



**21 MAJOR
CAUSES**

OF

**LEADING CHRONIC
DISEASES**

AND HOW TO REVERSE THEM



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Introduction

Chronic diseases, including autoimmune diseases, are on the rise. According to the World Health Organization, Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally. [R]

The WHO defines what is considered a non-communicable disease:

Noncommunicable diseases (NCDs), also known as chronic diseases, are not passed from person to person. They are of long duration and generally slow progression.

The four main types of noncommunicable diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma), and diabetes.

This really alerts us to the reality that the majority of our population is living with a chronic or autoimmune disease. Not only do these diseases impact the quality of life, but they also lead to premature death. And many people spend the last 10 or so years of their life debilitated by their symptoms.

Sadly, the western medicine model is the most widely known and trusted, and yet modern medicine does a terrible job of preventing and reversing the leading cause of death worldwide - chronic disease.

That's because they don't focus on the real building blocks of life like the science of nutrition, the importance of natural medicines, and frequent detoxification - the right way. Instead, they try to mask the symptoms - which manifest as a disease - with toxin-laden drugs.

This only prolongs the problem and does nothing to actually remove the root cause of the disease. What modern medicine sees as a chronic disease is actually your body trying to tell you something that something is triggering a disease process that needs to be addressed.

This could be a combination of various triggers that send your body over the edge and into a diseased state. As scary as this sounds, it's actually good news because it means that after you remove the various triggers, you can completely reverse the disease process and fully restore your health.

This is something that western doctors do not tell you because they do not know this themselves. Medical school doesn't teach them about true disease prevention and reversal protocols.

This book has been created to share insight from various natural medicine and integrative medicine doctors that I've interviewed. They address 21 leading causes of chronic and autoimmune diseases today.

You'll notice that many of these factors overlap. And when it comes to fully restoring your health and reversing disease, a holistic approach is the most important way to do this.

It's also important to know that regardless of the chronic or autoimmune disease you're struggling with, it all comes down to these factors that lead to disease. Although for each person, it may be a different combination of various causes.

So before you can start reversing your disease, you need to start by identifying the triggers or root causes.

Start by going through the advice our experts share throughout this list of 21 disease causes and try to identify the ones you know immediately apply to you.

Then, as many of our experts say, don't guess, test. So it's important to rule out common disease triggers like parasitic infections or mold exposure by testing. Obviously, if you've never done a parasite cleanse before, there's a high chance you do have a parasitic infection. And if you live in a moist environment or water-damaged building, you definitely have mold toxicity.

If you don't eat organic, you for sure have damage to your body by pesticide exposure. So there are things you can immediately start addressing.

In the second part of this book, I share some of the key healing protocols that work to address many of these issues simultaneously. If you struggle to find relief or your disease is severe, it may be extremely beneficial for you to work with a naturopathic doctor or integrative medical doctor that you can trust.

They can do tests to identify the root causes of disease and work toward healing them. Remember, working to get rid of these root causes is only part of the journey. You also need to work at eliminating the source of these triggers such as eating organic foods, repairing water damage where you live, or moving to a new apartment or house.

When you address these things, you'll be well on your way to optimizing your health and totally reversing chronic or autoimmune diseases for good.

What is Chronic Disease?

Dr. Rashid Buttar - The Seven Toxicities

From an environmental standpoint, pretty much anything that a person comes into contact with has the potential of causing some type of a response in the individual. So, when I'm talking about the environment, I'm not just talking about the exogenous environment - the environment outside of our bodies - but I'm also talking about the internal environment.

So, you've got the internal environment and the external environment, but in actuality, the external environment has two components of the external environment. We have one external environment, which is whatever is outside surrounding us, but we also have the external environment inside our bodies. Now, that might sound like I just contradicted myself because I just said internal and then external inside our bodies. But from the mouth to the anus, the entire elementary tract - the gastrointestinal tract - is actually a continuum to the external world. So, it's like a tube, think of it as a big, big tube. And the hole that goes all the way through ... The lumen of that tube is actually from the mouth of the anus. So, that's actually a continuum with the external world.

So, the internal environment is actually defined as our intracellular matrix, okay? It's not the extracellular matrix. So, the extracellular matrix could be considered as our internal-external environment and then outside of our bodies, as our external-external environment. So, we really have two external environments. So hopefully, I didn't confuse everybody. Just to restate it, you've got the external environment outside your body and then you have the external environment that's outside of your internal cellular structure - so, that's the extracellular matrix - so I still consider that as part of your external environment, but inside your body. And then you've got your internal environment, which is the intracellular system - which is basically an organelle on its own.

It's like think of it as you know, many, like many human beings on this planet, make the planet while many cells in our bodies make up the body - make us up. And so, there's two phases of the external environment - and I always approach when I'm dealing with medicine, when I'm dealing with a condition or health issue in those two frames of reference - the external-external, external-internal, and then the internal.

So, anything that comes in contact with our systems from an environmental standpoint, whether it's external-external, external-internal, or internal, it's going to have an impact on us. What are those things? They come back to the seven toxicities.

My seven toxicity philosophy is very, very simple. And it is that all diseases are - all pathology, I should say - a result of some type of toxicity, and no matter what the disease processes, no matter what the pathology is, whether it's cancer, it's heart disease, it's autism, a stroke, it's diabetes, arthritis - any type of autoimmune condition.

It all comes down to one or more of these seven toxicities. Usually, it's three or four. Very rarely is it all seven - I've seen people with five or six of them - but usually two or three. Sometimes four. Very rarely is it just one. So what are these seven toxicities?

The seven toxicities are categorized based upon - not the priority, we normally think number one is the most important. It's not based upon the priority of which one's more important than the other one. In my book, they're all just as important. And actually, the most important one is the one that's affecting you the worst. But the seven toxicities - the order in which I'm going to reveal them is in the order in which I discovered them or they were revealed to me by the Creator.

21 Major Causes of Leading Chronic Diseases

1. Exposure to Environmental Toxins & Pesticides

Though the word toxin usually has negative connotations, from an Ayurvedic (traditional Indian medicine) outlook, the word describes anything our body is not able to digest or dispose of naturally. This encompasses the natural, biological waste from our internal processes, as well as cells, bacteria, and waste from foods we are unable to digest properly.

It is important to note that what might be a toxin for one person might not affect another in the same way. Person A might find it easy to process a certain kind of food while Person B would struggle with it. Typically, our bodies should eliminate these waste elements efficiently. However, in some circumstances, these toxins can build up and cause adverse effects like health issues and weight gain.

Molds & Mycotoxins

Mycotoxins, harmful compounds produced by mold have experienced an upsurge in the food supply. Studies done at Texas A&M University, reveal that glyphosate sets off changes in soil microbes which give mold an opportunity to proliferate.

Mycotoxins have the ability to trap one in a no-win fat storage cycle and weight gain. In another study done at Cornell University, it was evident that mycotoxins attack the liver, harming cells, and hindering the organ's ability to detoxify. This leads to a toxic backlog which ends up being stored in fat cells.

Further, animal studies show that mycotoxins encourage fat storage right in the liver itself. This results in further detoxification difficulties and increases in fat storage.

Dr. Jack Wolfson

Well, again, it's because we are unhealthy. And if we do things to boost our immune system naturally, that's how we can do very well. And one of the things I think that is definitely immunosuppressive is mold and mold mycotoxicity from water-damaged buildings, and then subsequently poor indoor air quality. And all that stuff serves to diminish the immune system, so I would say to someone, is it more likely that you are sick because you are being ravaged from a tick bite from 30 years ago, or is it more likely that you are currently living in a water damaged building and suffering from mold mycotoxicity?

Now, everything may be mold mycotoxins or it may be that the mold mycotoxins, they impair the immune system which makes it difficult for us to clear some of these parasites, viruses, bacteria.

So whatever it is, it's number one, you got to get out of the unhealthy situation with the poor indoor air quality.

Heavy Metals

Heavy metals such as lead, chromium, arsenic, aluminum, mercury, iron, and zinc can also be found in a wide selection of our foods, such as fish, brown rice, and leafy green vegetables.⁴

These metals sometimes occur naturally or are added as ingredients. In some cases they are contaminants. The presence of these heavy metals in our foods is more common than we would imagine.

Arsenic is one of the most poisonous metals we know of. It is found in two forms — organic and inorganic (this is the most toxic variety). It enters the food chain as a result of pollution. It has even been found in our drinking water. High levels have been found mostly in rice and rice products such as rice crackers, baby cereal, and rice bran. Rice seems to absorb larger quantities of arsenic than other food crops, probably because it requires large amounts of water to grow in. If the water is contaminated with arsenic, the rice plant will absorb it. White basmati rice from India or Pakistan is safest but brown rice is your healthiest option as it absorbs the least amount of heavy metals plus contains more vitamins and minerals.

Mercury is another extremely toxic heavy metal. Fish and shellfish accumulate mercury in their bodies. Fish that live for a long time and are higher up the food chain, such as tuna and shark, will accumulate more mercury than smaller fish. Humans also collect mercury in their flesh from the food they eat, and high levels are toxic. They cause damage to the central nervous system. Mercury is not only found in the water, but also the air. It can pollute crops and groundwater. It originates from sources such as oil refineries and cement factories.

Lead, another toxic heavy metal, gets into foods via the environment. There may be lead in the soil that gets absorbed by food crops or settles onto them. There are no safe levels of lead — even small amounts are poisonous. Examination of FDA data showed that 20% of processed baby foods contain lead.⁵

Chromium is necessary for our diet in small amounts but too much can be toxic. Chromium particles are present in the air in the form of dust. These settle on the land and water, binding to the soil. Most human exposure occurs via toxic waste sites and occupational exposure.

Exposure to these metals has been associated with health concerns that include reproductive issues, nervous system problems, and immune toxicity. This exposure can intensify the production of reactive oxygen species (ROS) which normally are a byproduct of metabolism. When ROS are overproduced, they cause toxic effects associated with different pathologies.⁶ This includes autoimmune conditions like atherosclerosis, diabetes, cancer, and aging.

Dr. Daniel Nuzum

You can't live in an industrialized country and not be exposed to heavy metals. So, heavy metals, there are two sides to this coin. There's something that I've not heard many people ever talk about. But heavy metal exposure is - the extent of damage that heavy metal exposure has on your particular body depends on the extent of mineral deficiencies you have.

I may use Mercury as an example, everyone knows mercury is bad, right? You don't want mercury in your body or lead. We can use lead. Lead will fit into the same receptor sites as calcium. How important is calcium? Okay, so if you're if you're missing calcium in your system, you're deficient in calcium and you get exposed to lead. Guess where lead goes? It goes everywhere that calcium should have been.

And it's twice as bad because you got the deficiency and the toxicity at the same time, then, okay. Mercury will fit into the same receptor sites as zinc has been. Who hasn't heard of zinc at this point than this last year? Right. Zinc is super important for your immune system, right?

Jonathan Otto:

This has something to do with the weight, right? Because they're both on that chart of a periodic table. They're both on the heavier side, right? Is that is that correct?

Dr. Nuzum:

That's exactly right. Right. Right. They're actually really close on - they're very similar elements - in that being the case they fit into the same receptor sites. Another one is selenium. Selenium, both arsenic, and mercury can fit into selenium spot. Isn't that scary? Okay, so if we're exposed to these things at the same time that we're deficient in the elements that would normally block them, not only do we get the toxicity, but it's compounded because we had the deficiency to begin with. So you get the deficiency problems plus the toxicity problems in the toxicity then creates even more deficiency.

Okay, so it really compounds everything. So heavy metals are something that we are exposed to if you're not supplementing and, be straight out, if you're not supplementing, you'll develop heavy metal problems at some point. It's just part of living in an industrialized nation. Because we're exposed and if you don't have the things in your system that are going to block these things from coming into- to some extent they're going to come in, okay?

Heavy metals and heavy metals are like I said, they need not only cause inflammatory responses, they're irritating to the body. If they weren't toxic, they wouldn't be irritating. The toxins irritate the system. So, these heavy metals get in the system, they irritate it and trigger that inflammatory response that we're talking about, right. But they also create deficiencies because they fit into the receptor sites where nutrients are supposed to go, okay.

Now we'll come back to heavy metals and how to get rid of them in a minute but we talk about microorganisms, okay. We have - it's right around, depending on who you talk to - we have

between a thousand and five thousand - I'm sorry - a thousand up to a million, I'm sorry, one thousand up to one million times more microbial DNA in our body than we do human okay. So we're anywhere from one thousand to a million times more microbial than we are human, okay?

That mix of microbes has to be- has very, very, very, you know, the margins are very fine, very thin. You can't have too much of this or too much of that or you get sick, okay. And you can have too little of this or too little of that or you get sick, okay. This is the case both in - is particularly in our gut - but also outside of our gut, okay. Our skin has what's called a microbiome. Your gut microbiome is a central microbiome - it's where the primary, the primary nest, if you will, of bugs is in your gut, okay. We have about 60 microbes that live in our esophagus, in our stomach. We have right around six hundred microbes that live in our lungs that are supposed to be there. These are probiotic microbes, right?

We have about 1 000 to about 2 500 microbes, depending on who you talk to, that have to be in our small intestine. And we have like 5 000 or more in our colon, okay. And these are- they have to be in balance. If they're imbalanced, we have problems. Not only do we have problems in when it comes to infections, okay, because if you get too much of one bug, it throws all the other bugs off and you get an infection, right.

It's what happens, so when the imbalance in this microbiome you end up with what we call an infection, okay. Another thing is, if you don't have certain microbes, you don't absorb certain nutrients, you actually have to have the right mix of microbes in your microbiome in order to absorb all the nutrients that you need to absorb.

So, it's super important. This isn't like kind of something we need to think about - it's paramount. Another thing that your microbiome - your gut microbiome is it's the access point for your immune system. Okay, this is super important when we're talking autoimmune disease, the micro- I'm sorry, the white blood cells that produce antibodies respond to the white blood cells that produce inflammatory responses, okay. The white blood cells that produce inflammatory responses are produced in your bone marrow, okay?

They then are sent off to - when they get to a certain age - they're not little baby white blood cells. They get sent off to your gut to be programmed or to be trained and equipped. Okay, if your gut is kind of like, you know, inner-city gang territory. How are those soldiers going to come out and fight? How well are they going to be trained? What are they going to act like? They're going to be very irritable.

They're going to be very prone to inflammatory responses, right. But if your gut is very healthy, very clean, very at peace with itself, they're going to come out very well trained, very well mannered, and aren't going to have all these inflammatory responses. If you're on the typical American diet, we're going to have to bring you off of that and bring you way over here to fix that gut, because that standard American diet creates that inner-city gut, quote, unquote.

Dr. Rashid Buttar - First, Second & Third Toxicities

So, the first toxicity is heavy metals. Heavy metals - and I have a whole lecture series on all of these, so, I'm going to just hit all seven real quick, and then we can come back and talk about them in a general manner. But the first one is heavy metals. So, this is all the tin, arsenic, antimony, nickel, mercury, uranium, plutonium, arsenic, et cetera. So, all the heavy metals that we were exposed to either in - unintentionally or introduced into our environment based upon what we're drinking, what we're inhaling, what we're eating, et cetera, so that's the first category.

Second category is what I call the POPs, the persistent organic pollutants. These are all the benzenes, ethylenes, the organophosphates, the fluorinated hydrocarbons, the toluenes, et cetera. You know, these are all the insecticides and pesticides and fertilizers and all these different things, all these different chemicals. And the reason that we call them persistent organic pollutants is because once they get into the body, they tend to persist. You can't get rid of them. So, there are techniques and methods that we use in our clinic to help to make these persistent organic pollutants less persistent, to break them down into their subunits in the body and then start to clear them. But that's the second category - the persistent organic pollutants.

Now, the first category - heavy metals and the second category - persistent organic pollutants. They tend to cause a suppression of the immune system. They are immunosuppressives. So, then the third category is what I call the opportunistics. And the opportunistics are the bacteria, the mycoplasma, the yeast, the viruses, the spirochetes, some mycoplasma, the parasites, et cetera. And the reason I categorize them as opportunistic is because they need to have an opportunity to set up house. If they didn't have an opportunity - if the person's immune system is intact, then the opportunistics can't have a problem.

Why does Lyme's disease affect one person and not the other person? Well, because the one person that it doesn't affect, they don't have a toxicity issue that's causing their immune system to be suppressed. They don't have an immune dysfunction. So, their immune system is able to recognize and adequately respond. They're not in a hyperactive or hypoactive state. They are normal, active. They know what needs to be done and the immune system reacts the way it's supposed to appropriately react to that particular type of pathogen. In this case, what I call the opportunistics. So, that third toxicity is opportunistic.

So you got the first one, heavy metals, one persistent organic pollutants, third one opportunistics. Now, these first three of the seven toxicities are tangible. They're easy to measure. And some of them may be expensive to measure, but they're easy to measure - they're tangible and modern medicine has done an adequate job to actually identify and categorize those three toxicities.

2. Vaccines

Dr. Andrew Wakefield

So here, all those years ago, Ronald Reagan signed into law The National Childhood Vaccine Injury Act, which was intended to do three things: it was intended to make vaccines safer by getting the vaccine safety studies done; it was intended to compensate those children who had

been injured by vaccines; and it was intended to take away liability for vaccine injury and death from the pharmaceutical industry, so that they could go about the business of making vaccines.

Now that's a very perverse situation. What it acknowledges from the outset is that vaccines are causing damage and that they don't want to stay in the market if they're going to pay the price, if they're going to be put out of business effectively by lawsuits against them for knowingly dangerous vaccines.

So, what they did is lobbied the government, deceived the government, lied to the government, committed fraud in order to get the government to pass this act to take away liability.

Once they did that, what they had is the perfect business model. They had mandatory vaccination. Children, had to go- get that go to school, had to be vaccinated. And they had no liability for the damage done by the vaccines. So they have a mandatory market, no downside, and therefore, all they could do is make a massive profit. And that's what they did.

And so from that point forward, when they realized that they didn't have to do the safety studies, they didn't have to invest in these expensive studies to get a drug to market, to get a vaccine to market, then they put a lot more vaccines on the market. We saw an explosion in the vaccine schedule in children, up to 72 doses by the age of 18, of 16 vaccines.

And the pharmaceutical industry became incredibly powerful. They made so much money that they were able to buy politicians, they were able to write policy, they were able to buy the regulators, the FDA, the CDC. The people who were meant to govern oversight, have oversight over these drug companies to regulate them, then became co-opted as sort of subservient to the pharmaceutical industry. They bought medical training, they bought medical students. They bought medical journalists. They bought doctors. They owned everything.

And that was a big problem because then it put them in a position that when we have a global pandemic of a coronavirus, as we are experiencing right now apparently, then they are in a position to dictate to the government, to the regulators, to the doctors, how we should handle that.

And so, vaccines became the only agenda for the prevention, for the amelioration of this pandemic. All of those treatments which we know to be safe, much safer, and effective, to have been proven by scientific study to be effective, which can prevent deaths from coronavirus infection, could have saved the 800,000 that they've said have been killed by this disease. 700,000 might have been saved by the judicious use of these drugs like Ivermectin, like hydroxychloroquine, budesonide.

That wasn't allowed. Why? Because Tony Fauci was pushing a vaccine and vaccine-only agenda. It had to be the vaccine. If they had these drugs that worked, that were effective, they couldn't have an emergency use authorization. It wouldn't have been able to operate in the face of drugs that actually worked. So, they had to be denounced, those drugs.

Dr. Brian Hooker

We are surrounded by sick children. And, sickness and childhood is now the new normal. Over 50%, now 54% in then, and this is a number from 2011, have been diagnosed with some type of chronic disorder that includes obesity. That number has increased since that particular time. And, that is up from- In the 1980s, in fact, in 1989, the number of children in the United States that had chronic illnesses was 12%. So, that's gone up by more than 4 times. Neurodevelopmental disorders are diagnosed at the rate of 1 in 6 in children in the United States. Autism spectrum disorder, that's an old number. That's now about 1 in 40. And if you look at males, it's more like 1 in 20.

And then, there's been an explosion. What happened starting in 1989 that caused this explosion in chronic illnesses in children? And, essentially what happened was the expansion of the vaccination schedule. In 1986, the Congress passed the National Childhood Vaccine Injury Act. And, when they passed that act, that gave liability protection to vaccine manufacturers, and they started to add vaccinations to the schedule, liability-free.

The second study, this was a survey-based instrument that was done using 3 separate medical practices, 3 different than the first study. And, we actually had about 1500 individuals take the survey. This represented 1,565 children. And when they took the survey, if they had a diagnosis, we could actually go into their charts and medical records and confirm the diagnosis. So, go ahead to the next slide.

So like I said, 3 different practices, a survey-based instrument. Diagnoses were confirmed by medical chart abstraction. And, the patients were anywhere between 3 and 18 years old. So, you can go into the next slide. Okay. And we had, overall we had 1,565. And just to point out a few things on this particular slide, there were in this study, 60% were unvaccinated, about 30% were partially vaccinated, and then only 10% were fully vaccinated. So, these were practices that were amenable to unvaccinated children. You can see then the results on the next slide.

And here, we expanded our analyses to compare up-to-date vaccines versus unvaccinated. And, we saw highly significant results in everything. We looked at allergies. We looked at autism. We looked at asthma. We looked at ADD, ADHD, and also ear infections. And then, we compared that to a controlled diagnosis of chickenpox. And we saw that yeah, vaccination was protective against chickenpox but also the children that had their vaccines up-to-date were much more likely to be diagnosed with these maladies.

This is a comparison of children who were partially vaccinated versus the unvaccinated portion of the sample. And, they were also statistically significant in each one of these disorders. So, each one of these disorders and the odds ratio, which is a measure of risk, it's similar to a measure of relative risk, was anywhere from 4 times for allergies all the way up to ear infections, which children who were partially vaccinated were 13 times more likely to get diagnosed with chronic ear infections. So, these numbers really, really stand out.

That's the vaccination schedule. And, what we're showing is that this is understudied. We don't know, you know, except for the studies that I've just presented what the overall health outcomes are if you follow the CDC vaccination schedule, neither they have they studied it. And they will admit they have not studied vaccines in combination. They have not studied the entire vaccination schedule. And, they have come up with this on an ad hoc basis.

There isn't any logic to this particular vaccination schedule. It's come up with myriad conflicts of interests, with business decisions for pharmaceutical companies, not decisions that are best for each children's health. And so, this is the great unknown. So, if parents of children want to participate in a grand medical experiment, go for it. But, according to the data and the information that I've shown there is a better path.

Dr. Paul Thomas

We were busy pediatricians back 20 years ago, treating ear infections. I mean, our offices were just slammed. It was an interesting time. It was normal to us because that's what we were experiencing. But as I reflected back on my own childhood, it was like, wait a minute. When I grew up, and of course I was in Africa growing up, I saw zero cases of autism. There was no ADHD. I mean, I was, yes, a high energy hyper kid, but I could focus, I could learn, and we just didn't see these things. Sure, there were the rare, serious infectious diseases. That was 60 years ago. That was the time of infectious disease. That was the paradigm. We've switched folks into a world where chronic illness, disability from mental, developmental, emotional, as well as the allergy and autoimmune is just pervasive. It's everywhere. Why?

I was starting to ask that question because as pediatricians, I was very dissatisfied with the way we handled these kids who were regressing into autism. We would tell parents, "It looks like your child probably has autism. They need to see a neurodevelopmental specialist and good luck." There was basically nothing we could do. To this day, you'll have kids being sent off for ABA therapy. And it's not that I'm against ABA therapy, but it does very little to really heal their bodies, heal their biochemistry, everything that's going on that's causing them to be so distressed.

So I went to my partners after that fourth case. I mean, that day was, I'll remember it till I die. I walk into a two year old well visit, and this little patient of mine, he's just sitting there in a wheelchair, eyes sort of glazed over, shaking his head, staring into nowhere. I could not engage him at all, and I've always been able to engage kids and was like, "What the heck?" And I'm talking to the mom and she's, "Oh, he's just all boy. And yeah, he doesn't talk much yet." But I just knew. It was like this was the shame on me. It took me four cases in four years to wake up to the fact that something was seriously wrong, and it had to be. Look, there was no other explanation that all of a sudden we're seeing all these kids regress into autism. It had to be environmental. You can't have a genetic epidemic. Genes don't change that quickly. And yet all the money and research at the NIH was going into finding gene reasons, genetic reasons for why our kids were doing so poorly.

So I went to my partners. I said, "I can't do business as usual with regards to the vaccines." I had become aware that clearly one of the main environmental insults on our kids was the injection of toxins along with the antigens in the vaccines. You see, vaccines back then had aluminum in them. They still do. A lot of aluminum, way too much aluminum, mercury, thimerosal, they took that out around 2000 in most vaccines, except for the multidose flu shot that still has way too much thimerosal. But there are things like formaldehyde and all sorts of other things in vaccines that are toxins.

And I remember back then, Paul Offit, who's a big pro-vaccine at Philadelphia Children's Hospital. He's kind of that pro-vaccine guy. Vaccines are safe and effective promoter. And he had made a statement, "Well, a kid could take 10,000 vaccines at once. Their body can handle it. Our immune systems are primed and ready. We're exposed to hundreds and thousands of antigens all the time." And what was missed in that statement, and the ridiculousness of it was vaccines don't just have the antigen. So the antigen is, let's take measles, mumps, rubella or DPT, diphtheria, tetanus, pertussis. There are measles, mumps, and rubella antigens. That's a little piece of that virus or piece of that protein that's going to stimulate your immune system. He might be right. You can handle lots of those. But each vaccine has all these other things. It's not just salt water. It's formaldehyde. Aluminum is a big one. It used to be the mercury, and there are fetal cells that can interact with your immune system. There's a whole laundry list. You can go look it up of what's in vaccines. So let's get back to the point.

We had to start figuring out what's going on. And I didn't know exactly how we were because nobody, the CDC was not doing what they were supposed to do. They were charged with looking into the safety of the vaccines, and they just never did it. So to this day, they have never looked at the complete vaccine schedule to see whether or not it's safe when compared to those children who are unvaccinated. Somebody needed to do that. So I thought, well, over time, maybe we'll collect data. I am all about informed consent. And that's the premise upon which I started my practice, Integrative Pediatrics. So 2008 June, we opened a brand new clinic, Integrative Pediatrics. It was a huge undertaking. And the one primary principle, guiding principle for anyone who wanted to practice. So other clinicians, nurses, anybody that wanted to practice, you had to in your heart, really truly believe and honor informed consent.

And what that basically means is you the parents, you get to decide what goes into your child's body. I still believe this, firmly to this day. We must not let go of the principle of informed consent being paramount, essential. Body autonomy, the ability of a parent to say yes or no, to what goes into your child, has to remain. So because of that and a growing awareness in the community that there might be a link between certain vaccines or maybe the whole schedule, we just didn't know yet, but parents were starting to wake up and helped me wake up. Look, it's hard not to wake up when you take your child in for a shot and within minutes or hours they're regressing into severe autism or having a seizure. The cause and effect in time alone, you just can't ignore that as a parent, what kind of a parent would you be if you just ignored that and say, "Oh, well, it's probably a coincidence." Okay, it could have been a coincidence, but we have millions and millions now of coincidences. It is not.

We now have the information. We know the mechanisms by which vaccines are causing harm. We know there's a very clear association, but we didn't have the data back then. So I start my practice, I'm going along as a mainstream pediatrician who's really deep diving into alternative ways of healing the body. Health and wellness is not something you get at a pharmacy, folks. It comes from the food you eat, the nutrients you put into your body, and importantly, avoiding toxins that are going to harm you. So it's getting the good in, avoiding the bad, and just providing a loving, nurturing environment for that child. And it's amazing how they thrive. So in my practice over the years, starting in 2008, I started noticing something. So I set up my practice with a well side waiting room and a sick waiting room, and there was a sliding glass door between them, and a nice fish aquarium so kids could watch the fish from either side if they were sick or healthy.

3. Consuming the Standard American Diet

Dr. Mark Sherwood

The immune system, like every other system in the body, is dependent upon the presence of nutrients to have accessibility so the body can operate effectively. Now, let's think about this logically. If a person is immunocompromised, the question becomes is, why? Are they immunocompromised because they're taking medications to suppress the strength of immune system or, and/or are they compromised because they don't have the presence of nutrients in their body? And they're also maybe living the standard American lifestyle, which is not the standard, not the standard American dream. This is a standard American nightmare, because it's actually crushing our immune system. In our world...

My wife, Dr. Michelle, and I, the beautiful queen that she is, we really don't look at the body as a problem dealing with the spike proteins. We look at the human body as a problem dealing with our own immune system effectiveness. So in our world, we try to get people up to speed with making sure they have what they need so their body can run efficiently. People should write this down and take a note right now. Number one, you gotta eat real food, okay? Real food is important. If you eat food that is non-food or standard American diet food, it is not only anti-nutrients, it's anti-food and it's pro-inflammation, right? So eating real food is important. Secondly, we need to understand that real food, even when we do that, it still is inadequate in its coverage of general nutrition. So the soil has not been allowed to rest.

So because of that, we're gonna be lacking certain things. So even with a good diet, you're gonna be lacking things like B vitamins, magnesium, Omega-3 fatty acids, Vitamin D. So we like to give people a good regimen of things that include Vitamin A, B, C, D, even some E. We used to like liposomal colostrum. We love that one. We love zinc as well. We also love, as I stated, Omega-3 fatty acid. So food plus good supplementation is number one. Secondly, don't live in fear. If you live in fear, that will crush your immune system. So again, let's think about this logically. Make sure you hang out with people are gonna lift you up, right? Number three, you gotta get some rest. The only way the body can recover is in a sleep stage or a non-fasting stage, or a fasting stage. I should say.

So we don't need to be thinking about, you know, getting on the computer and staying up at night, researching whatever. Find time to get some good sleep. Fourth, get some sunshine. There's healing in the sunshine. So get outside and let the bodywork through that process of sweating. That's a good idea. And then fifth, make sure you get some movement. Exercise every day. The only day you don't exercise is the day you're not alive. And so keep that in mind, those five things that will help people support the systems, including the immune system of the body, so that we don't have to be concerned about it. People ask us those questions all the time, and frankly, this is a hardcore answer. We don't think it's a thing. We think giving it credit is actually feeding the ego of something evil. And I don't wanna give too much credit where credit's not due.

I give credit to the systematic excellence of the body's immune system. When we do what we're supposed to do, in the way we're supposed to do it, in the avenue we're supposed to do it, the body will take care of us, bar none, and we don't need to worry about it. I think the greatest health crisis we have is the obesity crisis. I think it's a crisis of epic proportions. Obesity is the fastest growing non-communicable disease in the history of the world. America's leading the way, and I'm sick and tired of people shifting the blame. trying to blame our health crisis on vaccines or on medicine. No, no, it's our own fault. We need to look in the mirror and begin to own it, and realize that we have been very poor at taking care of the temple, and realize that America doesn't need lead the way in unhealthiness or obesity.

We need to begin to lead the way in health, and we certainly can. We've been a poor example as a nation of what we can do. We need to become an example of what we can do once again. And I'm calling on the leadership to step up and be truthful and honest and quit talking about shifting the blame on our own health unhealthiness against something else. When in reality it's our own fault. We've allowed profits to take effect over people. We've allowed profits to guide or direct our care. We've allowed profits to drive the way the country cares for its people. No more. We need to step up and put it an end to it. Well, we talked about those five principles, and again, let's go back and revisit those one more time. Good, healthy, anti-inflammatory food. And that means if you can't imagine it, can't see it growing in the Garden of Eden, swimming through the great river and walking in the woods, it's not food.

Good healthy supplementation to go with that, because we need to augment the standard American that diet, even if it's good. Avoid the standard American diet. That's number one. Number two, we need to make sure that we get outside and get some sunshine. We need to get some rest. That's two and three. We need to exercise as well. And we need to make sure we hang around people that are gonna lift us up. So those five things, again, are super important for people to write down again and again and follow that every single day. And when we do, we'll see our immune system operate very efficiently, and we'll see what really God can do with our bodies as they are a healing machine.

4. Poor Gut Health

Dr. Vincent Pedre

The gut is the foundation for almost any chronic disease. If you do not heal the gut, you're missing part of an important tree of connection or a system that needs to heal at multiple levels. There are connections between the gut, the vagus nerve, and Parkinson's, and toxins traveling up the vagus nerve into the brain, into the basal ganglia that could be a trigger for Parkinson's. But the way I see it is diseases are complex. We are a system. So a system that is like... Think of it as a symphony orchestra where there's a lot of different instruments and things that are playing and can go out of harmony, but we're not just receiving everything through the gut, right? So there could be toxins that we absorb through the respiratory system.

For example, we know that there are certain pesticides used in termite fumigation that have been connected with Parkinson's disease. So you have to match things at multiple levels. It's not that it's just the gut. It's the gut with genetic susceptibility, with environmental exposures, with lifestyle that maybe is inflammatory, or isn't inflammatory.

Throw on that stress and you've got the perfect storm for disease. And we know that there is a mechanism, for example, for autoimmune thyroid disease that is connected to the gut. And even patients who have celiac disease, which is an autoimmune intolerance for gluten, are at a higher predisposition for developing a second autoimmune disease. We know that there's something that's happening there at the gut barrier.

Like I said, 70% of the immune system is there. So if there is a dysregulation of the immune system that starts in the gut, then it can go through the rest of the body. And probably as we know, if you have leaky gut, which is an increase in the permeability of that gut barrier, so then think of it as a cheesecloth with really tiny holes that's only allowing the right nutrients through when it's healthy. And when it gets sick, that cheesecloth, the holes get bigger.

And now you can see bigger macronutrients that shouldn't be getting through, including partially digested proteins, toxins, pesticides, other things that are bigger molecules are getting through into the body and triggering an inflammatory response. And thus then that becomes the trigger for a chronic disease, which in one person becomes a neurological disease, in another person, it becomes an autoimmune disease, in another person, it becomes heart disease because everybody has their own individual susceptibility.

But the common theme is the fire in the gut. And we know that if there is an increase in permeability in the gut, then you see an increase in the permeability of what we call the blood-brain barrier, which is the protective barrier that keeps the brain almost like a privileged circulation that can protect itself from any circulating toxins in the body. But once your gut is leaky, all bets are off. The brain will become leaky. And my theory is probably there are other areas in the body that maybe the thyroid itself becomes leaky. I've heard doctors speaking about leaky heart syndrome connected with leaky gut.

So there are other forces at play, but the primary one is starting in the gut because that's our biggest exposure to the outside world, is through what we eat, what we ingest, what we put into our bodies and how many people are putting packaged foods that are loaded with chemicals that you can't even pronounce? And how do you know what that does to your body? Or artificial sweeteners, which even though they don't bump your blood sugar, they do alter your gut microbiome in a way that increases your resistance to the hormone signal insulin, which by doing that will cause your blood sugar to rise and leads to weight gain and leads to carb cravings. So even the artificial sweeteners that have been marketed for weight loss actually in the end increase the risk for obesity, for diabetes, and for heart disease and even stroke.

Dr. Peter Kan

Gut health is probably one of those most common things that I encounter in my practice. However, I will tell you that gut health doesn't always show up as gut pain. Many people say that they don't have GI symptoms, like they don't hurt. They don't have tummy pain. They may not have gas or bloating, that does not mean you don't have GI problems. It just means that you don't have GI symptoms that's manifesting. Gut issues can result in a malabsorption issue, which can lead to fatigue. Gut issues can lead to chronic food sensitivity and even chemical sensitivity. Gut symptoms can lead to brain symptoms because of the gut-brain connection, which can lead to fatigue, brain fog, depression, anxiety, and short term memory loss. So, don't confuse gut health with just GI symptoms. It can manifest as systemic inflammation and lead to chronic pain, and of course, gut issues can lead to autoimmune disease of various types such as Hashimoto's, Celiac disease, it could lead into rheumatoid arthritis, Sjogren's and so forth.

So, let's dissect gut health. Now, to truly understand digestive health, we have to understand how digestion happens from a basic physiology level. Digestion actually starts in the brain and in several different ways. First, you see food, you smell food, you hear people talking about, "Hey, let's go eat." So, that sends a signal to your brain to say, "Hey, maybe I should be opening on my appetite." Digestion starts in the brain in so far as that you're perceiving and you're anticipating food.

Now, that's one level, but another level that's physiologically or neurologically ingrained is this gut-brain connection. From the brain, you have brain, brainstem, spinal cord, and there's a nerve that comes out of the brainstem in the medulla oblongata that innervates all the way down into the gut.

There's a nerve called the vagus nerve. This is one of the cranial nerves, cranial nerve 10, and this nerve actually innervate from the brain to the gut. And what does it innervate? It innervates gastric motility, so the fact that you can move food through your GI tract is a muscular phenomena. And this vagus nerve innervates the muscle, the smooth muscles in your gut to create motility. The vagus nerve also innervate the stomach to produce hydrochloric acid, which is critical for assimilation and digestion of proteins and minerals.

It also innervates the gallbladder so that you can secrete bile, which is critical for fat nutrient absorption such as fat-soluble vitamins like Vitamin A, D, E and K, as well as essential fatty acids such as fish oil. It also innervates the liver.

It also innervates the various valves from, for example, the sphincter from the gallbladder, as well as even down into the ileocecal valve -- where the small intestine converts or transitions into large intestine. The vagus nerve innervation to the gut involves motility, secretion of acid, not to mention the pancreas as well, don't wanna forget that, with digestive enzymes, so you can break down food. So, the brain controls digestion to a large degree.

And remember this innervation from the gut goes back up to the brain as well so that the gut environment, if it senses different things, you know, there's various neuropeptides and different chemicals that the gut is communicating with the brain about the environment in the gut. So, this is all part of that digestive process - understand that digestion starts in the brain.

The next place where digestion happens is in your mouth through mastication. The grinding of food chews the food down into smaller pieces so you increase surface area, and so you can actually swallow it. But not only that, in a mouth, you have saliva glands and the saliva amylase, which is the enzyme to help you break down carbohydrate. Also assists in the digestion, so the digestion starts also in the mouth as well.

Now, as you swallow the food, once the food hits your stomach, what happens is stomach acid has to be produced as this gastric HCL. This is so important. Western medicine makes acid out to be the bad guy. Every single heartburn or reflux, every ail you have, they say, "Oh, it's because you have too much acid," and they give you stomach acid medication to stop the acid, but you need the stomach acid. Now, your stomach produce a lining that protects itself from its own stomach acid.

That's why you have stomach acid all the time in your stomach, but you don't feel it because normally that lining protect itself on its own acid. The fact that you feel any heartburn and reflux means that stomach lining has been compromised due to inflammation or ulcer or H. pylori infection. So, the stomach acid is important in protein absorption - to break down protein and to also absorb minerals such as calcium, iron, magnesium. All these minerals have to be absorbed in an acidic environment. So, stomach acid is critical.

Now, in addition to stomach acid, the acid actually stimulate the pancreas to release enzymes. And these are your lipase, which break down fat, your protease, which break down protein, your amylases which break down carbohydrate. So, the pancreas is actually, in addition to secreting insulin, we typically think of pancreas as an insulin-secreting organ to help control blood sugar. It's also critical in digestion as well.

Some people have pancreatic insufficiency where they just don't make enough enzyme because the pancreas may be having toxicity issues or maybe someone had blood sugar issue and the pancreas may be fatigued and cannot produce enough enzyme. And as we go lower, then we

have the gallbladder, as I mentioned earlier, which secretes bile, which help you absorb Vitamin A, D, E, and K as well as fatty acids.

And then, the absorption of nutrient happens in the small intestine. As we journey down from the brain, the mouth, the stomach, pancreas, gallbladder. Now we're reaching the small intestine as we go lower down the GI tract. In the small intestine is where absorption takes place -- the absorption of nutrients. This is where things can go wrong because the stomach lining, the intestinal... I shouldn't say stomach because the stomach lining is here, the intestinal lining.

Here's your picture of your intestinal tract with the intestinal epithelial cells, is literally one layer thick. So, your skin, the dermal layer has multiple layers while the intestinal lining is only one epithelial cell thick. That means if these epithelial cells gets damaged and inflamed, then you're going to have problems where nutrient may start to leak out of this damaged lining, and your immune system may start to attack this protein or food particle that's leaking out thinking it's a foreign invader and that triggers inflammation.

So, when you have leaky gut, you have a double whammy of malabsorption and inflammation and that's why it's such a problem. And leaky gut precedes autoimmune disease. What that means is, leaky gut is a prerequisite for you to get autoimmune disease and if you don't have leaky gut, it's actually kind of hard for you to develop autoimmune disease. And therefore, if you have autoimmune disease, then you must reverse that leaky gut.

As we go lower, we have the large intestine and that's where your gut microbiome lives - the beneficial bacteria. In fact, we are more bacteria than we are human because the bacteria cells exceed the number of human cells in our body. And then the large intestine is also where elimination happens so that you actually create the fecal matter and eliminate it. So, that's digestion from top to bottom.

So, when we want to renew the gut, we have to think of it holistically. It's not just about something here and here. You have to think about the environment in which you eat. Sitting down and playing nice music, eating with a good company, putting nutritious food in your body. You want to chew your food slowly, masticate, you don't wanna just swallow your food or inhale your food because that digestion process is really important. And then we have to look at all of these different factors.

5. Impure Water Sources

Dr. Lee Merritt

We actually have great genetics and we are actually very much smarter than we appear to be sometimes. Because for decades now, we have been fluoridated, our water's been fluoridated. And the reason that the EPA guys went out on strike one time is, number one, they wanted their own non-fluoridated water in their offices at the EPA. I think that's funny. And number two is they were objecting to the EPA's dosage of fluoride, because they knew it was toxic to children's

brains, that there were studies coming out of China and other place showing very clearly that it levels much below what we use in our water supply.

It is damaging your children's IQ. Now who would benefit from that? People trying to rule you, okay? This is really the fight we're in. We are in a fight for the survival of humanity and we're in a fight to free ourselves from our Uber lords. And that's really where we are. And that's how we do it. Parasite protocol, EMF mitigation. I like chlorine dioxide. I can't tell anybody to use it because I don't want to go to jail. That's one of those ones they really don't want us to talk about.

But it helps get heavy metals, toxicity out of the body in all sorts of ways, helps against parasites, not maybe as strongly and as quickly as these other anti-parasite real medications do. But they're a good protocol beyond afterwards. And then the various other things we can do, the carbon 60, I think. Then it's a matter of you need to understand that they're poisoning us from the sky, they're poisoning us from the water, they're poisoning us from everything, and they're calling it diseases. They're making us believe in these viruses that have never been proven to exist.

Dr. Gerald Curatola

Fluoride, in my opinion, has been one of the biggest public health disasters of the last 70 years. Besides the fact that it's a toxic chemical, that we have poison warnings on toothpaste with fluoride. Besides the fact that 68% of children now have fluorosis damage to their teeth. It's not a cosmetic defect, only, it is weakened enamel, more susceptible to decay, that they were given a toxic chemical to try to prevent.

And all the other scientific research that's come out about fluoride is deplorable that we still have a process of fluoridating water supplies. It's unconscionable on so many levels. Besides the fact that we're mass-medicating an entire population without their consent. In my opinion, it's unconstitutional in this country. It's a very convenient way to dump a waste product from aluminum manufacturing, phosphate fertilizer manufacturing, and yes, uranium enrichment. You have very big political groups still continuing a failed practice.

Did you know that there are fluoridated communities in this country that have higher rates of decay than non-fluoridated? How is that? The data comes out about this on the American Dental Association behaves the way the American tobacco companies did in the 1970s with the issue of fluoride, mercury, and it's time - I'm a member of the ADA - but it's time to really look at scientific research and not sequester data, not manipulate findings, and bury results, and skew data purposefully to continue a practice that has failed.

We have an epidemic of dental carries in this country. So, it ain't about giving them a chemical. In many places around the world, this has already been banned. There are 51-plus, I think there's 52 or 53 now, studies on drinking fluoridated water lowers IQ in children. It's linked to hypothyroidism, calcification of the pineal gland. I'm just embarrassed that I love my profession but to continue this deplorable practice that has failed under the guise of preventative dentistry is wrong. And it's time to stop.

6. Genetically Modified Foods

Dr. Brian Hooker

The primary crops in the United States are genetically modified, are soybeans, corn, rice, wheat, and seed oils. Seed oils, like canola, and corn oil. But if you look at processed foods, over 80% of all processed foods that are sold in the United States contain GMOs. Okay, so over 80%. So, you know, one of the things that we need to get back to is eating whole foods.

And, if you want a sure-fire way to avoid GMOs, then eat certified organic, okay? So, it's not just enough to say foods that are non-GMO are sometimes are labeled non-GMO, but some of those, even if they're non-GMO, they can be treated with pesticides and they would have pesticides residues like glyphosate that is associated with a lot of genetically modified foods, but you still have the glyphosate residues. The best way if a food is certified organic, then it is by definition, non-GMO. It is, you know, you cannot have a GMO food and get it certified organic. So that's the best way to go is if you're picking your foods, look for that particular label and that's gonna be the best.

The whole crux of genetically modified crops is to make money. The crux of genetically modified crops is not humanitarian aims. It is to sell more Roundup. It is to sell more what are called, BT crops that produce a natural insecticide, and it's to sell more seeds. So, there have been some experiments that have been toward humanitarian aims.

But by and large, the genetically modified crop revolution has been to make crops, pesticide-resistant, and herbicide-resistant, and to make crops be able to produce their own pesticides at the same time. And those are really- Like you see these BT crops and, and they're actually causing the decimation of the Monarch butterfly. So the Monarch butterfly will go extinct because of genetically modified foods because when they consume the toxin, it actually kills them.

And so, we're seeing a drastic decrease in the population of Monarch butterflies and in other insects that are really vital for the ecosystem. And unfortunately, these haven't been thought through, it's been a rush to market. It's very similar to the pharmaceutical industry where there's a rush to market for these unproven technologies, like the COVID-19 vaccine.

But the ecosystem is very complex and the ecosystem has adapted over many, many years. And, but when you take a stressor, like a genetically modified crop, and put it into that ecosystem, it just doesn't belong. It doesn't belong in it's a completely new species. Once you start to monkey with genetics, it's something that's completely new and different. And then the ecosystem has to adjust. And unfortunately, when it adjusts, there are a lot of casualties, like the Monarch butterfly, like wheat causing so many different disorders and autoimmune disorders like celiac disease.

So, there are consequences to these particular actions. And until we have a generation of individuals who have consumed genetically modified foods, we don't wanna even know what the overall health effect is. But I'm concerned about specific cancers. I'm concerned about gut dysbiosis and gut issues because genetically modified, the genes from the genetically modified foods can actually hop.

They will horizontally transfer to your own gut flora, so your gut bacteria, all of a sudden can be making toxins, okay? And that will colonize in your gut. And they've seen this. They've seen this experimentally where they feed individuals, genetically modified corn, and then they test their gut flora. And the same modified gene will all of a sudden insert into their gut bacteria and they'll be producing a particular toxin.

We were told by the food industry that wasn't gonna happen. But it does, it happens all the time. So, you're transforming your gut flora in order to make these genetically modified products.

Dr. Rashid Buttar - The Sixth Toxicities

The sixth toxicity is foods. Now, let's not assume that it's the foods that we're eating - because that's not what it is - because that really falls underneath the first toxicity - heavy metals, second toxicity - persistent organic pollutants, and the third toxicity - the opportunistics. When I'm talking about the six toxicity foods, it's not what's in the food, it's what we do to the food.

So, we're talking about the pasteurization, the homogenization of food, the genetic modification, the irradiation of food, all these things that we do to change food to the point that I'm even surprised that the body would even see it as food and this is another huge component when we're talking about autoimmunity because how we adulterate the food and we change it and we morphologically adjust it from the way it was supposed to be when it gets introduced into our bodies, our bodies don't see it necessarily as food.

They may utilize it as a form of sustenance, but they don't see it as a naturally occurring food and then they create a response. And some of these responses are where we categorize as the IgG-mediated, delayed food allergy response, which manifests the change in symptomology of the expression of that symptomology, maybe 24, 48, 72 hours later.

Or it could be manifested as an acute anaphylactic IgG-mediated reaction. And so it's boom. It hits a person right away. So, we don't know how different modifications of the foods that we consume, the irradiation and the genetic modification and homogenization, pasteurization, and all the other adulterations that we do to food. We don't know how it's adjusting the morphological characteristics of that food so that our bodies no longer see it as food, but rather as an antigen, as something foreign, as a hapten, something to react against. So, that's the sixth toxicity.

7. Frequent Exposure to Electromagnetic Frequencies

Dr. Jay Dividson

We'd say as EMR, electromagnetic radiation, is more of the scientific research category. EMF is still a popular buzz word, but cellphones around you, Wi-Fi on, Bluetooth, I mean, literally, in my house about a year and a half ago, I had a EMF guy come in and analyze it. In my office alone, I had the Wi-Fi router which had two different Wi-Fi signals like 2.4 and 5 gigahertz or something, and that he looked at it because I'm in a little 1,200-square-foot place, you've been there, pretty small house. He's like, "This is an industrial router for like this tiny house." I'm like, "Yeah, but it's fast, you know?" Because I like technology. I had this router about six feet from my head. I had a Sonos Wi-Fi speaker right next to that.

In the closet, I had a printer that was Wi-Fi. I had my laptop which was connected Wi-Fi even though I was right next to the router. I then had the nano stands that's ergonomic, so I'm not like hunched over. But then I had a wireless cable and mouse which was Bluetooth. So I had Bluetooth on, Wi-Fi on. He came in with the meters in my office. He turned ... he has like three different settings. He turned it all the way down and he's like, "Dr. Jay, like it still says off the chart. I can't even get a number. It's so high in here." I started thinking, I'm like, "Is that why I get tired by 4 or 5 o'clock at the end of the day?" This electromagnetic radiation that's just constantly stressing me out and sure enough, we ... it's a hard switch when you say, "Get rid of Wi-Fi. Get rid of Bluetooth. Get rid of the wireless thing," because wireless is so convenient, right? There's not wires everywhere.

But when we did that in our house, we made a decision after he came in with me there's ... I'm like, "Okay, we got to do it." Immediately, my daughter started sleeping through the night, our house was peaceful, like it was just ... it immediately changed the environment, and it was that point, I'm like, "You know what, EMFs, EMR, electromagnetic radiation is a big issue. It's a big stressor for somebody trying to get pregnant, too. So, at minimum, shut your Wi-Fi router off at night. You can go get one of those Christmas light timers or like a fish tank light timer turns it on every morning at 8 A.M. or shuts in ... shuts it off at night, every night at 10 P.M. I think that's a first starting spot. For you listening, just go get a timer, shut if off at night minimum.

But the long-term picture is let's get rid of the wireless technology because anything that transmits wirelessly is creating electromagnetic radiation which then is just another stressor. It's another thing to fill our buckets to more likely to tip and cause autoimmune issues, to cause all kinds of different things in our body.

Dr. Lee Merritt

Well, if that's the case, then we really, really have to address EMF. And EMF, electromagnetic frequency problems, technically an electromagnetic frequency is the entire range of the electromagnetic spectrum. But in practice, we talk about ionizing and non-ionizing radiation. So

ionizing radiation is like x-rays or like gamma rays from nuclear blasts and things like that. That's a very, very, very tiny, small, fine, high-frequency wavelengths.

These are in the gigahertz, petahertz, tetra hertz. I mean they have all these names of so many zeros I can't count. But these are tiny, tiny, tiny frequencies and they carry a lot of data, but they don't penetrate through things very well. They'll penetrate through soft tissue, but they work directly to damage your tissues. They knock off electrons and they damage your DNA, they damage your self proteins, they damage you directly. And that's why ionizing radiation can be deadly in very short order.

Non-ionizing radiation is more like your cell phone. These are lower frequencies. They are in the gigahertz range or in the millihertz-- or megahertz range, whatever the mHz, I think that's megahertz, just below gigahertz. That's what we've dealt with, with the cellular phones up until now. But the point being that when you go down into this radi- in this range, standing in lead is not gonna help you. These are not direct. They're kind of omnipresent around you and they come in different directions all over the place. We've got satellites, we've got everything coming. I mean, I spent my life in orthopedic standing in lead, protecting myself from x-rays. That won't help here. It also doesn't completely help to think that I'll just bury myself in my house and I'll turn off all the electricity, I'll turn off all the Wi-Fi.

Even the Amish are being damaged because guess what? We've got Starlink, we've got satellites. So we can't- that's not a solution. The solution comes from changing the electromagnetic milieu around us directly. And that can be done at the household level and at the personal level. Now there's a lot of hoodoo out there and there's a lot of truth and it's hard to sort the two. It's to believe sometimes that you could put a little stone around your neck and it would make a difference. But the reason it does and if it's the right stone is because those things are close to you. There's a rule in physics, colloquially, is called the inverse square law. But it basically means, and this is true for example, x-rays. If I step away from the x-ray beam, if I double my distance, the radiation goes down by 4 times.

So, it's the square of the distance that I move away. So it goes, if I move away a little bit, your radiation goes down. But for every other increment I go, it's markedly going down. So by the time, like my cell phone, here's a perfect example. I have a cell phone monitor or electromagnetic frequency monitor. It's a trifield monitor and you can put it. And so I put it on my chest cuz one of my bad habits is reading a book, reading my cell phone like a book. And I'm gonna stop doing that. And this is the benefit I think of a Kindle. You can get the I'd only do it cause I don't wanna turn on the lights and bother my husband, right? So I could get the Kindle and I could read things at nighttime on the Kindle, but it wouldn't have the cellular radiation going into it, right?

So I did it with my cell phone and I put the monitor on my chest and then I turned on my cell phone like I was reading. And high, high levels right on my breast area. But then I took my hand and I just started moving the thing away and it started going down a little bit. But as soon as I got to an arm's length, it was down to zero. So one of the very simple things that everybody

should get in the habit of doing is, you don't have to be without your cell phone, but when you're not using it right now, I just kind of reach out and I just get in the habit of putting it one arm lengths away. Simple. Let's talk simple. Let's talk the things that everybody could do easily. The second thing is I did hardwire my house. Now I don't know that that made a huge difference because as it turns out we have Starlink and everything else, but I just feel better that I diminished it somewhat.

Who knows? But that's not the ultimate answer. I have on my website, my website by the way is themedicalrebel.com. It's three words: the-medical-rebel. And on the top left of my website is a link to this company, EMFSOL, I think it's called, that does EMF mitigation techniques. And the reason I really like them is because it's the first company that didn't just tell me the theory, but showed me in practice bioassays that showed how this stuff actually makes a difference. For example, one of the biggest things to not be sitting by, here's another practical simple thing to do. When they come to put your modem in your house from the cable people, don't let them put in a radiating modem, if you're gonna hard wire. If you're gonna hard wire your house, get rid of that on there. And even if you don't consider hard wiring to your routers in the house, routers and your modems are the highest EMF damaged senders in the house, right?

well one of the things, what they did is they used the router in their bioassay, they used the router and they would turn a router on. You may have seen, by the way, if you don't believe there's a thing going around internet, and it's very funny, three people put their cell phones and they point the antenna of the cell phone towards some popcorn, some unpop popcorn. They all turn their phones on the same time, it pops the popcorn. Because this is giving you microwave radiation just like you are in your microwave. Who in the right mind would do that? Okay? So what this company has shown, they take the router and they put it by a slice of bread and they can show you that it causes the bread to mold prematurely. Then they put their mitigation stuff, which is made from minerals, it-- crystals modify, crystals have always been in shamanism, in all sorts of ancient medicine because crystals modify wavelength.

They alter wavelength. That's what creates a rainbow. They alter wavelength in such a ways that it changes. It makes confusion of the wavelength. So they put the router by bread, it molded. Then they put their router on bread that's sitting on their mitigation device. It didn't mold early. So they have bioassays. They've looked at blood, they've looked at mold and let's see, what's the third one? The big one is they show you how this actually damages the body. Unlike direct radiation that damages the body through knocking off electrons directly that you have to block with lead, this block- this damages you by- they call it subatomic confusion, but I think that's their own made up words. What I call it is it opens up the voltage-gated calcium channels and sodium channels and iodine channels, whatever they are that you have- the way the body works is electrical.

And there's two parts of the body. One of the parts is all your cell membranes have these ways for ions to get in and your cell turns on and off based on ion flow. Well, if you're in electromagnetic field, and this is why telegraphs early on started the problem, that electrical field opens up these, it gives a voltage potential across your membrane, it changes it slightly. And

now your body sees that and opens up its ion channel and it floods your cell with calcium. That's an easy one to measure. So they used calcium, but it's other ions too. And they show that with their mitigation device, the calcium didn't go up in the cell, but without it, it did. So I think that's a big deal. I think that's where we have to go. And I think that if you really- I have an actual formal lecture about this.

It's about, I don't know, 35, 40 minutes long that you can find on learning4you.org. Look for my site on that learning4you.org. It's the number 4. And it goes over this in a more systematic way than I'm doing now. But it shows you pictures too, of microwaves and how this works and what happens. I think it's pretty funny, too. You cannot believe the physicist and the electrical engineers, and I say that being surrounded by a family of electrical engineers. They don't understand biology. So they look at- they measure things like an actual, "Oh, did this nutrient, did magnesium levels go down in the body if you are in EMF?" Or, "Did it go down in this, if I irradiate a jar of magnesium, did it change?" I mean, that's the kind of- it's just-- they look at the way, they look at theory and they look at things that don't really matter. But when you put animals in electromagnetic fields, it really has been shown to matter.

For example, an electromagnetic field for 5 days, a mice in 5G decreases their immune system cells by 50%. Five days. How do you think that helped us with COVID? You see, that was part of the disease. They gave us poison and they turned on the 5G. That's what it was. And that's what they did in mice and we show 'em with mice. Now, after 5 days when they took them out, it recovered. But who knows how long you have to be in there and it doesn't recover. I would just say that. What else? I mean, we know lots of things about the actual effects from this, and that's why I think that we can mitigate it and know something about it. But I think the other thing that's funny about the physicist, I saw there's a video in my lecture and it's about these-- These are really smart guys-- I mean, these are like MIT-type, Caltech-type physicists, they're PhDs in physics, young guys. And they're all thinking about microwaves. And the fact that you put a mic, a grape, it's called the grape challenge. You put a grape in a microwave and it becomes plasma, which is actually not just like it's not, I'm not talking about blood plasma.

This is a physics term for a certain state of matter and how- and they're trying to figure out how it turns it into plasma. And at one point, one of these physicists say, or two of them make this comment, "It's very surprising to us that the microwave heated the grape from the inside out." You would think because it's strike, it'd be with outside in. And I'm sitting back and I'm just kind of chuckling to myself because every Home Ec teacher knows that's how food gets cooked is from the inside out in a microwave. And here are these physics guys that don't get it. So be careful whom you listen to. Your Home Ec teacher might know more about the damage of this. So, that's pretty funny.

One of the simplest things to mitigate EMF effect that everybody could do right now is go down to your grocery store or something and get extra magnesium. You can get- don't get magnesium oxide, that'll give you diarrhea, and all magnesium can, if you're really low in magnesium, let me just warn you. But as we say in medicine, that too shall pass. But by increasing your magnesium levels, you-- Magnesium is a natural calcium channel blocker. So, some of the symptoms like

tachycardia, palpitations, heart palpitations, lots of different things are coming from the fact that they're opening this calcium channels.

By increasing your magnesium level, you will decrease that sensitivity, you'll decrease. That actually sits on top of those holes in the calcium channel and blocks it, but it doesn't do it in a way that's got side effects like a pharmaceutical prescription, calcium channel blocker. We use that in medicine, but that has side effects. This way you can do naturally and everybody can do it. And I tell people to start about 400 milligrams a day of anything but mag oxide.

So use magnesium citrate, magnesium malate, magnesium threonate, it's great for the brain. And then start at about 400 milligrams a day. If you get diarrhea, that's too bad. Drop it to 200 and then just wait until that passes and then go up to the next level. And the next level, I take 800 extra a day in addition to what I get through my nutritional supplements.

Dr. Rashid Buttar - The Fourth Toxicity

Beyond that, fourth and beyond, they become somewhat more esoteric. So the fourth toxicity is energetics. Energetics are the electromagnetic radiations, the dirty energy, the microwave technologies, the electromagnetic fields that are being generated that are no longer cell resonant or they cause a disruption in our cellular system. So, essentially energetic toxicities are anything that is any type of energetic field that we're exposed to that is not cell resonant, meaning it's not enhancing our cellular structure.

It's cell destructive or cell damaging. It's detrimental to our system. So that's the fourth category. This also includes things like Wi-Fi and things like all the - like if you remember the old time walkie talkies before, if you have a walkie-talkie, somebody's trying to call you in a walkie-talkie and you've got your radio in your car, you know that somebody is sending a signal because they're trying to get a hold of you because your radio will start getting distorted like the old Nextel phones.

Those are all different types of energetics that are affecting us. Security systems, as I mentioned, microwaves, all these different things are affecting our systems. So, from an energetic standpoint, they all get encompassed under the fourth toxicity - the energetic toxicities.

8. Chronic Underlying Infections

Dr. Jack Wolfson

So as a cardiologist, I have seen parasites affect the heart. The biggest example of that, would be Lyme disease from the borrelia spirochete. I saw this more so in my training because I trained in Chicago. So we had a lot of people who would come down from Wisconsin. Or after camping in Wisconsin, they had some kind of a tick bite. Then that tick bite again would release the spirochete into the bloodstream and in the immune system would respond to that spirochete.

And again, that would happen. And I would see plenty of young men, for example, 18, 20 years old, who would come in with acute Lyme carditis. They would eventually recover within one to two weeks. They would be able to be discharged from the hospital. Presumably, they would go about their life, but then, we've got the issue of chronic Lyme and chronic co-infections from other different forms of parasites.

And there's a lot of different strategies to help to diagnose when you are being affected by these and then, different strategies to get these toxins and parasites out of your body. Some amount of parasites, again, are always going to be with us. Parasites are really anything that kind of lives off a host. Well, we can say the good bacteria in our guts are parasites. They're living off the host and that part is true. But there's bad parasites, especially when they kind of get out of balance with what would be the good.

Fighting off parasites is really predicated on, again, eating the right foods, living the right lifestyle, thinking the right thoughts, doing the best testing, and then using evidence-based supplements and then retesting and making sure that we're being successful. I think, again, when you're under the domain of someone who knows what they're doing, you'll get a lot of success.

Now, when it pertains to parasites, I would also venture to ask what is more likely as a cause of someone's symptoms. Is it from a remote tick bite when they were camping 30 to 40 years ago and now they have symptoms of brain fog, arthritis, gastrointestinal issues, other mental health issues, cardiovascular issues? Is it more likely from a tick bite and borrelia, Lyme and co-infections? Or is it more likely that they are living in a water-damaged structure and they are being exposed to mold mycotoxins on a daily basis?

So I think by the way I phrased that question, it's quite clear I feel that the majority of people, if they are suffering from parasites, Lyme, and co-infections, it's because their immune system is being damaged from mold mycotoxicity or there is the possibility, and I would strongly entertain this possibility, that it's not from the parasites, it's all from ongoing mold mycotoxin exposure in a water damaged building.

So again, everything starts with a healthy immune system. The B cells, the T cells, the neutrophils, the innate immune system, the adaptive immune system. This is all in a very delicate balance. And when you have good balance there, when your immune system is strong, that is your best survival tactic against any form of illness, any toxin that they want to throw at us, any kind of EMF, this is the best strategy.

It may not be enough. At the end of the day, the world, unfortunately, is a very toxic, polluted place being run by people who do not have our best intentions. So we need to do our best to make sure that our house, our body is as strong as possible. And that's why we eat the right foods. We live the right lifestyle, we think the right thoughts, we get the best testing, we take the best supplements. That is our ultimate strategy.

Dr. Jonathan Murphy

Jonathan Otto: What I'll do as well as preface the fact that the reason why I think that this is a really relevant subject area when somebody is interested in their immune system and COVID and they're not necessarily concerned about cancer, either trying to prevent it or treat it. The reason why I believe that this conversation is extremely relevant is because I believe that the immune system, when encumbered with parasites and toxins and heavy metals and other environmental chemicals, this is the reason why people are so susceptible. So, many people would talk about comorbidities, and I think co-infections should be how we approach the conversation of looking at the collection of infections that somebody has and how that's actually creating the comorbidities.

And, yes sure there's all the different things from diet and lifestyle, but there's a lot of people that are trying really hard to be well and doing lots of the right things. But I believe it's these types of things that are the cause for a lot of the people that are trying really hard to be healthy and they still can't get there, and it's because of, these are the layers. And so, I think that would be a good areas of focus on.

Does doing these therapies of cleansing the body of the various toxins in this regard, does it improve immune function and mean that as we go into the future, when more variants are coming, obviously COVID is in the world, they're -- people that may not want to take a vaccine, may want to find other things, and people that have taken a vaccine may also want to find other things to strengthen their immune system, do these therapies help with that process?

Dr. Jonathan Murphy: Oh yes, absolutely. So, you know, many people are borderline deficient or deficient in nutrients that we can name, you know, let's just start with Vitamin A or Vitamin D. The replacement of sufficient quantities of these known, named, vital nutrients or vitamins is beneficial. So Vitamin A helps with the immune system, Vitamin D is essential for every cell in the immune system.

There's not one immune cell that doesn't have a Vitamin D receptor on it. So without sufficient Vitamin D, you cannot operate a highly efficient immune system. But those are just, you know, some of the ones that we know that are named and known. Excuse me. You know, where is it that we decided to stop at 12 B Vitamins? So, B12 was the highest number B Vitamin we have, I mean, do we think we're smart enough to know all this stuff, or are there as yet unnamed, undiscovered nutrients that are found in foods, in plant foods, in plants? And I think the case is that there are.

There are unnamed nutrients or maybe we might just now call them accessory nutrients because they've not been proven to be vitally essential like vital amines or vitamins are. And when it comes to detoxifying, by detoxifying we're changing the oil in our automobile, you might say 'cause there's dirt in that oil. So, if I detoxify some of the toxic products that are in my body, my body functions better. Lead.

Lead would try to take the place of iron. Lead would diminish the metabolic rate of of a tissue. Lead would impair, in some cases, the electron transport chain and oxidative phosphorylation so that energies are diminished. But mainly something as simple as - a toxin as simple as lead can promise to develop cancer because our systems are not running at the optimal health. Just like not changing the oil in your automobile, can ruin the engine parts by the toxins in that oil pan, ruining the moving parts of the engine.

And so, I think that lead is a very simple, you know, example, but it is a very important one because we know that lead can cause cancer. We know that a lot of heavy metals can cause cancer. We know that cadmium diminishes the immune system's ability to respond to cancer. So if you have a little bit of cadmium, is that a toxicity? How much cadmium is normal? So, I'm just talking about heavy metals at this point, but let me go on to say, how about glyphosate? Or how about Bisphenol A and Bisphenol E and other phthalates that are plasticizers that make plastic more supple and usable?

These are not naturally occurring and they do interface with our systems at the level of so many different areas. At the cellular metabolism, at specific cells like immune system cells, at specific cells like neuronal cells in the central nervous system that most all illnesses, in my opinion, are related to toxicity, deficiency, and false beliefs or belief systems that need to be reexamined for reality because, you know, ultimately sometimes we become our beliefs and our thoughts. But frankly, I think the toxicities and the deficiencies are rampant because of the highly processed food supply and the production of plastics, plasticizers, pesticides, other pollutants, you name it, that are ubiquitous.

And people say, "Oh, I don't work it in the industrial section of town." But nonetheless, the air gets from the industrial section of town to you. And nonetheless, the water in one part of the Earth makes it all the way around the Earth over the cycle of the water cycle.

So, I think that the toxins you can't say, I avoid them because they're here, they're in my water, there's fluoride and chloride and in fact, if you put chloride and fluoride into the water and leave it with the organic material like, you know, leaf material and root material and other organic, you know, products of nature, the chloride, and the fluoride produce even more toxic things in the water, so that the water supply in the town that I live here in Arizona has on multiple occasions been, we the water subscribers, have been sent a letter that says, "We have this trihalomethane that is in the water supply."

It's not there because the plants made it, it's there because the water system put the chloride and the fluoride in, while there were still carbon and other organic chem or molecules in there. And the chloride and the fluoride just reacted with them to make the trihalomethane, which is a very well-known carcinogen. We got to detoxify, Jonathan, you know that. No, but people - And I hope people who hear this will know that, because it is vitally important. Our bodies do some of the detoxification. But in this world we live in, I don't think our bodies usually do enough if we don't do things to encourage that.

One of the simplest ways of detoxifying is introducing 25 or more grams of fiber into the diet, so that they can be eliminated before the excrement of the parasites, bacteria, fungi in my GI tract much more rapidly before it gets absorbed and goes through my liver and causes more problems. The toxicities are in the air, they're in the water, they're in the food supply and the nutritional deficiencies that we know, we've already identified, you know, low Vitamin A, Vitamin C, Vitamin D, Vitamin E, so forth.

But what about the unnamed, unlabeled, unknown accessory nutrients that are in plants? Is it possible that we need more of those in order to detoxify and nourish our body to healing the immune system, healing nerve cells, healing muscles, bones and other parts of the body? I'm a big believer that we need more nourishment from the whole plant and less nourishment from the processed product that's put in plastic and then wrapped in a box and labeled with wonderful colors on the box.

9. Ongoing Parasitic Infections

Dr. Bryan Ardis

70% of all autoimmune cases I've ever seen in my practice were actually caused by parasites. All of them. We're talking rheumatoid arthritis, lupus, fibromyalgia, Sjogren's. There was always an underlying parasitic cause. With autoimmunity, gastrointestinal issues, I would always point those individuals to get that parasite test first to determine if there is an underlying pathogen you might have living in your body you were totally unaware of and your medical health professionals never knew to look for. That's where I would first start.

Then once you identify if there's bacteria, parasite, or yeast present, you need to make decisions health-wise to help eliminate those, which are written in the report and suggested with supplements and dietary changes.

Dr. Dietrich Klinghardt

Parasites are a huge issue that is completely underestimated and undertreated. Definitely in the US nobody- At least in a medical community, it's like people that have parasites, they go to the doctor and even show their poop so full of worms, they have to be afraid that they're going to be sent to a psychiatrist for imaginary parasitosis.

For parasites, I use hardcore medical drugs. Albendazole, Nitazoxanide, the hardest hitting anti-parasitic drugs. I do that first, always in combination with some natural things like myrrh. Ozonated tincture of myrrh is a very powerful additional tool. And I take them through that for 2 weeks, or 3 weeks, or 4 weeks, and then after that, I help to heal their microbiome in the gut. And that works beautiful.

I'm upset with my colleagues also in the alternative field, they may treat SIBO for like 5 years and leaky gut for 3 years or so, not realizing that underneath those conditions is a simple parasite that needs to be gotten rid of.

Dr. Daniel Nuzum

Okay, now here's what's interesting. When it comes to an autoimmune disease, it's not just the parasite. Okay, so a lot of people, when they think parasites, they think about, you know, blood-sucking parasite and this, that, and whatever. That is the case, I mean, they're feeding off of us in one way, shape, or form, that's what parasites do.

The worst when it comes to cancer and autoimmune disorders. The worst part of a parasitic infection, the most irritating part of a parasitic infection is the waste the parasites produce. Okay, it's not so much that they're, quote, unquote, sucking your blood or that, okay there's not- that's not really the the major issue. The major issue is what they're putting back into your system. They're ridiculously toxic. There's things like aflatoxin that multiple, quite a few, majority of parasites produce aflatoxin and it causes direct damage to your kidneys and your liver, causes brain damage, it's a carcinogenic compound.

I mean, it triggers cancer in the body and it triggers all kinds of inflammatory responses, okay. So, if you have these bugs in your system and if you - talk about this - if you eat anything raw, if you have pets or you're around people that have pets, your chances of having parasites are like 10 out of 10. You know, it's just a matter of life. Okay, we're all exposed. We- if we don't detox periodically, they become a problem. Okay, this is something, you know, in my studies with indigenous cultures and things like that over the years, one of the things that I have observed is ancient indigenous cultures always - it was a cultural thing - every spring and every fall they would purge their gut. They would do something to purge themselves, to eliminate whatever they had accumulated. In those cultures that did that, they didn't have diabetes, they didn't have autoimmune diseases, they didn't have cancer.

Even in the old people, they didn't have these problems. And one of the things they were always trying to get rid of were parasites. And you go back- you come back to here in the States, you know, all of that was gone as soon as penicillin hit the market when penicillin came in on the on the scene, it fixed so many infectious problems. People quit doing anything about parasites. Because the penicillin would take care of a lot of the side effects of the parasite, so a lot of the secondary infections that people would get from having the parasites in. So, yes, parasites are a huge factor in is not whether or not you may have them if you haven't done anything to get rid of them. They're there. It's almost a blanket if you have never done anything, is kind of like, if you haven't cleaned your house in 40 years, good chance it's cluttered.

10. Nutritional Deficiencies

Dr. Daniel Nuzum

Let me put it to you this way, the body is a living organism. And as we speak, pieces are wearing out in your system, and they have to be replaced. If you don't give the body the raw material to replace those pieces that are wearing out, it can't repair them properly. Therefore, the machinery starts to deteriorate, and its functionality deteriorates.

So our gut also supplies nutrition. That's how we get the nutrients in our body. We consume them. Our gut extracts the nutrition, puts that into our bloodstream. Our bloodstream then delivers the nutrition where it needs to go. It's that simple. And if we're missing nuts and bolts, the machinery can't operate properly.

Something I explain to my patients, a standard American diet; cup of coffee, maybe we'll call it a frappe, latte, chino, whatever they want to call it. Sugar with a little bit of coffee in it, some cream, all that kind of stuff. Bunch of chemicals and flavoring. And a donut.

A bunch of chemicals and flavoring in a donut as a breakfast. We go onto lunch, and it's a fast food something or other. You got chicken-like product, beef-like product, or pizza, those types of things. And then for dinner, you got spaghetti meatballs, maybe some bread, and maybe if you're real lucky, you might get a salad, something like that.

That standard American diet supplies 20% of the recommended daily allowance of vitamins and minerals that your body needs per the FDA. These are the FDA guidelines. So the FDA says that you need X amount of vitamins and minerals on a daily basis, or you develop nutritional deficiency diseases, and that standard American diet only supplies 20% of the quantity of vitamins and minerals that you need to prevent a nutritional deficiency disease. It doesn't even come close to providing what you need to be healthy.

That's a total other scale. Now, I'll give you an analogy here. Let's say I got a classic car, it's 20 years old, we go out, and we randomly remove 80% of the nuts and bolts from your car, and we hand you the keys and say, well, take her for a spin around the block. What's the chances of that car breaking down? What's the chances of it even starting? This is how people are operating on a daily basis, and things are breaking down, and we get a engineered virus introduced into our populace, and it causes so many people to have severe health problems and even die, my question is, if they were missing 80% of their nuts and bolts in their machinery, it wouldn't have taken much to knock them over. You know what I'm saying?

So since our nutrition is so terrible, our immune system isn't functioning. This is a general population. There's estimates right now that say that right around 92% of the US population is clinically deficient in 10 to 20 nutrients, meaning up to 92% of the population could actually be suffering from a nutritional deficiency disease.

That leaves only 8%. Only 8% of the population is getting enough nutrition to prevent these nutritional deficiency diseases. And I don't know if you've been to the store lately, but the US population ain't made of little people. There's a lot of big folks. And you know why they're big? Because their body's in a constant inflammatory response, and they're swollen. They're swollen. Their body's screaming, it's trying, doing everything possible to keep functioning. It doesn't have all the nuts and bolts to repair itself, therefore it just keeps swelling up and swelling up and swelling up and swelling up. And we want a pill for that too, by the way.

11. Poor Dental Health & Dental Fillings

Dr. Gerald Curatola

Oral health is the 800-pound gorilla in the wellness room. As a matter of fact, the first slide I usually show when I speak to functional medicine doctors or other dentists is to understand that the mouth is a mirror and a gateway to health in the whole body. And you cannot have a healthy body without a healthy mouth.

But 150 years ago, in this country, they separated the mouth from the rest of the body and they said, "Oh, if you want to know what's going on in here, you go to dental school. But if you want to know ... From above here, except your lenses of your eyes, then you go to optometry school. When they cut off your feet, you go to podiatry school."

But for some bizarre reason, dentistry was separated from medicine, which, in my opinion, was a huge mistake. So there's been a big disconnect. As a matter of fact, most dentists practice like mechanics of teeth. When I graduated dental school over 30 years ago, the biggest reason why dentists were sued was because they only focused on teeth, they didn't even focus on the gums around the teeth; so undiagnosed gum disease, undiagnosed periodontal disease was one of the biggest reasons why dentists were brought up.

They'd go in and say, "You know, I have a tooth, doc. I've been seeing you for 10-plus years, and I have a tooth that's moving like this," and the dentist would say, "Oh, I have to take that tooth out now." And the patient would say, "Why?" They'd say, "Well, you have gum disease," and that was undiagnosed for all those years.

The biggest problem, that we know now as gum disease, is not just about losing your teeth. You have a 10-times greater chance of a heart attack or stroke. You have a seven-times greater chance of developing adult-onset diabetes.

If you're a woman of childbearing age, you have a 700% higher chance of having pregnancy complications, like premature low-weight baby, or preeclampsia, and a lot of other serious conditions. So, everything from Alzheimer's Disease to Colo-rectal Cancer has been linked to gum disease, which is why my greatest desire, Jonathan, is to bring medicine and dentistry back together. Where it should be.

Dr. Thomas E. Levy

I'm a cardiologist. Before that, an internist, and a few years after I was in cardiology I actually got a law degree, but that's another crazy story, I suppose. I have been working with Vitamin C and ortho molecular medicine, if you will, for nearly 25 years now. After having met Dr. Hal Huggins in Colorado Springs in 1994. And it was when I got to see Dr. Huggins and see the work that he was doing at his clinic, Dr. Huggins is what I consider, who I consider to be the world's original and true biological dentist. A dentist who practices dentistry based on biological principles and not just mechanical principles of what fits best or what choose best, but he also

looks deeply into diet, blood work, toxins, and what makes somebody healthier as a result of their dental work.

In any way, I was curious as to what he was doing. We got to know each other. He invited me to his clinic and it was an eye-opening experience, life-changing experience, as it turned out. I saw many quite ill people. Generally, Dr. Huggins had patients that actually came in from around the world and they came for a 2-week visit to the City of Colorado Springs and then coming in the clinic every day. He had extensive dietary protocols, checked lab work, other consultative services. And he did what we call a total dental revision. He would identify and remove infected teeth and root canals. Root canals are a hundred percent infected so it qualifies as an infected tooth. Interventions on the gums and removal of mercury amalgam fillings, and any other infections, if an implant was infected, it came out as well.

I saw very critically ill people that were supposed to get better by modern medicine standards, get dramatically better at the end of this therapy. It had me more than a bit confused. And in one particular case, I saw truly a advanced neurological patient, a little old lady in a wheelchair. She got 2 or 3 hours of arduous dental work, extractions, everything else, the type of thing that, if you will, puts a college student in bed for a week, like when they get a wisdom teeth taken out. But this lady got more and more and more energetic as the duration of the dental situation proceeded. By the end of it all, she was asking her caregiver to take her out for a great meal that night somewhere in Colorado Springs with a couple teeth missing. I said, "Something doesn't fit here." Hal, Dr. Huggins, walked in the room and I said, "Hal, what's going on here?"

Hal pointed to the IV. I said, "Okay, well that helps a lot. What's so special about the IV?" He said, "Well, it has 50 grams of Vitamin C in it." Well, that just came out of left field, as they say. I had no idea of Vitamin C playing any role like that. But the moment I heard that and the moment I witnessed what I saw with my eyes, literally in that moment my life and my future changed completely. Because I said, "I'm not in the habit, and I don't plan on ever being in the habit of denying what my eyes are witnessing." And in this particular case, I said, "I need to find out about Vitamin C on my own, what it does, why it does it." That began my own odyssey, if you will. I began to serve as a consultant, a medical consultant to Dr. Huggins' lab. I got a lot more opportunity to see the differences in blood work that changed.

See more evidence of what Vitamin C did. Shortly thereafter, began my four years of research that led into my first Vitamin C book, *Curing the Incurable*. And then, pretty much everything since then has been an evolution. More recently, of course, we're talking about the pandemic and COVID and respiratory viruses or respiratory pathogens. And as it turns out, Vitamin C is pretty much ideal for treating things like that. We've developed protocols for dealing with this and I suppose that's something we can go into detail later. Vitamin C -- well, Vitamin C is the essence of healing. I don't say that- It's kind of, it's very, oh, shall I say serendipitous, that what I was working with with Dr. Huggins evolved and blossomed even more into the importance of treating just about anything.

Why do I say this? It's because everything in the body, health and disease rest on your balance of oxidation to reduction, of whether or not biomolecules have lost electrons, become oxidized, and become dysfunctional or afunctional, or whether or not they're reduced and they're operating appropriately. And the primary way in which you keep things shifted toward the healthy reduction state is by optimizing Vitamin C levels in your blood, and inside your cells most specifically. Basically, when you have a cell, no matter where it is, what the tissue is, what the disease process it is, when you have a cell on the body that has normal levels of Vitamin C, you have a normal cell. You can't have a "disease" cell with normal levels of Vitamin C.

12. Uncontrolled and Ongoing Stress, Anxiety, Depression & Trauma

Dr. Jay Davidson

If I'm just thinking bad thoughts, and if I just repeat affirmations then everything's gonna change. If there was just one cause of why you're exhibiting symptoms, then they could "be the cure" or be the step that you need to take. However, in this day and age, it's a multifactorial stressor or stressors that are happening, that there are patterns that we've fallen into and habits of how we process the world, how we perceive the world, how we think and how we act based on what we're exposed to. That's a big portion.

But there's also this whole toxicity and chronic infection side that, if there was a young baby projectile vomiting when they were young and they've exhibited these emotional and mental symptoms for a long time, then that tells me that there's other things that are factors than just I just need to believe that I'm gonna be well, I just need to believe that I'm not stressed out, I just need to believe that I feel great. That I believe it's important to have those thoughts, however, it's very rare where just that thing is gonna be the fix.

As you look at and evaluate your situation, it's important to identify what are all the source or sources of your health issues. The top ones that I see are chronic infection, such as Lyme disease, other bacteria like Bartonella, virus, viral infections, such as Epstein Barr. A very prevalent thing that we're seeing right now too is retroviruses, the HTLVs. These are viruses that actually do reverse transcriptase and embed in our DNA, and then upon stressors or getting stressed they can actually get triggered. So they can get triggered 10 years later after being exposed.

Dr. Rashid Buttar - The Fifth Toxicity

The fifth toxicity is emotional-psychological toxicity. Now, if there was one - if I had somebody to take a gun and put it to my head and said, okay, you have to pick one of these toxicities as being more important than anyone - any of the other ones - I would have to say it's the emotional-psychological and especially the most important in cancer, but it's actually the most significant as far as implications in all chronic disease and it's one of the ones that we really

focus in and with all of our patients that have- that come to us with cancer or they come to us with some kind of condition that's, "quote", incurable.

The fifth toxicity, the emotional-psychological is because it affects our belief system and if it affects our belief system and we are programmed based upon our own belief systems, then if our belief system is that we can't get better or if our belief system is that cancer is going to kill us or autoimmune disease is going to kill us or whatever the case is, then we've already set the precedents. We've already set the intention. We've sowed the seed. And now our belief system, the mind has what we - our brains have a thing in there called a reticular activating system (the RASCON), is a particular activity system control mechanism, and it's a goal-seeking mechanism.

So, when we believe that we are going to have X outcome based upon our Y pathology, then that RASCON - the reticular activating system control mechanism, being a goal-seeking mechanism - is going to start to orient towards that outcome because we literally can create our own realities. And other people think, "Oh, this is now- you're getting to the metaphysical fufu". No, guys, I'm a hardcore general surgeon. When in doubt, cut it out, heal with steel type of guy.

So, when I'm talking about this, this is getting into the quantum aspect of healing, and belief system becomes very important and the belief systems get damaged, get annihilated, get destroyed because of our belief systems that are not serving us. And so one of the most important parts for what we do with our patients and even in our advanced medicine platform is to help people to readjust those belief systems into belief systems that serve us not take advantage of us or disempower us. It's all about empowering. So, that fifth toxicity, emotional-psychological, if one was more important than the other one, it would have to be that one.

13. Use of Toxic Personal Care and Cleaning Products

Dr. Trevor Cates

We love our pampering. We love to have that process in the morning and the evenings and I don't think that we should have to give that up. I think that that is if you enjoy it keep doing it. We need to be mindful of what we're putting on our skin. I think there's been this misunderstanding or just kind of maybe a blind eye to the fact that what we put on our skin it actually can get absorbed into the body. We see this when we look at tests and we see for example parabens which are in personal care products. We see parabens showing up in breast tumor tissue.

We see phthalates showing up in human samples and urine samples in most people tested. A lot of these come from the personal care products that we're using. Of course, we're exposed to toxins in our environment, in our water, in our food, in our homes, in our cleaning products. There are a lot of different ways we're exposed to it. Our personal care products are one of the main ways we are. If you think about how many products do you use every day? Start thinking about it. The makeup, the sunscreen, the deodorant, the shampoo, the conditioner, the

toothpaste, all of it. It becomes this sort of soup of ingredients and our bodies become this almost lab experiment. All these different things and how are they interacting?

Well, we do know there is research, more research coming out on endocrine-disrupting chemicals that are in personal care products. These hormone-disrupting chemicals that can actually bind hormone receptors and mimic or alter the way that they function. We really want to reduce our exposure to those. I mention parabens, that's one of the places, they have estrogen-mimicking effects. What you look for is on the ingredient label you want to avoid anything that has the word paraben at the end of the word. A lot of companies are actually taking these out which is really great news, but then what are they replacing it with? That's part of the problem.

Another big one to look for is fragrance. Anything with fragrance, unless it is made from organic essential oils or unless it's a natural fragrance, it's likely going to contain a number of different endocrine-disrupting chemicals. The word fragrance is put on the label they don't have to include all the things that are in ... But remember, there's a lot that goes into fragrance. One of the examples I often time share with people is diethyl phthalate which is a type of phthalate. It's used in fragrance to help the smell last longer, but it is a known hormone-disrupting chemical and it does show up in human samples. This is one that we want to be particularly concerned of. You can definitely find products that are fragrance-free or they used organic essential oils instead.

There are a lot of options out there now and I think those are two good places to start. I also want to talk about sunscreen because that's another big one that we're using. We're doing a good thing, we're trying to protect our skin from sun damage and protect from skin cancer. The problem is that a lot of these sunscreens have chemicals in them that have these endocrine-disrupting chemicals. For example, oxybenzone is an ingredient in a lot of sunscreens. Again, it's one that's starting to be pulled out so that's a good thing. Be aware of these ingredients and start looking at your labels. There are great resources. I talk about them in my book *Clean Skin From Within*. I talk about 20 different ingredients to avoid and the research behind that and then alternatives to those ingredients.

14. Spiritual Toxicity

Dr. Rashid Buttar - The Seventh Toxicity

And then the last toxicity is spiritual toxicity. And I won't go much into spiritual toxicity except to say that it used to be part of the fifth toxicity, the emotional-psychological. But then I realized that there are many people that have an emotional-psychological toxicity, but they don't have a spiritual toxicity. But then there are other people that have a spiritual toxicity, but they don't have an emotional-psychological toxicity. A spiritual toxicity would be where you feel that - before I go into this, you know, one of the things I want to mention, Jonathan, is that there are more people that have died in the name of God than anything else.

There've been more people that have died invoking the name of God in wars and all these other things than anything else, but I know that God is a God of abundance and God of mercy, a God of love. And so, if our God is like this if the God of all the monotheistic religions - or God of everybody - that we believe that the God is a benevolent, loving, accepting, understanding God, then how can so many people have invoked the name of God and caused so many wars? And how can that be justified?

Well, that's what that seventh toxicity comes in. It's when somebody believes on a spiritual level, and it really, it's a spiritual - the reason I call it spiritual toxicity is because there's a difference between religion and spirituality, and if a person believes that their religion is so- they're so dogmatic and they believe that at no- there's nothing that should prevent somebody from invoking that religion.

And they want to push that religion on somebody else, whether it's by sword or whether it's by force or whether it's by whatever it is. It's creating a spiritual toxicity in themselves because they're feeling that they feel it is necessary for them to go out there and preach their religion, and it's causing that toxicity to occur - that I call it a spiritual toxicity because they haven't understood that we are all here for the same purpose, to learn, to grow, to evolve and that we are all spiritual beings having a human experience.

They haven't gotten to that point yet. And so they're so dogmatic in their belief system that they're willing to impose their belief system on somebody else. And that's a spiritual toxicity because it starts taking a toll on their bodies. So, if you have two people, for example, you can have a Mother Teresa who just in the words of Buddha, she takes every opportunity she can to preach, but she never opens her mouth, she just does her business and she sets an example based upon her life action's work and that's a person that is very spiritually evolved and they have no spiritual toxicity versus another person who feels that you have to believe in Jesus Christ having saved, you know died as to save your soul or- and if you don't, then you're going to be damned to eternal hell.

That's fine if somebody believes that that's their belief system. But when they get to the point that, say they're trying to get other people to convert or, you know, in any faith, for that matter in Islam, if they're trying to spread the religion based upon, "If you don't do this, you're going to suffer consequence, financial loss, a loss of life or whatever the case is, or in Judaism - in all the monotheistic religions, there's always been a dark side that religions have pushed or invoked their belief systems. So, as soon as you start to push and invoke your belief systems onto somebody else by force or by zealousness, you are now dealing with a spiritual toxicity.

So, those are the seven toxicities. Now, if you can effectively detoxify your body from these seven toxicities and the key operative word here is "effectively detoxify". Effectively. Many, many people use the word detoxify, but it's a very loosely used word and people think you can do a spa treatment or sit in the sauna and you've now detoxified. That's not how it works. It's a very, very involved process.

And if you can effectively detoxify the body of these seven toxicities, by definition, chronic disease cannot exist. No cancer, no heart disease, no autoimmune conditions - as you

mentioned, Hashimoto's and Graves' or any of the types of autoimmune things, the sclerodermas, and the lupus and all the - nothing can exist by definition, they can't exist because by eliminating these toxicities, the common denominator of these toxicities, which is oxidative stress, is reduced and the body can continue to form and function in a manner that it was created to do so.

Because remember, when we look at how the physiological system works - and I used to say the human system, but I realize it's true with any of the physiological systems, even with plants - you know, if you look at how the ultimate engineer created us, an animal or a human, the more they are- the more you use it, the better you get. Like a person who exercises - you count the number of hours that an engine has worked, like a car, you look at the number of miles in a car or you look at the number of flight hours in a plane. But you don't do that with the human. The more hours the human has running, the healthier he's going to be. The more you use the machine, the better it becomes not it doesn't go worse. It's not like limited based on the number of hours. If you look at a 70-year-old or an 80-year-old or a 90-year-old, the ones that have been the most active, they're actually the healthiest.

So the ultimate engineer created this system, this incredible machine that the more you use it, the better it becomes, the more efficient it becomes. And so when we're talking about these seven toxicities and how they affect the system, if you can reduce the oxidative stress, the common denominator in all these seven toxicities, you are able to have more mileage on the system because the system was created to be able to perform better, the more you use it. The more you use it, the better you're going to be.

The old adage that if you don't use it, you're going to lose it. That's how machines- that's how man-made created machines are. But the creator's machine, i.e. the physiological system - same thing with the horse, right? The more you run the horse the fitter he is, the longer he's going to live - a dog - whatever the case is, the fitter they are, the more they use their systems, the fitter they are, the longer they're going to be around.

So, that's the seven toxicities. And now I hope you understand how the immune system has such a critical role because in the third toxicity, I specify that, but in all the toxicities, if your immune system is not being modulated correctly, you're going to have- it's going to have an impact. And it all comes down to that oxidative stress. So what causes oxidative stress? Oxidative stress is occurring all the time in our bodies. It's a constant phenomenon. Every time you eat, you exercise, it's oxidative stress, but it's something that the body understands and recognizes. It's when we introduce other things into our body that increase the rate of that oxidative stress, i.e. heavy metals, persistent organic pollutants, opportunistics, et cetera, - the seven toxicities.

That's where the problems start to accumulate. So, normal processes - I had a smartass patient once said to me, "Hey, Dr. Buttar, doesn't exercise increase oxidative stress"? I said, "Yeah". He goes, "Well, that's why I'm not exercising because, you know, based upon your premise of the seven toxicities, I want to keep all my oxidative stress down". Well, he was right, except that there are certain oxidative stress mechanisms that are innate in our system and our bodies are designed to deal with them. It's when those systems are pushed to an extreme, just like a

marathon runner. It's good to be a runner but certain marathon runners will die of a myocardial infarction. I mean, you look at the lactate dehydrogenase levels, they're like sky-high. Well, what happened?

They pushed themselves beyond that normal physiological realm. So, we're not talking about extremes, but a normal level of oxidative stress is- everybody has it. If you're breathing, you're eating, you know, there's oxidative stress. It's when the oxidative stress is exacerbated and taken up exponentially higher orders of magnitude levels - higher by heavy metal introduction or by persistent organic pollutants by these opportunistic or by the various energetics or by our belief systems, emotional-psychological aspects or by the things that we do to the foods that we consume or what we're breathing in or what we are drinking, which again comes back to the first and second toxicity, or based upon our spiritual stress that we are creating on ourselves from the seventh toxicity. That's what determines the exacerbation of oxidative stress.

15. Frequent Use of Prescription and OTC Medicines

Dr. Vincent Pedre

If you look at what has happened in society also in the last half century is the introduction of antibiotics and antimicrobials and ever-increasing stronger antibiotics because the bugs that we initially could conquer with the simplest penicillin have become resistant to penicillin. So then we have to come out with even stronger drugs that cause huge disruptions in the gut microbiome. And antibiotics are prescribed worldwide and not only prescribed. I mean, in other countries outside of the US, you can buy antibiotics over the counter without a prescription.

And so we're seeing a dominance of these resistant bugs showing up, but more importantly, what we're seeing is a complete disruption of the gut microbiome. And because of that, then you have a breakdown of a very delicate symbiotic system. I would dare to say that it is the most complex ecosystem on the planet within our gut.

The other super complex ecosystem that relates to the gut in many ways is the soil. The soil contains 25% of the biodiversity on the earth. But if you think about within our bodies, the biodiversity is contained within our gut because we have 500 to a thousand species of bacteria inside each and every one of us. They total a hundred trillion in number.

So they are having this drastic effect that we're really now in the last two decades finding through research all of the different permutations of how the gut microbiome is actually influencing our health. And you start to wonder, who's really in charge? Are we in charge or is the gut microbiome really in charge of our own mental state, how you feel in your body, inflammation in the body, your hormone balance, your blood sugar balance. So there's all these touch points that relate back to the gut.

And one thing I want to say is that it's a really unique system because it's the outside world inside of us. It's what you eat that goes through you through this tubing system. And the only separation from that world that is potentially full of toxins that could kill you, all sorts of things

that have to be kept carefully orchestrated on the other side of this barrier, this barrier is only one cell layer thick. Now, it's being constantly replaced over time.

So new cells are coming in every seven to 10 days. The gut lining is being renewed, but that lining itself is a barrier of communication that is only one cell layer thick. I mean, just think about that. That's like the outer skin and that's your interaction with the outside world and this constant communication with the gut microbiome that regulates, for example, our immune system. The immune system, 70% of it is located all along the gut barrier.

And I tell people that it's like if your gut barrier is inflamed if it's out of balance if you've been on antibiotics, even birth control pill increases the permeability of the gut barrier, and how many women are on birth control pills? How many people have been on antibiotics? How many people have taken ibuprofen, NSAIDs as we know, and nonsteroidal anti-inflammatory drugs? How many people drink alcohol? All these things alter the permeability of the gut barrier, which is a very delicate interface and communication with the gut microbiome.

And on the other side, our immune system that is testing and seeing what's coming through, and that gut microbiome telling our own immune system to not get too activated, actually keeping it under control. So what we're seeing in society now is this predominance of gut disease and then inflammatory disorders and a burgeoning of autoimmune disease. So all of these interconnected diseases that are actually originating because of inflammation that is starting in the gut.

16. Lifestyle Habits

Dr. Michele Sherwood

Well, the patients that come to us for care, you know, a lot of times have failed in the mainstream system, they come to us looking for a different way. So foundationally, we practice 7 principles or 7 pillars of health. And the first one is - the first one that's at the top of the list is nutrition. Nutrition, nutrition, nutrition. Hippocrates said, "Let food be thy medicine and medicine be thy food."

And if we are not foundationally nourished with, of course, proteins, carbohydrates, and fats in the right ratios and with all of the nutrients that the body needs for cellular metabolism, not just to make energy but to also detoxify and to also get rid of these things called radicals. If we don't have the nutrients that we need, we don't stand a fighting chance. So we've got to have good foundational nutrition at the root of our protocol.

Second, we've also got to have adequate rest. You know, we are under-rested in today's time. Artificial lighting, we're not getting enough sleep, we're not going through the circadian rhythms appropriately. And think about the impact that plays in the immune system, it's an

immunosuppressant. So, if nutrition is poor and sleep is poor, there's two strikes against us. So, we really have to learn to take control of the things that we can.

So, those two are at the top of the pillar, of the 7 pillars along with stress management. Now stress is one of the number one reasons that's gonna drive somebody to the doctor's office. We're stressed out, we can't manage stress emotionally. It drives us to do crazy things, maybe drinking whether it's alcohol or caffeine. Drugging, putting chemicals into our system that can complicate pathways and detoxification pathways.

It can lead us to other habits or behavioral habits that destroy our relationships. So, we're going to the doctor to help us modulate these things called stress, high tension, hypertension, high blood pressure. So, it's not a pill for an ill, it's simple behavior modification, learning to live a mindful life, an intentional life. That helps to take the stress off the immune system and that helps to heal the immune system. And then there's this thing called movement.

We call it exercise. Without movement, sitting is like the new smoking. What does smoking do to our system? It adds up these things called free radicals. So, the system is already in a radical state in the face of a virus, if we don't eat right, if we're stressed, if we don't move, there's 3 and then stress management. Those 4 pillars, those are all foundational lifestyle principles that we can do something about to strengthen the immune system.

17. Genetic Predisposition

Dr. Michele Sherwood

When we look at things like genetics, now we know that we're born with a certain set of genes, right? We can't change our genes. The genes may be the loaded gun but it is the environment that pulls the trigger. So, if we have the standard American diet on board and we're stressing out those genes with the lifestyle choices that we make and we're not moving and we're stacking up free radicals, boy, our genes, they're receiving all this information over the top of them. So, we put ourselves behind the eight ball with this thing, I believe Dr. Mark talked about it, called comorbidities.

Now, just because you're born with a certain set of genes does not mean that that has to be the outcome especially if we know how to play the game. So, if we can analyze those genes and we see deficiencies and detoxification, we can fix that. We can help the body detoxify better. One of the things we say is the solution to pollution is dilution. We've got to get the offending agents out. We have to be mindful enough to stop the incoming offenders. That takes the pressure off the immune system. So, in terms of oxidative stress, stopping the drinking, stopping the caffeine, the thing that upregulate that oxidative stress system. Putting the nutrients on board that run the methylation pathways, methylation helps to heal the DNA and the RNA, it helps cellular turnover.

Dr. David Jockers

When we look at autoimmune disease, it's really a three-legged stool. And so the first leg is genetic susceptibility. And so we know genetics play a role and that susceptibility has to be there. However, twin studies have shown that only 25% really has to do with genetics.

The other 75% is what we call epigenetics, or the environment and the environmental stimuli and how that affects our genetic expression. So the other two really, really big stools that actually are larger players than just the genetic susceptibility are a leaky gut, meaning that basically, the medical term is intestinal permeability. So within our gut, our gut is the... I've heard it said is like a cheesecloth for example, right? And so it's almost like clasping our hands together like this.

And so when there's inflammation in the gut and the immune system is activated, it starts to open up these little junctions and now we get large holes and large pores and when we're not digesting food particles effectively, we're not breaking down the food particles successfully like most Americans really aren't, then what happens is these large food particles will get into the bloodstream as well as bacteria and yeast and different organisms like that and trigger some sort of inflammatory reaction in our bloodstream that can affect our joints and our body can go as far as creating specific antibodies to these food molecules as well as bacteria and viruses and yeast that are in the bloodstream. And now what ends up happening? We end up with a full-blown autoimmune disease. So that's the second major thing.

And then the third thing is some sort of environmental trigger. And so what I mean by that is this, is that you can have the genetic susceptibility, you can have the leaky gut, you can have those two there and not have an autoimmune disease. But if you have those two present and then you encounter some sort of a major environmental stress, and that could be a physical stress, like a car accident or a significant injury, particularly a head injury.

It could be a significant emotional stress like the death of a family member or a relational issue, maybe a divorce or something along those lines or it could be a chemical stress such as being exposed to too many chemical toxins such as consuming too much sugar, which is really a chemical toxin as well or environmental pollution. And so if we're exposed to too much of one or all of those stressors at any one specific period of time, it overwhelms our body's ability to adapt. And therefore our body reacts in a sense in kind of a survival mechanism and creates these antibodies to various tissues and creates this sort of autoimmune reaction.

The holistic model is a slower model, but it gets to the root cause of the problem. So we look at back pain or really any sort of bodily pain, particularly joint pain. One of the major causes is a structural imbalance or a structural misalignment. So in the spine, it's very easy for joints to shift and move out of position and start to make changes with how the muscle patterns are adapting, actually literally put pressure and inflammation on nerve roots that can trigger pain. And so if it's a bone that's shifted out of place, kind of like a tire that is shifted out of place on a car, wouldn't it make sense to actually shift it back in place?

And if we could do it without a surgery, clearly that's going to be advantageous. And that's really where chiropractic comes in to fix the actual structural imbalance, take pressure off of the muscles, create better symmetry, I'm sorry, take pressure off the nerve system and create better symmetry with the muscle patterns. Chiropractic is really foundational when it comes to eliminating back pain and really preventing back pain from even beginning and overall optimizing the quality of life.

On top of that, in the holistic model, we've got to look at other triggers for inflammation. So we've got to look at diet, lifestyle, the amount of stress that we're under, how we're moving our body, how we're sleeping at night, the major postures that we're taking on when we are at work, so our general ergonomics.

We've got to look at all of these different factors and really do an assessment and figure out exactly how to put ourselves in a position where we're not producing rampant amounts of inflammation or causing structural imbalances.

18. Chronic Inflammation

Dr. Daniel Nuzum

My approach with autoimmune is this, that it's something - it's a response, okay. The body doesn't respond with an inflammatory response for no reason. An inflammatory response is very costly on the body, number one. Costs all kinds of - cost cells, it costs resources, energy, all these things. It takes a lot of all these things to produce an inflammatory response. And the body doesn't just do that on a whim, okay. There's something has to trigger that in- I explain autoimmune diseases with a real simple little three step process that I've watched over the years with working with patients.

I've been working with patients for 27 years at this point. This is what I've seen clinically, there's always an irritant. Sometimes that's a chemical, sometimes it's multiple chemicals, sometimes it's a heavy metal, sometimes there's multiple heavy metals, sometimes it's multiple viruses, sometimes it's a virus and a fungus or a mold and a virus and a parasite or- okay. My point is, normally multiple factors. One of the misconceptions about disease that Western medicine has propagated is it's cause and effect. It is cause and effect, but it isn't one cause and one effect - is a problem, okay. You can have a virus and have all the symptoms of heavy metal poisoning. You can have a heavy metal poisoning and have all the symptoms of a virus or you can switch those around. It can- multiple things can cause the same symptoms.

So when we investigate and we do all these testings and we look at what is going on with the person. We find, okay, this person has these 20 things going on in their body, and they're having these symptoms over here. Well, they call those symptoms of, say, M.S. or, you know, if- sjogren's, okay. Whatever autoimmune issue, okay, Crohn's in what we find is, man, it wasn't one thing that caused it. It was multiple things that caused it. In my experience, people with

autoimmune diseases tend to have a whole list of things that have happened to them both physically, emotionally, chemically, from, you know, from a toxin standpoint.

They also have nutritional deficiencies, okay. And when all these things come together, it's kind of like it, just gang up on them in- their body crashes, something crashes in, at that point they start having inflammatory responses. And I was explaining this to some medical doctors. One time they said, well, wait a minute, if it's if autoimmune diseases are just. Unchecked inflammatory response. How is that possible? I said, "Well, what do you do to treat autoimmune diseases? What what works every time?" "Prednisone". So, what does prednisone do? It's an anti-inflammatory, it stops the inflammatory process of the body. And so do- are you seeing the connections here? And they got it, they're like, "Oh my gosh, you're right that it is it's it's it's inflammation". The inflammatory response of the immune system is something that has to be triggered.

And so the reason I'm talking about all these different causes, these different things, heavy metals, nutritional deficiencies, chemicals, environmental toxins, infections of every kind, all are irritating factors that trigger an inflammatory response from our immune system. If they continually are doing this, our immune system gets stuck in that inflammatory response and it just becomes something that it self perpetuates.

Okay, as long as those irritants are in the system, that inflammatory response just keeps going and going and going. So, there's a process that we have to go through to eliminate those irritants, eliminate those infections, eliminate those things that are in the body, triggering these inflammatory responses. In is not just eliminating, we have to eliminate them then we have to fill the system back in. We have to make sure all the nuts and bolts, all the working pieces are- all the nutrients are back in the system. Otherwise it just breaks down again. And I tell patients, you know, when Christ was in his ministry in Israel, right. At one point he had 70 disciples. Yes, 70 followers, and he sent them out two by two.

They came back a few months later. And one of their questions for him was, Lord, what happens when we cast a demon out of somebody, but they end up worse afterwards? And his response was real interesting, he said, you know, what happens is the demon gets driven out, but if he comes back later and finds the house empty but well kept, swept out all nice and tidy, not only does he move back in, he brings seven of his buddies with him. And we see this over and over is- I see this clinically, I see this over and over and over where people are- you know they- I've had people that were parasite detoxing for two, three, four years and still getting parasites out of their body.

Unless they're consistently consuming parasite stuff from somewhere, they shouldn't be getting parasites that- coming out of their system two, three, four years down the road, okay. Unless, they're not filling the holes that they're leaving from getting those parasites out, okay, because just moving them out without changing the environment that they were living in doesn't keep - you're not doing anything to keep them from coming back - okay.

We acknowledge it, tell patients if we took- we went down to the hardware store, we got a five gallon bucket. We sterilized it. Okay, sterilize it. Then we filled it with distilled water. See distilled water is water, there's nothing else in there. No salt, no bugs, no nothing. Okay, just straight H₂O. We take that bucket, we leave it out by the interstate for six weeks, uncovered. You think that pure water would be drinkable six weeks later? No, I mean, it's going to be filthy, it's going to be- there's stuff growing in it, It's going to be really gross, right?

Your body is 70 percent water by weight. The water inside your body doesn't act any different than the water in that bucket. Water accumulates its environment, and so your environment is accumulated by your water inside your body all day long. Thank God we're designed with some really, really efficient filters called liver and kidneys and lymph nodes and things like that, that clean the water in our body, okay? My point in telling you this is we're being bombarded by toxic materials, toxic things, toxic- at this point, we're even being bombarded by toxic EMFs, in radiation from all kinds of different venues at this point. In water accumulates its environment, period, okay. When you have an inflammatory response, whatever tissue that has been- is that inflammatory response has been triggered in, has to swell up, it swells up when it does that that water, quote unquote, the fluid that goes into that tissue causing the swelling become stagnant. What happens in stagnant water?

It grows stuff. It grows stuff and stuff gets accumulated in it, right? Well, if that happens to be your liver or your knee or your shoulder or your back or your heart or your brain, what happens to those tissues? They're going to deteriorate faster than the other tissues and problems are going to continuously show up in that spot. Until you get that- you've got to get it dried up, get that inflammation out, right. But my point is inflammatory responses are something that's triggered, okay. It's caused. It has- it's a response. It's not an action. It's a response, okay so an inflammatory response is a response. It's something triggers that, it's super important to understand.

19. Poor Air Quality

Dr. Daniel Nuzum

If you live in Los Angeles, New York, Chicago, they've done air quality studies in these big cities and have found all known airborne pathogens in the air in big cities like that. You go right downtown just the air everyone's breathing, there's every known airborne pathogen that we know about is in Moscow, Mexico City, Tokyo, L.A., Chicago, New York, Toronto. Every major city that they've ever done these massive air quality studies they've found all airborne viruses, fungus, even parasite cysts. Okay, there's the egg stage of parasites. You can find almost every known parasite in the air in these big cities.

Ian Clark

Anything that you have in your body, whether you breathe it into the air of all the different particulates that are in the air from rubber dust to break dust to whatever they're putting above us in the air to anything that's injected that people have accidentally mistakenly allowed things

to be done to them, whatever the cause of it is, these are non-human things. So our body, it comes from the earth obviously, is made from earth elements.

When the body dies, it dissolves back into the earth. So we have to have anything that is non-human out of our system, regardless of what it is, regardless of the form it is, or however it got into our system. The earth has provided all of the answers to be able to detox the body from poisons, contaminants or anything that's interrupting cellular function, messing with DNA or just whatever is trying to shorten someone's life.

Well, regardless, I personally don't think that people should have anything that's nonhuman in their body or at least that you can digest and consume and utilize from an elemental standpoint. There are so many good elements you can put in, but if the wrong elements get in, I mean, hey, we're breathing rubber dust. There's 10 billion pounds of rubber dust released in nanoparticle like little razor blades into the air up here a mile and a half above every highway from all the Venturi effect of the motion of the vehicles. There's no rubber on the road. Where do they go?

The US government in 2010 did a study where they sent helicopters above highways to measure and they know how thick the treads are on tires. They know how wide they are, how many tires are sold every year. Where is the rubber? It's inside of us because it goes everywhere. And up to the top of mountains, to the bottom of lakes, all over all the food grown organically or not and we're breathing it continuously.

So just that alone alerted me. I want to detox every day. I don't want to let something accumulate and then have to go for a two week retreat to do this heavy duty detox where I can't work and I'm down. I learned the simple ways of detoxing every single day just a little bit because just a little bit's coming in and a little bit goes out. So having the body supported to repair itself.

Your body and my body is extremely intelligent. Our body intelligent is so vast. When you think about who you are, Jonathan, you think more than anything else you do in your life. You have literally trillions of automated thoughts every millisecond controlling your whole entire system. Then you have your subconscious thinking this, all your programming. Then you have your conscious thinking where you're discerning. You have your gut instincts. You have your passion projects in the heart. You have the calculator up here. We know we're hyper intelligent.

And then the second thing we do most of all is we breathe 11,000 liters of air a day in and 11,000 liters out. So we want to make sure that's good quality as best as we can. The third thing we do most is we drink fluids. The fourth thing we do is we eat food and then things like pumping hundreds of gallons of blood through our cardiovascular system on a daily. We have more lymphatic fluid than we have blood. That's moving.

So just think of all the moving parts that are going. We're here to support that to the maximum so that we have a highly functioning body. Our brain power is maximized. Our passions are being fulfilled. Our instincts are there to discern whether because you're the governor in your

universe. You're the governor. I'm not the governor in your universe. I can't govern you. I'm the governor in mine. Now, if my governance supports your governance and we bring beneficial things and value add to each other, then that can magnify and amplify out to the world.

But we have to simplify it before we can multiply it. So this is the whole process that we're going through now. When you've simplified the operation for the body, then the body can go, "Thank you. You just took a huge load off. Now I can get to repair a lot of stuff I was trying to get to before but I didn't have the bandwidth." So when somebody's been compromised by anything they've been taking, gut intake, whether it was injected, whether it was through surgery, whether it was through eating food, breathing air, consuming fluids, we're here to support the body to get back to its equilibrium state, as being as natural as humanly possible. The advances are equal to the good side as they are the advances to the detrimental side. That's the beauty of this whole thing.

Dr. Edward Group

Well, just recently I had something happen to me and I went on a four-week vacation over in Europe and I was in multiple subways. I was walking around, I was in Munich and Serbia and in planes and Croatian, Slovakia and Budapest and Vienna Salzburg Amsterdam. I mean, I literally was, you know, in multiple different places over in Europe for four weeks with my family. And the second week I was there, sure enough, I started getting a little scratchy throat.

I started getting some sinus issues and I was like, what is going on? And so I, I started thinking back, you know, and asking the question like I always do, what is the root cause? I always ask, what is the root cause? Why am I a very healthy individual feeling this respiratory thing? Now, bear in mind that when we get exposed to something, you know, usually there's only a few different ways that we can get sick. Right? You get exposed to something through airborne, through your respiratory system, you have some sort of blood disorder, you get, you know, exposed to something through your blood and through bodily fluids, through kissing or sharing fluids or something like that.

And again, I wasn't, you know, because I'm doing so much for my system and because I take care of myself, I wasn't, you know, deathly ill or anything like that, but it was just a nagging, a aggravation of just maybe a little bit of a dry cough and some sinus issues. So I'm like, why is this? Why, why are healthy people getting sick? That was the question that I asked because I, it reminded me of, you know, the, all of the conventions that all the natural healthcare practitioners and scientists have been at since COVID started. And it seems like every time that we have a convention somewhere or a seminar somewhere, you know, two, two or three days after that, I get a load of phone calls from pretty much all the speakers. And they're like, Hey, I've got this cough, I've got this respiratory issue.

I'm not feeling good. I'm sick. I think they were spraying something through the air at the, got the convention at the seminar, please send me your antidote program. Please send me your, your program to get rid of it. So I'm like, wait a second. These are all the natural healthcare

practitioners. These are all the scientists. These are all the ones that are getting up and speaking, and they're all getting sick and, and being exposed to something.

So then I start looking back at my emails and, and talking to my customer satisfaction department. And they're saying that all the calls that were the majority of the calls that we're getting of people that are getting sick, had just come back from traveling, or they just came back from, you know, somewhere where they were exposed to a lot of other people. So that got me thinking of more and more about, maybe there's an alter, you know, ulterior of motive going on here.

And so I said, let me go back and, and, and look at what I've just exposed myself and my family to. So I figured that with all of that travel that I was in close contact with probably roughly a hundred to 150,000 people. I mean, you're talking about packed subway systems and, and train stations and, you know, airports and just, and walking down the main streets that are just completely packed with people. And all of these people are breathing and breathing and breathing on you. And I still have a little bit of a cough still. And, and I've been back for two weeks, um, that I've been working on. So what I realized was I had exposed myself to probably a hundred to 150,000 variants of spike proteins and breathe those into my body. Now that's a massive, massive amount. So basically I was putting myself in a snake pit of Vipers and expecting not to get bit.

And so I'm, I'm realizing, and I don't have, this is not factual, but this is kind of what my gut feeling is telling me, cuz my, my gut, usually my gut is always right. Whenever I have some sort of some feeling about this and I spend lots of time in meditation and really trying to figure out what's going on, you know, what can we, what can we prepare people for? I've always had the ability God-given ability to be able to predict things. I predicted COVID on the Alex Jones show in the may, may of 2018. That was the last show that I did with him, laid it all out, laid out the exact plan, everything or any look you can dig deep enough and you can still find this information. So I've narrowed it down. Okay. What, what is the situation that I had just gone through?

Number one, I had an overexposure to people and spiked proteins through the shedding. And I don't think enough people are actually talking about the severity of the shedding because I believe that they're setting us up for massive respiratory failure, walking pneumonia, and already respiratory disease has moved up to number third, leading cause of death. And I believe that with the turning up of the 5g towers, with the alterations and the frequencies that I feel the next pandemic the next few months are going to be an attack of the respiratory system. And I believe that their goal, and I'm talking there, I'm talking about the, the dark forces, the deep state, whatever you want to call. 'em the people that are running the world that, that have the depopulation agenda. The ones that have the transhumanism agenda, the ones that are poisoning the air, the food and the water, keeping us sick, keeping us debilitated.

I believe that what they were trying to do was reach 50 to 60% worldwide, toxic cocktail injections with people because I believe what, and, and listen, they knew the shedding was taking place even before they started the, the injection process. I believe they felt like even if

they were to, they could obtain a 50 to 60% inoculation rate that they could still affect everybody because that you have family members you're living with. And listen, I've, I've had many family members where either the husband or the wife has taken the toxic cocktail and the other one didn't and they're suffering. They're suffering with symptoms. They're suffering from respiratory, they're suffering from immune. So the hidden let's say the secret or the hidden agenda here is through the shedding. And they know that they can affect people. And they know that they can get people sick. And they know that the shedding is real and they know that with the spike protein and w because everybody is different and everybody's biochemistry is different.

You might have somebody that has herpes zoster. You might have somebody that's gotten the pox, you know, chicken pox vaccine. You have people that have multiple parasites or harmful organisms living in their body that ultimately they're going to, who knows what else is going to be taking place in their bodies whenever they're, um, mixing all this stuff. You know, they're putting in all this mRNA stuff, they're producing Mr. They're producing spike proteins. They're mixing with other types of organisms. There, there can be multiple things that are happening and who knows what they're breathing out at this point. And at this point in time. So I, I believe that there's an overexposure going on right now with the shedding situations that are taking place. And then I also believe that one of the issues with the, um, with people traveling is that you're changing your environment.

And whenever you change your environment, your, um, your immune system may go down a little bit. You're, you're, you're gonna be experiencing different things. You're going to be, um, your, your body. Every time you change your environment from, you know, your home environment, that's why people are, are, are getting these symptoms whenever they leave. And they go somewhere, even going back to work, people are starting to, to get these symptoms. That that's a big issue too. So what as I was going through and identifying some of these different things, it was like, okay, over exposure to people that have had the shot, you, the shedding changing your change. I changed my environment, cuz I went, you know, to Europe, um, I was exposed to way more, uh, EMF exposure. I had a change in my diet because I wasn't able to get all the organic foods the whole time that I was over there.

I had more anxiety and stress because you know, you're traveling, you're doing different things, I was exposed to different water. I wasn't able to get my distilled water. I was exposed to more chem trails, which are over, which were everywhere over in Europe when I was over there. Uh, the time zone situation had changed my sleep wasn't as good. Um, and I, of course I didn't bring what I needed with me, for respiratory. I didn't have my zinc and my Cottin and all the other stuff that I had with me. So long story short, what I believe we, we have coming down the pipe here is I think that we're going to have some really difficult times ahead. Number one, we're going to see we're already seeing food shortages. We're already seeing the increase in geoengineering projects and, and chem trails.

20. Mitochondrial Dysfunction

Ben Greenfield

Some people I think are more susceptible to damage or stealth co-infections with things like Lyme or mold or mycotoxins or things like that. And I think, when I step back and look at it from a health risk standpoint, it's almost like a 4-legged stool. And what I mean by that is you see people who've got low energy or they're struggling with health or they seem very susceptible to breakdown or disease or health issues, and you tend to see a cluster of factors.

You see poor methylation, which is typically a genetic issue, an inability to be able to properly methylate certain aspects of cellular function. And poor methylation can lead to low energy levels, and you probably heard like the MTHFR gene and this idea that if you support the body with bioavailable levels of folate for example, I think organ meats are perfect way or organ meat capsules to actually support methylation pathways.

I've worked with a lot of people who have had MTHFR issues, and they take organ meat supplements on almost a daily basis, and it seems to help quite a bit. But when you're unable to methylate properly, you tend to also accumulate toxins more readily because your detox pathways don't work quite as quickly. So then you get a toxin buildup. You get a metal buildup, for example, is one really common issue that you see in poor methylators.

So you'll see high mercury, high aluminum, things along those lines. So you have that as a second component, and then as a third component, this is something a lot of doctors miss, is if someone has a high metal load, they also tend to be a little bit more electro hypersensitive. Their body's almost acting like an antenna. So EMF, Wi-Fi routers, Bluetooth, all those things that the average person might be able to deal with okay, in somebody with poor methylation status and subsequent metal overload, and then they get exposed to EMF,

you create this cluster of issues where that person just lives their entire day feeling like they're just beaten and broken down. And then what happens is the cells wind up being in this constant sympathetic mode, like this fight and flight mode where they're in what would be deemed by a practitioner like Neil Nathan, who's a wonderful guy who works with stealth co-infections and things along those lines, it would be considered cell danger response mode, like a CDR-type of response.

And when someone's cells are wired up in that fight-and flight mode, they tend to be more susceptible to the onset of infection with things like Lyme, mold, mycotoxins, etc. And so what I'm getting at here is somebody doesn't feel good, they're getting sick a lot, they don't know how to deal with it, and every time they fix it, things just seem to bounce back.

A lot of times you'll look into it and they're poor methylators with high metal load, with electrohypersensitivity, and some type of chronic co-infection that has arisen as a result of that. And so with somebody like that, what you do, well, you support methylation, using a lot of the mitochondrial protocols I was talking about earlier, along with something like organ meat

supplementation, or methyl tetrahydrofolate supplementation, which is like a bioavailable form of folic acid. You do some type of a metal detox and a robust sauna practice, and a lot of the things that can help to get the metals out of the body.

You clean up their living environment by doing things like hard wiring in the computers with ethernet cables, not getting exposed to quite as much Wi-Fi and Bluetooth. Having the phone in airplane mode. You can have it in airplane mode using real wired headphones rather than the wireless buds, not using a lot of smart appliances in the home, actually getting rid of a lot of these modern conveniences of the post-industrial era.

And then finally, you do some testing, like a neutrophil analysis, a mold analysis, a Lyme test, and you make sure there's not any other stealth co-infections going on. And that's a 6- to 12-month process to go through all of that, but I've seen that happen like over and over and over again in people who don't feel well.

It's like you look at that whole cluster of issues, and back to what we were talking about when we first started this chat, a lot of doctors and practitioners didn't look at all those things because they're just the line person or they're just the electrical biology person or they're just the metals person or they're just the methylation gene person. But man, once you step back and look at everything, big picture, oh, this is a sequence I keep seeing over and over and over again that's addressable and fixable once you know about it.

Dr. Mark Sherwood

Mitochondrial dysfunction is none other than the lack of energy production to cell, which can create things like fatigue, brain fog, malaise, lack of sleep, body pain and GI disturbances, et cetera. Now, we have dealt with this scenario a lot. In our practice, we have had, as I stated earlier, we've had about 12,000 people we've dealt with and with COVID and nobody has died, and some of that group has been vaccinated. We didn't tell them to and we did our best to inform them, but they chose anyway.

That doesn't mean that we're going to treat them any different. We have worked diligently to reduce all of the potential contributors to problems from the spike proteins, shedding, COVID, et cetera. those comorbidities would be things like hypertension, getting high blood pressure, back to those ACE receptors, obesity. We don't want excess fat because that creates excess inflammation and we want to make sure our hormones are in adequate supply because the Immunoglobulin G or IgG antibody is the most prevalent antibody developed within the human and its efficacy is dependent upon the presence and adequacy of hormones, especially estradiol both in men and women.

In other words, we don't have estradiol present. In other words, for a postmenopausal woman or maybe of an andropausal male, we would see the IgG molecule become inflamed. Also, we want to reduce, eliminate and resolve this idea of type 2 diabetes, which should not exist in one single person. We need to promote good vascular health, and we've done that through stabilizing and even reversing somewhat cardiovascular disease processes. And even

autoimmunity, which is already tragic, which is driven and initiated primarily by the chronic ingestion of the standard American Western diet, which has high content of compounds, molecules, and chemistry that will cause leaky gut that will drive and initiate the autoimmune process.

The natural immunity has always been historically the benchmark, and will always be. The problem with our immune system has been a chronic compromised immune system which has increased in rapidity over the course of the last 25, 30 years with the initiation of the standard American Western diet or the state of the food pyramid all of that, the poor lifestyle. Natural immunity is far superior.

21. Frequent Consumption of Alcohol

While moderate consumption of certain types of beverages containing alcohol may have a beneficial effect on the gut microbiota, as with most things alcohol-related, when alcohol consumption is excessive, problems arise.

For instance, excessive alcohol consumption may contribute to dysbiosis, leaky gut, SIBO, and high levels of the endotoxin LPS.^{64–66} The relationship between excessive alcohol consumption and the gut microbiota is so strong, in fact, emerging research suggests that the gut microbiome may be a target for the treatment of alcoholic liver disease.⁶⁷

consumption of the alcoholic-containing beverages mentioned, nor is to condone excessive alcohol consumption. Further, if you don't currently drink beverages containing alcohol, this would not be a recommendation to start. Just like is the case with most things alcohol-related, problems arise when consumption is excessive. As a reminder, "moderate" consumption is defined as 1 – 2 drinks per day, with 1 drink being equivalent to:

- 12-ounce beer (5% ALC)
- 5-ounce glass of wine (12% ALC)
- 3-ounce fortified wine (e.g., sherry, port; 18% ALC)
- 1.5-ounce liquor (e.g., vodka, whiskey; 40% ALC)

That being said, we highlighted red wine and beer as two fermented polyphenol-rich beverages that may have a beneficial effect on gut health. It's important to point out that we don't know if this extends to other alcoholic drinks (e.g., liquor), and it's equally important to mention that sugary alcoholic drinks (e.g., mixed drinks, fruity drinks) may be a very concentrated source of added sugar.

Dr. Zach Bush

Simply eliminating alcohol to zero is a really important effect for the brain. So whether it's Parkinson's or any other neurodegenerative condition, get the alcohol out of the system immediately. You're gonna see improvement in function.

It's worth noting that the alcohol we drink is really laced with incredible amounts of toxin that accelerate the injury of the alcohol. So wine right now is the worst on the market, I think. So you're typical Californian wine has over 64 herbicides and pesticides, weed-killers and bug-killers in there.

Those chemicals break the tight junctions down that the alcohol would have weakened anyways, and so the effect of that alcohol is much, much worse on the liver and the rest of the brain beyond that. So watch out for the toxicity of our alcohol industries. If you're trying to look for an alcohol that less toxic, something like tequila, or some of these really straight alcohols can be cleaner, a lot less toxin in them.

How to Reverse Chronic Diseases & Restore Your Health

The Importance of Detoxification

Detoxification refers to the process of eliminating toxic elements (such as the ones listed above) from the human body. This is usually carried out by the liver. It may also refer to a period of abstinence where a person withdraws from long-term use of an addictive substance in order to regain homeostasis.

Natural Medicines to Remove Toxins from Your Body

1. Chlorella

When it comes to detoxifying, chlorella tops the list for many reasons. It is a freshwater algae that is native to Japan and Taiwan and is considered a superfood replete with amino acids, phytonutrients, chlorophyll, potassium, beta-carotene, phosphorus, biotin, B vitamins, and magnesium. It is counted as a superfood that boosts the immune system. Primarily, chlorella helps your body “chelate” or detox heavy metals like lead, mercury, cadmium, and uranium.

It also keeps them from being reabsorbed. This action is due the high chlorophyll levels it contains. It goes without saying that one should definitely use chlorella in their detox journey.

2. Spirulina

Spirulina is a close relative of chlorella. It also offers great detoxification benefits to your body. This blue-green algae, whose other name is cyanobacterium, originates from both saltwater and freshwater sources.

It contains proteins, B vitamins, copper, iron, magnesium, manganese, and potassium. Just like chlorella's chlorophyll, its driving engine is a compound called phycoerythrin that has great anti-inflammatory and antioxidant properties, which inhibit cell oxidative damage.

3. Turmeric

Turmeric, a member of the ginger family, is an herb that contains curcumin — a potent phytochemical. This phytochemical gives it the distinguishing deep golden color often associated with curry, which it mainly constitutes. Turmeric's rise in popularity is because of its amazing natural health properties that have no adverse effects.

The most beneficial property of this amazing spice is its detoxification qualities. Curcumin is an effective antioxidant, which can support the inflammatory response of your body, whose failing is associated with autoimmune disorders like rheumatoid arthritis. In detoxification, curcumin strengthens gallbladder function, which supports liver function.

The gallbladder produces bile, which rejuvenates liver cells and cleanses your liver. Bile also averts conversion of toxins into harmful substances that would damage your liver.

Nevertheless, because turmeric contains just about 2-5% curcuminoids per unit, it is most beneficial to take it as a supplement.

4. Ginger

Ginger, closely related to turmeric, is a flowering plant whose root or rhizome has been used for thousands of years as an anti-inflammatory and anti-oxidation agent. Ginger is decidedly a main ingredient in the detoxification process. It is found in most detox and cleansing regimens and supplements — with good reason!

Apart from stimulating digestion, sweating, and circulation — the body's three core avenues for natural detoxification — it gets rid of the waste and toxin build-up in the liver, colon, and other organs. Ginger contains a high concentration of shoga and gingerol, both of which provide great anti-inflammatory and antispasmodic benefits to your gastrointestinal system. It also helps in maintaining digestive enzymes, which alleviate a wide scope of digestive issues that cause stomach pain, gas, and bloating.

5. Leafy Greens

Leafy greens are the easiest, most sustainable way to naturally detoxify. The leafy vegetables with the most benefits are kale, alfalfa leaf, spinach, moringa leaf, and parsley. Leafy greens are packed with minerals including potassium, calcium, iron, vitamins E, C, and K, magnesium, iron, and B vitamins. A bulk of these nutrients is involved in detoxification.

Green vegetables are also full of fiber which helps in the cleaning out and detoxification of the bowels. They contain an assortment of phytonutrients that include beta-carotene, zeaxanthin,

and lutein. Their green pigmentation indicates an abundance of chlorophyll, which is great in aiding the detoxification of toxins and heavy metals from your body.

6. Fulvic Minerals

Little is known about this super-nutrient that literally comes out of the dirt. When the decomposition of plants and animals occurs, they produce this compound that enhances your body's ability to absorb nutrients, increases circulation, and bonds with the heavy metals in your body, enabling their effective excretion.

7. Bentonite clay

Since time immemorial, the human species has used clay, both internally and externally to maintain body health and treat some diseases. Bentonite clay is one such clay that has been used traditionally and is now gaining mileage for its detoxification properties. Its poly-cationic nature, which leads to the absorption of negative ions, is what makes it a great detoxifying agent.

A study done on rats found that bentonite clay was able to absorb T-2 which is a trichothecene mycotoxin, a naturally occurring mold. This mold is a byproduct of *Fusarium* fungus which is toxic to both humans and animals. This proves that bentonite clay can absorb some forms of toxins and rid the body of them.

8. Milk Thistle

Milk thistle originated from the Middle East, Europe, and North Africa. It spots white marks on its leaves hence the name. A flavonoid called silymarin found in its leaves is thought to have a regenerative effect on liver tissue.

According to extensive studies, this plant may protect cells in the liver by blocking the access of harmful toxins, removing these toxins, and oxidizing the body. It encourages detoxification through several different mechanisms. Its antioxidant capacity can lower the oxidative stress of the liver associated with toxin metabolism which has the effect of preserving glutathione levels.

Glutathione is an essential antioxidant, immune system booster, and detoxifier. Milk thistle also offers cell protection by binding itself to the external part of the cells and blocking the access of certain toxins, aids cell regeneration due to alcohol abuse, chronic hepatitis, and even commonly prescribed drugs, such as cholesterol-lowering medications and antidepressants, and propagates anti-fibrotic actions.

Eat a Clean, Nutrient-Dense Diet

The Dirty Dozen - Avoiding Pesticide-Laden Foods

The food you eat should be fresh and preferably organic. You don't want any artificial chemicals, fertilizers, pesticides, and absolutely no GMOs (genetically modified organisms).

GMOs are plants that have been modified genetically to produce pesticides within themselves to kill animals —preferably insects — but you're an animal in that sense, on a physiological basis. So you don't want to be taking these toxins that are made to kill animals into your body.

Avoid GMOs like the plague. If you can't afford organic, at least wash your food well in hydrogen peroxide to decontaminate the sprayed-on pesticides and chemical residues.

According to the *Environmental Working Group (EWG)*, "Most processed foods typically contain one or more ingredients derived from genetically engineered crops, such as corn syrup and corn oil made from predominantly GMO starchy field corn. Yet GMO foods are not often found in the fresh produce section of American supermarkets."

Soybeans, sugar beets, and oilseed crops (soy, corn, canola, and cottonseed oil) and their derivatives are also very likely to be genetically engineered. According to the USDA, a small percentage of zucchini, yellow squash, and sweet corn is genetically modified, and most Hawaiian papaya is GMO. By purchasing fresh, or organically grown sweet corn, papayas, zucchini, and yellow squash, you'll be avoiding those GMO crops.

To avoid GMOs in processed foods, look for items that are certified organic or bear the Non-GMO Project Verified label. Each year, EWG publishes the Dirty Dozen list that singles out produce with the highest loads of pesticide residues. The 2019 list includes, in descending order, strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, and potatoes.

Get Rid of Processed Foods and Eat More Whole Foods

Prevention of disease is always preferable to management or healing after a disease has manifested. One of the steps for prevention that can be taken before an autoimmune condition manifests, as well as after an autoimmune condition develops, is to eat mostly whole, unprocessed foods.

So what do we mean by whole, unprocessed foods, and what are processed foods? Many processed foods can barely be considered "food" because they have little if any nutritional value and contain ingredients that are more likely to harm than help the body. They may taste good and fill the stomach, but they do not promote good health, and in fact, promote illness.

Packaged foods that have been stripped of fiber and refined, and those that have been packaged with long lists of ingredients are processed. Foods that have been concentrated and

separated from the rest of the plant that they come from are also processed. Fruit Loops, potato chips, saltine crackers, and sugar are examples of processed foods.

Whole, unprocessed foods are found in the produce section, farmer's market, or bulk section of the grocery store and are in, more or less, the same state as they were harvested on the farm. Fruits, vegetables, whole grains, nuts, seeds, and legumes (beans and lentils) are unprocessed.

To determine if a food is unprocessed or not, ask yourself these questions: Does it come with an ingredient list with words you don't understand or can't pronounce? Yes - processed; No - unprocessed.

Does the ingredient label list anything artificial (e.g., flavors, colors, sweeteners)? Yes - processed; No - unprocessed. Can it be made in your kitchen using whole ingredients? Yes - Unprocessed; No - processed. Most of the foods that pass the test contain fiber, which fills you up and has many benefits.

Most of the foods that don't pass the test are processed. Brown rice is unprocessed, white rice is processed because the brown rice has the fiber and nutrients intact while the fiber and most nutrients have been stripped from the white rice. Date sugar, date syrup, and date paste are unprocessed because they can be made in your kitchen from whole dates and contain fiber. Regular sugar, maple syrup, and agave nectar are processed.

There is also a grey area between processed and unprocessed. For instance, tofu is not something we normally make in our kitchens, but it is a relatively simple food made by boiling soybeans, adding coagulating agents, and then pressing the curd, and it has been made for thousands of years. Although tofu is processed, it is less processed than isolated soy protein, which is highly processed and has been made and used as a high-protein meat substitute only since 1959.

Bread is another example of the grey area. Sprouted whole grain bread falls toward the unprocessed end of the grey scale, whole wheat bread falls toward the middle, and enriched flour white bread falls fully onto the processed end of the scale. Any product that is "enriched," which means having added vitamins or minerals, is processed. The reason it needs to be enriched is because most of the nutrients have been stripped out of them, so a few are added back in so they are not totally devoid of nutrition. It's like someone stealing your last \$20 from your wallet and then putting \$5 back in and telling you they've enriched you. Would you feel financially healthier? Enriched processed junk won't make you healthier either.

Meats and dairy products are inherently processed foods because they contain no fiber. If you want to prevent disease or treat and reverse disease to return to a healthy state, you must make the choice to consume whole unprocessed foods and move as much as possible away from processed and junk foods. Remember, every bite you put in your mouth is either going to harm you or help you in obtaining optimal health or in your journey back to optimal health, including mental health.

So how do you get started? First of all, make the decision to be healthy and determine your “Why.” Your Why is the motivating factor that will help you succeed. Why do you want to be healthy? Are you sick of being sick and tired and really don’t want to be that way anymore? Do you want to be there for your children as they grow up and get married? Do you want to be out enjoying life instead of sitting in doctor’s offices and taking medication on top of medication? Do you want to make a difference in the world but your illness keeps you from your goal? Whatever your Why is, lock that in your mind, cling to it, and remember it whenever you are tempted to make those health-injuring choices instead of the health-promoting choices.

Next, take a trial run of eating only whole unprocessed foods for 30 days. But if 30 days seems too long, try it for two weeks, or even just one week. Regardless of the length of time you choose, don’t think about what you’re giving up; rather, think about what you’re moving toward — your Why for wanting to be healthy.

Now comes what may be the hardest step. Go through your cabinets, refrigerator, and freezer and clean out all the processed junk (notice we’re not calling it food anymore) so you’re not tempted to eat it in a moment of weakness or in a time crunch when that junk is more convenient to grab and use than the unprocessed healthy foods. If possible, get your family on board and make this a family project. After all, if the results are going to be good for your health, it’ll be good for theirs, too, no matter what their age.

Even if they won’t join you in this adventure, hopefully, they will support you. If that is the case, you may not be able to totally clear out the processed junk because they will not let go of it. In that case, try to arrange for their processed junk to be stored in specified areas where it will be out of your sight and less likely to tempt you.

Processed junk is just about anything that comes in a bag, box, bottle, or can. If it’s not whole food, then it’s processed junk. All sugars, sugary foods, and alcohol are processed. All oils are processed and most should be eliminated (corn, canola, vegetable, etc.). There is controversy about whether certain oils (olive, coconut, avocado, and a few others) are harmful or healthy. We’ll leave that question open for you to research and answer for yourself.

If an item has more than a few ingredients, it’s usually processed. And don’t be fooled by other names for sugar in ingredient lists, such as high fructose corn syrup, cane juice, etc. They are processed junk and harmful to your health. It’s okay to keep some sugar-free, low-sodium condiments like ketchup and mustard, salt-free canned beans (legumes), and unsweetened non-dairy milk.

Remember, most of what is sold in the grocery store is processed junk and is neither whole nor food. You don’t want it in your house or contaminating the good food you’re going to be eating. And you certainly don’t want it tempting you.

Don't sabotage yourself. If you are going to "cheat," do it away from home. You will do it less frequently, and you will be more aware of your eating habits. Now that you have freed up space, perhaps a lot of space, in your food storage areas, it's time to go shopping and bring in the good stuff, the healthy stuff that will help you achieve your Why.

Start in the produce section and choose whatever fruits and vegetables you like that look good and smell good. Buy all the colors of the rainbow, for example, blueberries, red peppers, yellow squash, green leafy vegetables, and purple grapes. If you have limited time for food prep, you can even buy cut-up fruits and vegetables, but they will cost more and will need to be used more quickly to prevent spoilage.

Buy as much as you can use before your next shopping trip. Be sure to buy some lemons, limes, and oranges to squeeze over salads and for use in recipes, and buy some starchy vegetables like potatoes, peas, and corn. Also buy what you will enjoy eating for snacks, such as apples, carrots, celery, bananas, or cucumbers.

Reduce Inflammation Levels in Your Body

Foods to stay away from because of their inflammatory properties include dairy, sugar, refined grains, grain-fed meat, and bad fats, such as corn, soy, and canola oils, all hydrogenated oils, and all oils that have been used for frying. Fried foods are a culprit for inflammation in the body.

Many people have allergies and sensitivities to certain foods and food substances, such as milk, eggs, gluten, or peanuts. Some people cannot consume milk because they lack the enzyme to digest the lactose sugar in it, while others cannot digest the casein protein in it.

Gluten is a substance found in wheat, barley, rye, and triticale.

When someone ingests food or substance to which they have an allergy or sensitivity, their body reacts with an inflammatory response to that food substance. The body "sees" it as a foreign invader that must be eliminated rather than as a nutritional substance to be incorporated into the tissues.

The inflammation itself can damage tissues, but also, the body creates antibodies against the "invader." The antibodies then travel around the body looking for more of that invader. And sometimes the invader has a similar appearance to a healthy body substance, so the antibodies attack the healthy substance as if it was the invader, thus destroying healthy tissue.

Type 1 diabetes is an example of such an attack against the pancreas. Hashimoto's is an example of such an attack against the thyroid gland. Once the damage is done, it may or may not be reversible.

Sometimes the antibodies malfunction and start wildly attacking many tissues, and then additional autoimmune diseases start appearing and health spirals downward. So to stop and

then reverse this trend, it is imperative to eliminate the offending foods and substances that cause inflammatory responses.

Let's look at Hashimoto's as an example. We think about gluten as being an autoimmune trigger for celiac disease where the lining of the gut is attacked by the immune system. With Hashimoto's, the structure of the gluten molecule is almost identical to the structure of the thyroid gland tissues.

If we have been overconsuming gluten, and the immune system has decided gluten is a threat, the immune system mounts an attack to wipe out the gluten molecules.

Now the immune system is going on the search, looking for every molecule of gluten in the body, and then it finds this huge concentration of what it thinks is gluten molecules — the thyroid gland — and the immune system starts attacking the thyroid gland. In order to get the

Hashimoto's attack to calm down and to minimize the damage, gluten will have to be avoided — completely. The most recent research is showing that a single gluten exposure can have an immune response that can last up to six months. People might think they're gluten-free and protected after a day or two and think they can have a pizza maybe once a week or once a month.

Some people's immune systems are healthier and they'll still have a fairly normal function, and that may not be devastating to that person, but for someone with autoimmunity, especially either celiac or Hashimoto's, it really has to become a total commitment to completely eliminate gluten to stop the destruction of the thyroid gland.

In the same way, anyone with any autoimmune disease needs to completely eliminate any and all substances to which they have sensitivity or allergies.

Avoiding sugar and sugar spikes is critical to avoiding and reversing autoimmune disease. Sugar spikes are one of the factors that cause Alzheimer's, diabetes, and cancer.

So what is a sugar spike? A sugar spike is when we eat a certain substance, and it spikes the blood sugar by more than 20 points. Sugar spikes cause damage everywhere, from the brain to the pancreas, to our little bitty blood vessels, capillaries, and nerves; feeding cancer cells. Sugar spikes are one of the unhealthiest things we can do in life.

The tricky thing with sugar management is that it is an emotional commitment. Everywhere we go we are surrounded by sugar. It is ever-present in our environment. People are using sugar for emotional comfort, for celebrations, and for escape from sadness and depression. The first step to managing sugar addiction is to increase our emotional IQ by working on stress management and finding other ways to comfort ourselves and celebrate besides sugary substances.

Work with a therapist, if that's helpful to you. Make a clearer choice of eating foods that are really nourishing. It's all about the prevention of disease when it comes to sugar. Prevention leads to a life with less disease, which in the long run definitely leads to a happier life.

Support a Healthy Gut

As well as reducing inflammation, we also have to look at restoring correct microbial balance in the gut. We can do this by feeding the beneficial gut bacteria (prebiotics), and by introducing more healthy bacteria to the gut (probiotics).

Prebiotics

Prebiotics are the fuels that feed the beneficial bacteria in your gut. They are non-digestible fibers found in certain raw foods. They move through our digestive system without being broken down and finally land in our colon.

Then they are fermented by our gut's microflora and work together with the beneficial bacteria found in probiotics. The following are some good sources of prebiotics. We encourage you to incorporate them into your day-to-day diet.

- Raw Garlic
- Raw Jicama
- Raw Asparagus
- Raw Leeks
- Raw Onions
- Cooked Onions
- Raw Dandelion greens
- Raw Banana
- Raw Jerusalem Artichoke
- Chicory Root
- Cacao
- Apples
- Flax Seeds

Probiotics

Probiotics are full of bacteria that are beneficial for your gut. These bacteria aid in breaking down food, and absorbing nutrients and directly affect your immune system, mood, and overall health. Fermented foods and quality probiotic supplements are great sources of good bacteria.

Enzymes

Your digestive system is compromised when suffering from leaky gut syndrome. Digestive enzymes offer your gut some assistance in breaking down and more readily absorbing the nutrients from each and every meal.

Tip: Taking a supplement 30 minutes before your meal will assist your body in breaking down meals. Look for digestive enzymes that have fulvic acid, betaine hydrochloride, ginger root, licorice root, and/or probiotics.

We recommend Well of Life's Digestive Enzyme With Fulvic Minerals. More information at www.welloflife.com.

Fermented Foods

Fermented foods contribute good bacteria that create a protective lining in the intestines that can improve digestion, boost immunity, help heal the gut, promote a healthy weight, and more.

Fermented or cultured foods are made by letting the food sit unrefrigerated until the sugars and carbs become bacteria-boosting agents. This also creates a preserved food that can be stored for long periods of time so you can always have a ready supply.

It is best to eat a variety of fermented foods because each has its own mix of microorganisms that provide different benefits. You can make your own or buy them, but beware of commercial products and select carefully. Sauerkraut and kimchi contain live microorganisms that will continue to ferment past the peak stage, so to make shelf-stable products, the manufacturers will pasteurize and then can the product, killing the microorganisms. The product will still contain good nutrients but all the good bacteria that can help restore good gut microflora will be dead.

When starting on fermented foods, go slow – start with a teaspoon or a tablespoon with a meal once a day for a week and see how your body tolerates it. Slowly increase from there. Introducing too much of some of these foods too quickly may result in gastrointestinal effects such as bloating, gas, diarrhea, constipation, headaches, or skin conditions. If such effects continue for more than a week or two, discontinue that food and/or check with your healthcare provider.

Because of the salt necessary to regulate the fermentation, sauerkraut and kimchi are high-sodium foods. If you are trying to moderate sodium intake, take that into account. You can reduce the sodium content — as well as the tartness — by rinsing sauerkraut and kimchi in cold water before using.

Sauerkraut is one of the oldest traditional foods and is usually made with cabbage, but other vegetables can also be fermented, such as carrots, beets, kale, collards, and celery spiced with herbs like ginger and garlic. It is easy to make. The benefits of sauerkraut include its ability to enhance digestive health, reduce inflammation, stimulate the immune system, increase blood circulation, protect heart health, provide energy, strengthen bones, reduce overall cholesterol levels, protect against certain cancers, and even improve vision and skin health.

Sauerkraut contains high levels of dietary fiber, and significant levels of vitamin A, vitamin C, vitamin K, and various B vitamins. It is also a good source of iron, manganese, copper, sodium, magnesium, and calcium, and contributes a moderate amount of protein to your diet.

Kimchi is a traditional fermented Korean dish that is made from Chinese cabbage and vegetables like leeks, scallion, radish, cucumber, ginseng, garlic, cayenne peppers, and Indian mustard leaves mixed with desired spices and seasonings. As with other fermented foods, kimchi contains healthy bacteria and probiotics for the overall wellness of your body. Kimchi causes the immune cells to be more active and the antibodies to be more abundant.

It contains *Leuconostoc mesenteroides* which produce dextrin, a substance that stops the growth of *H. pylori* that can cause peptic ulcers. A 100-gram serving of kimchi has 18% of the daily value of vitamin A for a 2,000-calorie per day diet. Vitamin A is an antioxidant which can help get rid of free radicals that cause cancer and is helpful in the maintenance of clear and healthy eyesight.

The Chinese cabbage and radish found in kimchi contain bio-chemicals that are helpful in detoxifying heavy metals found in the liver, small intestine, and kidney and can help prevent stomach cancer as well. Kimchi aids in weight loss because 150 grams contains only 40 calories, it helps carbohydrate metabolism, and the capsaicin found in chili peppers boosts metabolism to use the excess energy in your body.

Conclusion

The reason chronic disease and autoimmunity are so prevalent right now is that the majority of our population does not know about the key facts covered in the book. They don't know that it is completely possible to reverse diseases like diabetes, heart disease, lupus, cancer, and many others that people now commonly suffer from.

The reality is that the majority of our population is living with toxins inside their bodies that will lead to the manifestation of disease at one point or another. Many don't even know what they've been exposed to, or that they're living with infections like Lyme disease.

And so they go their entire lives experiencing symptoms that they pass off as normal like chronic fatigue, excessive weight gain, joint pain, and so on. They also feel totally hopeless when they experience more debilitating symptoms that dramatically impact their quality of life. They don't know that they can get rid of these symptoms for good. But they can.

I hope that this book will set you on a lifelong path to optimal health. And that if you are struggling with chronic or autoimmune disease, you'll get to the bottom of the root causes and start addressing these in no time.

We all want to imagine that our lives will be filled with amazing memories of being healthy enough to do the things we love. And spend quality time with those we love, without being plagued by life-altering symptoms and disease.

This is completely achievable, even if you're living with a serious condition right now. Remember that optimizing your health involves several factors. It doesn't help to address the root causes of your disease and ignore the dietary aspect, not make enough time for adequate sleep, or not move your body enough.

You need to commit yourself to adopt a disease-prevention lifestyle. While at first, this may seem like completely depriving yourself of things you love, when you start seeing the benefits in your health, it'll feel much easier to commit.