Discover the Secrets to Lymphatic System Health and Say Goodbye to Fibromyalgia, Arthritis, Allergies, Obesity, Ear and Skin Disorders and More!

The Lymphatic System: Nature's Fat-Burning, Disease-Fighting and Ultimate Anti-inflammatory Solution

Paul Yanick, Jr. PhD, ND, CNC, CQM
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The Forgotten River of Health

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An Important Note to Readers

This guidebook represents decades of scientific research and study in the fields of anatomy, physiology, biochemistry, quantum physics, pharmacology, endocrinology, neurology, nutrition, psychology, anti-aging medicine, and Quantum Medicine. In an effort to make it more accessible to the layperson, I have avoided extremely technical language and omitted thousands of arcane scientific and textbook references. Many of the concepts presented in this book are indisputable facts of life that follow the laws of nature; they are based on natural laws and empirical observations, sound reasoning, and common sense. This book also reflects more than three decades of clinical experience with laboratory-guided observations of the human energy system and nutritional biochemistry in many clinical disorders.

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Ask your doctor before implementing the educational advice in this book. If you have a disease or any other type of health-related problem, you should first consult your physician before attempting to deal with it. This book is not meant to replace a medical examination, and its contents are not meant to diagnose medical conditions, interpret medical symptoms, or render medical advice. It should be used in consultation with your doctor to better understand health problems and their possible range of treatments.

The purpose of this book is to increase nutritional awareness and to educate individuals regarding natural ways to improve their general health and well-being. All readers are encouraged to seek help from doctors who treat people as whole individuals with unique and distinct dietary, exercise, and nutritional needs. The best course of action is for the reader to use common sense and the information in this volume in consultation with a reliable physician to achieve a healthy, fulfilling lifestyle.

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INTRODUCTION

Just as the currents of a river run through the mountains and valleys to cleanse out the landscape, the body’s internal waterways made up of lymphatic fluids function as a “river of health,” cleansing the body by carrying away accumulated wastes and foreign invaders. This powerful cleansing aqueduct is actually twice as large as there are twice as many lymph vessels as there are blood vessels.

The lymphatic system is the body’s first line of defense against disease. As the body’s internal cleansing waterway, it plays an indispensible role in immunity and in the body’s immune surveillance against cancer. When immune surveillance fails, cancer grows and spreads (metastasizes), and inflammatory diseases like fibromyalgia, lupus, arthritis, and shingles progress into incapacitating disorders.

With just a slight compromise in the flow of this river of health, the body’s is less able to resist viral infections and becomes prone to a vicious cycle of non-stop inflammation that leads to a wide spectrum of degenerative diseases.

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The lymphatic system is the most forgotten and neglected system of the entire body. It is composed of a network of thin tubes that branch, like blood vessels. These lymphatic capillaries carry lymph fluid into tissues throughout the body. Lymph fluid is loaded with infection-fighting cells called lymphocytes that originate from clusters of bean-shaped organs called lymph nodes, which are found under the arms and in the groin, neck, chest, and abdomen. Lymphatic organs include the spleen, thymus, tonsils, and bone marrow. Lymphatic tissue also is found in other parts of the body, including the stomach, intestines, and skin.

The lymphatic system is designed to function as a cleansing aqueduct, bathing each cell and draining away detritus through the circulatory system. If the flow of lymphatic fluid is slowed due to lack of exercise, overburdened detoxification organs (such as kidneys and liver) or excessive exposure to man-made chemicals, the body will become toxic. At first, you may recognize this toxicity by the swollen lymph nodes in your neck area when you get a cold or the flu. But, then it progresses causing brain fog, chemical sensitivity, depression, fatigue, headaches and often a feeling of heaviness in the abdomen. Stagnant lymph interferes with the body’s ability to cleanse viruses, bacteria, mutagenic cells, metabolic toxins and cancer, and it inhibits critical self-repair and self-healing mechanisms in the body.

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As you will learn, the lymphatic system is also the body’s “information highway,” which harbors lymph nodes that manufacture infection-fighting cells produced to protect your body from infections. It interacts with your cardiovascular system and nervous system to keep you healthy.

When our river of health gets blocked by stagnation or congestion, a backup of free-flowing lymph causes acne, skin rashes, cysts, tumors, fibrocystic breast lumps, fatty tumors, and in advanced cases spider veins and cellulite. This e-book will show you how to keep your river of health flowing so you can solve all sorts of unresolved health problems that have their origin in the lymphatic system.

Like tributaries trickling into a stream that feeds a river, the lymphatic capillaries join with others and flow into larger vessels called pre-collectors and collectors. These vessels have smooth muscle in their walls much like blood vessels and one-way valves that prevent the back flow of lymph. The body has approximately 600 of these bean-shaped nodules called lymph nodes, which have a fibrous outer capsule and an internal collection of immunologically-active cells. The nodes filter and destroy foreign substances such as germs and toxins.

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that may be present. The swelling that occurs after you get a sprained ankle or an injury is the lymphatic system carrying fluid to these areas to protect them.

Does your lymphatic system need attention? If you are overweight around the abdomen, have skin abnormalities, allergies, digestive disorders or have chronic fatigue, anxiety or nervous system issues, your lymphatic system is already moderately compromised. If you’ve been diagnosed with fibromyalgia, cancer, multiple sclerosis, multiple chemical sensitivity, Parkinson’s or Alzheimer’s disease, lupus, arthritis, asthma or have cellulite or varicose veins your lymphatic system is chronically compromised with no traditional medical cure available.

Ever wonder why dieting never works to shed those unwanted pounds? A compromised lymphatic system is the primary cause of obesity. Researchers found that fat cells near leaking lymphatic vessels under the skin and in the abdomen were significantly larger than normal, and therefore able to store more fats. “This is the first such evidence in an in vivo model showing that defects in the integrity of the lymphatic vasculature could lead to adult obesity,” said, Dr. Oliver, an associate member of the Genetics and Tumor Cell Biology Department at St. Jude Hospital.

Obesity is rapidly becoming a national epidemic. Americans are getting fatter—a disturbing trend because obesity equates to an
increased risk for diabetes, cardiovascular disease, cancer, and other chronic diseases.

Fad diets come and go. Low-carb (glycemic index), low-fat, liquid diets, the grapefruit diet, fat-flush plans, and starvation diets all have limited success rates in the long-term because they do not address a faulty lymphatic system. Instead, people take digestive enzymes, spike energy with USP (synthetic) vitamins, herbal stimulants, or caffeine-containing beverages. All these practices only serve to weaken digestion and lower cellular nutrient uptake, which intensifies starvation signals to the brain and jam up our river of health even more. When this happens, the body cannot get enough nourishment to fuel metabolism and quell the disease-causing fires of inflammation. As inflammation rages out of control, toxins sequester deeper and deeper into the body.

Despite an investment of ten years and billions of dollars into the fight against childhood fat, one-third of kids nationwide are overweight. Weight gain in children has tripled since 1970. A 2006 University of Minnesota study revealed collateral damage: diet-pill, sugar, caffeine, and cigarette addictions in children. It is clear from these statistics that experts are tackling obesity the wrong way and making matters worse. Dr. Joanne Ikeda, nutritionist emeritus at the University of California-Berkeley, agrees and states, "It hasn’t worked in adults, so what makes us think that it will work in kids?"
People today absorb over 7,600 commercials a year for candy, cereal, soda, and fast food. In addition, the American “toxic environment” is loaded with fat-storing toxins, called *xenoestrogens* and toxic molds that cause the body to store abdominal fat and gain weight. Abdominal fat cells are powerful inducers of pain and inflammation and feed on faulty lymphatic circulation.

Maintaining a healthy and safe weight begins not by following one diet fad after another but by understanding the depleted nutriture and toxicity underlying obesity. While getting adequate nourishment is the logical place to start, we must realize that, by the time an individual is obese, he or she cannot digest food efficiently. This means that nourishment must be pre-digested and in nanoscale formats (extremely small units) to conquer the epidemic of obesity. Unless maldigestion and malnourishment are addressed, obese people are apt to battle the scales for the rest of their lives.

The 2006 Senate Appropriations Committee Report stated “The lymphatic system is central to the progression of disease and the maintenance of health, yet scientific and medical knowledge of this important system is woefully deficient. According to Michael Detmar, PhD this forgotten river of health provides a “…hot new field. We are in a pioneering phase,…there is still so much to discover.”

In 2005 *Nature* (436:28) published an article entitled “Unlocking the Drains” we read, “After centuries of playing second fiddle to the blood system, our lymphatic circulation is coming into its own as a key...
player in diseases ranging from cancer to asthma. Once dismissed as a mere drainage network, the body’s ‘second circulation’ [lymphatic system] is emerging as a crucial player in numerous diseases....and as a vital part of the normal immune system.”


According to Dr. Robert Smith, director of cancer screening for the American Cancer Society, "Lymphatic diseases, including lymphedema are important health problems which until very recently received far too little attention. Substantial progress is now beginning to be made in awareness and research, holding the promise of finding critical answers that will bring hope and improved quality of life for individuals facing chronic and debilitating conditions of the lymphatic system."

Wendy Chaite, the Founder and President of the Lymphatic Research Foundation (LRF), states, “It is the lymphatic system, after all, that is the body’s first defense against disease. A disorder of the lymphatic system affects virtually every other system in the body. Research into how the lymphatic system works promises preventive and therapeutic
benefits for millions of people afflicted with a broad array of diseases.“ LRF has created strategic alliances with the National Institute of Health, with industry, and with medical/scientific associations and has sponsored biennial international conferences to advance lymphatic biology. Chaite feels that “There is tremendous potential for health benefits hidden within the lymphatic system. The power to discover these benefits is in the hands of the researchers and in the will of the patient community and their loved ones.”

Despite the fact that leading medical authorities are admitting their ignorance, based on neglect of the lymphatic system, organizations like LRF are stimulating more research and educational efforts aimed at finding cures for disorders of the lymphatic system.

In this e-book, it’s important to note that I have oversimplified everything and left out thousands of university-based scientific studies and deeper neural explanations of why and how deficits in the performance of our river of
health cause sickness and disease. At the outset, I am informing you that everything I say is my opinion or appears based on current observations and current research most of which is very authoritative and published in credible university scientific or medical journals.

Keep in mind that your doctor is trained to prescribe drugs, synthetic vitamins or perform surgery, and not to understand the physiology of why and how your lymphatic system malfunctions. The medical system’s primary focus is to treat the fallout of lymph-associated diseases, meaning they treat you after your lymphatic system is already seriously damaged. Don’t get me wrong. There is a place for surgery and drugs and doctors do heroic work in saving lives from trauma and when illness has caused irreparable damage to organs of the body. However, more and more statistics prove that medical science only treats the outward symptoms of lymphatic dysfunction and does not address its role in the causation of sickness and disease.

Think about it. More people get cancer and all sorts of chronic disease than ever before. Could this be because more people are taking pharmaceuticals aimed at blocking the symptoms of a sluggish river of health? The only winners in the battle against disease are the rich pharmaceutical and nutritional corporations that sell and make drugs, synthetic vitamins, and other so-called nutritional products.

Look at the diet industry. More people are on diets or diet products than ever before. Yet more people are weight gain increase ten
percent each year with many being dangerously obese. And, the only winners in the diet industry are the rich corporations that sell diet food, diet pills, and other weight loss aides. Do you really think they will tell you how to fix your lymphatic system?

Worldwide, people use millions is toxic plastic products every minute, with devastating consequences to their river of health and our environment. Eco-friendly products that minimize polluting your river of health and the environment are found in the Appendix of this e-book.

My journey and search for multidisciplinary knowledge of the lymphatic system began with my personal recovery from two near-fatal illnesses and the news of having only one year to live when I was twenty years old. My findings saved my life, got me off medication for good, and, in part, formed the basic framework for what you are about to learn in this e-book.

This e-book tells a unique and new story about fabulous advances in lymphatic system research that that promises to help people with obesity and all sorts of lymphatic-related disorders. This safe, side effect-free method will help to vanish blues and depression, stop anxiety, and help you think more clearly and live your life with vibrant energy. You don’t have to be stuck with unresolved health disorders, be enslaved to pharmaceutical drugs or be sentenced to the inevitable decline of aging. This breakthrough e-book can help you nourish and protect the most vital system in your body: your lymphatic system!

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Chapter 1

Overcoming a Personal Lymphatic Health Crisis

I was born with a systemic lymphatic disease that caused me to go deaf and lose the function of my kidneys in my late teens. During my childhood, my parents sought out every renowned specialist and were distraught and overwhelmed to find extremely limited information and treatments available for lymphatic disorders. Finally, things got so bad that my parents sent me to a leading medical doctor who diagnosed me with fatal kidney disease, sending me home to die at only twenty years of age.

Getting my tonsils surgically removed at the age of seven and being born with asthma and allergies provided me with the first clues that my lymphatic system was malfunctioning. The tonsils are paired lymph nodules in the oral cavity. These patches of lymph tissue produce infection-fighting lymphocytes. While doctors told my parents
that the tonsils had no important functions, I later learned that they protect the throat and respiratory system from infection.

Not realizing that the core issue of my illness was the lymphatic system, doctors kept prescribing cortisone, antibiotics and anti-inflammatory drugs. These drugs, along with food-borne mold, and USP vitamins, crystallized my deeper lymph channels and lymph nodes, causing kidney failure and all sorts of fungal and yeast infections in my digestive tract. This terrifying experience became a catalyst for my life’s work, leading over the past three decades to over 400 medical and health-related research studies and articles.

At twenty years of age, I was faced with one year to live. The diagnosis: fatal kidney and adrenal disease. The cause: unknown (although I later linked it to pharmaceutical drugs and vitamins, which jammed up the filtering networks of my lymph nodes and put far more stress on my kidneys). Instead of being breast fed, I was being given pharmaceutically-fed man-made USP vitamin formulas and processed “enriched” foods early in life. It was the combination of drugs and synthetic vitamins that lead to my total deafness, maddening tinnitus (ear noises) and severe lymphatic fluid retention (edema).

This event occurred over forty years ago. I saved my life by stopping all multivitamins, nutritional supplements, and pharmaceutical prescriptions, and by learning how to improve the health and functioning of my lymphatic system. Because the wrong kind of nutrition and foods nearly killed me, I began to study and

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identify the hidden and potentially lethal deceptions propagated by greedy, money-hungry purveyors of foods, pharmaceuticals, and health care products. Beyond simply citing these deceptions, this e-book offers a wide range of practical solutions for food, air, and water pollutants that are damaging your lymphatic system.

There was no medical discipline that focused exclusively on the lymphatic system and the medical and scientific community knew very little about its dysfunction. Compelled to do further research in this neglected field, I saved my own life and published my first study in 1976 linking a swelling of lymph fluids with deafness and inner ear disorders. The following is a brief synopsis of some of my early research pointing to the lymphatic system as a cause of nerve deficits in the brain and ear:

- In 1976 in the *Journal of the American Audiology Society*, 1:5, 1976 – I published a study entitled "Audiologic and metabolic findings in 90 patients with hearing loss" in a traditional medical journal. It was the first correlation of faulty lymphatic function with disorders of metabolism and hearing.
- In 1979 in the *Audiology and Hearing Education Journal*, I published a study entitled "Static impedance and aberrant auditory phenomena in 90 patients with cochlear hydrops." The term “hydrops” was the medically accepted term for a swelling of lymph circulation in the inner ear. For the first time ever, I was able to scientifically document that there was stiffness in the inner ear when the lymph fluid was not free flowing or was congested by changes in diet.

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Later in 1979 – I edited an academic textbook entitled “Rehabilitation Strategies for Sensorineural Hearing Loss” published by a leading publisher of academic textbooks, Grune and Stratton. Used in university training programs worldwide, this textbook emphasized the importance of addressing the role of lymphatic circulation in dysfunctions of the nervous system. Sadly, few listened to this data because doctors kept using cortisone and anti-inflammatory drugs to treat the end results of lymphatic disorders.

In 1983 I edited another academic text book “Tinnitus and Its Management” with an entire chapter devoted to the lymphatic system in ear disorders. I stated “The study of lymphology increases our understanding of the nature of blood and lymph capillaries, cells, and interstitial tissues which form interstitial fluid and lymph. The lymphatic system is clinically inaccessible because lymphatics, unlike arteries and veins, have transparent walls and colorless content and are rarely observed in medicine. The relationship between lymphology and the ear is still in its prenatal state.” However, because I proposed natural solutions to improving lymphatic health, this book was never taken seriously and over 25 years later, the relationship between lymphology and the ear is still in its prenatal state.

In 1985-6, I was a research associate at Temple University School of Medicine. At that time I secured a grant involving lymph and blood circulation of the inner ear. The study was never completed...
or published because it used herbs and minerals to improve lymphatic circulation.

These experiences made it crystal clear that the doctors of academia only believed that drug companies and genetic research could solve issues involving deficits in the lymphatic system. Every attempt to find a clinical solution that hasn’t included pharmaceuticals has been systemically banned from publication in medical journals, ridiculed and sabotaged.

In 1987, the American Ear Association for Research, of which I was medical director, was awarded a private grant for further research into lymphatic and blood circulation deficits in the brain and ear. As the research director of this 12-month scientific study at a leading New Jersey hospital and medical center, I was able to learn more about the mineral connection to the lymphatic and nervous system. Stephen Swartz, MD and George E. Shambaugh, Jr. MD, were involved in the study. Dr. Shambaugh graduated from Harvard Medical School in 1928 and was the chairman of the department of otolaryngology and a professor of medicine at Northwestern University's hospital and medical school. He wrote about 400 articles and editorials for medical journals and for 10 years edited the Archives of Otolaryngology. In addition, he wrote a leading textbook in his field, "Surgery of the Ear," now in its fifth edition since 1959.

Sadly, even with Shambaugh’s consultant status in the study, I could not get the study published in a medical journal. Instead, it was

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published in a university-based scientific journal, the *Journal of Applied Nutrition* (40:2, 1988). The results conclusively showed that certain kinds of minerals could improve lymphatic and blood circulation to the brain and auditory nerve.

As I later learned, there was more to the story of why non-drug research rarely gets funded or published in medical journals. Dr. John P.A. Ioannidis at *Tufts University School of Medicine* stated that nearly one-third (14 out of 49) of original medical research studies he examined were either false or exaggerated. Dr. Curt Furberg, a well-known cardiovascular epidemiologist says “Studies can be designed and interpreted in ways that make even ineffective drugs seem like lifesavers.” Furberg estimated 39,000 to 60,000 heart attack deaths in just five years on anti-inflammatory drugs like Vioxx.

Marcia Angel, the former editor-in-chief of the prestigious *New England Journal of Medicine* says, “Let me tell you the dirty secret of medical journals. With a rejection rate of 90 percent for original research, we were hard pressed to find 10 percent that were worth publishing. So you end up publishing weak studies because there is so much bad work out there.”

Jerome Hoffman, MD a professor of medicine at UCLA studied medical literature and stated “Some studies just didn’t make sense to me. I was reading all these things that came to opposite conclusions....there were studies that didn’t represent what I was seeing in clinical practice.”

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Daniel L. Brown, MD chief of cardiovascular medicine at the State University of NY says it’s “a brilliant marketing tool...presented in ways that mislead both doctors and the general public.” Medicine, the government, and the big money men in large corporations make billions by denouncing any promising new natural treatment. Historically, every pioneering researcher who presents data that goes against the grain or hurts the pocketbooks of big corporations, get rejected or ridiculed.

Getting back to my own personal lymphatic health crisis, as it turns out my lymphatic condition was never fully resolved. It was critical enough to evoke another near fatal illnesses. I was diagnosed with lymphoma and prostate cancer at forty-two years old. Despite all I did naturally to save my failing kidneys, improve my hearing and keep myself alive for 22 more years after the fatal medical prognosis at age 20, there was still something I needed to learn regarding the intricacies and complexity of the lymphatic system.

At the brink of death for the second time in my life, I refused pharmaceutical treatment of any kind. Instead, I began to look deeper into the physiology of the lymphatic system. During the years after my initial diagnosis at the age of twenty, I had unsuccessfully tried every sort of medical massage, lymph drainage device and massage technique, low level laser device, chiropractic, acupuncture, osteopathic (cranial-sacral therapy) and all sorts of rebounder exercise
techniques. None of these well-known natural techniques had any positive effects on my lymphatic system. What was I missing?

Nearly two years later into the battle for my life at forty-four years of age, I discovered that all man-made drugs and vitamins had a positive ionic charge and could stick deeply into the lymph nodes and vessels like a magnet sticks to metal. I called these toxins positive ionic toxins or PITs. And, as I discovered, the only way to unravel them was by loosening the ionic charge of the toxins so they no longer were stuck in my deep abdominal lymph circulation.

There were no other viable options. I already had lymphedema and medical experts were saying that irradiating the lymph nodes might stop the cancer but would not stop the edema. Thus, the significant risk of developing more lymphedema outweighed the benefits of receiving an extra boost of radiation to my lymph nodes to kill the cancer cells.

Almost two decades later, a study presented today at the 48th Annual Meeting of the American Society for Therapeutic Radiology and Oncology in Philadelphia came to the exact same conclusion. Radiation causes a disruption of lymphatic flow which prevents proper drainage, causing a back-up of fluid. About 15-20% of women with breast cancer who have lymph nodes removed during surgery will develop lymphedema. "We know radiation can increase one's risk of developing lymphedema, so it's important to determine whether the radiation technique or dose contributes," explained Shelly B. Hayes,
M.D., a resident in the radiation oncology department at Fox Chase Cancer Center. "They were four times more likely to develop lymphedema when treated with a boost, despite similar risks of nodal recurrences. Given the increased risk of lymphedema and the lack of evidence supporting improvements in nodal recurrences from the boost, we should carefully consider these results before delivering a boost to our patients," Hayes concluded.

According to Lynne McTaggart, the editor of What Doctors Don’t Tell You, “Less than half of all patients derive any kind of benefit from chemo, radiation and/or surgery, the mainstays of orthodox treatment. In fact, most patients don’t benefit or are made even worse by these interventions.” Despite the fact that the American Cancer Society says 17 percent of all cancers are caused by viruses and infections, one has to wonder why scientists are not studying how a malnourished and deficient lymphatic system as the body’s first line of defense against infection, causes cancer.

In a 2008 Scientific American article entitled “Entangling the Roots of Cancer” we read, “The immediate cause of cancer must be some combination of insults and accidents that induces normal cells in a healthy body to turn malignant, growing like weeks and sprouting in unnatural places.” PIT carcingoens set of a bomb in the nucleus of cells that causes a genetic cascade of unwanted events that, in turn, generates tumors and spreads cancer. However, more and more evidence is pointing to the fact that cancers only become life-threatening when the lymphatic system is disabled. Thus, the failure of
conventional medicine to win the war against cancer concerns their lack of attention to the body’s lymphatic system. Rather than see a tumor as an aberration of the lymphatic system, they cut it out or aim radiation or chemo at it.

Considering the terrible toll of cancer on humankind, shouldn’t doctors be looking more closely at the deficient immune battalion of the lymphatic system? Shouldn’t researchers be focusing more on ways to activate the innate immunological weaponry of the lymphatic system?

Sadly, the overwhelming majority of cancer researchers are still stuck on a genetic causation of cancer and lymphatic diseases. Genes alone do not determine whether or not we get cancer or have a stagnant lymphatic circulation. The accumulating evidence has spawned new hypotheses that overturn the standard dogma of why and how people get cancer. PITs, pollutants with a positive ionic charge, are highly carcinogenic and can induce the genetic mutations that cause lymphatic abnormalities and cancer to originate in the first place.

Inflammation has gained recognition as “an underlying contributor to virtually every chronic disease.” – Scientific American, 2008. Often referred to as the “fire within,” inflammation is the major trigger for heart attacks and cancer. Dr. Peter Duesberg of the University of

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California, Berkeley feels that foods, drugs and chemicals should be tested to identify compounds that cause inflammation and induce cancer. Like a match that lights the fire, PITs cause genetic damage and inflammation is the fuel that feeds the fires of inflammation in the lymphatic system.

Today, at the age of sixty, I am cancer-free and healthy. Now my goal is to impact your health, and today that message begins with you. In the next chapter, I will talk about how the expansion of the American waistlines is caused by a faulty lymphatic system. This forgotten and neglected part of human anatomy foreshadows all sorts of health challenges today and for the next generation.

Answers to the obesity and heart disease pandemic will come when people take more responsibility for the health of their lymphatic

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Imagine having the power to change the world and transform your own health. As simple as it sounds, the tips and ideas you'll read about have a lot behind them. Each assertion made about the potential hazards of drugs, products and nutritional practices is my opinion, and is based on prestigious, scientific studies and the hard lessons I learned in saving my own life twice. Behind these assertions lies over four decades of painstaking research and a deep base of knowledge and respect for natural laws and living an eco-friendly life that causes no permanent damage to the planet or the human body.
Chapter 2

How a Faulty Lymphatic System Causes Obesity

Our lymphatic system is one of the most energy-hungry systems of the body. It is not hungry for calories or man-made nutrition—it goes much deeper than that. The hunger is for life sustaining nourishment. And, it is nourishment in the right format that helps the lymphatic system cleanse itself of pollutants and function optimally. That is the dominant theme of this entire e-book.

Today, many are scared. And with good reason—there is too much cancer, too much obesity, too much heart disease and too many living into old age without quality of life. Because most of lack knowledge of how to nourish our bodies, food and diet marketers are having a field day with our ignorance. Adding to this confusion, science and medicine contradicts itself every other month.

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When the lymphatic system is malnourished, PITs accumulate and stick inside our river of health. If they stick for a long enough period of time they cause our lymphatic vessels to leak.

Leaky lymphatic vessels are the leading cause of the adult onset obesity. These findings observed in a laboratory model developed by investigators at St. Jude Children’s Research Hospital revealed that the abnormal leakage of lymph fluid from ruptured lymphatic vessels stimulates the accumulation of fat, particularly in regions of the body rich in lymphatics.

Since obesity increases the risk of having breast cancer, diabetes and all sorts of degenerative diseases, keeping your lymphatic system healthy and clean, is certainly a reasonable and important lifelong goal.

Are you tired of suffering from unexplained weight gain, mood swings, and lethargy? Maybe you’ve tried everything: the restrictive diets, the costly exercisers, and diet pills and supplements that failed to help you lose weight and feel better. Now for the first time, controlling appetite and preventing the "yo-yo" weight gain can be accomplished effortlessly—without complex diet and exercise routines—by understanding how the lymphatic system has a powerful influence over your hormones and how your body excretes and burns excess fat.

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Let's face it: nobody agrees on the best way to diet. The proof of that is the number of diet books that reach the bestseller list. One year we hear we’re suppose eat lots of carbohydrates and eliminate fats and protein, and the next year we are told to eat more protein. The size of the audience for these books, usually comprised of people who are multiple diet failures, testifies to the fact that diets don’t work and that no one is addressing the core issue of lymphatic incompetence. For the first time, this e-book will debunk these diet myths and expose the dangers of fad dieting.

**Common Dietary Myths**

- **MYTH #1** – Food restrictions or counting calories provides a safe and effective way to lose weight. Despite the medical profession’s ridiculous attachment to calorie-based dieting, no studies exist to show it is effective for long-term, permanent weight loss. While calorie counting will produce weight loss initially, the weight loss is unsustainable due to the fact that nutritional deficiencies remain uncorrected. Skipping meals and going hungry cause serious malnourishment of glands that fuel your metabolism.

- **MYTH #2** – High protein, low carbohydrate diets drop weight fast. Introduced in the early 1970’s and now making a popular comeback in the USA, this diet starves the body of carbohydrates such as bread, rice, or potatoes. Initial weight loss is good—up to 13 pounds in the first week, but unfortunately, this is made up of water loss, not fat. The truth is that these high-protein diets jam up the lymph system and cause fat cells to accumulate even more fat as soon as the person comes off the diet. The side effects are mood changes,
tension, and irritability, a loss of resilience to stress, and cravings for stimulants like coffee or synthetic vitamins. A Harvard School of Public Health study documented that excess protein consumption of this nature increased bone fractures in women aged 30 to 55, whereas no increased risk was found in those following a vegetarian diet (Amer J Epidemiology 1996; 143)

**MYTH #3** - Slow metabolism is fixed and behind abnormal weight gain. Metabolism is the speed at which the body burns fuel (food) and this is regulated the lymphatic system which have a powerful influence over hormones and digestion. Thus the speed of metabolism is not only governed by glands like the pituitary and thyroid gland but predominantly by the enzyme, 5'-deiodinase in the liver which get inhibited when our lymphatic system is toxic. Stored deep in the lymphatic system is the PITs, many of which are fat-storing xenoestrogens that block this enzyme that makes the fat-burning thyroid hormone. Get rid of the PITs and your body will start pumping out ample amounts of the active thyroid hormone, T3 and your lymph circulation and blood circulation will allow more T3 to energize your cells. Nourishing your endocrine glands cannot be done when lymph is diminishing nutrient delivery and circulation to your glands! Hormones and most nutritional approaches only serve to weaken these glands further by crystallizing and restricting lymphatic circulation. Thus, as many of you will testify, any weight loss produced by taking thyroid hormones is short-lived and ends up depleting your body and causing depression or anxiety later on in life.

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MYTH #4 – You can lose weight on special diet foods. The supermarket shelves are awash with food products claiming to be “lite” or “low-fat” or “low calorie.” The reality is that these foods contain PITs which constrict lymphatic circulation and they do not deliver their promise of providing all natural and PIT-free nourishment.

MYTH #5 – Exercise is the best way to lose weight. While research shows that long-duration exercise has a great benefit on weight loss, its poor posture and malnourishment from weak digestion and poor lymph circulation that makes it hard to lose weight while exercising. On the other hand, correcting lymphatic health with proper nourishment and changing your posture during long-duration exercise can have dramatic and positive health benefits.

MYTH #6 – Digestive enzymes and vitamin supplements can help with weight loss. These dietary supplements only serve to weaken your digestive system and lymphatic system further. The true cause of maldigestion is a weakness in the afferent vagus caused by man-made toxicity and neural malnourishment. When your innate neural digestive capacity is zapped, the body absorbs too many fats and sugars and not enough nutrients to keep your metabolism optimal. Hormones like insulin that control blood sugar store the sugar as fat in your abdomen!

Letting go of old myths and fad diets will help you to discover how to shape your body from the inside out. In just a few months, this program will show you the secrets of how to achieve permanent weight loss. If you are ready for this kind of journey, keep reading.

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As the late Norman Cousins stated, “The marvelous pharmacy that was designed by nature and placed into our being by the universal architect produces most of the medicines we need.” Make sure you do not take synthetic “USP” milligram-dosed vitamins or minerals which are PITs that jam up the lymphatics. Instead, since stress is a thief of health, you need to choose only from nature’s pharmacy of pre-digested “synbiotic” nutrients, which nourish both human and commensal-probiotic cells.

The primary reason why crash dieting fails has to do with the body’s natural “set point.” The set point is your equilibrium point for body weight—your physiologically ideal weight, if you will. The set point automatically controls your body weight the way a thermostat controls the temperature in your home. But, the thermostat in your home won’t work if you are out of fuel or if your organs can’t get fuel from lymphatic congestion.

When you gain weight, your body’s set point cannot respond by increasing calorie-burning activity. This means you will want to know if you are deficient in the kind of nutrients that maintain a healthy body weight or set point and that you will need to find a way to get rid of PITs.

When you nourish your lymphatic system, you cleanse it simultaneously and can live a life that is filled with balance, energy, and stamina. Part of the reason I’m giving you this new information is

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so that you’ll realize the importance of keeping your lymphatic system in good working order.

If you want to prevent the diseases that cut life short, a healthy lymphatic system free of PITs, is your ally in two ways. First, this removal of PITs while nourishing the body quickly corrects deficiency states that have been linked to almost every type of degenerative disease, and it nourishes commensal-probiotic cells so they can perform miraculous healing feats in your body.** Second, it comes with an unbelievable bonus: your river of health will keep your body cleansed of toxins, normalize hormones, promote innate healing, and make you incredibly stress resilient.**

You cannot augment your innate healer unless you detach from addictive habits that cause a yo-yo effect with your emotions, blood sugar, and energy levels. Each symptom of excessive or low energy is a message for you, a signal from innate intelligence. The message is about a need for cleansing and nourishment and not stimulation. This means you have to learn how to STOP suppressing these innate messages with synthetic nutrition or drugs (PITs) and START answering them with the right kind of nutrition. When you look as these symptoms as obstacles or bodily expressions that need to be controlled, you miss the point. When you ignore them, you ignore the dangerous trend of lymphatic congestion that is taking over your body and sabotaging your health.
The function of the lymphatic system is as essential for our well-being and growth as sunshine, clean air, and water. While making changes in your life is never easy, focusing on the bigger picture and other rewards you get from this program will keep you moving forward. Sure, there may be setbacks, but the health benefits will far outweigh them, and pretty soon you will be amazed how healthy your life has become.

When nourishment is poor and stress is high for many years, it takes a unique kind of nourishment to get the lymphatic system functioning and to repair our damaged digestive tract and reawaken the full capacity of innate healing. It must be in a *quorum fermented* or nanoscale format. Quorum-based nutrients are created by nature through the miracle of fermentation. And, this natural fermentation process yields “polar lipids” and “quantic harmonic polarities” that cleanse the lymphatic system of PITs. They also activate and enliven your body’s miracle healing cells (commensals). You’ll learn more about this unique kind of nutrition later in this e-book, and you’ll benefit from new ways to experience a higher level of health and wellness.

If you take the recommendations in this book seriously and take part in your own improved health regimen, you will reap the benefits. But you have to change—change the way you shop, the way you eat, the way you exercise, and even the way you think. But I am convinced it will be worth it, because it will be a vast change for the better! As the lymphatic function of your body expands its boundaries,
extraordinary health and wellness will become a reality in your life, and you’ll feel a vitality you have never felt before.

Healthy eating for your lymphatic system and total body requires consideration of much more than diet and exercise. If you’re looking to feel great and lose weight and build a strong, lean body, the following factors need consideration:

1. **Nourishment & PIT Detoxification** – Nourishment must be in a pre-digested, nanoscale quorum fermented format to bypass the stress-damaged and weakened digestive system and provide adequate nourishment to fuel metabolism and detoxify fat-storing xenoestrogens PITs, which lie at the root of obesity. Xenoestrogens block the energy-producing, fat-burning thyroid hormone and disrupt insulin-glucose metabolism so the body stores (instead of burning) abdominal fat. To make matters worse, mold (commonly found in vinegar, stored grains, packaged chips, crackers, and irradiated foods) blocks the liver and the entire process of detoxification. Quorum fermented nutrients nourish both human cells (5-10% of the cells in the body) and commensal-probiotic (beneficial bacteria) cells (90-95% of the cells in the body), a feat that no other food-nutritional supplement can accomplish. And, since these living nutrients vibrate with nature’s energy (polarities), they can strengthen the weak digestive system so the liver can make enough bile to emulsify and excrete excess body fat, and the pancreas can secrete digestive enzymes.

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2. **Posture and Exercise** – Daily posture-based exercise while taking the right kind of lymphatic nourishment can jump-start your metabolism allowing your body to burn excess fat. Since a lack of exercise and poor posture (a result of a larger and weaker abdomen) is the end result of obesity, posture changes during exercise are critical to re-align the body and improve the operational complexity of the nervous system. Combining simple alignment exercises with brisk walking burns about 300 calories in only 35 minutes compared to walking alone, which burns calories at the rate of 270 calories per hour. You’ll learn more about these techniques later on in this e-book.

Most of us have grown up with a “fix it” state of mind when it comes to our health. We don’t look deep within to find out why we are overweight. We fail to realize that PIT pollution is increasing faster than we can eliminate it from our bodies, at the rate of ten percent each year and that these PIT pollutants are behind the current national epidemic of obesity. This means we must keep our internal bodies clean. Since detoxification requires nourishment, we need to look inward. This means we need a new and deeper understanding of why we are overweight.

Go through your day, beginning with when you awaken, and take an inventory of your actions. Ask yourself these questions:

- Do I eat foods or food concentrates that truly nourish my body?

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Do I take PIT man-made vitamin supplements that could be fueling my weight gain by congesting my lymphatic system?

Do I exercise and do deep breathing exercises to release stress-induced tension?

Do I drink good, clean, and harmoniously-balanced water?

Do I compensate for fatigue and overwork with synthetic vitamins, sugar, or caffeine?

Despite spending billions of dollars on diet fads and nutritional supplements, the majority of people are not healthy, nor are they at a healthy weight. They skimp, fast, avoid fat or carbohydrates, and drink endless meal replacement beverages. Yet, despite their efforts, they manage to gain back every pound they lost. Now imagine health and wellness program designed to change all that. By embracing nature’s plan for health, it is easy to lose weight and become healthy and stress-resilient. It’s the opposite of the quick-fix approach—and it really works!

Today’s obesity epidemic is caused by a nation of people who are addicted to foods and PIT stimulation. We make dietary choices that make us fat, generate inflammation, and kill us before our time. Of all the things I have learned in the past 35 years, nothing is more important to promote health than how we get our nourishment. We can choose to eat ourselves into a state of obesity, fatigue, and inflammation (pain) or to experience bountiful energy and vibrant health.
Many who take supplements still feel sick and tired. Most people who believe they are taking beneficial nutritional supplements are actually consuming addictive, man-made PIT chemicals that over-stimulate the body and jam up the lymphatic system, causing uncontrollable weight gain. These supplements may even be labeled as “organic” and “natural.”

Imagine wasting a ton of money on vitamins that actually “burn out” and deplete your fat-burning hormones! Backed by over 40 years of scientific findings and my own research, I will give my educational information on how plain and simple nourishment can help you to:

- Shed stubborn pounds in as little as six weeks**
- Nourish and enhance the function of every cell in your body**
- Cleanse your body daily from harmful fat-storing PITs and carcinogens to reduce your risk of cancer**
- Boost your energy levels without addictive caffeine or stimulants**
- Gain superior resilience to the nations number 1 killer...stress**

When I discovered how PITs were destroying my lymphatic health and how they work against the body’s metabolism, I was amazed. I wondered how something so simple and powerful is neglected by today’s health care professionals. The key to success of this program was to understand that overweight people can’t fully digest their foods into nutrients. In order to lose weight they need to consume pre-digested or cultured food concentrates. The “synergy” of pre-digested

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nutrients—working together—activated what I referred to as “super-metabolism.”

Modern medicine doesn’t teach you how to cleanse your lymphatic system of PITs or how to bypass your stress-damaged gut and nourish your body. They don’t really give you the kind of information needed for you to have super-resilience to today’s number one killer: stress. Nature holds the secret or key that unlocks the door for you to tap into endless energy. Once this door is opened, you slowly break away from learned patterns of maladaptive behavior, which helps you get rid of all those unwanted pounds.

What drives people, against their better judgment, to eat addictive and stimulatory foods? We starve, binge, and purge to battle excessive pounds. We devour diet advice, to little avail. The solution to getting rid of hard-to-shed fat is cleansing the lymphatic system of PITs and nourishment.

When your deep lymph channels are congested or inflamed with PITs, you cannot digest your food properly. The food that flows through your digestive system can either empower you or wear you down physically and energetically. Food that doesn’t digest completely can shut down brown adipose tissue (BAT) which, if present in sufficient quantities, burns off excess fat. Considering the fact that stress inhibits digestion, it becomes obvious why nourishment must be packaged differently in today’s stressful and PIT-filled world. Quorum fermented, synbiotic nutrients have the potential to ignite BAT and

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hormone metabolism. But in order for your digestive system to function smoothly and efficiently, you have to stop treating the symptoms and start addressing the root causes of fatigue found in the complex lymphatic networks of your body.

Call it fatigue, listlessness, tiredness, or lethargy. Over 15 million Americans visit their doctor each year seeking an answer as to why they’re dragging. Chronic dieters develop fatigue from nourishment in short supply. The body interprets these nutrient deficits by slowing down metabolism and conserving every calorie. Chronically starved for nutrients, the body turns down insulin production to spare vital blood sugar used by the brain. In turn, the endocrine glands that produce powerful fat-burning hormones become exhausted and thwart weight loss.

You can change your food and supplement choices so that you nourish and strengthen your body. But, you have to know what foods and supplements are best to fuel your cells naturally. You have to acknowledge and understand that these digestive and metabolic malfunctions cannot be repaired with antacids, drugs, digestive enzymes, caffeine, or herbs.

The most misunderstood area of nourishment is related to the fact that we have to nourish two types of cells in our bodies. Your efforts to lose weight will fail if you do not nourish both human and commensal (probiotic) cells. Probiotic means “in support of life.” In operational terms, I call probiotics commensal cells. They occupy 90-95 percent of
our body’s total cell population. These miracle healing cells produce thousands of nutrients and compounds to help fuel your metabolism and shed unwanted pounds. You won’t hear about this strategy from any of today’s popular nutritionists, naturopaths, or doctors of alternative medicine. But the overwhelming truth is that these commensals are a critical part of nature’s plan for us to stay vibrant and healthy.

Another misunderstood area of health care is detoxification. Virtually none of the popular methods of detoxification remove PITs and fat-storing xenoestrogens (man-made PIT compounds that mimic the effects of estrogen) from your body nor employ the superpower of commensal cells. However, you have to cleanse your body of these toxins. Keeping your body’s inner ecology healthy and cleansed will make your fat-metabolizing thyroid hormone, T3 function more efficiently.

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(fibromyalgia), skin-hair-nail problems are symptoms of a toxic lymphatic system. When this happens the less active rT3 becomes dominant while T3, the more active form of thyroid hormone becomes deficient. The triggering factors are stress and PIT toxicity (Acta Med Austriaca 1996;23:10-16 Acta Med Austriaca 1996;23:17-30 Surgery 1998;123:560-67).

Standard blood tests miss rT3 dominance and can’t measure PITs in the lymphatic system. These tests cannot define the true levels of nutrient deficiencies in our cells nor can they tell us about are digestive capacity or the level of immunological and lymphatic function in our bodies.

A reduction in kidney function with elevating diastolic blood pressure is commonly associated with excessive rT3 and such a diagnosis is difficult to make with most lab tests. Studies show that as many as one-half of patients with renal failure have low thyroid function indices (Seminars in Dialysis, 1:2, 2007). While adequate amounts of both iodine and selenium play an important role in the control of thyroid metabolism, in inorganic and non-protein bound states, they have little or no known effects on 5'-deiodinase activity. Irreversible damage of the thyroid gland can be caused by iodine supplementation (Contempre´ et al. J. Eur. Endocrinol. 133: 1995) as excess iodine in the thyroid can react with H₂O₂ to form free radicals that cause tissue damage.
We need a healthy lymphatic system to make enough T3 and to get it to our cells to burn fat. T3 has significant effects on the peripheral vascular system, including relaxation of vascular smooth muscle cells and anti-atherosclerotic effects (*Circulation Research 2001, 88*). These data demonstrate a previously unrecognized role of local T3 production in the pathophysiology of human circulatory system. So by improving lymphatic circulation you can elevate T3 and lower your risk of so many diseases!

We have PITs inside our bodies because they are present everywhere in our environment—the air we breathe, the water we drink, the lotions and cosmetics we rub on our skin, the products we use to clean our home and clothes, the toothpaste we use and the supplements and drugs we take. The main toxic hit from PITs comes from USP vitamins and pharmaceuticals as I found out in my own case. Since PITs cannot be entirely avoided with diet, it is important that we consume quorum fermented™ nutrients to keep them from building up in our lymphatic system and damaging our river of health.

That’s it! Nourish your lymphatic system and it will cleanse harmful PITs out of the body, jump-start the production of the fat-burning thyroid hormone, and restore your immune and anti-inflammatory powers. These simple and effective steps represent the most powerful nutrition I could ever share with you. That’s the secret! Throughout this e-book, you will learn a lot about *why* following nature’s wisdom in your dietary choices will help you to flatten your belly, fight fatigue and stress, and live a happy and active life. As an added bonus, you

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will likely be in a better position to prevent the diseases that cut life short.

You’re about to embark on an educational journey that will teach you how to de-stress and enhance your metabolism (a high metabolic rate is characteristic of lean individuals). You’ll take charge of your health and be in control of your weight. You’ll learn to avoid the social and emotional triggers as your body’s own intelligence takes over. The body knows best. As soon as you return your body to its natural balance, you’ll choose what’s healthy and good for you automatically. But, remember: many of your ailments are due to years of failing to eat wisely, exercise appropriately, or nourish your body in ways that keep your cells vibrant and healthy. Thus, you must detach from addictive habits that cause a yo-yo effect with your emotions, blood sugar, and energy levels. Each symptom of excessive or low energy is a message for you, a signal that you are overwhelming your body’s physiology. The message is about a need for nourishment and not stimulation. This means you have to learn how to STOP suppressing these innate messages with PIT-based synthetic nutrition or drugs and START answering them with quorum fermented nourishment.

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Chapter 3

Your Personal Lymphatic Health Assessment Profile

Join the crowd. Calling it fatigue, listlessness, tiredness, lethargy or just feeling wiped out, millions of Americans visit their doctors each year seeking answers for why they are tired. Yet, you’ll rarely hear their doctor tell them that their lymphatic system needs a tune-up or a certain kind of nourishment to function more efficiently.

Anemia, depression, thyroid problems, sleep apnea, and a lack of resilience to stress are the signs and symptoms of an unhealthy lymphatic system. So if you are going to beat fatigue, you have to learn how to tackle stress.

Everyday stress can throw your entire body off kilter; your muscles tighten, your heart races, you suffer from indigestion and fatigue. Stress is elusive, stealthy, capricious, pernicious, deceptive, and

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dangerous. Stress, and our reaction to it, can overwork the body until nutrients become totally depleted. It is everywhere, intertwined with the rhythm of life. Coping with kids, budgets and jobs, gardens and cars, shopping and schools, as well as bills and repairs are everyday sources of stress. Even small stresses cause a pile-up of tensions that constrict the flow of nourishment to your cells. Too many or too frequent stressors add up to zap your healing energies, allowing stress to damage the body.

PITs are the worse stressors known to man. When coupled with electromagnetic frequency (EMF) stress so prevalent in our environment, the body breaks down. Stress reactions to PITs or EMFs have doubled in the past two to three years. Stress depletes your cellular nutrients, the vital substances of life. Stress diminishes lymphatic and blood circulation and nervous system control of digestion, so no matter how good or how much you eat, you cannot adequately nourish your body.

Like a terrorist lurking in the shadows, PITs stuck in our lymphatic system lurks deep within, hiding like a ticking time bomb eroding our vitality and waiting for our weakest moment to attack our vital organs; a devastation which many will never survive.

Awareness and understanding of how your stress defense mechanisms become damaged or inefficient can prevent stress from wrenching the emotions, deranging the mind, impairing the body, and extinguishing life.
The first step in understanding how stress becomes distress and in understanding how your body’s set-point becomes disabled requires a self analysis. I’ve created a list of symptoms that will aid you in evaluating the status of your lymphatic system. Your answers will give you some insight into how much you need to correct your lymphatic health issues. Do you... \(\text{Circle each statement that applies to you.}\)

- Have allergies or suffer from asthma?
- Wake up tired in the morning?
- Have excess abdominal fat?
- Have itchy skin?
- Have skin conditions or rashes?
- Have sore lymph nodes under your arms or around your neck area more than twice a month?
- Snore or have sleep apnea?
- Feel nervous and irritable?
- Drink any alcoholic beverages daily?
- Crave starches and sweets?
- Have problems losing weight?
- Have low sexual energy?
- Have difficulty remembering things?
- Have periods of anxiety?
- Frequently get constipated?
- Fail to eat a good, healthy breakfast?
- Eat pasta daily?
- Chew gum on a regular basis?
Drink juices, soda, or other sweet drinks?
Need a cup of coffee or tea to get going every morning?
Eat margarine in place of butter?
Tend to eat lo-cal meals and drink diet sodas?
Eat fried foods daily?
Binge on sweets more than once a week?
Feel tired late in the afternoon?
Feel sleepy after dinner?
Find it hard to stay focused at work?
Frequently get headaches?
Frequently feel light-headed?
Yawn a lot during the day?
Feel depressed or sad once a week or more?
Have trouble falling asleep?
Wake up at three or four in the AM and can’t sleep?
Experience muscle pain or spasms?
Have low or high blood pressure?

If you answered “yes” to more than eight of these questions, you have a slight to moderate deficit in the function of your lymphatic system. If you’ve answered “yes” to more than fourteen of these questions, you have a moderate to severe deficit in the function of your lymphatic system which is seriously restricting your metabolism, and starving your cells of nutrients. Your body can’t make enough T3 nor detoxify PITs effectively, and your stress-fighting and fat-burning hormones are out of balance. When this happens, your nutrient set point or thermostat is disabled. Your nervous system is toxic and not

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able to keep your body balanced. Beneficial commensal cells in your intestines may be woefully deficient. Your body is in a perpetual distress cycle.

Here’s the good news: I’ve discovered ways that can help you break free of these vicious cycles. Changing dietary habits that impede your health can alleviate your discomforts and limitations and make you happier and more productive.

**Changing Your Perspective on Life and Nature**

Approaching and regarding life with a reverence to nature allows us to see our lives differently. As you acquire a sense of reverence for the wisdom of nature, you will look at the food and supplements you eat and the water you drink much differently.

Fad diets come and go—low-carb, low-fat, high-fiber, all natural. Throw in the extremes, like liquid diets and fasting, and most Americans give up on following nature’s recipe for healthy eating.

You are about to make a substantial change in your life that may seem difficult at first. It’s going to get easier because most people feel the rewards right away. You’ll sleep better, feel better, and have more energy.
Living Cells Need Living Nourishment from Nature

Your body is teaming with living cells. Living cells need to derive, store, and use energy from living nutrients. Now that you have discovered the facts about nature’s recipe for nourishment, it will be easier to make the necessary lifestyle changes to get healthy.

By choosing your supplements wisely, you’ll be amazed how stress will bounce off you and how you will never have to reach for sugar or caffeine to stay functional at the end of the day. The quantum-formatted designation on the label of your nutritional product will help you choose the right supplement out of the thousands of products available today.

Living cells need nutrients that also vibrate with energy. DNA serves as the major energy storage site in all living things. That energy can be spent (released) by the DNA at any time to empower your inner healer. It’s a little like charging the battery in your cell phone so you have many hours of cell phone usage.

Why keep your DNA batteries charged? DNA encodes all genetic information and directs all cellular processes. It is at this fundamental level that DNA recognizes injury from toxins or trauma and removes damaged structure while repairing intact structure. However, as you will learn, DNA needs coherence to work best. The opposite of coherence is chaos. And, the chaotic frequencies of infiltrated PITs and EMFs can jam this delicate system so that healing and repair are diminished.

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From the level of cut fingers and into the mental realm, where emotional stress overload requires compensation, DNA works its healing miracles to keep us in good health. Pre-digested quorum fermented™ nutrients vibrate with coherent, life-giving, resonances for instant cell assimilation.

I invented Quantic Harmonization™—a homeopathic-like process—that can infuse high frequency harmonics into a quorum fermentation process or into water. Simply put, these energetic harmonics help to revitalize and fine-tune innate healing by clearing out PITs from deep within your lymphatic system and cells.

The digestive system has enough work to do and is short-circuited when the lymphatic system is compromised. That’s why using pre-digested nutrients that are digested by commensal (probiotic) cells can make a critical difference in getting ample quantities of nutrients into the lymph channels.

Living, organic vitamins, essential fatty acids (EFAs), proteins, and plant-based nutrients are absorbed into the cells fast. Unparalleled by ordinary supplements, quorum fermented™ nutrition allows for the rapid and unmatched nutrient uptake to:

- help the body adapt, at a higher rate of functioning, to stress**
- help de-stress the body to induce calmness under pressure, while nourishing innate healing energies **

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provide instant stress relief and support for the body’s stress defense system—so stress doesn’t have to be distress! **

Remember, food concentrates in quorum fermented™ food and mineral concentrates are bursting with energy and are organized in complex patterns, so they are immeasurably beneficial in keeping us healthy. At very small doses, they have superior potency and bioactivity compared with PIT megavitamins that work adversely to accelerate stress reactions and jam up lymphatic flow.

Low-dosed quorum fermented™ nutrition mimics the gentle and subtle rhythms of the body’s nervous and lymphatic system, keeping us balanced and super resilient to stress.** The advantages are that this form of nutrition provide:

- Immediately available nourishment with polar lipids and organic non-ionic minerals to cleanse and nourish the lymphatic system**
- A nutrient-dense and high potency food supplement
- Nutrients in a convenient and easily consumed format that are hundreds of times the antioxidant power of foods and currently available antioxidant supplements (Scientists have proved better antioxidant power, absorption, and dramatic boosts in cellular utilization compared to PIT-type USP vitamins and other nutritional approaches. For the first time ever, a supplement is available that is loaded with synbiotic COQ10, GSH, GPx, GLA, GTF chromium, selenoproteins, glycoproteins, SOD, catalase, and

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zinc-bound proteins for instant detoxification, antioxidant defenses, and cell nourishment.

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**Nature’s Recipes for Food Concentrates**

Healthy people have an inner resilience that allows them to meet the demands of living, so stress doesn’t become distress. With this resilience, the same bodily intelligence that knows how to heal a cut finger or mend a broken bone without your even thinking about it can be enhanced to heal you of almost any ailment. But to accomplish
such feats, you need to work in harmony with your body’s anatomy, not against it, by learning how to nourish it and supply it daily quorum fermented™ nourishment. With the correct nourishment, you can prevent stress factors from overwhelming your body or exhausting its healing energies and keep your lymphatic system well nourished and clean.

Maintaining healthy commensal cell ecology is very important for the maintenance of health and prevention of stress-related diseases. Scientists have observed that diseases such as rheumatoid arthritis (Midtvedt, 1987; Zhang et al., 2000; Nieuwenhuis et al., 2000), skin disorders, allergies (Satomi, 1966; Rock, 1998; Wold, 1998), autism (Sandler et al., 2000; Wakefield et al., 2000; Furlano et al., 2001; Lindsey, 2001; Torrente et al., 2002), immune disorders (van Bekkum et al., 1974; Porrata et al., 2001), insomnia and mood disorders (Bengmark 2002) are intimately associated with low levels of commensals.

If you’re searching for the kind of energy you enjoyed in your twenties and thirties, quorum fermented™ food-based nutrients can help. Exciting new aspects of nutrition’s ability to promote innate healing can help you enjoy a longer, healthier, more vibrant life.

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Avoiding Commensal Cell Killers

The strategic alliance or symbiosis between human and commensal cells is critically important. The miracle healing of commensal cells is diminished to virtually nothing with the widespread over use of antibiotics. In addition, antibiotics allow unfriendly organisms to step in and establish large colonies in your intestines. Even if you only took antibiotics one time in your life, beneficial commensal cells are destroyed, and this insidious process sets the stage for serious illnesses later in life.

Radiation from routine x-rays and the common use of PITs like non-steroidal anti-inflammatory drugs (NSAIDS) like Motrin, Advil, Nuprin, and Midol also destroy commensal cells in the gut. Some of these organisms are even poisoned to death if we are toxic in nickel or iron.

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Even drinking fluorinated or chlorinated water and excess alcohol can contribute to serious microbial imbalances in the gut. But, the foremost destroyer of our gut ecology is maldigestion. When we don’t digest food properly, it ferments, rots, putrefies, and becomes rancid in our guts. This creates a breeding ground for all sorts of opportunistic pathogens. These opportunistic pathogens consume nutrients in the gut, allowing our human and commensal cells to die of starvation.

When commensal cells are snuffed out and the lymphatic system is stressed, the body can’t:

- **fight** infections successfully and build antibodies against re-infection
- **protect** us from invading microbes or tainted foods. Our ecosystem of both good and bad bacteria is disrupted. This allows the bad guys to take over, leading to IBS, stubborn yeast and fungal infections and other problems
- **restore** and **repair** damaged from stress or pollutants. Thus, our digestion decreases and we can’t get adequate nourishment no matter what we eat.

Again, as I explained earlier, a lack of friendly commensal cells allows inflammation-type mediators (PIT chemicals) to quietly chip away at your body day and night.

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Don’t get confused. I am not talking about current probiotic products. It is the combination of probiotics with negative-charged minerals and prebiotics that produces synbiotic nutrients. It’s the synbiotic nutrients that can turn your life around. You’ll be healthier by far and retain that advantage for many decades. You’ll feel younger and more vital than you ever thought possible. Supplementing with quorum fermented™ food concentrates may be the single most important change you’ll ever make in your life. Why? Nourishing the body’s lymphatic system and anti-inflammatory mechanisms can help to promote repair and regeneration.**

Without enough healthy commensal cells in your body and with PITs in your lymphatic system, the world becomes a breeding ground for all sorts of deadly infections. Experts acknowledge that deadly viral breakouts pose a very real and dangerous threat to public health; restoring commensal cell levels is critical to our survival. Researchers have identified numerous mutant and novel pathogens that resist currently available antibiotics and that wreak havoc by tricking the immune system into attacking the body. One class of these mutant infections, called mycoplasmas and ureaplasma, are neither virus nor bacteria, so they often elude detection by conventional laboratory tests. According to one of America’s top mycoplasma researchers, Dr. Shyh-Ching Lo, these disease agents contribute to AIDS, cancer, chronic fatigue, Crohn’s disease, type-1 diabetes, multiple sclerosis, Parkinson’s disease, Wegener’s disease, and collagen-vascular diseases, such as rheumatoid arthritis and Alzheimer’s disease. Since

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1942, deadly and infectious forms of mycoplasma have even been weaponized in ongoing biological warfare research.

Hospital-acquired infections affect two million Americans, with the number of hospitalized patients who have died from these infections doubling from 1999 to 2003. In addition to these threats, in the United States, sepsis (infection) is the most common cause of death in the non-coronary intensive care unit; it’s the eleventh leading cause of death overall. Fifty-eight million Americans have high blood pressure, surely exacerbated by today’s many forms of stress, with 1.5 million experiencing a heart attack each year. In 1970, one out of fifteen people died of cancer. Today, one in every three Americans dies of cancer. Soon, very soon, experts predict that one in every two Americans will die of cancer.

Our gut ecology can have serious effects on our lives and health. When this amazing ecosystem is disrupted, it can undermine the quality of human life and erode human potential. We are unable to form connections between all the cells in our body. Medical experts now assert that a lack of beneficial commensal cells can even cause a fatal heart attack. As the vessels of the lymphatic system stiffen and the lymph nodes get jammed with toxins we decrease cardiovascular circulation and the risk runs high for having blood pressure problems or heart disease.

Over 40 years ago, after being told by medical specialists that I had a year to live, I immersed myself in a study of nutritional and

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herbal medicine. I realized that to save my own life, I would have to learn how to restore and maintain my body’s lost healing abilities that were inhibited by my weak and toxic lymphatic system. And, having a reverence for nature’s wisdom helped me to survive despite years of taking medically prescribed drugs and having a near permanently damaged body.

Following nature’s recipes for clearing out PIT toxins and nourishing my lymphatic system was a primary force in my own healing process. If it all sounds strange, keep in mind that homeopathy, a form of natural medicine used by thousands of doctors worldwide, works on similar principles of high frequency harmonics. These harmonics in the right polarity can repel PITs out of the lymphatic system. It’s tricky as I learned by much trial and error. Mathematically, you have to find the right battery-like polarity of quorum fermented minerals and nutrients that allow PITs to be carried safely out of the body. The higher the harmonics, the faster we repair the damage done to our bodies. Ordinary supplements function only in the low harmonics (hertz range), disrupting innate healing.

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Chapter 4

Nourishment & Total Body Cleansing

It has probably happened to you. After a day of one-too-many snacks and a decadent dinner that forces you to loosen your belt, you pledge that, starting tomorrow, you’ll begin eating healthfully. No excuses.

Perhaps you stick to your pledge for a few days or a few weeks. But sooner or later, you fall off the wagon. It’s just not working! What’s the missing link?

I truly believe that widespread obesity always exists with PIT toxicity of the lymphatic system and malnourishment. The world has become a place simultaneously of overabundance and starvation. With obesity rates soaring, it’s important to understand what kind of nourishment is best for the body. Taking a daily multivitamin supplement can have a profound effect, for better or worse, on how your body functions.

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Dr. Marion Nestle of New York University says, “If nutrition science seems puzzling, it is because researchers typically examine single nutrients detached from food itself... and, “This kind of research is reductive in that it attributes health effects to the consumption of one nutrient or food when it is the overall dietary pattern that really counts most.”

Modern-day food fails to nourish the body because of it is loaded with PITs that diminish lymphatic health. In addition, there are the negative health consequences of widespread food irradiation, shelf-life deterioration (food nutrients decrease about 25 percent each day after harvesting), toxic molds, and maldigestion or the inability to digest or extract nourishment from foods.

Today’s world is no longer in symbiosis with nature as it was hundreds and thousands of years ago. Our physical shape, the quality of our movement, our flexibility, and even our nourishment: these have all been severely compromised. This is why ancient principles of herbal medicine and modern-day synthetic nutritional-nutraceutical formulations with single nutrients as found in your daily multivitamin, or other “milligram-dosed” vitamins and minerals, fall woefully short of nourishing the body. And, why these man-made vitamins are one of the primary forces in destroying your lymphatic health.

A lot of marketing about bone health has been devoted to getting enough calcium. There is a fallacy in focusing on calcium to prevent

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bone fractures. The bones are also depositories for other minerals and protein or collagen, which actually give strength to the bones. Researchers have found that people who eat carelessly, focus on calcium supplements, excessive animal protein or processed and refined foods (*Journal of Clinical Endocrinology & Metabolism* 2005) have weaker bones.

Nature’s recipes for getting the body in tune are vastly different than the man-made creations of nutritional and pharmaceutical science that are loaded with lymphatic toxins. Nature employs a supercontinuum of reciprocal, harmonic polarities, only found in living fermented synbiotic foods, to cleanse and heal the body.

Nature choreographs some wonderfully elegant and extremely complex catalytic nutrients that make man-made efforts in the laboratory look clunky. The molecular architecture of quorum fermented synbiotic nutrients allows them to remain a living food for a long period of time. Unlike fresh produce, there are no shelf life issues where nutrients decrease dramatically each day after harvesting. Instead, synbiotic food ferments contain whopping doses of thousands of health-promoting nutritional compounds. These compounds have a shelf life (non-refrigerated) of five years.

Since no one in the industry had figured out how to make non-moldy, unadulterated, and non-heat-damaged synbiotic nutrients, I had to invent technologies that would ferment living foods in such ways. As my colleagues and I discovered, quorum fermented foods are

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...chock-full of stored energy (positive and negative polarities) and nutrients that carry nature’s recuperative powers. They pack a powerful knock-out punch to free radicals before these renegade molecules can cause damage to human and commensal cells.

Bear in mind that synbiotics are the body’s primary source of fuel. That’s undeniable. Unlike synthetic nutrition that gives you a short burst of energy, synbiotics provide sustained nutrition that the body can use to generate constant energy, build muscle, repair tissues, fight infection, and perform a host of other vital routines.

Since the fundamental causes of nutritional deficiencies are escalating states of environmental toxicity and the daily ingestion of synthetic vitamins, toxic food molds and food additives, it’s no surprise that people are gaining weight uncontrollably. Let’s face it: people perform chemistry in different ways than Mother Nature does. According to Dr. Terrence Collins of the University of Auckland in New Zealand, “...synthetics are so different from the products of natural chemistry that it is as though they dropped in from an alien world.” Paracelsus, the father of pharmacology, had it right when he stated, “All that mankind needs for good health and healing is provided by nature.”

The contamination of the essentials of life (water, air, and food) creates disastrous repercussions, affecting weather, as well as marine, animal, and human life. This contamination has disrupted the functional fabric of nature and our connection to its vast healing
The gravity of these environmental issues has motivated many leading-edge thinkers to reclaim the sense of connectedness that entwines us with nature by consuming nature’s recipes for nourishment. Because the media appeals to prurient interests at the reptilian core of our brains, and all pollutants and synthetic man-made chemicals are PITs that carry a toxic positive ionic charge, we lose our polarity and disconnect with nature. We crave processed and cooked foods, sex, alcohol, sugar, caffeine, and celebrity gossip. These addictive patterns warp and disrupt our lymphatic physiology. At the energetic level, they weaken primal energetic zones, causing quantic disharmony, which is analogous to disconnecting the negative terminal on your car battery and expecting your car to run. Just like a battery needs both the positive and negative charges to work, the body requires these reciprocal polarities to function efficiently. Staying healthy from day to day requires that bodily systems maintain the correct polarity states. Circulatory, respiratory, metabolic, endocrine, neurological, lymphatic-immune, and bio-energetic systems operate efficiently and automatically when there is a high reserve of quantic harmonic polarities and resultant reciprocity.

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When reciprocal polarity is lost, we lose weight and routinely regain it; we vow to eat healthfully and almost always crave addictive foods or drinks. Nearly all degenerative diseases are on the rise, as is cholesterol, blood pressure, blood fats, and blood sugar. Americans are collectively about 5 billion pounds overweight. “The scourge of body-weight deregulation has become a leading cause of death worldwide,” says Dr. David Cummings of the University of Washington. The biggest wild card in the diet game relates to a loss of digestive capacities and polarities at the cell level. When hepatocytes (liver cells) lose polarity or are congested by toxic lymph fluids, they fail to produce optimal bile (Biochim Biophys Acta 2003;1633:127-131; Mol Biol Cell 2004;15:3485-3496. Proc Natl Acad Sci USA 2005;102:115087-15092), which the body needs to break down fats and carry off toxins. When the circulatory system loses polarity, toxins with a positive ionic charge stick to the linings of the vessels, causing cardiovascular disease.

Health and well-being are the result of a dynamic interplay and balance (homeostasis) between human and commensal cells. Our ancestors used fermentation as their main method to prepare and store food. This method, replaced by modern technologies, was one of the most important ways for man to stay in homeostasis with nature.

Fermented foods embody the wisdom of our ancestors and of nature itself. Marrying the ancient art of fermenting high quality foods to modern methods of quality control, water purification, and drying techniques, offers an exciting way to get superior nourishment.

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Commensal cells make over two million molecules of which the body is comprised. The complexity of functions performed by commensal flora is illustrated by the fact that these amazing dynamos contain more than 300,000 different genes, compared to the about 65,000 in the rest of the human body.

The quality of our food has diminished over time. The food of our ancestors was in harmony with nature. It contained only half as much protein, 1/4 as much saturated fat, and 1/10 as much sodium salt as the modern day diet. Most importantly, it contained about 4-5 times more plant fibers, 10 times more antioxidants, 50 times more omega-3 fatty acids, and a billion times more commensal flora and synbiotic nutrients. It is reasonable to assume that the food habits that we’ve developed over the recent few hundred years (Eaton and Konner, 1985) could provide explanations for the epidemic in chronic diseases, which has occurred during the last few decades (Bengmark 2001).

Stig Bengmark, M.D., of Lund University reported all the following beneficial effects from commensal cell activity stating that they:

- Activate the GALT (gut-associated lymphoid tissue) system
- Modulates TH1/TH2 immune reciprocal responses
- Produce nutrients, antioxidants, growth and coagulation factors and promotes antioxidant actions
Controls potentially pathogenic microorganisms and reduces their production of endotoxins to reduce the stress load on the lymphatic system

- Reduces mutagenicity or slow genetic mutations emphasizing that the narrow focus on genes and pharmaceutical weapons to understand lymphatic and immune disorders will not go far without understanding the powerful role of human commensal cells

- Boosts immune functions: stimulates IgA antibody production, inhibits IgE antibody production, stimulates nitric oxide production, modulates cytokine (immune protein) response, stimulates macrophage function, stimulates natural killer cell activity

- Promotes growth and regeneration

**Our Symbiotic Relationship with Commensal Cells**

Humans have lived and flourished with beneficial commensal cells since the dawn of time. Nature uses commensal cells to “prepare” soil-based nutrients for the plants we eat to make them rich in nutrients. In humans, nature depends on the symbiosis or harmony between human and commensal cells to fuel self-healing and spark our levels of innate intelligence.

As ancient farmers observed, and modern organic farmers know, food plants need commensal-type organisms in the soil to form nutrients for optimal plant nourishment. In nature, soil microorganisms transform rocks, sand, and clay into more complex mineral...
forms that plants need for nourishment.

Our very intuitive ancestors found out how to harness these microorganisms to ferment and increase the shelf life and nutritive value of their foods. Our ancestors were indeed ingenious. With no refrigeration, these fermented foods kept them nourished through the long, hard, winter months. When we consider that virtually every major grain and domesticated animal that exists today was first cultivated or domesticated by our Neolithic ancestors, we should want to honor their tradition of fermented nutrition.

*Quantum Harmonization* refers to a novel process used to ferment foods into precious quorum fermented nutrients. If you see the term “Quorum fermented,™” you know it has my seal of approval.

**Nutritional Goal = Cellular Nourishment**

10% Human cells

- 10% Human cells
- 65,000 genes

90% Commensals

- 90% Commensals
- 300,000 genes

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Following nature’s recipe, a Quorum Fermented™ ingredient is made with:

1. **Commensals** (operational probiotics) – friendly and beneficial micorflora, which account for 90-95% of all the body’s cells

2. **Hormonized and polarized organic minerals and prebiotics** – stimulate the growth or activity of commensals and cleanse the lymphatic system of PITs

3. **Supercritical antioxidants** – supercritical extraction uses carbon dioxide (the gas that puts bubbles in sparkling water) to make super-concentrated herbs. This process retains all nature’s healing ingredients that are commonly destroyed by conventional herbal extraction methods, and it does not require the use of harmful solvents or chemicals.

The combination of commensals with appropriate prebiotics (food factors and fiber) produces powerful nutrient-dense foods, rich in Quorum fermented™ nutrients. These nutrients are pre-digested and reduced in weight from 60,000 daltons in whole foods to only 320 daltons.

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The miracle of nature’s fermentation cycles produces thousands of nutrients that you can’t get in any multivitamin or nutritional whole food product. This instant nourishment results in symbiosis, a process that can only occur when all commensals are nourished with prebiotics and synbiotics and can colonize at greater levels to assist the immune system in fighting pathogens.

Nature’s most precious gift is synbiotic nutrients. Indeed, every world culture has kept a little of this precious knowledge for our benefit. Foods like natto, miso, and soy sauce in Japan; fermented tofu and soy sauce in China; tempeh in Indonesia; yogurt, chutney, and idly in India; yogurt in the Middle East; fermented grain in Africa; fermented corn in South America; kefir in Russia; sour cream in Europe; pickled vegetables, beer, bread, and wine are used by many

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people. However, with modern day processing and packaging technologies, most of these products have been heated or pasteurized and, as such, are void of synbiotic nutrients and beneficial commensal organisms. Once this happens to a fermented product, nature rebels and generates high levels of mold. And, indeed our research shows many fermented products and supplements are high in toxic mold.

Instead of using pasteurization, heat or processing to preserve the precious nutritional cargo of synbiotic nutrients, Quantum-formatted™ uses nature’s wisdom with supercritical antioxidants to stop unwanted spoilage or mold overgrowth. Supercritical extractions of herbs are nutrient-dense and are powerful solvent-free, concentrates containing the mirror image of nature’s intent. They are hundreds of times more concentrated than a whole food or herb. Using this advanced technology results in the 5-year shelf life (no refrigeration required).

Imagine getting raw, living nourishment; no pasteurization or nutrient-destroying chemicals stabilizers, fillers, irradiated ingredients, flowing agents, binders, magnesium stearate (commonly used in the nutritional industry), or genetically modified organisms (GMOs); and, no mold (commonly found in other cultured-fermented and whole-food products).

To maintain the original polarity and vitality of a fresh-picked fruit or vegetable, we use a proprietary Quantic Harmonization™ process on all Quorum fermented™ nutrients. What nature creates in the miracle of fermentation is provided in a daily supplement. I’ll be going into
greater detail about the impact of these nutrients on overall health later on.

Months are spent sourcing and testing raw materials from the cleanest places on earth. Then, all these foods are tested and assayed for authenticity and purity.

Our ancestors were connected to the healing powers of nature by consuming fermented foods. By taking our daily nourishment as nature intended, with thousands of healing compounds and nutrients not found in today’s USP vitamins, we embrace nature’s recipes for healing. We can reach new limits of strength, resilience, and endurance to combat stress. And, the repletion of synbiotic nutrients helps us adapt to the challenges of sustained (or acute) everyday stress. As modern lifestyles grow increasing hectic and toxic, the need for nourishment increases. When synbiotic nutrients fall below a critical threshold from sustained stress, cell regeneration or innate healing slows down or stops.

Nature fine-tunes the tempo of human life to the biological clocks and amazing genetic diversity of commensal flora. Fermented synbiotic nutrients have always been a part of life's rhythm. Traditionally valued as a food preservation method, fermentation vastly improves the taste, digestibility, and the nutritive value of foods we eat. Since only synbiotic nutrients are bi-polar in nature and have the ideal quantic harmony values, you can now begin to understand how they can turn

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on innate healing and allow stress-induced or toxin-induced damage to be repaired in your body.

Modern food engineering, including partitioning, modification, and processing are a far cry from the traditional fermentation methods that yield synbiotic nutrients. Mass-produced, packaged foods and nearly all vitamins are fabricated for us by chemists and engineers to extend shelf life. These counterfeit foods have no quantic harmony or bi-polar energies.

Today’s food scientists even had the nerve to take a farm product and partition it into its individual component groups (proteins, carbohydrates, and fats). Separating these foods into major groups is not nature’s plan. Fractionation into individual components (such as amino acids, isoflavones, fatty acids, vitamins, essential fatty acids, etc.) destroys the original recipe nature had in mind for our nourishment. It will take scientists another two to three decades to even define the hundreds of synbiotic nutrients found in fermented foods. Indeed, dissolved, heated, flavored, colored, "fortified," "enriched," preserved, molded, extruded, textured, packaged, frozen, vacuum dried, freeze dried, tetra-packed, shrink wrapped, boxed, pasteurized, irradiated, and electron-beamed foods are not whole and cannot nourish innate healing. What a sharp contrast between nature’s wisdom of traditional "old fashioned" techniques such as pressing, pickling, marinating, soaking, smoking, fermenting, drying, salting, and other processes that perversive the full nutritive value foods!

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Chapter 5

Posture & Exercise for Lymphatic Health & Body Alignment

Core stability has become the “buzz” word in gyms and physical training programs. What isn’t well understood is how lymphatic congestion in gut-associated lymphoid tissue (GALT) makes it extremely difficult to burn off stubborn abdominal fat and restore the proper alignment of the body.

Obese people with chronic lymphatic congestion stand crooked even when they believe they are standing straight as an arrow. If you think your posture is great, try the following simple balance test:

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• Stand on one foot for 30 seconds (do both sides). If you cannot balance on one foot for 30 seconds, or if you veer from side to side, not staying perfectly balanced, your posture is not where it should be for optimal nervous system functions. Your body is not aligned. This means that when you walk or exercise, your motion is not symmetrical, and your body is compensating by working some muscles more and others less. When one leg is worse than the other, there is unbalanced muscle function, which causes subluxations (misalignments of the spine), spinal fixations, and joint stress.

Despite the availability of hundreds of structural alignment therapies and many different chiropractic and osteopathic adjustment techniques, the overwhelming majority of patients have weak balance on one or both sides. A stressed posture requires more energy for the body to stay balanced and does not allow organ-spinal connections to fully heal and regenerate.

Lymph stagnation in the deeper lymphatic system causes weak and protruded abdominal muscles and stubborn spinal fixations, with resultant lumbar (lower back) tension and neck (cervical) weaknesses. Since millions of nerve impulses per second depend on good posture to work efficiently, it is not surprising that these

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neural inhibitions (from pressure on nerves) can make it hard to get healthy or lose weight and to properly realign the body.

While leg raises, sit-ups, and weight training exercises have abdominal strengthening effects, they commonly worsen spinal fixations and result in poor posture, rounded shoulders, rock-hard hip flexors and neck extensors, and a concave chest. An excellent way to counteract these side effects is to link walking with postural changes that engage and strengthen the deeper transverse abdominis muscles that stabilize the lower back (lumbar spine) and the internal and external oblique muscles that allow bending and twisting to the side.

The abdominal muscles keep the organs in their proper position. The rectus abdominis goes up and down the body, while the transverse is underneath going crosswise. If the rectus and transverse abdominals are out of balance with one another, they pull the spine out of alignment and weaken the digestive organs.

This means one must stop doing crunch-type sit-ups and work on overall posture to correct spinal fixations that inhibit digestion and nervous system function. Posture is how you balance your body, and only those with a perfect body have good posture. The goal is to achieve the best alignment of the entire body. Posture is often a trade-off between flexibility and stability and between

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motion and effort. To attain good posture, you have to control your body’s position, keeping your body upright and stable while walking.

Since this requires more energy and continuous effort, many find these techniques formidable at first. To minimize these initial reactions, start this technique for only 5 minutes a day. Then, increase the time 5 minutes daily until you are doing 30 minutes a day. Thereafter, retraining weak muscles is best accomplished with 30 minutes a day of fast walking that includes the following postural efforts:

1. Walk tall with your head high and toward the sky.
2. Keep your shoulder blades back and chest forward.
3. Pull your belly button inward (toward your spine). Do not tilt your pelvis forward or backwards. And, always walk with good arch support and a Quanta E Protector.

People tell me that practicing these three simple steps while walking allows them to breathe deeper and have less stress and more energy. Stronger posture provides fast relief from stubborn back or neck tension or pain. Patients also report improvement with problems ranging from knee pain to headaches, and report feeling and looking taller. Do this exercise daily and walk like a winner, taking deep breathes at periodic intervals. These postural exercises help to stretch shortened and tense muscles and

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ligaments, giving the body more flexibility. In addition, doing stretching after the exercise also helps to increase flexibility and range of motion for the joints. This helps to keep the body in better balance and less prone to injury from falls. Stretching can be done anytime, anywhere — in your home, at work, or when you're traveling.

Posture is the position in which the body is held upright against gravity while walking, standing, sitting, or lying down. Exercise, combined with retraining the body’s posture and eating a healthy diet with Quorum fermented,™ food concentrates, can keep the body energized and in a rapid fat-burning mode. As an added bonus, retraining your body’s posture helps you achieve total body alignment and greater range of motion and flexibility. In this manner, strain on your supporting muscles and ligaments is minimized. Additionally, you help prevent strain, backaches, and muscular pain, as well as decrease the tension and stress on the ligaments that keep your spine properly aligned. Finding a healthy balance of diet and postural exercise is a vital step in winning the battle against obesity and degenerative disease.

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Chapter 6

The Lymphatic Malnourishment Epidemic

The lymphatic system is uncharted territory for the medical profession and the road ahead is fraught with daunting scientific, technological and policy challenges. We face the sobering issue of time—something that is in short supply for those with debilitating and life-threatening disease involving the lymphatic system. A survey of the empty spaces that exist in the current knowledge of the lymphatic system and cancer, the prospect of filling those gaps is daunting. It will take years of hard work by thousands of researchers from many different disciplines to get the story straight about the indispensable role of the lymphatic system in helping is overcome disease.

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The Forgotten River of Health

Today, we can only dimly glimpse at the prospect of living in a time where doctors will make it their primary goal to nourish and strengthen the body’s lymphatic system. In this sense, a recent Scientific American stated this about our present knowledge of cancer “...our position is similar to that of early 19th century explorers Meriwether Lewis and William Clark. As they ventured up the Missouri River into the largely uncharted Northwest Territory in 1804, their orders from President Thomas Jefferson were to “take observations of latitude and longitude at all remarkable points.... Although Lewis and Clark did not find much-longed-for water route across the continent, their detailed maps proved valuable to their fledgling nation in myriad ways that Jefferson could have never imagined. For the sake of all those whose lives have and will be touched by cancer, we can only hope our 21st century expedition into cancer biology exceeds even Renato Dulbecco’s grandest dreams.”

Despite the fact that the human lymphatic system is uncharted territory in modern medicine, when faced with sickness, you have the legal right to use your free will to make intelligent, informed and safe health care choices. After all, who can argue that the wisdom found in God’s creative works (food, air, water, sunshine) is inferior to the short-sightedness of man-made pharmaceuticals and vitamins that are loaded with lymphatic toxins?

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Doctors need to be guided by the highest moral and ethical standards and use the safest and least harmful way to help sick patients. What good is it if we block a symptom and “band aide” a condition that kills a patient shortly thereafter? No longer can doctors state they are ignorant of studies that show a toxins cause cancer and other diseases. Many of the studies cited in this e-book are from many of the so-called “prestigious” medical journals that used the “gold standard” in their research. Current statistics on death and harm from prescription drugs make it crystal clear that risks outweigh benefits in the overwhelming majority of drugs. On the other hand, no published studies show that risks outweigh benefits when using whole, fresh or fermented foods.

The pharmaceutical and nutritional industry has successfully created the myth that synthetic vitamins and inorganic minerals in precise milligram and RDA amounts can be utilized by the cells of the body to enhance your health. Again, synthetic means “man-made” and nothing synthetic is ever found in nature so don’t be fooled by products labeled “NATURAL” when they are full of USP milligram dosed vitamins.

Nobel Prize laureate, Dr. Albert Szent-Georgi, who discovered vitamin C, found that he could never cure scurvy with synthetic ascorbic acid itself. Yet, he reported always curing scurvy with vitamin

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C found in foods and concluded cell utilization requires a food matrix of nature’s co-factors. Studies prove that antioxidant and nutrients derived from foods promote health and are effective in the prevention of cancer and degenerative disease.

Sales for synthetic vitamins and drugs involve a 3500% profit margin while whole food supplements are only marked up 20 to 50%. Could the industry profits on sales of synthetic vitamins be blinding them to the truth of credible research that says they are harmful and even lethal? Synthetic vitamins are in the majority of today’s nutritional products and are found in enriched breads and flours and other foodstuffs.

Research done by Dr. Agnes Faye Morgan (University of California) reported that taking synthetic vitamins is worse than starvation. Animals fed synthetic vitamins had toxic reactions or died quickly of degenerative diseases compared to those fed whole foods (Journal of Biological Chemistry, 74:71-84, 1927; Lee Foundation for Nutritional Research, Wisconsin, 1942. J Dent Res 57, 244; Farmakol, Toksikol. 42, 278)

A study of 29,000 Finnish smokers proved that synthetic vitamins increased death rates significantly enough to stop a 10-year study.

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Observational data (cross-sectional analysis, migration patterns, and retrospective and prospective longitudinal cohort studies) and experimental studies (case study methods and clinical studies) report that foods reduce the risk of cancer (*JANA. 2000; 3(3); 6-16*). A diet rich in fresh fruits and vegetables has been shown in 128 out of 156 dietary (epidemiological) studies to be protective against cancer (*JANA. 2000; 3(3); 27-30*). According to Jerome Block, M.D. of UCLA Medical Center they “…reduce cancer risk, clinical cancer occurrence, and/or interrupt the carcinogenic process in appropriately-defined populations.” - *JANA. 2000; 3(3); 6-16* 

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Since studies reveal a progressive depletion of antioxidants in our food, Americans are taking isolated supplements. Yet, as Rita Ellithorpe, MD stated “These antioxidant preparations do not match nature’s recipe.” Dr. Ellithorpe’s research documented that whole food supplements boosted antioxidant activity 239.7% over isolated single nutrients/antioxidants and suggested that “...consumers attempting to derive antioxidant protection with pharmaceutical-like preparations or isolated or combinational antioxidants appear to be failing.” - JANA 2002, 4:244-8.

When it comes to following nature’s wisdom, fad diets are a recipe for disaster. Quick-fix supplements or diets will inevitably leave you frustrated and discouraged and send you back to sitting on the couch depressed. In order to achieve long-term success, you must cleanse your lymphatic system and approach diet with respect for nature’s wisdom.

The food industry's mass production, distribution, storage, and merchandising of processed foods and designer foods have decreased our level of nourishment dramatically. Even produce is now irradiated to prevent food-borne illnesses that could have been prevented with sound hygienic practices.
Food engineers and chemists modify our foods so they no longer resemble their natural state. Designer foods with various mass marketable characteristics such as "fat-free," "reduced fat," "high protein," "no sugar," "natural," "lite," "fortified," "low calorie," and "enriched," flood the marketplace.

In the old days, fermentation was traditionally valued as a preservation system, a way to improve taste, digestion, and

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nutritive value of the foods. This program supports the traditional views that gave us fine foods like yogurt, kefir, sauerkraut, miso, tempeh, and pickled foods. These living fermented or cultured foods are no longer available except in a pasteurized, purified, or heat-damaged form. In fact, it is almost impossible to find any yogurt with any beneficial probiotic organisms in it. An optimum food is one that is living and that can provide true nourishment, above and beyond other ordinary foods and vitamins.

I’ve already touted the health benefits of eating the right foods. Now it is important to understand that quorum fermented minerals when combined with clean and harmonized water have the ability to flush out all PITs out of your lymphatic system.

Unwatered, your household plants quickly droop. Similarly, lacking optimal hydration, your lymphatic system many respond in a sluggish or droopy manner. Each part of your lymphatic anatomy contains cells that function best when they’re diluted in just the right amount of fluid.

Our bodies are between 60-70 percent water. Increasing your intake of water will be necessary while on quantic-formatted lymphatic nutriture. If you do not drink get adequate hydration, then PITs may assault your body as they come out. That’s why

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it’s important for you to drink water that carries the full spectrum of energy as if it came from a pristine natural environment.

Be eco-mined and safe! Don’t buy air fresheners, deodorizers, and odor removers! Instead, get a good quality air cleaner. The best is *PureIon* sold in Brookstone stores nationally.

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Chapter 7

Seven Steps to a Healthy Lymphatic System & Body

Your body: it’s yours and yours alone yours to care for and yours to nurture and nourish. A key element missing from diets is an understanding of why we eat too much. Our cells are starving for proper nourishment! We have lost contact with nature and fail to digest, assimilate, and nurture our bodies properly. These facts make it almost impossible to get nourishment from supermarket foods where critical nutrients are lost to processing, cooking, irradiation, pasteurization, and sterilization techniques.

In the context of an overworked, overtired, and overextended lifestyle, changing your diet may be difficult. Try to make it fun. Look forward to feeling and looking better. Find foods that you

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like, and incorporate them into your daily diet. There’s no way around the fact that diet, exercise, and the right kind of food concentrate are essential for a healthier, longer life.

Outsmarting the fat cells of your body means that you have to correct the underlying deficiencies that slow you down metabolically. You are only storing fat because you are in starvation states due to maldigestion.

Throw away your calorie counters and your food scales and follow the seven steps below to get your metabolism functioning at peak efficiency.

**Seven Steps to a Normal Weight**

The following seven steps are aimed at helping you treat your body with respect and not the anger and punishment of restrictive starvation diets:

1. **Don’t buy into quick-fix supplements, diet plans, diet pills, or addictive caffeine or vitamin-containing products.** Diet pills, green tea and other teas, coffee, and

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synthetic vitamins all stimulate a false sense of energy that only makes fat cells fatter. Coral minerals, zeolite or other minerals clog up the deep lymphatic system. Avoid supplements marketed as “fat-burners” or “thermogenic” which deprive your body of nutrients and rev up its fat-storage machine. Don’t look for gimmicky liquid meal replacements or energy boosting beverages that claim to shift your metabolism into high gear. Make sure the supplements you are taking are not working against your overall metabolism. Following nature’s recipe and wisdom is always the safe and wise course when choosing a source of nourishment to jump-start your metabolism.

2. **Eat Quorum fermented ™ foods and raw food** with your meals (see sources in the Appendix) for nourishment far above the quality of any organic food or supplement you can buy in your local health food store. Fuse the wisdom of nature into your cells. Eat raw, fresh whole foods and healthy fats that are properly combined at every meal. Nearly all people who are overweight can’t digest their foods efficiently because of lymphatic malnourishment. The stress of modern day life weakens digestion as much as 85 percent in overweight people. As a result, millions suffer from indigestion and all sorts of gastrointestinal illnesses that create chronic nutrient deficiencies and wipe out beneficial commensal-probiotic cells in the gut. When you combine your food properly, you

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minimize toxic maldigestion reactions and provide a safe haven for beneficial commensal-probiotic cells to proliferate in your gut. You want this army of cells on your side to keep the intestines free of infection and to minimize stress on your lymphatic system. Starving yourself in preparation for eating a larger meal later doesn’t work. Raw foods are high in disease-fighting antioxidants, phytochemicals, and fiber. The best source of fiber is found is grated carrots and chopped celery (include 1-2 cups in your daily diet mixed with cold-pressed oil and organic vinegar). Buy local produce to avoid harmful food irradiation and the nutrient depletion found in supermarket produce that sits on the shelf too long. Make fruits, vegetables, whole-grains, and legumes your main meal. Let fish, fowl, or lean meats serve as condiments. Healthy fats are found in cold-pressed extra virgin olive oil, coconut oil, sunflower seeds, Macadamia nuts, almonds, and cashews. Unlike animal fats, these fats do not raise blood cholesterol or cause you to gain weight.

3. **Drink at least 3-4 glasses of purified water daily.** When the need to eat strikes you, you may actually be thirsty. The hunger signal is often confused with the signal for thirst in your brain. For superior hydration add at least one or more ounces of *HydraWater™* as a catalyst to your purified drinking water each day. For additional cellular support**, take sips of *Hydrawater™* undiluted throughout the day.

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4. **Exercise daily.** Walk fast while maintaining good posture. Find activities that you enjoy and exercises that make you feel good, and incorporate them in your daily workout. Find an exercise buddy, and commit to meeting them regularly. After a few weeks of exercising, you’ll have more energy during the day, sleep better at night, and start noticing some positive physical changes in your body. Dancing to your favorite music can be a way to defuse stress and release negative emotions.

5. **Melt stress away** by avoiding stimulatory substances and by keeping a positive attitude about life.

6. **Get green and lower your exposures** to environmental pollutants, household chemicals, pesticides, toxic fragrances found in body care products (loaded with fat-storing xenoestrogens), irradiated foods, and genetically modified (GMO) foods. Scan the offerings in the Appendix for non-toxic products. Food irradiation, which ostensibly kills bacteria and gives food a longer shelf life, has a decided downside, one that negates any so-called benefits of the process. Irradiation in foods causes an overgrowth of deadly strains of mycotoxins that disable the liver and cripple the immune response. Since 9/11, irradiation has become widespread to kill viral strains and anthrax. Foods, homeopathic products, and nutritional supplements are being irradiated with electron beams that are a hundred million times stronger than the beams passed over carry-on luggage at the average airport security checkpoint x-
ray. Electron beaming penetrates cell walls and stimulates oxidative stress (which causes free radical cell damage). It breaks down DNA, scrambles or “unfolds” proteins, and inactivates enzymes in foods and supplements. In destroying food’s molecular structure, potential nourishment is likewise destroyed. So the effect is dually deadly: food loses its sustaining and healing benefits, and also harbors illness-producing agents! In addition, when we irradiate foods that contain fats, we create other byproducts called cyclobutanones, a class of extremely toxic radiolytic (radioactive) chemicals that have been documented to cause genetic and cellular damage to human and rat cells. Born out of a fear of terrorism, as well as pressures from the 460 billion dollar food-processing industry, irradiation is on the rise. Missing from consideration is the fundamental principle of public health: If, in order to make food safe to eat, you destroy nourishment, you destroy health. One problem is that when food is irradiated, it looks the same as food that has not been irradiated; what is forgotten is that the destruction is at the cellular level. When vital nutrients that support the immune system are lost, and mycotoxins overload the liver, disabling its detoxification mechanisms, a simple virus can easily overpower the immune system and create severe and prolonged viral illnesses. Why does the government permit irradiation if it is so dangerous? Perhaps, it has been misled by much of the early public university research on food

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irradiation funded during the 1960s and 1970s, which was positive, but later proven to be inconclusive. New research—by objective scientists who seek the truth and ask the right research questions is badly needed. Overall, the most important aspect of the food we eat is its wholeness, by which I mean, the closer it is to its natural state—the less processing and/or cooking it has undergone—the more of its original nutrients remain intact. Finding high quality food today is a challenge. Unless eaten right off the plant, the nutrients and biophoton levels of fruits and vegetables drop each hour. GMO foods or foods that are irradiated or sprayed with harmful chemicals to extend shelf life have the lowest biophoton values. GMO foods, moreover, are the number one enemies of your quantum energy field, and they will undoubtedly create chaos in biophoton communication, disrupting your healing capabilities dramatically. On October 18, 1999, Business Week reported, “Almost 60 percent of all processed foods in the U.S.—and virtually all candy, syrup, salad dressing, and chocolate—already contain GMO material.” Since the U.S. Food and Drug Administration (FDA) does not require labeling of GMO foods, it’s difficult to know exactly when you are eating them. By avoiding processed foods altogether and eating more whole foods, you can reduce your exposure to harmful GMO-treated foods.
7. **Use it or lose it** – the magic bullet for good memory is to keep your brain active. Studies have found that word games, playing an instrument, or having engaging conversations can ward off cognitive decline and Alzheimer’s disease.

Remember, oxidative stress via free radicals initiates powerful chemicals that promote pain and inflammation in the body, as well as carcinogenesis. Jerome B. Block, M.D., of the UCLA Medical Center in Torrance, California, presented data from a number of scientific studies that supported cancer risk reduction with the use of food-derived antioxidants!

 Sadly, the average American diet does not always provide such protective substances. Rather, it often contains “foods” that can actually be injurious to our health.

The progressive depletion of antioxidants in food means that the majority of us live in an imbalanced energetic state that zaps our healing energies. Indeed, studies have shown that diet accounts for 35 to 80 percent of cancers. Whole food, grown in organic, nutrient-rich, and chemical-free soil, provides the body with a synergistic array of thousands of known and unknown antioxidants, nutrients, powerful plant compounds, and light energies. These plant-based antioxidants help the body to counteract oxidative stress to minimize or negate damage from pollutants. Assuming that these foods are pesticide-free,
harvested in season, and appropriately prepared, they provide the best source of full-spectrum protection against oxidative stress.

Millions of Americans are faced with breathing and eating excessive PITs in the form of xenoestrogens or carcinogens that cause excessive weight gain and damage to the lymphatic and immune system of the body. Cleaning your body of PITs is the only hope of restoring a strong immune system and surveillance against cancer. Cancer is now killing 1 out of 3 Americans (compared to killing only 1 out of 15 people in 1970).

The unfortunate truth, however, is that most of what we buy in the supermarket is depleted of vital antioxidants, trace minerals, and phytochemicals and contains harmful levels of pesticides and other toxic chemicals. Studies have documented that antioxidant levels in foods have decreased 50 percent in the past 25 years. The good news is that both the supplements suggested in the Appendix are antioxidant-rich, with the antioxidants in a form that requires no digestion. Instant assimilation of these vital nutrients gives us immediate protection when we need it or when we are exposed to more than the average amount of pollutants.

Purported fountains of youth are everywhere these days. Americans spend more than $70 billion each year on anti-aging...
supplements. The slow weakening of your body’s lymphatic system leads to a gradual decline of your natural repair processes. The good news is that by keeping your lymphatic system well nourished you have the ultimate solution to accelerated aging and can live your golden years with a better quality of life.

When your lymphatic system is healthy, it burns rather than stores excess calories in a process called metabolism. As I learned many years ago, nature’s furnace for fat-burning is dependent on fuel (quorum fermented, synbiotic foods) that follows the wisdom in nature. That’s why focusing exclusively on diet to control weight fails if your cells are not fueled by proper nourishment. So far, we have looked at the body’s own restorative and rejuvenative powers and their diminishment from a faulty lymphatic system as the primary cause of a slow metabolism and obesity.

With nourishment, you strengthen your natural cleaning process and prevent PITs from causing damage to your innate immune system and your river of health. Remember, throughout the pages of this book, I have stated when you feel fatigued, bogged down, or overweight, it’s time to clean up your body’s river of health. Doesn’t it make sense that if we do this we have

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the potential to be disease-free, injury-free, toxin-free, and highly energized in a state of super-metabolism?

These lifestyle changes will cleanse your body of harmful PIT toxins and carcinogens that can alter your brain chemistry, causing fuzzy thinking or changes in your moods, thoughts, feelings, and behavior. As a result, you should begin to notice positive changes in your mental attitude. In addition, staying away from stimulatory supplements or foods can help to stabilize your blood sugar and shift you from a negative to a positive emotional status. For example, people who suffer depression due to toxicity often crave foods that can lead to obesity. Or their depression can cause them to engage in a high-anxiety lifestyle in order to avoid exploring their feelings.

Enjoying life is about feeling energetic enough to take part in activities and relationships that are important to you—that motivate you to get up every morning. How you view life and the satisfaction you get from life have a major influence on your health.

The purpose of this book is to encourage you to nourish your body’s river of health which has the amazing potential to enhance your body’s innate immunological weaponry against some of the world’s most feared diseases and be more stress-resilient.

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Not everyone responds in exactly the same way to the pressures of life. Some of us are able to rise above crises, while others are left devastated. Much of our ability to cope during, and rebound after, stressful life passages has to do with our lymphatic and overall state of health. Some clues to your own stress level may be found by reviewing habitual behaviors, as well as the messages your body is sending you. If you’re over 50 years of age, you likely won’t see changes overnight.

Don’t delay! Get your nutrition as nature intended. Set your goals, and stop wasting time and money on diet fads and quick-fix approaches. Diseases are reaching global epidemic proportions and the time is running out for many of our loved ones. In conclusion, before you start this program, I strongly advise that you:

- **Always tell your doctor what you’re taking.** Ask your doctor before implementing any health advice in this educational e-book. Opt for complimentary or alternative medicine physicians when there’s no sudden or severe, life-threatening health problem. Continue to rely on medicine to diagnose your health issues. And, if you continue to feel discomfort on this program, immediately consult with your doctor or a doctor board certified in Quantum Medicine™ who

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can direct you to advanced detoxification strategies. Past surgeries and deep-rooted toxin-induced damage may require more intensive help and additional measures to get you healthy. Soon our board-certification programs will have many doctors using the methods outlined in this book.

- **Stay flexible** by stretching your muscles daily before and after exercising.
- **Simplify your life**, and set reasonable goals for your health and life.
- **Simplify your diet** and maintain your ideal weight by correcting deficiencies and boosting your defense against stress (a lot of abdominal fat is a result of too much cortisol, the adrenal stress hormone);
- **Avoid the toxic cosmetic, body care, and household cleaning products** listed in the Appendix, and learn about their potential toxicity.
- **Protect your brain and nervous system from harmful electropollution** by using the wearable Quanta E Protector available in the Appendix.
- **Avoid HRT and taking hormones.** Anti-aging practitioners believe that hormone replacement therapies (HRTs) with progesterone, DHEA, pregnenolone, HGH, or melatonin can re-establish hormonal balance and slow aging. One of the most popular HRT is progesterone used as topical sterol diosgenins (wild yam) or synthetic progestins in females. While supporters

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of HRT contend it’s a curative for female hormonal issues, researchers state that oral and topical progesterone creams induce leaky blood vessels, activate inflammation, increase risk of cardiovascular disease, and encourage cancers to spread rapidly and metastasize *(Rheum Dis Clin North Am, 2005; 31; Arch Neurol, 2005; 62; J Clin Pharmacol, 2005; 45; J Clin Endocrinol Metab, 2005; 90:1181-8; Fertil Steril, 2005; 84)*. If some of your hormones are depleted, give your lymphatic system what it needs to function more optimally as indirectly can have a positive or negative influence on your hormone levels.

- **Take time to rest and relax.** When it comes to your health, it is most important to make sleep and relaxation a priority. Don’t eat close to bedtime! A full stomach interferes with sleep patterns.

- **Breathe deeply** in response to a stressful situation. Stress is inevitable! Every tense situation, or even a memory of one, causes a change in breathing, and it’s best to take a deep breath. Don’t deny or repress your feelings.

- **Maintain emotional balance** by sharing your feelings with family and friends. Don’t hold negative feelings in, as they will continue to perpetuate harmful cycles of stress.

If you are stimulated by the ideas in this book, the Appendix offers further ideas and information that will help you begin the
practice of awakening the full potential of your body’s inner healing dimension. For those of you who are ill, for those who are well, and for those who practice naturopathic medicine or alternative medicine, the message is always the same: nourish and detoxify to restore resilience to stress, achieve a healthy weight, and tap into the full powers of self-healing.

Those that are chronically ill from mold and man-made toxins in the lymphatic system may need an individualized diet plan and in the Appendix of this book you will find information on Quantum Nutrition, LLC – a Nevada firm that offers individualized e-mail consultations.
Appendix-A: Resources for Products and Further Information

This listing offers addresses and phone numbers and a brief note about product lines. Supplements should be taken under the direction of an alternative health-care practitioner, preferably one certified in Quantum Medicine. Some of these products require a physician’s prescription, while others can be purchased in your local natural food store, by mail, or over the Internet. Addresses and phone numbers are subject to change.

QuantaFoods, LLC
1982 State Road 44, Suite 359,
New Smyrna Beach, FL 32168  Fax 386-663-9075  www.quantafoods.com
For laypersons - The exclusive source for quorum fermented synbiotic food concentrates found in the General Health Nourishment Program: http://www.quantafoods.com/downloads/3-product-info.pdf. The Quanta e-Protector to protect against harmful electropollution is also available at the website. QuantaFood™ contains the fermented Sea Buckthorn fruit berries that are critical for commensal cell health.
For Doctors If you’re a doctor or licensed practitioner, QuantaFoods, LLC also has clinical products to deal with the chronic effects of advanced mycotoxicosis.

Hydra Beverages, Inc.
8209 Foothill Blvd. #204
Sunland, CA 91040
HYDRA BOOSTER™ (14 oz. bottle, 2-4 week supply). Simply add once capful of Hydra Booster to 16 oz. of purified drinking water to instantly energize the water with the full range of frequencies and the natural battery-like polarity found in the human energy field. It literally raises the vibrations of your body and naturally enhances the body’s polarity, while dramatically improving hydration, energy production and cellular detoxification.*
For more information, go to: www.hydrabooster.com or call (800) 707-1925.

American Academy of Quantum Medicine (AAQM) – www.aaqm.org Las Vegas, NV  This Nevada–based non-profit organization, founded by Dr. Yanick is a professional, accredited research and educational non-profit organization that fulfills an urgent need for clinicians who want up-to-date natural solutions in a practice-focused, easy-to-implement format so they can fully capitalize on practice building, based on results. The AAQM’s mission is to research and investigate multidisciplinary diagnostic and therapeutic protocols and apply them to current health care

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practices in an effort to advance health care and minimize human suffering. The AAQM is funded primarily by tax deductible, charitable contributions and accepts gifts in a variety of ways that most befit the donor. Application for Board Certification by American Naturopathic Medical Certification Board (ANMCB) in Quantum Nutrition® or Quantum Medicine™ is on this website as is many free publications and a FREE video lecture by Dr. Yanick.

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However, we can also bring toxins into the body through substances we breathe in and others we use in our daily lives, things like cleaners, deodorants, “beauty” products, and the like. This Appendix supplies you with a list of such potentially dangerous and toxic substances.

If you can find no substitute and must use the substances listed below, at least wear rubber gloves and/or a breathing mask. Also, be sure that the area is adequately ventilated.

I urge you to “detoxify” your home. Go through each room, beginning with the kitchen, and remove all toxicants, all substances on the following list. You may be surprised how enlightening reading a few labels can be, how dangerous your life has been, and how healthy it can be from now on.

**COMMERCIAL ALL-PURPOSE CLEANERS**

Avoid complex phosphates, chlorinated phosphates, morpholine, petroleum-based surfactants, dry bleach, kerosene, sodium bromide, glycol ether, Stoddard solvent, EDTA, and naphtha.

Chlorinated materials form organ-chlorine compounds and are stored in fat cells that can enter mothers’ milk. Morpholine and glycol are potential liver and kidney toxins. Glycol ether, Stoddard solvent, naphtha, and kerosene are neurotoxins that can cause confusion, headaches, lack of concentration, and other mental symptoms.

**COMMERCIAL DEODORIZERS**
Avoid methoxychlor, aromatic hydrocarbons, salicylates, petroleum distillates, formaldehyde, p-Dichlorobenzene, piperonal butoxide, o-phenylphenol, and naphthalene.

Methoxychlor, dichlorobenzene, aromatic hydrocarbons, and naphthalene are potential neurotoxins, while salicylates may cause strong allergic or toxic reactions. Formaldehyde and piperonal butoxide are potential carcinogens.

**COMERCIAL DISH DETERGENTS**

Avoid petroleum-based surfactants, naphtha, chloro-o-phenylphenol, germicides, diethanolamine, complex phosphates, and sodium nitrates. Chlor-o-phenylphenol is toxic, while diethanolamine is a potential liver toxin. Naphtha is a neurotoxicant.

**COMERCIAL DISINFECTANTS**

Do not purchase or use substances containing the following: naphtha, butyl cellosolve, chlorinated germicides, petroleum-based surfactants, sodium hypochlorite, sodium sulfite, or nitrite. Naphtha is a neurotoxicant while butyl cellosolve and sodium nitrite is strong toxins.

**COMERCIAL FURNITURE POLISHES**

Avoid petroleum-distillates, propellants, diglycol laurate, amyl acetate, petroleum-based waxes, and mineral spirits. Diglycol laurate, amyl acetate, and mineral spirits are neurotoxins, while diglycol laurate is a potential liver and kidney poison. Mineral

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spirits contain the carcinogen benzene, and may cause lung and sinus irritation.

**COMMERCIAL GLASS CLEANERS**

Avoid organic solvents, petroleum-based waxes, complex phosphates, ammonia, phosphoric acid, alkyl phenoxy polyethoxy ethanols, naphtha, and butyl cellosolve.

Organic solvents, naphtha, and petroleum-based waxes are neurotoxins. When using organic solvents, beware of carcinogens such as benzene. Butyl cellosolve is a potential toxin. Phosphoric acid and ammonia are irritating and may disrupt DNA stability.

**COMMERCIAL LAUNDRY DETERGENTS**

Avoid petroleum-based surfactants of the aryl and alkyl group, tetra potassium pyrophosphate, complex phosphates, fluosilicate, sodium toluene, xylene sulfonate, EDTA, optical brighteners, and benzethonium chloride. Tetra potassium pyrophosphate is irritating and toxic while fluosilicate is a toxic pesticide. Benzethonium chloride is potentially toxic.

**COMMERCIAL METAL POLISHERS**

Avoid perchloroethylene, chromic acid, plasticizers, silver nitrate, phenolic derivative, kerosene, synthetic waxes, chromic acid, naphtha, and other organic solvents.

Perchloroethylene, kerosene, naphtha, chromic acid, and organic solvents are neurotoxins. Perchloroethylene is a potential carcinogen and is toxic to the kidneys and liver; exposure may be

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fatal. Silver nitrate is highly toxic and corrosive. Chromic acid is a liver and kidney toxin, and a possible carcinogen.

**COMMERICAL OVEN CLEANERS**

Avoid ether-type solvents, petroleum distillates, methylene chloride, butyl cellosolve, and lye.

All of the above ingredients except lye are neurotoxins. Methylene chloride is a chlorinated hydrocarbon, which is stored in fatty tissue, and is a liver and kidney toxin. Lye is a corrosive poison. Ether-type solvents commonly contain the carcinogen benzene, which may lead to respiratory symptoms.

**COMMERCIAL SPOT REMOVERS**

Avoid p-hydroxybenzoic acid, oxalic acid, naphtha, benzene, perchloroethylene or trichloroethylene, sodium hypochlorite, hydrofluoric acid, aromatic petroleum solvents, aliphatic hydrocarbons, chlorinated hydrocarbons, or other petroleum hydrocarbons.

The ingredients listed above are extremely toxic to many parts of the body and contain suspected and known carcinogens, exposure to which can be fatal.

**COMMERCIAL TOILET BOWL CLEANERS**

Avoid complex phosphates, o- or p-Dichlorobenzene, chlorinated phenols, kerosene, salicylates, germicides, fungicides, 1, 3-Diochloro-5, sodium acid oxalate, and sodium acid sulfate.

Sodium acid oxalate, chlorinated phenols, and o- or p-Dichlorobenzene are highly toxic. Sodium acid sulfate is highly

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irritating and corrosive. Chlorinated phenols are corrosive, metabolic stimulants. Fungicides and germicides can be toxic and cause liver and kidney damage. O- or p-Dichlorobenzene is a liver and kidney poison and neurotoxicant.

REMEMBER...

DO NOT PURCHASE THESE TOXICANTS IN THE FIRST PLACE. GO THROUGH YOUR HOME AND DETOXIFY EACH ROOM, ONE ROOM AT A TIME. WRAP EACH DANGEROUS SUBSTANCE IN NEWSPAPER AND DISCARD IT CAREFULLY. BELIEVE ME, YOU AND YOUR FAMILY WILL BE HEALTHIER AND HAPPIER WITHOUT THEM. HOWEVER, IF YOU MUST USE THESE SUBSTANCES, TAKE PRECAUTIONS SUCH AS WEARING GLOVES, DONNING A BREATHING MASK, AND OPENING WINDOWS FOR ADEQUATE VENTILATION. NEVER TAKE CHANCES WITH YOUR HEALTH.

Manufacturers and Suppliers of Commercial Household Products with Low Toxicity

Arm & Hammer - Arm & Hammer Baking Soda
Church & Dwight CO. Inc. Dept CG
P.O. Box 7648, Princeton, NJ 08543-7648 Products available in supermarkets.

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**Recommended Reading for Keeping Your Home Nontoxic**

Check the Internet for sources where you may purchase these valuable books, or consult your local library to find a copy. It will be well worth your time and effort.


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References

In this section, you will find research notes or references. They are listed here to assist you who wish to investigate the concepts and ideas in greater depth. They are not listed in order of importance but generally follow the logic of the book. Moreover, they do not include over three decades of research used in the development of the concepts presented in this book as there is

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only so much information that fits comfortably in a book. I have provided as much information as possible, so you should be able to find these resources through the internet, at your local public library, and/or through the resources of college/university libraries in your area. I start with my own original research publications many that are available as e-publications at www.quantafoods.com.


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**These statements have not been evaluated by the Food and Drug Administration. These food products are not intended to diagnose, treat, cure or prevent any disease.**


Boyd, W. Royal Society of Medicine, 1925.


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The Forgotten River of Health


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The Forgotten River of Health


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