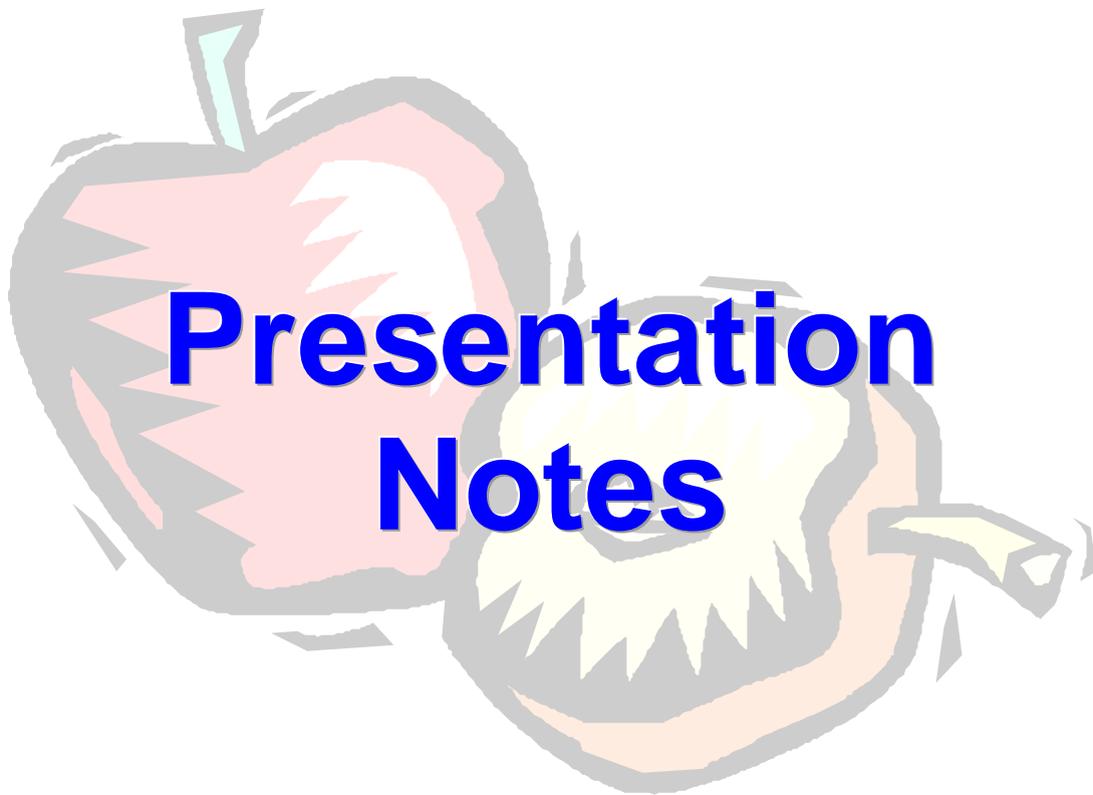


Secrets for Great Health



Presented By: John Toomey B.Ed. Phys.Ed.

What is Good Health?

Introduction

“When embarking on a great journey, it is important to start from where you are now and not from where you think you should be.” Yogi Satyandananda

Getting healthy is about taking new steps each day to improve your health. If it as taken you 20 years to lose a great deal of your good health, you cannot get it back in 3 weeks. It will take time.

So, when Yogi Satyandananda says that you have to start from where you are now, he means that you should honor the fact that your health is not very good and be patient with yourself as you work your way back.

A great example is the “jog around the block”. Often when unfit people decide to exercise again, they judge themselves harshly and say to themselves things like “I should be able to make it round the block”. Failure can bring a sense of hopelessness that can then lead to a rapid cessation of the exercise program.

Following this session, you will be in possession of a range of new ideas and information. It is important that you allow yourself time to process them, establish a plan to progressively implement the ones you feel comfortable with and then work your way through your plan over the next year.

One thing is certain. Once you start, your health decline will cease and you will have commenced the journey back to good health. Enjoy the journey. Honor your body and watch while it changes.

Often times we forget that the journey is really the destination. Once you start your better health program it should never stop. It should simply just become part of your life.

How long do you expect to live?

This is a great question. You know that statistics can often be manipulated to present a desirable result. However, are they really accurately presenting the true picture?

How long will you live?

- ? 75
- ? 85
- ? 95
- ? 120

You do have a choice in the matter? The predicted life expectancy in years for Australian Males is about 77. When we look at other mammals living on this planet, a general rule of thumb exists for life expectancy. However long it takes that mammal to reach physical maturity, the life expectancy is expected to be seven times that number of years. Given that humans reach physical maturity somewhere around 18 to 21 years of age, and applying that formula to humans, we should expect to live well beyond 120 years.

Does this matter? Not really! But are we reaching our potential. Coroner reports on people who have died of “natural causes” in very old age demonstrate that well in excess of 75% of cases death occurred due to the failure of a single organ, while all other organs were strong and healthy.

(Please excuse me on this figure – I have read an incredibly informative and well documented book on this topic and cannot remember the author or the name of the book)

Many researches have pointed to the incredible longevity of the people from a number of cultures around the globe including the Hunzas of Northern Pakistan, the Indians of Lake Titikaka in South America, the Azerbaijanis and the Soviet Georgians.

Whilst the argument will rage on for years over the claims of their incredible ages, we must be intrigued by the possibility that these people live extremely long lives and do not suffer the range of diseases that we are exposed to.

My question to you is this. “Would you like to live a very long life, retain all your faculties, avoid all degenerative diseases, be active and very mobile, and die peacefully in your sleep when you are good and ready?”

Perhaps you can.

How do you define being Healthy?

- ? Not Sick?
- ? Not Fat?
- ? Fit?
- ? Low Stress?

What about...

- ? Feeling Supported.
- ? Feeling that you do make a valid contribution.
- ? Feeling that you are an integral part of life.
- ? You are able to express your creativity.
- ? You have control over your mind.
- ? You understand the relationship between your mind and your body.
- ? You desire to find a connection with the whole universe. Seeking Balance and Harmony.

These are all the “alternative” aspects of good health that simply don’t rate a mention too often. However, many a research has demonstrated them to be of major significance.

What your Doctor doesn’t know could kill you!

As you may be aware, I have presented papers at medical conferences and have taught a Better Health and Lifestyle program to medical students at Monash University.

I also have a number of colleagues who are medical Doctors. It is clear to me that our medical education system is limited and many of the more traditional methods of treating patients have now been replaced by pharmaceuticals. Doctors have lost many skills and replaced them with a new skill that allows them to select and prescribe drugs.

In the 12 months to June 30th, 2000, just over 18,000 people died as a result of medical negligence. This is an official AMA figure. This negligence included people given incorrect drugs and a substantial number who died after being given the “correct” drug.

- ? Medical School is just one train of thought.
- ? There is an apparent attitude of “Wait till you get sick, then we’ll rescue you.”
- ? Many Doctors in business to make a profit.
- ? Ongoing Medical Education, in the greater percentage of cases is provided at medical conferences sponsored by Pharmaceutical companies.
- ? How healthy are Doctors in general. Medical Doctors in Australia have a life expectancy more than 10 years less than the rest of the community. In the USA, the life expectancy of Doctors is only 58 years of age.

There are many alternative modes of healing, health enhancement and rejuvenation. Western Medicine is but one school of thought. I am not saying that it is wrong or right. To be truly healthy, we should open our minds to all possibilities. There is enough alternative information to tell us that people who care for their health will live longer and have a reduced risk of disease. It is up to you. In the end, you must take responsibility for your own health.

The China Study

The China Study is the largest epidemiological study conducted anywhere in the world to date. It has been running for over 15 years and is a combined effort of Cornell, Oxford and Beijing Universities.

The findings are quite stunning, with much evidence pointing toward a simpler life, a more basic diet style and the need for more preventative health education.

Please visit New Century Nutrition at the address below to read more on this amazing program.

http://www.newcenturynutrition.com/public_html/webzine/archives/china_project.shtm

Degenerative Disease

Introduction

Medical research shows us that whilst some of the common, modern diseases, are slowly declining, some like Bowel Cancer, Breast Cancer, Prostate Cancer, Osteoporosis, Diabetes and Alzheimer's disease are actually continuing to effect more and more people each year.

Our health care system is "under siege" at present due to an ever-increasing incidence of what have been labeled, "the seven deadly diseases". The diseases that fit into this category are:

- ✂ Heart Disease
- ✂ Cancer
- ✂ Arthritis
- ✂ Diabetes
- ✂ Stroke
- ✂ Osteoporosis
- ✂ Alzheimer's Disease

We are often told that these diseases are largely genetic and that whilst we may take precautions, we cannot fully protect ourselves from them.

In 1973, Dr. John Berg from the University of California in Los Angeles and a Member of the National Cancer Research Institute of America conducted a ground-breaking study. His aim was to test the theory of genetic influence in degenerative disease.

Previous research had revealed that all the countries with high colon cancer rates also had high rates of meat consumption. All countries with low colon cancer rates had low meat consumption. Opponents to these studies alleged a coincidence and that some populations were "genetically predisposed" to colon cancer.

Dr. Berg and his team then chose Japanese immigrants to America as their test subjects. Japan has a low colon cancer incidence whilst American's is high. The test subjects who had moved to America and assumed a typical American diet style reflected a colon cancer rate that was equal to the normal American incidence levels.

This study along with the more comprehensive studies carried out by Dr. Berg's team put paid to the genetic argument.

I often ask myself. How can anyone state that disease is genetic? My 33 year-old brother suffered lymphatic cancer in the year 2000. To my knowledge, no one has ever been to my family's home to gather tissue samples from my parents or their parents. For this reason, any allegation that his cancer was genetic would be hearsay.

So, what are these diseases? Are they preventable? How do they occur? From the outset, I will state my educated bias. It is my well-researched belief that Australian's are not being given the whole story when it comes to these diseases. I believe that health care is profit driven and that pharmaceutical companies dominate it.

I believe that many diseases can be cured, or even better, prevented, quickly and easily. However, there are huge profits to be made from drug sales, pathology testing and the sale of medical equipment and facilities. Further, the health care system is a major employer of the country's labor force.

A stark and drastic drop in disease rates would "hurt" many businesses and many wealthy people. Therefore, a status quo is maintained. Any challenge to that status quo is vigorously challenged and defeated to ensure that business continues as usual.

You may ask, "How could people do this? What sort of person could possibly work this way?" My answer to you is simple. Cigarette companies don't seem to have too much trouble finding executives. Many people have a price. If the revenues are great enough, those prices will be paid.

At the time of writing of this article, the seven largest pharmaceutical companies in the world had a collective value of over US\$2.3trillion.

Heart Disease

High Cholesterol, High Blood Pressure, Angioplasty, Bypass Surgery! This is serious stuff. I have lost a few good friends to heart disease, one under 40 and one just over.

In over 45% of cases, the very first symptom of Coronary Heart Disease is sudden death. In other words, 45% of the heart disease victims, who did not live to realise what had happened to them, never knew they had heart disease.

That is a scary figure. There are many men walking around in our community now who are very close to death and they have no idea about the time bomb ticking away in their chests.

Dr. Richard Shields from the Epworth Hospital's Health Check Unit (A great place to go for a comprehensive stress test) told me that some cardiac surgeons he knew were concerned at the number of patients returning little more than 2 years after bypass surgery displaying serious heart disease symptoms.

Enter Professor Dean Ornish. The then Dr. Ornish turned the medical world on its head when he bravely beat a new path to find the causes of coronary heart disease. You can read all about Professor Ornish at <http://www.ornish.com/>.

Professor Ornish's studies revealed undeniable links between an inability to express emotions and heart disease risk. He also proved that a plant based diet, modified lifestyle and learning to express emotions along with meditation and contemplation, were the keys to reversing heart disease.

His initial studies demonstrated staggering reductions in symptoms without surgery or drugs.

He authored a best selling book titled "Dr. Dean Ornish's Program for Reversing Heart Disease" which is still freely available today.

Whilst lowering cholesterol is one factor, it is by no means the most significant. A little later in these notes, you will learn about acidity and free calcium, two significant contributors to heart disease.

Basically, Dr. Ornish discovered through a journey into Eastern Medicine that emotions are energy and that emotions effect the flow of energy through the body. Key energy channel points in the body are known as Chakras. When an emotion is suppressed it may cause a blockage to the flow of energy through a Chakra. Regular and repeated suppression of an emotion can lead to a severe blockage.

The Heart Chakra is the key to the expression of love, sadness and grief. If these emotions are not expressed freely and completely when they arise, they may lead to an energy block in the Heart Chakra. Professor Ornish's work proved that such an energy blockage might manifest itself as a physical congestion or blockage.

It is interesting to note that our western terminology reflects this. When we meet a friend who appears to be troubled but who also appears to be holding something back, our words are often of the order, "Come on, get it off your chest." Our language acknowledges Professor Ornish's findings.

Cancer

"Everyone should know that the war on cancer is largely a fraud."

(Dr. Linus Pauling, Two time Nobel Prize Winner)

How could this be? Cancer is a serious and ghastly disease right! It kills thousands of Australians every year. How could the effort to eliminate it be fraudulent?

Dr. Pauling was arguable the greatest scientist of the 20th century. His words cannot be taken lightly. So why would he say such a thing?

What is a Tumor?

Cancer is big business. In fact, it is huge business. The drug companies make massive profits providing medications for cancer sufferers. The medical practitioners get paid very large sums whether they are successful or not. And, the cancer charities and hospitals employ thousands of people.

But what if there was a simple cure. Who would that help and who would it hurt? Certainly, a great number of people would lose money and face.

Consider the situation with the dental profession. It has been known for some time now that Mercury is a major player in Alzheimer's disease. It has also been known that mercury vapor leaks from Amalgam fillings. Yet, the dental profession maintains their stance that amalgam is not dangerous. But, they are stuck. If they do admit that it is a problem, they face massive lawsuits from all over.

Cancer is huge business. If you wait for a Government to take decisive action, you and many of your family members could be dead. At the current rate of growth, every man living in Australia in 2020 can expect to get some form of cancer in his lifetime.

There has been much work done since the 1950's on cancer. Cancer charities raise huge amounts of money and then pass on large percentages to Pharmaceutical companies to fund research.

But, other research has also been taking place, research that has identified what cancer is, why it occurs and how to prevent and stop it. However, the solutions presented do not yield profits for anyone. There is no financial gain to be made from the promotion of these research findings. So, you are left powerless, at the mercy of just one single viewpoint about cancer.

Whilst I write this article, I have no axe to grind against our medical professionals. They are only acting on what they have been taught. But, many medical conferences are sponsored by and conducted by pharmaceutical companies. Only one point of view is being expressed and propagated. Hence, many doctors of western medicine turn their noses up at alternative approaches, approaches that have worked for thousands of people. They even have a term for it – spontaneous healing. No credit at all given to the healers involved.

What is Cancer then? It is simply the body healing itself to death. Sounds weird doesn't it, but it is just that. According to Edward G. Griffin in his book "World Without Cancer", "It is Cancer if the healing process is not terminated upon the completion of its task." When we have a wound, no matter how small, stem cells initiate the growth of a clump of flesh called a neoblast. This piece of flesh is the foundation of the healing response as it provides blood flow to the site of the wound. Once the healing is under way and blood supply restored, enzymes from the pancreas eat away the outer layer of the neoblast, and the immune system attacks and kills it.

If the pancreas is not functioning properly, which is the case in many people, these enzymes are not secreted, the outer layer of the neoblast remains intact and the immune system cannot consume it. Hence, it continues to grow unchecked.

It can happen at any time. Whenever you receive a wound, from burned skin to a deep bruise or an internal tear or fracture, estrogen stimulates stem cells and a neoblast is formed. Generation of tissue repair occurs from this point.

Now, we are all aware of wounds that come from bruises, burns and cuts. But sometimes we forget that these things can also occur internally. One common wound is an abrasion or graze on the internal wall of the colon, caused by hard, dry stools. Another common wound arises from swelling and inflammation such as the case of the prostate gland.

But wounds are not always the physical kind. You will recall Dean Ornish who discovered the strong link between what Eastern Medicine calls a blocked Heart Chakra and what Western Medicine calls Coronary Heart Disease.

Chakras are central points within the body through which energy flows. Western medicine pays little attention to the Chakras, most probably because we have no way to physically measure and assess them. However, in Eastern Medicine, a person who cannot express their feelings will sooner or later become blocked in the heart Chakra.

Dr. Ornish, in his California Study, discovered that people who did not express their feelings were highly prone to heart disease. He discovered a clear link between the blocked Heart Chakra and Coronary Heart disease.

Much work has been done in this area. Over the last decade it has been demonstrated quite clearly that people with emotional blockages can actually be carrying an emotional wound substantial enough to stimulate a physical healing response.

In the end, we finish up with a tumor. And, these tumors can grow to phenomenal sizes before you actually feel any ill effect. I recently read one high profile woman's tale that her abdomen had been growing, and even though she was fit and ate well, it grew rapidly. Eventually, a diagnosis revealed a tumor the size of a basketball. She resisted surgery and chemotherapy, and embarked upon a rigorous emotional healing program. Within 6 weeks it had shrunk down to nothing. **Yes, 6 weeks and it was gone.**

These tumors can appear anywhere, but normally appear in a place that has some link to the emotional wound. Common sites are the ovaries or uterus in women, prostate or testicles in men, the abdomen, and a major organ like the liver, kidney or brain or on the skin.

So, if you or a loved one discovers a tumor, it is important to resist the medical scare mongering and take time to consider your options. This thing they call cancer does not cause instant death. There are some excellent therapists around Australia who offer powerful treatments without radiation, caustic chemicals or sharp blades. They are very gentle and very effective.

But, come what may, a tumor is a sign that all is not well in your life. It is time to take a deep breath and face a few issues, perhaps some very old issues. Only then can you truly heal yourself.

Normally, when a person is diagnosed with cancer, the medical people swing into action with either surgery, chemical therapy or radiation therapy.

Back in the 1950's, two esteemed research scientists discovered a new Vitamin, B17. These two scientists, Dr Ernest Krebs and his father, had previously achieved fame by discovering vitamin B15.

Vitamin B17 contains Hydrogen Cyanide and Benzaldehyde, in an inert and non-poisonous form. When it is absorbed into the body, it is eventually delivered to cells. Healthy cells have an enzyme called Rhodanese, which breaks down the B17 and neutralises the Hydrogen Cyanide.

The "cancer" cells have an enzyme called Beta-glucosidase which, when triggered, releases and activates the Hydrogen Cyanide Benzaldehyde, and combines them to form a super poison which then kills the cancer cell.

The work of these two scientists found its way to Memorial Sloan Kettering Cancer Hospital (MSK) in New York, arguably the worlds leading cancer hospital. The hospital asked their senior researcher, Dr. Kanematsu Sugiura and two of his colleagues, Dr. Elizabeth Stockert and Dr. Lloyd Schoen, to review all the studies and experiments done on B17. They concluded that B17 absolutely stops the spread of Cancer and causes the tumor to retract and shrink.

It was at this point that the pharmaceutical and hospital juggernaut took over and quashed all of Dr. Sugiura's findings. Even at the press conference when they announced that B17 did not work, Dr. Sugiura was asked directly by a reporter if he agreed. He said clearly that he was sticking to his research findings. Dr. Sugiura was dismissed within days.

Soon, B17 was made illegal in the USA and remains so today. Americans who wish to receive B17 therapy must travel to Mexico.

So what is B17 and where does it come from? The richest source is Apricot kernels, which boast a 2 to 2.5% of their weight as B17. The seeds of most fruits except citrus contain B17. There are many other foods that contain B17. There is a list of these foods at the end of this paper.

It is totally safe and effective.

So, to avoid a cancerous growth, or to treat yourself, you will require B17. But, you will need some other nutrients as well.

It is not my role to play clinician. I am not here to prescribe herbs or nutrients for you. You will need a health care practitioner for that. If you are looking for a practitioner, medical or non-medical, I can assist with contacts.

However, I can tell you about these nutrients. First, Bromelain can be purchased at any Health Food store. It is extracted from pineapple and provides the enzymes that your pancreas may not be secreting. It is a vital nutrient in the treatment and prevention of cancers and also acts as a powerful anti-inflammatory agent.

Your body requires minerals. You will find them in organic foods, Celtic Sea Salt, kelp products and in colloidal mineral formulas. One of the biggest reasons our bodies become prone to disease is a lack of minerals in our diet. This factor is a direct result of modern farming methods.

Eat 10 Apricot kernels every day. And, eat the seeds of other fruits too. This way, you will keep a regular supply of B17 coming into your body, arming it to go to work on "out of control" healing responses.

If you have a cancer or a friend has cancer, it is certainly worth investigating B17. And, if you or a friend has had cancer in the past, B17 is definitely something that should be investigated.

Arthritis

Another traumatic disease of the 20th Century often attributed to wear and tear. It is most often treated with harsh anti-inflammatory agents; the prognosis for future ease and pain-free states is not good.

Many healers are treating the disease which effects joint tissue, with increased water intake, reduce saturated fat consumption and reduced acidity. Often, the damage to joint tissues is so severe that full recovery may not be possible or may not occur for a number of years.

Type II or Adult Onset Diabetes

When Insulin is no longer effective in removing excess sugars from the blood, the blood sugar levels can become dangerously high.

Official reports from the Australian Department of Health assert an increase of over 31% since 1991, with an estimated 700,000 further cases yet to be diagnosed.

Four major factors in the onset of Type II Diabetes are Obesity, a high level of saturated fat in the blood, low mineral intake and dehydration. My colleagues and I have treated this condition with a reduction in animal fats; drastic increase in water consumption, moderate exercise and a largely fresh plant based diet, with stunning results. Patient's symptoms can be completely gone within a week.

Stroke

This is also a major killer and occurs as a result of accumulated plaque in the arteries supplying the cranium with blood. Its causes are similar to those in coronary heart

disease. To date, there is no evidence of western research investigating psycho-emotional links to this blocking of arteries.

Osteoporosis

Osteoporosis is a disease resulting from significant loss of calcium phosphate from bone tissue, leaving bones brittle and weak. This is caused by a high level of acidity in the blood. It is explained in more detail further along in these notes.

Alzheimer's Disease

Alzheimer's disease has been the focus of much research. First we heard of strong links between aluminium and Alzheimer's. Then, more recently, researchers noted a significant link between Mercury and Alzheimer's noting a high concentration of the mineral in the brain tissue of people who had died whilst suffering from the disease. Further investigations reveal high levels of amalgam fillings in the teeth of victims.

As you will read further on, Alzheimer's disease is also linked to dehydration.

Further Links

The Physicians Committee for Responsible Medicine <http://www.pcrm.org/>

Hydration

Lethargy and Tiredness

Your Blood Circulates round your body each day dropping water off at the sweat glands, in the kidney and in the lungs. It releases at least 1.5 litres in the average person who does not exercise.

It collects new water supplies from the bowel. Not many people realise that the body stores its water in the bowel.

If there is no water in the bowel, the water volume in the blood drops thus potentially making the blood a little thicker and reducing the effectiveness of circulation.

The brain then doesn't get all the nutrients it requires as quickly as it needs them, so a few things happen.

- ✍ You may begin to yawn in an attempt to get more oxygen.
- ✍ You may start to crave sweet foods in an attempt to increase blood sugars.
- ✍ Sleepiness may overtake you as your brain struggles to satisfy its own oxygen demands.
- ✍ The Pituitary Gland releases a hormone called Anti Diuretic Hormone (ADH).

The ADH causes the body to store fluid, a reflex action to create a fluid reservoir in case the water shortage becomes even more critical.

If water intake is low and there is none in the bowel, the contents of the bowel become very dry and compacted, resulting in constipation.

To cure all these, drink a litre of water per 25 kilograms of bodyweight per day. This figure is based on a range of research and is now considered a generalised

recommendation by the Naturopathic community. If you are exercising, drink more. Once you start drinking this volume of water, the ADH should shut down within a few days. You find yourself running to the toilet constantly for up to three or four weeks while the body dumps all the stored fluid and normalises its water balance. Sometimes, drinking a lot of water when your body is used to being partially dehydrated, is like pouring water into a dry pot plant. To remedy this, mix about one quarter of your glass with organic apple juice. This will slow it down as it goes through your system.

Often, during these first few weeks, You may be tempted to stop drinking because you feel like the water is `just going through you' and you get sick of going to the Toilet. You have to hang in there because it will balance out.

In my own clinical experience, I have had female patients lose up to 5 kilo in the first week by increasing their water intake. You will feel more energetic; a reduction in appetite and you may even notice clearer skin.

It is a very good idea to purchase a water filter. See your local health food retailer for advice. If you don't use one, you are one!

Diseases and Hydration

The following notes on degenerative diseases and their relationship with dehydration are summaries taken from the book, "Your Body's many Cries for Water" authored by Dr. F. Batmanghelidj M.D. In his book, Dr. Batmanghelidj discusses his view that Medicine made a mistake when it failed to recognise that the human body is 70% water. By focusing on the 30%, perhaps a grave miscalculation has been made.

The remedy for your medical problems may be as close as your faucet! There is one major problem:

People won't drink that much due to the inconvenience of frequent urination . . . a small price to pay for better health. If your urine is not a very pale yellow, or even clear, you are not getting enough water (does not apply to those taking B-complex vitamins as these turn the urine bright yellow).

When I speak of water I do NOT refer to coffee, sodas or tea. Distilled is best but tap water will work just fine for most people. Some places have water that has an odor and is not at all that tasty. Put a jug in the fridge for a few days and it will taste better. Prior to drinking, shake it vigorously for a while. This will oxygenate it.

Cure # 1: Dump the Tums and cure heartburn.

Heartburn may be a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Cure # 2: Water may prevent and cure arthritis.

Rheumatoid Joint Pain - Arthritis - may be a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure # 3: Back pain.

Low Back Pain and Ankylosing Arthritis of the Spine may be signs of water shortage in the spinal column and discs - the spinal cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one.

Tragedy: Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Cure # 4: Angina.

Heart Pain - Angina - can be a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake may be your cure for angina.

Cure # 5: Migraines.

Migraine Headache may be a sign that the brain and the eyes need water. Migraine may be prevented by keeping dehydration from establishing in the body, and may be totally cleared up by treating for the condition of dehydration. This particular type of dehydration might eventually cause inflammation of the back of the eye and possibly loss of eyesight.

Cure #6: Colitis.

Colitis Pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze too much water from the excrements - thus the lack of water lubrication.

Tragedy: Not recognizing colitis pain as a sign of dehydration will cause persistent constipation, which can result in fecal impacting, verticulitis, hemorrhoids, polyps, and appreciably increase the possibility of developing cancers of the colon and rectum.

Cure # 7: Asthma.

Asthma, which also affects 12,000,000 children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. Free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs, which obstruct the free flow of air in and out of the air sacs.

Tragedy: Not recognizing asthma as the indicator of dehydration in growing children not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining asthmatic children.

Cure # 8: High blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Tragedy: Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney diseases. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

Cure # 9: Adult-onset diabetes.

Adult-Onset Diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages. Tragedy: Not recognizing adult-onset diabetes as a complication of dehydration may, in time, cause massive damage to the blood vessels all over the body. It may cause eventual loss of the toes, feet and legs from gangrene. It may cause eye damage, even blindness.

Cure # 10: Blood cholesterol.

A High Cholesterol level is an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them from losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Cure # 11: Depression, Loss of libido, Chronic fatigue syndrome, Lupus, Multiple sclerosis, Muscular dystrophy.

These conditions may be caused by prolonged chronic dehydration. If so, they will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

University of Washington:

A University of Washington study demonstrated that one glass of water shut down midnight hunger pangs for almost 100% of participating dieters.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%. One is also 50% less likely to develop bladder cancer.

Some Clinical Research

“Kidney Stones: Urinary Calculus” David L. Hoffmann B.Sc. (Hons), M.N.I.M.H

Avoid dehydration especially after exercise, but even during routine days, by the ingestion of copious amounts of fluid. Drink 4 to 6 pts of fluid a day and 1 pt of fluid before going to bed. Drink enough to ensure that twenty-four hour urine output is never less than 3 pts. Ideally, the patient should be drinking enough to cause routine awakening at night to urinate. "Although there is no controlled clinical study that examines the effectiveness of an increase in fluid intake, data strongly suggest that hydration is effective in preventing stone formation. While strict guidelines are not available, a doubling of the urinary output or a 24-hour urinary output of greater than 2 liters is generally recommended to reduce new stone formation. In actual practice, however, the beneficial effects of hydration may be seen with much less increase in urinary volume."

Prevention and Treatment of Kidney Stones NIH Consens Statement Online 1988 Mar 28-30;7(1):1-23.

Exercise

“Those who think they have not time for exercise will sooner or later have to find time for illness.”

Edward Stanley, 15th Earl of Darby.

Exercise is an important part of better health. It is something that must be part of our weekly life, but we do not have to be obsessive about it. AS a profession Conditioning Coach in the AFL in the late 90's, I did not train the players even 25% as intensely as I did as a Conditioning Coach working in the VFL in the early to mid 1980's.

We have learned that less, more quality; exercise is the key to stimulating positive changes in your body. If you do not exercise too hard, you will enjoy it more and will be less likely to skip a session when feeling a little lethargic.

Cardiovascular

The Physiology:

When discussing Cardiovascular Fitness, we are really talking about the functional health of The Heart, The Blood Vessels, The Lungs and the Blood Itself.

A Refresher in Anatomy:

De-oxygenated Blood, flowing through veins from all parts of the body, enters the right atrium of the heart. As the atria contract, the blood is pushed into the right ventricle. The right ventricle then expels the blood into the pulmonary artery, which

transports the blood to the lungs. In the lungs, the blood travels through the capillaries and comes into close contact with the alveoli. Oxygen and CO₂ pressure gradients see CO₂ flow out of the blood and O₂ flow in. The Oxygenated blood flows back to the heart, into the left atrium. As the left atrium contracts, the blood is forced into the left ventricle. The blood is then pumped into the aorta and out into the arteries of the body.

Your Heart

Your Heart is working all day, every day. This means that the blood vessels supplying cardiac muscle with oxygen and nutrients, the coronary arteries, see more consistent blood flow than most other arteries in the body.

If your blood is laden with saturated fats, it is fair to say that fat deposits in your coronary arteries will be more substantial than in other arteries. If one of these arteries becomes blocked, the blood supply to that sector of the heart tissue is stopped, starving it of oxygen and, eventually, killing the tissue.

To reduce the chance of this happening, you can do a couple of things. The first is to reduce the saturated fats in your diet. The second is to exercise your heart. The mere fact that you are exercising means that your heart is working harder than normal. The cardiac muscle is being stressed. During the times between bouts of exercise, a number of changes take place.

The heart works to build itself in preparation for the next bout of exercise. It is a situation of adapt or succumb. The Heart, like most body parts is pretty good at adapting. So, one of its adaptations is to build more capillaries and to build the strength and capacity of the arteries feeding those capillaries. In turn, this has a positive effect in reducing the chances of blockage.

However, I must warn that exercise alone is not sufficient to reduce the risks of coronary heart disease.

Of course you are aware that, like most things, "If You Don't Use it, You Lose it!"

Your heart has a capacity to respond to high-energy demands. However, if this capacity is not used on a regular basis, it progressively diminishes to a point where your body does not have the capacity to respond to high-energy demands. Even kicking a footy with the kids turns into a physical ordeal.

What Happens when you Exercise?

As exercise, for example walking, commences, the energy output in the leg muscles increases. To sustain the activity, the muscles require an increased supply of oxygen. Changes in blood chemistry such as an increase in CO₂ levels result in the heart being stimulated to beat faster, along with an increase in your respiration rate.

As exercise continues, Heart Rate and Respiration Rate continue to rise until they reach a point where, combined, they are able to supply enough oxygenated blood to meet the demands of the working muscles.

If you were to break into a jog, your heart rate and respiration rate would begin to rise again, until they reached a point when the oxygen demands of the working muscles were met.

Each time the left ventricle expels blood into the aorta, a volume of blood referred to as the "Stroke Volume" is sent out into circulation. If we multiply the stroke volume by the number of beats per minute, we arrive at a figure referred to as Cardiac Output.

Now, if you were to continue increasing the intensity of your run, your heart rate and respiration rate would progressively increase to meet the ever-increasing oxygen demands of the working muscles. Hence, whilst Stroke Volume remains constant, Heart Rate is increasing which means Cardiac Output is increasing, meeting the imposed demands.

Once your Heart Rate rose to a point where it reached approximately 85-90% of its maximum (approx. 220 - Age), the ventricles do not have time to fill properly between contractions. Hence, Stroke Volume begins to drop which means Cardiac Output stops rising with the rising Heart Rate. Hence, demands are not being met and so the Heart is stimulated to beat even more rapidly. Stroke Volume drops further and Cardiac Output begins to drop off significantly.

Meanwhile, the working muscles are not getting sufficient O₂, which means they are forced into anaerobic glycolysis which results in rapid Lactic Acid accumulation and, the rapid onset of fatigue. It hurts.

The Result of Training

If you were to, on a regular basis (3 to 4 times per week), exercise at a level of intensity where your Heart Rate was maintained at between 60% and 80% of its maximum, for a period of at least 20 minutes (but preferably 40 minutes), the stress on your Heart would result in two major changes.

The first change is an increase in the size of the Atrial and Ventricular cavities. The forced stretching of the cavities by blood being forced into them during exercise means that the cavities actually grow in size, which means they can carry more blood. The second change sees the cardiac muscle improve its own strength and endurance, which means the heart itself is more prepared for heavier work loads, and it has greater strength allowing it to more fully expel blood during each contraction.

The end result is a larger stroke volume, which means the heart needs to beat fewer times to meet a given Cardiac Output demand. As time goes by, a given workload will produce a lower Heart Rate response, which means you will be able to exercise at a higher level of intensity without a uniform increase in discomfort.

If you were to be monitoring your Resting Heart Rate, you will notice that it will progressively drop over a period of time. Some elite endurance athletes have been known to have Resting Heart Rates of 23 to 24 beats per minute.

Resting Heart Rate

To monitor your true Resting Heart Rate, when you wake in the morning is the best time. Firstly, empty your bladder as a full bladder may be causing a level of circulatory demand. Then sit quietly for a couple of minutes, then take a pulse reading for at least 15 seconds. Multiply the figure by 4 to arrive at your resting beats per minute.

If you monitor your Resting Heart Rate on a regular basis, it can actually tell you a few things. If you wake one morning and find that your Resting Heart Rate is 10 beats up on its normal level, it can tell you that you perhaps are over-training, or your body is in the very first stages on combating a virus, or you are just over tired.

Resting Heart Rate can tell you that there is a virus there long before you feel any symptoms.

Remember, Resting Heart Rate will be effected by negative responses to stress, smoking, alcohol, caffeine and any other stimulant or depressant.

Your Blood Vessels

Your Blood Vessels deliver blood to the working muscles, to the organs, and return it to the Heart. Arteries carry the blood away from the heart, down into branches of smaller arteries, and eventually into capillaries where the O₂ is dropped off and CO₂ collected. The capillaries then take the blood back to small veins, into larger veins and then back to the heart.

Veins

Veins require rhythmic muscle contraction to massage blood back to the heart, especially from down in the legs. The more toned your muscles, the more efficient the action of the muscles in returning venous blood back to the heart.

Note:

If you are standing for long periods of time, especially standing still, be aware of the need for muscle contraction to keep venous blood moving. The last thing you need is blood pooling in the legs. This situation may cause quite severe stretching in vein walls around the flow-back valves. Further, it may mean that the blood available to your heart for distribution to the brain and vital organs is reduced, leaving you feeling tired and fatigued. Make sure, if you are standing still for long periods, to move your legs about to keep the blood flowing:

Try the following on a regular basis:

A few half squats.

Raising a bent leg up in front of you a few times.

Bending your lower leg up behind you a few times.

Rise up onto your toes a few times.

Vigorously wiggle your toes for 30 seconds or so.

Your Arteries

Your arteries are made of smooth muscle. They have the ability to contract and expand in order to increase blood flow to working muscles and reduce blood flow to muscles not doing too much.

To maintain the healthy function of arteries, they need to be put to work, to challenge the smooth muscle artery walls. When you exercise, the arteries leading to the working muscles open up. The more you exercise the better they become at doing so. The more they open up, the more freely the blood flows to the area.

What's more, the fact that the arteries are opening up, and then perhaps being forced to close in other instances, means that the arterial walls are not remaining constant which will have an effect of loosening any plaque that may have accumulated over time. Exercise definitely plays a significant role in reducing the volume of plaque in the artery walls.

You Capillaries

These microscopic blood vessels do the final job. They actually deliver the blood to the muscle. As a result of exercise, your capillaries expand and grow, finding more points to feed blood to the muscle. Capillary density in working muscles and in the

lungs can rise significantly resulting in more efficient blood delivery to the muscles and better O₂ saturation of the blood.

Your Blood and Exercise

Your Blood Carries Oxygen to working muscles. The O₂ bonds to Haemoglobin in the blood. When the de-oxygenated blood arrives at the lungs, the Haemoglobin is actually saturated by CO₂. When the blood flows down into the capillaries in the lungs and come into contact with the alveoli, we find a situation where there is a high O₂ pressure in the alveoli, and a low O₂ pressure in the blood. Conversely, there is a high CO₂ pressure in the blood, and a low CO₂ pressure in the alveoli.

This creates a pressure gradient, so the CO₂ flows across the membrane wall into the alveoli, and the O₂ flows across the membrane wall and bonds to the Haemoglobin. Simple.

At the muscle, the reverse happens, as there is a high pressure of O₂ in the blood and a high pressure of CO₂ in the muscle cell.

Your Blood and Training

Over a period of time, as a result of aerobic exercise, the Haemoglobin levels in your blood will rise. This means that each unit of blood carries more O₂. Hence, each Stroke Volume of the heart, whilst increasing over time, is also increasing in the quality of O₂ content.

Further, your blood volume will progressively increase, which means you have a greater amount of blood available to meet the circulatory demand during exercise.

Your Lungs and Exercise

Your lungs perform the vital role of transporting O₂ to the blood and expelling waste gases such as CO₂. The air enters through your nose or mouth, down through the trachea, through the bronchial passages into the alveoli.

As a result of regular exercise, your lungs improve their capacity by bringing more alveoli into function. Further, the constant rush of air under exercise conditions assists the lungs in ridding the body of airway irritants and excess mucous.

Further, the intercostal muscles receive extensive exercise benefit, improving their capacity to open the chest cavity and to close it with force. The end result is an improved overall Vital Lung Capacity, more easeful respiration and better O₂ transport into the blood.

How Much Exercise?

To Stress Your Cardio-Respiratory System to a level that will stimulate growth and improvement, it is important to be guided by your Heart Rate. If ever you feel distressed, or in pain, stop exercising immediately.

For Beginners

Following is a simple exercise prescription for beginners.

Exercise for 20 to 30 minutes per session.

3 to 4 sessions per week.

Keep your Heart Rate between 60% and 75% of your maximum Heart Rate.

If you can't talk, you are going too hard.

For Fitter Individuals

Following is a simple exercise prescription for fitter people, or for beginners who have been exercising regularly for at least 6 weeks.

Exercise for 45 to 60 minutes per session.

3 to 4 sessions per week.

Keep your Heart Rate between 70% and 85% of your maximum Heart Rate.

Listen to your Body.

Ideal Activities

Following is a range of activities you may wish to pursue for your aerobic exercise.

- ✍ Brisk Walking
- ✍ Jogging
- ✍ Swimming
- ✍ Cycling
- ✍ Steppers

Games are a good means for achieving aerobic fitness if you possess adequate skill levels. Games such as Tennis, Racquetball, Squash, Basketball, Netball and Touch Football are all fantastic. However, if you are unaccustomed to exercise, I would refrain from participation in these activities until you have established a sound fitness base and have been medically cleared to play.

In these games, it is easy to allow your enthusiasm to push you beyond normal pain barriers and find yourself reaching up to 90% of your maximum heart rate. If there happens to be any level of blockage in any of your coronary arteries, this level of demand may be enough to starve part of the myocardium of O₂ for a brief period, perhaps leading to tissue damage.

Caution

A couple of points of caution for you.

Warm-up: Make sure you start out slowly over the first 5 to 8 minutes to give your body time to “warm-up” and allow your cardiovascular system time to adjust to the exercise demands for blood flow.

Cool Down: Finish off by winding down slowly over the last 5 to 8 minutes and allow your cardiovascular system to gradually return to a point close to resting state. This helps to remove metabolites from muscle tissue and reduces the chance of blood pooling in the lower extremities.

Supportive Footwear: Make sure you choose good, supportive footwear if you are going to walk or run. I suggest you buy yourself a pair of Thorlo socks, the most supportive, comfortable and longwearing socks available.

Surfaces: Be wary of surfaces. If you are walking or jogging in the dark, be careful of undulations and irregularities in footpaths. Don't jog on concrete surfaces if you are not used to jogging. Give your joints time to adjust. Also, be wary of slippery surfaces.

Medical Clearance: It is important to have medical clearance to exercise if you are over 35 and unaccustomed to regular physical activity. If you have never had a comprehensive medical assessment, I suggest The Epworth Hospital's Health Check Unit. They can be contacted on 9426 6470. Their assessments are, by far, the most comprehensive available in Melbourne.

Weather Conditions: If it is cold and wet, it is best to wear some rain proof clothing that is light in color. Some jogging suits come with reflective strips on them. If it is hot,

make sure you wear a hat, sunglasses and light, protective clothing. Avoid exercising in the hottest part of the day. In summer, it is so much easier to rise early in the morning and do your exercise before most people even start their day.

Water Intake: When exercising, be aware of the need to replace water. You don't need sugars, unless you are going to be exercising for over 90 minutes.

Musculo Skeletal Conditioning

Musculo-skeletal fitness is also very important.

Muscle Strength and Tone

It is important to challenge all of your muscles to keep them toned and healthy. There has been much compelling research over the past five years linking the role of muscle toning to fat loss. The research indicates that, the more toned the muscles, the more energy they will burn and the more the body will have to mobilise stored fats to fulfill these energy requirements.

Muscle Flexibility and Suppleness

Supple, flexible muscles are relaxed muscles. Relaxed muscles move easily, don't get sore, rarely get injured and are always healthy. Stretching is a very important part of life. However, most of us don't take time out to stretch out muscles, until the stretching program is a rehabilitation routine prescribed by a physiotherapist.

Joint Mobility

Joint movement is like muscle tone. You can lose it easily. If your joints stiffen, many negative things can happen. The worst of these is possible constriction of nerve tissue, especially in the spinal column. If pressure is applied to nerve tissue, it can cause all sorts of problems "along the line" in the form of non-specific pain or muscle spasm.

Yoga

It is very important to keep your body supple, mobile and “easeful”. I suggest the best way to do that is to participate in a Yoga class. My advice is to choose a style other than Iyengar Yoga to start with, as it is very advanced. However, you can build up to it as you go.

The other alternative is a personal trainer. A good personal trainer will assist you in developing a program to suit yourself, teach the program to you, and then monitor it periodically for you.

It is beyond the scope of this booklet for me to be giving you stretching exercises to do as you require detailed, personalised instruction.

Nutrition

“Men dig their graves with their own teeth and die more by those fated instruments than by the weapons of their enemies.”

Thomas Moffett 1600AD

Acidity

Acidity in the human body can be a real problem. How acidic is your body? “How do I find out?” is probably your first response. A simple litmus test will give you the answers. (Litmus paper might be available from your local chemist or health food store).

There is a simple rating scale for acidity which runs from 0 (Acid) through to 14 (Alkaline). 7 is neutral. Following are the pH (acid-alkaline) levels you should expect in your body.

Saliva	7.0
Urine	7.0
Venous Blood	7.35
Arterial Blood	7.4

If your arterial blood pH were to drop to 7.2, you would die.

If your arterial blood pH dropped from 7.4 to 7.35, there would be 65% less oxygen in your blood. Could you imagine trying to walk around whilst your muscles were only receiving 35% of normal oxygen levels.

But there is no need to panic. The rest of your body’s cells will do everything they can to ensure that your arterial pH remains at 7.4.

The first method your body uses to keep arterial pH at 7.4 is to release Calcium from the bones. The Calcium is bonded to phosphates, an alkaline substance. When the phosphates are used to neutralise the acids, the calcium is left to be deposited somewhere in the body.

And this is one of the major causes of ill health we know. You see calcium deposits itself anywhere, like:

- ✍ On bone tissue as spurs
- ✍ In the kidney which then forms stones
- ✍ In the heart or liver
- ✍ Mixes with Cholesterol to form plaque in arteries

A bit of a bomb shell for you. Cholesterol is really not the bad guy. Without the excess calcium, cholesterol would not clog your arteries. In fact some people, in an attempt to reduce cholesterol, reduce their levels too far then begin to suffer side effects, as cholesterol is a key ingredient in the production of hormones.

Simply, your cholesterol level should be between 4.6 and 5.5. Any higher, you increase your heart disease risk. Any lower, you increase your cancer risk.

And, if you have mercury-based fillings, you need cholesterol as it is one of the few things that will absorb mercury residues and remove them from your body.

So, how do you stop acidity. First, if you are acidic, you should make sure you drink plenty of filtered water, at least a litre per 25kg weight per day, to help remove as much calcium as possible.

Second, try to reduce acidic foods and increase alkaline foods. If you are not well and constantly fighting physical problems from headaches to rashes or colds, you may need to do a complete cleanse first to detoxify your body.

Acidic Foods are meats, dairy and most grains. Alkaline foods are Vegetables, most fruits, legumes, buckwheat and millet. Rise is neutral. All refined foods are acidic.

Reduce coffee, coke and alcohol too. Chocolate is very acidic, carob is not.

A simple experiment reveals the incredible effect of drinking Coca-Cola. Repeated many times over, a drum containing 45 litres of water is treated to bring its pH to 7.4. Once it is stabilised, a 250ml glass of coke is poured into the drum. The pH instantly drops from 7.4 to 4.6.

Make sure your bowels are working properly, and indulge in regular massage and steam saunas to help keep your body clean.

For more information, visit <http://www.macrobiotics.org/>.

ACIDIC FOODS	ALKALINE FOODS
Grains	Most Vegetables
All Refined Carbohydrates like white flour and sugar	Most Fruits
Coffee, Coca Cola	Grasses like Buckwheat, Millet, Amaranth and Quinoa
Meat	Sheeps Milk Products
Dairy	Fermented Soy like Tofu, Tempeh and Miso
Soy Milks	Celtic Sea Salt
	Seaweed Products like Nori and Wakame

Some Alkalisating foods are more alkalizing than others, while some acidifying foods are less so than others.

If you go to a Health and Healing Retreat to reclaim your health, like Living Valley Spring or Kwan-jai or Arcadia, they will teach you how to eat and how to prepare your food. This whole process takes a bit of time and you should be patient with yourself.

These organisations will look at your current diet and show you how to alter it to optimise it for you.

When you start cleansing, it is recommended that you try to go vegetarian for a few months, no dairy, meat, chicken or fish for that time. Drink plenty of filtered water and stay off tea and coffee. Green Tea and herbal teas are ok. Try, as much as you can, to go fully organic.

A couple of things you can do to help alkalise your body.

1. Each morning, drink a glass of warm water with the juice of a lemon in it.
2. During the day, drink a cup of hot water with 2 teaspoons of apple cider vinegar and a teaspoon of honey in it.

Too Much Protein

Too much Protein! How much protein do we need? There is so much controversy about this issue. Some will tell you that we cannot get enough. Others will tell you that we have to select our protein foods very carefully because some are better than others. Well, it is not that complicated. Human beings do not need very much protein.

“Just ask yourself: When in a human being’s life is the greatest amount of protein required in the diet?” The answer, when we are growing the fastest. The answer; the first 6 months of life as the human body doubles its weight over that time. So, let us look to the Protein content of mother’s milk. You may be shocked to find out that only 5% of the energy is derived from protein.

Experts across the world argue that we only need between 3% and 8% of our daily energy intake to be made up from protein. That is not very much. In fact, you would get enough protein just eating a range of vegetables and nothing else.

Taking in additional protein is a problem. Once the body has served its protein requirements, the excess amino acids circulate around in the blood. Some are converted to other acids. The blood becomes too acidic and as you now know, the blood draws large volumes of calcium from the bones. The end result is significant accumulations of calcium and acid residues in the kidney (increasing the risk of stones) and potentially dangerous calcium loss from the bones.

The end result may well be Osteoporosis.

Excess Dietary protein has also been strongly linked to breast cancer.

Of course, you can hear the Dairy Industry Commercials on TV now can’t you, telling you how important three serves of dairy food are each day for the prevention of Osteoporosis. Well, Dairy food is high in Protein and may well be one of the causes of people consuming too much protein.

And finally, animal protein has a high sulphur content, which means the residue acids have a very low pH.

Fats

Currently, the Average Western Diet is between 38% to 50% Fat (depending on the researcher), whereas the Recommended Healthy Diet 15% to 25% Fat. This means 15% to 25% of Calories and Not Weight

- ? High Fat Diets are a Major cause of Nutritional Problems in Australia.
- ? High Fat Diets play a significant role in degenerative disease.

But, whilst fats have been getting some terrible press for many years, it is not all justified. Some fats are absolutely essential to the human body. Without them, we would basically fall apart. For this reason, extremely low fat diets are not recommended.

The good fats all come from plants. They provide us with the Omega 3 and 6 essential fatty acids that are so crucial to the function of the human organism. You can also get some of these fats from fish.

The Chemistry of Fats:

All fats are composed of Carbon, Hydrogen and Oxygen. The carbon atoms bond together in a chain fashion. Hydrogen atoms then bond to this chain at various receptor sites.

Saturated Fats – When all of the sites that can be taken up by a hydrogen atom are filled the fatty acid is “saturated”. The longer the chain, the harder the fat and the higher its melting point. This means that most of these fats remain solid at body temperature and clump together leaving deposits all over the body, in cells and in artery walls.

Unsaturated Fats – When two adjacent carbon atoms on a chain have no hydrogen attached to them, the fatty acid is "unsaturated". If there are two pairs of these 'vacant' carbon atoms, the fatty acid is "monounsaturated". If there is more than two, it is "polyunsaturated".

Essential Fatty Acids (EFA's), found in the seeds of plants and the oils of cold-water fish, are vital nutrients that our bodies need for various critical functions. They cannot be synthesized by the body and must be supplied by the diet.

A fatty acid is considered essential if: 1) It cannot be synthesized by the body; 2) It can only be obtained through the diet, and; 3) A deficiency will result in disease. There are basically three essential fatty acids. They are:

- ? Linoleic Acid – The most important. Must be obtained from the diet.
- ? Linolenic Acid – Can be synthesized from Linoleic Acid.
- ? Arachidonic Acid - Can be synthesized from Linoleic Acid.

The vital functions of EFA's include:

- ? Lowering Triglycerides
- ? Eradicating Plaque from arterial walls
- ? Lowering Blood Pressure
- ? Altering the production of leukotrienes, which aggravate inflammation in the body.
- ? Along with proteins and cholesterol, constructing bodily membranes.
- ? Adding strength and integrity to cell and capillary structures.
- ? Prolonging Blood Clotting time, which enhances healing.
- ? Assisting in the manufacture of haemoglobin.
- ? Assisting in the production of cholesterol, whilst at the same time helping to remove excess cholesterol.
- ? Preventing the growth of bacteria and viruses via the oxygenation of bodily tissues.
- ? Via the Oxygenation of cell membranes, improved endurance, better sleep-wake cycles, greater metabolic efficiency and higher disease tolerance.
- ? Assisting in the functions of glands and organs.
- ? Assisting in the function of hormones.
- ? Nourishing Skin, hair and nails via oxygenation and the delivery of fat-soluble vitamins A and E.
- ? Increasing the rate of fat metabolism in the body.
- ? Maintenance of proper temperature.
- ? Assist in the production of electrical currents, vital for a stable heart beat.
- ? Precursors to the production of Prostaglandins. Gamma Linolenic Acid (GLA) is particularly active in this area.

Prostaglandins are present in almost all body cells and act as catalysts for many physiological processes. They prevent abnormal blood clotting and nerve inflammation and promote better by dilating blood vessels. PGE-1 is the most important of the prostaglandins. It balances cholesterol and blood pressure levels and stimulates the production of T-lymphocytes, which strengthen immune capabilities.

Sources of EFA's.

The Essential Fatty Acids are found in both plant and animal food sources, although primarily in plants. The EFA family is composed of two main groups, the Omega-3 and the Omega-6.

Omega-3: The most common forms of Omega-3 are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and alpha-linolenic acid, which help to create EPA and DHA.

Omega-3's are normally derived from fish oils. They are long chained products from linolenic acid, which are created when animals consume plants rich in linolenic acid. EPA and DHA are liquid and remain that way. They are excellent fats for fish, as they remain liquid even at extremely cold water temperatures.

Omega-6: The most common form of Omega-6 is GLA (Gamma Linolenic Acid). It provides the following benefits, among numerous others:

- ? Facilitates weight loss in obese persons.
- ? Reduces platelet aggregation.
- ? Aids in the reduction of symptoms of Depression and Schizophrenia.
- ? Reduces the symptoms of premenstrual syndrome.
- ? Helps alcoholics overcome addiction.

Omega-6 is usually found in plant sources. The fresh pressed seeds of many raw seeds and nuts contain Omega-6 fatty acids. The most popular current sources of Omega-3 and Omega-6 include:

- ? Black Current Seed (Also excellent source of Omega-3)
- ? Borage Oil (Also excellent source of GLA)
- ? Salmon Oil (Also excellent source of Omega-3)
- ? Flax Seed (57% Omega-3, 18% Omega-6 and 16% Omega-9. Also rich in Beta Carotene)
- ? Evening Primrose (Excellent source of both Linoleic and Linolenic)

Omega-9: These are non-essential fatty acids as the body can produce them. Oleic acid, found in olive, avocado and peanut oils, is probably the most important monounsaturated fatty acid. It is an Omega 9 and helps keep arteries supple.

Essential Fatty Acid Deficiency Symptoms

Linoleic Acid

- ? Acne
- ? Personality or behavior changes
- ? Gallbladder dysfunction
- ? Slow healing of wounds
- ? Cardiovascular problems
- ? Prostate Inflammation
- ? Excessive perspiration
- ? Arthritis
- ? Miscarriage
- ? Poor Growth
- ? Kidney problems
- ? Muscle Tremors
- ? Skin Disorders
- ? Sterility in Males

Linolenic Acid

- ? Poor Growth
- ? Learning Disability
- ? Tingling in the Extremities
- ? Impaired Motor Coordination
- ? Poor Vision

Adverse symptoms can be alleviated when adequate amounts of the deficient fatty acid are introduced into the diet. However, long term deprivation can be fatal. The body requires many essential nutrients, but there is probably few more important than Linoleic Acid. Researchers estimate that the body requires 3 to 6 grams per day to prevent deficiency symptoms. A larger amount will help to preserve optimum health.

The Big Advertising Con

What is the True Fat Content of Food? Advertisers are there to do one job - sell products. What better way to sell food than to make it come across as an extremely healthy, low fat alternative?

Because Fat has 9 Calories per gram and CHO and Protein on 4 Calories each per gram, there is an opportunity for advertisers to hide true fat content.

Take 94% Fat Free Ice Cream for Example. This ice-cream, per 100 grams, contains 6 grams of fat. Therefore, the marketers sell it as being 94% free of fat. It makes the product sound low in fat. Consider the following.

Per 100 grams, there are 150 calories.

There are also:

6 Grams of Fat per 100 Grams

14 Grams of CHO per 100 Grams

10 Grams of Protein per 100 Grams

Total Fat	54 Cal	(6 Grams multiplied by 9 calories per gram)
Total CHO	56 Cal	
Total Protein	40 Cal	
Total Calories	150 Cal	54 Cals as a percentage of 150 Cals = 36%

Advertisers say it is only 6%. Normal ice-cream is between 35% and 40% fat.

So, what are the "High Fat" Foods.

High “Undesirable” Fat Foods

All Full Cream Dairy Products

- ? Most cheeses are 75% fat or more.
- ? See next couple of pages on Milk.
- ? Cream is 100% fat.
- ? Skim Milk Cottage Cheese is a good alternative.
- ? If you want a good Milk Alternative, I suggest Bonsoy (Soy Milk) which is available from most health food stores and the health food section of your supermarket. Most other Soy Milks have vegetable oils added.

All Oils and Margarines

- ? Try not to use Oils when cooking. When oils are burned, they produce Trans Fatty Acids, which are highly toxic. If you use non-stick pans, you don't need oil in your cooking. Then, you probably won't need to use detergent in your washing up. Better for the environment.
- ? Avoid processed vegetable oils. Canola is extracted from Rape Seed, one of the more toxic plants on the planet. It has become popular because it is cheap to produce.
- ? Next time you have a sandwich, ask yourself “Do I really need Butter or Margarine?” Remember, 2 teaspoons of Margarine or Butter per day for a year yields over 3kg of Fat.

Most Red Meats and Meat Products

- ? In Most Red Meats, 70% or more of the calories come from Saturated Fat.
- ? Too much Red Meat leaves a shocking trail of waste clinging to the walls of your intestines and bowel. Human bowels are too long to effectively expel large quantities of meat waste.
- ? Poultry may be better, without the skin. However, most Poultry available is produced using large volumes of antibiotics and it is bleached during processing.
- ? When you eat meat and chicken, you are eating at the top of the food chain. So, you get the concentrated result of all the chemicals that animal has ever eaten. If the animal was intensively farmed, ie a Feed Lot or Broiler Shed, you are slowly poisoning yourself. Choose only **Organic** or **Biodynamic** produce.
- ? Deep Sea Fish is perhaps a better alternative. Be careful of consuming too much protein though.

Fried Foods

High Oil and Fat Content.

Pastries and Related Products

Full of Butter and Margarine.

The Good Oil

Nuts and Seeds

Very good source of minerals and protein. But very high fat. Quantity is important. Eat just a few nuts or seeds and you will be doing OK.

Flax Seed or Linseed as it is sometime known contains all of the “good oils” and play a significant role in cleansing your body of toxic residues. Consumption of just a teaspoon per day is an excellent aid in maximising your over-all health.

Avocado is an excellent source of concentrated nutrition.

Cold Pressed, Extra Virgin Olive Oil should also be part of your daily diet.

If you can reduce the undesirable fats in your diet, ensure you have a rich source of the “good” fats and increase your complex carbohydrates, you will be moving toward a more balanced food intake.

Refined Foods

Foods that have been refined have lost a great proportion of their essential nutrients. When they enter the body, they often escape normal processing and may have a negative impact.

Two key examples are white wheat flour and white sugar. As you know, when your kids are little and they wish to do some pasting, it is very easy to knock up a batch of glue using flour and water. Have you ever considered what happens to flour when you put it into your body?

Some researchers allege that 80% or more Australian’s are intolerant to the wheat protein gluten. The reason, they say, is due to the ongoing over-consumption of refined wheat products.

Naturopaths specialising in Colon Health also point to white flour products as being the major culprit other than meat in the accumulation of waste in the bowel. Further, Candida Albicans, a proliferation of yeast in the bowel, is facilitated by a rich source of refined carbohydrate.

White sugar has no other nutrients in it. If you wish to use sugar, choose the darkest, least refined of the sugars. Dark brown sugar actually carries some substantial nutrition and it will require some processing before being released into your blood.

Before the modern age, human beings ate seasonally. This no longer occurs so we are consuming a rich supply of the same foods year round. Our digestive systems never get a break from them. Certainly, our systems need a break from the consumption of foods like wheat. It is important to use alternate grains.

Heavily processed foods are considered to be “dead foods”. They have no life force in them. They are designed to appeal to your taste buds, not to enrich your body’s health.

Dairy Foods

Dairy foods are acidic. Further, most of them are heavily processed. Consumers Union, a New York lobby group, tested milk purchased at random spots all over the city of New York. In all, their University analysis detected residues of 57 different antibiotics.

Are you aware that milk is also bleached to make it whiter?

There are many cultures on earth that enjoy robust health but do not consume cow’s milk. Goat’s and Sheep’s Milk are actually a better choice as they are alkaline. Whilst cheeses and yoghurts may contain some friendly bacteria, they are also high in saturated fats and have a high protein count. If you wish to consume them, choose

the most naturally produced and aged cheeses (avoid the heavily processed varieties) and, try Goat's or Sheep's yoghurt. You will be surprised.

If you wish to consume Cow's Milk products, choose **Organic or Biodynamic**. There are now plenty of choices available.

Chemicals and Antibiotics

Eating at the top of the food chain means that you consume every chemical and drug consumed by the farm animal. In August this year (2001), the Four Corners program presented a most revealing and upsetting expose on the production techniques used in the Poultry Industry. Their program revealed that antibiotics banned in Europe 10 years ago were still being freely used in Australia today as growth stimulants for chickens.

And consider the lot fed bullock. The average bullock will consume 3.5 tonnes of grain in its lifetime. Today, the grain is purpose grown and in more and more cases, from genetically modified seed. The GM seed is used because it can withstand large doses of pesticides, which are used to maximise crop yields. The pesticide residues are still on and in the grain when it is fed to the bullock.

Do you really know what lies in the flesh you are consuming?

Eating more Naturally

Eating a more natural diet is simply a case of consuming more fresh, organic plants in the form of vegetables, fruits, legumes and whole grains. It is about minimising your consumption of animal foods, refined foods and processed foods.

Links for further information on Nutrition.

<http://www.newcenturynutrition.com>

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

<http://www.stratsoy.uiuc.edu/>

<http://www.transformationinst.com/sniadach/true1.html>

<http://mel.org/health/>

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

Cleansing

Regular Cleansing of the body is both useful and essential. Over the years we accumulate a great deal of toxicity in our bowels and throughout the body. Cleansing helps to get rid of unfriendly bacteria, moulds, fungus, and parasites. Further, it enhances the function of vital organs.

We recommend that cleansing be done under the supervision of Naturopath or similar health care professional. A cleanse should include:

Bowel Cleansing in the form of Colonic Hydrotherapy or similar method

Steam saunas

Body Scrubbing

Gall Bladder and Liver Cleansing

Avoidance of Grains, processed foods, non-organic foods and sugars

Lymphatic Drainage

Life Balance

Life Balance – one of the most commonly sought after states over the past few years. Extreme work demands have placed people in a position where they spend less quality time with family, friends and self and more time serving the needs of an often-faceless employer.

Who is at fault? Where does the solution lie?

Most people do not realise that they have power in this problem. They must first understand that the grass is brown on both sides of the fence, so it is probably most productive to get to work fertilising the grass on this side.

Dealing with Yourself

Getting Back into Control of Your Life

For too long, we have been in automatic pilot. Waking in time to get to work, often eating breakfast on the run and arriving at work in a rushed state. We work all day, drink too much coffee and tea, fail to eat enough nutritious food, and then head for home again, often after dark.

At home, we face a television set, a tired and often stressed family or partner, quite often too much food and a late night.

That is not how it is meant to be. We should be waking refreshed, getting some exercise and eating a nutritious breakfast. Then, leaving for work at a reasonable time, arriving relaxed and working efficiently, with energy, throughout the day. At the end of the day we should be leaving at a reasonable time so that we arrive home reasonably fresh and relaxed. We can then prepare a nutritious meal, spend time with the family or friends and retire at a reasonable time to ensure a restful sleep.

What has happened to us? We have lost control and we are not taking responsibility for that loss of control. We have forgotten what real life and real survival is. Instead, we have become all consuming hedonists, worried only about what we think we are owed and what we deserve to receive.

Cast Away

Like many great films, the theme behind Cast Away is a powerful message designed to teach us something. Here was a man, the ultimate ego, with no regard for the really important things in life like love, family, community and self.

Defined by his title, his pager and his watch, Hank's character was loud, obnoxious and "Federal Express" to the core. When he landed on the island, he had no food or water and no resources to help him get both. HE did have some FedEx parcels but he was not going to open those. No matter how desperate his situation, he could not abandon his identity. His identity defined him.

As desperation grew, he looked at the alter he had subconsciously built (FedEx parcels with watch and pager on top) and realised that perhaps his survival may depend on what was inside those parcels. So began the process of "tearing back the layers". This symbolises a person tearing away the layers of themselves to find their core, their soul, and their true self.

As he tore through the layers, he came across “Wilson” the soccer ball. With his bloody handprint, Hanks’ character inadvertently makes a face on the ball. As he sits it up on a pile of boxes, it stares at him. The fight between the ego (Hanks) and his true self (symbolised by the ball) begins in earnest, with the ego kicking and screaming to maintain its failing status. As time passes, the ego quiets and the character assumes a role of survival and quiet contemplation.

In the end, he has assumed his own true identity. His is a hero’s journey and he is returning home. He loses Wilson because he no longer needs him. He comes back, a man of wisdom and integrity.

In this modern life, ego has taken over. We are encouraged to build an ego and live through it. But the ego has no integrity or moral values. It is important for each of us to face our egos, to look into ourselves and to discover our true nature, our true identity.

Even the name of the movie tells us. It is not “Castaway” but “Cast Away” – meaning to cast away the ego.

What is Life all about?

Life is a Journey, a quest of discovery. And there are Challenges along the way designed to give us the impetus for growth as people. Without growth, we wither and die.

As these challenges face us, the ego will scream and shout about how unfair it all is. It will take on a victim mentality. The true self will see the challenge for what it is, realise the importance of standing up to the challenge and be prepared to endure whatever pain and suffering the challenge holds.

Are you a victim? Are you blaming others for making your life difficult? Where you are in your life now is a product of the decisions you have made on the way to arriving here. You are here for a reason. So what do you do? Do you continue to play victim, or do you get on with the business of living?

You have a choice

Love versus Fear

The true self acts out of love. Love comes in many forms from romantic love to nurturing love to tough love. Sometimes, we need a bit more tough love, to stop the ego taking over with its victim mentality.

The ego acts out of fear. It does not want to be challenged at all, so it will always be watching for a challenge and will make its judgements based on the fear of being challenged. Try not to act out of fear

So Warrior or Victim

Are you going to learn your Lessons in life or are you going to be a victim and blame others for your misery? It is up to you. You can be a modern warrior, forging a path through life, taking your challenges like a mature adult and setting an example for the people around you.

Or, you can just go and have another glass of wine, fold your arms and wait for someone else to take the lead.

Mindfulness

What is Intellect? The ability to watch your thoughts come and go. Exercise your mind control to build your intellect. That way, you will be able to more clearly watch your thoughts and you will be able to distinguish the good and useful from the bad and wasteful.

Meditation or quiet contemplation is great tools for this.

Your Life is in Your Hands – Who is in Control

Life is hard. In fact, life is tough. Get used to it and then you can get on with living. If we look for an easy way, we will create a new challenge.

If you are watching too much television, turn it off or get rid of it for a while. It is a wasteful habit that has never yet served as a tool of personal development. And, with the garbage we are being presented with today, there is even more reason to turn off the TV.

So, in the evenings, try talking more, reading, drawing, painting, doing craft or playing board games with your loved ones. Then, get to bed early and take advantage of the pre-midnight hours.

An important life skill is the capacity to delay gratification. If you want to treat yourself to something, make yourself wait. When you do get to enjoy it, you will have earned it and you will appreciate it more.

An Immunologically Sound Person

Immunity is about so many things, not just diet and exercise. Dr. George Solomon became intrigued at the different reactions people had to disease. From an almost identical disease state and severity, some would die whilst others would flourish, heal and survive. From his studies of Cancer, Lupus, Aids and Viral Infections patients, Dr Solomon defined an immunologically sound person as someone who:

- ✍ Is in touch with bodily and psychological needs
- ✍ Is able to meet those needs by assertive action
- ✍ Possesses Coping Skills - Ward off depression
- ✍ Is able to express emotions
- ✍ Is able to seek or accept support from loved ones
- ✍ Has a sense of meaning and purpose in daily activities - work and relationships
- ✍ Has a capacity for pleasure and play

Being a Better Person

How can you be better? Now, more than ever in the past 50 years, our world needs good people to stand up and be counted. We need to recover a lost integrity in the corporate sector and in government. We need to nurture our children with greater love and care and we need to protect our cultures, our environment and our future.

Consider the following written by Oriah Mountain Dreamer, American Indian Elder.

Who are you Really?

"It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the centre of your own sorrow if you have been opened to life's betrayals or have become shriveled and closed from the fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it. I want to know if you can be with joy, mine or your own, if you can dance with wilderness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, or to remember the limitations of being a human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself, if you can bear the accusation of betrayal and not betray your own soul. I want to know if you can see beauty even when it is not pretty every day, and if you source your life from its presence. I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon - YES!

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done for the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments."

From Oriah Mountain Dreamer – American Indian Elder

Custodians of the Environment

Did you know that food production is arguably the number one environmental problem we have? The modern western diet is the cause of much environmental destruction. The answer to a healthier planet lies right in the middle of your dinner plate.

Shocked? Don't believe it? That is your choice, so I invite you to pursue the matter and learn for yourself.

Here are a few basic facts.

- † Food production is driven by economic factors.
- † Powerful food production industries have significant influence over government policy.
- † Australia has a capacity for over 2.5 million head of cattle in feedlots at any one point in time. Feedlots are the most economically effective way of producing beef.
- † These cattle are fed grains and oil seeds.

- † Nearly 70% of the grain grown in Australia is used for livestock feed (published Vic Grain figures)
- † It takes up to 16 kilograms of grain to produce a kilogram of beef.
- † Our growing beef industry has an enormous reliance on ever increasing grain production.
- † Australia is a dry continent and supplying water to grow this grain is placing major stresses on natural water supplies. (New Scientist, Feb 1998)
- † By the time it hits the table, a ¼ pound hamburger has consumed over 12,000 litres of water. (New Scientists Feb 1998)
- † The Major Greenhouse Gases are Carbon Dioxide, Methane, CFC's and Nitrous Oxides.
- † The major source of Carbon Dioxide is forest clearing and burning. The leading world "hot spot" for clearing at present is Queensland where land is being cleared for Beef Grazing and grain production. (60 Minutes March 2000) Over 1 million acres were cleared between 1999 and 2001.
- † The major source of Methane is Cattle farting and termites burping.
- † The major use of CFC's now is refrigeration. f we did not eat so many animal products, how big a refrigerator would we need?
- † The major source of Nitrous Oxides is synthetic fertilisers (NPK).

Visit this site for more information. <http://www.earthsave.org/>

Measure your Ecological Footprint. <http://www.lead.org/leadnet/footprint/intro.htm>

Summary

So, welcome to the end of my writings on the Secrets of Better Health. I will eventually turn this work into a book.

In summary, I say this to you. You can either believe the medical line and hope for the best, or place yourself in a position where you will never need them. If you want to do the latter, then here it is:

- † Drink at least a litre of clean, fresh water for each 25 kilograms of bodyweight per day.
- † Eat predominantly fresh, organically grown plant foods. If you do eat animal products, try to buy organic or biodynamic and give thanks to the animal before you eat it.
- † Exercise regularly.
- † Laugh a lot, as loud as you can.
- † Cry if and when you need to.
- † Sing whenever you get the chance.
- † Don't suppress your anger or any other emotions. If you are angry, choose a safe method to express it.
- † Spend a lot of time with good friends and family.
- † Talk about the things that trouble you.
- † Get back in touch with Mother Nature. Re-ignite your sense of Curiosity and Wonder.
- † Be a better person. Be a Warrior.
- † Serve the common good.
- † Work harder on being a better member of your family and community.
- † Turn the TV set off more often.
- † Take time out for solitude and quiet contemplation.
- † Avoid chemicals.
- † Love your Life.

Notes:

Coke Facts

- † In many states, the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- † You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- † To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- † To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminium foil dipped in Coca-Cola.
- † Pour a can of Coca-Cola over the terminals on a car battery to bubble away the corrosion.
- † To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the bolt for several minutes.
- † Wipe your car windshield with Coca-Cola to remove road haze.
- † To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
- † The active ingredient in Coke is phosphoric acid. Its pH is 2.8 and it will dissolve a nail in about 4 days.
- † To carry Coca-Cola syrup (the concentrate) a commercial truck must use the Hazardous material placards reserved for highly corrosive materials.
- † The distributors of coke have been using it to clean the engines of their trucks for about 20 years.

Now the question is, would you like a glass of water or a coke?

Foods Rich in Vitamin B17

- | | |
|-------------------|-------------------------------|
| † Apple Seeds | † Flax Seeds |
| † Alfalfa Sprouts | † Grape Seeds |
| † Apricot Kernels | † Garbanzo Beans (Chick Peas) |
| † Bamboo Shoots | † Gooseberries |
| † Barley | † Macadamia Nuts |
| † Beetroot Tops | † Millet |
| † Bitter Almond | † Millet Seed |
| † Blackberries | † Peach Kernels |
| † Boysenberries | † Quince |
| † Brewer's Yeast | † Raspberries |
| † Brown Rice | † Sorghum Cane Syrup |
| † Buckwheat | † Spinach |
| † Cashews | † Sprouts |
| † Cherry Kernels | † Strawberries |
| † Cranberries | † Walnuts |
| † Currants | † Watercress |
| † Fava Beans | † Yams |