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Intro



What the F!ck!!! Sometimes we need to express a four-letter cuss word. This life is full of adventures. I'm taking a 12-week course on Milapreas healing modality.

It is extremely fascinating. You would think that life wouldn't throw you any curveballs during this course.

After I'm studying and researching ways to improve my health and awareness.

Well, life could care less what you think. Come with me on this funny journey in life.

We are always in a state of continuous growth and learning. Hopefully, you can gain some wisdom from my journey.

We can never rest on our laurels.

Definition

Webster's definition of fucked up is as follows ¹

fucked up; fucking up; fucks up

Definition of fuck up

intransitive verb

usually vulgar : to act foolishly or stupidly : BLUNDER

transitive verb

usually vulgar : to ruin or spoil especially through stupidity or carelessness :
BUNGLE

Other Words from fuck up

fuckup \ 'fæk-,əp \ noun, usually vulgar

¹ <https://www.merriam-webster.com/dictionary/fuck%20up>

Long story short



Here's the short version of a long story. Slightly over a year ago, I saw some sores on my feet. It was wintertime and I thought it was due to the dryness in the air.

Anyway, I healed four out of five of them. The last one was almost 90% healed. I was starting to get a little concerned about why it was taking so long.

Two weeks ago I woke up and my left foot was extremely inflamed. This did not look good. I went to an acupuncturist who was a medical doctor and an acupuncturist.

He told me I had a serious infection and I needed to go to a clinic right now. I went to the clinic and the nurse said the same thing. I needed antibodies right now. I got my prescription.

I started to do some research with my brother. I thought I had a great diet. I hardly ever had junk food. John told me in the early 2000's he had a blood test.

They said he had a body of a twenty-year-old. They also said that if he continued eating bread, tortillas, and cheese he was heading toward high blood sugar. Well, I never knew about that. I'm not sure even if I had the info I would have changed.

This is what I learned about high insulin levels.

Because of the largely unrestricted insulin signaling, hyperinsulinemia **increases the risk of obesity, type 2 diabetes, and cardiovascular disease and decreases health span and life expectancy**. In epidemiological studies, high-dose insulin therapy is associated with an increased risk of cardiovascular disease. Aug 21, 2020

Furthermore, the more I research the subject I saw that one symptom was that sores took longer than usual to heal. High insulin levels are the culprit in the majority of our diseases.

This is from Doctor Benjamin Bikman

Signs That You Are Insulin Resistant ²

88% of people in America have some form of insulin resistance. Well, only 60% of the population is overweight or obese.

So, you have a portion of the people that don't fall into the overweight or obese category by current standards. However, they are still failing aspects of metabolic health.

So, what are the less obvious signs of insulin resistance? If you can't fast for 12 hours, that's a terrible sign. It is a reflection of insulin resistance and chronically elevated insulin.

If insulin is high, you won't be able to burn fat for fuel. It's time to help your body learn how to use fat for energy. High blood pressure and infertility are also signs of insulin resistance.

The story continues.

² <https://drmindypelz.com/the-secrets-to-overcoming-insulin-resistance-dr-benjamin-bikman/>

Two Sides of the coin

There are two sides to the coin. Both sides are different

Side A

After the acupuncturist and MD doctor told me to go to the nearest clinic right away. He diagnosed the problem. He said I needed antibiotics right away. The clinic also said the same thing.

Both of them said it was quite serious. The nurse practitioner told me to get an appointment with the wound specialist right away.

The referral from the clinic got lost in translation and I couldn't get in for over a week. Thank God I was taking antibiotics.

The nurse practitioner told me it was a serious infection. She said at this point it was a fifty-fifty chance I might lose my left foot.



She highly recommended Hyperbaric Chamber Therapy for daily sessions for a month. The cost was \$60,000 for a month.

That's two thousand a session. She said we could start the next day and Medicare would pay for it. I said let's do it. She left the room and came back a few minutes later.

She told me that Medicare won't allow this treatment until a month after my first visit to the clinic. I said could you give me a discount for the sessions that I would pay out of my own pocket until the month arises.

She left the room and came back and said sorry no discounts are allowed.

On Thursday, March 24 my blood lab came back and he told me I needed to find a doctor who could prescribe medicine for this condition.

I highly recommend reading this chapter **Reversing type 2 diabetes starts with ignoring the guidelines**. This could help through unnecessary pain and trauma.

Side B

Well, 60,000 dollars is a lot of money. They wouldn't even budge and give me a discount. I decided to do a little investigation on the Internet. It was after hours and on Wednesday I filled out an online form asking for information on their services.

I got a phone call yesterday morning. Their price was sixty-five dollars a session. They had an opening at 9:45 would you like to take it? I said yes.

I went to the office and asked do you also have an MD on board. I found out they do functional medicine which is what I need. Anyway, I booked a month's sessions for a discount price of 55 dollars a session.

It came out to be a thousand dollars. Just think the other clinic was going to charge me two thousand dollars for one session. I paid less than half of their price for a whole month's worth of sessions.

Before my first session, I talked to two consultants from The Epigenetics Healing Center. I told them my problem. They have intravenous Vitamin C treatments that lower sugar levels to a safe level.

They also do testing on the foods that you eat to see if they are in alignment with your body chemistry.

Functional Medicine Solutions

This is from their website.

³Unlike conventional medicine, which focuses on attempting to treat disease or its symptoms once it occurs, the functional medicine approach offered at

The Epigenetics Healing Center emphasizes the importance of improving your health in an effort to reduce the risk of or reverse chronic disease.

Is Functional Medicine Right for You?

Given the option, people prefer to be healthy and wish to avoid illness and functional medicine can help you achieve your health and wellness goals.

If you are already in pain, functional medicine offers a unique way to provide pain relief for many types of conditions, including diabetes, hypothyroidism, rheumatoid arthritis, fibromyalgia, autoimmune diseases, inflammatory pathologies, and more.

Pain relief and disease prevention are two of the reasons functional medicine has become so popular, both here in Kansas City and around the world.

If you have been suffering from an autoimmune disease or any chronic disease listed above in Overland Park, Kansas City, or Prairie Village; don't wait for one more second to begin your road to recovery! Come visit The Epigenetics Healing Center.

Our functional medicine therapies are on the cutting edge of research and can help you rediscover health and wellness.

For those out of state or out of the country, this health journey will offer a new sense of balance and wellness like you have never experienced. All of our procedures and analysis can be done remotely.

Why I Choose Functional Medicine & Dr. Goodbinder?

³ <https://drgoodbinder.com/about/>

People around the world are recognizing the benefits of alternative medicines that will help them achieve and maintain optimal health without requiring invasive treatments such as surgery.

Please take the time to meet Dr. Jay Goodbinder, the doctor dedicated to helping you achieve your wellness goals.

To fully understand the nature of your health, we recommend that you join our free website membership program.

As a patient at The Epigenetics Healing Center, we will personally tailor a natural medicine and wellness program specifically targeted to your needs using the least invasive yet highly-effective techniques and services.

The Functional Medicine Approach

⁴Functional medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness.

As the graphic illustrates, a diagnosis can be the result of more than one cause. For example, depression can be caused by many different factors, including inflammation. Likewise, a cause such as inflammation may lead to a number of different diagnoses, including depression.

The precise manifestation of each cause depends on the individual's genes, environment, and lifestyle, and only treatments that address the right cause will have lasting benefits beyond symptom suppression.

⁴ <https://www.ifm.org/functional-medicine/what-is-functional-medicine/>

Hyperbaric oxygen therapy is a well-established therapy to help heal the body and mind.



What Is Hyperbaric Oxygen Therapy

⁵Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized enclosure known as a hyperbaric oxygen chamber.

Hyperbaric oxygen therapy is a well-established therapy to help heal the body and mind. It is beneficial for brain dysfunction, inflammatory disorders, and conditions where tissue healing is needed.

The therapy method has been used for hundreds of years with its modern-day form taking shape in the 1950s.

Hyperbaric oxygen chambers are a safe and effective means for addressing both acute and chronic conditions. This therapy is widely known as a primary treatment for individuals suffering from decompression sickness and carbon

⁵ <https://drgoodbinder.com/about/life-restoration-program/hyperbaric-oxygen-chamber/>

monoxide poisoning. However, as more research has been conducted surrounding this therapy, numerous other health benefits have been noted.

At The Epigenetics Healing Center, we use hyperbaric oxygen therapy as part of our package of functional medicine treatments, and is recommended for some conditions in the [Life Restoration Program](#).

We have seen the quality of life improve for individuals that suffer from a variety of conditions with the help of hyperbaric oxygen therapy. To get started on your journey to self-healing, [contact us today](#).

Dairy

03-25-2022



The session lasted 90 minutes. 15 minutes initial phase. 1 hour highly charged oxygen phase and 15 minutes back to normal oxygen. The oxygen level is around 99%. Normal levels are around 33 percent.

You put on an oxygen mask and lie down on a comfortable tent with a nice pillow. You have the option to have the windows blocked or not. I chose the block windows so it was pitch black.

You put on your mask and they zip it so you are totally closed from the outside world. You are given instructions similar to being on a plane when the oxygen levels change to yawn and move your jaw.

I only had to do this several times. It was at the beginning of the high oxygen cycle and at the end portion of coming down to a normal oxygen state.

To be honest it was an incredible experience. Beyond mystical. My body absolutely loved it. I've been meditating for fifty years and the level of oxygen that I received was extraordinary.

Part of my body that have been lying dormant was coming back online. My foot was being reactivated. The nerves and circulation flow were coming back online. Granted this is the first treatment.

I have a lot of things to change to fine-tune the guitar of life. Once again synchronicity brought me to this incredible place.

03-26-2022

Today the clinic I went to originally for this problem called me and asked me how I was doing. I was very impressed and told them so. In this day in age, I haven't heard of such a thing.

I told her this story.

After the acupuncturist and MD doctor told me to go to the nearest clinic right away. He diagnosed the problem. He said I needed antibiotics right away.

The clinic also said the same thing. Both of them said it was quite serious. The nurse practitioner told me to get an appointment with the wound specialist right away.

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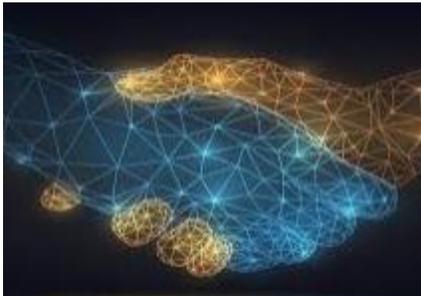
She left the room and came back and said sorry no discounts are allowed.

She was blown away by the cost and lack of concern from this center. They said it was a fifty-fifty chance of losing my left foot and nonchalantly blew me away. I

told her I found the Epigenetics Healing Center and on Friday already start my first session.

On Monday the 28th, I have a one-on-one with the Doctor for 1 ½ hour. She said this was an excellent decision. They handle cases like these all the time. Just think I booked a month's worth of sessions for one thousand dollars. The other place charged me 2,000 per session.

03-28-2022



Oxygen is intelligent. This was an amazing session. If you ever do this don't read a book. Don't watch TV listen to music or have your phone.

The more you pay attention to something the more attention it pays to you. If you are distracted by putting in external stimuli you really miss the point of it all. True communication is needed in this process.

Healing takes your effort and concentration. All the magic pills in the world won't help you if you are not involved in the healing process and the lifestyle changes needed to be in harmony with this wonderful body.

03-29-2022

The Hyperbaric Chamber was again an incredible experience, I have a few tips that they might want to look at. First, have the clinician take their time and wait for the patient to be absolutely ready to start the session.

I was just putting on my face mask when they started. Don't introduce stress to the patient when all it takes is to be mindful. The more relaxed the patient is from this world the more benefits will come your way. Don't introduce any more stress.

Have a simple blood pressure monitor in the room just like in the IV room the clinician use. It's cheap and the patient can take their blood pressure without any help.

Have a simple bathroom scale in the room. Someone like myself would like to monitor my weight and blood pressure daily. It might be before or after the session. The patient could do this all themselves.

It might be a good idea for the clinicians to have a couple of sessions. Without this, they have no idea what's going on. When they are put into another person's shoes they can gently change their ways.

Consultation

The result of my interview was almost exactly what I wanted. A few comments I have. One is when I spend over 2,500 dollars out of my own pocket and a 150.00 consultation fee I expect a 1 ½ hour consultation.

I'm a senior citizen on a fixed income. Around 50 minutes into the interview process, the consultation was aborted and I was led to the finance office to pay for my treatments.

I still had many questions to ask. I felt she had all the service I needed and that was the end of the discussion.

I was satisfied with the treatment plan and the medicine I got. My twin brother John the day before sent me a link on Berberine. My brother has been studying functional medicine for over 25 years.

After I was finished I called my brother and he said I sent you this link yesterday. He was very impressed. Another example of synchronicity.

[Can This Herb Completely Replace Drugs for Type-2 Diabetics?](#)

Last Wednesday I was told that I had a fifty-fifty chance of losing my left foot. I took off my bandage and she examined my foot. I had a very hard time putting away back on the gaze wrap.

I had to throw away my bandage. I would think a professional would see I have a problem and help. I'm not criticizing her. These are helpful comments to make your business even better. If I didn't care I wouldn't be saying this.

I would give her an A even despite this. We can always learn and grow. The front office and finance department are top-notch.

I was impressed by the female clinician who tried two times to put the IV in my right arm. She was very professional and out of integrity asked for assistance from another person.

That was great thinking and wisdom. We know now my left arm is easy to hook up while my right arm is extremely difficult.

I have more helpful advice if you like. This is all about fine-tuning your business. You are offering an incredible service to the Kansa City area.

03-30-2022



Talk about synchronicity. A few weeks ago I get a phone call from Julie Chertow. She was calling to ask some questions if I could help her out. We discussed it for some time and I told her about my foot problems.

She highly recommended Young Living essential oils for my feet. Julie recommended lavender, thieves, and Melrose.

[Legend Of The 4 Friends](#)

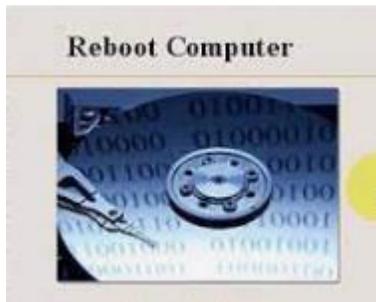
⁶During Medieval Times, in the darkness of The Plague, there were four brothers whose parents were herbalists. When times got tough, the four brothers became four thieves. They robbed the graves of the dead; hugely exposing themselves to The Plague but never getting sick.

One day they were caught and offered a reduced sentence if they explained how they managed not to get sick. They explained that they learned about medicinal herbs from their parents and were using the essential oil blend that has traditionally become known as Thieves oil.

In the early 2000s, studies were done on the efficacy of the essential oils in the blend. In summary, these essential oils were proven to pack a big wallop to mold and mildew spores, bacteria, and viruses. In fact, regarding mold and mildew, the blend not only killed more spores than standard chemical preparations but also continued being effective for weeks after the standard treatments were no longer effective!

⁶ <https://ecofreako.ca/pages/legend-of-the-4-thieves>

Inner rebooting of operating system



Yesterday was quite a day. I started to take Berberine before eating my meals. Berberine helps to lower blood sugars without taking insulin.

⁷Just like insulin, it activated the same biochemical pathway (protein kinase phosphorylation activation of GLUT-4) that signals cells to take up more sugar. And just like insulin, the greater the amount of berberine they exposed the cells to, the more sugar they took up.

All this happened in the absence of any insulin! Now I understand why Rich had the great result he had. I also see why he was not responding to the program I describe in my book, *The Type-2 Diabetes Breakthrough*.

Last night my wife Barbara was helping me to put on the oils and apply the dressings. To our amazement, we could see such significant changes it was mind-blowing. I can't express in words the support and guidance my wife has given me. It has brought us so much closer. When you might have to have your foot amputated you see the preciousness of life.

I woke up to meditate. It was early in the morning. I was quite dizzy. Imagine a heroin addict going through withdrawal. The same symptoms occur when one drops sugar in your life.

The body has to undergo great changes. Let's keep it at that. I lay down and when this wave was over I got up to meditate. Within seconds I felt the inner rebooting of my operating system.

I can't put it into words. For the first time in years, I didn't have to get up and go to the bathroom. Furthermore, I could feel a significant reduction of numbness in my feet. All the effort I made was coming to fruition.

I was told that this couldn't happen and that one had to live with this condition.

Yes, I have a ways to go. You don't just heal when you have been thinking you have been eating right for years.

⁷ <https://www.faim.org/can-this-herb-completely-replace-drugs-for-type-2-diabetics>

Yet my inner operating system has been rebooted. If anyone is reading this I hope you are listening. The lifestyles we live only promote sickness and disease. So much unnecessary pain and suffering.

We are getting old and dying well before what the human body is capable.

THIEVES®, THIEVES® ROLL-ON, & THIEVES® VITALITY® (Essential Oil Blend)

This is a most amazing blend of highly antiviral, antiseptic, antibacterial, antifungal, and anti-infectious essential oils.

It was created from research based on legends about a group of 15th-century thieves who rubbed botanicals on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, the thieves were forced to tell what their secret was and disclosed the formula of the herbs, spices, and oils they used to protect themselves in exchange for more lenient punishment.

Studies conducted at Weber State University (Ogden, UT) in 1997 demonstrated the killing power of these amazing oils against airborne microorganisms. The analysis showed that after 10 minutes of Thieves diffusion in the air, there was an 82 percent reduction in the gram-positive *Micrococcus luteus* organism bioaerosol, a 96 percent reduction in gram-negative *Pseudomonas aeruginosa* organism bioaerosol, and a 44 percent reduction in *S. aureus* bioaerosol.

A 2000 study by Sue Chao and Gary Young found antifungal properties for Cinnamon Bark, Lemon, Rosemary, and Eucalyptus Radiata oils, four of the five oils in Thieves blend.

A 2015 study found Clove essential oil (*Cinnamomum zeylanicum* syn. *Cinnamomum aromaticum*) to be antifungal as well as antibacterial. Gary Young personally used Thieves blend to eliminate black mold.

Essential oil expert Kurt Schnaubelt has written that essential oils do not kill beneficial bacteria. He explains that phenylpropanoids such as cinnamic aldehyde, eugenol, and carvacrol are antimicrobial. However, they are also unique in the way that beneficial probiotic bacteria can harmlessly metabolize them.

MEDICAL PROPERTIES & USES:

Anti-inflammatory, antiviral, antibacterial, antimicrobial, antioxidative, calming, cardiovascular supportive, dietary, digestion or elimination supportive/nausea reducing, disease inhibitory, muscle relaxant/bone-joint preservative, oral protective, organ protective, pain or swelling reducing, performance enhancing/stimulating, respiratory system supportive, wellness supportive

INGREDIENTS:

Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary,
Fractionated coconut oil (Roll-On only)

DIRECTIONS:

Aromatic: 10 Topical: 20-80. For headaches, put 1 drop on tongue and push against roof of mouth. Apply neat to bottoms of feet. Dietary (Vitality): Dilute 1 drop with 4 drops of V-6 or other pure carrier oil. Put in a capsule and take 1 daily.

CAUTIONS:



ABOUT MELROSE™:

This is a blend of four essential oils that have strong antiseptic properties to cleanse and disinfect cuts, scrapes, burns, rashes, and bruised tissue. These oils help regenerate damaged tissue and reduce inflammation. Melrose is powerful when diffused to dispel odors, purify the air, and protect against viruses and daily radiation bombardment.

MEDICAL PROPERTIES & USES:

Antiviral, antimicrobial, anti-inflammatory, antioxidative, cardiovascular supportive, organ protective, pain or swelling reducing, performance enhancing/stimulating, wellness supportive

INGREDIENTS:

Rosemary, Tea Tree, Clove, Melaleuca Quinquenervia (Niaouli)

DIRECTIONS:

Aromatic: 30. Topical: 50-50. Apply to broken skin, cuts, scrapes, burns, rashes, infection, or desired location as needed. Follow with Rose Ointment to keep oils sealed in wound. Put 1-2 drops on a piece of cotton and place in the ear for earaches. Dietary: Children over age 8: 6 drops per capsule 2 times daily or in yogurt. Adults: 20 drops per capsule, 1-2 capsules, 2 times daily or in yogurt.

CAUTIONS:    



LAVENDER & LAVENDER VITALITY™ (Lavandula angustifolia)

The French scientist Rene Gattefossé was the first to discover lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory explosion. Today, lavender is one of the few essential oils to still be listed in the British Pharmacopoeia.

MEDICAL PROPERTIES:

Sedative, antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin

USES:

Cleanse and soothe minor burns, cuts, and other skin irritations; respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions (perineal repair, acne, eczema, psoriasis, scarring, stretch marks), burns, hair loss, insomnia, nervous tension

FRAGRANT INFLUENCE:

Fresh, floral, clean, calming, relaxing, and balancing, both physically and emotionally. Lavender has been documented to improve concentration and mental acuity.

University of Miami researchers found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation. It also reduced depression and improved cognitive performance. A 2001 Osaka Kyoiku University study found that lavender reduced mental stress and increased alertness.

DIRECTIONS:

Aromatic 60. Topical: Neat. Dietary (Vitality): Put 2 drops in a capsule and take 3 times daily.

CAUTIONS:



True lavender is often adulterated with hybrid lavender (lavandin), synthetic linalool and linalyl acetate, or synthetic fragrance chemicals like ethyl vanillin to increase volume.

SELECTED RESEARCH:

Kwiatkowski P, Lopatowicz L, Kostek M, Drozdowska E, Praw A, Wojciak B, Sienkiewicz M, Zielinska-Bitniewska H, Dolęgowska B. The Antibacterial Activity of Lavender Essential Oil Alone and in Combination with Octanidine Dihydrochloride against MRSA Strains. *Molecules*. 2020 Jan; 25(1):96.

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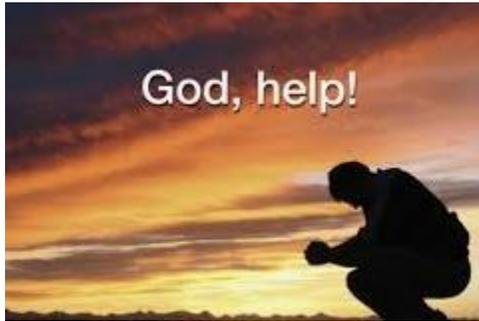
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03-31-2022



Let's keep this simple. I need your prayers. Today I have to admit myself to the hospital. I have a 50/50 chance of losing my left foot. Despite all the efforts I have made it is getting worse.

If I have touched you in any way I'm asking for your prayers and support. Life throws us many curveballs. Yesterday I thought I was on the road to recovery. So many wonderful signs were appearing.

I went to the doctor again and she said incredible try yet you need much more powerful medicine and advised me to go tomorrow to the emergency room.

The incredible journey of life continues.

Reba and the crew



The crew here has been absolutely incredible. I would rate this place an A+ They are highly professional and yet they carry true compassion for their patients. They have a lot of humor which helps in situations like mine.

They will always try their best to answer your questions. Many times I have been woken at 2:00 or 3:00 in the morning. They always have a sense of humor and compassion.

I have a call button which I use to call and come assist me. They always come with a smile and humor.

Sound of a freight train



The MRI experience that I had was quite different. This was the first time I ever had an MRI. I had to wear headphones because the sound was so loud.

It was like a freight train whizzing by inches away from your head. It was one of the most annoying sounds I have ever heard.

You would think with the latest technology we could develop something less annoying to the mind and body.

Someday soon we will have a device like a cell phone where we can scan a particular part of the body and instantaneously see an image of what we want.

We have a long ways to go but probably within 10 years, this technology will be common.

Surgery



The surgery was quite stupendous. How can I say but it was a mystical and practical experience.

The anesthesiologist gave me the anesthesia right before surgery. During the operation, I was in a state of clear light awareness.

How could I say this? I was in a place of pure light and yet I was aware of the operation taking place. The first time I had an anesthetics I was completely

blacked out of any experience at all. The anesthetic was applied and the next thing I knew the operation was over. This was completely the opposite.

Meditation helps to bring one's awareness of the sleep state and allows the person over time to be aware that they are in a sleep state and be aware of the clear light inside.

Words can't describe this experience yet. The doors are open if we recognize that there is a door within. This is not mystical but a practical experience that we have forgotten.

Be conscience or freak out



I had two choices. One was to be conscious and the other was to freak out. There is no in-between.

Either one has faith or one goes into a frantic state of mind.

This will always lead you nowhere. The power of prayer and meditation is the guiding force that allows one to be

conscious and aware of the divinity that lies within.

This is the true sanctuary that we all have. I often say the more attention you pay to something, the more attention it pays to you. By doing this, one can be in the center of the hurricane and yet not be touched by the hurricane force of the mind.

The mind is either your friend or enemy. The choice is up to you to decide where you place your awareness. This is why I call the spiritual life the most practical life. Slowly through the years, my understanding has grown tremendously.

The chemistry set lies within you and you can control the chemicals that get released by your thoughts and actions. We can never rest on our laurels. One

always has to learn sacred wisdom, externally and internally. I thought I had an incredible diet yet I was totally wrong.

The body talks in a very subtle matter. Unfortunately, most of us including myself didn't get the message before it was too late. I probably wouldn't be in the circumstance that I am right now. I'm sitting in a hospital bed writing this.

Code Red



What can I say? Lying in bed at night. So many different kinds of sounds. Code Red. Code Red.

Emergency emergency emergency. Stroke, stroke, stroke. Heart attack. Heart attack. Heart attack. Laughter from nurses. Laughter from nurses. Laughter

from nurses. Silence silence silence.

I love when the nurses laugh and tell sweet stories. They are watching death and life taking place right between their eyes. They are so composed of life-threatening events going on all around them. I have a new respect for the jobs nurses perform.

What's for dinner



This is from my brother David.

How is the hospital food? They are probably serving you gourmet meals of soup, jello, some tasty meat ... humor.

Hospital food has come a long way in 50 years. They still have a long ways to go. I was given a low glycemic meal plan. Each meal was hit-and-miss.

One time for lunch I was given a grilled cheese sandwich. This is probably one of the worst foods you can serve to a person with high blood sugar. Bread and cheese are on the no-no list. Most meals were extremely good and healthy.

For each meal, I was served a beverage that balanced the sugars in my body. It served its purpose, but I could make a much healthier drink. Many of the ingredients in this drink are not healthy ingredients.

There is no place like home



“There's no place like home,” said Judy Garland as Dorothy in the 1939 classic film, “The Wizard of Oz,” as she clicked her heels and hoped for the return to the comforts of her own bed and her beloved Auntie Em and Uncle Henry.

I clicked on my sandals minus one left pinky toe and I was transported back home.

Wow! Home sweet home. It's so incredible lying in my own bed. Walking into the house for what seems like an eternity. Lay on the couch and felt such sweetness from my home.

My wife and I are so appreciative that I'm back home. Silence is in the air and it feels so good. No longer at night do I hear the emergency room sounds of the night.

I won't take my home for granted.

[04-12-302 Doctors appointment one](#)



Well, yesterday, I had my first appointment with the surgeon. It was a pretty amazing experience.

He told me that if I went to another hospital, they would probably chop off my entire left foot. He said you were fortunate that you came to me.

He told me I could start walking five minutes an hour instead of using my crutches.

I tried that last night and I'm slowly walking without crutches, which is pretty amazing considering I had my surgery only less than a week ago,

He told me to take it easy. I got my blood pressure monitor yesterday. Started to do my sample readings this morning. It was 107 over 70 which is pretty amazing.

I felt blessed and I felt incredible that healing is coming my way.

04-13-2022 Dodge the bullet

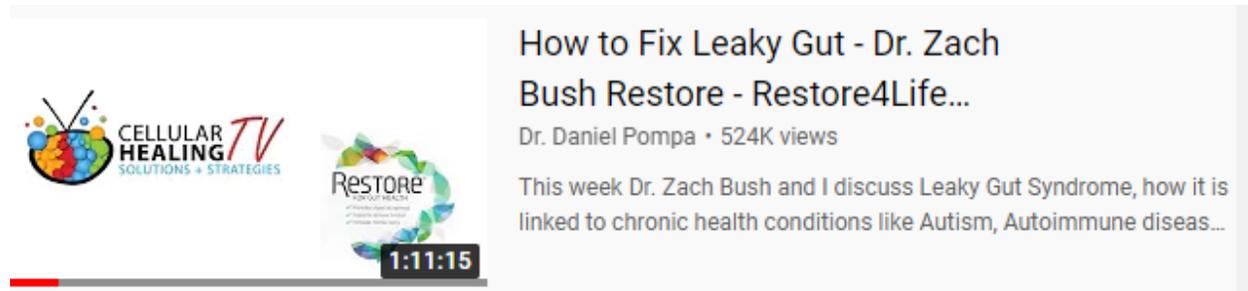


My dear brother John wrote a song called Dodge the bullet. How true this is. I was so fortunate that I caught this just in time.

If I didn't I might have not been around in 6 months. The surgeon told me that this surgery was just as crucial for someone who has stomach cancer. That's how crucial this surgery was.

I feel blessed that I only lost my left pinky toe. It could have been my entire left foot. The doctor said that many amputees that they die within 5 years. I'm not going to be a part of that statistic.

I have been given another golden opportunity to live life to its fullest. I learn to have yearly checkups and tune-ups. We are constantly learning new lessons in life. This life is a journey where we can never rest on our laurels.



How to Fix Leaky Gut - Dr. Zach Bush Restore - Restore4Life...
Dr. Daniel Pompa • 524K views
This week Dr. Zach Bush and I discuss Leaky Gut Syndrome, how it is linked to chronic health conditions like Autism, Autoimmune diseas...

The thumbnail features the 'CELLULAR HEALING TV SOLUTIONS + STRATEGIES' logo on the left and a 'Restore' logo on the right. A video player interface is visible at the bottom with a red progress bar and a timestamp of 1:11:15.



Doctor's REVOLUTIONARY Analysis of The HIDDEN Virus |...
Aubrey Marcus • 195K views
Have we been asking the wrong questions throughout the pandemic? Have we been demonizing one virus, while encouraging...

The thumbnail shows two men speaking into microphones. The text 'THE PANDEMIC OF FEAR AND GUILT' is overlaid in large, bold letters. A video player interface is visible at the bottom with a red progress bar and a timestamp of 2:14:23.



Science can be very biased. As far back as history goes, science does not like people who think outside of the box.

Even dear old Galileo learn that the hard way.

Today he is considered a genius yet during his time he spent most of

his life under house arrest.

I grew up in the house of the future. This was in the early 1950s. Many of the inventions that we had in the house have yet to reach the mainstream.

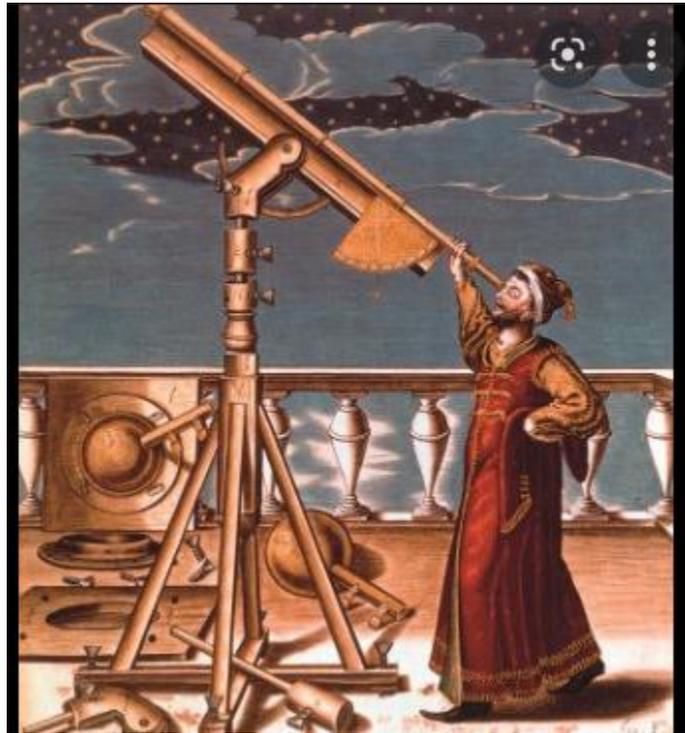
There are probably thousands of inventions and discoveries that never reach fruition. Just ask a young Zack Bush who found out the hard way. He discovered a cure for cancer.

Today's drug companies want to hold on to their power and control. They are not interested in healing you. If some young brash scientists discover a way to cure cancer they are not in the slightest interested.

There are probably thousands of research papers proving that our Western junk food diet is killing us yet these studies never reach the mainstream.

We continue to saw off the branch we are sitting on. We would prefer to saw off the branch to change our ways. So much pain and suffering could be averted. Yet we hold on to our deadly lifestyles.

Galileo's Telescope



Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind?

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth?

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life under house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man, at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ differently.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or concept of life.

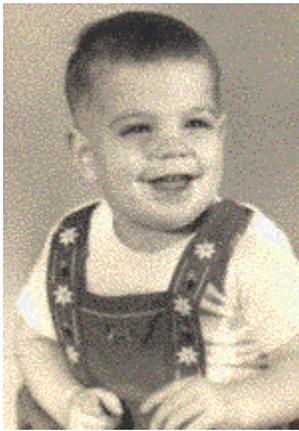
I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood.

My Dad and Grandfather owned an aerospace company. The first house I remembered was near an orange grove.

My brother and I would sneak through the fence and walk in the orange grove. There was a tree house and we would climb up in it.

We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors.

They developed a house where you could walk in the house clap your hands and the lights would come on.

The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



Move lamp an where and it would light up. 1



Windows would close when it rained. 1



Move watching us on TV 1

My mom would watch us in the backyard by video cameras while she was cooking dinner.

This house was featured in the Los Angeles Times Home section. This was back in the early

fifties..



Steering wheels for kids 1





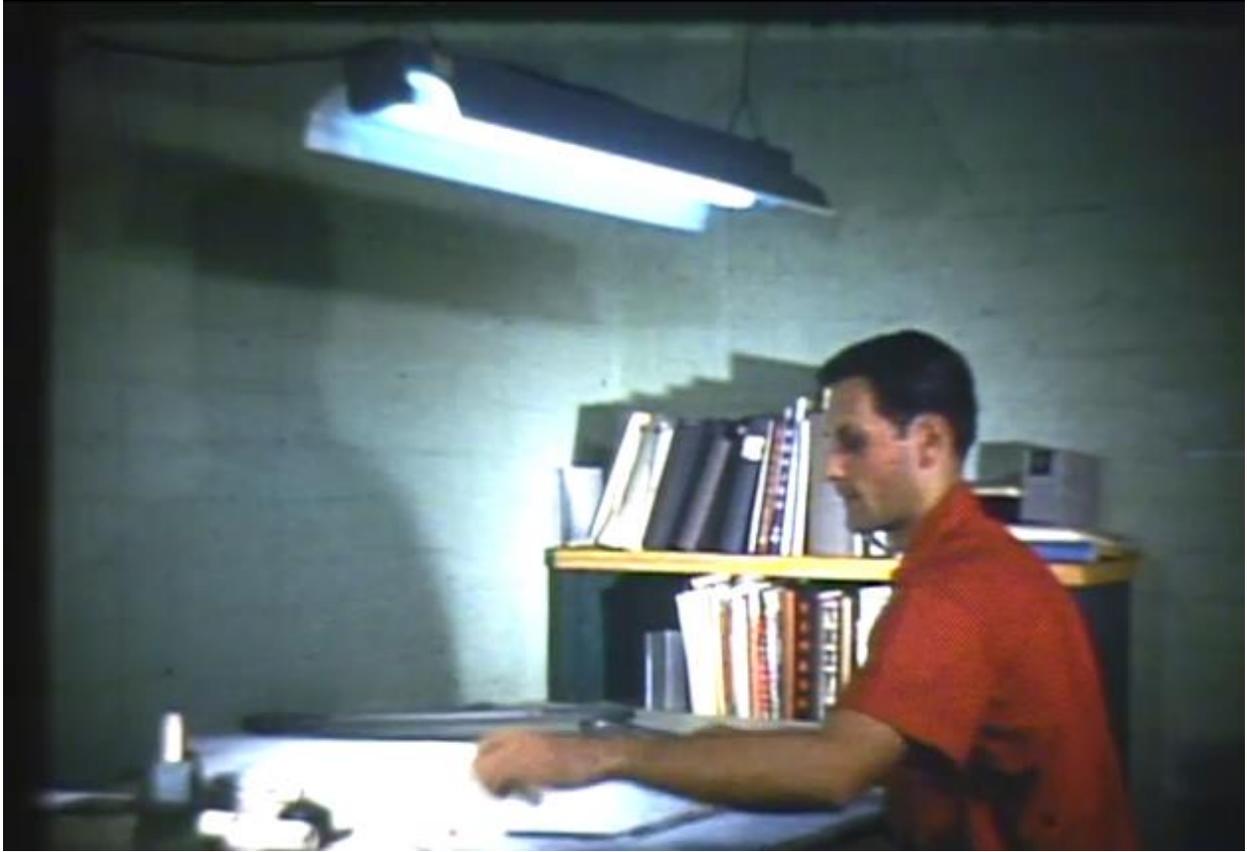
Floating frying pan 1

In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers.

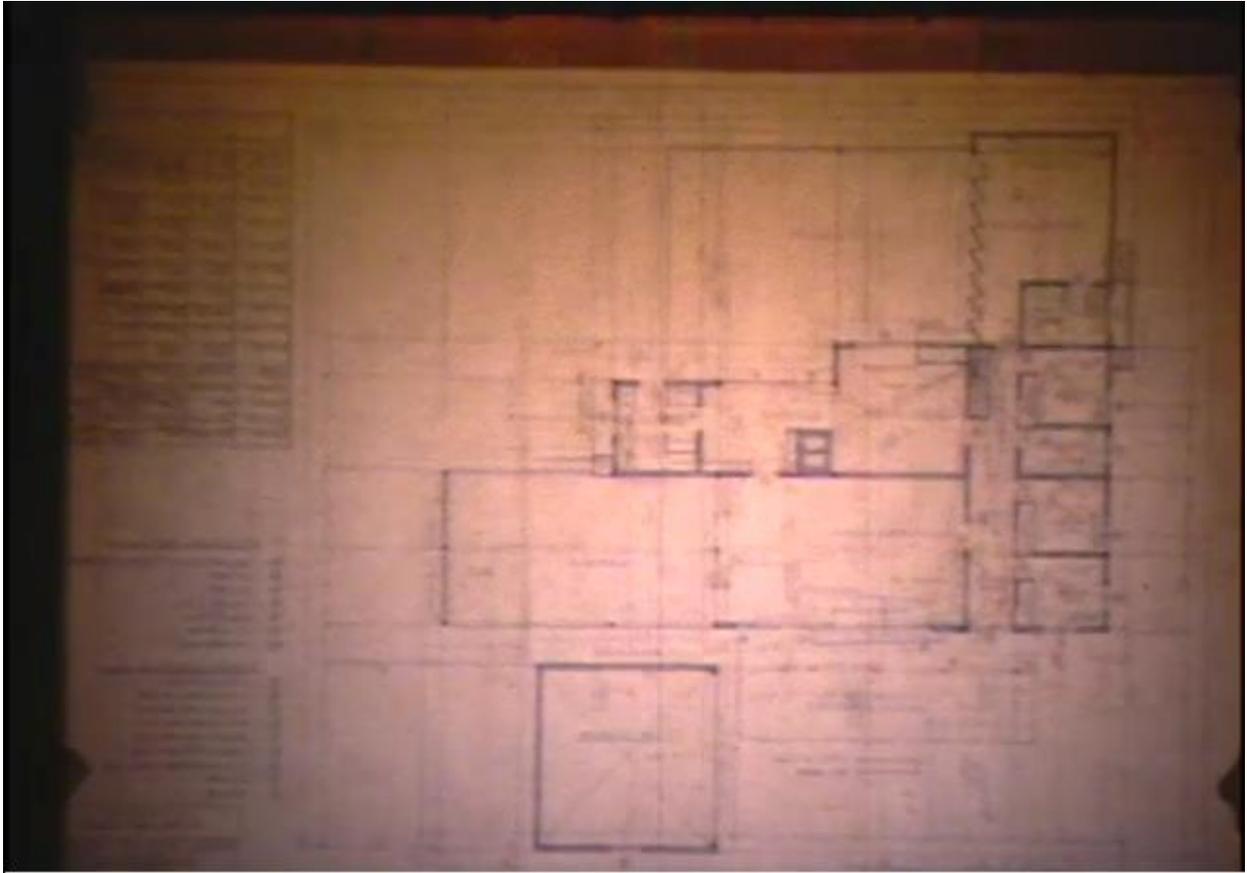
The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



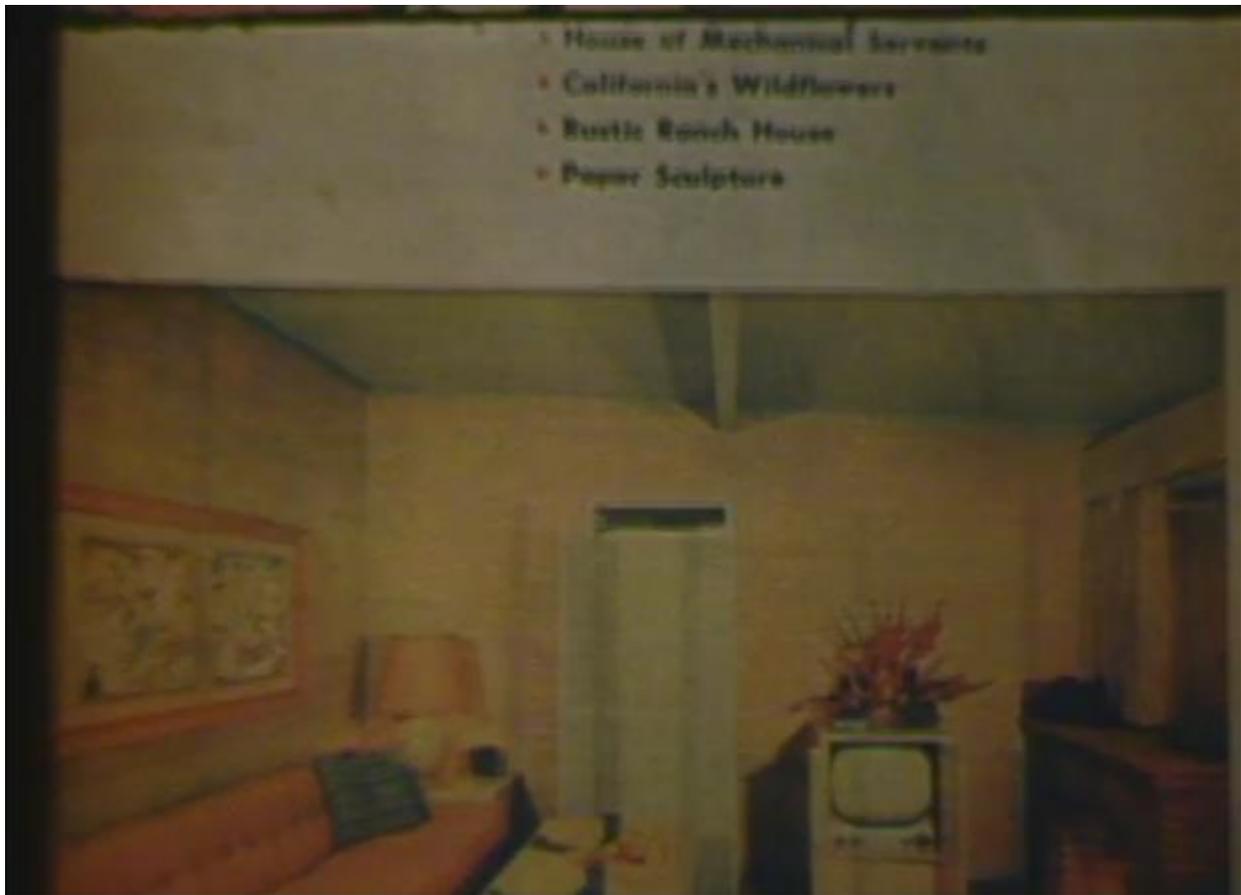
Control room 1



Designing house 1

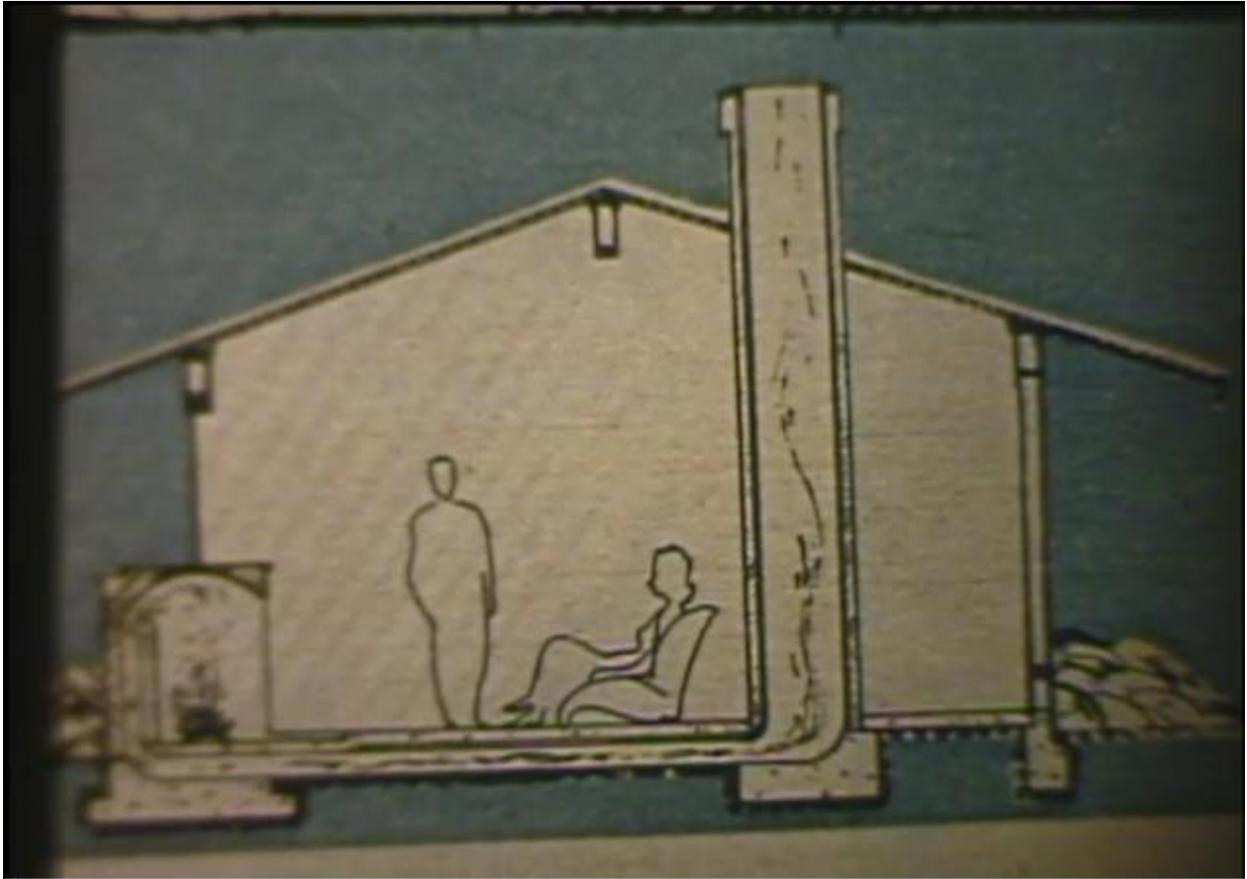


Plans 1



LA Times House section 1





chimney underneath floor. 1

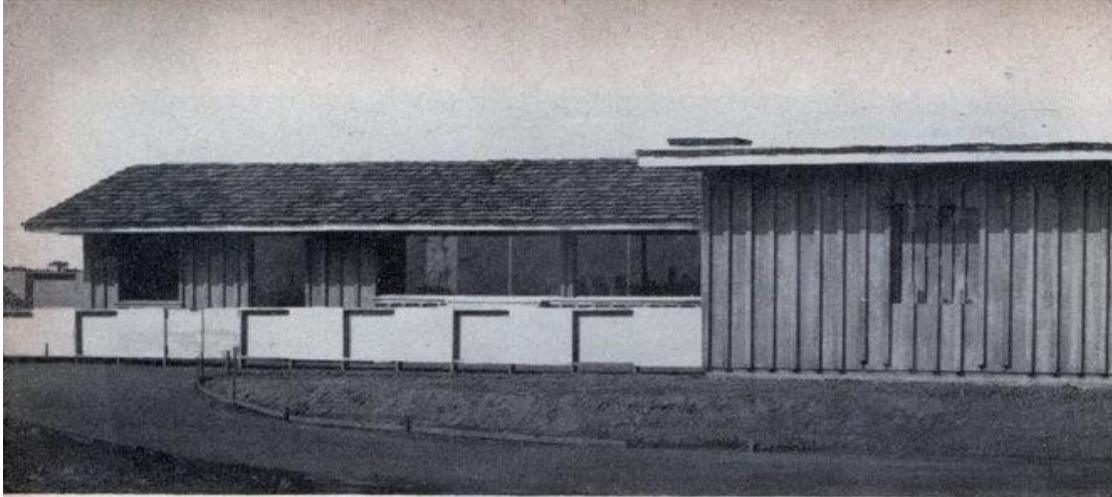




Lights turn on and off by waving hand. 1



Could see out but not in. 1



"House of the 21st Century" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

Built for Modern Living

A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

IN JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loud-speaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

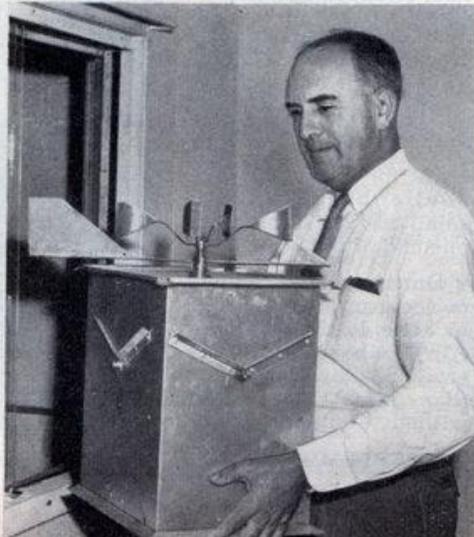
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

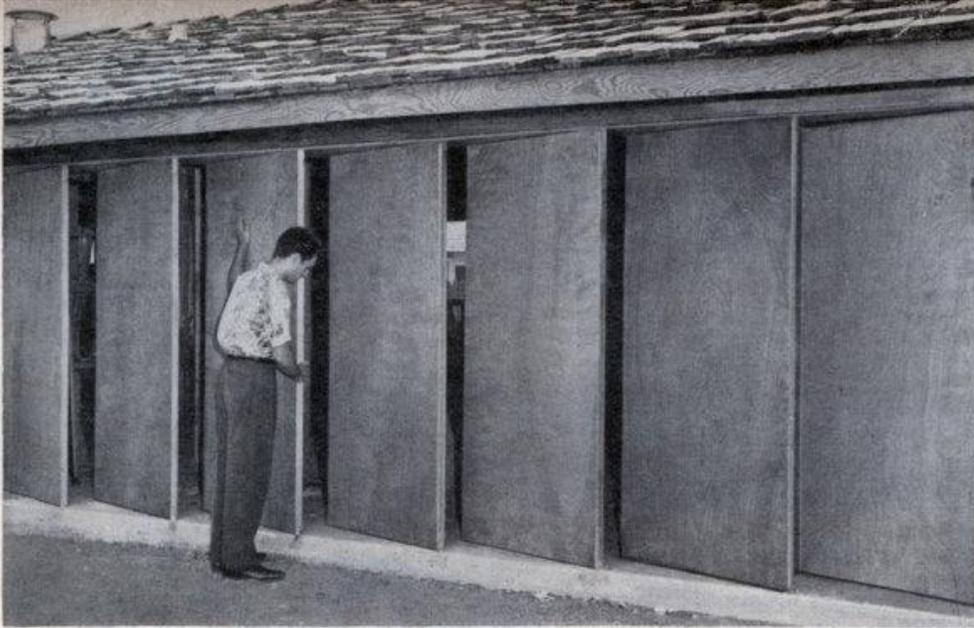
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather





Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wall-board paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be

removed when winter sunlight is desired.

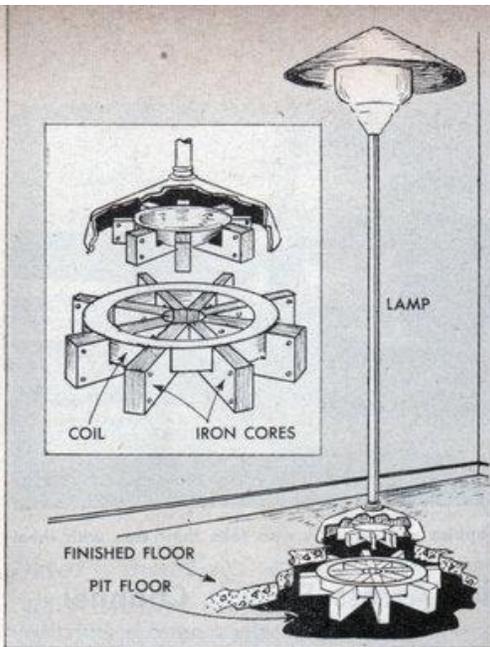
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS



Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

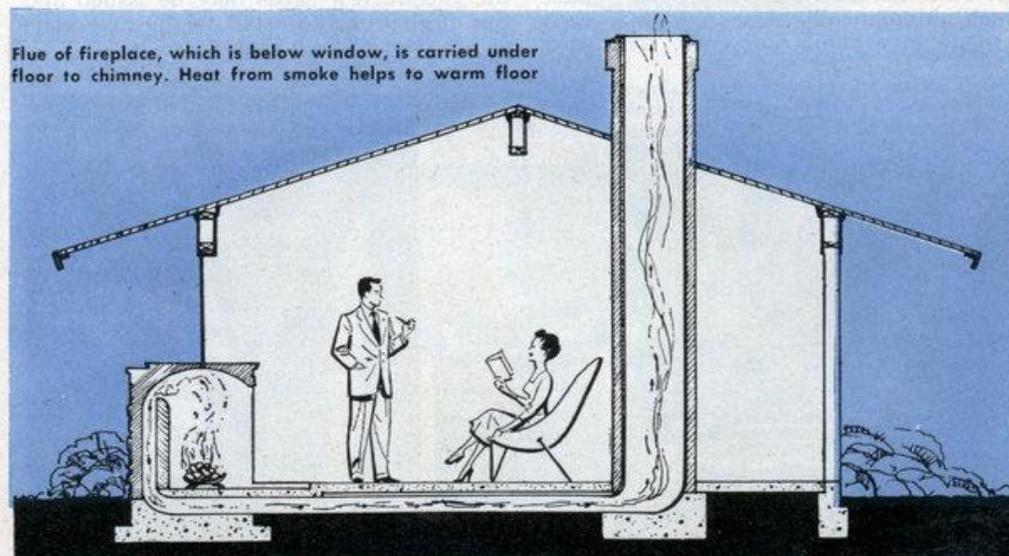
neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away. ★ ★ ★



At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep.

They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall.

If you don't have inside connections with the government you could have a futuristic jeep and nobody would care. During this time they came up with a way to make houses that would cost 1/10 of the present-day house.

It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this. Consequently, it was never marketed.

I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present.

One of my first was multimedia. Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market.

You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house.

This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



Our great Dane Carmel 1

One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out.

My brother remembers going down a long bright tunnel in ecstasy and then telling me to come down. I remember it was a rush and both of us laughed inside.

When we were young my brother and I had telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well.

I remember our state of communication was non-verbal but with thoughts, pictures, emotions, and experiences. It was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple.

A way was to graphically send the experience of an apple. I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically.

Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural.



We have simply not used this communication so we forget we ever had this ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

Zack Bush



Times have not changed. The same scenario that happened to Galileo is still going on today. Maybe today it is more pronounced.

My dad and grandpa had incredible ideas yet they couldn't get them off the ground. Politics is the name of the game.

Without political connections, it's very difficult to obtain your goal.

Zach Bush had the same problem. He found a solution to cure cancer with vitamin a. He went through all the necessary case studies for validities.

He discovered a major pharmaceutical company had a patent on this work. He called the company and told them he found a solution that works. They ask him three pertinent questions.

Upon answering these questions they promptly hung up the phone. He thought they hung up accidentally. He called back and nobody answered the phone.

He went to some of his colleagues and they said this patent would never come to fruition. Major companies use the system of copyright laws to stop progress. They only want to use their current power and have no interest in healing society

Zach quickly saw the handwriting on the wall. He left the academic field disillusioned. Nevertheless, he continued researching. He learned how to think outside of the box.

There are probably thousands of people like him. The male-dominated continues to hold on to power and control. This has been going on for thousands of years. When will this insanity ever stop?

ZBMD BLOG

[Zach GLYPHOSATE + TOXINS](#)



Over the last 25 years, we have seen the most profound explosion of chronic diseases in human history.

By 2011, our Centers for Disease Control (CDC) was reporting that 54% of US children with some form of chronic disorder or disease by the age of seventeen.¹ (View

the study here) These conditions occur in nearly every facet of biology – the hormone and immune systems, the respiratory and neurologic systems, and beyond.

BY 2016 THE CDC REPORTED THAT 1 IN EVERY 14 KIDS IN THE US WITH DEVELOPMENTAL DISABILITIES, AND 1 IN 28 BOYS (1:28) WITH AN AUTISM SPECTRUM DISORDER (VIEW THE STUDY HERE).² ATTENTION DEFICIT DISORDERS ARE FOUND IN ONE IN TEN (1:10) CHILDREN.

The epidemic is not at all limited to children. In adults, a broad array of conditions have been on a steady rise, from depression and anxiety to celiac disease and gluten sensitivity, multiple sclerosis, ALS (Lou Gherig's disease), Alzheimer's in women, and Parkinson's in men.

All on near-identical trajectories of increase since 1996.

Research from around the globe now suggests that environmental factors are now contributing to a combination of genetic, neurologic, autoimmune, and metabolic injuries that underpin the collapse of health in our children and adults.

As we continue to uncover the intricacies of this eloquent balance between soil, the microbiome, and ourselves, the timeline of our chronic disease epidemic becomes very interesting and provides a pathway to the recovery of human health.

It is now estimated that we spray more than 4.5 billion pounds of glyphosate (the active ingredient in Roundup) into the soils, plants, and water systems of our planet.

And there are now dozens of genetically modified plant species around the world that have allowed chemical companies to develop a seemingly infinite market for their weedkillers.

And after “Roundup Ready” crops were introduced in the mid-late 1990s, this water-soluble toxin would subsequently work its way into the water within the grains, fruits, and vegetables, as well as infiltrating the groundwater, slowly making its way into rivers, oceans, our air, and ultimately our rainfall.

Not surprisingly, the diseases in our domesticated animals – from pets to livestock – have followed a similar trajectory.

What I’m saying is, that we need to stop trying to micromanage the gut. You need to start backing off, to let the carbon redox system (the communication system between the bacteria in the gut) reestablish a healthy balance in the gut.

AND WE ARE GETTING SICK. SINCE THE 1990S...SOMETHING ALARMING BEGAN TO HAPPEN IN THE UNITED STATES.

Diseases—in what seemed like completely different organ systems—were going epidemic, almost simultaneously

Dementia in women increased

Parkinson’s in men increased

Autoimmune diseases hit an all-time high

Today, 1 in every 2 people will be diagnosed with cancer before they die

And 1 in 36 children is now diagnosed with autism, compared to a mere 1 in 5,000 in the 1970s.

Why are so many diseases, in such unrelated parts of the body, increasing at such a rapid rate? What’s the relation?

The connecting factor is chronic inflammation. And chronic inflammation is the root of all diseases.

To boot, we spend more time indoors and in routines that completely disconnect us from mother nature. We have lost touch with how our food is grown, who grows it, what we are actually consuming, and how it is reshaping our biology.

This disconnect has made us more prone to chronic illness than ever before.

So where do we go from here?

Our opportunity – as consumers, farmers, businesses, governments, and beyond – is to build a new health reality for humanity, our planet, and all those creatures great and small that create the web of life that we have called home since our origin.

The answer is Regenerative Agriculture. Through fundamental changes in our approach to soil and food system management, we can revitalize this planet by reconnecting the natural carbon cycles that have long maintained balance in our soil, water, and air for biology to thrive.

IT'S OUR EMPOWERED DUTY TO EDUCATE OURSELVES REGARDING OUR FOOD AND HEALTH, AND SHIFT OUR ROLE IN THE CONSUMPTION OF THIS PLANETS NATURAL RESOURCES.

We can begin to co-create with the farmers and growers of the food we consume.

Without healthy soil, our product not only will lack nutrients, but it will invite chemicals into our own biology and ecosystem.

These chemicals will continue to break down the cornerstone of our health – our immune system – if we let them.

There are also other ways to be proactive about your health. Small changes today can help you strengthen your microbiome, take action to decrease your exposure to pesticides, and increase your connection to mother nature:

<https://zachbushmd.com/gmo/glyphosate-toxins/>

Zach Proactive Ways

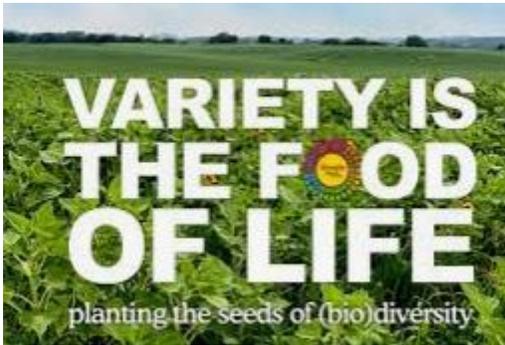
GET OUTSIDE



Diversify your exposure to different outdoor environments as much as possible. Seek diversity in your day and breathe in new ecosystems.

Your microbiome is an extension of your greater ecosystem that you interact with each day. The more you adventure, the deeper your health will root.

EAT REGENERATIVELY



Food grown using Regenerative Agriculture practices provides the optimal environment for nutrient-rich, healthy food to grow.

Seek out farmers and restaurants in your area who use Regenerative practices or source from Regenerative farms, and take a look at your pantry to really determine what is contributing

to or degrading your microbiome.

Our non-profit, Farmers Footprint, has begun publishing a list of regenerative farms in the US that may be a great place to start your journey.

GROW ORGANIC COMMUNITIES



The third largest crop grown in the US, at 40 million acres, is lawn grass.

This monoculture grass is fed enormous amounts of chemical fertilizers, herbicides, and pesticides, making our yards, school yards, soccer fields, parks, and golf courses some of the most toxic acreage in the US. Learn to

eliminate all chemical inputs with the Non-Toxic Neighborhoods Project at Farmer's Footprint (www.farmersfootprint.us)

DIVERSIFY YOUR DIET



When you diversify your diet with nutrient-dense organic foods you are strengthening your microbiome.

The closer your plate is to the garden the better! Organic CSA and farmers' market resources are a go-to when your own backyard is not producing. The daily addition of a few bites of wild fermented foods and eating local fruits and vegetables in their appropriate season, and growing your own food are great ways to diversify your inner ecology.

AVOID PROBIOTIC USE

Probiotics represent a very narrow representation of bacterial species that have been grown to many millions of replicates.

The daily use of probiotics has been shown to reduce the biodiversity in the gut, especially after antibiotic usage. Your gut is intended to have 20,000 to 30,000 species of bacteria.

A typical probiotic has three to seven species. We have created a monoculture of gut flora with the probiotic industry just as chemical farming has created large-scale monoculture across our global agricultural landscapes.

The global loss of biodiversity is at the root of our health crisis. Rather than probiotics go after the outdoors and eat wild-fermented (rather than probiotic-cultured) foods.

PROTECT YOUR GUT



It's why we created ION*Biome – to regain the strength of our gut lining after exposure to glyphosate and other chemicals we're all exposed to daily.

If we're successful together in ridding our land of chemicals like glyphosate, we put ION*Biome out of business.

JOIN THE REGENERATIVE MOVEMENT

Support Farmer's Footprint and our mission to regenerate 5 million acres of farmland by 2025.

By supporting our cause, you help to support farmers and communities make the transition from chemical dependence to the life-giving practice of regenerative soil management (www.farmersfootprint.us).

If you are seeking a more active role in your schools and community consider becoming a Soil Health Advocate through the online certification program at <https://kisstheground.com/advocacy/>

Soil health is arguably the most important element impacting our health, the health of future generations, and the health of this planet we call home. Join the Regen Revolution.

1. Academic Pediatrics. Volume 11, Issue 3, Supplement, May–June 2011, Pages S22-S33

2. NCHS Data Brief No. 291, Novem



E 10 | Your Microbiome Holds the Key to Your Health and...

Dr. Mindy Pelz ✓ 18K views

If you're interested in learning more from Dr Zach, visit www.intrinsichealthseries.com Farmer's Footprint...

Zach Roll in the dirt



<https://daveasprey.com/eat-dirt-the-secret-to-a-healthy-microbiome-zach-bush-458/>

Dave and Zach on what's really pulling our guts apart, what's going on inside your gut, what the environmental factors are, and what you can do about it.

Zach on plant health versus human health as a doctor. What got you going in this whole thing?

“One of the more exciting developments that happened in my career was finding that there were some vitamin A compounds that were enabling these cancer cells to shut themselves down and commit suicide.” Zach’s “goosebumps moment.”

“That was an incredible journey of starting to see cancer, not as some disease that crops out of nowhere, not a genetic disease as we’re told by the American Cancer Institute and everything but just a breakdown in cell-cell communication.”

The most abundant receptor in the human cell is really this RXR receptor, what does it do?

“We’re twice removed from anything on our plate. That’s largely why we’re so in the dark ages about our beliefs about nutrition because you’re never feeding yourself when you sit down to a plate of food.

You’re always feeding your bacteria, which are then modifying your behavior and the behavior of your mitochondria to produce ultimately fuel.”

How cancer is all about cell-cell communication. A cell with uninterrupted access to information will never disease or die. Zach on his work with chemotherapy.

“We were starting to see these correlations between microbiome genomics and human disease outcomes.” How it was originally received as “crazy.”

A lot of juice, a lot of fermentation, a lot of stuff. And seeing big changes! Zach on his practice.

Zach on the biohacking community. “My hats off to all of you.

You are an inspiration to the world because you guys are really taking responsibility for yourselves, number one, but then you’re immediately applying the truths that you’re finding into a communication network of your own to create a wave outside of you. “

“At that moment, we started to research soil. That changed everything. For thousands of years, the pharmaceutical industry and the herbalism community, and Chinese medicine have been looking at plants. There has been a paucity of research and investigation into the deeper story underneath the plant of where the plant’s getting that magic.”

“I think my purpose is here. This is why I was born. This is why I did the ridiculous journey in academia just for this moment. The blinders came off.

The three-dimensional structure on the right side of that molecule looked like the chemotherapy that I’d been making years previous.

They’re like snowflakes. That’s actually what we call them in the lab is carbon snowflakes.

Electron potential is literally health. The disease is all positive charge absorption of electrons, loss of electron potential.” Zach on his discovery deep in a “White Paper” on dirt.

The molecule we found is a carbon backbone molecule that’s got redox potential.

How the human body is like a phone connecting to a cell phone tower. “That’s exactly what’s happening to the accelerating of the aging process that we see happening in this chronic disease epidemic. People are getting disconnected from their own message.”

Suddenly, this answered the whole thing of, “Oh, my gosh.” If you have a screwed-up ecosystem in your gut and you start to get perturbation in any particular direction.

You get a loss of this ecosystem, you get an overgrowth of this part of the ecosystem. What’s going to happen is you’re going to suddenly lose a part of that wireless communication network.

You’re going to become vulnerable at multiple levels within the human body.

The other thing I want to ask you about and this is something that’s, I’ve been writing a lot about this is we’re doing things to destroy our soil because we say, “Oh, that only affects bacteria, therefore it doesn’t affect us,” which is just a false assumption but spraying glyphosate on soil disrupts bacteria in the soil that now we know toxic your gut biome.

Glyphosate, we’ll start at the soil. Glyphosate, if you’re not familiar with it is the active ingredient in the famous weed killer called Roundup. How it is killing the soil and your gut biome.

“Number one thing is that glyphosate, which is now the number one chemical on the planet. Four and a half billion pounds of glyphosate are dumped annually around the globe now.

Unfortunately, it’s a water-soluble toxin, which should never happen in nature. We had a water-soluble toxin, meaning, it’s going to go to every level of the environment. It’s in the air you breathe. It’s in 75% of the air in the US, and 75% of the rainfall.

It’s penetrated every level because of its water nature. That means it’s doing the same thing in your body. It’s in your bloodstream. It’s in your urine. It’s in your cerebral spinal fluid.

It’s going everywhere as this water-soluble chemical that’s all over the place now. It’s in every bite of food we eat. I believe it’s in every drink of water. It’s everywhere.”

Get out in nature! We have a lot of national parks that are not being visited right now. We are not visiting these places. I invite you to go explore as many national parks as you can in the next couple of years because there is still some intact

microbiome. I would tell you my top three favorites, except you all would show up there but go find your own favorite few because I guarantee you, you're going to find a microbiome you have never experienced in your life.

We think of fermented foods and probiotics. All of that is just spitting in the wind compared to the potential of just breathing good quality rich air with microbiome.

I have my patients go out to Virginia Beach and breathe air and then down in Southern Virginia down by the swamps. Then, up into the Appalachian Trail, be by the waterfalls.

Breathe ancient ecosystems. Along the East Coast, a huge hot spot is down in Tennessee, the Great Smoky one of the most diverse ecosystems on the planet. I traveled as extensively as you do and I try to make sure that at least part of that travel's taking me to far-flung places. Just came back from the Great Barrier Reef and start breathing air down there that I know I've never been exposed to. Some of the islands along the Barrier Reef I know have some profoundly ancient microbiome.

"You start going into this environment that you've never been and you're adding years to your life. I really have a profoundly strong conviction that the more you can breathe in new environments, the longer you're going to live." Zach on traveling just to breathe the air.

We have separated ourselves from just fundamental easy, cheap, frankly free mechanism of microbiome exchange, which is to touch Mother Earth.

Our knowledge is going exponential. Our ability to communicate that knowledge through the internet and everything else that's coming behind that are super exciting.

I think we're going to see an acceleration, obviously of what this community knows, what the biohackers are doing. You guys are going to start having these conferences more frequently I think because the amount of information that's going to emerge every three months on this planet over the next 5 to 10 years is going to be mind-boggling.

"You have 70 trillion human cells, which is an impressive number, but you have 1.4 quadrillion bacteria, fungi et cetera and you have 14 quadrillion mitochondria

living within you. You are, if anything, a vehicle for the microbiome to travel the world and communicate more broadly a purpose of life itself.”

I think if we stop thinking of ourselves as human and start to think of ourselves as connected to biology and the entirety of Mother Nature, we were going to win the game on a bigger level.

If science proved



“If science proved some belief of Buddhism wrong, then Buddhism will have to change,” he has said. These are striking words from Dali Lama the leader of a major world religion.

Our ancestors had a completely different diet than what we have today. The food was organic and came from the rich soil. They had no preservatives, chemicals, and no boxed foods.

If you walk into a grocery store today, you will find that 99 % of the food didn't exist back then. A major pandemic is occurring around the world, yet it is silent. Our internal chemistry set is being damaged from within and without. Never before. has the human body gone through such a drastic and negative transformation?



During this healing crisis, I was taking a 12-week course on Milaprea healing system. Ironically,

I had the most major healing crisis in my life occur. Yet there is always magic behind the scenes. I saw that you can't go against the laws of nature and the universe.

I had to get my left pinky toe amputated to reset my body clock. I was extremely fortunate. There was a time a week ago that I felt my body did a reset. I still had to go to the hospital and have my pinky toe removed.

A wise man follows the latest science and at the same time ancient wisdom. Both of these are needed on this journey of life. You can't have one without the other. There must be a marriage between the two.

Buddha taught us to be conscious and aware of every moment. We must use the latest science to bring an understanding of our predicament.

Currently, the majority of the population including myself, are being swindled. The foods we eat are killing us. It almost killed me. I hope this book will help you on this journey. and give you the necessary wisdom.

I believe that Millarapa's healing system could implement the latest scientific evidence of healing. The times have changed dramatically.

This ancient wisdom was extremely relevant when the human body wasn't implementing the Western diet.

I believe an updated version is needed. Milarepa's system truly works when the body is in harmony. How can I say this? I had a karmic situation that occurred. By eating too much sugar in my diet I was led to a situation where I could lose my entire left foot.

Mind you I was thinking I was perfectly well. I have been sick only a few times in my life.

Everything is a blessing in disguise. The operating system of my body was reset. I now can take the great wisdom of Millarapa and the great wisdom. Stemming from the great scientific minds of today.

Mind you these scientific minds are renegades. Western science does not appreciate those who think outside of the box.

I feel blessed to have external knowledge coming from science and at the same time eternal teachings stemming from within.

Internal Radar



I have spent most of my life consciously living a life of preventive medicine. Both my twin brother and I started this in high school.

Yet you can never rest on your laurels. One always has to fine-tune the guitar of life.

For over fifty years I've researched and changed my lifestyle according yet I was still missing a piece of the puzzle. I never imagine eating ice cream, grains, bread, tortillas, and cheese could cause so much havoc in my life. Yet I didn't see the signals until years later.

The signals were there. The radar was turned on yet I didn't consciously pick up on them and interpret them at all. Yet years later I could see what my body was singling to me all the time.

⁸[New CDC report: More than 100 million Americans have diabetes or prediabetes](https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html)
Diabetes growth rate steady, adding to health care burden

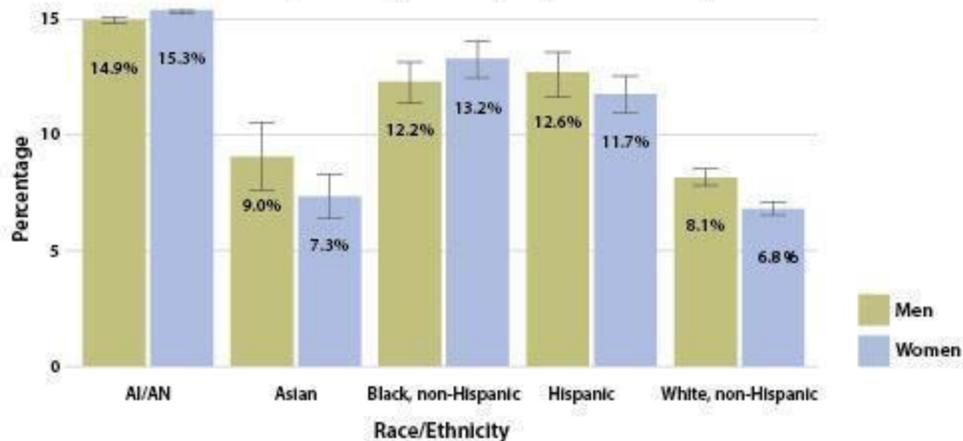
For Immediate Release: Weekday, July 18, 2017

Contact: [Media Relations](#)

(404) 639-3286

⁸ <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>

Estimated age-adjusted prevalence of diagnosed diabetes by race/ethnicity and sex among adults aged ≥18 years, United States, 2013–2015



AI/AN = American Indian/Alaska Native.

Note: Error bars represent upper and lower bounds of the 95% confidence interval.

Data source: 2013–2015 National Health Interview Survey, except American Indian/Alaska Native data, which are from the 2015 Indian Health Service National Data Warehouse.

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new [report pdf icon](#) released today by the Centers for Disease Control and Prevention (CDC). The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh leading cause of death in the U.S. in 2015.

The report also includes county-level data for the first time and shows that some areas of the country bear a heavier diabetes burden than others.

“Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans with diabetes and prediabetes,” said CDC Director Brenda Fitzgerald, M.D. “More than a third of U.S. adults have prediabetes, and the majority don’t know it. Now, more than ever, we must step up our efforts to reduce the burden of this serious disease.”

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels.

People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

The National Diabetes Statistics Report, released approximately every two years, provides information on diabetes prevalence and incidence, prediabetes, risk factors for complications, acute and long-term complications, mortality, and costs in the U.S.

Key findings from the National Diabetes Statistics Report

The report finds that:

- In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among people ages 18 and older.
- Nearly 1 in 4 four adults living with diabetes – 7.2 million Americans – didn't know they had the condition. Only 11.6 percent of adults with prediabetes knew they had it.
- Rates of diagnosed diabetes increased with age. Among adults ages 18-44, 4 percent had diabetes. Among those ages 45-64 years, 17 percent had diabetes. And among those ages 65 years and older, 25 percent had diabetes.

Rates of diagnosed diabetes were higher among American Indians/Alaska Natives (15.1 percent), non-Hispanic blacks (12.7 percent), and Hispanics (12.1 percent), compared to Asians (8.0 percent) and non-Hispanic whites (7.4 percent).

Other differences include:

- Diabetes prevalence varied significantly by education. Among U.S. adults with less than high school education, 12.6 percent had diabetes. Among those with high school education, 9.5 percent had diabetes; and among those with more than high school education, 7.2 percent had diabetes.
- More men (36.6 percent) had prediabetes than women (29.3 percent). Rates were similar among women and men across racial/ethnic groups or educational levels.
- The southern and Appalachian areas of the United States had the highest rates of diagnosed diabetes and new diabetes cases.

“Consistent with previous trends, our research shows that diabetes cases are still increasing, although not as quickly as in previous years,” said Ann Albright, Ph.D., R.D., director of CDC’s Division of Diabetes Translation. “Diabetes is a contributing factor to so many other serious health conditions. By addressing diabetes, we limit other health problems such as heart disease, stroke, nerve and kidney diseases, and vision loss.”

Commentary

We as a nation are going down the tubes. Ironically there are other nations in the world far worse than ours. The government needs to step up to the plate and change the pyramid structure.

They won't do so because of the influence of big corporations and the influence they have. We are getting sicker and sicker as a nation. Big business does not want you to be well.

They are making huge profits from you. They have no real desire to heal you. Two years ago I saw on the news a CEO from a major pharmaceutical industry say our goal is to make money from our shareholders not to cure you.

⁹Body Signals- Are You Listening?

March 3rd, 2020|[Healing, and Nutrition](#)|0 Comments



We very often ignore the signals of our bodies. How many times were you tired but just went on? Does it happen to you that you have to pee, but don't go straight to the toilet because you want to finish your task first?

Do you sometimes feel your stomach cringing when you are asked to do something that makes you feel uncomfortable? Your body is talking to you. It knows exactly what it needs. The message is clear. But are you listening?

Love your body as much as your friend

We often see our body as a vehicle to transport our heads. To school, work, social events... A lot of us have the belief that the mind and body are entities that function independently of each other. And our mind overrules our body signals most of the time – including stress, fatigue, anxiety, hunger, the need to go to the bathroom, and so on.

Whatever our mind wants, needs to happen. Even though we don't take care of, or listen to our body, when some physical part breaks down, our mind takes over and blames our body for being weak.

But when you really listen to your body, you will see that it's trying to tell your mind something. Our body is very intelligent: it knows exactly how much oxygen it needs and how to show you when it's lacking nutrients, to name just a few examples. However, a lot of times we are cut off from these signals.

When a friend is talking to you, you probably pay attention and try to serve his needs, right? So why don't we love our bodies as much as our friends?

⁹ <https://www.mindfulness-project.org/2020/03/03/body-signals-are-you-listening/>

Respect your body like your wisest teacher



In yoga, this wisdom is called your inner teacher. You stifle the voice of your inner teacher every time you continue to hurt yourself in some way throughout your life: whether that be through your relentless perfectionism, ruthless self-criticism, or blatant disregard for your body's needs.

A lot of us became quite adept at ignoring the signs of our intuition, often even seeing it as a form of self-control, being able to overcome the signals of body and soul.

As it may take some time to respect a teacher in life, to understand his words, the same way we have to learn to respect the wisdom of our bodies. But don't you think it's time to start listening now?

There are two ways we can listen and gather information from our body: our physiology sends signals about our inside world, while our senses pick up information from the outside world. We will go deeper into both types of body signals and how to listen to them.

Ignoring body signals about our inside world

We repeatedly ignore signals that function to keep our vehicle running. You probably ignore your basic needs for sleep, food, water, and going to the bathroom quite often. I have to admit, I do.

Because regularly I think that the work I'm doing at that moment is more important than refilling my water bottle. Or I'm in a conversation and don't want to disturb my conversation partner, so I hold my pee.



How often do you get a headache because you are dehydrated? Are you used to skipping meals because you don't have time to eat? And what about sleep? How often do you go to bed when you're feeling tired? How often do you take an afternoon nap because you feel you need it?

High chance you're ignoring those signals frequently, heh? It sounds very childish maybe, and it is so obvious that you should follow up on those basic signals. But sadly a lot of us often don't do that.

But ignoring your body is the equivalent of slapping duct tape on your car's check engine light. How effective is that? In the short term, you may buy yourself some time, but the problem doesn't go away.

And if you ignore it long enough, it's likely to result in a catastrophic physical breakdown... So, if you make the mistake of using your mind to override your body, you'll be highly productive—until you burn out or get serious physical diseases.

To arrive successfully at your destination, you need to pay attention to the internal condition of your vehicle while paying attention to the external driving conditions.

Ignoring body signals about your outside world



Besides our physiology sending signals about our inside world, our senses pick up information from the outside world. Your observations, interpretations, and ideas that you form from this information can have an impact on your inside world.

There are times when I am in a situation where someone is explaining something to me, and I don't get it, but I don't dare to ask more questions.

Afterward, I can feel a bit anxious because I don't know what to do. Have you ever noticed that your heart started pounding, your throat narrowed, or you get a stomach ache after such a social interaction? Or maybe you feel very alert and can't sleep because you're doing a task with a lot of responsibility?

Knowing when you need to ask more questions, or if a job is not a good fit for you, are just a few important insights that result from being tuned in to your physiology.

Interpreting your body is the first step to understanding yourself and getting clear about how to respond in any situation.

When you are tuned in, what's happening outside you (changes in your environment or someone's tone or body language) will provide clues about your interactions with others. And being aware of what's happening within you (your physical reactions to those changes) will give you important feedback about your thoughts, emotions, and desires.

Learn to communicate with your body

When the internal signals you receive from your body match your values and the actions you take, you will likely feel calm, peaceful, and aligned. When you are not aligned (in other words, when you override your body's signals and take action that is different from what you want) you may feel overwhelmed, upset or disconnected.

You need to learn how your body communicates with your mind. Your body is sending you messages, whether you are aware of them or not. These physiological signals are unique for each individual.

For example, I experience a racing heart because I am nervous about having a tough conversation. You may feel low energy for the same reason. Stress may cause one person's stomach to churn and another to start sweating excessively. How does your body communicate with you and demand your attention?

Physical signals from your body may also mean that you need medical attention. So always make sure to get checked out by your health professional first. But once you know there's no medical issue, and you learn to decipher your body's signals, the signals may act as a friendly reminder not to behave in a certain way. When choosing a certain behavior, ask your body, "How do you feel about this?".

If your body sends a signal of physical or emotional distress, watch out. If your body sends a signal of comfort and eagerness, proceed. And take care of your needs for your inner world. Sleep when you're tired.

Eat when you're hungry. Drink when you're thirsty. Go to the bathroom directly when you feel the need to. Your body is your temple and your wisest teacher. Take good care of it!

Misinterpreting body signals

Listening to physical signals can bring you deep and help you distinguish between the healthy and unhealthy, the wholesome and unwholesome.

And eventually, your inner wisdom will make you realize that you are a lot of times lying to yourself. Usually, the unhealthy behaviors are a sign that you are craving something and you have learned to get it through an unwholesome behavior.



It's

good to be aware of the fact that our mind gets confused by certain body signals since we have a lot of unhealthy, unwholesome things to consume in our modern society.

From our nature, sugar, for instance, is something very precious. Sugar was only available in fruits, which nourishes us with vitamins. But nowadays we have access to pure refined sugar, which disorders our body signals.

So next time when you're craving something sweet, remind yourself that your body is most likely to crave vitamins, not empty calories. You need to relearn that your sugar craving is not helping you, but that it's destroying you.

Another example is smoking. For a lot of people, this is an allowance to take a break, zone out, and take time for themselves.

If you listen to your inner signals, you will recognize that you are misinterpreting your real need. Maybe you're wanting a connection with people, and smoking is great because then you have a reason to talk to strangers.

The same thing happens with sexual desire. Often the sexual drive is not that big. When you take a closer look, you're just craving human connection.

You don't only need to learn to listen, but as well apply your deep inner wisdom to see what you need. And that will make it easier to replace unwholesome behavior with wholesome behavior. Replacing a bad habit with a healthy habit.

Use body signals to get to know your true nature

Listening to your inner teacher will help you to get closer to your true you, and love this true you. Listening to your body signals is a form of self-inquiry. Self-inquiry is the constant attention to the inner awareness of "I" or "I am" as a way of discovering the unreality of the "I"-thought.

The Sanskrit word is Vichāra, which means deliberation. It is a turning of attention and curiosity inwards towards yourself and the truth of your nature. It is a practice of redirecting attention away from outward objects, events, and experiences and towards the experiences within your body and being, including subtle experiences within awareness itself.

Eventually, this inward focus can lead to an experience of your ultimate true nature. And even beyond the experience itself to a dimension that is empty of any experience or sense of self.

About the Author: [Ilona de Ruijter](#)



Ilona is living for several months at the Mindfulness Project. She loves the deep connections she made, the magic of the Talking Circle, (cooking) the amazing vegan food and the morning yoga and meditation.

Thank God For Antibiotics



Thank God for antibiotics.

The word 'antibiotics' was first used over 30 years later by the Ukrainian-American inventor and microbiologist Selman Waksman, who in his lifetime discovered over 20 antibiotics.

Alexander Fleming was, it seems, a bit disorderly in his work and accidentally discovered penicillin.

These are life-saving medicines. Without these, I probably wouldn't have a left foot today. There is a time and place for taking antibiotics.

Many doctors overprescribe and when a person desperately needs them they don't work properly. There is a fine line here.

¹⁰Why your doctor's advice to take all your antibiotics may be wrong



By Helen Branswell Feb. 9, 2017
[Reprints](#)

¹⁰ <https://www.statnews.com/2017/02/09/antibiotics-resistance-superbugs/>



APSTOCK

You've heard it many times before from your doctor: If you're taking antibiotics, don't stop taking them until the pill vial is empty, even if you feel better.

The rationale behind this commandment has always been that stopping treatment too soon would fuel the development of antibiotic resistance — the ability of bugs to evade these drugs. Information campaigns aimed at getting the

public to take antibiotics properly have been driving home this message for decades.

But the warning, a growing number of experts say, is misguided and may be exacerbating antibiotic resistance.

The reasoning is simple: Exposure to antibiotics is what drives bacteria to develop resistance.

Taking drugs when you aren't sick anymore simply gives the hordes of bacteria in and on your body more incentive to evolve to evade the drugs, so the next time you have an infection, they may not work.

The traditional reasoning from doctors "never made any sense. It doesn't make any sense today," Dr. Louis Rice, chairman of the department of medicine at the Warren Alpert Medical School at Brown University, told STAT.

Some colleagues credit Rice with being the first person to declare the emperor was wearing no clothes, and he indeed challenged the dogma in [lectures](#) at major meetings of infectious diseases physicians and researchers in 2007 and 2008.

Several researchers now share his skepticism of health guidance that has been previously universally accepted.

The question of whether this advice is still appropriate will be raised at a World Health Organization meeting next month in Geneva. A report prepared for that meeting — the agency's expert committee on the selection and use of essential medicine — already notes that the recommendation isn't backed by science.

In many cases "an argument can be made for stopping a course of antibiotics immediately after a bacterial infection has been ruled out ... or when the signs and symptoms of a mild infection have disappeared," suggests the [report](#), which analyzed information campaigns designed to get the public on board with efforts to fight antibiotic resistance.

No one is doubting the lifesaving importance of antibiotics. They kill bacteria. But the more the bugs are exposed to the drugs, the more survival tricks the bacteria acquire. And the more resistant the bacteria become, the harder they are to treat.

The concern is that the growing number of bacteria that are resistant to multiple antibiotics will lead to more [incurable infections](#) that will threaten medicine's ability to conduct routine procedures like hip replacements or open heart surgery without endangering lives.

So how did this faulty paradigm become entrenched in medical practice? The answer lies back in the 1940s, the dawn of antibiotic use.



A Petri dish of penicillin showing its inhibitory effect on some bacteria but not on others. *KEYSTONE FEATURES/GETTY IMAGES*

At the time, resistance wasn't a concern. After the first antibiotic, penicillin, was discovered, more and more gushed out of the pharmaceutical product pipeline.

Doctors were focused only on figuring out how to use the drugs effectively to save lives. An ethos emerged: Treat patients until they get better, and then for a little bit longer to be on the safe side. Around the same time, research on how to cure tuberculosis suggested that under-dosing patients were dangerous — the infection would come back.

The idea that stopping antibiotic treatment too quickly after symptoms went away might fuel resistance took hold.

“The problem is once it gets baked into culture, it’s really hard to excise it,” said Dr. Brad Spellberg, who is also an advocate for changing this advice. Spellberg is an infectious diseases specialist and chief medical officer at the Los Angeles County-University of Southern California Medical Center in Los Angeles.

[Related:](#)

[A Nevada woman dies of a superbug resistant to every available antibiotic in the US](#)

We think of medicine as a science, guided by mountains of research. But doctors sometimes prescribe antibiotics more based on their experience and intuition than anything else.

There are treatment guidelines for different infections, but some provide scant advice on how long to continue treatment, Rice acknowledged. And the response to treatment will differ from patient to patient, depending on, among other things, how old they are, how strong their immune systems are, or how well they metabolize drugs.

There’s little incentive for pharmaceutical companies to conduct expensive studies aimed at finding the shortest duration of treatment for various conditions.

But in the years since Rice first raised his concerns, the National Institutes of Health has been funding such research and almost invariably the ensuing studies have found that many infections can be cured more quickly than had been thought. Treatments that were once two weeks have been cut to one, 10 days have been reduced to seven, and so on.

There have been occasional exceptions. Just before Christmas, scientists at the University of Pittsburgh [reported](#) that 10 days of treatment for otitis media — middle ear infections — was better than five days for children under 2 years of age. of 2 minutes, 25 seconds Volume 90%

The superbugs are growing in number and strength.*HYACINTH EMPINADO/STAT*

It was a surprise, said Spellberg, who noted that studies looking at the same condition in children 2 and older show the shorter treatment works.

More of this work is needed, Rice said. “I’m not here saying that every infection can be treated for two days or three days. I’m just saying: Let’s figure it out.”

In the meantime, doctors and public health agencies are in a quandary. How do you put the new thinking into practice? And how do you advise the public? Doctors know full well some portion of people unilaterally decide to stop taking their antibiotics because they feel better.

But that approach is not safe in all circumstances — for instance, tuberculosis or bone infections. And it’s not an approach many physicians feel comfortable endorsing.

“This is a very tricky question. It’s not easy to make a blanket statement about this, and there isn’t a simple answer,” Dr. Lauri Hicks, director of the Centers for Disease Control and Prevention’s office of antibiotic stewardship, told STAT in an email.

“There are certain diagnoses for which shortening the course of antibiotic therapy is not recommended and/or potentially dangerous. ... On the other hand, there are probably many situations for which antibiotic therapy is often prescribed for longer than necessary and the optimal duration is likely ‘until the patient gets better.’”

[Related:](#)

[Nearly one-third of antibiotics are prescribed unnecessarily](#)

CDC’S Get Smart campaign, on appropriate antibiotic use, urges people never to skip doses or stop the drugs because they’re feeling better. But Hicks noted the CDC [recently revised](#) it to add “unless your healthcare professional tells you to do so” to that advice.

And that's one way to deal with the situation, said Dr. James Johnson, a professor of infectious diseases medicine at the University of Minnesota and a specialist at the Minnesota VA Medical Center.

"Sometimes some of us give that instruction to patients. 'Here, I'm going to prescribe you a week. My guess is you won't need it for more than, say, three days. If you're all well in three days, stop then. If you're not completely well, take it a little longer. But as soon as you feel fine, stop.' And we can permit them to do that."

Spellberg is more comfortable with the idea of people checking back with their doctor before stopping their drugs — an approach that requires doctors to be willing to have that conversation. "You should call your doc and say 'Hey, can I stop?' ... If your doctor won't get on the phone with you for 20 seconds, you need to find another doctor."

An earlier version of this story incorrectly described otitis media.

About the Author [Reprints](#)



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Helen covers issues broadly related to infectious diseases, including outbreaks, preparedness, research, and vaccine development.

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You are your own master chemist



Did you know that Buddhists have been studying the art and science of happiness for thousands of years? They were probably one of the first to talk about that you are your own master chemist.

Buddha once said that when you get angry you are drinking your own poison. In the last 30 years, western scientists are on board with this. They know that over 1500 stress hormones get released into the body. Recently I finished the book *You are your own master chemist*.

From the YouTube video, I learned that my book was in alignment with the Buddhist. Buddha was probably the best psychologist ever known. Granted he did not call himself that. Yet they mapped out the states of mind that the western world is trying to catch up on. Just think it was only in the 1980s did western science study the science of happiness.

The east is thousands of years ahead of us when it comes to studying the mind. Lama Glen mentioned there are probably thousands of chemicals that exist that western science does not know about.

Only in a heightened state of awareness do these chemicals get produced by the brain. Remember your state of awareness determines your state of mind and body. If you are constantly stressed out one has no clue about the mind-body connection.



Carl Sagan - 'A Glorious Dawn' ft Stephen Hawking (Symphony of Science)

12M views · 12 years ago



My own musical tribute to two great men of science. Carl Sagan and his cosmologist companion Stephen Hawking present. A ...

CC

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concept of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are totally emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs existing inside of you that are dormant.

To receive them, you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

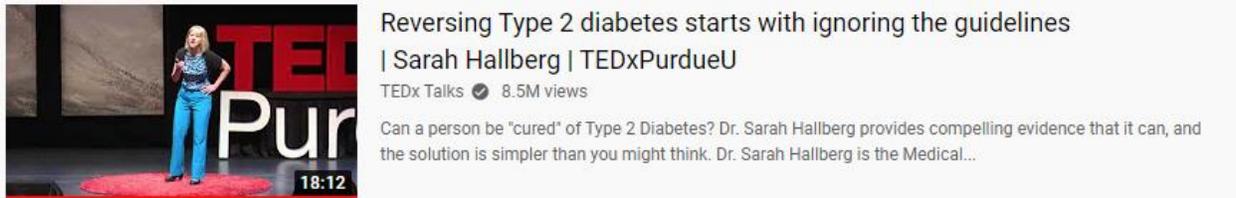
We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Reversing type 2 diabetes starts with ignoring the guidelines

¹¹‘Reversing type 2 diabetes starts with ignoring the guidelines’: education from Dr. Sarah Hallberg’s TEDx talk FREE



When I was preparing this talk for TEDx Purdue in 2015, I had no idea it would be viewed over 2.8 million times. I firmly believe the reaction to this talk is an expression of people being fed up.

Fed up with the status quo. Fed up with listening to the advice they were given only to get worse. Fed up with yet another prescription bringing another side effect and more costs. Fed up and looking for advice that is not only evidence-based,^{1–11} but also doable.

Fed up and searching for a way to escape the progressive cycle of type 2 diabetes. Here it is. A solution that goes back to the basics and remembers that we can and should use Food as Medicine.

I have the best job in the world. I’m a doctor... believe me that’s not why. I am an obesity doctor. I have the honor to work with a group of people subject to the last accepted prejudice...being fat.

These patients have suffered a lot by the time they come to see me - shame, guilt, blame, and outright discrimination. The attitude most people take, including those in healthcare, is that these people are to blame for their situation. If they could just control themselves they would not be overweight.

They are not motivated to change. Please let me tell you; that is not the case. The real blame, if we need to assign some, has been our advice and it’s time to change that.

¹¹ <https://bjsm.bmj.com/content/52/13/869>

Obesity is a disease, not something created by a lack of character. It is a hormonal disease. There are many hormones involved, and one of the main ones is a hormone called insulin.

The vast majority of obese individuals are resistant to insulin and that causes a lot of trouble. So, what does being insulin-resistant mean? Insulin resistance is essentially 'pre-pre-type 2 diabetes'.

Insulin's job is to drive glucose or blood sugar into cells where it can be used.

In a nutshell, when someone has insulin resistance, they are having trouble getting glucose where it needs to go, into the cells.

It can't all hang out in the blood after we eat or we would all have a diabetic crisis after every meal.

When there is insulin resistance, our bodies will just make more of it.

The insulin levels rise and rise and for a while, years usually, this will keep up and blood sugar will stay normal.

However, eventually, it can't keep up and even elevated insulin levels are not enough to keep blood sugar normal, and blood sugar rises...that is diabetes.

It is probably not surprising that most of my patients have type 2 diabetes or insulin resistance. If you think that is "pew", not you, you might want to think again.

Over 50% of adult Americans have diabetes or pre-diabetes.¹² This is almost 120 million Americans.¹³ However, that hardly includes everyone with insulin issues.

Most people have had insulin resistance (remember, that is elevated insulin levels) for years, decades even before they get the diagnosis of type 2 diabetes.

In addition, it has been shown that up to 25% of normal-weight adults have insulin resistance.¹⁴ In case you are keeping track, that is a heck of a lot of us.

So, the issue with elevated insulin is that it leads to diabetes, but also insulin may promote hunger.

It increases fat storage and is associated with inflammation. Inflammation itself contributes to a host of problems including heart disease and cancer.

So, what if we go back to the initial science of the problem with elevated insulin, and just did not have as much glucose around that needed to be dealt with?

Let's look at how that could be...

Everything you eat is either a carbohydrate, protein, or fat. They all affect glucose, and therefore insulin levels differently.

Fat does not cause a glucose or insulin response, and that winds up being pretty important.

Now, let's look at how that fact translates into a real-world situation.

Look at an American version of Chinese food. We all know that two rules come with meals like this.

Number one, you will overeat. The shut-off signal does not get sent until you are busting at the seams.

Number two, you will be starving 1 hour later. Why? The rice has caused glucose and then insulin to shoot up and then plummet.

This often triggers hunger, fat storage, and cravings.¹⁵

So, if you have insulin resistance or diabetes, and therefore your insulin is higher, you really can be just plain hungrier all the time AND you are more likely to store your intake as fat.

Now, here is how the guidelines currently handle diabetes and insulin resistance. The recommendation generally is to eat 40–65 g of carbohydrates per meal plus snacks.

Trust me, that is a lot of carbs, and remember what we just saw about what happens to glucose and insulin when we eat them?

Yes, essentially it is being recommended that they eat exactly what is causing their problems. Seem crazy? It is. At its root, diabetes is a state of carbohydrate toxicity.

We can't get the glucose into cells, and its build-up is dangerous in the short term but even worse in the long term. Insulin resistance is a state of carbohydrate intolerance.

Why oh why do we want to recommend to patients that they continue to eat them?

The American Diabetes Association (ADA) guidelines state that there is inconclusive evidence to recommend a specific carbohydrate limit.

However, the guidelines also go on to state what we know; carbohydrate intake is the biggest predictor of glucose levels and the need for medication. They also advise that if you are on certain meds you MUST eat carbs so you won't get low blood sugars.

Or, I would just recommend restricting the carbs to make all those meds and side effects unnecessary.

Seriously, so it is: eat carbs, take meds, then eat more carbs so the meds don't make your blood sugar low. HUH? Please, think about that vicious cycle for a moment.

is crazy. Even worse is that nowhere in the ADA guidelines is the goal of reversing type 2 diabetes.

This needs to be changed. Type 2 diabetes can be reversed in many or most if we start early enough. Not only do we need to let people know this, but we also have to start giving them practical advice so that they can DO this.

Consider carbs. First, here is a shocker... we don't need them.¹⁶ Seriously, our minimum daily requirement for carbs is zero.

We have essential amino acids (proteins) and essential fatty acids, but nope, no essential carbs. Now, of course, that does not mean we don't eat them, we just don't need them. A nutrient is essential if we can't produce it from something

else, and it is required by our body to function. We can produce glucose and plenty of it; we do this all the time, it is called gluconeogenesis.

So, we don't need them, the overconsumption of them is making us sick, yet it continues to be advised to eat close to half or more of our energy from them. Doesn't make sense. Let's talk about what does.

Cutting carbs, A LOT. Yes, at our clinic, we teach patients how to eat with carbs as the minority of their intake, not the majority.

So, how does that work? Well, when patients cut their carbohydrate intake, their glucose goes down and they don't need as much insulin, so insulin levels drop fast.

This is very significant as an article analyzing National Health and Nutrition Examination Survey (better known as NHANES) data showed that insulin resistance is the single most important risk factor for coronary artery disease (CAD), responsible for 42% of heart attacks.¹⁷

More disturbing for the influence of insulin resistance on vascular health is that these were data from 1998 to 2004. Quick secret—WE ARE WAY WORSE NOW!

Low-carb intervention works so fast that we have to cut meds right away in patients with diabetes. Patients can get off over 100 units of insulin in weeks.

One of my favorite stories is a very recent one. A young gal with almost a 20-year history of type 2 diabetes came to see us after a physician at another clinic told her she was just 'sick'.

She had evidence of coronary artery disease, and her diabetes was very uncontrolled despite multiple diabetic medications including 300 units of insulin being injected into her continuously throughout the day via a pump.

Let me tell you, even in the daily world of diabetes I work in, 300 units is a lot of insulin. Plus, remember, her diabetes was NOT controlled with all of these. She was overweight, but not obese.

We put her on a low-carb diet. Fast forward 4 months. Sick no longer. She lost weight, yes, but much more important is her blood sugar was normal all the time

...NO medications. No 300 units of insulin, no more pump, no more pricking her finger multiple times each day. Gone, all of it. No more diabetes.

Probably the best part of my job is to be able to tell a patient that they do not have diabetes any longer and ceremoniously take it off their problem list.

Just since I wrote this talk, we have had yet another person get off a pump and multiple more see their diabetes resolved and I don't just see patients with diabetes.

So, are they cured? Is it miraculous? We will leave that grandstanding to Dr. Oz. Cured would imply it can't come back; if they start eating excessive carbs again it will, so no, not cured.

However, they don't have diabetes any longer. Their blood sugars are normal so it is resolved, and can stay that way if we continue to keep away from the cause.

So, what does this look like? How can you possibly eat this way? First, let me tell you what it is not. It is not zero-carb eating. This is a big criticism of low-carb that is so frustrating. Low carb is not zero carbs.

Second, if we cut carbs what do we put in? There are only three macronutrient classes for food. So, if one goes down, one has to go up.

Well, my patients eat fat and a lot of it. What? What happens when you eat fat? Well, you are happy for one, because fat tastes great and is incredibly satisfying.

Most people don't even realize this because we have been so programmed to be fat-phobic. Also, remember, fat is the macronutrient that keeps our glucose down.

Here are the simple rules for eating:

If it says "light", "low fat" or "fat-free", it stays in the grocery store. If they took the fat out, they put carbs and chemicals in it.

EAT food—I mean real food. This is the single most important component of eating low carb. Real food does not come in boxes. You don't have to be told the food is natural; you should just know that by looking at it.

Don't eat anything you don't like.

Eat when you are hungry and don't eat when you are not.

No GPS—no grains, potatoes, or sugar.

The last one is a biggie—no grains? Correct, no grains. But wait, we need them! Uh, we don't, they are a carb. But what about wholegrains they are so good!

First, there are very few foods out there that are wholegrain even when they say they are.

Most of the foods that purport themselves to be wholegrain are processed and the fiber benefit is ruined or they come with a lot of highly processed flour in them.

Usually, it is both of these things. So, someone who is not already insulin-resistant can eat true wholegrain, but in the enormous slice of our population with insulin issues, they are making things worse.

Can you eat low carb if you are one of the lucky insulin-sensitive people? Yep.

I'm a good example. I believe in practicing what you preach. I have always been a lower carb. I just didn't realize it when I was younger.

Over 1 year ago, I decided I would go as low as I recommend to my patients with diabetes. I am not insulin-resistant. So, would this be bad?

No, that's the thing. It might not be necessary like it is for a lot of my patients, but unless you have an exceedingly rare syndrome, then cutting carbs will be good for you even if not necessary. I would never change my food. I love it!

People send me pictures all the time of their 'radical' food.

This is very significant. People who suffer from obesity would usually never take a picture of their food.

There is too much shame associated with that. However, when they start losing, feeling great about what they are putting in their body, and are making incredibly fantastic and delicious food, this is gone. That is huge.

So, what about the research on this? Is this just anecdotal evidence from our clinic? No, there are dozens of randomized controlled trials on low carbs looking

at cardiovascular risk factors, diabetes, and weight loss, and they are consistent.^{1–11 18–27} It works.

There is even a study from The New England Journal of Medicine comparing it with the Mediterranean diet, and it was better there as well.⁵ Multiple studies show that low carb decreases markers of inflammation, which is part of the reason it is being looked at for cancer.^{10 27–29}

Our retrospective research pilot comparing patients with diabetes from our low-carb, high-fat-based program to patients treated with ADA guidelines show not only a metabolic advantage but (and let's face it, this is big and important) a cost saving.

Our analysis showed an annual cost saving of over \$2000 each year per patient just in the diabetic meds they are no longer taking. Just think how fast this adds up given the epidemic of diabetes.

Results JUST for insulin over 6 months show a decrease of 493 units in the low carb group compared to an increase of 349 units in the standard of care group.

We can start to see where the cost savings are coming from. Insulin is really expensive, and remember, this is just insulin.

Many patients with diabetes are not even on insulin, but the numbers are striking, and represent two ways of approaching this disease: the first, has the goal of resolving it; the second, very clearly aligns with the ADA guideline statement that diabetes is a progressive disease that over time needs more meds.

Again, I point out, that it is progressive unless we take away the cause.

This intervention is the direction employee health needs to go. Diabetes' costs to employers are staggering. Not only are healthy patients more productive patients, but we can save a huge amount on their healthcare expenses as well.

So, what is the problem? Why is a low-carb diet not widespread? It is almost like it is a secret.

A very common scenario in my office is that patients will come in crying. "Why didn't anyone tell me this years ago? Think of what this could have saved me."

Well, there are two big reasons it is not in widespread use. The first is the status quo. It is hard to break. There are many egos involved.

We adopted the idea that low fat is the way to go decades ago, but a recent paper just published showed there was no evidence supporting the recommendation to cut fat from our diet.³⁰ Cutting the fat is what added the extra carbs into diets everywhere.

It was essentially a big experiment on hundreds of millions of people and it failed miserably, but let's face it, it sounds good. If you don't want to be fat, you don't want to eat fat.

I would argue that a lot of the issue is just in the name. Let's try calling dietary fat rainbows and butterflies instead, and then maybe we can keep from automatically associating it with the problems of being fat. Dietary fat and the fat we carry on us are fundamentally different.

However, this association has stuck and has influenced guidelines for years. The second reason we are not seeing low carbs everywhere is money. Don't be fooled, there is a lot of profit to be made by keeping you sick.

Many of the specialty guideline panels are fraught with conflict of interest. The British Medical Journal has covered the conflict of interest recently.³¹

The solution to our diabetes epidemic is very evident in my clinic. For a problem with its root cause being carbohydrates, cut the carbohydrates. And remember what we used to know:

Let food be thy medicine and medicine be thy food.—Hippocrates.

Metabolic syndrome

Metabolic syndrome

Also called: syndrome X

OVERVIEW

SYMPTOMS

TREATMENTS

SP

A cluster of conditions that increase the risk of heart disease, stroke, and diabetes.

Metabolic syndrome includes high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels. The syndrome increases a person's risk for heart attack and stroke. Aside from a large waist circumference, most of the disorders associated with metabolic syndrome have no symptoms.

Weight loss, exercise, a healthy diet, and smoking cessation can help. Medications may also be prescribed.

Very common

More than 3 million US cases per year

-  Treatment can help, but this condition can't be cured
-  Requires a medical diagnosis
-  Lab tests or imaging always required
-  Chronic: can last for years or be lifelong

Mark Hyman

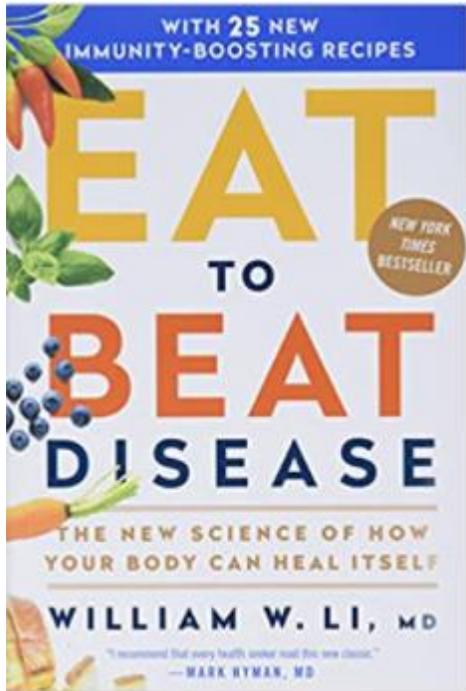
**Food isn't like
medicine, it is
medicine, and it's our
number one tool for
creating the vibrant
health we deserve.**

A stylized, handwritten signature in black ink, consisting of several vertical strokes and a long horizontal line extending to the right.

MARK HYMAN, M.D

Science can be biased

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian.



As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. India has been vegetarian for over 5,000 years. My doctor died within the year.

I always believed that food is medicine. I had that innate feeling inside of me. Fifty years ago we didn't have the technology to see food as medicine.

I would highly recommend the book Eat to defeat disease by William W Li. Today we have the same capability to find out the exact chemical components for any drug.

We can do this for food. Don't know about you this confirms my notion as food is medicine. I always know this. Dr. Li also broke it down into five defense systems.

This is from his book ¹²

Five defense systems form key pillars to your health. Each of the systems is influenced by diet. When you know what to eat to support each health defense, you know how to use your diet to maintain health and beat the disease.

When I teach other doctors and students about diet and health, I use the analogy that the body is like a medieval fortress, protected not only by its stone walls but by a host of other clever built-in defenses. Indeed, in castles, some of these defenses, such as the talus, the trou de loup, and murder hole, did not even appear until the enemy tried to invade. Think of your health defense systems as the hidden defenses of the body fortress. These defenses heal the body from

¹² Eat to defeat disease by William W Li

within, so it is now possible to systematically examine how to shore up your health.

The five defense systems are angiogenesis, regeneration, microbiome, DNA protection, and immunity. Angiogenesis Sixty thousand miles of blood vessels course throughout our bodies and bring oxygen and nutrients to all of our cells and organs.

Angiogenesis is the process by which these blood vessels are formed. Foods like soy, green tea, coffee, tomatoes, red wine, beer, and even hard cheese can influence the angiogenesis defense system.

Regeneration Powered by more than 750,000 stem cells distributed throughout our bone marrow, lungs, liver, and almost all of our organs, our body regenerates itself every day.

These stem cells maintain, repair, and regenerate our bodies throughout our lives. Some foods like dark chocolate, black tea, and beer can mobilize them and help us regenerate.

Other foods, like purple potatoes, can kill deadly stem cells that spark cancer growth. Microbiome Almost 40 trillion bacteria inhabit our bodies, most of which act to defend our health.

Not only do these bacteria produce health-supporting metabolites from the foods that we swallow and deliver to our gut, but they also control our immune system, influence angiogenesis, and even help produce hormones that influence our brain and social function.

We can boost our microbiome by eating foods like kimchi, sauerkraut, cheddar cheese, and sourdough bread. DNA Protection Our DNA is our genetic blueprint, but it is also designed to be a defense system.

It has surprising repair mechanisms that protect us against damage caused by solar radiation, household chemicals, stress, compromised sleep, and poor diet, among other insults.

Not only can certain foods prompt DNA to fix itself, but some foods turn on helpful genes and turn off harmful ones, while other foods lengthen our telomeres, which protect DNA and slow aging. Immunity Our immune system

defends our health in sophisticated ways that are much more complicated than we previously thought.

It is influenced by our gut, and it can be manipulated to successfully attack and wipe out cancer, even in the elderly. Recent discoveries have completely changed our understanding of the immune system.

Foods like blackberries, walnuts, and pomegranate can activate the immune system, while other foods can dampen its activities and help reduce the symptoms of autoimmune diseases.

Dr. William Li's 2010 TED Talk - YouTube



Dr. William Li, President of the Angiogenesis Foundation, presents a new way to think about treating cancer and other..

YouTube · Angiogenesis Foundation · May 20, 2010



The TOP FOODS You Absolutely SHOULD NOT EAT! (Avoid These Foods) | Dr. William Li

Dr Rangan Chatterjee · 666K views

ATHLETIC GREENS are sponsoring today's show. To get 1 year's FREE VITAMIN D and 5 FREE TRAVEL PACK: visit <https://bit.ly/3lbaRC0> #feelbetterlivemore — Connect with Dr Li: Website <https://drw...>



What if I told you in about 100 years we would have this incredible device? Imagine putting on a ring before you get up from bed in the morning. As soon as you put the ring on you merge with the quantum field. You are no longer a body.

You are beyond time and space. You have entered a field of intelligence that is beyond time and space. The Buddhist may call this the Buddha mind. Christians may call it the kingdom of heaven. Scientists may call it the quantum field.

Imagine this device has the intelligence to scan your body and sense if any negative energy or darkness appears in your auric field. Scientists discovered way back in the 1990s that darkness first appears in your auric field and then slowly through time it appears in your physical body.

During the early 2000's western medicine still used drugs that had tremendous side effects to try to heal most diseases. Mind you these drugs had tremendous side effects. By the way, most drug manufacturers were interested in making huge profits and your health was secondary.

This device knew what custom chemicals and hormones the human brain and heart knew how to produce. Imagine the universe drug store exists inside of you and this device was intelligent enough to know precisely what energy frequencies, chemicals, and hormones were needed to bring the mind, body, and soul into alignment.

This experience only lasted for around a minute yet it seemed timeless which it was. Upon getting out of bed you were in perfect harmony throughout the day. In the past, your subconscious mind controlled 95% of your actions.

It still does. Yet mankind learned how to reprogram the subconscious with the quantum field. All past negative experiences were transformed.

The survival mechanism of fight and flight was once again stabilized. Remember in the early 2000's mankind facet of adrenalin was turned on and mankind didn't know how to turn it off.

Consequently, the disease was rampant throughout the land. Most mental diseases and physical diseases were eradicated a long time ago. You see mankind discovered how to be in balance with the quantum field.

War was a thing of the past. Politics changed so much that we couldn't even recognize it today. Nobody could run for office without being in a state of love, kindness, and compassion.

Because people living in the quantum state someone who tried to run for office you could smell and sense the darkness. People could see integrity and see the harsh ego of those who only want to serve themselves. You see mankind in such a short time learned how to evolve emotionally to such a high level.

My timing may be off yet this will come true. Mystics have talked about this for thousands of years. Today modern-day scientists and mystics are merging their various technologies.

The ring has existed inside of you for thousands of years. Great teachers like Mohammed, Christ, and Buddha knew how to discover the jewel that exists inside every one of us.

Today we are inching toward a new evolution revolution of love. Just think 30 years ago a brain scan device cost around 20,000 dollars. Today Muse 2 costs around \$250.00. The cost over time will come down. Each device will get smaller and more sophisticated.

Dr. Joe Dispenza in his week-long retreats is photographing the auric field and the photos display in various colors the state of the energy centers or chakras. During the seven-day retreat, people learn how to transform themselves.

Many incredible diseases have been cured by his students. The students learn the power to heal lies inside of themselves. Each human being can access their natural drug store to heal almost any alignment.

What's amazing is after the retreat they once again photograph the energy centers and the darkness and unbalance have disappeared. This has happened

thousands of times. Dr. Joe Dispensa has a huge database that scientist and universities are using around the world.

Another incredible institute is the HeartMath institute. They have been at the forefront of discovering heart coherence.

This is from their website.

Adding heart translates into increased care and genuine connection with others and harmonizes the resistance between our mind and heart.

Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions. Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of these transitional times.

HMI has developed reliable, scientifically validated tools since 1991 helping people reduce and avoid stress while experiencing increased peace, satisfaction, and enjoyment.

Research at the HeartMath Institute shows that adding heart to our daily activities and connections produces measurable benefits to our own and others' well-being.

We are at the dawn of recognizing Love as the new transformational intelligence.

Dr. Bruce Lipton (aka, the Father of Epigenetics) states that " Epigenetics doesn't change the genetic code, it changes how that's read. Perfectly normal genes can result in cancer or death.

Vice-versa, in the right environment, mutant genes won't be expressed. Genes are equivalent to blueprints; epigenetics is the contractor.

All these work in harmony with each other. They are at the cutting edge of technology. Mind you this ring doesn't exist today but there are many technologies if merged will be the ring in the future.

Fortunately for you, the human body is wired up for this experience. You have the hardware and software already existing inside of you. It's up to you to use it appropriately.

If you want the world to change you must change yourself. You can learn how to reprogram your mind and body. You can learn how to live in the quantum field. After all, this is where you came from and ultimately this is where you are going to return to when you die.

Gulping down the food



This journey is all about fine-tuning the guitar of life. It's like we have an infinite amount of onions layer. We have to peel away each layer.

After losing my left pink toe I have gone and thought about many different things. I came to the realization that I wasn't present eating my meals.

It was so easy to turn on the TV and watch the news or some other program. I never was consciously aware of eating my food. This may not seem like much yet I spent probably around 35 years eating precious meals unconsciously.

<https://www.nm.org/healthbeat/healthy-tips/nutrition/quick-dose-is-eating-too-fast-unhealthy>

Quick Dose: Is Eating Too Fast Unhealthy?

Leisurely eating is better for your health, especially when it comes to digestion, weight, and nutrition.

When you eat too fast, you swallow more air, which can cause bloating and gas. Slowing down to properly chew your food helps to break down larger particles of food into smaller ones, aiding digestion.

And while there's no magic number to how many times you should chew your food before swallowing, properly chewing can help you avoid overeating. It takes about 20 minutes for your stomach to send a signal to your brain that it's full. Eating too quickly makes it difficult to catch these signals.

Studies show that eating slower helps you to make healthier choices. Slowing down to prepare your meal, instead of grabbing something on the run can help you consume fewer choices – enough to lose a significant amount of weight each year.

Put this into practice by being mindful about your mealtime. Avoid talking on the phone, turn off the television, and discourage laptops and other devices during meals. Being aware of your surroundings can improve the pleasure of eating in

smaller portions and can reduce symptoms such as reflux or an uncomfortable fullness

My dear friend Jim Cokas shared this on Facebook recently. It captures the essence of Zen being present in every moment.

[Jim Cokas](#)

[1Sendoc7h0680731gm2084a](#) ·

This beautiful and touching poem is by the acclaimed poet Li-Young Lee. In it he brings the reader an image of total engagement and immersion into the experience of eating a fresh peach from a roadside stand. This poem is full of energy and sensual pleasure, asking us to be in the moment with our experiences, and the joys that can come from that.

Esmerelda Kay

Dear Friends - I would like to share something. I was off FB for 10 weeks in a Buddhist retreat on Mahamudra starting in JAN. 2022 and made some strong boundaries so that I could do 3 -1.5 hr sessions during the week (before and after work) and 4 sessions a day on the weekends.

This removed a lot of daily distractions from my life. I had already turned off & let go of all TV at the end of 2020- now I removed -all "social media", FB, listening to any news of any kind, on any radio station, any newspaper online, calling or texting out people on the phone (except during working hours 9:00-4:30.(I answer texts only for 2 hrs. on Thursdays and Friday afternoons) I even stopped listening to music while I worked or in the car.

It was fantastic! I got to a level of calm, clarity, and concentration that I just don't find possible normally. with all the external distractions.

Many people I talk to now are very upset and depressed.

They have right now wonderful lives, beautiful houses (many that they own) great abundant food, health, friends, and family.

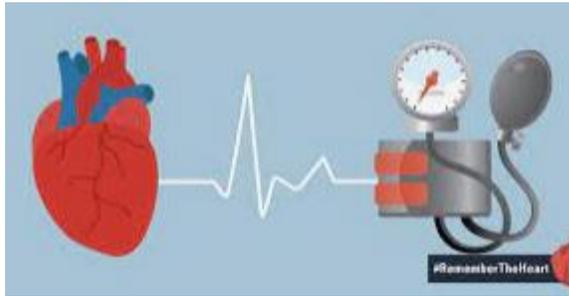
But they cannot enjoy their good fortune because the corporate news cycle is so strong, it sucks one in like a gigantic tornado with the corporate news narrative of the hour and people feel they are being responsible citizens by listening to it- although all it does is increase their stress, anxiety, and destroys their concentration and Peace of Mind.

In some of our current times increases their wonderful Compassion! We are so much better equipped to be of help to others in our present lives right here if we are calm, and concentrate with a Mind of Compassion. Even just listening is a great gift for a suffering person.

There is always war. There is always disease. We live in SAMSAARA, the Realm of Suffering, and it is constant. Aging, sickness, and Death are constant.

Consider taking one thing that upsets your Mind- and removing it completely. Just one. See if doesn't improve your mental attitude by simplifying what you pay attention to. It really helped me. Let me know if it helps you. I Love you xoxo

First meeting with internal medicine crew



Yesterday was my first meeting with the internal medicine crew. While I was in the hospital each morning a young Indian would come and make his rounds. He was still in training yet my wife and I liked his demeanor.

We decided to use him as my primary doctor. They were quite impressed by the dedication that I have done. I showed them my blood sugar level readings and my blood pressure readings.

They were quite remarkable. Just last week my blood pressure readings were over 160 and now they are around 120 / 80. My glucose levels went from 411 to around 120.

We decided to cut my blood pressure medicine in half. The overall goal is to eliminate both of these medicines.

Easter Sunday Surprise



Well, Easter Sunday started with a bang. I woke up at five in the morning. I walked without crutches to my bedroom door. Suddenly out of nowhere, my head started spinning and the next thing I know I fell to the floor. My wife called 911. The police and the ambulance came to check me out.

I was driven to the hospital in an ambulance. At the hospital, they checked all my vital signs. One medical doctor looked at my tongue and said you are dehydrated. I was given an IV to restore me to normal levels.

Two hours later I was discharged from the hospital. That night my wife Barbara read the original discharge papers and somewhere hidden was that one was to

drink 92 oz of water per day. I drink a lot of water daily yet I wasn't even close to this amount of water.

Sherlock Holmes



Sometimes we have to be our own detective. This is an interesting detective story at least for me. When I fainted on Easter Sunday I slowly made it to my bed. My wife called 911.

Somehow I got the intuition to take my blood pressure. It was extremely low. After coming back from the hospital I couldn't even get up and walk on my crutches. My wife had to take me in an office chair to and fro. My dizziness wasn't going away.

This lasted for a week. Using my detective skills I saw a pattern in my blood pressure. At night time it got extremely low. I didn't want to take this medicine in the first place.

It had over 500,000 complaints to the FDA. In the course of a few years, it had to be recalled around five times because they found cancerous elements in their medicine.

Yet they call this one of the best blood pressure medicines. To make a long story short, I called my doctor and told them what I discovered. She promptly told me to stop taking the medicine. I haven't had any problems since then.

My back is still trying to heal from the fall that I had. I had to go through all this useless pain because of the medicine I was prescribed. Sometimes we have to be our own doctors.

Without me taking my blood pressure readings, we might have not discovered this. I was constantly dizzy because of the medicine they prescribed

Prices all over the board



Excuse my French. Our system is f***** up. Currently, I have four more days to use my continuous glucose monitor sensor. It will expire and no longer work. I found out that I'm not eligible to have a prescription for this device because I'm not taking insulin.

Even though I lost my left pinky toe and need to monitor my glucose levels whenever I want. The manufacturers of these devices charge a huge ransom. I would pay around \$500.00 a month to use their devices. Note if you are on insulin one would pay 35.00 a month.

The following is a story from my daughter that elegantly describes how crazy our system is.

I keep looking at the order total, in awe: \$44

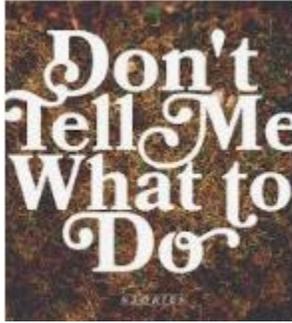
44 dollars for Samira's Dexcom supplies for the next 3 months. As a new teacher hire, I have State insurance and my children have just switched over to mine.

Under GE's insurance, we've been paying \$1,900 for this order. Yes, that's right. So for the year, we've been paying over \$6,000 before our insurance would begin to cover costs.

That's the \$18,000 we paid these past 3 years. For a device that saves her from ER visits for sure and is used 24/7. What could we have done with/invested/saved with that money? On my State plan, 3 years of supplies will cost us \$528.

It just boggles the mind how we don't offer affordable health care to all.

Don't tell me what to do.



Yesterday I was talking to my dear friend Nick who I have known since 7th grade. We were talking about how crazy this world is. Common sense is uncommon.

Most human beings don't want anyone to tell them what to do. Don't tell me what to do. At times even if you are about to walk off a cliff, they will say the same thing.

Humanity is on a verge of self-extinction. Nobody is doing this except we are. Many scientists say that we have only around 100 years to solve this problem. We breathe in Roundup in every breath.

In each glass of water, we drink it is there. Consequently, the male population is becoming more infertile each decade. It is reaching a dangerous point where no males will be able to reproduce.

This is just skimming the surface. We are like ostriches putting our heads in the sand.

If I could change the medical system



If I could change the medical system I would do the following. This may seem like George Orwell's book 1984 yet it could save millions of people's lives each year. I would monitor their people's blood pressure and glucose levels each day.

Many people have high blood pressure and glucose levels without knowing it. I was one of those. Fortunately, I only lost my left pinky toe without losing my entire left foot.

By doing this we could save millions of people's lives. I know it sounds quite simple. We need as a nation need to be in a preventative mode of health. Our current system is completely failing us. What do you think?

Our Western diet is killing us yet we don't want to change even when chronic disease knocks on our door. This is called supreme addiction.

Click on the picture to read the article.



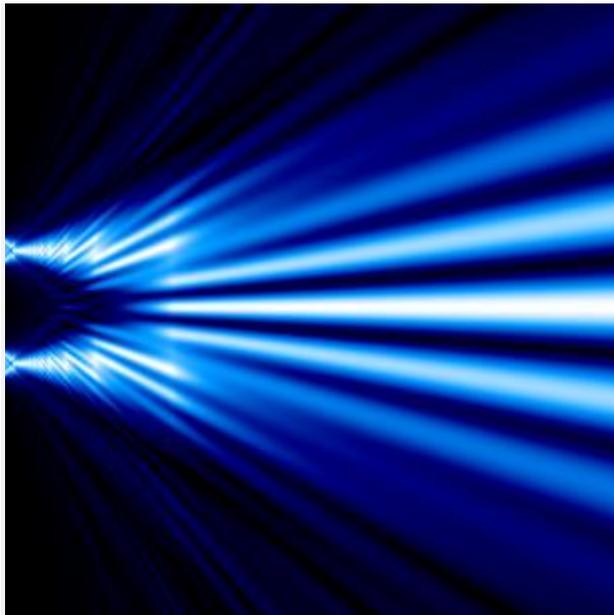
The Logic-Defying Double-Slit Experiment Is Even Weirder Than You Thought

By simply observing the process of the experiment, everything changes.



BY AVERY THOMPSON

MAY 24, 2021



INSTITUTE OF PHYSICS

¹³Ever hear of the double-slit experiment? It's one of the most bizarre experiments in modern physics, and cuts to the heart of the weirdness of quantum mechanics.

Basically, waves that pass through two narrow, parallel slits will form an interference pattern on a screen. This is true for all waves, whether they're light waves, water waves, or sound waves.

¹³ <https://www.popularmechanics.com/science/a22280/double-slit-experiment-even-weirder/>

But light isn't just a wave—it's also a particle called a photon. So what happens if you shoot a single photon at the double slits? Turns out, that even though there's only one photon, it still forms an interference pattern. It's as if the photon travels through both slits simultaneously.

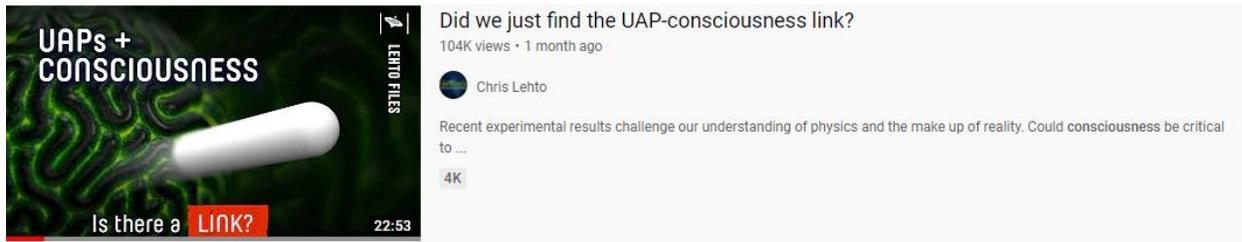
It gets weirder: As an episode of PBS's *Space Time* shows, just by observing the double-slit experiment, the behavior of the photons changes.

This content is imported from YouTube. You may be able to find the same content in another format, or you may be able to find more information, on their website.

The idea behind the double-slit experiment is that even if the photons are sent through the slits one at a time, there's still a wave present to produce the interference pattern.

The wave is a wave of probability because the experiment is set up so the scientists don't know which of the two slits any individual photon will pass

The double split experiment



My dear friend Amar sent me this link to this YouTube video a few days ago. I highly recommend for you watch this. It could transform your life. It's a simple scientific experiment that goes back to the early 1800s, but it is so relevant today.

The wise man says that one should have their feet on the ground and their head in heaven. One should be in this world and yet at the same time be in the state of heaven.

Many of us mourn deeply when one of our loved ones passes and transforms from this world. We grieve tremendously. Yet they have simply moved into another room in the mansion of life.

This simple experiment proves that we are all interconnected and entangled with the universe. This means that we can be in touch with our loved ones wherever they may go.

Love is a communication tool. You're awareness and consciousness can be tuned just like tuning in to a specific radio station. You just simply adjust the dial to the station that you want to hear.

Mind you, communication is not through words but through love itself. When you connect to your loved ones, they have a unique signature just like when they are on earth. You will know and experience this unique signature and at the same time, it will seem so familiar to you. Each soul has a unique and divine signature. We can be aware and conscious of our loved ones.

Take this one step further. All the great spiritual masters are still here. Signposts are all around us. These great masters taught us that the kingdom of heaven lies within.

We are entangled with heaven yet we aren't aware of it. This simple experiment proves that we can be connected to the heavenly realms while we are alive. This may be super simple which it is. Most people probably think that it's too simple.

et the universe's secrets are all around us yet we don't have the eyes to see them. Only a child at heart can see the heavenly realms. This has been said over and over by the great spiritual teachers who walked upon this precious Earth.

These are exciting times that we are in. My dear friend Amar said this to me a few days ago. We are seeing the fusion of science and the great wisdom of the past.

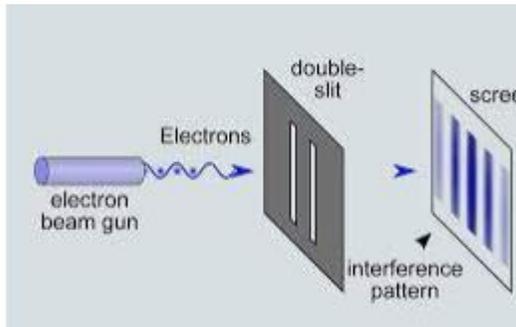
We are on the verge of a great transformation in this world. We simply need to wake up from our slumber. We have such incredible potential within us. We can stop all these insane wars in this world.

All we have to do is realize that we are all interconnected with each other. This experiment proves it.

I hope that you read this message and you watch the video. Hopefully, over time it might sink in. You are never alone.

We only see less than 1% of the light spectrum yet we think we see it all. We have five external senses to perceive this world. We have five internal senses to perceive the inner universe within.

05-05-2022 Double split experiment 2



Happy Birthday, Amar !!!!

After I wrote my commentary on the double split experiment I was very excited. I began to think quite deeply. It made so much sense. Signposts are all around us yet we don't have the eyes to see them.

That same day Amar sent me a PDF that contained a document he wrote on the Jains theory of cosmology of the universe. He used wisdom from 5,000 years ago and current scientific knowledge.

Two years ago I wrote a book about the Jains and their incredible culture. As you might know, I love to study the great mysteries in life. I love to meditate. I posted my material on Facebook daily for around 3 months

Amar saw my post and we soon became good friends. He was interested that a Westerner would write a book about the Jains.

Amar has quite a scientific background. He has a master's in electrical engineering. He has spent over 25 plus years in the aerospace industry. He has studied modern science and Jain Dharma since childhood.

He values both as important to knowledge. Amar and I are on the same wavelength. We seek that which seems to be hidden. Signposts are all around yet we don't have the eyes to see them.

Amar's lecture was a marriage between ancient wisdom and modern-day scientific knowledge. Amar told me the following over the phone a few days ago. This is probably the greatest time to be alive.

He works for the same company that developed the James Webb space telescope. It was launched in December last year. In May, the system will go officially online.

This telescope is the most powerful telescope ever built. Probably thousands of scientific experiments will take place. Our understanding of the universe will be enhanced tremendously over the years.

This brings me back to both. Amar and I take the light infusing the ancient wisdom of the past and current technologies. We are all evolving. The Jains have so much to contribute to the world at large.

Unfortunately, the western world hasn't realized the contributions they have given over the past 5, 000,000 years. The world would be much more peaceful and in harmony, if we incorporated their ideas into present-day society.

The double split experiment seems so simple, yet it is probably one of the most important scientific discoveries. We are on a verge of using these principles to unlock the great mysteries in life.

Soon we will discover that the Jains version of the universe and the western scientific world of the universe are both talking about the same thing.

Mind you 5,000 years ago we didn't have the scientific hardware and software to develop these incredible theories.

The Jains understood that consciousness exists everywhere. It exists beyond time and space. It exists beyond our known universe. It exists in the scene and unseen worlds. Consciousness is the fabric of life.

05-07-2022 Fire rant



I must say that this post is a fire rant. I've been taking antibiotics for around 2 months now. I had a month of oral antibiotics before the surgery. After the surgery, I had weekly IV antibiotics that were extremely powerful. They could kill almost anything. This lasted for an entire month.

Today I'm finishing a 10-day supply of oral antibiotics. My body and my mind don't like antibiotics at all.

My body and mind react to this drug. As you know, I'm not an angry person yet these drugs bring out the inner wave of anger. My body was expressing anger. How long do we have to do this?

You would think during this age that scientists could develop a drug that only kills the negative virus or bacteria. Instead, it kills the good, bad, and ugly. Nothing is left.

Common sense is uncommon. There are plenty of cases where doctors prescribe this medicine unnecessarily. Mine wasn't the case. Starting tomorrow I can start building a new system.

Drink plenty of water



7 Science-Based Health Benefits of Drinking Enough Water

¹⁴The human body comprises around 60% water.

It's commonly recommended that you drink eight 8-ounce (237-mL) glasses of water per day (the 8×8 rule).

Although there's little science behind this specific rule, staying hydrated is important.

Here are 7 evidence-based health benefits of drinking plenty of water.

¹⁴ <https://www.healthline.com/nutrition/7-health-benefits-of-water#The-bottom-line>



1. Helps maximize physical performance

If you don't stay hydrated, your physical performance can suffer.

This is particularly important during intense exercise or high heat.

Dehydration can have [a noticeable effect](#) if you lose as little as 2% of your body's water content. However, it isn't uncommon for athletes to lose as much as 6–10% of their water weight via sweat ([1Trusted Source](#), [2Trusted Source](#)).

This can lead to altered body temperature control, reduced motivation, and increased fatigue. It can also make exercise feel much more difficult, both physically and mentally ([3](#)).

Optimal hydration has been shown to prevent this from happening, and it may even reduce the [oxidative stress](#) that occurs during high-intensity exercise. This isn't surprising when you consider that muscle is about 80% water ([4Trusted Source](#), [5Trusted Source](#)).

If you exercise intensely and tend to sweat, staying hydrated can help you perform at your absolute best.

SUMMARY

Losing as little as 2% of your body's water content can significantly impair your physical performance.

2. Significantly affects energy levels and brain function

Your brain is strongly influenced by your hydration status.

Studies show that even mild dehydration, such as the loss of 1–3% of body weight, can impair many aspects of brain function.

In a study on young women, researchers found that fluid loss of 1.4% after exercise impaired both mood and concentration. It also increased the frequency of headaches ([6Trusted Source](#)).

Many members of this same research team conducted a similar study on young men. They found that fluid loss of 1.6% was detrimental to working memory and increased feelings of anxiety and fatigue (7).

A fluid loss of 1–3% equals about 1.5–4.5 pounds (0.5–2 kg) of body weight loss for a person weighing 150 pounds (68 kg). This can easily occur through normal daily activities, let alone during exercise or high heat.

Many other studies, with subjects ranging from [children](#) to [older adults](#), have shown that mild dehydration can impair mood, memory, and brain performance (8, 9 [Trusted Source](#), 10, 11 [Trusted Source](#), 12, 13).

SUMMARY

Mild dehydration (fluid loss of 1–3%) can impair energy levels, impair mood, and lead to major reductions in memory and brain performance.

3. May help prevent and treat headaches

Dehydration can trigger [headaches](#) and migraine in some individuals (14 [Trusted Source](#), 15 [Trusted Source](#)).

Research has shown that a headache is one of the most common symptoms of dehydration.

What's more, some studies have shown that drinking water can help relieve headaches in those who experience frequent headaches.

A study of 102 men found that drinking an additional 50.7 ounces (1.5 liters) of water per day resulted in significant improvements on the Migraine-Specific Quality of Life scale, a scoring system for [migraine symptoms](#) (16).

Plus, 47% of the men who drank more water reported headache improvement, while only 25% of the men in the control group reported this effect ([16](#)).

However, not all studies agree, and researchers have concluded that because of the lack of high-quality studies, more research is needed to confirm how increasing hydration may help improve headache symptoms and decrease headache frequency ([17Trusted Source](#)).

SUMMARY

Drinking water may help reduce headaches and headache symptoms. However, more high-quality research is needed to confirm this potential benefit.

4. May help relieve constipation

[Constipation](#) is a common problem that's characterized by infrequent bowel movements and difficulty passing stool.

Increasing fluid intake is often recommended as a part of the treatment protocol, and there's some evidence to back this up.

Low water consumption appears to be a risk factor for constipation in both younger and older individuals ([18Trusted Source](#), [19Trusted Source](#)).

Increasing hydration may help decrease constipation.

[Mineral water](#) may be a particularly beneficial beverage for those with constipation.

Studies have shown that mineral water that's rich in magnesium and sodium improves bowel movement frequency and consistency in people with constipation ([20Trusted Source](#), [21](#)).

SUMMARY

Drinking plenty of water may help prevent and relieve constipation, especially in people who generally don't drink enough water.

5. May help treat kidney stones

Urinary stones are painful clumps of mineral crystals that form in the urinary system.

The most common form is [kidney stones](#), which form in the kidneys.

There's limited evidence that water intake can help prevent recurrence in people who have previously gotten kidney stones ([22](#), [23](#)).

Higher fluid intake increases the volume of urine passing through the kidneys. This dilutes the concentration of minerals, so they're less likely to crystallize and form clumps.

Water may also help prevent the initial formation of stones, but studies are required to confirm this.

SUMMARY

Increased water intake appears to decrease the risk of kidney stone formation.

6. Helps prevent hangovers

A hangover refers to the unpleasant symptoms experienced after drinking [alcohol](#).

Alcohol is a diuretic, so it makes you lose more water than you take in. This can lead to dehydration ([24](#), [25](#)[Trusted Source](#), [26](#)[Trusted Source](#)).

Although dehydration isn't the main cause of hangovers, it can cause symptoms like thirst, fatigue, headache, and dry mouth.

Good ways [to reduce hangovers](#) are to drink a glass of water between drinks and have at least one big glass of water before going to bed.

SUMMARY

Hangovers are partly caused by dehydration, and drinking water can help reduce some of the main symptoms of hangovers.

7. Can aid weight loss

Drinking plenty of water can help you [lose weight](#).

This is because water can increase satiety and boost your metabolic rate.

Some evidence suggests that increasing water intake can promote weight loss by slightly increasing your metabolism, which can increase the number of calories you burn daily.

A 2013 study on 50 young women with overweight demonstrated that drinking an additional 16.9 ounces (500 mL) of water 3 times per day before meals for 8 weeks led to significant reductions in body weight and body fat compared with their pre-study measurements ([27](#)[Trusted Source](#)).

The timing is important too. Drinking water half an hour before meals are the most effective. It can make you feel more full so that you [eat fewer calories](#) ([28](#)[Trusted Source](#), [29](#)[Trusted Source](#)).

In one study, dieters who drank 16.9 ounces (0.5 liters) of water before meals lost 44% more weight over 12 weeks than dieters who didn't drink water before meals ([30Trusted Source](#)).

The bottom line

Even mild dehydration can affect you mentally and physically.

Make sure that you [get enough water each day](#), whether your personal goal is 64 ounces (1.9 liters) or a different amount. It's one of the best things you can do for your overall health.

Grocery Store



It seems so easy to buy groceries at a grocery store. Our state of health depends upon our wise decisions. All is not simple in this world.

The cards are stacked against us. It's a miracle that we are still alive. Granted as a nation we are probably one of the sickest ones in the world. Even though we spend more on healthcare by far than any country in the world.

Our health is going down the tubes. Read the following article by Jennifer Chesak. It shows how the American public has been swayed for years by big businesses who only care about their profits, not for the health of America,

¹⁵[Why have dietary guidelines been so wrong, and how do they still need to change?](#)

Official dietary guidelines play a significant role in setting policy and habits. Here's why they once demonized fat in favor of carbs and why they still recommend added sugar.



[Jennifer Chesak](#)

Author

Dietary guidelines attempt a seemingly impossible task. They set a generalized recommendation for something so personal: nutrition. When it comes to food, we have a range of tastes, accessibility, affordability, cultural traditions, ethical considerations, and even allergies or intolerances.

Plus, we have different macro- and micronutrient needs based on our health and metabolism. Yet, guidelines provide a necessary public consensus on what makes up a relatively healthful diet. But how do dietary guidelines come about, how

¹⁵ <https://www.levelshealth.com/blog/why-have-dietary-guidelines-been-so-wrong-and-how-do-they-still-need-to-change>

accurate are they, and how closely should we adhere to them when fueling our bodies?

The [Dietary Guidelines for Americans](#) is “intended to synthesize the latest nutrition science into simple guidelines that then form the foundation of all government food programs and are followed by almost all health care institutions and public health and professional societies . . .” writes Levels Advisor [Mark Hyman, MD](#), in *Food Fix: How to Save Our Health, Our Economy, Our Communities, and Our Planet—One Bite at a Time*.

What are dietary guidelines?

Every five years since 1980, the United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) have jointly released the [Dietary Guidelines for Americans](#) (DGA).

Since 1985, the two governmental departments have assembled an outside advisory committee to review scientific data on health and nutrition and prepare a report that informs the government on what to include in the revised guidelines.

Some health associations also make diet and lifestyle recommendations based on scientific data. For example, the [American Heart Association \(AHA\)](#) and the American College of Cardiology (ACC) have a joint [Recommended Dietary Pattern](#). And the American Diabetes Association (ADA) has a [Nutrition Consensus Report](#). Medical professionals often use these tools, along with the DGA, to make recommendations for their patients.

But the general public can also access summaries of [heart-healthy](#) or [diabetes-friendly](#) nutritional advice on respective agency websites. The federal scientific consensus remains the DGA, however.

The DGA’s nutrition standards are disseminated through federal agencies, including the [Centers for Disease Control and Prevention](#) (CDC), USDA, HHS, and more.

These agencies then provide federal funding for research and public health programs that help implement the nutritional standards or educate about them. The DGA helps inform public school lunch programs; [Child and Adult Care Food](#)

[Programs \(CACFP\)](#); [Supplemental Nutrition Assistance Program \(SNAP\)](#); Special Supplemental Nutrition Program for [Women, Infants, and Children \(WIC\)](#), the latter of which serves about half of all infants born in the nation.

Ultimately the DGA is intended to serve as a roadmap on what foods and beverages boost health and prevent disease while meeting nutrient needs. But has it had an impact over the years?

According to the 2020–2025 DGA release, Americans now have a total Healthy Eating Index (HEI) of [56 out of 100](#). The USDA created the [score](#) to indicate how well Americans are following the DGA. The score is down 3 points from where it was in 2015 and 2010.

What has changed? When comparing dietary intakes from the early aughts to those just five years ago, people are not consuming more fruits and vegetables, shows an analysis by the [American Public Health Association](#) (APHA). But they *are* swapping refined grains for whole grains.

And they're eating less added sugar and less saturated fat. The fat topic is a [source of contention among experts](#) and illustrates a pitfall of the DGA.

Despite four decades of DGA releases, the [prevalence of obesity](#) in the U.S. continues to grow, according to the CDC. The [APHA](#) analysis acknowledges a DGA challenge: Nutrition research, like all science, is iterative.

And the DGA, updated every five years, is intentionally careful about incorporating new research. That makes sense but can also be a limitation, especially when the first guidelines got it wrong for various reasons, and we still see the ramifications of that.

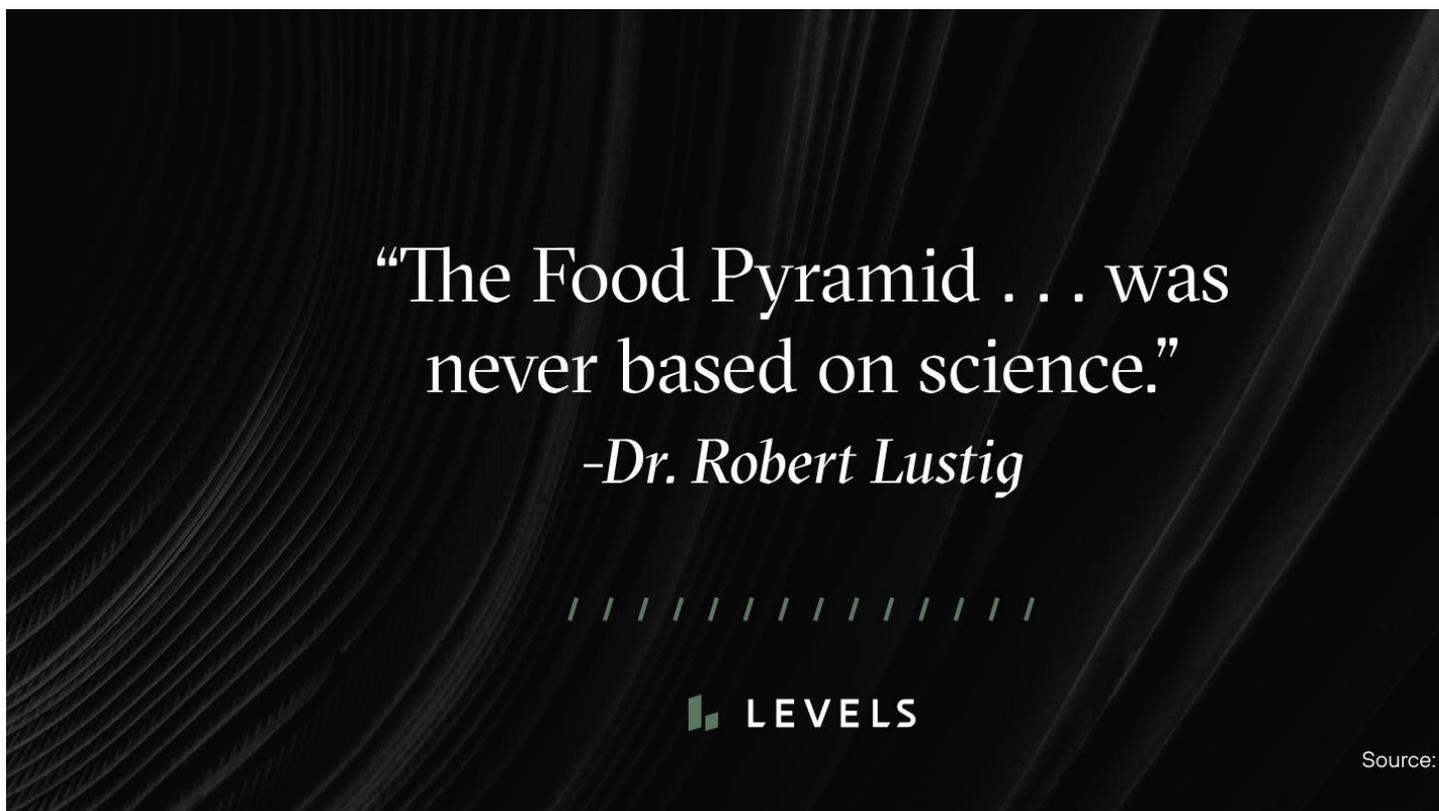
For years, the DGA vilified fat and championed carbs. Something Hyman calls “a deadly idea.”

How did carbs become the base of the pyramid?

The USDA debuted America's first [Food Guide Pyramid](#) in 1992 as a familiar tool to educate Americans about the nutrition recommendations that had prevailed for more than a decade in the DGA. But there's more to the story.

“It turns out that the USDA didn’t invent the food pyramid, Sweden did,” writes Levels Advisor [Robert Lustig, MD](#) in *Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine*. “Sweden’s was scrapped, but the USDA adopted it anyway because its 1980s policies of agricultural monoculture had generated a glut of cheap refined carbohydrate, which served as the base of the pyramid.”

Indeed, bread, cereal, rice, and pasta made up that original pyramid’s base. Next came a section for fruits and veggies, followed by dairy, eggs, meat, beans, and nuts. The pyramid tip featured fats, oils, and sugars—all to be used sparingly.



But that wasn’t the original intent. “USDA nutritionists had initially settled on 5 to 9 servings of fresh fruits and vegetables and 3 to 4 servings of whole grains per day, putting refined carbohydrate (like crackers) at the top,” Lustig explains.

Yet when the pyramid was revealed, 6 to 11 of all types of carbs, including crackers, had found their way to the base.

“The Food Pyramid . . . was never based on science,” writes Lustig in *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*.

What happened? Conflicts of interest. “One of the originators of the Food Pyramid, Luise Light,” writes Lustig in *Metabolics*, “is quoted as saying: ‘Ultimately the food industry dictates the government’s food advice, shaping the nutrition agenda delivered to the public. In fact, to the food industry, the purpose of food guides is to persuade consumers that all foods (especially those that they’re selling) fit into a healthful diet.’”

And these conflicts of interest were at play well before the Food Pyramid came on the scene. Before the USDA and HHS released the first DGA in 1980, we had the [*Dietary Goals for the United States*](#). The U.S. Senate Select Committee on Nutrition and Human Needs, led by Senator George McGovern, released the publication in 1977.

According to Lustig, McGovern commissioned a labor reporter, Nick Mottern, who had zero scientific background, to write the goals.

And Mottern did so based on the work and opinions of Harvard nutritionist Mark Hegsted. Yet other researchers were not in agreement with Hegsted’s recommendation that Americans limit fat intake.

Sure, fat was possibly correlating with heart disease. But researchers hadn’t yet dissected that the big bad wolf of the fats is trans-fat. Trans-fat use surged in the 1960s, Lustig says.

Meanwhile, in the mid-1960s, sugar consumption had also seriously raised the eyebrow of British physiologist and researcher John Yudkin, who published his extensive research on the topic in several papers, also in his 1972 book *Pure, White and Deadly*.

But Hegsted authored a 1967 paper in the *New England Journal of Medicine* that, according to Hyman, “blamed fat and gave sugar a pass for heart disease.”

And Hyman writes, “Turns out the sugar lobby paid him [and a coauthor] the equivalent of [nearly] \$50,000 in today’s dollars to write that article giving sugar a pass, even though studies showed that inflammation, abnormal cholesterol, and other heart disease biomarkers were driven by sugar and starch.”

Therefore, fat—not sugar—became America’s demon of the late twentieth century. And those original Dietary Goals encouraged Americans to reduce their fat consumption and ramp up their complex carbs.

“But when you take the fat out, the food tastes like cardboard,” writes Lustig in *Fat Chance*. “And palatability equals sales. The food industry had to find ways to make this low-fat fare palatable. They, therefore, upped the carbohydrate content, specifically the sugar.”

Enter the new millennium, and the low-carb diet concept was beginning to take hold, thanks to new research and early champions like Dr. Robert Atkins, with his famous Atkins Diet.

According to Lustig, several things became clearer through targeted studies: Cutting carbs improves glucose control and works for weight loss. Curbing carbs in favor of fat consumption proves beneficial for markers of heart disease. And restricting carbs improves aspects of metabolic syndrome.

Revised in 2005, the Food Guide Pyramid became [MyPyramid](#). It no longer showed food groups in a problematic hierarchy. But it still prioritized carbs, albeit this time with the emphasis on whole grains.

And it still gave saturated fats a bad name and encouraged low-fat or fat-free consumption. Eventually, the peaked icon was retired in 2011 to become [MyPlate](#), which portions out food groups and is still used today and revised accordingly based on DGA updates.

But MyPlate still endorsed the low-fat myth, Lustig writes in *Metabolical*. “To its credit, at least MyPlate didn’t tout refined carbohydrates; however, its low-fat imperative continues to miss the point...” he says.

And by the time MyPlate came into effect, more than 30 years of guidelines promoting carbs as king and fats as faulty may have contributed to a growing epidemic of obesity, type 2 diabetes, and metabolic syndrome.

In 2015, the DGA [revised its guidelines](#) around fats: “Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats and limit trans fats to as low as possible.”

This appeared to be an acknowledgment “after decades of overwhelming evidence that fat was not the enemy ... and eating fat didn’t cause weight gain or heart disease,” Hyman writes.

How the guidelines affect government programs

Not everyone benefits from the eventual adoption of new research right away. So outdated concepts can wreak havoc on whole populations for years.

Consider that, until the 2021 changes, the Thrifty Food Plan (TFP) has been based on that retired 2005 DGA content and the corresponding MyPyramid info. Add in the fact that TFP, which includes SNAP benefits, has been notoriously based on an [outdated model from the 1970s](#).

In 2019 they averaged \$1.40 per person per meal, according to the Center on Budget and Policy Priorities. To stay within that cost constraint, the TFP features a narrow range of foods, limiting people who have few resources.

The TFP, the CBPP analysis says, “generates unrealistic market baskets that fail to meet some key nutrition and dietary recommendations.”

A 2017 study published in the [American Journal of Public Health](#) found that people participating in SNAP have higher total and cardiovascular disease mortality compared to people who are not eligible for the program and those who are eligible but don’t participate.

But it’s not just SNAP beneficiaries who are at risk for poor nutrition based on outdated recommendations. The millions of children who eat school lunch [may also pay the price](#) and likely will for years to come. Why? For one thing, today’s guidelines, according to experts, still fail to tackle the damaging effects of added sugar.

“The USDA’s sugar recommendation mirrors [its 2020 guidance on school lunches](#), which increased flexibility for serving processed foods and sugar to children, and decreased requirements for whole fruits and vegetables in schools,” writes Levels Co-Founder and Chief Medical Officer [Casey Means, MD](#), in an [op-ed for The Hill](#).

What do today's guidelines still get wrong?

Since 2015, the DGA changed tack from its previous focus on the relationship between health outcomes and specific foods, nutrients, or basic food groups. Instead, it now focuses on the development of a healthy dietary pattern.

The DGA defines a dietary pattern as a combination of food and drinks a person consumes over a day, week, or year.

The DGA suggests that one's dietary pattern may better predict overall health status and disease risk than, say, the contents of one food item or one meal. The DGA offers some dietary patterns that meet the mark. The Dietary Approaches to Stop Hypertension (DASH) diet, the Healthy U.S.-Style Dietary Pattern, the Healthy Mediterranean-Style Dietary Pattern, and the Healthy Vegetarian Dietary Pattern are all recommended.

Ultimately, healthy dietary patterns stay within calorie limits while focusing on nutrient-dense food and drink across all food groups. And they limit alcohol and items higher in sugar, saturated fat, and sodium. But the DGA also suggests people "customize... to reflect personal preferences, cultural traditions, and budgetary considerations."

For the first time, the DGA states children under two should have no **added sugar**. But for everyone else, the recommendation is less than

10%

of calories per day, despite advisory committee's staunch recommendation that the amount be **less than 6%**.

Source: dietarygu

Also, in a new move, the latest DGA categorizes content by lifespan—including infants and toddlers, children and adolescents, adults, people who are pregnant and lactating, and older adults. The intent is for people to develop healthy dietary patterns and carry them forward throughout all life stages.

Although the newest DGA makes some positive progress, several crucial issues remain at stake. For one, the DGA's recommendation for added sugar is too high, according to its own advisory committee.

For the first time, the DGA states children under two should have no added sugar—a good move. But for everyone else, the recommendation is less than 10 percent of calories per day.

When creating the revised DGA, the USDA and HHS ignored the advisory committee's staunch recommendation that the amount is less than [6 percent](#). This is at a time when [rates](#) of prediabetes and obesity continue to soar.

"This is also a social justice issue," writes Means in an op-ed for [Medpage Today](#). "Minorities and the poor [disproportionately suffer](#) from blood [sugar-](#)

[related diseases](#) and are most reliant on school lunches and nutrition assistance programs like SNAP, which are influenced by USDA guidelines.

Lax USDA nutritional guidelines will lead to more sugar on the plates and in the cups of the exact people who need the most health support and will widen health and economic disparities even more.”

As a response as to why the USDA and HHS omitted this recommendation, the departments issued this [statement](#): “The Committee’s systematic reviews supported low intakes of added sugars, but the conclusion statements did not specify an amount of added sugars that was associated with health promotion or disease prevention.

The conclusions were consistent with those of the 2015 Committee.”

In 2016, Congress [mandated](#) the [National Academies of Sciences, Engineering, and Medicine](#) to review the DGA development process. The National Academies found [bias and conflicts of interest](#) among the advisory committee.

Specifically, more than half had ties to various food industries. But conflicts of interest may also lie within the USDA or HHS, the agencies that put out the finished DGA.

In one of her [op-eds for The Hill](#), Means points out that the USDA Food and Nutrition Services openly states its conflict of interest in its [mission statement](#): “. . . our mission is to increase food security and reduce hunger by providing children, and low-income people access to food, a healthful diet, and nutrition education in a way that supports American agriculture and inspires public confidence.”

And we can look to the USDA’s [2018 Farm Bill](#) for additional confirmation of that agricultural support.

The lack of change to added sugar mirrors the bill’s interests, “which allocated \$31 billion in support of disease-promoting commodity crops,” Means explains, “(including soy, wheat, corn, and sugar, the vast majority of which [are turned into](#) disease-promoting processed foods, oils or animal feed).”

Another pitfall of the current DGA, released amidst a global pandemic in which food insecurity has been higher than usual, is that its scope to address food insecurities is limited.

The DGA simply mentions the ability to customize healthy dietary patterns to accommodate the budget and recommends turning to government programs like SNAP. Finally, the DGA also leaves climate change entirely out of the picture, even though food production and consumer choices impact the planet.

Should you pay attention to the guidelines at all?

The DGA itself is a 150-plus-page PDF. The newest version *does* feature helpful content about dietary patterns across the lifespan. But likely, you'll find the USDA's [MyPlate website](#) (and app), which incorporates DGA material, more accessible with its quizzes, resources, and recipes.

You can view life stages in a dropdown menu and gain information about serving sizes for food groups based on the MyPlate visual.

But the DGA is just one resource when it comes to healthier eating that's right for you. If you're following multiple sets of guidelines, like the DGA and recommendations from the American Heart Association or American Diabetes Association, you're going to run into inconsistencies.

Remember that since it only gets a revamp every five years, the DGA may be behind on the research.

Other potential resources include your doctor or a nutritionist, especially if you're managing a chronic disease and need further dialing in, something the DGA does not address. However, many doctors admit to minimal training in nutrition. Fortunately, there are plentiful resources available that focus on health conditions and nutrition and dive deep into the synthesis of the research literature.

For starters, check out Levels Advisor-authored books, such as *The Hormone Reset Diet and Women, Food and Hormones*, both by Sara Gottfried, MD; *The Grain Brain Whole Life Plan* by David Perlmutter, MD; *The Blood Sugar Solution* by Mark Hyman, MD; *Fat Chance* by Robert Lustig, MD, *Lifespan* by David Sinclair, Ph.D., and *The Wahls Protocol* by Terry Wahls, MD.

Finally, so many factors play a role in what goes on your plate at any given time. Any set of guidelines cannot be one size fits all. And although it allows for customization, the DGA still falls short when considering many individualized factors. So how should you proceed?

“Your diet should be aspirational, not perfect,” Hyman writes in *Food Fix*. “It should contribute to better health for you, a better world for humans, including food workers and farmworkers, and a better world for the environment, our climate, and our economy.”

This is achievable by focusing on real, unprocessed foods grown in a clean, sustainable way.

ADVENTURES IN ADULTING The Perils of Grocery Shopping in College

June 11, 2018, by [Molly Cooke](#) and [Marina Pitofsky](#) [1 Comment](#)



¹⁶Former Georgetown University Student Association President Joe Luther told us at New Student Orientation that college would be just like preschool: lots of naps, making new friends, crying, puking, and learning important life skills. Sure enough, every day on the Hilltop we've ridden the struggle GUTS bus a bit further on the bumpy road to adulthood, picking up valuable tips and tricks for getting along in the world.

¹⁶ <https://thehoya.com/adventures-adulting-college-grocery-shopping/>

Welcome to Adventures in Adulting, where every other week we'll be talking about how we're really all just faking this whole adulting thing, during this, our final summer of quasi-freedom before senior year. So, what's our first stop after disembarking from O'Donovan's on the Waterfront? Grocery shopping.

For some reason, no one talks about how bad we all are at buying food for ourselves. Think about it. Since you started college, have you ever gotten home from grocery shopping and thought, "Yup, I bought the right amount of food for a person to be healthy and sustained?"

No, you haven't. (If you have, you're either lying to yourself or are part of the 0.0001% of people who don't need to read this column). Many of you haven't even been to the grocery store since starting Georgetown. And those of us who have done so somehow always forget the almond milk and neglect to check if the eggs were expired while we are still in the store.

It's so simple, and yet a core foundation of adulting still seems to elude us.

From what we can tell, there are two kinds of grocery shopping. The first is dishonest grocery shopping, which is the kind of shopping where you glide into Safeway, canvas bags in hand, ready to buy things our moms would be proud to feed us.

We're talking about actually bringing your cart into the produce section. We're talking smelling some lettuce as if you have any idea what you're looking for. We're talking about buying Le Croix instead of the 12-pack of Natty Light that's perpetually on sale. Just as the kale chips stack up in your cart, so too do the lies.

There's no reason to be ashamed. We've all been tricked by our inner Instagram model who has her s—t together and lives on a beach somewhere consuming a strictly smoothie-based diet.

We've all convinced ourselves that, from now on, we're only going to reach for the apples we've bought instead of the flaming hot Cheetos so readily available at Vital Vittles.

The problem with listening to your inner Instagram model is that the you that exists in Safeway at 2 p.m. is in no way the same you that exists at 2 a.m. in Lauinger Library. She's no match for your inner toddler who once dreamed that adulthood would mean daily consumption of M&Ms and not much else. She's not with you when you need a muffin from More Uncommon Grounds to survive that 9 a.m. "Intensive French" lecture.

She's certainly not with you when your roommate sexiles you on Friday night, and pizza becomes your lone companion. So, blame this produce-centric version of yourself when your bank account is drained and you're stuck with moldy raspberries of shame.

Thankfully, this kind of grocery shopping is inherently time-sensitive. We only really do this after making new year's resolutions, the week before spring break, or when the "freshman 15" turns into the freshman 35.

The same can't be said for the second kind of grocery shopping — the honest kind. Honest grocery shopping sneaks up on you, only appearing after you realize your fridge has been empty for three weeks and you have a surprise free hour because Carol Rogers mercifully canceled her Macro lecture.

All of a sudden, you find yourself in the charming aisles of Trader Joe's just throwing frozen pizza into your cart at top speed so you can get back to watching Netflix like a real American.

Microwave Indian food? One less thing to figure out how to cook and ultimately burn. Cookies cleverly disguised as organic that are off-brand Oreos? You need those.

Your inner toddler is cackling. They're steering the cart, and you're just along for the ride. Little miss's Instagram model is nowhere to be found; she only comes out to sulk later as you shamefully overfill your freezer with pizza and microwave dinners.

Both Instagram model and inner toddler have some insight to share, though. Real adult grocery habits are found somewhere in between these college shopping routines.

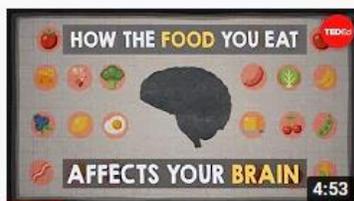
Think of it this way: At some point when we were kids, we did realize that eating the green stuff on our plate didn't have to be a chore.

Did that mean we loved chocolate milk less? Absolutely not, but we learned the valuable lesson that there are room in our hearts — and stomachs — for both Lucky Charms and broccoli. So too is their room in our carts. Just as we learned how to eat as toddlers, embracing the fruit bowl as well as the cookie jar, it seems we must do it again with grocery shopping as college students.

*Molly Cooke and Marina Pitofsky are seniors in the College. This is the first installment of their summer column, **Adventures in Adulting**.*

How the food you eat affects your brain

Today



How the food you eat affects your brain - Mia Nacamulli

TED-Ed ✓ 12M views

View full lesson: <http://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli> When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting...

to return

What is intermittent fasting



¹⁷ Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating.

It doesn't specify which foods you should eat but rather when you should eat them.

In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern.

Common intermittent fasting methods involve daily 16-hour fasts or fasting for 24 hours, twice per week.

Fasting has been a practice throughout human evolution. Ancient hunter-gatherers didn't have supermarkets, refrigerators, or food available year-round. Sometimes they couldn't find anything to eat.

As a result, humans evolved to be able to function without food for extended periods.

Fasting from time to time is more natural than always eating 3–4 (or more) meals per day.

¹⁸ Intermittent Fasting Methods

There are several different ways of doing intermittent fasting — all of which involve splitting the day or week into eating and fasting periods.

During the fasting periods, you eat either very little or nothing at all.

These are the most popular methods:

¹⁷ <https://www.healthline.com/nutrition/intermittent-fasting-guide#what-it-is>

¹⁸ <https://www.healthline.com/nutrition/intermittent-fasting-guide#weight-loss>

The 16/8 method: Also called the Leangains protocol, it involves skipping breakfast and restricting your daily eating period to 8 hours, such as 1–9 p.m. Then you fast for 16 hours in between.

Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day.

The 5:2 diet: With this method, you consume only 500–600 calories on two nonconsecutive days of the week, but eat normally the other 5 days.

By reducing your calorie intake, all of these methods should cause weight loss as long as you don't compensate by eating much more during the eating periods.

Many people find the 16/8 method to be the simplest, most sustainable, and easiest to stick to. It's also the most popular.

SUMMARY

There are several different ways to do intermittent fasting. All of them split the day or week into eating and fasting periods.

How It Affects Your Cells and Hormones

When you fast, several things happen in your body on the cellular and molecular level.

For example, your body adjusts hormone levels to make stored body fat more accessible.

Your cells also initiate important repair processes and change the expression of genes.

Here are some changes that occur in your body when you fast:

Human Growth Hormone (HGH): The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for fat loss and muscle gain, to name a few (4Trusted Source, 5Trusted Source, 6Trusted Source, 7Trusted Source).

Insulin: Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible (8Trusted Source).

Cellular repair: When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells (9Trusted Source, 10Trusted Source)

Gene expression: There are changes in the function of genes related to longevity and protection against disease (11Trusted Source, 12Trusted Source).

These changes in hormone levels, cell function, and gene expression are responsible for the health benefits of intermittent fasting.

SUMMARY

When you fast, human growth hormone levels go up and insulin levels go down. Your body's cells also change the expression of genes and initiate important cellular repair processes.



Dr. Jason Fung - 'A New Paradigm of Insulin Resistance'

Low Carb Down Under 1.2M views

Dr. Jason Fung completed medical school and internal medicine at the University of Toronto before finishing his nephrology fellowship at the University of California, Los Angeles at the Cedars-Sina...



A Low Carb Diet Plan that reduces 93% of PreDiabetes (Easy) | Jason Fung

Jason Fung 478K views

Type 2 diabetes is a reversible disease through diet. The American Diabetes Association science review on nutrition states that low carb diets have the most evidence for managing type 2 diabetes...



Dr. Jason Fung: Fasting as a Therapeutic Option for Weight Loss

CrossFit® 5.2M views

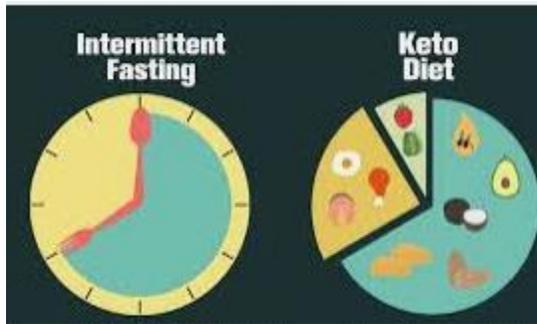
Dr. Jason Fung, MD, is a nephrologist and expert in the use of intermittent fasting and low-carbohydrate diets for the treatment of Type 2 diabetes. In this presentation, delivered on Aug....

Wake Up Your Mitochondria, Energize Your Life: The Bulletproof Plan

Dave Asprey
Founder and CEO of Bulletproof

Intermittent fasting and Ketosis

This is a great article ¹⁹



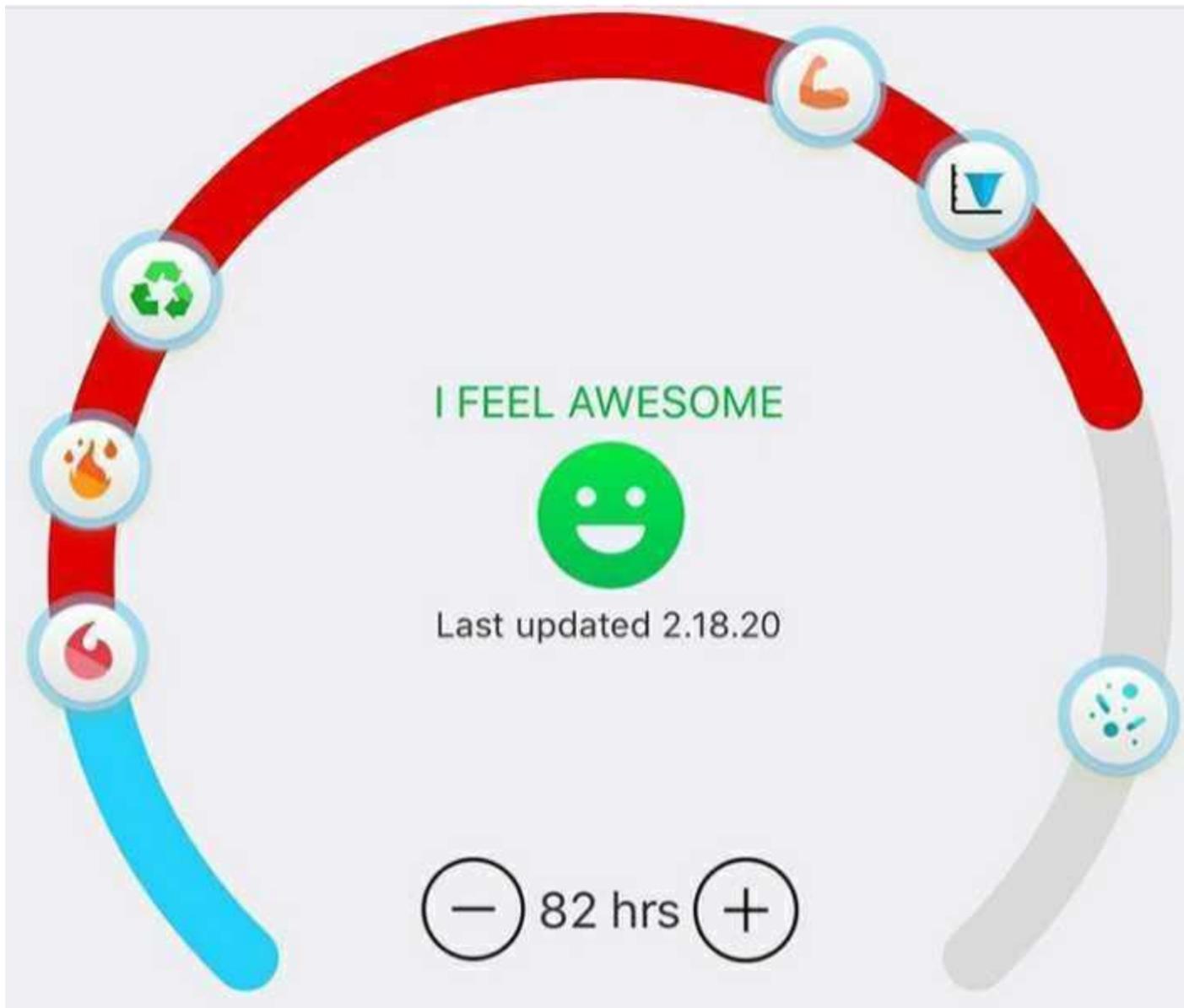
Intermittent fasting isn't just a weight loss strategy or a hack that bodybuilders use to lose fat quickly while maintaining lean muscle mass. It is at its best a healthy lifestyle informed by human evolution and the study of metabolism.

It asks the human body to be much more efficient and self-protective than it is accustomed to being in modern times.

Many things happen during intermittent fasting that either doesn't happen when we are always in a fed state, or that happen very slowly in the background of **glucose** metabolism.

Scroll down to learn more about the five stages of intermittent fasting!

¹⁹ <https://lifeapps.io/fasting/the-5-stages-of-intermittent-fasting/>



The 5 Stages of Intermittent Fasting with the LIFE Fasting Tracker app: 1) Ketosis and heavy ketosis, 2) Autophagy, 3) Growth hormone, 4) Insulin reduction, 5) Immune cell rejuvenation!

In a well-fed state, the individual cell in your body is in “growth” mode. Its **insulin** signaling and **mTOR** pathways that tell the cell to grow, divide and synthesize proteins are active.

By the way, these pathways, when overactive have implications for cancer growth.

The “mammalian target of rapamycin” or mTOR loves having plentiful nutrients around, especially carbohydrates and proteins.

When active, mTOR tells the cell not to bother with **autophagy** (literally cellular “self-eating”), a recycling and cleanup process that rids your body of damaged and misfolded proteins, for example.

The well-fed cell isn’t worried about being efficient and recycling its components – it’s too busy growing and dividing.

In a well-fed state, your cells and their components are also highly **acetylated**.

This means that various molecules in your cells, including the “packaging” proteins called histones that wrap your DNA up nicely within the core of your cells, are “decorated” with acetyl groups on their lysine (amino acid) residues.

Don’t worry if you don’t understand the jargon in that last sentence. What you need to know is that the well-fed cell has many **genes**, including those associated with cell survival and proliferation, turned *on*.

This is because acetylation tends to loosen the packaging proteins that normally keep your DNA wrapped up, and lets your DNA be read for protein production.

While your cells turn *on* cellular growth and proliferation genes when you aren’t fasting, they also turn other genes *off*. These include genes related to fat metabolism, stress resistance, and damage repair.

Actually, with intermittent fasting, some of your fat gets turned into **ketone bodies** that appear to reactivate these genes, leading to lowered inflammation and stress resistance in the brain, for example.

But during starvation, things are very different. When you practice intermittent fasting, your body reacts to what it sees as environmental stress (low food availability) by changing the expression of genes that are important in protecting you from, well, stress.

We have a well-preserved starvation “program” that kicks our cells into a completely different state when food, particularly glucose or sugar, isn’t around. With intermittent fasting and exercise, you activate the **AMPK** signaling pathway. AMPK or 5' AMP-activated protein kinase is the brake to mTOR’s gas pedal.

AMPK signals the cell to go into the self-protective mode, activating autophagy and fat breakdown. It inhibits mTOR.

At the same time, while you are fasting the levels of a molecule called **NAD+** begin to rise because you don’t have the dietary proteins and sugars around that normally convert NAD+ to NADH through the Krebs cycle. NAD+, a molecule whose precursor is Vitamin B3, activates the sirtuins, SIRT1, and SIRT3. (Have you heard of the “longevity” molecule in wine called resveratrol? Yep, it became famous as being a potential activator of the **sirtuins**).

These sirtuins are proteins that remove the acetyl groups we talked about above from histones and other proteins. In this process, the sirtuins silence genes related to cell proliferation and activate proteins involved in creating new mitochondria (the power-generating factories of your cells) and cleaning up reactive oxygen species.

Ketones also produced during fasting, work as **deacetylase inhibitors** (in other words, keeping acetyl groups in place). This turns on genes related to antioxidant processes and damage repair.

Whew, that's a lot happening while your body isn't taking in any calories.

But *when* exactly do these things happen? We've helped you visualize the timeline below and in the LIFE Fasting Tracker app, with a series of icons on the LIFE Fasting arc that represent the five stages of intermittent fasting!

The Five Stages of Intermittent (and Prolonged) Fasting



By 12 hours, you've entered the metabolic state called ketosis ([Anton et al., Obesity 2018](#)). In this state, your body starts to break down and burn fat.

Some of this fat is used by the liver to produce ketone bodies (ketones). The two main ketones, acetoacetate and β -hydroxybutyrate (BHB), serve as an alternative energy source for the cells of your heart, skeletal muscle, and brain when glucose isn't readily available.

Did you know that your brain uses up some 60% of your glucose when your body is resting? During intermittent fasting, ketone bodies generated by your liver partly replace glucose as fuel for your brain as well as other organs.

This ketone usage by your brain is one of the reasons that intermittent fasting is often claimed to promote mental clarity and

positive mood – ketones produce less inflammatory products as they are being metabolized than does glucose, and they can even kick-start production of the brain growth factor **BDNF**! Ketones have also been shown to reduce cellular damage and cell death in neurons and can also reduce inflammation in other cell types.



By 18 hours, you've switched to fat-burning mode and are generating significant ketones (Anton et al., Obesity 2018). You can now begin to measure blood ketone levels above your baseline values. Under normal conditions, the concentration of ketones in your plasma ranges between 0.05 and 0.1 mM. When you fast or restrict the carbohydrates in your diet, this concentration can reach 5-7 mM. You can help accelerate ketone production with some heart-pumping exercise!

For example, intermittent fasting combined with running causes rewiring of nerve cells in the brain which leads to improved learning and memory in lab animals

As their level in your bloodstream rises, ketones can act as signaling molecules, similar to hormones, to tell your body to ramp up stress-busting pathways that reduce inflammation and repair damaged DNA for example.



Within 24 hours, your cells are increasingly recycling old components and breaking down misfolded proteins linked to Alzheimer's and other diseases (Alirezaei et al., Autophagy 2010). This is a process called autophagy.

Autophagy is an important process for cellular and tissue rejuvenation – it removes damaged cellular components including misfolded proteins.

When your cells can't or don't initiate autophagy, bad things happen, including neurodegenerative diseases, which seem to come about as a result of the reduced autophagy that occurs during aging.

Intermittent fasting activates the AMPK signaling pathway and inhibits mTOR activity, which in turn activates autophagy. This only begins to happen, however, when you substantially deplete your glucose stores and your insulin levels begin to drop.

Intermittent fasting is one way in which you can increase autophagy in your cells and possibly reduce the effects of aging.

A 2019 study with 11 overweight adults who only ate between 8 am and 2 pm showed increased markers of autophagy in their blood after fasting for around 18 hours, compared to control participants who only fasted for 12 hours.

A second study detected autophagy in human neutrophils starting at 24 hours of fasting. In a third study, skeletal muscle biopsies of healthy male volunteers who fasted for 72 hours showed reduced mTOR and increased autophagy.

In mice deprived of food, autophagy increases after 24 hours, and this effect is magnified in cells of the liver and brain after 48 hours.

But intermittent fasting is not the only way to enhance the ability of your cells to recycle old components. Some of the known benefits of exercise for overall health have to do with increased autophagy.

For example, autophagy induced by exercise delays the progression of heart disease by giving the heart better quality cell parts and reducing oxidative damage.

Exercise, just like intermittent fasting, inactivates mTOR, which increases autophagy in many tissues. Exercise mimics the effects of going without food for an extended period: It activates AMPK as well as autophagy-related genes and proteins.

In mice, endurance exercise increases autophagy in the heart, liver, pancreas, fat tissue, and brain. In humans, autophagy increases during high-intensity exercise, including marathon running and cycling.



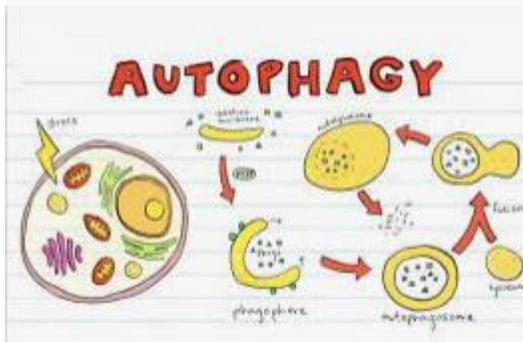
Ketogenic Q&A Part 2: Ketones, Fasting, and the Brain - Dominic D'Agostino, PhD

Metagenics Institute • 3.9K views

Ketogenic Q&A Part 2: Ketones, Fasting, and the Brain presented by Dominic D'Agostino, PhD In Q&A Part 2, Dominic D'Agostino, PhD focuses his discussion on the brain. Dr. D'Agostino explores...

What is Autophagy

Another great read.²⁰



If you have been practicing intermittent fasting for a while, you might have heard that autophagy is one of its many benefits. But what is it and why is it important for your health?

This blog post explores the concept of autophagy, how it happens in your cells, and why intermittent fasting is about much more than just weight loss.

Autophagy is a vital process our cells do for keeping themselves working properly.

It involves packaging damaged cell components and transporting them to a recycling plant within the cell called the lysosome, where they are broken down and reused.

Your cells maintain low levels of autophagy all the time, but they ramp it up when nutrients are low, or when there is increased demand for energy, a.k.a when you're fasting or working out.

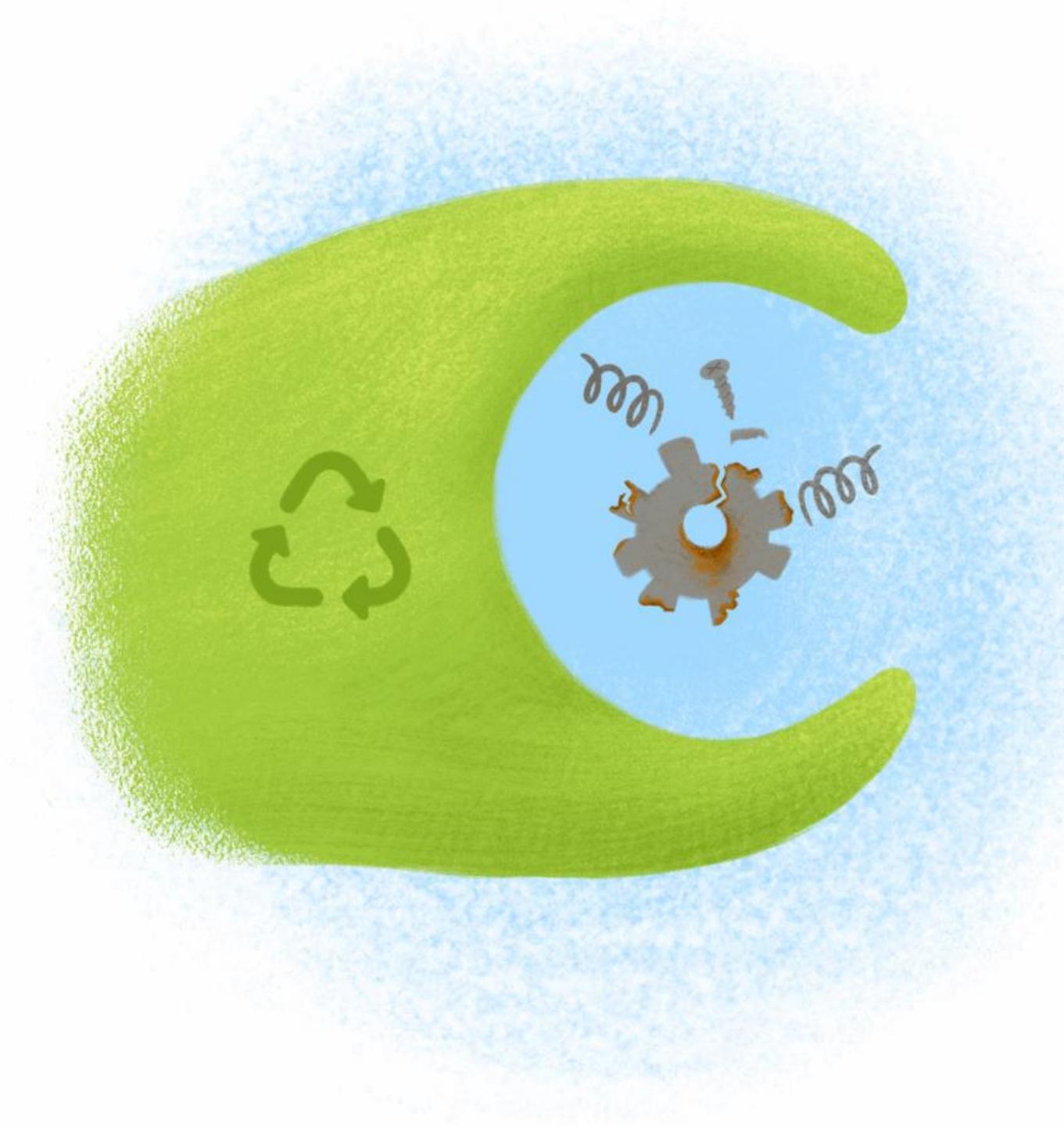
When you fast or exercise, your body can remove old components if they have accumulated too much damage, or turn them into things your cells can use.

This gives you sugars and other building blocks that can power you through a fast or a workout.

²⁰ <https://lifeapps.io/fasting/autophagy-the-recycling-mechanism-that-delays-aging-and-prevents-disease/>

When your cells are ready for autophagy 3 things occur:

1. A cup-shaped structure (known as the phagophore) begins to form around damaged



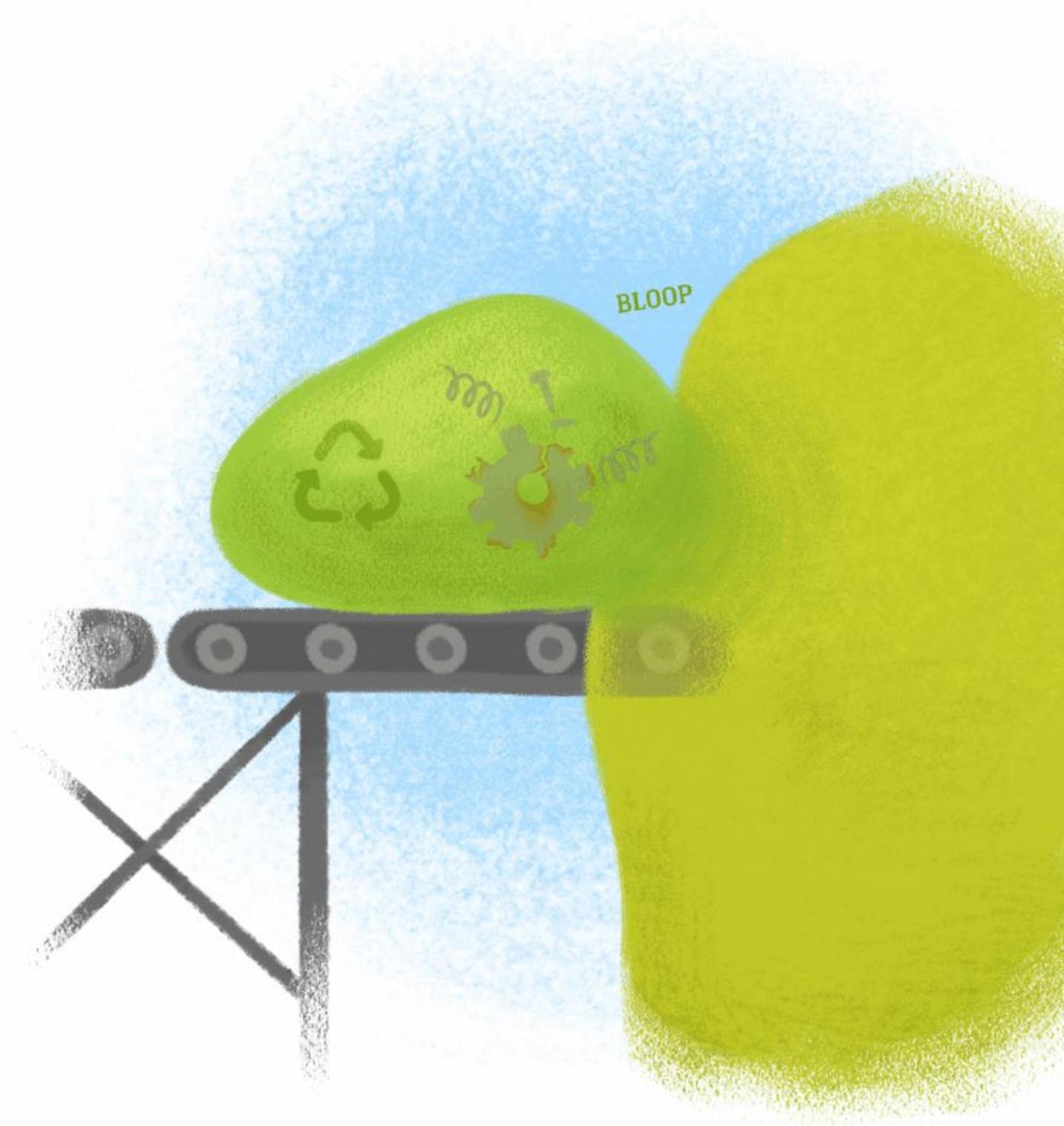
-
2. The edges of the phagophore extend and fuse, forming a new structure known as the 'autophagosome.' This is the 'recycling bin' that will contain the damaged material.



3. The autophagosome fuses directly with a lysosome, (the cell's recycling plant) which

contains enzymes known as acid hydrolases that can digest old and damaged cell parts.

This process generates sugars, amino acids, and fatty acids that cells can repurpose, and it gets rid of dangerous things that can cause disease, such as faulty proteins and even bacteria and viruses.



Autophagy can be ramped up and decreased as needed

mTOR (mammalian target of rapamycin) is a protein that normally keeps autophagy levels down. It becomes active when you eat and there are plenty of nutrients around for your cells to use.

When this is the case, your cells don't bother with autophagy because there is no need to recycle anything when nutrients are plentiful. However, when you go without eating for several hours, a protein known as AMPK (5' AMP-activated protein kinase) turns off mTOR and signals your cells to go into self-protective mode. This activates several proteins, including those known as autophagy-related genes, which initiate autophagy by helping gather damaged cell parts and fusing them to the lysosome to be broken down.

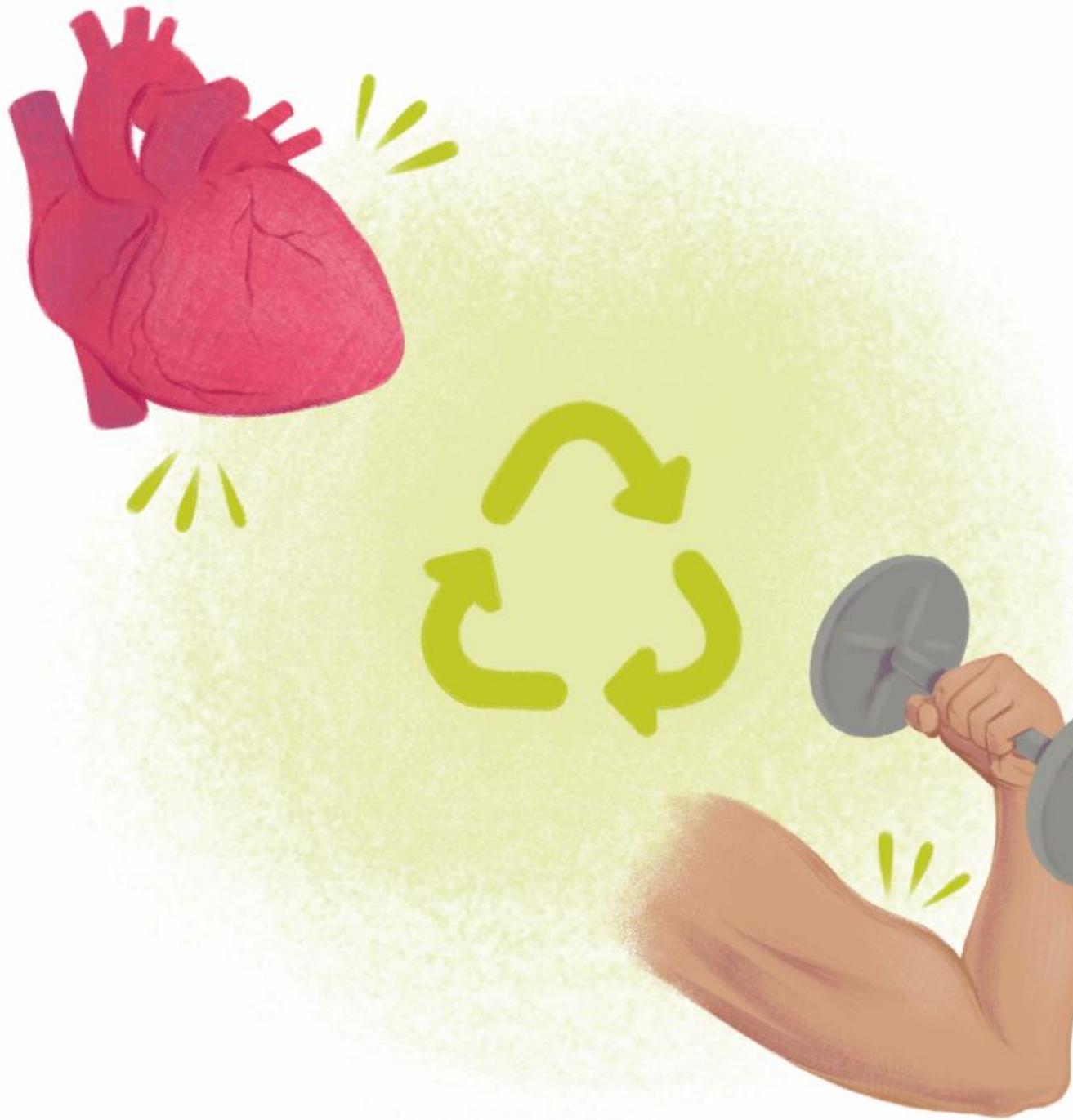
Autophagy decreases with age

Although your cells use autophagy to clean themselves up, autophagy becomes less efficient as you age.

This causes your cells to accumulate damage that they are increasingly unable to repair, which is linked to many diseases of aging, including Alzheimer's, Parkinson's disease, and cancer.

Reduced autophagy causes premature aging and shortens the lifespan of many animals, from worms to mice to humans. Since mTOR puts the brakes on autophagy and its levels go up during aging, scientists think that increased mTOR might be the link between aging and reduced autophagy. AMPK also decreases during aging.

Decreased AMPK might act in concert with mTOR to suppress autophagy in aged cells.



There are at least 2 things you can do to increase autophagy in your cells: High-intensity exercise and

intermittent fasting.

Intermittent fasting and exercise increase autophagy

There are limited studies on autophagy in humans, but animal studies show that autophagy might reverse the effect of aging on health!

For example, restricting calories in fruit flies increases their lifespan and restricting calories in rodents consistently improves their health. These effects seem to be due at least in part to putting the breaks on mTOR and activating autophagy.

Intermittent fasting is one way in which you can increase autophagy in your cells and possibly reduce the effects of aging.

A 2019 study with 11 overweight adults who only ate between 8 am and 2 pm showed increased markers of autophagy in their blood after fasting for around 18 hours, compared to control participants who only fasted for 12 hours.

A second study detected autophagy in human neutrophils starting at 24 hours of fasting. In a third study, skeletal muscle biopsies of healthy male volunteers who fasted for 72 hours showed reduced mTOR and increased autophagy.

But intermittent fasting is not the only way to enhance the ability of your cells to recycle old components. American scientist Beth Levine showed that some of the known benefits of exercise for overall health have to do with increased autophagy. For example, autophagy induced by exercise delays the progression of heart disease by giving the heart better quality cell parts and reducing oxidative damage.



Exercise, just like fasting, inactivates mTOR and activates AMPK.

Exercise, just like fasting, inactivates mTOR, which increases autophagy in many tissues. Exercise mimics the effects of going without food for an extended period: It activates AMPK as well as autophagy-related genes and proteins.

In mice, endurance exercise increases autophagy in the heart, liver, pancreas, fat tissue, and brain. In humans, autophagy increases during high-intensity exercise, including marathon running and cycling.

Autophagy can renovate your cellular components, protect your brain by removing damaged proteins, keep diseases away by getting rid of foreign bacteria and viruses, provide your cells with energy when food is scarce, and protect you from DNA damage. Practice intermittent fasting and exercise daily– You might end up living healthier and longer because of it.

Coffee and Ketones

STUDY SHOWS COFFEE IN THE MORNING INCREASES KETONE LEVELS ²¹

By [Bulletproof Staff](#)

Reviewed by [Emily Gonzalez, ND](#) for Scientific Accuracy



Researchers in Canada found that coffee helps your body produce ketones, and as participants drank more coffee, ketones in the blood increased.^[1]

What the study says:

²¹ <https://www.bulletproof.com/diet/keto/study-shows-coffee-in-the-morning-increases-ketone-levels/#:~:text=Researchers%20in%20Canada%20found%20that,four%20hours%20after%20drinking%20it.>

- Drinking coffee in the morning increased ketone biomarkers by 88-116% for up to four hours after drinking it.
- Coffee consumption broke down fats in the body and increased free fatty acids (FFA) in the blood, which the liver converts to ketones.
- The ketones produced after drinking coffee contribute to 5-6% of brain energy needs.^[2]
- Ketone levels in the blood increased as coffee consumption increased.

What we already know:

- Ketosis helps weight loss by resetting your hunger and fullness hormones.^[3]
- Fat in the morning signals to your body that you're not experiencing a famine.
- Fat increases ketones, especially in the morning because you're still in a fasted state from sleeping.
- Researchers found that caffeine increased insulin sensitivity, which would make you crave less sugar because you can use the sugar you have.^[4]

DOES COFFEE KICK YOU OUT OF KETOSIS?

A portion of the low-carb community avoids coffee because they think it raises blood sugar, kicks them out of ketosis, and makes them hungry.

You can find studies that both support and reject the idea that coffee alters blood glucose, and that's usually because the foods offered alongside and added to coffee mess with blood glucose and insulin.

However, the Canadian study measured elevated ketones in the blood in addition to FFAs, which the liver converts to ketones, after coffee consumption. All that ketone power gives you steady energy and mental stamina to make it through your intermittent fast without even thinking about food.

Insulin Resistance Diet Separating Fact From Fiction

²²By Liam McAuliffe M.T.S. Updated on December 31, 2021

Tags: [Insulin Resistance](#), [Insulin Sensitivity](#), [Ketogenic diet](#)



²² <https://www.doctorkiltz.com/insulin-resistance-diet/>

An insulin resistance diet is a way of eating to prevent and even reverse diabetes, obesity, high blood pressure, [PCOS](#), and other chronic metabolic disorders. This approach to treating metabolic disorders with a diet targeting insulin resistance is based on:

- research shows that insulin resistance is the link underlying these many different disorders.[1](#)
- research shows that dietary changes can dramatically improve insulin resistance.[2](#)

In this article, we'll explore what insulin resistance is, how an insulin resistance diet can control it, and what dietary approaches work best according to available research.

What is Insulin?

Insulin is a hormone produced by the pancreas. Its purpose is to regulate blood sugar by triggering your cells to accept and use blood sugar (glucose) as fuel.



What is Insulin Resistance?

Insulin resistance is a condition that occurs when cells become “resistant” to the chemical signaling of insulin telling them to accept glucose.

This process results in keeping blood sugar levels toxically high resulting in a cascade of metabolic and hormonal disorders.

Insulin resistance entails a metabolic cycle where:

- Large amounts of glucose enter and remain in the bloodstream
- Your pancreas releases high levels of insulin to try and force this excess blood sugar into cells
- Your cells increase their resistance to insulin and require greater amounts of insulin to allow sugar in[\[2\]](#)
- Insulin-producing cells in your pancreas get burned out, limiting your ability to make insulin in the future
- Blood sugar remains chronically high leading to obesity, diabetes, fatty-liver disease, high blood pressure, and other disorders

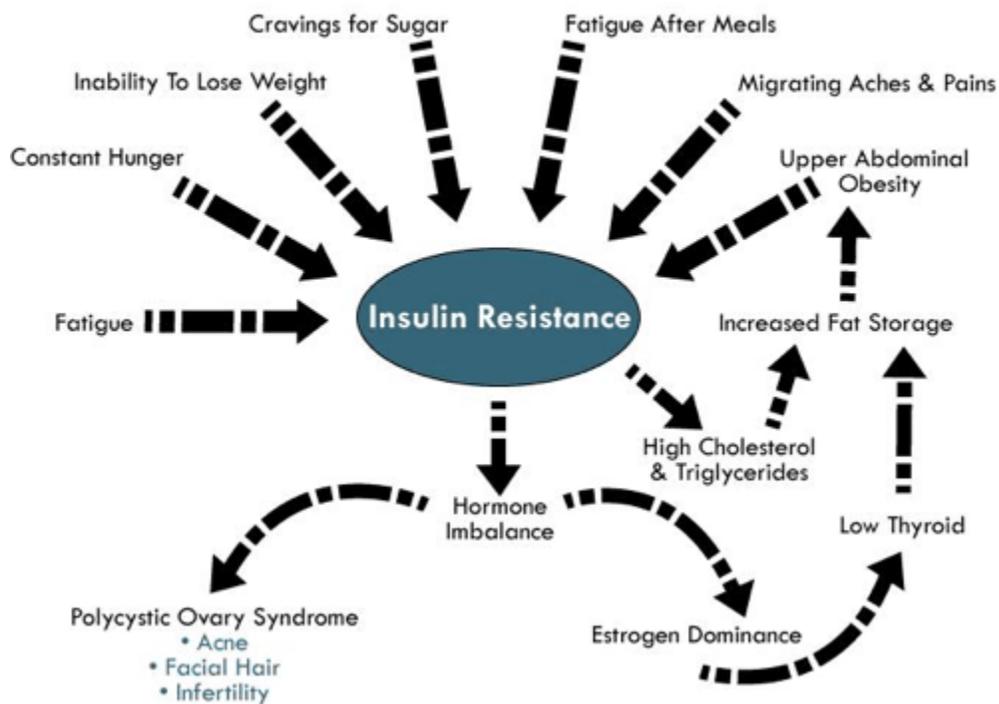
What Causes Insulin Resistance?

When you eat [carbohydrates](#) including added [sugars](#), whole grains, vegetables, and [fruit](#), your body breaks them all down into simple sugars (glucose) that get sent into your bloodstream.

When you eat a chronically high amount of carbs, like most people on a [Standard American Diet](#), your body is forced to produce chronically high levels of insulin. This sets off the cycle outlined above.

Insulin resistance is caused by our calorie-dense, carbohydrate-dominant diets, combined with a lack of activity. In other words, we eat too much processed, [sugary junk food](#), and don't move enough.

Is this You?



"I'LL HAVE WHAT HE'S HAVING..."

How Can Diet Prevent and Reverse Insulin Resistance?

For decades the mainstream protocol for an insulin-resistant diet has called for:

- Consuming fiber-rich whole grains, fruits, and veggies
- Cutting fat

Why Fiber?

This protocol is centered on the idea that [fiber](#) slows down the digestion of carbohydrates into glucose (blood sugar), protecting against glycemic (blood sugar) spikes. Reducing glycemic spikes, in turn, reduces insulin spikes.

Why Cut Fat?

The embargo on fat has to do with the fact that 1 gram of fat provides twice as many calories as 1 gram of protein or carbs.

Since most people with metabolic syndrome are obese, nutritionists see a need to reduce overall caloric intake.[2](#)

However, as we mentioned above, grains, veggies, and fruits all get broken down into simple sugars that require insulin.

This begs the question: Is a high-carb diet effective against insulin resistance? And are there better low-carb options?

Interestingly, a 2005 study set out to explore this question, which we'll look at in more detail next.

Mediterranean Keto for Insulin Resistance

The Mediterranean keto diet takes the keto-friendly foods found in a traditional Mediterranean diet and formulates them into an eating plan that meets the keto macronutrient ratios of 70-80% fat, 15-20% protein, and 0-10% carbs.

A typical Mediterranean keto consists of:

- Fish and seafood as the primary source of protein and animal fat
- Olive oil is the primary source of added fat
- Green vegetables and salads as the main source of carbohydrate
- 1-2 cups (200-400ml) of red wine per day

A 2011 pilot study was conducted to look at the effects of what researchers called the Spanish Keto Mediterranean Diet (SKMD) on 22 obese men.[\[19\]](#) All 22 participants had metabolic syndrome.

After 12 weeks the study found that:

- Fasting blood sugar levels dropped from a pre-diabetic 118 to an ideal 91
- Subjects lost an average of at least 30 pounds
- All participants no longer had metabolic syndrome
- They lost an average of 6 inches (16 centimeters) from their waist

- Body mass index (BMI) dropped from 37 to 31.5: This represents a change from class 2 obesity to the low end of class 1.
- An increase in “good” HDL cholesterol from 44 to 58.
- A decrease in triglycerides from 224 to 109
- A change from “prehypertensive” to “normotensive”
- Markers for fatty liver disease including liver enzymes and liver fat reduced, and in some cases completely resolved [\[21\]](#)

It’s interesting to note that though most participants completed the study still on the lower scale of obesity, their metabolic syndrome was completely reversed.

This suggests that losing weight isn’t the main factor in curing metabolic disease. Rather, the power of these changes is attributable to the diet itself.

The takeaway: An [Mediterranean keto](#) way of eating is likely an effective insulin resistance diet.

High-fat Low-Carb vs. Low-Fat High-Carb

In 2004 researchers set out to determine the effects that 3 different popular diets had on insulin resistance.

They compared the standard insulin diet of high-carb, high-fiber, and low-fat, against both a low-carb high-fat “Aitkins” diet and a low-carb high-protein “Zone” diet.

The study followed 96 obese and insulin-resistant women for 8 weeks. Researchers found that “reduction to body weight, waist circumference, triglycerides, and insulin levels decreased with all three diets, but, reductions were significantly greater in the high-fat and high-protein groups than in the high-carb group.”[3](#)

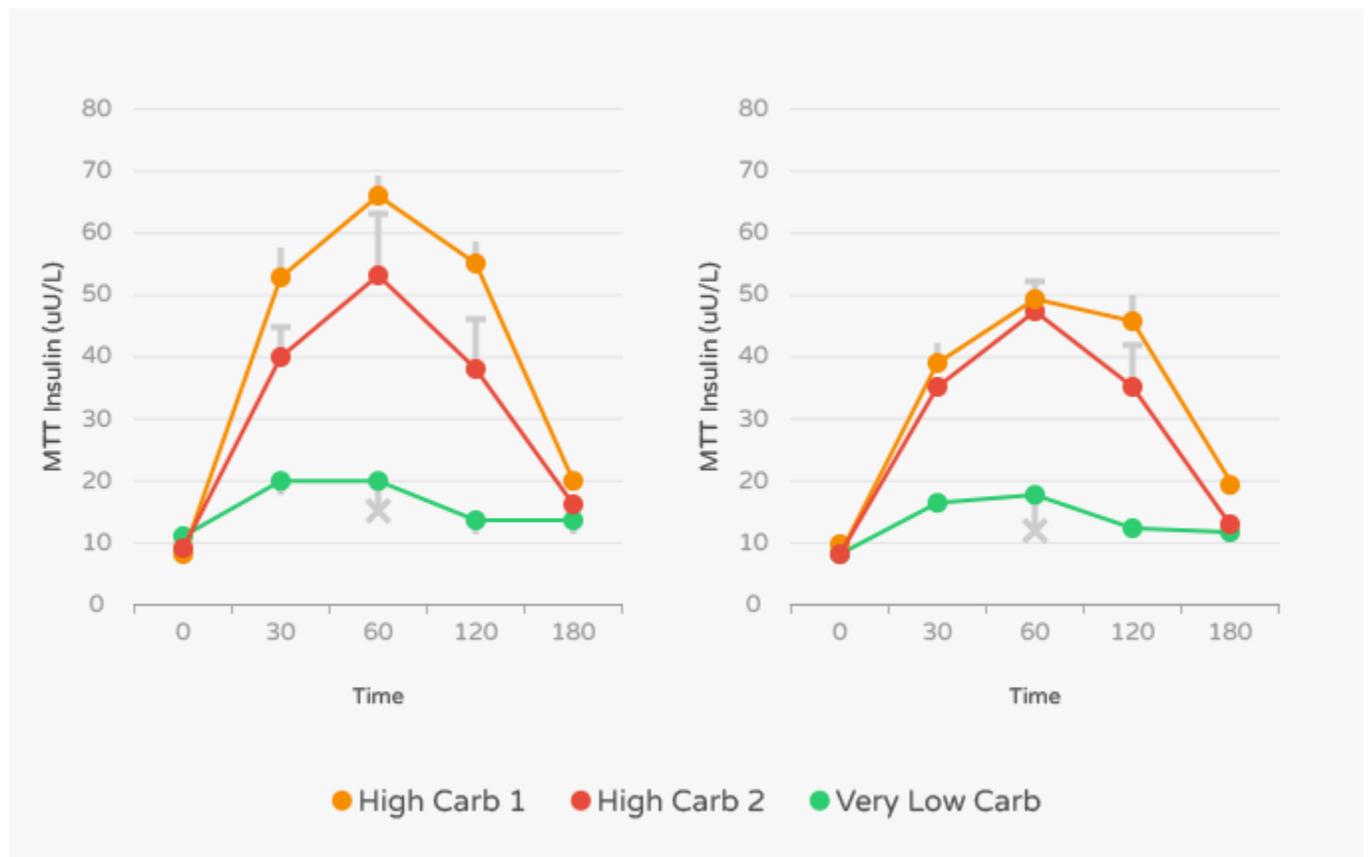
They concluded, “These observations suggest that the popular diets reduced insulin resistance to a greater extent than the standard dietary advice did.”

In 2006 researchers conducted a similar study 2006, dividing 83 obese participants into three groups eating calorically equal portions: Group 1 ate a very low-fat diet (VLF) where 70% of calories came from carbs, 10% fat (3% saturated fat), and 20% protein.

Group two diet was high in unsaturated fat (HUF), with 50% carbs, 30% fat (6% saturated fat), and 20% protein. Group 3 ate a ketogenic diet, or what researchers called a “very low carbohydrate diet” (VLCARB) that was 4% carbohydrates, 61% fats (20% saturated fat), and 35% protein.

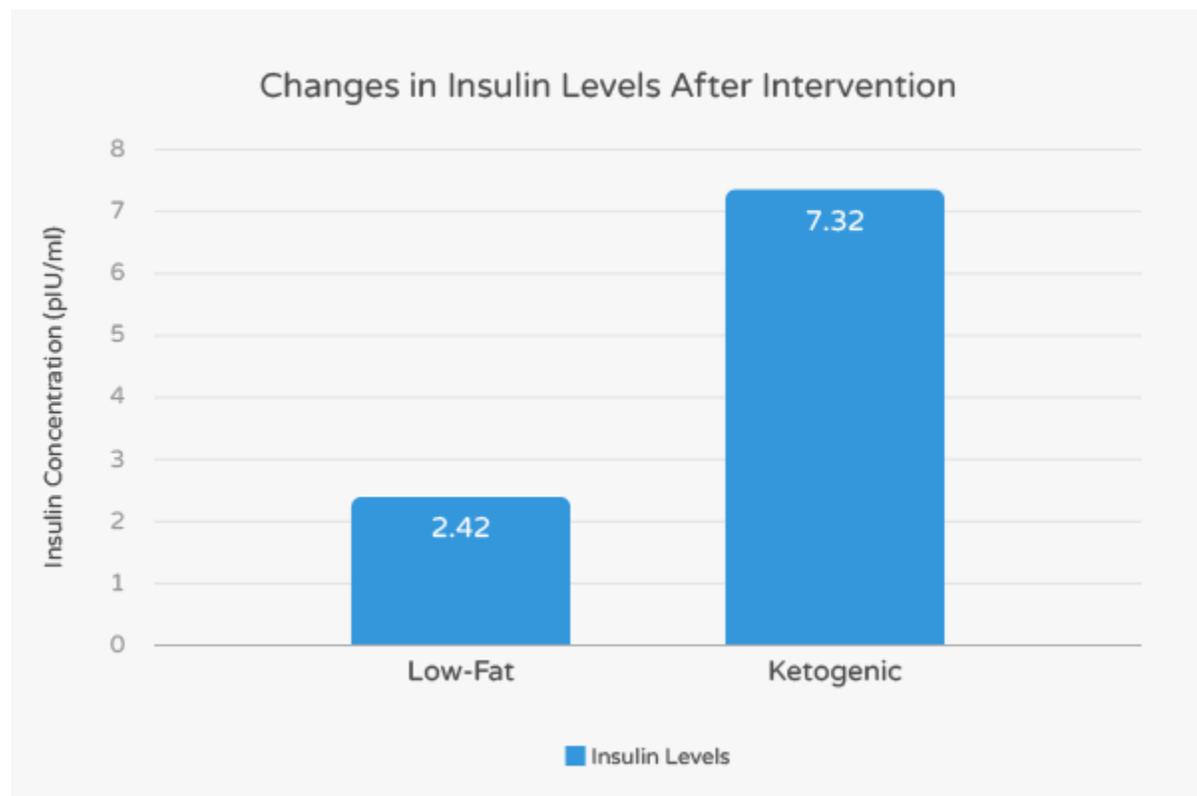
After 8 weeks each diet showed similar reductions in body weight and fat loss. The VLCARB diet, however, lowered fasting insulin by 33%. While the HUF diet lowered insulin by 19%. [6] Not surprisingly, the VLF diet showed zero impact on insulin levels.

According to the researchers, “the VLCARB meal also provoked significantly lower postprandial glucose and insulin responses than the VLF and HUF meals.” [6] In addition to the effects on insulin, the VLCARB diet also reduced triglycerides more than the other diets. Researchers concluded that “VLCARB may be useful in the short-term management of subjects with insulin resistance and hypertrophy glycerolemia.”²



A 2010 study looking at a diverse population of 146 overweight and obese subjects compared a ketogenic diet with a low-fat diet supplemented with weight-loss medication.

Researchers found that insulin levels for the subjects on the ketogenic diet decreased 300% more than for subjects on the low-fat drug-assisted diet. [8](#)



Intermittent Fasting for Insulin Resistance

Another element you may want to consider adding to your insulin resistance diet is the practice of [intermittent fasting](#).

Intermittent fasting entails alternating between designated periods of eating and not eating throughout the day or week.

There are numerous [intermittent fasting strategies](#) to choose from, like the popular [16/8 method](#), the [OMAD diet](#), and the gentler [circadian rhythm fasting plan](#). There are even [intermittent fasting strategies for women](#), whose bodies are more sensitive to calorie restriction.

A 2018 study showed that therapeutic fasting can reverse insulin resistance. In the study, patients were able to wean off insulin therapy without altering their blood sugar levels. At the same time, they shed significant body weight and reduced waist circumference.³

Another study looking at intermittent fasting vs. overall calorie restriction for the treatment of type 2 diabetes found that intermittent fasting showed a 3-6% reduction in blood sugar, and lowered insulin an average of 20-31%. ⁴

In addition, there is research suggesting that combining [intermittent fasting and keto](#) can mutually enhance the benefits of each approach.

The takeaway: Intermittent fasting can be a powerful addition to your insulin resistance diet.

Why High-Fat Low-Carb Diets Improve Insulin Sensitivity

High-fat, low-carb diets like keto and carnivore target insulin resistance in three key ways:

- They reduce carbs
- Offer more nutrient-dense foods
- Fuel the body with ketones

By cutting carbs you are dramatically reducing your primary source of blood sugar. Less blood sugar means less need for insulin. Your cells then re-sensitize to insulin.

High-fat low-carb diets are also generally high in nutrient-dense animal foods like [meat](#), [eggs](#), and full-fat dairy. Adding in fresh [organ meats](#), and [organ meat supplements](#) will ensure that you're providing your body the most nutrient-dense foods on earth.



GRASS-FED,
PASTURE-RAISED
BEEF ORGAN SUPPLEMENTS

But a ketogenic diet does more than simply cut carbs. When your body runs on [fat](#) as fuel, it turns fat into energy molecules called ketones.

These compounds have hormone-balancing properties of their own, making them a key factor in the effectiveness of keto diets against insulin resistance. ¹¹

Insulin Resistance Diet: Takeaway

Diets high in carbohydrates cause your body to produce chronically high levels of insulin to move sugar out of your blood and into your cells and liver.

After a while your cells stop responding, the insulin-producing cells in your pancreas burn out, and you are left with chronically high levels of blood sugar that can lead to a cascade of diseases and disorders like type 2 diabetes, PCOS, and heart disease among many other.

An insulin resistance diet aims at reversing insulin resistance by changing how we eat.

For decades nutritionists have been recommending a diet high in fibrous fruits and vegetables. Yet these foods are also high in carbohydrates—the root cause of insulin resistance in the first place.

More recently, clinical studies have been showing that high-fat low-carb (ketogenic) diets are far more effective in reducing and reversing insulin resistance.

Additionally, intermittent fasting routines that restrict the time in which you eat are also effective in reducing insulin.

A strong body of research suggests that high-fat low-carb eating and intermittent fasting are likely the most effective approaches when it comes to formulating your insulin resistance diet.

Delta g company

Mark Hyman

DOMINIC D'AGOSTINO'S DIET ²³

Summary

D'Agostino follows the ketogenic diet, which is high fat, very low carb, and medium protein. He also engages in intermittent fasting and takes a ketone supplement. He eats two meals per day.

When he is trying to gain weight, he will eat three. 2-3 times per week he will only have coffee with MCT powder in it as his morning meal (this is his intermittent fast). On the other days, he will eat things like eggs, seafood and veggies. He has a salad almost every day, and his protein is generally fish. He often has a glass of wine with dinner.

Estimated Macros

- Very Low Carbs
- Medium Protein
- High Fat

Diet Details

Light Charge Up

Breakfast is usually coffee with ghee (clarified butter) or MCT powder. Twice or three times per week, this will be all he will have until dinner. When he does eat breakfast, it is often eggs, sardines, oysters, and/or vegetables.

Healthy Dinner

D'Agostino does not eat lunch. His evening meal consists of a salad and usually fish for protein. He'll also have mashed cauliflower and avocados.

Keto Snack

D'Agostino's late-night snack is keto ice cream: sour cream mixed with coconut cream with a flavor he changes every night, for example, blueberry and chocolate powder, with a pinch of stevia for sweetness.

²³ <https://fitnessclone.com/dominic-dagostino-workout-diet/>



Cheat?

D'Agostino says he will eat popcorn at the movies or pizza if he is in Italy, but his cheat is usually just to eat extra keto foods.

What to Eat

Eggs

Fish^R

Seafood

Nuts/nut butters

Vegetables

Avocados

MCT Powder Oil

Ghee

Olive Oil

Coconut Cream

Sour Cream

Berries

What to Avoid

Sugar

Junk Food

Soft Drinks

Refined Foods

Processed Foods

Hydrogenated Fats

Artificial Ingredients

Carb-y vegetables

Grains

{

D'Agostino on the Importance of Diet

'If medicine wants to focus on prevention, there's no better tool than nutrition.'

{

D'Agostino on the Keto Diet

'We're our best doctors. How we feel on the diet is a pretty good indication of how the diet is working.'

{

D'Agostino on his Keto Diet

'I eat 2 meals a day, spaced roughly about 12 hours apart.'

{

D'Agostino on the Changes he's Made to His Diet

'I come from a background of eating like 6 meals a day and I can't imagine going back to that pattern of eating, or having the time or patience to do all the food preparation and the shopping[...].'

DOMINIC D'AGOSTINO'S WORKOUT ROUTINE

Weekly Routine

□

Afternoon Workout

D'Agostino often works out in the afternoon, 8-12 hours into the fasted state. He will have [BCAAs](#) and a ketone supplement before the workout, and eat a large keto meal after.

□

Train for the Gain

D'Agostino recommends following the modified ketogenic diet to gain muscle, with 25-30% of your calories coming from protein.



Pedal to the Metal

D'Agostino often listens to heavy metal when he's working out.

Exercise Style



Focus on Longevity

Weight training is a priority, but Dr. Dom says now his goal is aging well rather than lifting the max.



Be Creative

With limited time, Dr. Dom squeezes in his workout where he can, even doing squats on an airplane (with his wife on his back).



Have Fun

Dr. Dom plays with his dogs to burn off stress and sneak in some cardio.

Revolutionary 16-Week Fitness Plan

Get fit and lose weight for good using a smarter nutrition and exercise plan that actually delivers results.

Get Your Free Evaluation in 30 Seconds



D'Agostino on Fitness

'I saw biology and science as a way to understand my own biology and physiology to maximize my performance.'



D'Agostino on How to Exercise

'Lift heavy stuff and eat just enough to recover.'

{

D'Agostino on Ketones

'Here was a substance that could potentially mitigate CNS oxygen toxicity, but also at the same time potentially enhance physical and cognitive performance.'

{

D'Agostino on Keto Research

'If animals are in a state of nutritional ketosis...ketones have an anti-cancer effect.'

Jason Fong



Interview With Dr. Jason Fong and Gary Taubes

CrossFit® 398K views

This month's CrossFit Health Education webinar features Dr. Jason Fong, who will be discussing fasting as a therapeutic option for weight loss. In preparation for the webinar, investigative...

²⁴Recently there have been many media outlets that promote the idea of a plant-based diet, often with the unspoken assumption that such a diet is healthier for humans than a diet based on animals.

To me, using the phrase 'Plant-based diet' indicates that the user does not truly understand human nutrition. Let me explain. Let's leave aside all ethical and potential environmental differences in eating meat.

They are debatable, and a completely separate issue from what I am most concerned about, the effect on human health. A plant-based diet is not automatically a healthy diet. There are healthy plant-based diets and there are unhealthy plant-based diets. So, the adjective 'plant based' to describe a diet is completely meaningless. It would be just as informative to base a diet on foods that have less than 4 syllables.

For example, a completely vegan diet may be composed mainly of white bread, jam, sugar, candy, donuts, and potato chips. But it's not healthy in any way, and I don't think anybody will disagree with me about that. So the words 'plant based' has no relevance whatsoever with regards to whether a diet is healthy or not. It's like saying that I hired a computer programmer because he's is tall. Who cares?

If I was putting together a basketball team, that would be relevant, but not for computer programming. So, if I tell somebody to eat a plant-based diet, does it mean that it is a healthy diet? No. Does it mean that it's unhealthy? No. It's simply irrelevant.

²⁴ <https://blog.thefastingmethod.com/thoughts-on-the-plant-based-diet/>

And that's how you know that the person who is uttering these nonsensical statements simply does not understand nutrition.

Sometimes, the term 'Whole Foods Plant Based diet is considered together. A whole foods diet, which is comprised of eating foods as close to their natural form as possible is quite healthy. Whether they are based on plants or animals is just irrelevant. So a 'Whole Foods diet is healthy, but the addition of 'plant based' does not add to its healthiness.

What Americans Eat: Top 10 sources of U.S. diet



1. Grain-based desserts (cakes, cookies, crisps, cobblers, and granola bars)



2. Yeast breads

3. Chicken and chicken-mixed dishes



4. Soda, energy drinks, and sports drinks



5. Pizza



6. Alcoholic beverages



7. Pasta and pasta dishes

8. Mexican mixed dishes

9. Beef and beef-mixed dishes

10. Dairy desserts

Source: Report of the 2010 Dietary Guidelines Advisory

Let's look at the [top 10 sources of calories](#) in the American diet. Most of the top 10 foods are recognizably poor choices. grain-based desserts, soda, and alcohol are simply not that slimming or healthy. Yet, they are certifiably 100% plant-based. Fully 6 of the top 7 choices of foods in America are plant-based. Dairy

products fall somewhere in the grey zone. They are not plant-based, and neither are they meat-based. Most pizzas are made with flour, tomato sauce, and cheese.

Yes, there is often some meat but pizza is still mostly plants, so can be considered plant-based, although not vegetarian.

So here's the thing that is hard to understand.

The Standard American Diet over the last 40 years, has been a very bad one. It had lead to an epidemic of obesity, an epidemic of the closely associated type 2 diabetes, and even to [rising rates of colorectal cancer](#). Yet it is almost purely plant-based.

So, if this horrible diet is plant-based, then why would health authorities be exhorting us to follow a 'plant-based' diet? Does our boss yell "Why did you hire that short computer guy?" My mind boggles at the utter insanity of the situation. The situation is now pushed on mainstream media by many of the big food companies because of the incredible success of the fake meat companies. In hot pursuit of making a plant-based diet easier to follow, we can now buy foods that are plant-based but taste very similar to real meat.

How did they perform this bit of chemical wizardry? Let's look at the ingredients. Pea protein isolate? expeller-pressed canola oil? Yeast Extract? Modified Food starch?



Are these ingredients your grandmother would have recognized? Are they whole foods? What in the h*** are they extracting from the yeast, and do I want to know? Peas are whole foods. Pea protein isolates are not. So let's be clear that this is NOT part of a 'Whole Food Plant Based diet.

I have nothing against veganism or vegetarianism. It is certainly possible to be

healthy on such diets. It's also possible to get sick from such diets, even when followed to a T. [Several high-profile vegans on YouTube](#) have recently been caught eating meat.

The furor from their community was vicious. But the reasons are always the same. She did it to save her own health.

The reasons are fairly simple to understand. We are animals. Eating plants provide some of the essential nutrients, but not all. Therefore it is necessary to eat a variety of plant types to get all the essential nutrients.

Some vitamins, like B12, are kind of tough to get in plants. Eating the flesh of animals provides almost everything our bodies require because we are animals. That is a simple scientific truth.

The ethics and environmental cost of eating animals is not one that I want to debate, since there are no simple answers and tons of rancorous debates. From a health perspective, we measure proteins in terms of [biological value](#).

This is the percentage of proteins that we eat that are incorporated into our bodies. A whole egg, for example, has a stellar value of 100, whereas wheat gluten is down at 64.

By combining various plants, like beans and corn, you can get a value close to that. This is why rice and beans are also such a classic combination.

Almost all human cultures have recognized that meat is more nutritious than vegetables, although usually harder and more expensive to obtain. This is why traditionally, special occasions call for a roasted animal such as a Hawaiiin luau or killing the fatted calf, rather than a kale salad.

We eat a Christmas ham or a Thanksgiving turkey rather than a Christmas bean salad.

So, it's time to retire the meaningless phrase 'plant-based diet'. It's neither meaningful nor useful. It merely marks the person uttering this horrific phrase as somebody who has not thought deeply about nutrition.

Pesticides in food



Coporate farms

²⁵Corporate stranglehold of farmland a risk to world food security, study says

Small farmers are being squeezed out as mega-farms and plantations gobble up their land



Companies taking over small farms have serious implications for global food security. Photograph: David Bagnall /Alamy

John Vidal

Wed 28 May 2014 11.02 EDT

The world's food supplies are at risk because farmland is becoming rapidly concentrated in the hands of wealthy elites and corporations, [a study](#) has found.

Small farmers, [the UN says](#), grow 70% of the world's food but a new analysis of government data suggests the land which they control is shrinking every year as mega-farms and plantations squeeze them onto less than 25% of the world's available farmland, says international [land-use group Grain](#).

These mega-farms are less productive in terms of the amount of food they produce per area of land, the report argues.

²⁵ <https://www.theguardian.com/environment/2014/may/28/farmland-food-security-small-farmers>

"Small farms have less than a quarter of the world's agricultural land – or less than 20% excluding China and India.

Such farms are getting smaller all the time, and if this trend persists they might not be able to continue to feed the world," says the report which draws on government statistics and calls for a stop on land grabbing by corporations.

The report suggests that the single most important factor in the drive to push small farmers onto ever smaller parcels of land is the worldwide expansion of industrial commodity crop farms. "The powerful demands of food and energy industries are shifting farmland and water away from direct local food production to the production of commodities for industrial processing," it says.

The land area occupied by just four crops – soybean, oil palm, rapeseed, and sugar cane – has quadrupled over the past 50 years. Over 140 million hectares of fields and forests have been taken over by these plantations since the 1960s – roughly the same area as all the farmland in the EU.

"What we found was shocking," said Henk Hobbelink of Grain. "If small farmers continue to lose the very basis of their existence, the world will lose its capacity to feed itself.

We need to urgently put land back in the hands of small farmers and make the struggle for agrarian reform central to the fight for better food systems."

Big farms have been getting bigger nearly everywhere with rising numbers of small and medium-sized farmers going out of business in the past 20 years, say the authors. Belgium, Finland, France, Germany, and Norway in western Europe have each lost about 70% of their farms since the 1970s while Bulgaria, Estonia, the Czech Republic, and Slovakia each lost over 40% of their farms from 2003 to 2010. Poland alone lost almost 1m farmers between 2005 and 2010.

"Within the EU as a whole, over 6m farms disappeared between 2003 and 2010, bringing the total number of farms down to almost the same level as in 2000, before the inclusion of 12 new member states with their 8.7m new farmers," says the report, released with international peasant organization [Via Campesina](#).

But the concentration of land ownership is seen on every continent. Argentina lost more than one-third of its farms in the two decades from 1988 to 2008. Between 1997 to 2007, Chile lost 15% of its farms with the biggest farms doubling their average size, from 7,000 to 14,000 ha per farm. The United States has lost

30% of its farms in the last 50 years. Here, the number of very small farms has almost tripled, while the number of very large farms has more than quintupled.

In addition, most farms have been getting smaller over time due to factors such as population pressure and lack of access to land. In India, the average farm size roughly halved from 1971 to 2006.

In China, the average area of land cultivated per household fell by 25% between 1985 and 2000. In Africa, the average farm size is also falling.

The authors say land reform is urgently needed if enough food is to be grown to feed everyone. "What we see happening in many countries ... is a kind of reverse agrarian reform, whether it's through corporate land grabbing in Africa, the recent agribusiness-driven coup d'état in Paraguay, the massive expansion of soybean plantations in Latin America, the opening up of Burma to foreign investors, or the extension of the European Union and its agricultural model eastward," says Hobbelink.

"In all of these processes, control over land is being usurped from small producers and their families, with elites and corporate powers pushing people onto smaller and smaller land holdings, or off the land entirely into camps or cities," he said.

The takeover of small farmers' land is now accelerating, says the report with nearly 60% of this land use change occurring in the past 20 years. The report estimates that 90% of all farms worldwide are "small", holding on average 2.2 hectares.

The report also found that small farmers are often twice as productive as large farms and are more environmentally sustainable. "Although big farms generally consume more resources, control the best lands, receive most of the irrigation water and infrastructure ... they have lower technical efficiency and therefore lower overall productivity.

Much of this has to do with low levels of employment used on big farms to maximize return on investment.

"Our data [suggests] that if all farms in Kenya had the current productivity of the country's small farms, Kenya's agricultural production would double. In Central America and Ukraine, it would almost triple. In Hungary and Tajikistan, it would increase by 30%. In Russia, it would be increased by a factor of six," the report says.

"Beyond strict productivity measurements, small farms also are much better at producing and utilizing biodiversity, maintaining landscapes, contributing to local economies, providing work opportunities, and promoting social cohesion, not to mention their real and potential contribution to reversing the climate crisis."

The most productive farmers in the world are possibly found in Botswana, the report argues, where 93% of the farmers have small patches of the land but together they grow all the country's groundnuts, 99% of its maize, 90% of the millet, 73% of beans and 25% of the sorghum on just 8% of the farmland.

Dirt Poor Have Fruits and Vegetables Become Less Nutritious?

²⁶Because of soil depletion, crops grown decades ago were much richer in vitamins and minerals than the varieties most of us get today

• April 27, 2011



[Getty Images](#)

Dear EarthTalk: What's the nutritional difference between the carrot I ate in 1970 and the one I eat today? I've heard that there's very little nutrition left. Is that true?—*Esther G., Newark, N.J.*

It would be overkill to say that the carrot you eat today has very little nutrition in it—especially compared to some of the other less healthy foods you likely also eat—but it is true that fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today. The main culprit in this disturbing nutritional trend is soil depletion:

²⁶ <https://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss/>

Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the food we eat grows. Sadly, each successive generation of fast-growing, pest-resistant carrot is truly less good for you than the one before.

A landmark study on the topic by Donald Davis and his team of researchers from the University of Texas (UT) at Austin's Department of Chemistry and Biochemistry was published in December 2004 in the *Journal of the American College of Nutrition*.

They studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding "reliable declines" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2), and vitamin C over the past half-century. Davis and his colleagues chalk up this declining nutritional content to the preponderance of agricultural practices designed to improve traits (size, growth rate, pest resistance) other than nutrition.

ADVERTISEMENT

"Efforts to breed new varieties of crops that provide greater yield, pest resistance, and climate adaptability have allowed crops to grow bigger and more rapidly," reported Davis, "but their ability to manufacture or uptake nutrients has not kept pace with their rapid growth."

There have likely been declines in other nutrients, too, he said, such as magnesium, zinc, and vitamins B-6 and E, but they were not studied in 1950 and more research is needed to find out how much less we are getting of these key vitamins and minerals.

The Organic Consumers Association cites several other studies with similar findings: A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped by 27 percent; iron levels by 37 percent; vitamin A levels by 21 percent, and vitamin C levels 30 percent.

A similar study of British nutrient data from 1930 to 1980, published in the *British Food Journal*, found that in 20 vegetables the average calcium content had declined by 19 percent; iron by 22 percent; and potassium by 14 percent. Yet

another study concluded that one would have to eat eight oranges today to derive the same amount of Vitamin A as our grandparents would have gotten from one.

What can be done? The key to healthier produce is healthier soil. Alternating fields between growing seasons to give land time to restore would be one important step. Also, foregoing pesticides and fertilizers in favor of organic growing methods are good for the soil, the produce, and its consumers.

Those who want to get the most nutritious fruits and vegetables should buy regularly from local organic farmers.

UT's Davis warns that just because fruits and vegetables aren't as healthy as they used to be doesn't mean we should avoid them. "Vegetables are extraordinarily rich in nutrients and beneficial phytochemicals," he reported. "They are still there, and vegetables and fruits are our best sources for these."

CONTACTS: *Journal of the American College of Nutrition*, www.jacn.org; Kushi Institute, www.kushiinstitute.org; Organic Consumers Association, www.organicconsumers.org.

A Bull in a china shop

a bull in a china shop

noun phrase

Definition of *a bull in a china shop*

: a person who breaks things or who often makes mistakes or causes damage in situations that require careful thinking or behavior

//As a politician, he was *a bull in a china shop* and often had to apologize for his rough speech.



When it comes to our health we are a bull in a china shop. Even with the best intentions. Just think I practiced preventive medicine for fifty years.

didn't have any major health issues yet behind the scenes a ticking time bomb was

someday going to go off. Fortunately, I caught it on time.

Just think I pay attention to my body and mind. I saw that when one isn't in harmony with the body no amount of external and internal efforts will assist you. For example, over the years I accumulated high amounts of blood sugar in my blood. I didn't know that.

Over the years the body was sending me signals yet I didn't hear them. I look back now and see the body was telling me you are going in the wrong direction. Only when a person is in harmony with the body can true healing occur.

The Functional Medicine Approach

²⁷Functional medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness.

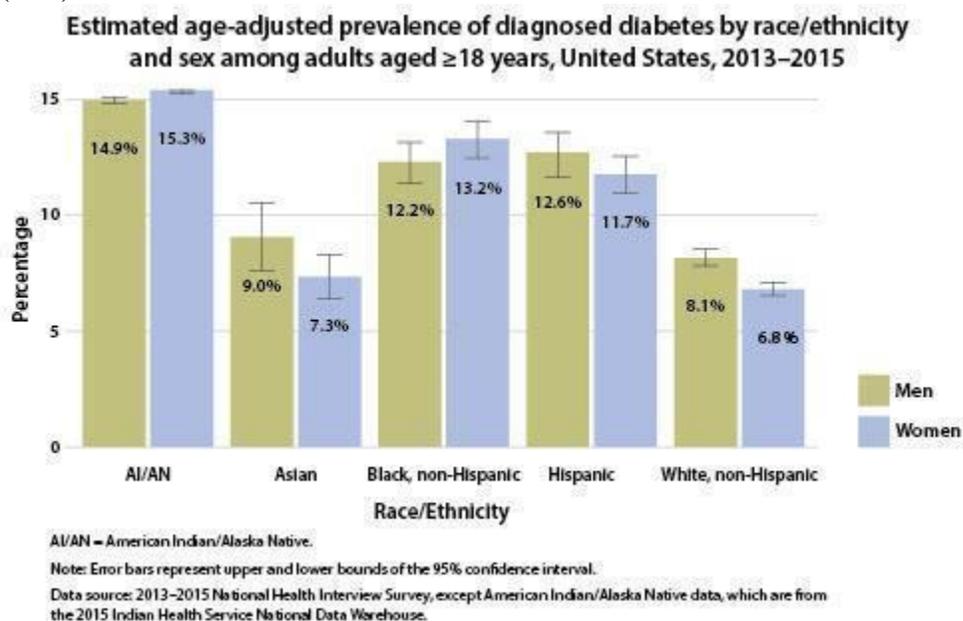
We never learned this in school. Our doctors and the pharmaceutical industry are firmly against this.

²⁸[New CDC report: More than 100 million Americans have diabetes or prediabetes](#)
Diabetes growth rate steady, adding to health care burden

For Immediate Release: Weekday, July 18, 2017

Contact: [Media Relations](#)

(404) 639-3286



More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new [report pdf icon](#) released today by the Centers for Disease Control and Prevention (CDC). The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

Need I say more?

²⁷ <https://www.ifm.org/functional-medicine/what-is-functional-medicine/>

²⁸ <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>

The Matrix



Neo (Keanu Reeves) believes that Morpheus (Laurence Fishburne), an elusive figure considered to be the most dangerous man alive, can answer his question -- What is the Matrix? Neo is contacted by Trinity (Carrie-Anne Moss), a beautiful stranger who leads him into an underworld where he meets Morpheus.

They fight a brutal battle for their lives against a cadre of viciously intelligent secret agents. It is a truth that could cost Neo something more precious than his life.

I saw the movie the matrix in 1998. I thought it was an incredible movie. The more I think and ponder it over I conclude that this is quite real. We are living our lives in a subconscious mode. We think we are aware yet we are completely asleep.

We see only one percent of the light spectrum and we think we see life clearly. Most Americans want a healthy body yet they don't want to put in any internal effort. They just want the doctor to prescribe a drug and not take any responsibility for it. I have friends who only drink coke because they don't like the taste of water.

I have friends growing up whose breakfast was Dunkin donuts and a coke. Look I'm not making judgments about this. Our society has never learned about being in harmony with the universe. We don't learn the mind, body, and soul connection. We as a society are completely stressed out.

We have jobs that are highly stressful and don't have to be. We are caught on a vicious treadmill and can't get off of it.

Our present-day system is designed to keep you from waking up from your slumber. Even with the best intentions, one will miss the mark. Just think I have been practicing preventive medicine all my life yet I almost lost my left foot because of ignorance.

We are here to help one another out. I don't have all the answers and I'm sure I will never have them. I can hopefully provide some advice on my life experience. Even if this reaches just one person and they wake up my job is done.

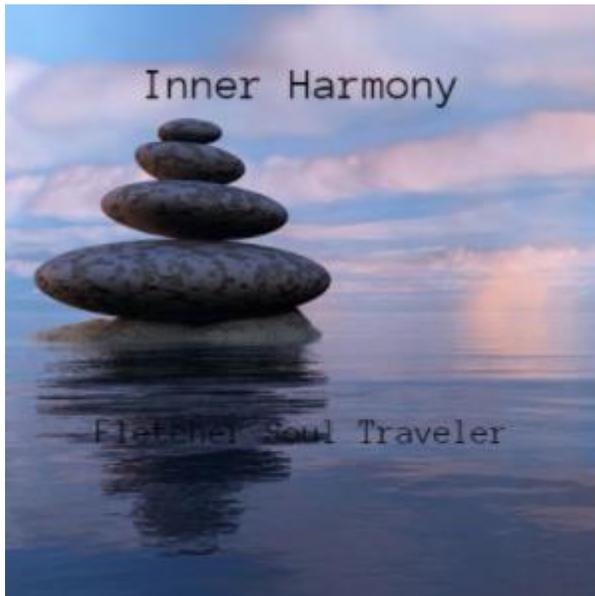
My path is not your path. We all have different bodies and chemistry sets. We all have a different view of life. I respect that and honor that. We are all on unique individual journeys, We can inspire and uplift each other.

To change the world, we must change ourselves.

War is obsolete. I have written over 60 books attempting to show how we can change for the better.

This is a short commercial break. Click on the picture to see all the books I have written.

It deals with all sorts of issues and practical advice. It explores are in life that we have heard about yet have no clue about what it is.



I try to explore all the major religions to show the thread of love tying us all together.

Millions of people are waking up from their slumbers. The matrix is more real than what you perceive. Everything you think and do lies inside of your limited box.

We think we are awake. We are dreaming. The only time we think about the purpose of life is on our deathbed or we come down with a fatal disease.

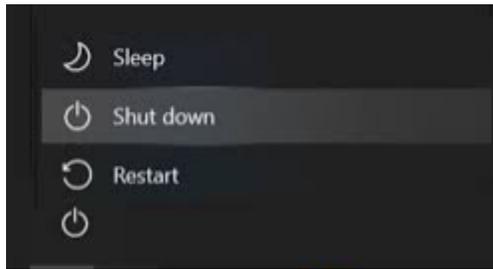
Life is very precious and short. It is just a flicker of time in eternity. When we were young we thought we had all the time in the world. The older we get we can this

life is really short and every moment we must be grateful that we are alive. When one has this understanding we get off the insane treadmill we have been on. We are grateful for each breath we have been given.

Someday we will take our last breath and disappear into the night. We will move into another room in the mansion of life. Mind you your essence has not changed. You are the universe and you know it.

Present-day you are the universe yet we are texting on the freeway of life. We are so busy we miss the signpost that exists everywhere.

Inner rebooting of operating system 2



We all have a divine operating system inside. You are the universe.

You just don't know it. Unfortunately, our current civilization is trashing this system into the ground. When the operating system is damaged there is a myriad of diseases that will come your way.

We are so busy texting on the freeway of life. We are so much more than we currently know. Does this blow your mind or does this make you think "There's Richard again"?

This is from

A Long and Winding DNA

Dr. Barry Starr

Feb 2, 2009

There is an awful lot of DNA stuffed into every cell. [Ben's blog](#) on stars and grains of sand got me to thinking about DNA. How long would the DNA from every living thing on Earth stretch? Could we make it to the next star? The next galaxy? The end of the Universe?

Let's start out with people. Each human cell has around 6 feet of DNA. Let's say each human has around 10 trillion cells (this is actually a low ball estimate). This would mean that each person has around 60 trillion feet or around 10 billion miles of DNA inside of them.

The Earth is about 93 million miles away from the sun. So your DNA could stretch to the sun and back 61 times. That is one person's DNA.

The best estimate I could find of the world's population of people is around 6.7 billion. When we multiply 10 billion miles of DNA by 6.7 billion, we end up with, well, a really big number. Something like 6.7×10^{19} or 67 quintillion miles. That is too big a number so let's convert this to light years.

A light year is around 6×10^{12} miles. So all human DNA would stretch 11.2 million light years. The closest star to Earth (besides the sun) is around 4.2 light years. So we shoot way past that! The Andromeda galaxy is about 2.5 million light years away from us so human DNA could stretch there and back two or three times.

What if we add the rest of the DNA to the planet? It would be much farther but it is hard to calculate because we don't know how many plants, animals, bacteria, fungi, etc. there are on the planet. We also don't have detailed information about every species on Earth.

Let's add bacteria to the mix. I decided on this because we know how many cells are in a bacterium—one.

One number I saw was that there are 5×10^{30} bacteria on Earth. Bacterial DNA tends to be a lot smaller than human DNA so there will be less of it per cell.

Let's say on average there are 4 million base pairs of DNA/bacterium (this number could be off by a very lot). This translates to around .05 inches of DNA per bacterium which means you need to scrape together around 1.3 million bacteria to get a mile of DNA. So all the bacteria in the world have about 3.5×10^{24} miles of DNA.

How far are 3.5×10^{24} miles of DNA? Well, it is about 640 billion light-years of DNA. The end of the observable Universe is about 14 billion light years away.

So if we stretched out bacterial DNA it would go to the end of the Universe and back around 23 times. Of course, it would be incredibly thin and so actually doesn't take up much space in the Universe.

So that's just human and bacterial DNA. (Well, mostly bacterial since human is so piddly in comparison.) I haven't added all of the rest of the DNA out there. I'll leave that to you.

37.332 -121.903

<https://youtu.be/EpBPasC8IY>

David Sinclair



About

Description

David Andrew Sinclair AO is an Australian biologist who is a professor of genetics and co-director of the Paul F. Glenn Center for Biology of Aging Research at Harvard Medical School. He is known for his research on aging with a focus on epigenetics. He is an officer of the Order of Australia. [Wikipedia](#)

Born: June 26, 1969 (age 52 years), [Sydney, Australia](#)

Spouse(s): [Sandra Luikenhuis](#) (Married 1999, Separated 2020, Divorced 2022)

Children: 3

Parents: [Diana Sinclair](#)

Known for: [Lifespan: Why We Age and Why We Dont Have To](#)

Doctoral advisor: Ian Dawes

Feedback



This is an email I sent to David.

We are all fine-tuning the guitar of life. I've been watching your work for quite some time
I'm not a scientist yet. You could say I have a very inquisitive mind.

I have a phrase that goes like this. The more attention you pay to something,
the more attention it pays to you. I'm sure you understand this in your line of work.
Answers come in very subtle ways. The universe does not shout.
The universe whispers silently into the heart of man.

I hope you do not mind if I offer some small suggestions to you. I think this could take you
higher level in your work. I don't want to sound egotistical. I'm trying to come from my heart

Pay attention to your breath every moment. Most people just roll their eyes
and mutter to themselves. What a stupid thing to do. Yet the same breath you take is the
same breath the universe takes. It is all the same.

The Kabbalistic says to have your feet on the ground and the head in heaven.
The modern-day scientist would say to have your feet in the physical and your head

in the quantum field. We are hardwired directly for this experience. It is built into our DNA.

We must understand to fuse the natural laws with the laws of the quantum field. True harmony is found with both. We can see that the death state, the awake state, and the sleep state are the same state.

I can go on and on and on yet if this resonates with you at all. I'm more than happy to talk forward to hearing about all the great work that you have ahead of you.

IT'S TIME FOR A FOOD REVOLUTION



John & Ocean Robbins

Summit Hosts

Each interview is hosted by Ocean Robbins and personally conducted by best-selling author and food movement leader, John Robbins. John's best-selling books about food and health have sold more than 2 million copies, and he knows how to dive deep, getting answers that have the power to steer the course of humanity and the fate of the planet. Following each interview, Ocean will be there live to answer questions, share top takeaways, and reveal what's waiting for you in the next inspiring interview.

Is what you eat part of the problem... or part of the solution?

An ongoing global pandemic.

A climate crisis threatens to make drought, floods, and food shortages a new normal.

And right now, billions of people are suffering from chronic health issues like obesity, heart disease, cancer, type 2 diabetes, Alzheimer's, autoimmune issues, and more — fueled by diets high in processed foods and low in nutrients.

A plant-based, whole foods diet can help to keep your immune system strong and protect you from the worst health afflictions of our time.

It's also one of the top things you can do to be part of the **solution on planet Earth.**

And most will agree that the **cruel conditions of factory farming** must stop.

The Stakes Have *Never* Been So High.

The good news is...

We're on the cusp of a true food revolution, with more people than ever realizing that food can be a huge part of the solution.

Not just someday, but right now.

However, while millions of people are trying to eat better, there's still rampant confusion about what's *truly* healthy.

Some people are going plant-based (which can be awesome!) without learning the simple basics — and suffering from serious (and avoidable!) nutritional deficiencies.

Others are simply swapping carbs for fat, or fat for carbs, or loading up on supplements — and still missing out on critical nutrients they need. — which are still highly processed, full of chemicals, and won't give you the nutrients you need.

Misinformation is at an all-time high.

Rest assured.

When you join the Food Revolution Summit, you'll get the most current research on food, nutrition, disease prevention, immune health — and how the same foods that protect you from chronic illness can also help to restore our planet!

Today's Presentations:

- **William Li, MD: *Super Foods for Super Immunity*** — 11 am Eastern / 8 am Pacific time / 3 pm GMT Dr. William Li, *New York Times* best-selling author of *Eat to Beat Disease: The New Science of How Your Body Can Heal Itself* has guided research that's impacted more than 70 diseases, including cancer, type 2 diabetes, blindness, heart disease, and obesity. Join us to learn about the specific foods that have been proven to support a healthy immune system (and resilience against the major viruses and diseases of our times!).
- **Joel Kahn, MD: *Foods That Harm, Foods That Heal*** — noon Eastern / 9 am Pacific / 4 pm GMT Dr. Joel Kahn is the founder of the Kahn Center for Cardiac Longevity and he's one of the world's most respected cardiologists. When he's not saving lives as a surgeon, Joel lectures around the world, inspiring health (and keeping people out of his operating room!) through proper nutrition. He'll share which plant foods can protect you from

pandemics and cardiovascular disease — and the truth about bone broth, lectins, ketogenic diets, TMAO, and more.

Michael Klaper, MD: *The Science of Wellness* — 1 pm Eastern / 10 am Pacific / 5 pm GMT Dr. Michael Klaper, the co-founder of Moving Medicine Forward, is a popular speaker and author of several books, and one of the foremost experts on how food can be medicine. He's practiced preventive and nutritional medicine for more than four decades and has served as nutrition advisor to NASA's programs for space colonists. Dr. Klaper will share some of this year's biggest breakthroughs, and how the right fuel can prevent disease, restore balance, and help you recover from illness.

- **Will Bulsiewicz, MD – *Fiber, Microbes, & Your Health*** (11 am Eastern / 8 am Pacific / 3 pm GMT). Optimizing your gut microbiome is key to sharp immunity, low cholesterol, and steady weight loss. “Dr. B” will explain how to add the right kinds of fiber, in the right way, so you can avoid gas, bloating, and discomfort — and enjoy maximal healthy results.
- **Robynne Chutkan, MD – *The Antiviral Gut*** (noon Eastern / 9 am Pacific / 4 pm GMT). Dr. Chutkan will share the latest understandings about the connection between the food you eat and the trillions of microbes that make up your microbiome. She’ll explain how the microbes inside you shape how you think, how you feel, and how your body responds to illness. I can’t WAIT for this one!
- **Doug Evans – *The Life-Changing Magic of Sprouts*** (1 pm Eastern / 10 am Pacific / 5 pm GMT). Sprouts are delicious and can double the antioxidant levels, triple the vitamin C, and quadruple the level of fiber in plants. You’ll find out how to unleash the power of the world’s most nutritious food — for just pennies a day, right on your counter.
- **Uma Naidoo, MD – Nutrition and Mental Health** (11 am Eastern / 8 am Pacific / 3 pm GMT). You’ll hear the latest stunning breakthroughs in the field of nutritional psychiatry, and find out about the specific foods that could fight depression, anxiety, PTSD, ADHD, OCD, and other mental health challenges.
- **Dean Ornish, MD – The Low-Cost Prescription for Disease Prevention** (12 pm Eastern / 9 am Pacific / 4 pm GMT). Find out how simple, affordable, and proven lifestyle changes can make you feel better, and can slash the risk of heart disease, cancer, Alzheimer’s, type 2 diabetes, and obesity. These same changes can bring you more pleasure, more peace, and more vitality — adding years to your life, and life to your years!
- **Susan Peirce Thompson, PhD – Breaking Free of Food Addiction** (1 pm Eastern / 10 am Pacific / 5 pm GMT). You’ll find out how certain foods are as addictive as street drugs — hijacking the brain’s dopamine system and contributing to an

obesity epidemic. New breakthroughs show how it's possible to rewire the brain to dispel unhealthy cravings and lose weight — permanently.

Kim Williams, MD – *The Proven Way to Slash Heart Disease Risk* (11 am Eastern time / 8 am Pacific / 3 pm GMT). Kim Williams, MD, grew up on the south side of Chicago, a community in which many people struggled to access quality healthcare. He founded the Urban Cardiology Initiative, an organization that seeks to reduce ethnic heart care disparities and expand healthcare access to low-income and inner-city communities. Join Dr. Williams as he shares the latest science on dairy products, triglycerides, coronary calcium scores, the keto diet, and the different kinds of cholesterol.

Columbus Batiste, MD – *Why It's Time to Be S-E-L-F-I-S-H with Your Heart* (12 pm Eastern / 9 am Pacific / 4 pm GMT). Dr. Columbus Batiste is an award-winning Internist and Cardiologist, and the former Chief of Cardiology for Kaiser Permanente Riverside and Moreno Valley Medical Centers. He'll explain why it's good to be selfish (with spirituality, exercise, love, food, intimacy, sleep, and humor) to prevent and even reverse heart disease.

Haile Thomas – *Feeding Joy* (1 pm Eastern / 10 am Pacific / 5 pm GMT). Haile Thomas is a speaker, wellness and compassion activist, author, and co-founder of Matcha Thomas, a wellness teahouse in Beacon, New York. At the age of 12, Haile founded the nonprofit HAPPY (Healthy, Active, Positive, Purposeful Youth), with the goal of youth empowerment, holistic wellness education, and bringing plant-based nutrition education to underserved communities. You'll be deeply inspired by the profound wisdom and brilliant spirit of one of the rising stars in the food revolution movement.

- **Brooke Goldner, MD – *How to Prevent & Reverse Autoimmune Disease*** (11 am Eastern / 8 am Pacific / 3 pm GMT). Dr. Goldner will share what goes inside the world's healthiest green smoothies, what constitutes a genuinely anti-inflammatory diet, and how to stay happy and hopeful even when facing serious illness.

- **Dean & Ayesha Sherzai, MD – *The Answer to Alzheimer’s*** (12 pm Eastern / 9 am Pacific / 4 pm GMT). Stunning new research reveals the real causes of dementia and how most cases can be prevented. Get the truth about the specific foods and fats that help (and hurt) cognitive performance, memory, productivity, and more.
- **Monica Aggarwal, MD – *The Inflammation Solution*** (1 pm Eastern / 10 am Pacific / 5 pm GMT). Dr. Aggarwal will share her heartening story of recovery from arthritis using natural tools and her prescription for bringing down chronic inflammation with diet and lifestyle.

David Perlmutter, MD – *The Hidden Truth About Uric Acid* (11 am Eastern / 8 am Pacific / 3 pm GMT). Most people have never heard of uric acid, but Dr. Perlmutter will show how it’s directly linked to weight loss, blood sugar balance, and how long (and how well) we live. You’ll also get the truth about coffee, alcohol, nuts, and seeds.

Joel Fuhrman, MD – *7 Foods to Slow (Even Reverse!) Aging* (12 pm Eastern / 9 am Pacific / 4 pm GMT). Dr. Fuhrman will share the top foods to eat daily so you can thrive beyond the average lifespan, stay healthy, and keep youthful vitality at age 80, 90, and beyond.

Kristi Funk, MD – *Foods That Beat Breast Cancer* (1 pm Eastern/ 10 am Pacific / 5 pm GMT). Breast cancer expert Dr. Kristi Funk will share the top 5 cancer-kicking foods, the 4 lifestyle habits to adopt immediately, and the truth about soy.

Neal Barnard, MD – *Plant-Based Protection* (11 am Eastern / 8 am Pacific / 3 pm GMT). From mood to memory problems and from medications to menopause, Dr. Neal Barnard will share how it’s possible to liberate health with a well-implemented whole foods plant-based diet.

Terry Mason, MD – The Phenomenal Power of Plants (12 pm Eastern / 9 am Pacific / 4 pm GMT). A “steak a day” diet landed urologist Dr. Terry Mason on the operating table — where his eyes were first opened to a new way of eating that can keep inflammation levels healthy, root out disease, and even increase sexual health.

Reshma Shah, MD, MPH – Healthy Food for Healthy Families (1 pm Eastern / 10 am Pacific / 5 pm GMT). Learn how to feed your family well (without losing your mind!) and how to lovingly and effectively encourage your loved ones to adopt healthier food choices.

George Monbiot – Feeding the World Without Destroying the Planet (11 am Eastern / 8 am Pacific time / 3 pm GMT). The brilliant George Monbiot will share real, scientifically grounded solutions to some of the most challenging crises of our times, including hunger, species extinction, and climate chaos — find out how to be part of the solution on planet Earth three times every day.

Andrew Kimbrell, JD – Creating a New Food Future (12 pm Eastern / 9 am Pacific time / 4 pm GMT). You’ll learn about highly effective ways to create a climate-friendly agricultural system and protect farmers, the environment, and your own family from dangerous pesticides and a toxic food system.

Leah Garcés – Turning Adversaries into Allies: How to Change the Chicken Industry (1 pm Eastern / 10 am Pacific / 5 pm GMT). You’ll hear Leah’s mind-blowing story of building alliances with chicken farmers and even huge corporations — and creating massive positive change. Her courage, compassion, and brilliant strategies will touch your heart and seriously inspire you.

Food revolution summit



I just finished an eight-day summit called the Food Revolution Summit. It was hosted by John and Ocean Robbins.

It was highly formative and enlightened. John Robbins wrote the best-seller New York times book called Diet for a New America in the '70s. He was groomed to be CEO of Baskin Robbin's ice cream. He declined the position due to his understanding of how ice cream isn't good for you.

John interviewed three people a day for 7 days straight. Most of these were medical doctors. Almost all of them overcame intense diseases that modern-day science says you can't heal naturally.

All of these medical doctors concluded that a plant-based diet can heal the body in ways that the present-day system doesn't do.

In the past 10 years, so much research has been done on plant-based medicine, yet it hasn't reached the mainstream. Most medical doctors still don't have a clue about the power of plant-based foods as medicine.

This is a major problem. Our Western diet is killing us yet. We think this is normal. Most people would never want to change their lifestyle and eating habits even despite the harm that it does.

Over 250,000 people attended this seminar daily. I find it ironic that I posted on Facebook each day about the seminar and yet not one person posted back a like or a comment. It seems to me that don't tell me what to do is the norm in society

today. Even if humanity is about ready to jump off the cliff, we still don't want someone to tell us what to do.

John Robbins has been diligently giving this message for over 50 years now. Many of his speakers have been doing so for decades.

It takes time for society to adapt and change for the better. I feel blessed that I had the opportunity to listen to such great wisdom.

This summit came at the perfect time. I had the time to listen to each speaker without any other obligations. I'm spending my time healing my body after losing my left pinky toe.

This wisdom needs to be brought to the world. The world needs to listen to and implement this wisdom. We can make this world a better place.

We can never rest on our laurels. Here I was eating an organic diet yet I didn't know that some of the food groups I was eating were harmful to my body. I lost my left pinky toe due to this.

05-19-2022 Dr. Ayer

Well, my doctor's appointment with Dr. Ayer went extremely well. My blood pressure was 80/60. The glucose level was at 119. My weight was the lowest since high school at 163 lb.

My doctor told me he tried to get the continuous glucose monitor at a cheaper price but couldn't do so. He told the pharmacist isn't it crazy my patient lost his left Pinky toe and yet he isn't eligible for Medicare to get the discount. Yes, common sense is uncommon.

It seems if you have low blood sugar you are eligible for the discount. If you have high blood sugar you don't. I took the bull by the horns and now I'm normal. Two weeks ago my sensor expired and I couldn't take any readings since. Fortunately, the doctor's office had one more test glucose monitor to give out.

In a few weeks, I will be eligible for Izy. This is an incredible and powerful tool to check and maintain your health on a day-to-day basis.

They use the same monitor that would have cost me \$500 a month and charge you \$39 a month. Not only that, but they trace your blood pressure levels.

Imagine eating a meal and putting the ingredients into a cell phone app. They can instantaneously tell you your glucose levels. They can then tell you whether your levels are high or low.

They have a database to tell you which foods they recommend. The more people use this tool, the more accurate this will be. Currently, they say they are around 80% accurate.

When you sign up they send you a kit where you submit a blood and stool sample. The stool sample will give you a report on the positive and negative bacteria in your micro bloom. The western diet has contributed to an epidemic of people having poor gut health. More to come on this fascinated subject soon.

-

Barbara recipes

The following recipes were created by my wife Barbara. These were created after my surgery. The meals that Barbara has created have made tremendous significance.

My blood pressure went from 160/100 to around 100/ 80. My glucose levels in the hospital started at 411. Currently, they are around 100 to 110.

I have lost over 20 lb in 2 months.

Turkey Zucchini salad

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: Turkey

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Non vegetarian

Level:Easy

Servings: 2

Prep Time:18

Cook Time:40



This is another incredible dish my wife made. She was in a creative mode and came up with this delicious dish. I have lost around 20 pounds in the last two months going on a plant based diet. I 'm at the same weight I was in high school. I don 't need to lose anymore weight hence my wife added Turkey to the dish.



Update Recipe

Email Recipe

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Add to GroceryList

- 1 lb Ground Turkey
- 2 tbsp curry powder
- 1 cup Spinach | fresh Spinach
- 2 large Squash, zucchini, baby, raw
- 1 package Taco seasonings

Recipe

Recipe

Saute the Turkey in olive oil for around 5 minutes until Turkey is no longer pink. Add your water turn heat to low and simmer for around half an hour. Make sure to check around every 15 minutes that the water has not evaporated. If it has add more water. Add your Taco seasonings and set aside pan. Dice your zucchini into bite pieces . Heat up pan add your olive oil and when the oil is hot add your zucchini. Saute until zucchini is done. Add your cooked Turkey.

*taco seasonings not found in USDA database

Nutrition Facts

Serving Size 1 Turkey Zucchini salad

Servings Per Batch 2

Amount Per Serving

Calories363

Calories from Fat 166

% Daily Value *

Total Fat 18g	28%
Saturated Fat 5g	24%
Monounsaturated Fat 6g	
Polyunsaturated Fat 5g	
Trans Fat 0g	
Cholesterol 156g	52%
Sodium 147mg	6%
Potassium 792mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 46g	92%
Vitamin A	34%
Vitamin C	17%
Calcium	9%
Iron	5%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

Chicken and greens salad



Chicken string beans

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: chicken

Categories: Low Glycemic

Meal Type: Dinner

Food Type:

Level: Easy

Servings: 2

Prep Time: 10

Cook Time: 40



This is a classic comfort food. It 's so easy to make and it 's delicious. This is one of the dishes my wife made when I was going through my healing.

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- 1 cup string beans
- 1 cup, slivered almonds
- 1 can (10.7 oz) Soup, cream of mushroom, canned, condensed
- 2 breast, bone removed chicken breast

Recipe

Recipe

Preheat oven to 350. Add all ingredients two casserole bowl. Cook for around 30 minutes horntail string beans are done. Don 't overcook the string beans.

*oz) soup, cream of mushroom, canned, condensed not found in USDA database

Nutrition Facts

Serving Size 1 Chicken string beans

Servings Per Batch 2

Amount Per Serving

Calories629

Calories from Fat 392

% Daily Value *

Total Fat 44g

67%

Saturated Fat 5g

25%

Monounsaturated Fat 25g

Polyunsaturated Fat 10g

Trans Fat 0g

Cholesterol 82g

28%

Sodium 72mg	3%
Potassium 805mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 46g	92%
Vitamin A	9%
Vitamin C	10%
Calcium	22%
Iron	4%

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Nutritional information

Salmon Avocado salad

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: Salmon

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Non vegetarian

Level: Easy

Servings: 2

Prep Time: 10

Cook Time: 10



This is something easy to make after a hard day 's work. All you do is to put miso on top of the salmon. At the very end you add your coconut flakes. In the broiler they become golden brown. This is great with a salad.



Update Recipe

Email Recipe

Add to MyFavorties

Add to GroceryList

- 1 oz coconut flakes
- 1 fillet Fish, salmon, Atlantic, wild, cooked, dry heat
- 1/4 cup Miso
- 1 tsp or 1 packet Mustard
- 1 cup, slivered almonds
- 6 leaf inner romaine Lettuce

Recipe

Recipe

cut salmon filet in half.mix miso with a tablesoonof water. Spread over salmon filet. Put in broiler for around 7 minutes. Add your coconut flakes. Broil four around 3 minutes until the flakes are golden. Serve over salad.

Nutrition Facts

Serving Size 1 Salmon Avocado salad

Servings Per Batch 2

Amount Per Serving

Calories718

Calories from Fat 477

% Daily Value *

Total Fat 53g	82%
Saturated Fat 12g	61%
Monounsaturated Fat 25g	
Polyunsaturated Fat 12g	
Trans Fat 0g	
Cholesterol 55g	18%
Sodium 1360mg	57%
Potassium 1185mg	34%
Total Carbohydrate 29g	10%
Dietary Fiber 13g	54%
Sugars 6g	
Protein 40g	80%
Vitamin A	33%
Vitamin C	2%
Calcium	23%
Iron	5%

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Nutritional information

Avocado chicken salad

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: chicken

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Non vegetarian

Level: Easy

Servings: 2

Prep Time: 10

Cook Time:



Yeah chicken broccoli avocado salad. This is my wife's creation. It's very nutritious and satisfying. Hope you enjoy it..

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- 1 head romaine Lettuce
- 1 cup chopped Broccoli
- 1 whole Avocados | Avocado
- 1 large tomatoe
- 1 tablespoon olive oil
- 1/2 lime
- 1 breast, bone removed chicken breast

[Recipe](#)

[Recipe](#)

What could be simpler. Simply put all these ingredients to a solid bowl and serve.

*lime not found in USDA database

Nutrition Facts

Serving Size 1 Avocado chicken salad

Servings Per Batch 2

Amount Per Serving

Calories404

Calories from Fat 241
% Daily Value *

Total Fat 27g

41%

Saturated Fat 4g

22%

Monounsaturated Fat 16g

Polyunsaturated Fat 4g

Trans Fat 0g

Cholesterol 41g

14%

Sodium 199mg

8%

Potassium 1656mg

47%

Total Carbohydrate 25g

8%

Dietary Fiber 15g

61%

Sugars 7g

Protein 23g

46%

Vitamin A

557%

Vitamin C

118%

Calcium

17%

Iron

5%

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Nutritional information

Thai wraps

Chef: Richard Fletcher

Ethnic: Thai

Main Ingredient: peanut butter

Categories: Low Glycemic

Meal Type: Appetizers

Food Type: Non vegetarian

Level:Easy

Servings: 2

Prep Time:10

Cook Time:5



This is comfort food at its finest. Anything with a peanut butter sauce I love. This is so easy to make after a hard day 's work.

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- 1/2 cup, chopped or diced chicken breast
- 1 head romaine Lettuce
- 1/2 cup grated carrots
- 1/2 cup sliced red cabbage
- 1 cup peanut butter
- 1 tablespoon coconut aminos
- 1 tablespoon water

Recipe

Recipe

Make peanut butter sauce. And peanut butter water coconut aminos to a serving bowl

Arrange romaine lettuce on a platter. On each leaf place a carrots, chicken and red cabbage.

*coconut aminos not found in USDA database

*water not found in USDA database

Nutrition Facts

Serving Size 1 Thai wraps

Servings Per Batch 2

Amount Per Serving

Calories898

Total Fat 69g

Calories from Fat 623

% Daily Value *

106%

Saturated Fat 14g	70%
Monounsaturated Fat 33g	
Polyunsaturated Fat 19g	
Trans Fat 0g	
Cholesterol 26g	9%
Sodium 614mg	26%
Potassium 1828mg	52%
Total Carbohydrate 39g	13%
Dietary Fiber 15g	60%
Sugars 19g	
Protein 47g	94%
Vitamin A	754%
Vitamin C	35%
Calcium	18%
Iron	25%

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Nutritional information

Turkey veg soup



Curried tofu and celery

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: tofu

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Vegan

Level: Easy

Servings: 2

Prep Time: 5

Cook Time: 5



I love curried tofu with celery. My wife Barbara may be this dish a few days ago. It was quite satisfying and easy to make. Sometimes the simplest of meals are the great comfort foods.

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- 1 block tofu
- 1 cup celery
- 1 tablespoon curry powder
- 1 tablespoon coconut aminos
- 1 tablespoon olive oil

Recipe

Recipe

How easy is this. Heat up? Pan with olive oil. And the crumble tofu and celery along with the curry powder. Add the coconut aminos. Cook for around 2 minutes. That 's it.

[Barbaras unique oatmeal](#)

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: oats

Categories: Low Glycemic

Meal Type: Breakfast

Food Type: Vegan

Level: Easy

Servings: 2
Prep Time:5 minutes
Cook Time:4 minutes



This is an amazing recipe my wife Barbara created for me. It 's a unique twist on the normal oatmeal that we eat. It contains many different kinds of vegetables depending upon her mood. Many times she adds okra, tomatoes and super greens. She adds Indian spices, cilantro, miso and sriracha chili. For the more she adds chia seeds and flax seeds. It is very nutritious. I found my blood sugar levels go down after eating this meal. Most people have a spike in blood sugar levels after eating a meal.

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- 1 tsp, leaves oregano
- 1 tbsp curry powder
- 1 tsp coriander | coriander powder
- 1 sprigs fresh Coriander | Coriander | cilantro | fresh cilantro
- 1/4 cup Okra
- 1/8 cup Sauerkraut
- 1/16 cup Miso
- 1 oz chia seeds
- 1/4 tbsp, ground flaxseed
- 1 cup Oats
- 2 cups water

[Recipe](#)

[Recipe](#)

Add water to pot. Turn heat to high. When water boils at the oatmeal and the spices. If you have fresh oregano use that instead of the dried. It will give a more unique flavor to the dish. Add the vegetables. Turn heat to medium. Set the timer for 4 minutes. Poor oatmeal and serving bowl. And your kimchi, miso and fresh cilantro.

Nutrition Facts

Serving Size 1 Barbaras unique oatmeal

Servings Per Batch 2

Amount Per Serving

Calories314

Calories from Fat 84

% Daily Value *

Total Fat 9g

14%

Saturated Fat 1g

6%

Monounsaturated Fat 2g

Polyunsaturated Fat 5g

Trans Fat 0g

Cholesterol 0g

0%

Sodium 402mg

17%

Potassium 445mg

13%

Total Carbohydrate 49g

16%

Dietary Fiber 13g

52%

Sugars 2g

Protein 12g

23%

Vitamin A

16%

Vitamin C

15%

Calcium

17%

Iron

5%

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Nutritional information

Richard Fletcher -May 28 2022 7:05PM

I love this recipe.

Turkey Beans and vegies



Beans fresh herbs



Tofu and mushrooms

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: Tofu

Categories: Low Glycemic

Meal Type: Breakfast

Food Type: Vegan

Level: Easy

Servings: 2

Prep Time: 10

Cook Time: 5



This is a unique spin on tofu and mushrooms. I use Indian spices to give the tofu an incredible taste. I use olive oil and key to saute the mushrooms with the spices. I hope you enjoy this recipe.

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- 1 tbsp Soy sauce |tamari
- 1 tbsp butter | ghee | clarified butter
- 1 tbsp olive oil
- 3 tbsp curry powder
- 1 cup, whole Mushrooms, |Mushrooms
- 1 block firm Tofu

Recipe

Heat up pan. Add your ghee and olive oil. When they are both hot add your mushrooms and spices. Saute them until the mushrooms turn golden. In separate bowl mash the tofu with a potato masher. When the tofu is super fine add to pan and cook for around 5 minutes until the tofu and mushrooms are hot.

Nutrition Facts

Serving Size 1 Tofu and mushrooms

Servings Per Batch 2

Amount Per Serving

Calories217

Calories from Fat 158

% Daily Value *

Total Fat 18g

27%

Saturated Fat 6g

28%

Monounsaturated Fat 8g

Polyunsaturated Fat 3g

Trans Fat 0g

Cholesterol 15g	5%
Sodium 521mg	22%
Potassium 447mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	18%
Sugars 2g	
Protein 11g	21%
Vitamin A	5%
Vitamin C	4%
Calcium	22%
Iron	5%

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Nutritional information

Cauliflower bean turkey stew

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: kidney beans

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Non vegetarian

Level:

Servings: 4

Prep Time:10

Cook Time:10



This is a dish my wife Barbara made up. I love the unique flavors of this dish. This was one of the dishes that she created during my healing.

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- 1 lb Ground Turkey
- 2 cup Cauliflower,
- 1 cup Beans, kidney, all types, mature seeds, canned
- 1 package taco seasonings

Recipe

Recipe

heat up pan. Add the olive oil and cauliflower. Saute for a few minutes. Add 1/4 cup water and your spices. Add your beans and cooked turkey,Place a cover over the pan. Cook for five minutes. Presto your meal is done.

*taco seasonings not found in USDA database

Nutrition Facts

Serving Size 1 calif bean turkey stew

Servings Per Batch 4

Amount Per Serving

Calories230

Calories from Fat 83

% Daily Value *

Total Fat 9g

14%

Saturated Fat 2g

12%

Monounsaturated Fat 3g

Polyunsaturated Fat 3g

Trans Fat 0g

Cholesterol 78g

26%

Sodium 263mg

11%

Potassium 516mg

15%

Total Carbohydrate 11g

4%

Dietary Fiber 4g

18%

Sugars 2g

Protein 27g

53%

Vitamin A

2%

Vitamin C

48%

Calcium

5%

Iron

2%

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Nutritional information

Zucchini asparagus dahl

Chef: Richard Fletcher

Ethnic: Indian

Main Ingredient: lentils

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Vegan

Level:

Servings: 4

Prep Time:19

Cook Time:40



Here's a great dahl made from urad dahl and lentils. This is super high in protein.

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- 1 cup urad dahl
- 1 cup red lentils or any other lentils
- 1 tablespoon fresh ginger
- 1 teaspoon salt
- 1 tablespoon turmeric
- 1 tablespoon cumin powder
- 3 tablespoon coriander powder
- 3 teaspoons garam masala
- 1 teaspoon or more cayenne

Chank

- 1 tablespoon cumin seeds
- 1/2 tablespoon ghee
- 1 medium diced onion
- 3 cloves garlic

- 1 medium tomato
- 1 whole dried red chili pepper
- 1 cup Asparagus | Asparagus spears
- 1 large zucchini

Recipe

Recipe

Wash Lentils.

Add water and lentils to pan.

Turn heat to high.

Add diced fresh ginger, turmeric, cumin powder, coriander powder, garam masala, and cayenne.

When mixture boils turn down heat and let simmer. When water runs low add water. When lentils have been broken down into a mush it is done for this part.

Make *Chunk*- In separate pan sauté in ghee on a high flame cumin seeds, onions, garlic, tomatoes and 1 dried red chile. Add your vegetables Cook until golden brown. Add mixture to lentils. Add salt to taste. Garnish with fresh coriander.

* garam masala not found in USDA database

Nutrition Facts

Serving Size 1 Zucchini asparagus dahl

Servings Per Batch 4

Amount Per Serving

Calories286

Calories from Fat 32

% Daily Value *

Total Fat 4g

6%

Saturated Fat 1g

6%

Monounsaturated Fat 1g

Polyunsaturated Fat 1g

Trans Fat 0g

Cholesterol 4g

1%

Sodium 613mg

26%

Potassium 1220mg

35%

Total Carbohydrate 50g

16%

Dietary Fiber 18g

74%

Sugars 7g

Protein 18g

37%

Vitamin A

24%

Vitamin C

108%

Calcium

13%

Iron

10%

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Nutritional information

peanut butter cabbage

Chef: Richard Fletcher

Ethnic: Thai

Main Ingredient: peanut butter

Categories: Low Glycemic

Meal Type: Appetizers

Food Type: Non vegetarian

Level:

Servings: 2

Prep Time:10

Cook Time:10



I'm a sucker for peanut butter anything that has peanut butter in it I love it. My wife created this during my healing crisis. It is definitely a comfort food. It may look like a goulash which it is very similar to.

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- 1 tbsp Soy sauce |tamari
- 1 tbsp cider Vinegar | vinegar |apple cider vinegar
- 1 cup Peanut butter
- 6 leaf Cabbage
- 1 breast, bone removed chicken breast

Recipe

Recipe

in small bowl mix the peanut butter, apple cider vinegar and tomari until smooth. Set aside bowl. Arrange your red cabbage leaves on plate. Add your chicken. Drizzle with peanut butter sauce.

Nutrition Facts

Serving Size 1 peanut butter cabbage

Servings Per Batch 2

Amount Per Serving

Calories882

Calories from Fat 627

% Daily Value *

Total Fat 70g

107%

Saturated Fat 14g

71%

Monounsaturated Fat 34g

Polyunsaturated Fat 19g

Trans Fat 0g

Cholesterol 41g

14%

Sodium 1087mg

45%

Potassium 1059mg

30%

Total Carbohydrate 27g

9%

Dietary Fiber 8g

34%

Sugars 15g

Protein 50g

100%

Vitamin A

103%

Vitamin C

28%

Calcium

8%

Iron

22%

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Nutritional information

'turkey egg dish

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: turkey

Categories: Low Glycemic

Meal Type: Lunch

Food Type: Non vegetarian

Level: Easy

Servings: 2

Prep Time: 5

Cook Time: 5



This is extremely simple and easy to make.

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- 2 patty (cooked from 4 oz raw) Ground Turkey
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tbsp Soy sauce | tamari
- 1 tbsp ghee
- 1 cup Asparagus | Asparagus spears
- 1 cup tomatoes | tomato | plum tomato
- 4 large eggs | egg

Recipe

Recipe

Beat with fork your eggs until blended. Beat in the milk and spices.

Heat up omelet pan. When ghee is hot add the eggs mixture. Cook on low heat. When cooking stick the eggs

mixture with a fork to allow the eggs to cook properly. When it is all the same consistency the omelet is done. Cut up omelet into bite d pieces.
 In separate pan add a tablespoon of ghee two Pan. Satay the Turkey and asparagus for a few minutes. Don 't overcook the sparagus.
 Add all ingredients to serving bowl.

Nutrition Facts

Serving Size 1 turkey egg dish

Servings Per Batch 2

Amount Per Serving

Calories889

Calories from Fat 487
 % Daily Value *

Total Fat 54g

83%

Saturated Fat 19g

97%

Monounsaturated Fat 20g

Polyunsaturated Fat 10g

Trans Fat 0g

Cholesterol 1870g

623%

Sodium 1252mg

52%

Potassium 1382mg

39%

Total Carbohydrate 13g

4%

Dietary Fiber 3g

12%

Sugars 6g

Protein 85g

170%

Vitamin A

79%

Vitamin C

52%

Calcium

31%

Iron

12%

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Nutritional information

Broiled, tofu and mushrooms

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: yofu

Categories: Low Glycemic

Meal Type: Dinner

Food Type: Vegan

Level: Easy

Servings: 2

Prep Time: 19

Cook Time: 25



This is another quick and easy dish to make after a hard day's work. It's quite simple and easy to make.

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- 1 tbsp olive oil
- 1/4 cup Miso
- 1 tbsp curry powder
- 1 tbsp tamari
- 1/4 cup Peanut butter
- 1 cup Mushrooms
- 1 block firm Tofu
- 1/4 cup water
- 1 tbsp Siracha

[Recipe](#)

[Recipe](#)

Preheat oven. Turn oven to boiler high. Cut tofu into thin strips. Place on pound. Combine all the other ingredients into a bowl and mix well. Place mushrooms on pan. Spoon the sauce over the tofu and mushrooms. Place in broiler and cook four around 25 minutes. That to who should be golden color.

*tbsp siracha not found in USDA database

Nutrition Facts

Serving Size 1 Broiled, tofu and mushrooms

Servings Per Batch 2

Amount Per Serving

Calories402

Calories from Fat 265

% Daily Value *

Total Fat 29g

45%

Saturated Fat 5g

27%

Monounsaturated Fat 15g

Polyunsaturated Fat 8g

Trans Fat 0g

Cholesterol 0g

0%

Sodium 1935mg

81%

Potassium 594mg

17%

Total Carbohydrate 20g

7%

Dietary Fiber 6g

24%

Sugars 7g

Protein 22g

44%

Vitamin A

26%

Vitamin C

2%

Calcium

23%

Iron

9%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

Aleia fantastic smoothie

Chef: Richard Fletcher

Ethnic: American

Main Ingredient: blueberries

Categories: Beverage

Meal Type: Beverage

Food Type: Raw

Level:

Servings: 4

Prep Time: 10

Cook Time:



My daughter alia spent some time researching four are great and nutritious smoothie. This is what she came up with. My wife online love this smoothly and the nutritional value it brings.

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- 1 oz cacao powder
- 1 cup Blueberries
- 1 oz chia seeds
- 1 cup coconut milk
- 1 tbsp apple cider vinegar
- 1 tbl flax seeds

Recipe

Recipe

what could be more simpler just place all the ingredients into the blender and blend away.

*flax seeds not found in USDA database

Nutrition Facts

Serving Size 1 Aleia fantastic smoothie

Servings Per Batch 4

Amount Per Serving

Calories210

Calories from Fat 157

% Daily Value *

Total Fat 17g

27%

Saturated Fat 13g

64%

Monounsaturated Fat 2g

Polyunsaturated Fat 2g

Trans Fat 0g

Cholesterol 0g

0%

Sodium 10mg

0%

Potassium 235mg

7%

Total Carbohydrate 13g

4%

Dietary Fiber 4g

16%

Sugars 5g

Protein 3g

6%

Vitamin A

1%

Vitamin C

7%

Calcium

6%

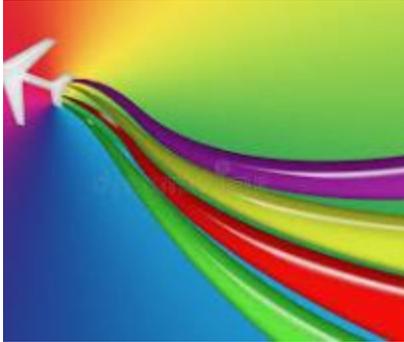
Iron

3%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

08-01-2022 3-month checkup



This human body is miraculous. For the last three months, I've been learning how to be in harmony with the human body and the earth.

The body always speaks to us in silent words and through intuition. As you may know, I thought I ate a healthy lifestyle. I tried only to eat organic foods. But despite that 3 months ago I lost my left pinky toe.

In the hospital, my A1C level was around 11. Today to the surprise of my doctor and myself it is now 5.6. He was shocked. He had never seen anything like this before.

I told him what I was doing. I integrated the latest scientific knowledge on what to do practically to heal oneself. I admit at times it wasn't easy. My wife Barbara, my twin brother John and David Schweizer helped me in the research.

I mainly cut out all dairy except for kefir. Almost all grains except for oats and amaranth. All bread and tortillas.

You might think that is a lot which it is. But the results are outstanding. I am now the same weighty I was in high school.

My blood sugar is at the same level as in high school.

My blood pressure is at the same level as in high school.

I found out also that the majority of the latest scientific breakthroughs in diseases have been from those scientists and medical doctors who had conditions that Western scientists said could not be healed.

Most doctors say that diabetes can never be healed. I found out for myself. Yes, that is true if you don't want to change the foods that you eat and your lifestyle. Drugs will not help you or assist you in healing yourself. Note I'm not saying all drugs are like this.

My doctor took me off metformin. He said you don't need this anymore. He said he was sorry for losing me as a patient. He said he enjoyed my wife and my company.

I told him I have learned to have checkups and tune-ups just like a car. Every 3 months we can run the blood test and urine test.

I must say thanks to Cathy Deutsch who advised me with this whole situation occurred. She said you should have been doing this all along.

I haven't been to a doctor in 50 years. This car is getting old yet it is a classic and needs attention.

The body has incredible healing abilities if we just allow them.

Our Western lifestyle is making us sick in so many different ways. We think this is normal.

We think that Western medicine can heal us and we can go on eating whatever we want.

On this precious journey, I have learned that we have a second brain. The microbiome is our second brain. Most of us have an internal lab that is completely messed up.

When the microbiome is out of balance it will dictate to you more sugar. More sugar, please. More sugar, please

When I was at the hospital, The nurses told me that the majority of people who come into the hospital their glucose levels are high. Most of them like myself had no idea.

Consequently, over time due to high blood sugar, many different kinds of diseases will manifest. It affects all body functions. Most strokes and heart attacks manifest in people who have high glucose levels.

Almost all amputations of the toes and feet are caused by high glucose levels. Mine skyrocketed.

So what's yours? Just think in three short months my levels went down miraculously. Yet it wasn't a miracle. It was following the basic laws of nature. When we follow those laws, nature automatically starts to repair and heal itself.

This is my story. I hope it inspires you.

Many of my friends have cancer. Scientists say that cancer is angry cells.

They also say that cancer loves sugar. If you starve a cancer cell by not giving it sugar over time it will be destroyed.

Never give up hope. Think outside of the box. Do the research and see what the latest findings are. Many incredible medical doctors and scientists challenge the norm.

Most scientists and doctors would call them quacks. Even though they healed themselves, they are considered in their eyes quacks by the medical establishment.

This is the only human body you get. At least for this go around. You can't have a trade-in while you are alive.

The older I get, the more I see the thread that is tying us all together.

We can change ourselves and the world around us. Inside of us lies the silence where all wisdom comes from.

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Closing.

Closing Remarks

Well, these past few months have been a grand journey in life. I still find it amazing that I have been actively pursuing preventative medicine in my life for the last 50 years.

Yet despite that, I still lost my left pinky toe. I see now it was a blessing in disguise. We must always find tune the guitar of life. We can never rest on our laurels. Wisdom is not static.

Wisdom will morph and change into greater wisdom. I hope you enjoyed this book. There is a lot of useful wisdom that you can use in your daily life. Most of the time we live our lives. subconsciously.

We don't think about the consequences of our actions. The food we eat at times we shouldn't eat. The matrix unfortunately is alive today.

