclusively via a hair analysis, as in the case of Andrew Jackson, whose hair analysis from his exhumed remains showed he was, indeed, poisoned by arsenic.

Q: Why doesn't my doctor use the hair analysis test?

A: One of the shortcomings of the American Medical Association is the lack of nutritional education they require for medical students. American medical schools promote more of the pharmaceutical philosophy of healing and dependency on the doctor to “fix” your problem for you opposed to a nutritionally based curriculum that encourages drug-less healing.

Blood and urine tests have value, of course, as those results can identify disease present within the body and they help your doctor determine the amount and kind of drugs and medications needed to suppress disease symptoms for immediate relief. And, we must remember that “drugs” do not cure disease, but merely mask the symptoms.

The hair mineral analysis on the other hand, identifies long-term nutritional defi-

ciencies that may be at the root of disease, along with identifying toxic metals within the body that can cause disease. Again, most traditional medical doctors do not know how to interpret a hair analysis.

How To Order A Hair Analysis

I perform hundreds of hair analyses for people of all ages from all over the world. I have an exclusive website available providing hair analysis information and effective ways to determine what may be at the root of health symptoms. I counsel with clients using email and provide hair test results and written recommendations via both email and postal mail. You can access my hair analysis website for more FAQs, the submission form, which includes a health questionnaire and health history, and clients can email me with questions.

My goal is to make ordering a hair analysis an easy process. You can purchase an analysis through the internet, postal mail, or over the phone. For information about the hair analysis visit my website below:
<http://www.hairanalysisprogram.com>.

Sources of Heavy Metals and Chemical Toxins

Aluminum

- Alum
- Aluminum cans
- Aluminum cookware
- Aluminum dust
- Aluminum foil
- Aluminum phosphate
- Aluminum silicate found in Kaopectate
- Animal feed
- Antacids

- Automotive parts
- Automotive exhaust
- Baking powder
- Beer
- American cheese
- Ceramics
- Cigarette filters
- Construction material
- Dental amalgams
- Deodorants
- City drinking water
- Insulated wiring
- Nasal spray
- Medical compounds
- Milk products
- Pesticides
- Table salt
- Tobacco smoke
- Toothpaste
- Vanilla powder

Arsenic

- Animal feed
- Automobile exhaust
- Colored chalk
- Herbicides
- Household detergents
- Industrial dust
- Insecticides
- Paris green
- Rat poisons
- Seafood

- Wallpaper dye/plaster
- Water/city and well
- Wine
- Wood preservatives

Cadmium

- Dental alloys
- Batteries
- Cadmium vapor lamps
- Candy
- Ceramics
- Cereals, refined
- Cigarette smoke
- Cisterns
- Colas
- Copper refineries
- Electroplating
- Fertilizers, phosphate
- Fungicides
- Grains, refined
- Incineration of tires, rubber, plastics
- Iron roofs
- Kidney
- Marijuana
- Marine hardware
- Milk, evaporated
- Oil, motor
- Oysters
- Paint pigments
- Pesticides
- Pipes, galvanized
- Plastics, polyvinyl

Detox Program

- Processed foods
- Rubber carpet backing
- Rust-proofing
- Silver polish
- Solders
- Tools
- Vending machine soft drinks
- Water, city, softened, and well
- Welding material

Copper

- Beer
- Chocolate
- Copper cookware
- Copper IUD's
- Copper pipes
- Dental prosthesis
- Fungicides
- Hemodialysis
- Ice makers
- Industrial emissions
- Industrial wastes
- Insecticides
- Milk
- Nuts
- Oysters
- Swimming pools
- Water, city and well

Lead

- Bone meal
- Car batteries
- Canned fruit/juices

- Ceramic glazes
- Cigarette ash
- Eating utensils
- Auto exhaust
- Leaded gasoline
- Hair dyes
- Insecticides
- Lead crystal dishes and glassware
- Lead refineries
- Lead smelters
- Lead water pipes
- Mascara
- Milk
- Evaporated milk
- Organ meats
- Lead-based paint
- Pesticides
- Porcelain glazed sinks and bathtubs
- Produce (near roads)
- Putty
- PVC containers
- Rainwater
- Snow
- Solder
- Tobacco, pre 1986 (50% lead)
- Toothpaste
- Toys
- Vinyl mini-blinds
- Water, city and well
- Wine

Mercury

- Adhesives
- Air conditioner filters
- Body powders
- Broken thermometer
- Cosmetics
- Dental fillings
- Diuretics
- Fabric softeners
- Felt floor waxes
- Polishes
- Fungicides
- Industrial wastes
- Laxatives
- Mercurochrome
- Paints
- Photoengravings
- Psoriatic ointments
- Seafood
- Sewage disposal
- Skin lightening cream
- Tanning leather
- Tattooing
- Wood preservatives
- Industrial waste
- Stainless steel cookware
- Testing of nuclear devices
- Tobacco smoke

Nickel

- Baking powder
- Combustion of fuel oil
- Dental work and bridges
- Auto exhaust
- Superphosphate fertilizers
- Food processing
- Hydrogenated fats, oils, and margarines

Chapter 9

The Soviet's French Green Clay

“The world around us is a fragile place. It is home to many thousands of different types of plants and animals. These vary greatly from region to region, but all living things share a common dependency on the natural balance and health of our environment. It is precisely this natural balance between species and their habitats that is now being threatened by human kind’s abuse and misuse of the Earth’s precious resources.”

“What will future archaeologists find when they unearth today’s civilization? Generations to come will look back and see how 20th-century Americans were the garbage-makers, the poison-producers, the carcinogen creators.”

Soviet Clean Up

I left my position teaching Environmental Sciences at The University of North Texas after my recovery from “Grave’s Disease” to

become involved in one of the most stimulating environmental projects I’ve ever been associated with. It may appear that this chapter does not belong in a book about detoxification, but it illustrates how this entire detoxification process began and who first introduced me to French Green Clay.

Recovering from my own illness, I discovered that pollution is not exclusive to the outside environment. Pollution is inside our bodies in the same form as in the soil, air, and water. The devastating pollution in Eastern Europe taught me how to detox the human body.

My neighbor and special friend founded the international, environmental engineering firm Environmental Engineering & Geotechnics, International (EE&G Int’l). Mark is a brilliant geologist who was spearheading an environmental remediation project (clean-up) for the countries of Poland and Czechoslovakia shortly after they were liberated from Soviet control in the late 1980s during Solidarity. He invited me to join a team of four Americans who were leading a

⁴*The Atlas of Endangered Species*, Belitha Press Unlimited, London, 1993.

⁵Wall, Steve and Arden, Harvey, *Wisdomkeepers*, Beyond Words Publishing, Inc., 1995, pg. 45.

project to environmentally clean up the former Soviet military bases in Eastern Europe. Through this work, I became more convinced than ever that chemicals pollute our bodies in the same way they devastate the environment. Now I look at illness as an “organized project” requiring environmental designs to detoxify pollution from human body tissues just as I witnessed within nature.

The entire stack of original material we received from the Polish government was over two inches high, containing an excess of information about the geology and hydrogeologic parameters of the areas we were to bid on.

“It is possible to say that the contamination caused by the Soviet Army was widespread in the ground and underground water.”

One of the largest Soviet Army bases we were designing remediation strategies for was located between the Duna and Vah Rivers inside Czechoslovakia. The Soviet Army activity had created environmental pollution inside of this area from the storage of fuel materials, workshops and repair stations, parkings, washing stations, and fuel filling stations. Interestingly, the cleaning chemicals and laundry supplies were more of a problem than the gallons upon gallons of petroleum products saturating the adjoining environment.

EE&G Int’l. and the Polish Petroleum Institute (Instytutu Gornictwa Naftowego) combined to create the first Polish/American environmental joint venture registered in Poland established after Solidarity. Mark had become friends with Roman Kafel who was the Counselor of Law representing the NSZZ “Solidarity” members from 1980 to 1983. Roman was the Chief Executive of the Intervention Bureau of the Solidarity Union. He was responsible for the Solidarity legal issues on a daily basis. He represented the Solidarity members in the courtrooms, defending their activities against the Communist government. He was directly

involved in the democratization process in Poland and assisted in its transformation to a free market.

Roman was imprisoned with the Solidarity leaders on December 13, 1981, was released in December 1982, and expelled from Poland in January 1983. Since that time, he maintained contact supporting the underground Solidarity movement through 1990. When Solidarity gained political power in Poland, Roman was welcomed back to the country.

Roman’s contacts with the new Polish government ushered Mark’s environmental expertise into the right places at the right time. It took more than a year of discussions and bargaining before the joint venture was finalized, primarily due to the sociopolitical upheaval the country had undergone since Solidarity defeated Communism. Many of the long meetings were negotiated in dim, smoke-filled rooms offering the sole refreshment of very gelatinous black coffee. Overcoming the language barrier was one of the more difficult hurdles to jump before the final negotiations were agreed upon, but Mark and Roman finally succeeded. They accomplished their goals and set our visions into motion.

I joined forces with both Mark and Roman. A new world materialized before my eyes.

My Outlook

I was witness to the shocking correlation between man’s influences on his environment, some of the worst environmental pollution on the planet, and overwhelming truths of human body contamination.

The deterioration of the underground water quality was documented after the Soviet Army pulled out, but the area had historically been used for agriculture. It was traditionally covered by grass and private

peasants had used its left slope.

During occupation by the Soviet Army, this area was used for infantry and defensive techniques. After the Soviet troops left, it was taken over by the Czechoslovakian Army.

As if viewing a television documentary, anyone could witness the devastation in these countries. Simply driving down the narrow roads bisecting the borders, you could see factories pouring unfiltered wastes directly into the streams and rivers—no pollution controls, no environmental protection, no regard for the damage done over so many years.

Clarissa Pinkola, PhD, writes in her book *Women Who Run With the Wolves*: “Pollution can build to a point that it begins to burn, spontaneously erupting in a toxic fire burning not only the fuel of garbage in a river, but incinerating all the life forms around it as well. Contamination destroys a human being’s self-awareness, self-esteem, and pride. It burns the natural environments of self-worth, intentions, and fertile grounds for creativity.”

No matter where we choose to live on this planet, if we are living within a contaminated environment, our outlook on life can be polluted, too.

Environmental Influences

The Polish and Czech governments requested that the contamination be monitored for changes over time, long enough to see the behavior of contaminants during a longer period in different rain and snow conditions. (Years they describe as being poor and rich in rain.) The contamination not only destroyed the natural environment, but also devastated the only lifestyle these people had known for over fifty years. How does anyone replace that?

Environmental awareness means learning about pollution both inside and outside the body. The influences environments have

on people serve as leverage in the development of who and what they become. These influences may not be recognized until it is too late. Nonetheless, I saw for myself that our environments DO affect us. A substance poisoned me within my environment—aspartame—and that effected me, without a doubt. I was out of balance and that made me very ill. Currently, men and women around the world are influenced by their immediate surroundings. Many others may be out of balance, too; some becoming ill because of it.

Industrial pollution, deforestation, building dams and irrigation systems, chemical warfare, and the butchering of natural habitats has been a primary concern for decades regarding man’s damaging effects on nature. What I determined for myself was there is little difference between a stream flowing through the ground carrying drinking water and a stream surging within your veins carrying the blood you need to survive.

Did you know that a lack of fat in your diet can cause your skin to crack and dry-up just like deforested soil lacks water? What is happening to the Earth is also happening to the human body. Pollution is pollution whether it affects the air we breathe and the water we drink or our liver, thyroid gland, or skin.

The Soviet’s French Green Clay

There were strange mounds visible in the distance about 500 yards north of the Soviet army base in Krosno, Poland. “What are those?” I asked out loud but to no one in particular.

“Oh, those are uranium stockpiles,” Roman quickly replied. They plan to build a housing development in that area.”

“What did you say?” I turned to face him in surprise.

Roman repeated, “Those are uranium

stockpiles. They plan to build a housing development in that area.”

I was taken aback. “They can’t do that. Don’t they know that could kill them?”

“Oh, there’s uranium on the ground everywhere,” he responded, “but we know how to neutralize the effects of radiation. The Soviets have used French Green Clay to counterbalance radiation for decades.”

And that’s when the secret of French Green Clay first seeded within my mind. I knew I had stumbled across valuable information Americans had never heard of before. Not only was this environmental project historic, but the nutritional knowledge I came away with was, too.

I questioned everyone I could about French Green Clay. The use of clay in absorbing and removing toxins and foreign products was common knowledge to me as I knew that all Environmental, Petroleum and Chemical Engineers use clays to plug leaks in well piping or to remove foreign elements that could damage a productive well. I also knew that in nature if an animal eats a rancid kill or a toxic berry, it would rush to a streambed and eat clay in order to absorb and remove the toxins from the stomach quickly. Birds and reptiles in tropical regions can be seen with clay on their beaks and mouths from eating clay regularly.

What I didn’t know was the Soviets had been using French Green Clay to remove radiation from the Soviet population over the past fifty years. I learned from the Poles when the Soviet nuclear power plant, Chernobyl, melted down in 1986, the Soviet government put French Green Clay in chocolate bars and dispensed them to the masses so any radiation they may have been exposed to would be immediately removed from their bodies. The Soviet government knew the healing qualities of French Green Clay, just as Europeans have known about its curative qualities for centuries. Westerners think clays are useful for

only external purifiers for skin, but Europeans have used clays both internally and externally to cleanse diseases for centuries.

French Green Clay is so powerful at attracting, collecting, and containing radiation, that to date the remains of the nuclear power plant at Chernobyl, Russia are buried under a landfill of French Green Clay. The Russian government has not removed nor remediated the radioactive waste site, as radioactivity is still at threatening levels, so the Soviets transported from France tons of French Green Clay to place on top of the flattened radioactive site to contain and control toxic radiation levels.

Found only in France and India, the ancient sea beds that provide the green clays possess healing qualities that not only attach themselves to and remove toxic foreign substances within the body, but activate the body’s own immune system through its chemical constitution.

Green clays contain:

- Magnesium
- Calcium
- Potassium
- Manganese
- Phosphorous
- Zinc
- Organic aluminum
- Silicon
- Organic copper
- Selenium
- Organic cobalt
- Micro-algae
- Kelp
- Phyto-nutrients

Because of its chemical composition,

French Green Clay aids in keeping the body pH alkaline.

French Green Clay has the ability to remove toxic metals and chemical residues, bacteria, and blood toxins with virtually no side effects of constipation, diarrhea, or stomach cramping. It is known to remove radiation, arsenic, lead, mercury, and aluminum amid other toxic metals in less than six weeks. The more you use, the quicker you detox.

I recommend keeping French Green Clay in the vitamin cabinet for your lifetime. It is a good preventative for parasites, toxic metal exposure, and radiation exposure from factories to war games. I recommend supplementing with acidophilus when using the clay more than five days a week, but the composition of the clay should replenish the body's nutritional needs naturally while removing toxins. French Green Clay is safe for children and people of all ages. It is even safe to give to animals, as animals eat clays in the wild when they have been exposed to poisons.

Remember to drink plenty of water to keep your body supple and to support the body's ability to wash toxins away while regularly using French Green Clay.

French Green Clay is available at health food markets and coops, and you can order it off the web from my website at <http://www.hullisticmarket.com>.

People Pollution

The remediation of polluted regions like Poland incontrovertibly make a difference in healing the Earth, but it confirmed to me (then and now) that environmental recognition is merely one part of the multifarious solutions to today's toxins. The people living amid the former Eastern Bloc regions must take steps to remediate themselves. People all over this planet must take steps to remediate themselves. No matter where we live, if we are not living in a clean and healthy environ-

ment, our outlooks on life can be polluted, as well. Pollution no longer refers to the accumulation of factory chemicals. Pollution defines disease—human disease—“people pollution.”

People pollution has not been differentiated until now. People pollution has gone unrecognized for too long. Diseases with unknown causes have been operated on, radiated, experimented with, reradiated, injected, biopsied, incised, ridiculed, questioned and pharmaceutically prescribed for too many years with no questions, no cures, and no long term solutions.

The Detoxification Program is an affective way to take action against toxic chemicals polluting your body. At least it's a good place to start.

So, “will future archaeologists look back and see how 20th-century Americans were the garbage-makers, the poison-producers, the carcinogen creators?” Not if we can help it. ■

Chapter 10

My Own Brush With Death

In 1991, I was diagnosed with a life-threatening case of Grave's Disease. The disease came out of nowhere. I'd always been healthy, so I had a hard time accepting my sudden, uncertain fate.

Also known as hyper-thyroidism or thyroiditis, Grave's Disease can be fatal if unresolved. The thyroid gland serves as a control center for the endocrine (hormonal) system and controls the major organs throughout the body. In my case, my thyroid and organs were over-worked, never receiving the signal from the brain to shut off.

"You have what we call Grave's Disease," the doctor casually told me during my sudden hospitalization. "This is a disease of the thyroid gland, yet we don't know much about it." I thought it was strange that a contemporary medical doctor didn't know the cause of a contemporary disease. I certainly didn't know enough about it to offer an educated opinion at the time.

"The thyroid is located at the base of the esophagus in the throat and produces thyroid hormones," he continued as if reading from a script. "Thyroid hormones have a wide variety of effects on the body and are essential for life. They have many effects on body function such as metabolism, growth, and development."

"Grave's Disease is also called thyrotoxicosis, a hyperactive thyroid gland that produces too much hormone," he continued to routinely explain. "Excess hormone production causes the body to remain overactive. All of the body's processes speed up, including digestion. This is why people with hyperactive thyroids typically lose a lot of weight."

"Lose a lot of weight?" I questioned, the fold deepening between my brows. "I've gained thirty pounds." Unaffected by my comment, he continued to say, "The most common symptoms associated with hyperthyroidism or Grave's Disease are nervousness, irritability, increased perspiration, insomnia, fatigue, weakness, hair and weight loss, separation of the fingernails, hand tremors, intoler-

erance of heat, rapid heartbeat, and sometimes protruding eyeballs.”

“Let’s see,” I mumbled to myself. “I have twelve out of thirteen symptoms. Why is the only symptom I DON’T have is *weight loss*? I *gained* thirty pounds. No fair!”

I listened intensely as the doctor leaned over my bed reciting from the medical papers he held on the chart in front of him.

“I want to irradiate your thyroid gland and run some tests on your gall bladder,” he confidently continued. My GALL BLADDER? When did *that* come into the picture? I’m only allowed one problem at a time here! That’s all I can handle, anyway.

“I must tell you that after we destroy your thyroid, I’ll have to keep you on medication for the rest of your life to keep you alive,” he casually added. “But, I can fine-tune you so you’ll be *better* than before.”

“You must do something about this soon, however, for you can die if we don’t destroy that thyroid gland,” he added as he walked toward the door of the stark hospital room. *Oh, thanks for throwing that last detail in, Doc!*

I needed to sort what I had just been told. What did he mean, “destroy my thyroid gland or die?” Is this the only alternative I have? I hastily responded before he left. “I’ve been through three natural childbirths, taught aerobics for over fifteen years, always eaten right (or so I thought at the time), don’t smoke nor drink ... you know the drill. Doesn’t this count for something?” The doctor didn’t seem interested in anything other than answers to the standard medical questions. “Before you permanently remove a VITAL part of my body that I have grown to know and love, shouldn’t you carefully study my daily routine to find a cause for this disease—or *something*?” I questioned for the record.

I guessed not. He turned and walked out the door.

I lay there stunned. I felt alone and confused. I had no clue why I was suddenly sick and in the hospital. The doctor didn’t know. Nobody knew. I felt like I was being forced to make a decision about permanently destroying my thyroid gland with little to go on. What was suddenly happening to me?

Peeking his head back through the doorway, the doctor tried once more to convince me that he could permanently solve all my problems by simply destroying my thyroid gland. “Tomorrow morning I can have a specialist formulate a finite dose of radioactive iodine in an amount that will ‘kill’ your thyroid,” he added last-ditch trying to assure me that radioactive iodine was the best “thyroid assassin.” It was a simple and convenient treatment. A quick kill. Easy for him to say—it wasn’t his thyroid!

“Most thyroid specialists recommend radioactive iodine for all their patients over twenty-five years of age with Grave’s Disease,” he said as he inched a little back into the room. “Radioactive iodine is usually given in capsule form which doctor’s prefer over surgically cutting open your throat. If you decide to do this, it will take several weeks to take full effect, and during this period, you’ll have to be in isolation because you’ll be *radioactive*.”

“This is getting worse by the minute,” I thought in despair.

Instead of accepting what my doctor was persuading me to do, I began questioning his swift advice. I felt he was leaving something out of the equation. I needed to find out *what*. “I doubt your recommendations are the only ones available,” I blurted out loud. “There must be alternatives, even though I, of course, have none at the moment.”

I think the doctor believed he was sincerely doing his best to help me. I, however, preferred to discuss alternatives before I irreversibly destroyed one of my body parts, a critical body part, I might add!

“I’ll feel much better about your advice,” I remarked, “if you’d be willing to first explore with me the cause of my Grave’s.” His apparent lack of interest in this aspect was an important turning point in my final decision *not to follow his advice*.

I then replied to his proposition, “*This is insane!* I am not going to trick my thyroid with radioactive iodine! What happens to the poison once it leaves my thyroid? What else does it destroy on its way out? And, don’t tell me it won’t do the rest of my body any harm!”

Taken aback by my spontaneous insubordination, the doctor edged his way back out the door. About to disappear once again, he quickly added, “You better do something about this soon for you are in danger with a thyroid as overactive as yours. You cannot live with vitals as high as they are right now. Think about this if you have to, but I *can* be ready to irradiate you in the morning.”

I laid lifeless in the hospital for three days with tubes and wires networking me to IV bags, EKGs, and sterile antibiotic drips. My immune system was so compromised by this point, I developed a serious upper respiratory infection.

“Why am I so sick? What’s going on here?” I questioned. Why have I gained so much weight when I am careful about my diet and exercise everyday? Plus, I have an *overactive* thyroid gland! I’m supposed to be skinny due to this disease. None of this makes sense. There *has* to be a reason for all this inconsistency. But what? I want some answers. If the doctor doesn’t know, I’ll find out for myself.

I’d had enough of lying around hospitals. Expecting an argument, I asked to go home the next morning.

The doctor adamantly disagreed with my decision to check out of the hospital at this time and replied in protest, “You can’t go home without doing something about your

thyroid. You can *die* with a thyroid as overactive as yours.

“Don’t take this lightly. I want you to really think about letting me destroy your thyroid gland before you leave.”

“I can’t,” I answered, a bit perturbed. “I just can’t. Let me go home and I’ll see you next week. I’ll call if I get worse or something.”

Reluctantly, he agreed. Immediately after he exited the room, I prepared to go home. Before I left the hospital, I listened again to his predictions of doom and folded the pile of prescriptions he handed me into a thick square. As far as the doctor was concerned, I had agreed to take all my medicine as directed until my final decision was made. If my thyroid lasted, that was. I also agreed to see him once a week for blood tests. He believed beyond the shadow of any doubt, irradiation would be my final fate.

He did tell me something that really frightened me, though. He warned me that prolonged use of my thyroid medication could destroy my immune system. “Yes,” he told me haphazardly. “No one really knows the long term effects of this medication. You need to make a decision about what you are going to do with your thyroid soon because you could destroy your immune system in a matter of months. Then, you’ll really be in trouble.”

*Thanks for sharing that with me, Doc!
Things aren’t looking very positive.*

The way I looked at it, the doctor had no idea what caused my Grave’s Disease, he wasn’t sure if the medication would kill me before my thyroid did, and if I did have my thyroid destroyed, he didn’t know what the thyroid supplement would do to me on a life-time basis. Gee, what impending options!

I took a chance walking out of that hospital, but I did it anyway.

My Recovery

Each week as promised, I got a blood test at the doctor's office. I gauged the results of *my* personal efforts not to irradiate my thyroid gland at the same time the doctor made *his* plans to irradiate.

What do you know! After one month, my thyroid levels returned to normal. "Hey, won't the doctor be excited about this?" I naively thought. I was now somewhat enthusiastic about going back for my routine appointments. "Doc," I'd say as he examined me, "What do you think? I'm getting rid of this Grave's Disease." He'd release a fine thread of optimism that I might *not* have to destroy my thyroid after all. "But, let me warn you," he'd remind me as if waiting for something to go wrong. "Your thyroid levels will not remain normal. Absolutely not! No one has *ever* cured Grave's Disease," he'd routinely proclaim with authority.

As my body continued to stabilize, I graduated to having blood tests every two weeks instead of once a week. I felt stronger physically and emotionally. I *was* defeating this disease. And this is how I did it ...

A good friend of mine has used alternative medicine therapies and homeopathy for many years. Shortly after my release from the hospital, I went to visit Deb. Over a cup of afternoon tea, she and I talked about my mysterious diagnosis of Grave's Disease and what I was going to do about it.

"Let me tell you about the prominent nutritionist I go to in Dallas," she said pouring us both another cup of freshly brewed Earl Grey.

"I remember you mentioning your nutritionist several times over the years," I replied. The steamy cup felt warm between my restless hands. "Your parents have counseled with him for years, too, haven't they?"

"Oh, yea," Deb instantly replied. "They reverted to nutrition for answers to their

health problems decades ago," she chuckled.

"It obviously works well for them because they always seem healthy and they look so young." Deb didn't have to twist my arm. "I'll go see him for sure," I said. I was now more focused on new healing possibilities than before.

"Here," Deb said as she handed me a piece of paper and a pen. "Write down his number and call him *tomorrow*."

I didn't wait until the next day to call. As soon as I arrived home, I picked up the phone and called. The phone rang. I introduced myself as a friend of Deb Crombie and outlined my dilemma. "I tell you what," the welcoming voice on the other end of the line responded, "You come see me tomorrow. I think I can help you."

Without hesitation, I agreed to come. Fortunate to spend countless hours with this nutritional wizard, Steve Fuqua soon became my mentor and I, his protégé.

Steve helped me cure my Grave's Disease naturally and without any artificial medications. The minute I met him, I knew he was someone unique. A tall man in his later years with gray hair, a gray goatee, and black horn-rimmed glasses, he had a smile that warmed the soul. He took me under his wing and taught me the healing magic of nutrition.

Steve was raised in his family's health food store, but he also held a degree in geology. Because of my degrees in geology and Environmental Science, we "naturally" bonded. His unique approach to health was based on his understanding of the influences of the surrounding environment. He formed his philosophy on nutrition from his background in geology; my education in nutrition began with him.

I saw him regularly. Every time I visited his health food store, he'd be counseling someone. "Jan!" he'd say as I'd walk through the door of his vintage shop. "Come over

here and tell these people about your Grave's Disease." Before I had a chance to say anything, he would continue reporting to his clients, "Jan was diagnosed with a fatal case of Grave's Disease. And, Grave's Disease is *incurable*, you know!" He loved to repeat *incurable* with derision: "*Grave's Disease is incurable, you know!*" knowing damn well that I'd cured mine. "Jan is my best pupil," he'd continue to brag as if I were his own flesh and blood. I'd smile. I didn't care if he did all the talking.

Sometimes he and I would work late into the night. He taught me so much. I helped him document hundreds of nutritional profiles on his many clients, and he shared his knowledge about vitamin supplements, food additives, natural foods, and modern-day malnutrition. "We may be the greatest country in the world," he'd say, "But we are the most malnourished. Americans eat an abundance of food, but it's processed food and that doesn't feed their bodies. We are starving ourselves."

I'd ask him question after question, and he would spend hours teaching me about nutrition and telling me stories. This one man taught me more than any textbook ever could.

Body Pollution

I now understand how people pollute their bodies in the same way they pollute the environment. My environmental background helped me recognize this. Chemicals aren't meant to be eaten, and chemicals can accumulate in the body like toxic wastes accumulate in a river. Hidden chemical food additives are dominating the food supply, and fat-free, sugar-free food substitutes tempt us to forget basic eating needs. Instinctively, human bodies require real food to stay healthy, not artificial food substitutes.

I realized I had been saturating myself

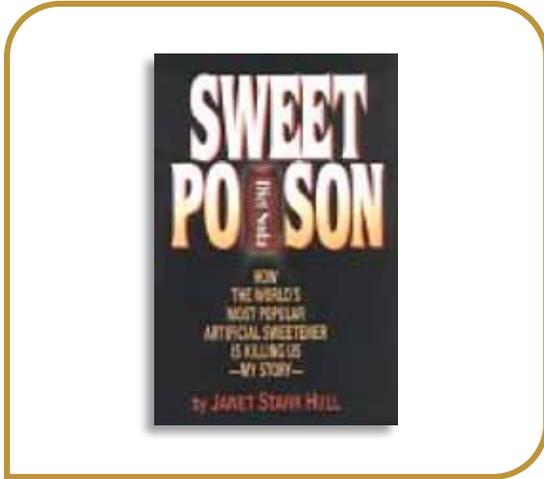
with unhealthy chemicals found in my diet drinks. I was certain the cause of my Grave's Disease was the artificial sweetener aspartame found in NutraSweet® products. After removing all aspartame from my diet and returning to whole foods and nutritional supplements, my Grave's Disease disappeared in thirty days after my findings. If I had blindly followed my doctor's advice, I would have permanently destroyed my thyroid gland, unnecessarily, I might add!

Coincidentally, my nutritionist had two other clients recently diagnosed with Grave's Disease, both of whom he followed to complete recovery. I was number three. I supplied him with enough details to document patterned similarities between the three of us; two females and one male.

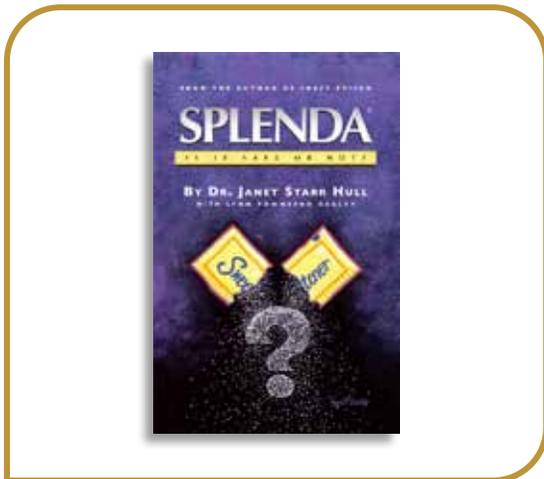
Every day I grew more conscious of what foods my body needed to maintain perfect health and became more aware of which "disguised" artificial foods to avoid, especially aspartame. I realized that my eating habits should have been more like my grandparents' were one hundred years ago: real food, not artificially processed, fake food substitutes. I understood how far from common sense I had wandered. I almost paid for that mistake with my life.

My Books

Not only did I heal nutritionally from Grave's Disease, but also knowing this new nutritional information changed my life entirely. I went on to earn my License and Doctorate in Nutrition and now counsel in the same fashion as the ones who taught me. I published my first book about the dangers of aspartame, *Sweet Poison How The World's Most Popular Artificial Sweetener Is Killing Us: My Story*—in 1998. I wrote my second book on diet sweeteners in 2003, *Splenda:® Is It Safe Or Not?* and *The Richardson Cancer Prevention Diet* in 2004.



<http://www.sweetpoison.com/>



<http://www.issplendasafe.com/>

My Own Case History

From Dr. Steve Fugua's *Journal of Case Histories* (sic)

Re: Janet Starr Hull, 1991

“..but Grave’s Disease can’t be cured..”
Jan is a very active thirty-six year old mother of three young boys. She has been perfectly healthy all her life, doing what she feels is right by eating little saturated fat, no butter, no eggs, few sweets, and little consumption of alcohol. She teaches aerobics six to ten

times a week, instructs environmental science classes at the local university, and maintains her household after working hours. She has fallen into the typical “fitness mode” of working out too much and eating too little in order to maintain a lean, hard body. She consumes a lot of diet products sweetened with the artificial sweetener aspartame found in NutraSweet. Due to her busy schedule, she eats sporadic meals at irregular hours, eating too many “low-calorie” hydrogenated foods.

For almost a year, Jan’s weight has slowly increased pound by pound. She keeps working out and eating less as her weight continues to climb. Her heart has begun to race, she sweats a lot, and her menstrual cycles are irregular. Her vision is worsening, she has retinal tearing in both eyes, and her skin and hair are drying out. As her body changes, she eats more diet and processed foods. She blames her mood swings (PMS all month long) on stress.

Finally Jan ends up in the hospital with a racing heart rate of 180 beats per minute (BPM). She is stricken with a serious upper respiratory infection and hyperthyroidism. Her doctor diagnoses her with Grave’s Disease. (At this time, President, Mrs. Bush, and their dog are all diagnosed with this same disease.)

Jan is told that she will die if she does not get her thyroid under control, and it is recommended to her to drink radioactive iodine (the radioactive cocktail) to destroy her thyroid gland. She then will be put on artificial thyroid medication for the rest of her life to keep her alive.

Jan refuses to let her doctor permanently remove such an important part of her body. She wants to fight to keep her thyroid. She checks herself out of the hospital after three days on an IV and goes home.

Upon hearing from a friend about the successes of nutritional counseling, Jan comes to me with her prognosis of Grave’s Disease.

She has a hair analysis performed. All of Jan's mineral and nutrient levels are very low, most likely due to the chemicals saturating her body, and she shows a lack of stomach acid available to dissolve them. Her chromium, zinc, selenium, manganese, magnesium, B6, and Vitamin C levels test dangerously low. Two other clients have been previously diagnosed by their doctors as having Grave's Disease. Interestingly, all three are deficient in the same minerals and nutrients: Vitamin C, PABA, Selenium, Zinc, and B6.

Once Jan brings these mineral levels back to normal, her Grave's Disease disappears. Within thirty days, her heart and thyroid return to normal. Jan must maintain a high acid level in her stomach, however, in order to digest her food, her vitamins, and her nutrient intake. After more than thirty years of eating processed foods such as white flour and margarine products, Jan's acidic level within her stomach is too low. After meals, she now takes a digestive enzyme rich in papaya or eats a raw lemon, drinks a rich red wine, or takes a betaine hydrochloride supplement to aide in the digestion of her food, especially if she eats red meat or a meal heavy in fake oils. To support the stomach lining, she eats raw cabbage at least three times a week to keep the mucin cells lining the stomach walls thick and healthy. Research supports that stomach ulcers disappear when raw cabbage is eaten to rebuild the stomach lining.

Jan's diet now consists of:

- 75% raw food with each meal
- high fiber grains
- little to no red meat (during recovery)
- an abundance of water
- a regular supplementary program of the following vitamins and minerals:

-chromium (picolinate and glucose tolerance formula [GTF chromium])

-zinc picolinate

-PABA

-Pantothenic Acid

-Vitamin C from pure ascorbic acid not from a corn base

-French Green Clay

-B3 niacin

-liver tablets

-selenium

-manganese

-calcium

-magnesium

-Primrose Oil

-B-Complex

-extra B6

-a natural multi-vitamin

-digestive enzymes

Jan's heart rate, blood pressure, cholesterol, weight, and thyroid levels are now all at the low end of normal.

A small price to pay considering the consequences!

Off My Medication

Just when I became confident I had successfully recovered from my Grave's Disease, something went wrong. By taking both the prescribed medication my doctor had given me while in the hospital and the vitamin supplements my nutritionist recommended, I was overloading my system.

My skin broke out in grotesque acne. My hair fell out in big, frightening clumps. My eyes weakened to the point that I had difficulty focusing on anything, and my night vision was almost non-existent. I looked and felt worse than I did when I first got ill.

I was horrified. *What is happening now?*

I questioned. It was time to rethink the situation. Were the vitamins tricking me or was the medicine I was still taking impairing my immune system? I felt my doctor would blame the vitamins. I, nonetheless, chose to blame the medication. After all, I remembered being warned that the medication could destroy my immune system, and I completely supported my nutritional program. I believed in my nutrition instead of my doctor.

I decided to stop taking my medication. I eased off slowly, cutting back my daily dosage of what I now consider *prescribed poison*. I established a target goal of three months to stabilize my condition, relying solely on good nutrition and vitamin therapy for complete Grave's Disease recovery. After six weeks, I completely weaned from all the meds and was in free flight recovery. No prescription drugs. Not even an aspirin. My Grave's Disease was gone, and if my good health maintained for the next couple of months, I'd know the dietary cleansing and vitamin therapy had been responsible for healing my body.

Each of my meals now consisted of 75% raw foods. This included:

- high fiber foods and grains
- lean meats
- fruits and their seeds
- an abundance of spring or filtered water

And, I never forgot my digestive enzymes after a big meal.

It took nerve to take a stand against my doctor. Without doubt, I was taking a chance following my instincts. I'm not recommending going against your doctor's advice, but in my case, I knew something he didn't.

It worked. After three months, I had maintained perfect health. My nutritionist knew all along that I would succeed in defeating my "incurable" disease through dietary cleansing and good nutrition. Now, I

was convinced and was ready to "confess" to my doctor what I had been doing nutritionally, and not doing medically. I was off all medication, on a natural food and vitamin supplement program, and no aspartame or artificial food additives were in my diet at all. I had patiently waited until I was confident of all my facts before telling my doctor that I had not been on any thyroid medication for the past few months. Now was as good a time as any to face him. The proof is in the pudding. My good health has to show him something. I am healed! The "Grave's Disease"—gone. My thyroid—normal.

The Doctor

I arrived for my regular doctor's appointment and stretched out my arm for the final conclusive blood test. I waited for the results.

"What's the verdict, nurse?" I asked one last time.

"Normal. Just like it's been over the past weeks," she replied.

"Of course," I snickered to myself. "Um ... I would like to see the doctor in his office if I could, please."

After waiting a few short minutes, a tired-looking nurse escorted me into the doctor's office. Boy, was I nervous! I tried to stay confident, but it was hard. I had taken a chance going against my doctor's medical advice, and I expected to be scolded like a defiant child. He didn't even know that for the past three months I hadn't been on any medications. "He could really tear me down for this," I thought, trying to assure myself. "Do I want to set myself up for his disapproval? I must because I know I'm right about my Grave's Disease."

When I timidly entered his office, the doctor was sitting composed at his desk. I took a very deep breath and walked toward him. I nervously stumbled over my own feet, but disguised the timing of my blunder by

falling into one of his oversized leather chairs. We both sat in silence and stared at one another for what seemed an eternity. He idly thumbed through my medical file placed on his desk, wondering why I wanted to speak with him. We both waited for the other one to open the discussion.

Finally, he spoke, praising me for a remarkable recovery. "Your thyroid has returned to normal, and has done so in record time," he politely said.

"How very unusual to encounter someone who has recovered from a case of Grave's Disease," he added. "But, you are indeed an unusual patient." If only he knew how unusual! As he continued to speak so highly of my recovery, I worked up the confidence to tell him what I had kept secret over the past three months. I wanted to share what I had done with my natural recovery from Grave's Disease, but was uneasy confessing my insubordination.

I lifted dozens of vitamin bottles from my purse and neatly arranged them on his desk, each one rattled with tablets and clanked half-filled with capsules.

"I think you should know that I have not taken my thyroid medication over the past few months," I began. "I recovered from my Grave's Disease by removing aspartame from my diet and by taking these vitamin supplements." That did it, and it took less than thirty seconds to get his reaction! His cheeks transposed from a pale pink to a flaming red as his entire face swelled like an inflated balloon. The silence stealthing the room abruptly broke as his lean body shoved his large leather chair aside with an unexpected bang against the wall. I thought he was going to crawl over his desk, place his expensive hands around my less-expensive neck, and terminate all my worries about ever recovering from any disease again! Instinctively, I stiffened in my chair, squinted my eyes and crinkled my nose preparing for attack.

But as swiftly as his mood inflamed, he gathered his composure and relaxed his stance. Taking an incredibly long, deep breath, he slowly spoke. In a more compassionate tone, he made it clear that I was foolish to act upon my self-healing measures without consulting him first. In a parental tone, he reminded me that he was the doctor, not I. He said some other things, too, but by now I was not paying as much attention to what he was saying as how he was saying it.

As the energy in the room continued to swell, he lectured, "You don't know enough about what you're trying to do here. You shouldn't be taking these many vitamins. And for a fact, I know you don't know enough about Grave's Disease or medicine to be making these types of decisions. I don't even know that much about any of this. I do know that high dosages of these ... these things can do you more harm than good." He reached over and grabbed one of the vitamin bottles, looking at it as he held it high above his head shaking it with the fury of a preacher delivering a passionate homily. He proselytized, "Leave the medical decisions to me! I'm the doctor here! YOU'RE NOT."

Backing down a little, he went on to say, "Will you please let me know what you are doing the next time before you do it?"

I sat frozen in my chair unable to respond. I glanced at his diplomas on the wall and reasoned for a split second that I was a fool to mistrust the omnipotent medical kingdom. Then I remembered the clumps of hair that stopped falling out when I halted all my medication. I couldn't forget the unsolved mystery of Grave's Disease—no known cause but positive surgical solutions demoralizing my body. My knees pulled toward my chest at the thought of swallowing that radioactive drug.

The last few months reeled through my mind as I sank lifeless into the overstuffed leather chair. I rehashed all the emotions I

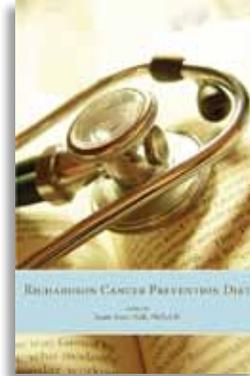
Detox Program

battled throughout the duration of this illness. All the many conversations I had with nutritionists; the hours I spent learning how to regain common nutritional sense; how to avoid hidden pitfalls like aspartame and sugar-free and fat-free food traps; how to protect myself from mislabeled, toxic foods. I could feel the nausea when the doctor first told me I had Grave's Disease. The hours I spent educating myself on thyroid function and the endocrine system. I reflected on the courage it took to stand up to death. My memories furnished me with the strength to smile as I stood up to leave his office.

I abruptly scooped all my vitamins into my purse with one quick swoop of my arm, broodily thanked the doctor, and walked out with my back stiffened. He cried after me, "But it will come back! No one can cure Grave's Disease. Listen to me, Jan. I care about you. It will come back!"

That was in 1991. I never saw him again. My Grave's Disease hasn't come back, and I've been perfectly healthy ever since. ■

Dr. Hull's other books:



<http://www.alternativecancerdiet.com/>



<http://www.janethull.com/ph-balance-testing>

Chapter 11

Nutrition Case Histories: Aspartame

How much of what we hear about our food is really true? Humans are becoming progressively more misinformed about the essentials of eating and the toxins they are exposed to. And more human beings are becoming diseased as the result.

Here are some case histories to share the successes of individuals who turned disease into health by using the Detoxification Program and nutritional alternative programs. The following pages are filled with old-fashioned nutrition and basic dietary principles, and the pages abound with nutritional success stories.

Remember, the human body has not kept up with technology. Human beings certainly shouldn't eat technology! But that is happening today as a result of the onslaught of manufactured foods and polluted environments. Because our bodies today are the same as in the past, it is critical to eat the same as in years past—centuries past. Modern human

beings are adopting one of the most unnatural lifestyles known to mankind.

Nutritional doctors have known how to stay naturally healthy for centuries. Their stories are out there, but as time goes on, they are harder and harder to find. I dusted off the old books and brought back to life incredible, magical stories of nutritional healing. I discovered written treasures from the past and pass them on to you.

More Than A Case Of The Flu

December 7, 1987. Patty Crain was a beautiful girl. She enjoyed a normal and healthy life until she mysteriously dropped dead at age twenty-three. Cause: Death Unknown. Patty's mother, Betty Hailand, witnessed the tragedy evolve.

Patty was Betty's adopted daughter. She was the "All-American girl." Suddenly appearing out of nowhere, Patty developed eye problems and experienced blurred vision accompanied by bad headaches. Betty took Patty to have her eyes examined. The doctor

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found nothing wrong with her eyesight. Patty and Betty were frustrated because they knew something was wrong.

One day after work, Patty returned to her apartment complaining that her vision was intolerably blurred and she was experiencing unbearable head pain. She progressively got worse through the night and willingly admitted herself to the hospital emergency room early the next morning. The E.R. doctor diagnosed Patty with a common case of the flu. He routinely ordered medication for her nausea, immediately prescribed IVs to be administered to her while in the E.R. for severe dehydration (she required three IVs), and sent her home after they had done all they could for her. She was told to drink plenty of liquids, which she did—plenty of diet drinks. She went home and drank countless diet colas to sate her dehydration.

Two days later, Patty's health was returning to normal. Two days after that, Patty was dead on the floor of her apartment. Apparently, she died while home from work around 4:00 PM. Her hands tightly clenched and her tongue sharply bitten. Empty diet drink cans scattered throughout her apartment.

There was no official cause for the grand mal seizure that ended Patty's life, but her mother knew what killed her daughter. She maintained Patty died from NutraSweet poisoning.

Betty charged that her daughter was addicted to NutraSweet. Patty incessantly drank no fewer than six diet drinks every day and perpetually added in excess of five packets of Equal to one glass of iced tea.

Betty never stopped believing her daughter's death was connected to her heavy consumption of aspartame. In the memory of her daughter's "cause of death unknown" as stated on her death certificate, Betty devotedly battled the NutraSweet Company and fought the suppression of information con-

cerning the dangers connected to this chemical sweetener. As a mother fighting for her child, Betty never gave up the battle to prove she was right.

In 1991, Betty was found shot to death in her Vista, California home. She was taking a bath when her assailant broke into the bathroom and shot her while she was in the bathtub. To date, the police have not apprehended her murderer.

Children On Aspartame

Jane's son was two years old when he started with extreme fatigue. He slept over twenty hours a day, sleeping from 8:00 PM until 4:00 PM straight. Jane took him to the doctor for a physical. His alkaline phosphatase level came back nine times higher than normal. They were sent to a children's hospital to have tests run for neuroblastoma. They found nothing.

The doctors were all curious about the child's diagnosis because they had never seen alkaline phosphatase levels at 3,600. Jane and her son went to endocrinologists, neurologists, and oncologists. Nothing was ever diagnosed.

Jane recounted that her son had taken a sugar-free vitamin containing aspartame everyday previous to his health problems. He also drank sugar-free juice, sugar-free powdered drinks, and small amounts of diet cola. Recently that past summer, Jane's other son began experiencing severe stomach cramping. He was hospitalized for possible appendicitis. While in the hospital, all his pains went away. When he was released, the pains reoccurred within forty-eight hours. This happened several times. Jane stated that this was the first summer she and her children consumed large amounts of the same sugar-free powdered drink. Jane thought it was their water source mixed with the powder that was making them sick. But her son would stop suffering

the symptoms when she stopped giving him the powdered drink mix. That's when she realized the problem was with the powdered drink, not the water.

Jane began developing problems from aspartame herself. At thirty-one years of age, she had been drinking a twelve-pack of diet cola every day for over ten years. Over the past three months, she had been in and out of doctors' offices with an array of strange health symptoms. Initially, Jane went to the doctor in October with problems of excessive thirst and urination. Her doctor thought she had Diabetes Insipidus after Sugar Diabetes was ruled out. The doctor contacted an endocrinologist who wanted to have an immediate MRI run to see if she had a pituitary tumor, one of the causes of Diabetes Insipidus. They did find a microadenoma, which they assured Jane had nothing to worry about.

Jane then had a water deprivation test, which showed that she did not have Diabetes Insipidus. Since these tests, Jane's symptoms worsened. She had experienced health problems for many years, but complained that lately she had acquired more symptoms, which were getting worse. Her eyes were dry and progressively getting drier. Her skin itched intensely without a skin rash present. She was constantly thirsty and would go to the bathroom every fifteen to twenty minutes both day and night. Jane complained of being constantly tired and stated that it didn't matter how much sleep she'd get, she still felt as if she hadn't slept at all.

Jane was crabby all the time and very short tempered, which was "totally not her." Her heart beat irregularly and she started developing nasty hives. Her periods used to be normal but were now totally sporadic. She was prescribed Compazine for extreme nausea and occasional vomiting. Her legs were swelling and she began to notice swelling in her eyelids and face. Jane's desire for sex was gone, which irritated her husband, and she

felt like a "bloated pig."

Jane had several tests run, including a CAT scan and tests on her gallbladder and kidneys. Everything came back normal.

After reading about the dangers of aspartame, Jane believed her aspartame consumption was her problem. After learning of the dangers and related symptoms associated with aspartame use, Jane stopped using all aspartame and stopped giving it to her kids. Within a matter of a few short weeks, Jane's health problems subsided. Her oldest son no longer had stomach problems, and her youngest son began to sleep normal hours. Jane will never touch aspartame again. She's even enjoying sex again.

Aspartame Disease

Sharon was a forty-five year old woman from York, Maine who had been drinking diet colas since she was a teenager. Sharon would freely sprinkle Equal on everything she ate such as pancakes and French toast, and used it in recipes as a substitute for sugar. She drank diet drinks everyday and used Equal in her coffee every morning. When she read about the dangers of aspartame, she immediately stopped using both NutraSweet and Equal. But Sharon realized she was addicted to these aspartame-containing products when she tried to stop using them cold turkey. She found that she actually craved them, desperately wanting a diet cola about 12:00 or 1:00 in the afternoon.

This especially disturbed Sharon as she could not eat any sugar or fat as the result of gastric bypass surgery she had performed merely five years earlier.

Sharon suffered with typical aspartame symptoms:

- menstrual problems
- headaches
- poor memory

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- hair loss
- depression
- fatigue
- joint pain in her right knee
- loss of sexual desire

She recently developed a strange cramp in her stomach similar to labor pains. They lasted for several minutes at a time. When she described them to the doctor who performed her gastric surgery, he felt it was an esophageal spasm, something she'd never heard of before.

Sharon also suffered with carpal tunnel syndrome, a condition which she had surgery in hopes of curing the condition. Surgery did nothing. She required constant painkillers with codeine to cope with her pain. She patterned an increase in pain after taking her medication with a diet drink.

When Sharon removed all aspartame from her diet, her daily pain subsided. She noticed her gastrointestinal problems subsided, and the pain from the carpal tunnel completely disappeared within a few short weeks.

"What can I do to help get aspartame off the market?" she asked. "After all I have gone through, it amazes me this stuff is still being sold."

Severe Aspartame Symptoms

Anna was twenty-two years old but felt like she was ready for her ninety-fifth birthday. Anna started drinking cola when she was thirteen years old. She had a coke here and there, but felt it was "no biggy." Then at sixteen, Anna began to waitress and had free colas available to her. As a way to keep on the run, she drank more and more soft drinks. Her mother got on her case about getting off the cokes and onto the diet colas. She was worried Anna was drinking too much sugar. So Anna switched from drinking regular

colas to diet colas. She hated the taste at first but it eventually grew on her.

Anna again switched jobs and started working at a convenience store where she drank a lot of diet cola. "Hey, they were free," Anna boasted. She noticed she drank more, and more, and more, and more. She would even take some home with her. Then she started to bring home a twelve pack of diet colas every night. When she'd drink that up, she'd go buy another twelve pack.

Anna noticed that her hair was thinning. She felt like she was suddenly going bald. Her thick beautiful hair was a thing of the past as she was left with very thin hair falling out all over the place. She blamed it on her hair dye for a lack of any other logical explanation.

Now twenty-two, almost twenty-three years old, Anna had been on diet colas a long time. It became an addiction to her. She started drinking a case of diet colas in a two day time period. She felt very sick and described her symptoms as the following:

- Thinning hair. She lost over one-half of her head hair.
- Weight gain. Anna maintained a constant weight for years but gained over twenty pounds since she started drinking diet colas.
- Body aches all over. Anna's joints ached, her neck, her back, you name it, and it hurt!
- An on-going yeast infection. She never had a problem with yeast in her life before now.
- At this time, Anna started getting terrible headaches. Her eye prescription tripled. Her head throbbed with a constant ache in the front of her forehead.
- PMS from "hell" according to Anna, with cramps so bad she couldn't get out of bed at times. All her symptoms of

PMS rapidly slipped out of control.

- Bladder infections.
- Anxiety attacks.
- Her heart began pounding so badly, she thought she was having a heart attack.
- Thirsty all the time. She drank a case of diet soda every two days.
- Depression.
- Mood swings.
- Insomnia worsened to the point she would go days at a time without sleeping.
- Tired all the time but couldn't sleep.
- Anna's face developed a "nasty feeling" like dry and rash-like. Her complexion flushed out after having perfect peaches and cream skin all her life.
- Anna's legs would drive her nuts. She felt like she couldn't hold still. She described her legs as driving her crazy when she lay down. She felt as if she had to get up and run a mile to tire them out.
- Heartburn. "Oh God, yes!" Anna explained. "I'd eat Roloids like they were candy."

One night Anna was feeling the worst she had felt. Tired, run down, sore and full of aches all over. She was telling her boyfriend what was happening to her, and he suggested she browse the Internet in search of some answers to her mysterious problems. She looked at her can of diet cola, looked at the back of the can and noticed the word **ASPARTAME** jumping out at her. She typed aspartame in the search engine and about hit the floor. Her symptoms were all right there!

Anna immediately stopped drinking all diet drinks with aspartame. Her headaches and the constant throbbing in the front of her

head were gone after merely twelve hours! She was so excited to see what else would clear up. One by one over the following weeks, all Anna's symptoms disappeared now that she was off the sweet poison.

Gastrointestinal Problems

Genny wasn't sure if she could be helped, but she asked her question anyway. She had been experiencing gastrointestinal pain after eating for the last three years. Doctors' tests hadn't found anything wrong, and they were beginning to wonder if the problem was all in her head. Genny thought it might be a food allergy or food sensitivity. Her first thought was milk or wheat products, but she began to suspect the aspartame after reading about its dangers.

She felt extremely full after eating even small amounts of food. She started to lose weight because she couldn't manage to eat enough. Even though this seemed like a dieter's dream, it was very unhealthy and Genny's health began to suffer.

Genny was addicted to aspartame. She mixed Equal with the artificial sweetener Acesulfame-K for more sweetness. She used approximately twenty to thirty packets of Equal every day, plus an additional six packets of Acesulfame-K per day. Over the past three to four years, she developed tinnitus or ringing in the ears. She associated the tinnitus with her aspartame consumption. Her nutritional recommendations were the following:

1. Eliminate all aspartame and Acesulfame-K.
2. Three (3) grams vitamin C per meal, plus three (3) grams at bedtime to detox the chemical sweeteners and their toxic by-products.
3. Replace diet drinks with at least eight, (8)-ounces of bottled water daily.
4. Supplement with a multivitamin and

mineral daily.

5. Follow the Ten Step Detoxification Program for three (3) to six (6) weeks.

Within thirty days, Genny's allergies and tinnitus vanished, and better yet, she regained her normal eating habits.

A Woman Who Almost Killed Her Husband

Beth was a qualified medical microbiologist who felt that conventional medicine had been delivering all the wrong answers for years. Beth had been feeding her family aspartame with the mistaken belief it was "better" than sugar. "What a dope I was," she confessed. "Much to my eternal gratitude, my sons appear to have suffered no harm as a result of my ignorance, but I almost killed my husband, Arnold."

Here's Beth's story:

Since 1984, Arnold suffered from periodic unexplained blackouts. He was given every possible test—MRI's, CAT scans, DOPPLER scans of his carotid arteries, EKG's, EEG's, and every blood test in the book. One really scary episode resulted in his being hospitalized for three days. The hospital and doctors were all convinced he had a stroke, despite the fact he had no risk factors. He showed marked weakness down his right side, slurred speech, and blurred vision. It certainly appeared to be a stroke.

Finally in 1994, he was diagnosed with the seizure disorder epilepsy. A sleep deprived EEG showed seizure activity. Of course he'd stayed awake all night by drinking vast quantities of diet colas! The neurologist explained that the "stroke" was something called Todd's Syndrome, where seizures mimic the symptoms of stroke.

Arnold was put on anti-seizure medication beginning with Dilantin®, which caused suicidal depression. He was then put on

Depakota, which almost destroyed his liver (SGOT—92, SGPT—219). Then, Tegretol®, which caused scary personality changes according to Beth. He became extremely irritable and very aggressive, which Beth realized was caused by the effects of the aspartame reacting with the very toxic medications causing horrible side effects. Finally, Arnold was put on Lamictal®, which appeared to be the best of a bad bunch, but still made him quite lethargic.

The neurologist kept increasing the dosage because of breakthrough seizures. Arnold referred to them as "brain squeezes," which was the only way he could describe the weird sensation he felt.

In the meantime, Beth had read that aspartame was suspected to cause seizures. She never dreamt that was ALL that was causing Arnold's seizures. They decided it was foolhardy to consume something suspected of causing seizures when he already had a seizure disorder. So in October 1996, Arnold gave up all forms of aspartame. He had been drinking several cans of diet soda a day. He also used sugar-free gum and breath mints every day, all day long.

Arnold gradually began decreasing his medication. On December 25, 1996 he took his last dose of Lamictal and has not taken any anti-seizure medication since. As of September 1998, he has had not ONE seizure.

By the way, Beth was one of the "lucky" ones. Her symptoms were confined to tinnitus and severe headaches, both of which disappeared when she stopped using aspartame.

Arnold and Beth both put on a LOT of weight. After they stopped using any products with aspartame, Arnold lost all of his, and Beth had but ten pounds to go. Unfortunately both Beth and Arnold still have severe memory problems as a result of using aspartame. Beth knows that the longer they are off the chemical sweetener, the better their chances of recovery.

Parkinson's Disease

In her fifties, Mrs. W held her left hand against her body using her right hand to keep her palsy from being noticeable. Her involuntary shaking was steadily becoming worse. Her diet was similar to most average Americans as a considerable portion of it belonged in the garbage can. She never ate seeds or nuts because she was convinced they were “fattening.”

Her doctor diagnosed her with Parkinson's disease. The nutritionist explained that Parkinson's is a disease of the nerves caused by dietary deficiencies. She was asked to eliminate white flour and white sugar products, to eat raw seeds and nuts on a regular basis, and to eliminate all food chemicals from her diet, especially aspartame found in diet drinks. She was asked to supplement her meals with a whole foods diet such as the following:

1. An amino acid supplement with at least eight (8) essential amino acid proteins in combination.
2. Three (3) primrose oil capsules per day.
3. Three (3) dolomite tablets both A.M. and P.M.
4. One (1) phosphatidyl choline complex per meal.
5. A quality multivitamin and mineral tablet at breakfast.
6. Two (2) 1,000 mcg. octacosanol tablets (Octacosanol is a waxy substance naturally present in some plant oils and is the primary component of sugar cane extract called policosanol.)
7. Maintain the Detox Program for twelve (12) weeks.

She returned after a couple of weeks to say she felt better than she had in years and to show her left hand no longer shook involuntarily. In fact, her coordination had returned to normal allowing her to resume her hobby of playing golf every day.

Three months later, she called to report her shakes had returned. She admitted she had not taken her supplements for several weeks and had been drinking diet cola every afternoon on her way home from the golf course. The effects of aspartame and the obvious need to restore her health through supplements became apparent when her shakes vanished once again after she stopped using all aspartame and resumed her vitamin program.

Dizzy Spells And Blackouts

“My thoughts to the evils of NutraSweet have finally found merit,” stated Harris as he shared his story about aspartame. September 3, 1993 Harris fell out of a tree due to a blackout. He was standing in the crotch of an old walnut tree approximately twelve feet up when all of a sudden, he broke into a cold sweat. He felt nauseous and dizzy. He sat down in the crotch of the tree and held on, waiting for the sudden spell to pass. It didn't.

Harris fell out of the tree and landed on his head. He broke his back at the T12 vertebrae and was paralyzed from the waist down. Doctors at the University of Michigan Hospital ran various tests as to the cause of his one and only blackout. All tests came back negative. Their highly educated opinions resulted in a diagnosis of “simply a period of low blood sugar.”

Harris didn't believe it. He underwent two EEG's, an EKG, some other “G's”, several MRI's, CAT scans, and endless blood work. The best they could come up with was “low blood sugar.” Harris knew something the doctors didn't—aspartame was the cause of his blackout.

According to Harris, it all began at age thirty-two during the summer of 1993. Harris played softball on a traveling tournament team, playing close to 160 games that season. He was in great athletic shape and

never had any health problems before. That same summer, there were very few times Harris didn't have a diet cola handy. He always seemed to have one open in the car or at work. He even kept one or two in the dug-out for every game he played that season.

Harris drank water, too, but the water never seemed to quench his thirst. He admitted he needed to cut down on the diet habit, but it was just that ... a habit!

Today, Harris has kicked his diet cola routine. He realizes that his addiction cost him his ability to walk. "After all those years and hundreds of cans of diet cola, and doctors putting their hands in the air, and all the 'I don't know what to tell you'," he stated in frustration, "It wasn't my blood sugar, but the aspartame all along." Harris has since reformed his cola habits and will never drink or eat anything with aspartame again. He's never experienced another blackout.

Numbness Even As I Type

Dana never smoked nor drank. She normally wasn't in the habit of abusing her body, but recently she started a new diet which included consuming what she now considers obscenely large amounts of aspartame; over fifty packets a day.

Dana weighed a mere 120 pounds when she began her diet program, and realized that she was not exercising her best judgment when she assumed that, while NutraSweet products were not the best in the world, using aspartame for a couple of weeks wouldn't hurt her. She wasn't allergic to any foods and didn't get sick much.

Dana sent her poor body into shock. She began experiencing dizziness, trouble concentrating, headaches, tingling in her forearms and hands, and on occasion, had the sensation of feeling as if her legs were about to give out beneath her.

Dana was amazed that it took her so long

to make the connection that the aspartame in the NutraSweet she had been using was causing all the recent health problems she had been experiencing. Her symptoms were extremely weird and subtle at first, unlike anything she had experienced before. She initially thought it was the diet causing her problems and started eating more food; foods containing aspartame. Dana described the sensation as if she were taking drugs; nasty drugs with very bad side effects.

Dana also experienced sudden severe anxiety, but felt this was partly due to finding out exactly what she had been putting into her body over the past two weeks.

As quickly as her health problems appeared, Dana's symptoms disappeared when she got off all aspartame. She replaced her primary fluid intake with bottled water, began eating whole grained, organic foods, and supplemented her diet with a multivitamin and mineral every day. She started walking her dog two miles every evening, and has sworn off any more diets.

Nervous Twitch

Aspartame found in NutraSweet products did nasty things to Luke. A heavy diet soda drinker, Luke was consuming only diet soda with NutraSweet. After a while, he noticed he was getting muscle twitches in his eyes, his arms, and even his chest. The only thing he'd changed in his life was an increase in consuming diet colas. So, he cut out all diet drinks and returned to drinking only regular colas. After adding a few pounds, Luke became disgusted and returned to his diet soda regime. His muscle twitches came right back. He stopped the diet sodas, again, and now refuses to touch anything with aspartame. No diet drinks—no more twitches.

"NutraSweet is absolutely terrible for me," Luke stated. "I never touch the stuff anymore and I haven't had any problems since."

A Bodybuilder Not Buying Into The Hype Of Aspartame

Tim is a serious bodybuilder. All the products he purchased for the first year and one-half into his career contained aspartame. He started noticing serious mood swings to the point he couldn't control himself. Tim then started a different bodybuilding program without aspartame, and noticed his mood swings came back under control. After reading the labels on almost all the protein supplements and meal replacements available, some form of artificial sweetener was added to most of the bodybuilding replacements. Tim observed how tough it was to drink the supplements without the sweeteners added to make them more pleasing.

Tim finally found a bodybuilding supplement with fructose, the natural fruit sugar. It was hard for Tim to find the products he needed to maintain good health, but he continues to advocate the "fresh-raw-real" approach to bodybuilding. The cycle of convenience and dependency was hard to break, but well worth it in the long run.

Violent Seizures

Lee's mother was asleep upstairs as she wrote this story. All things considered, Lee was lucky her mother was still alive as she almost died two months earlier when she had a violent seizure on their neighbor's living room floor. Lee believes her mother's seizure was caused by her use of aspartame.

According to Lee, her mother was always overweight. Seven years before her seizure, her mother fell into a health craze and began consuming a lot of diet products containing aspartame. She continued drinking numerous diet colas over the following years. At the time, Lee was in the eighth grade and started drinking her mom's diet drinks, too. Lee's mother was drinking in excess of a six-pack of diet colas a day; Lee was consuming up to ten cans a day.

Lee's mother did begin to lose weight, but she lost her health along with it. She began to suffer strange spells. She would forget numbers and how to pronounce certain words, and began showing signs of Alzheimer's disease. Her episodes would last as long as forty-five minutes.

There was no family history of any diseases or disease syndromes according to Lee. One day, her aunt found some literature on aspartame, and the pieces and symptoms of her mother's troubles came together. Lee and her mother stopped all consumption of aspartame. Since stopping all aspartame use, Lee's mother suffered merely four mental episodes in a two month period as opposed to one every day. Lee admitted feeling better, too. She had developed a breathing problem, which completely disappeared when she stopped using aspartame.

Both Lee and her mother suffered aspartame withdrawals for two weeks after they stopped using all aspartame products. Lee's throat became so dry at one point, she said she wanted to die.

"My sister and I almost lost our mother because of this sweet poison," confessed Lee. "Someday I hope to see it as a footnote in books that I helped get aspartame off the shelf and out of people's lives."

Short But Sweet

Ann had been blaming diet cola for her health problems. When she stopped drinking all diet colas, all of her "mysterious" health symptoms disappeared.

Ann's health symptoms included blinding headaches, spots in front of her eyes, skin rash, irritable bowel syndrome, pounding heart, weight gain, dry skin and hair, and severe depression. Now that she doesn't drink any more diet colas, she feels younger and has much more energy than when she constantly drank diet.

Simple. Effective. Life changing. No more aspartame. No more health problems for Ann.

Merely Two Weeks Makes A Difference

Cori commented she was probably one of many to share her story about aspartame. She realized firsthand how one little thing could, and did, almost cost her life. So, even though her story may be one of thousands, she is proud to share it.

Cori was dieting very heavily. Anything that went into her mouth was diet or sugar-free. She had warning signs that something was wrong, but no one could tell her exactly what. She began to have seizures for the first time in her life and was diagnosed with epilepsy. Cori was devastated. Why did this suddenly happen?

Cori didn't realize how many products contained aspartame until she became aware of its dangers. Her doctor had never heard of the link between aspartame and seizures until Cori showed him the literature available. She had identified a possible source to her mysterious seizures.

Now, Cori reads all the labels on any pre-prepared food products she buys avoiding all aspartame. Aspartame is now found in foods not even labeled sugar-free. NutraSweet is available in over 5,000 food products alone. After being "aspartame free" for merely two weeks, Cori had a lessening of seizure activity. After one month of not using any aspartame, Cori had less seizure activity than ever before. She is convinced that aspartame free means seizure free.

Sixteen Years Of Aspartame

Bernice will no longer use aspartame. It took sixteen years before she realized the correlation between aspartame and her health

symptoms. Bernice drank at least two six-packs of diet cola a day. When she started developing health problems, neither she nor her doctor were aware of the problems associated with aspartame use. Her doctor thought she had an inner ear disorder, but could not be certain.

Bernice had frequent episodes with vertigo. She also experienced nausea with a loss of balance. She had violent mood swings and depression, fatigue, recurrent upset stomach, insomnia, racing heart, panic attacks with difficulty breathing and swallowing, chest pains, and a thickening of saliva. At times, Bernice said she felt a "swimming" feeling at the back of her head.

Once Bernice stopped using aspartame and all sugar-free products containing aspartame, all her health symptoms ceased. She also switched to a vegan diet and has never felt better!

Depression, Rage, and Migraines

Aspartame ruined Cathie's life. She was diagnosed with all sorts of mental illnesses including depression, Post Traumatic Stress Disorder, anxiety, panic attacks, and Agoraphobia. At the time, Cathie was disabled due to her problems. In recent years, Cathie became very aggressive and had sessions of pure rage to the point of attacking the person she was angry with.

Cathie also suffered with severe headaches and migraines. She was unable to think clearly and developed a very short memory. She even attempted suicide once but admitted she had been suicidal for years. She often thought she was losing her mind. Cathie KNEW something was wrong but could not figure out what until her aunt shared some information about aspartame. Once she researched the information available on aspartame, she knew, and hoped, she had found the cause of her problems.

Cathie's doctors thought she was crazy and discounted her complaints of joint pain so severe, at times it kept her in bed. She already had problems with her back, suffering with an unconfirmed case of scoliosis of the spine. She knew she was deteriorating rapidly. At thirty-one years of age, Cathie was horrified at signs of osteoporosis in her spine.

A registered nurse, Cathie had driven 125 miles round trip daily to nursing school for two years. Now she was told she couldn't work due to her disabling case of constant anxiety and Agoraphobia. Her aggression and rage ruined her first marriage and almost destroyed her current relationship. She had been in therapy since 1992 with little to no success "curing" her problems.

Cathie would cry at the tiniest things. Even her anger caused her to cry. According to Cathie, she was living in "Hell on Earth." All her symptoms slipped up on her as if coming out of nowhere.

Cathie's weight began fluctuating, and her most recent blood work showed low sodium and potassium levels along with a blood sugar level of forty-nine just after eating.

After learning of the dangers of aspartame and the thousands of complaints registered in FDA files against the sweetener, Cathie became very angry at the deception affecting her health. "This is a nightmare that sneaks up on you," stated Cathie. "Why aren't there any warnings of possible side effects of aspartame on the packaging? Doctors have no clue about these dangers, and aspartame can easily take over your life."

Cathie began to improve within days of removing aspartame from her diet. She now drinks only bottled water, takes natural vitamin and mineral supplements, St. John's Wort, extra vitamin C, and eats whole foods. She recently got off government disability and accepted a nursing position for the first time since her disabling aspartame reaction.

Cathie believes that aspartame use is likened to every person in America handling a potential bomb. "It may or may not go off!" she said with passion. "Why take the chance?"

Children's Chewable Vitamins With Aspartame

Katrina had been complaining of an earache the very day she went for her three-year check up, Wednesday, January 5, 1994. Odd things had been happening to Katrina, especially her complaints of a stomach ache almost daily over the past six to eight weeks.

Katrina had become clumsy, particularly compared to other children her age. Sometimes, she acted blind, literally running into things. Occasionally, she fell. At times, she was hyperactive. Her speech more slurred. She never acted in a reliable manner. Her mother wondered if this was typical three-year-old behavior.

Katrina commonly had loose stools, but over the past several months was experiencing diarrhea and cramping. The doctor suggested Katrina see a neurologist regarding her blinking falls.

Two days later, her ear pain worsened. She continued falling, once bumping the back of her head quite severely. She kept complaining her head was hurting where her ear was infected. Carmen called the pediatrician, who prescribed Vantin®, an antibiotic she had used before, and Tylenol® with codeine. She vomited several times that night. The Tylenol never had a chance to get into her system. She couldn't keep anything down. Her parents waited until morning to start the Vantin, and tried a second dose of the Tylenol.

By Saturday, Katrina was lethargic. She would not eat anything. Her mother, Carmen, managed to get some sugar-free yogurt down her. Katrina liked yogurt. Carmen hoped she would keep it down. She

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vomited several times that day. She'd sip on a cold diet coke.

Sunday, January 9. The next morning, Katrina was still very lethargic. Her parents decided to take her back to the doctor the next morning if she did not improve that day. At 1:15 PM, Carmen was leaving for work. Katrina had not gotten out of bed for lunch like normal. Rather than bothering her sick child, Carmen let her sleep. She almost left without checking on her, but changed her mind, checking to see if she was sleeping. Katrina was lying on her side. As Carmen passed over her, she saw Katrina staring at the wall. She called her name, but Katrina did not respond. She said a little louder, "Katrina?" She still did not move.

She turned Katrina over onto her back. She will never forget what she saw. Her three-year-old daughter lay unconscious. Eyes open and glaring. Lips and finger nails blue. The right side of her face covered with mucous and saliva from a puddle still pooled on her bed.

Carmen called 911.

Katrina had a seizure while being transported in the ambulance. She had stopped breathing and had to be resuscitated. She was given Valium®, Dilantin, and Versid®. They performed a CAT scan. After four hours, Katrina was transferred to Riley Children's Hospital at Indiana University where she remained for six weeks. She was on life support for two weeks, in ICU for four weeks.

Katrina continued to have seizures and apnea the first day in the hospital. Doctors performed an MRI without a contrast, but saw nothing. They did a spinal tap. Nothing. They thought they had her stabilized with anti-convulsants. They extubated her the next day, moving her to the toddler unit.

Her seizures were not blatantly obvious. Katrina had no jerking of limbs or any physical effects common to seizures. That night,

she complained of another bad headache. She could get no relief.

Katrina was put into a Pentobarbital® coma for one week to stop the status epilepticus. Otherwise, Katrina could die from the damage to her brain by the constant seizing. The doctors wanted her brain wave to be as flat as possible, referred to as "burst suppression." During this time, Katrina was on complete life support and a constant EEG monitor. She had an arterial line in her ankle to draw blood hourly to check for blood gases and drug levels.

She required a blood transfusion to replace what was being continuously drawn. She had two central lines; one in her neck and one in her groin area. Each central line had two lines leading into it. One for feeding, three for various drugs. Her urine was collected hourly. Katrina was put into isolation as they suspected she was contagious.

For the two weeks in a coma and on life support, Katrina's family didn't know whether she would live or die. If she did live, could they keep this from happening again? No one could give them any answers.

Katrina soon developed problems with her liver. A liver biopsy was performed. A muscle tissue biopsy was also done. An ophthalmologist was called in to check for a Kayser-Fleischer ring indicating Wilson's disease. Nothing.

A cytogenetic test was performed, an abdominal ultrasound of her liver and gall bladder. A VER and BSER were performed. The list goes on and on and on. Nothing.

Katrina had an infectious disease specialist diagnose her with non-infectious encephalitis. Her pediatric pulmonologists agreed she had encephalitis, but believed it to be viral. The three spinal taps did not support that opinion, however.

Katrina was then followed by a gastroenterologist and a neurologist. The neurologist's

final impression on April 15 was “Status-post status epilepticus of unknown etiology with evidence of a meningo encephalitis on MRI scan.”

After Katrina came out of a coma, she was finally released from the hospital after eight weeks. Over \$300,000 of unanswered care. Her parents brought her home with little to go on. They didn't know what caused her near-death experience or if it would ever occur again. The doctors never determined what really happened.

The doctors wanted Katrina to remain on anticonvulsants for a lack of anything else to do. After being on life support for two weeks, six weeks at Riley Children's Hospital, being transferred to a rehabilitation hospital for another two weeks, no answers.

Six weeks of tests, including three lumbar punctures, constant EEGs, a liver biopsy, a muscle tissue biopsy, Echocardiography, Genetic Screenings, Abdominal Ultrasounds of an enlarged liver and high enzyme readings, four MRIs, tests for Wilson's Disease, Herpes and Hepatitis, hourly blood tests, daily blood tests, lead poisoning tests, carbon monoxide poisoning tests, cytogenetic tests, and countless others the Carradines didn't even know were run: NOTHING was ever found. An infectious disease specialist saw Katrina for a while, but found NOTHING.

Katrina's final diagnosis was meningo encephalitis of unknown etiology. No virus found. No bacterial infection discovered. The doctors talked of a possible toxin, but it was never pursued.

Home from the hospital, Katrina was on prescribed anticonvulsants. Her mother did not start her back on her children's vitamins until she weaned her completely from the medication. Seizure free for over one year, Carmen started Katrina back on her favorite chewable vitamins. One week later, the same symptoms as before her illness reappeared. Katrina began complaining of stomach pains

and diarrhea, she began stumbling and falling down.

At this time, Carmen was first introduced to information concerning aspartame. She began to put two and two together. Aspartame had been in Katrina's vitamins. Carmen took the vitamins away from Katrina, and her returning symptoms disappeared.

Three-year old Katrina suffered from:

- Acute toxicity
- Lethargy
- Confusion
- Impairment of articulation
- Severe headaches
- Abdominal pain
- Vertigo
- Temporary visual loss

All symptoms of aspartame toxicity. Katrina also had nausea, unsteady gait, and unusually high liver enzyme levels.

Katrina suffered so much and has a hard life ahead of her. She is in need of speech therapy. Her behavior is unpredictable. She requires special schooling. Her diet will have to be watched very closely from now on. Her parents must scrutinize all her meals and snacks for aspartame.

Katrina can never have aspartame again. Yet, it is hidden in so many things. Her life will never be the same, but since her mother has kept her away from all aspartame, she has never suffered another seizure or related health symptoms! Everyday, Katrina gets stronger and stronger.

How would you feel if this were your child? ●

Chapter 12

Infections: A.I.D.S.

Bob's massage therapist recommended he see a nutritionist to determine if anything could be done about his poorly functioning immune system. He had been through a series of infections over the past nine months, some bacterial, some viral. In most instances, antibiotics had little to no effect. At present, evidence of disease appeared through a number of lymph nodes swelled in his neck, groin, and back. He had been diagnosed with Acquired Immune Deficiency Syndrome, AIDS.

Recommendations on how to build his body's resistance to disease were given as the following:

1. No white sugar. Cut sweets altogether, except for fruit. Sugar depresses the immune system. This was hard for Bob who was a sugar-holic, but he agreed to it.
2. No white flour products.
3. One (1) gram of vitamin C per meal and one (1) gram at bedtime, increasing daily until bowel tolerance is reached.
4. 100,000 units of vitamin A with one daily meal. Vitamin C and vitamin E should be taken with it.
5. 800 units vitamin E with one daily meal to insure absorption of the vitamin A.
6. Fifty (50) mg. chelated zinc between meals.
7. Bob does not like the taste of liver, so three (3) liver tablets recommended per meal. Normally, eating one (1) to two (2) servings of liver per week is recommended, rare.
8. One (1) tablespoon Brewers yeast at breakfast.
9. Multivitamin and mineral tablet at breakfast with an extra 100 mg. B-Complex vitamin supplement.
10. Six (6) garlic caps (preferably Arizona Natural®) daily.
11. One (1) cup natural yogurt daily.

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12. At least 75% of all food raw, with at least something raw each meal.
13. Two (2) to three (3) bowel movements daily, using the herb Cascara Sacrada if needed.
14. Hair mineral analysis to check hydrochloric acid (HCL) production in the stomach.
15. One (1) complex amino acid supplement daily for proper protein.
16. Extra B3 Niacin until a rapid flush occurs to cleanse toxins from the blood, and follow the Detoxification Program.

Statistics support that 88% of AIDS victims die within two years after diagnosis. Within two weeks of starting the above dietary program, Bob exhibited no sign or symptom of an active infection. He was gaining strength and sleeping better. The key is for Bob to adopt this nutritional program for his lifetime, decreasing the levels of vitamin A and C as his body begins to strengthen. After approximately six months, Bob was taking merely 2,000 I.U. of vitamin A and fifteen (15) grams of vitamin C.

Recurring Boils

Pam's problem was unusual. She had a massive boil on her lower back, which oozed constantly. She had considerable pain associated with it, and sometimes had to change the bandage numerous times throughout the day. Pam suffered with the boil for several years. Antibiotics never stopped the infection, but only gave her a yeast infection. Finally, the antibiotics were no longer affective, and Pam resigned herself to living with a permanent boil on her lower back.

Occasionally, Pam developed new boils on her neck, upper thighs and under her arm. Most of the time, these would clear up temporarily, but as of late, they were remaining. She finally sought nutritional counseling and

was recommended the following:

1. Eliminate the large quantities of white sugar she was consuming. Sugar depresses the immune system.
2. Eliminate all white flour in favor of 100% whole grains, and use only cold pressed seed oils in place of manufactured hydrogenated oils.
3. Two (2) grams vitamin C per meal plus two (2) grams at bedtime, increasing to bowel tolerance.
4. Fifty (50 mg.) chelated zinc between meals.
5. 10,000 units vitamin A with one daily meal.
6. 800 units vitamin E with one daily meal.
7. Keep the boil area covered with liquid garlic extracted from Arizona® garlic capsules. Garlic oil penetrates the flesh and kills the infection on contact.

The infection was better within days. Complete healing occurred within thirty days.

Hepatitis B

Joe sought nutritional counseling at the urging of his wife. At fifty-two years old, he had suffered from Serum B Hepatitis for almost twenty years. Blood tests and liver tests confirmed the diagnosis. Aside from the original flare up, it had been debilitating to a mild degree. Over the past five years, his pain had been slowly increasing. His blood and liver tests were progressively worsening.

After his last blood test, his physician informed him he was now infectious and everyone he came into contact with must be notified and monitored. He wanted to admit Joe to the hospital for a liver biopsy to determine the extent of damage to his liver. The biopsy was scheduled in two weeks. It was recommended he start interferon injections.

Joe also had pain and stiffness in his upper back, shoulders, and neck. A hair mineral test was performed, and based on the findings, the following nutritional recommendations were given to strengthen the immune system and to rebuild his liver:

- Vitamin C throughout the day until bowel tolerance is reached.
- 10,000 units vitamin A with one daily meal.
- Nine (9) predigested liver tablets a day.
- 800 units vitamin E with one daily meal.
- Eighty-five (85) mg. multiple vitamin and mineral tablet at breakfast.
- Fifty (50) mg. chelated zinc between meals.
- Eliminate white flour in favor of 100% whole grains.
- Eliminate white sugar in favor of raw honey, molasses, maple sugar, or Stevia.
- No caffeine.
- No alcohol.
- No aspartame or hydrogenated oils.
- Follow the Detoxification Program.
- Supplement with Dandelion Root, Artichoke, and Milk Thistle, five days a week for three months.

Joe went in for the scheduled biopsy, and his liver function and blood tests were repeated. His doctor was surprised to find improvement and little damage to the liver. Best of all, in less than two weeks on the dietary program and for the first time in years, the pains in his abdomen had vanished.

The arthritis pain in his back, shoulder, and neck had lessened, and he was not as stiff. It took several more weeks, however, to sufficiently dissolve the calcium from those areas completely freeing him of pain and returning full range of joint movement.

When the hair test came in, it did exhibit the typical high level of calcium in the hair characteristic of all diseases resulting from a deficiency of calcium and high levels of calcium deposits in the soft tissues.

Recurring Ear Infection

Katherine, an adolescent, had recurring ear infections since she was very little. Her pediatrician recommended installing tubes in her ears. Though her pediatrician rarely mentioned diet, her infections appeared to be the result of white flour products she was eating and too many white sugary foods she craved.

Katherine was placed on the following program:

- One (1) Arizona Natural® garlic capsule punctured with the garlic squirted into the infected ear. The garlic usually kills the infection and the associated pain abated within the hour.
- No white flour.
- No white sugar.
- Fifteen (15) mg. zinc between meals.
- One (1) gram vitamin C per meal.
- 200 units vitamin E with meals.
- 8,000 units vitamin A with meals.
- Ear candling done every three days to remove the excess wax and infection.

Katherine's need for the ear tubes vanished along with her infection. She has remained normal for three years, and her mother burns an ear candle in her ear anytime she complains of ear sensitivity.

Acne

Alice had been taking tetracycline for two years for recurring pimples. Though no scarring had occurred, she was afraid of the possibility and tired of the way the antibiotics made her feel.

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Antibiotics, if taken longer than a few days (and rarely should this be done), cause serious side effects. They become toxic to the body and create a reduction in vitamin levels within the tissues. The body's immune system should be properly fed so the body can eliminate infections on its own.

In Alice's case, the broad-spectrum tetracycline had completely destroyed the aerobic bacteria in her intestinal tract. These good bacteria produce more B-Complex vitamins than can be absorbed from food. When they are killed, B-Complex levels in the body drop to a low level causing a decline in immune system response and a predisposition to secondary infections such as yeast infections, which Alice was experiencing.

Alice began the following dietary program and stopped the antibiotics:

- No white flour or products containing bleached flour.
- No white sugar or products containing refined sugar.
- 10,000 units vitamin A with a meal every other day.
- 800 units vitamin E with a meal every other day. Remember that vitamin A cannot be absorbed efficiently if vitamin E is seriously deficient.
- One (1) 50-mg. tablet of chelated zinc between meals or at a meal where no cereal, grains or whole breads are eaten. Cereals contain phytate, which combines with zinc making it insoluble and inassimilable.
- Three (3) acidophilus tablets per day to replace the aerobic bacteria in the lower intestinal tract.
- A 100 mg B-Complex tablet at breakfast.
- Follow the Detoxification Program as directed.

After a few days, Alice's color and energy levels returned to normal; the yeast infection and pimples were disappearing. She has since remained symptom free. •

Chapter 13

FAQs

If my students didn't ask questions during a lecture—lots of questions—I worried my classroom presentation was uninspiring. As a college professor, I judged my students' questions as a sign of continued learning. I presented the facts and the core data, and they applied them to their personal lives, opinions, and philosophies. When learning new ideas or adopting a new way of doing things, such as the natural detoxification of unnatural chemicals in the body, uncertainty is good because it breeds greater understanding. Asking questions as to what lies ahead is the safest way to change old habits and to develop personal security, strength, and understanding. So, here are some of the most common questions I have received concerning the detox program. I hope these offer answers to some of your questions about the 10 Step Detox Program:

Q: *Does the Detox Program really work?*

A: If you stay dedicated to the Detoxification Program along with keeping

all other food and environmental chemicals out of your diet, your health should restore. But, everyone is different with individual needs, so what works for one may work differently for another. Bottom line, the Detox Program does work in cleansing toxins from the human body, but it may work faster for some and create different side effects for others. Just remember that it took months or maybe years for toxins to break your body down, and residual damage may linger to compromise your health. Slowly but surely, you can repair and restore your normal state of health, but the immediate symptoms threatening your wellness should cease quickly. Remain patient and maintain faith in the unknown. And work with your medical doctor as you cleanse your body, so you can assure your detox program remains compatible with traditional healing protocols you may be using.

Q: *Will I feel better or worse during the detox?*

A: Some people feel better immediately and continue to gain energy and well being

from the beginning of the Detox Program. But when you have rancid chemicals, bacteria, or yeast within your body that have been trapped there for weeks, months, or years, it typically produces a rotten odor or rancid feeling when you initially remove them. As you detox your body, you may experience this unpleasant odor in your stools and/or from your pores, and you might want to take more than one shower or bath each day until you have purged the toxins. You may also experience headaches or flu-like symptoms. But this is the worst scenario.

Q: *Will the French Green Clay constipate me?*

A: It shouldn't. One of the reasons I prefer the French Green Clay to other clays, such as bentonite or kaolin clays, is these clays "cast" when they harden. When I was an environmental engineer working in the field, we used these clays to plug holes in the piping that were drilled hundreds of feet into the ground. Instead of pulling the many feet of piping out to repair the holes, we mixed bentonite clay and flushed it down the well casing so to "plug" the holes. These clays can react the same way in the human body. The French Green Clay, however, powders when it hardens, so it does not "plug" the intestinal tract. This is most helpful for those with diverticulitis, for example, as the French Green Clay should not impact the excretion process in the bowels. As with any clays, nevertheless, it is important to drink at least .5 gallons of water daily when detoxing using clays.

Q: *Is the French Green Clay safe to ingest?*

A: Absolutely. Many types of clay are commonly ingested as "cleansers," but the French Green Clay isn't as common in the United States as it is in Europe. Very few American companies offer an "ingestible" form of the green clay, but most of the brands offered on the internet or in health food stores are a natural form of French Green Clay, meaning nothing has been added to the clay after it

was mined and packaged. My recommended sources of the green clay, nonetheless, are of the highest quality of "ingestible" green clay in natural form, having been quality checked for internal purity. (See contact information in Chapter 14)

Q: *Does the Detox Program help with ADD/ADHD?*

A: Yes, it does. Many cases of diagnosed ADD/ADHD are not actually ADD/ADHD at all. Toxic chemicals, high acidic levels, prenatal chemical exposure in the womb, and nutritional imbalances along with improper diet can be at the root of ADD/ADHD symptoms in both children and adults. Before dependency on medications and drugs begins, it is a good idea to do a thorough Detox Program to address nutritional imbalances and toxins at the root of ADD/ADHD symptoms.

Q: *I live outside of the USA. Can I still do your program?*

A: Absolutely. I created my Internet nutrition network so people around the world can access this information easily, have a hair analysis done no matter where they live, and start on the Detox Program from any location. I have clients from Africa to Japan, and welcome more!

The 10 Step Detoxification Book is like having a counseling session with me, and I have made it easy to order the supplements I recommend through the links I provide on my website and in the book. (See Chapter 14, *Where Do We Go From Here?*)

Q: *Who do I contact with questions while I'm doing the Detox Program?*

A: I receive many daily emails and phone calls, so be patient if you do not hear back from me quickly. My office staff tries to respond to everyone who contacts us within 72 business hours.

I have an exceptional staff at The

Hullistic Network qualified to address your questions, but if you have had a hair analysis done and are a client, my personal assistant or I will answer your questions anytime.

Q: *How long does the Detox Program take?*

A: It depends on the type and amount of toxins you have within your body. Toxic metals vary in specific gravity and weight, as aluminum is lighter than mercury for example. It also depends on the location of the toxins within the body. It may be easier to eliminate toxins from the colon than from the brain tissue, for instance.

So, depending on the toxic load and the type of toxin, the length of time required to remove toxins from the body will vary from three weeks to twelve months. Some of the components in the Detox Program are recommended for your lifetime, such as Vitamin C and B-Complex.

Q: *Is niacin safe? I heard it could make you burn.*

A: Niacin is safe when you use a pure form and the proper dose for your body's needs. Many brands of niacin are altered to be "flush-free," and this can be toxic to the liver. And, when you take a flush-free form of niacin, you don't know how much niacin you actually need for your personal health status because you don't "flush" the dose, so overdosing is common.

Niacin is one of the most natural and important components for blood health. B3 niacin is found in nuts, Brewer's yeast, whole grains, and red wine. Studies show niacin lowers blood pressure and thins the blood.

Q: *What happens when I take niacin and I don't burn?*

A: You have more toxins to the amount of niacin taken if you do not flush, or burn, within 20 to 30 minutes after taking it. If this happens, I recommend increasing the amount of niacin you take each day by 100 mg until

you flush. Stay at that dose for three days, and if you flush each time you take it, then cut back by 50 to 100 mg until you feel a light, yet consistent, flush. This amount may also change periodically as your toxic load may change. For example, you may eat a high fat meal with wine or alcohol one night, and discover you do not flush when taking your niacin the following morning. So increase your dose later that day and see if you flush. If not, increase until you do flush. Once the toxins are gone, then you can decrease your dose.

Q: *Can I buy these supplements separately?*

A: Yes, you can order each of these supplements individually, and most are available in the finer health food stores and natural markets. Just make sure you are getting what you pay for, and are purchasing a quality product the body will use as "food." Some vitamins contain lesser quality minerals and elements, and some have unnecessary fillers. So some basic points to remember about vitamin selection:

- If the vitamin tablet can break apart using your fingertips, then it is a purer form
- Multi-vitamins should be greenish and compressed with no extra coatings
- Avoid vitamins that have been "colored" unnaturally
- Capsules and gel caps are a purer form of oils and vitamins D, A and E

Read your labels and avoid purchasing supplements with unnecessary additives such as titanium dioxide and artificial sweeteners.

Q: *Why should I detox?*

A: If you host rancid chemicals within your body, you must get them out as soon as possible. Remember, garbage in—garbage out. You'll know the toxins are gone when body odor is gone, when bowel movements are odorless and float on the toilet water, when

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your urine is clear (FYI - B vitamins can stain your urine orange), and when your energy level is up. You will sleep better, and may notice the return of a healthy libido (if applicable). Keep this reality a goal, and stay with the discipline of driving the impurities out of you no matter what the short-term offenses may be.

Q: *What are the steps involved?*

A: Simply add the extra nutrients and supplements in the Detox Program to your daily routine for as long as it takes to remove the toxins. The French Green Clay should be taken on an empty stomach either first thing in the morning or before bed, the niacin should be taken on a slightly empty stomach (preferably before an exercise workout or a hot sauna), and the rest of the vitamins can be taken with meals either morning or evening. The key to a successful detox is consistency. Once a routine is established, the body will respond to the daily assistance in the elimination of stored toxic chemicals.

Q: *What if I have a relapse?*

A: The key to preventing a relapse of symptoms is to always read your food labels and remain aware of what chemicals are in the products you buy, including cleaning solutions and cosmetics. Keep your shields up and your defenses sharp by staying on top of what's in your food and asking lots of questions about your environment. And remember to drink plenty of water. Most importantly, don't give up on the program - natural healing and lifestyle changes sometimes take time. It took time to get ill, so give the body the time it needs to heal.

Q: *What exactly does the Detox Program do?*

A: The Program removes toxic wastes from the tissues and cells of the body. Toxins not properly eliminated from the body are stored in body fat, tissues, organs, and under the skin. Eventually the toxins accumulate to the

point of causing disease. Like scrubbing dirty dishes, the components of the Detox Program work together to remove toxins from the cells of the body and the blood. Nothing works better to remove toxic chemicals safely, and without the typical harmful side effects, such as cramping or diarrhea.

Q: *Why doesn't my doctor do a Detox Program?*

A: The only time traditional medicine seems concerned with the cause of illness is in the Emergency Room. Most traditional medical doctors are not trained in natural medicine and know very little about nutrition. Doctor-prescribed treatments are interventionist treatments—they do nothing more than suppress symptoms and interfere with the causes of disease. In the long-term, this approach to disease does not help the body permanently heal, and can create a dependency of pharmaceuticals as a lifestyle.

Q: *Can I share the Detox Program with my doctor?*

A: Absolutely. It may actually be a good way to select who's the right doctor for you; a medical physician that knows little about nutrition may not be the right one for your needs. Pharmaceuticals can deplete certain vitamins and minerals from the body, and every doctor should be aware of these reactions. Plus, an open-minded physician should accept a patient's willingness to heal from disease in every possible way.

Q: *Why use Vitamin C?*

A: Quality vitamin C is a natural form of antioxidant, and a vital component to the Detox Program. Its nutritional importance in the body demands the highest quality forms of natural C sources on the market today. Quality C is gentle on the stomach and will not cause nausea like corn-based vitamin C can do, and will naturally balance your body's pH. You typically can take less of a quality C as opposed to cheaper forms of vitamin C.

The best vitamin C choices come from ascorbate, ascorbic acid, calcium ascorbate, acerola extracted from berries, and from rose hips. These are healthier for sensitive tummies, for the elderly, and for children.

Q: *What vitamin options do I have for your Detox Program?*

A: You have many choices. You can order from <http://www.hullisticmarket.com> where I have recommendations for vitamin C, pure niacin in 100 mg. tablets, multi-vitamins with minerals, digestive enzymes, and more. I also recommend the liquid multi-mineral super complex, as it is the finest mineral combination I have ever seen. I take these products personally, as do my children.

Q: *What is the difference between your Detox Program and others, for example a liver detox or colon cleanse?*

A: My detox program is designed to specifically remove from the body chemical toxins, toxic by-products from food additives such as aspartame, and heavy metals. A colon and liver cleanse are a wonderful compliment to any cleansing program, and I encourage people to cleanse the liver and colon at least once a year. But, the 10 Step Program is targeted to remove specific toxins deposited within the body. Without removing them using the components I have combined in the Detox Program, these specific toxins can remain within the body indefinitely.

Q: *Can I continue taking my current vitamins or supplements while starting your Detox Program?*

A: Yes, especially if the supplements you are taking are a natural food source. But, it is prudent to know exactly what nutrients your body really needs, so not to take unnecessary supplements. This is one reason I believe the hair analysis is such a wonderful tool in health and wellness. It will identify which vitamins and minerals you are too high or too

low in.

Q: *Is it okay to use your Detox Program with another detox program like a colon cleanse?*

A: Absolutely. But make sure the programs you are on do not have artificial sweeteners or unnecessary fillers adding toxins back into your body. And make sure to keep the removal of toxins at a pace your body can handle as a healthy equilibrium. In other words, don't remove toxins faster than the body can recover from the nasty shock. Pace yourself and be patient. Push yourself to the limits you feel the most comfortable with.

Q: *How long will the supplements in the Detox Program last?*

A: The amount used is dependent on the individual program, but an average is a one-month to six-week supply.

Q: *How long do I need to do the Detox Program?*

A: This depends on how toxic you are, the types of toxins you have been exposed to, and where the toxins have deposited within your body. I recommend dedicating at least 6 weeks to the program to secure all the toxins are completely out of your body and that you have not "re-toxed" (redeposited) before they are totally excreted. The lighter metals such as aluminum and tin typically excrete from the body quicker than the heavier metals, such as mercury and lead. •

Chapter 14

Where Do We Go From Here?

Nutritional diets are critical to long-term health, but when you are polluted with chemical toxins from your foods or environment, it is important to remove these toxins as quickly and as safely as possible. Removing chemicals from the human body is a two-part process—eating right and cleansing from the chemicals permeating your tissues. Give your body a chance to accept healthy dietary changes by cleansing it first.

Many times, removing toxic foreign chemicals from the body can be as simple as turning your diet around. In the case of my Grave's Disease, and within the case histories found in Chapters 11 and 12, apparently it's not always so easy. One of the most common questions I receive from people wanting to detox is: "How do I remove these chemicals from my body?"

Erase the Old Tapes

Diets typically fail because after the diet, most people return to their old eating habits. So, if you crave sweets and fatty foods for example, turning to diet products with harmful chemical substitutes invariably means you will combine both toxic chemicals AND unhealthy foods as your daily eating protocol. So, now you are in double trouble.

Try starting over from scratch. Get back to the basics of eating—naturally prepared foods with as few chemicals as possible. Eat less pre-packaged foods, buy organic when possible (I realize this can be hard for inner-urban dwellers or for those in various parts of the world), but do the best you can, eat for your blood type, drink water from natural sources instead of sodas, powdered drinks, or concentrated fruit drinks, and maintain some form of regular exercise.

Exercise can be challenging for many people for different reasons, but everyone should keep their body "moving" in some capacity. Find what works best for you, and commit to a program for your lifetime. These

basic steps can make the difference in how you feel, your energy level, how healthily you age, how you sleep, and in your libido. Don't wait until tomorrow to begin changing your life—the time is now.

We Eat to Live, So Don't Live to Eat!

When did societies start accepting chemical diets as a lifestyle? When did human beings change their mindset to “living to eat?”

The industrialization of food and mass-nourishment has blindly lead modern humans down a lazy and dangerous path. It's an understatement to say nutrition today is not what it used to be. Modern societies have deviated from a natural relationship with their food (and their environments), contributing to, if not causing, a marked increase of modern degenerative diseases.

Fundamental nutritional knowledge has gotten lost amid modern, high-tech lifestyles. Take the time to determine where you got off the health track and what toxins you have been exposed to along the way. A well-balanced diet is critical for all human beings, and it is important to know not only your own personal needs, but the correct preparation of whole foods, how not to overeat, how to choose high-quality foods, how to avoid unnatural food combinations, and the art of “learning” the broad range of nutritious foods including: chlorophyll-rich plants, the best sources of certain fatty acids, and the dangers of food chemicals like aspartame, sucralose, pesticides, preservatives, food colorings, etc. on the market today.

When a good attitude and sufficient exercise are combined with a balanced and disciplined diet, you are on a natural path to good health. Remember that we eat to live; we do not live to eat. Get back to the basics of eating, and recognize your individuality in relation to nutrition.

My Nutritional Recommendations

Experiencing Grave's Disease in 1991 showed me that I had become unaware of what my lifestyle was doing to my health, both mentally and physically. During my “natural recovery,” I discovered that healing from an illness was like fitting pieces of a puzzle together, one-by-one. There are different components to identifying the proper nutritional protocols that create healing in the body:

1. Identifying the cause of disease
2. Effectively removing that cause
3. Restoring depleted nutrients

Cleansing toxic chemicals from the body means more than flushing your colon. It involves effectively removing toxins from every cell of your body from head to toe. Your entire body is involved in cleansing—the lungs, the skin, kidneys, liver, for example—all participate in eliminating toxins.

Toxins activate certain natural enzymes in the body. These enzymes transform foreign contaminants into water-soluble substances that your body can typically get rid of. Drinking lots of water and sweating during exercise helps eliminate toxins, too. But, if the toxic load gets high enough to saturate the fatty tissues, toxins can begin to deposit in the body organs and inside your brain.

Over time, contamination inside your body can accumulate, building a residue like a type of “sludge.” Biologists see this same type of toxic build-up along riverbeds and shorelines, but you may not “see” it inside of your body until it begins to “seep” out through the skin, until it accumulates to the point of forming a tumor, clogging your arteries, or impacting elimination through the digestive process. For example, scientists have begun connecting the accumulation of aspartame to the adverse effects in the brain we see “diagnosed” as MS, Parkinson's, Alzheimer's, or

Grave's Disease. This toxic build-up blocks oxygen flow and inhibits the ability of nutrients to reach the body's individual cells. Due to their inability to absorb oxygen and nourishment, the cells can mutate, making themselves susceptible to cancer and other diseases. So, identify the cause(s) of your health concerns, detox, and restore needed nutrients.

Healthy Lifestyle Tips

Lay out a variety of fresh snacks like carrots, pickles, and olives after school or work. The kids actually love it, and they'll eat it, too. (Really!)

Snack on raw foods every day—apples, oranges, and select, raw nuts in the shell.

Eat bigger meals early in the day. At night, your body processes what's left over.

Try not to eat heavy food past five or six o'clock in the evening.

For an evening snack, pop popcorn in cold-pressed seed oil with a little natural butter and sea-salt, drink a fruit smoothie, or enjoy a cup of herbal tea instead of sweetened caffeine drinks or fatty snacks.

About Janet Hull:

<http://www.janethull.com>

<http://www.askdrhull.com>

Dr. Hull's Free Monthly Health Newsletter:

<http://www.janethull.com/healthynews>

Splenda Toxicity:

<http://www.splendaexposed.com>

<http://www.issplendasafe.com>

"Every great and deep difficulty bears in itself its own solution. It forces us to change our thinking in order to find it."

—Niels Bohr (Danish physicist first to apply the quantum theory; Nobel Prize for Physics in 1922.)

All the best in health! •

Resource Links:

Dr. Janet Hull's Detox Vitamins

<http://www.bullisticmarket.com>

Dr. Janet Hull's Hair Analysis Program:

<http://www.hairanalysisprogram.com>

Aspartame Toxicity Information:

<http://www.sweetpoison.com>

Dr. Janet Hull's Richardson Cancer

Prevention Diet:

<http://www.alternativecancerdiet.com>

Dr. Janet Hull's Health Web Forum:

<http://www.askdrhull.com/forum>