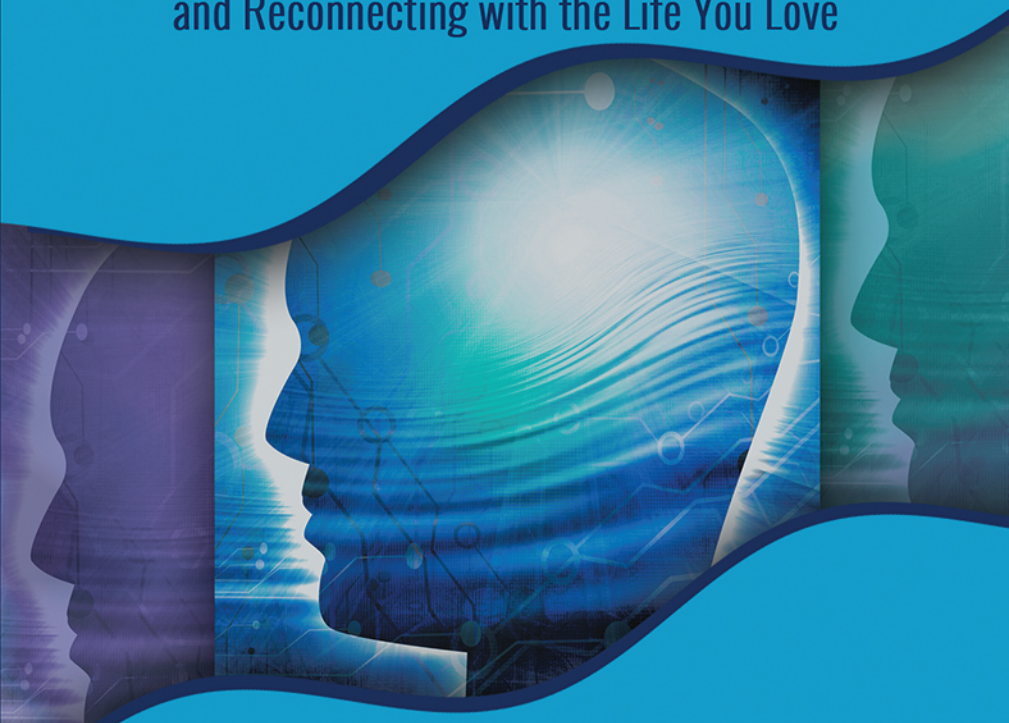


“There is no magic pill or secret to fix your health. If you want real solutions, look no further! Regan does an excellent job of giving you the truth about health and healing. Take everything out of your medicine cabinet and make room for this book.”

– Dan Kellams, LAc

YOUR HEALTH TRANSFORMATION

A Brand-New Lifestyle Plan for
Reversing Autoimmunity, Trimming Belly Fat,
and Reconnecting with the Life You Love



REGAN ARCHIBALD, LAc

Diplomat Acupuncture and Functional Health Practitioner

Your Health Transformation

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By Regan Archibald, LAc, Diplomat
Acupuncture, Functional Medicine
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Acupuncture, Functional Medicine Practitioner

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Dedication

To my amazing patients who have taught me more about health and life than the best universities ever could.

Acknowledgments

My life has been richly blessed with great role models: my parents, my grandparents, and my family, and I thank you all.

My kids Zoe, Jonah, and Dominic have been a deep source of inspiration to me in writing this book. They are the next generation and we owe it to them to stay healthy.

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Introduction

This book is about taking back your health. Health can be one of the most complicated subjects you have to deal with in your life. It's not a simple process of tightening a bolt here and fixing a gasket there. Your body is not a bunch of parts and chemistry. It's far more sophisticated. This book is designed for you to put trust and energy back into the thought that your body can heal itself.

This guide helps you discover the secrets to reversing chronic disease. It's a guide to help give you some light on a path of health, healing, and wellness. It's also designed to give you ideas of how to eat better, and more importantly, how to live better.

As Mark Twain says, "Your health is your greatest wealth."

You may not don't know where to turn when it comes to looking for health and healing in your life.

This book is meant to give you a path, to give you some new purpose and meaning when it comes to getting healthy:

- Physically
- Mentally
- Spiritually
- Emotionally

I also hope to help you cultivate a deeper connection in your relationships. After all, that's part of why we're living.

We live in a modern world. We have some very helpful technology at our fingertips, and I'm going to introduce you to some tricks and tools for how to use it.

You will also learn some of the secrets to losing that stubborn belly fat. I'll talk about why belly fat can be one of the most dangerous things you can have and how it is a contributor to the leading cause of death in our country: heart disease.

Over the course of the book I focus on the different functions of your body including:

- Digestive health
- Thyroid health
- Adrenal health

I also explore and explain specific nutritional substances you need to optimize your health and wellness.

There's an old saying: "The confused mind always says no."

If you don't understand how our health works, and how to reclaim it, you're always going to say, "No, I'm going to go back to the old way of living."

That usually means you'll take another medication or agree to another surgery. The number-one cause of surgery is surgery. That is startling to me, and it shouldn't be that way.

People are confused when it comes to health. I see this at least twice a week, when I deliver community workshops or I speak at large and small corporations. I see it in various venues in Park City, where I live, and in Salt Lake where one of my main clinics is. I want you to know what I've learned about health and how people who are struggling and suffering with illness can turn their situation around.

I wrote the book so you can find your way in life and in health. I wrote it to inspire you, you who suffer from a chronic disease or who want to optimize your health. Whether you're a professional athlete, a stay-at-home mom, or an entrepreneur, you are somebody who is making an impact in the world.

We need a stronger, healthier population. We need more leaders who are healthy and willing to be courageous and talk about things that are important to them. Leaders are people who do hard things, and stick with them. I want to offer a light to leaders and to

individuals who suffer from health issues. This book is a reference for you to turn back to as often as you need to maintain your best health in order to accomplish your work in the world.

Throughout my travels I've come to believe we live in the most incredible country in the world. In the United States, we have the unique opportunity to transform health care. Our country spends more money than any other on health. We should be the healthiest country in the world, but we aren't. I want to transform health care in this country, and it starts with you.

This best way to read this book is by starting with the segments that interest you. I'm a person who tries to read two books a week, but rarely do I begin at the introduction and read the book from start to finish. Most of the time I jump around, and I read the parts that call to me. I would recommend you do the same, because your brain retains more of information if you are interested in it. Find the topics that pique your curiosity. Make notes in the book. Write goals for yourself as you're going through it. Really explore this material and make it a part of your life.

We have this saying, "Knowledge is power."

Cultivate wisdom when it comes to your health. Wisdom is gained when you apply knowledge. We live with information overload. It's like trying to drink

out of a fire hydrant. Instead of gaining information, you need to gain insights and knowledge that you can apply to your life. You can start reversing chronic diseases or even prevent them. Who knows, maybe if we did that we could be living to be 250 years old!

We need to look at the body more holistically. We've got the tools. I want to shine some light on how some of those tools have helped me, helped thousands of my patients, and how they can also help you.

I'm not saying you're going to be as healthy as you were when you were eighteen or even twenty-five years old, if you were healthy then, but you can live a much healthier and a better lifestyle, feel better, and live longer, by finding the right information, having a guide, and having a mentor. I feel it's my honor and my duty to help you experience your health. I want to give you some guidance I've received over the years, and show you ways I've been able to help people reclaim their health and recover from chronic disease.

Please read this book and apply what you learn. Share it with other people. The more you teach, the more you understand the material I'm trying to share with you. I don't have all the answers, but I hope to be able to show you some of the results I've seen help myself, my family, and my patients.

CHAPTER ONE

Transforming Health Care – Getting Us From Thirty-Third to Number One

WE HAVE BEEN MISLED FOR TOO LONG

I want to give your health independence back to you. I don't believe you should be dependent on medication or someone else when it comes to your health, because we are designed to heal.

The Big Agricultural Issue: Pesticides

I was raised on a farm in Idaho. We were constantly spraying Roundup to prevent weed outbreaks on our farm. On weekends, planes over the farm would dust the crops with pesticides and herbicides. Little did I know these chemicals had a dramatic impact on my health and actually caused me to have very sensitive skin, frequent outbreaks of eczema, and exercise-induced asthma.

One of the most damaging ingredients in Roundup is *glyphosate*. Glyphosate is damaging because it bypasses your liver and enters directly into your digestive tract. It lands in your colon where the majority of your friendly gut bacteria live and it destroys healthy bacteria. The more research we do, the more we realize that foods sprayed with glyphosate are causing multiple reactions in the body.

Skin cancer can now be traced to glyphosate reacting to sunscreen. Autoimmune disease and imbalances in the digestive system are triggered by, or can be linked back to, glyphosate, among other things. When we're told that genetically modifying our foods is safer because then our crops contain the pesticide (which has been genetically added) and do not need to be sprayed or treated with Roundup, we've been misled. Even though our crop yield is higher, the toll it has taken on our health has been far more expensive than the food it's been able to produce.

Action Items

1. Keep a log of the food you are eating for one week.
2. Look at your food journal and determine how much of your food is promoting disease and how much is preventing it. Ultimately you have those two choices in food.
3. Buy only non-GMO, organic foods and trace where your food comes from.

We've Never Found Somebody to Be Prozac-Deficient

Have you ever seen a blood test that shows someone to be deficient in Prozac?

Prozac is one of the most popular drugs ever released on the market, even though multiple studies show that it doesn't beat the placebo. At least 90 percent of the serotonin your body produces comes from the bacteria in your digestive tract. A study performed in April 2015 showed that germ-free mice produced 60 percent less serotonin than mice with normal gut bacteria. When the researchers restored the bacteria colonies in the gut of the germ-free mice, the mice began producing normal levels of serotonin.

Perhaps we've been looking at depression all wrong.

Is it just a chemical imbalance that needs to be treated with more chemicals?

We have to look beyond the traditional viewpoint and come to terms with the fact that depression is not a deficiency needing to be solved by any pharmaceutical drugs. Sadly, Prozac is the most prescribed drug of all time, even for kids as young as three years old. Proper testing must go beyond establishing a diagnosis only. We have to consider the whole body; we need to understand cycles within the body.

We can use the technology that's available to us to test:

- Stool
- Micronutrient levels
- Food sensitivities

We can learn the underlying cause of a problem rather than treating something only with a medication.

Medications can be absolutely lifesaving and necessary, but we need to ask ourselves the questions:

Why would someone need to be on medication their entire life?

Why can't we get to the underlying cause?

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If you can identify certain deficiencies that show up in yourself, then you can treat yourself in a more effective and efficient way.

One thing you can do right now is look at your fingernails:

- Do your fingernails have white spots on them?
- Do they have ridges?
- Are they cracked?

There's a lot to learn from the answers. If there are white spots on your nails, they could indicate a zinc deficiency or leaky gut syndrome. Ridges and lines in your nails may mean there's a heavy metal toxicity. These signs can also indicate a thyroid imbalance. It could indicate you have yeast in your gut, and yeast could be a contributing factor in your depression.

A yeast imbalance can create several health problems. The Candida family, part of the yeast or fungi species, infects 75 percent of women at some time in their lives. One of the links causing this is the use of oral contraceptives. So just have more babies! Just kidding. If you are a woman, investigate other forms of birth control such as the rhythm method or get your man involved in sharing the responsibility.

The synthetic hormones in oral contraceptives create an environment where candida can flourish. If levels of

candida are high then they compete with the bacteria in your gut, which produce tryptophan, which is the amino acid precursor your brain uses to make serotonin. If you have taken antibiotics either as a child or more recently, you compromise the healthy flora in your gut, which then creates an environment in which yeast can flourish.

Some symptoms to look for are:

- Toenail fungus
- Athlete's foot
- Ringworm
- Chronic fatigue
- Fibromyalgia

You may also experience digestive issues such as:

- Bloating
- Constipation
- Diarrhea

Candidiasis or yeast overgrowth has a negative effect on your memory and ability to focus. You feel a lack of motivation and heavy limbs. Skin issues like eczema, psoriasis, and rashes show up. You may also have a bladder or kidney infection and chronic yeast infections.

Action Items

1. What is meaningful to you? Set a timer for five minutes and write it down like you mean it.
2. What time of your life did you struggle with the most?
3. Write down three things that bring you happiness. Now do those things every day.

Doctors, Not the Insurance Companies, Should Dictate the Care of Patients

Patients need doctors who can provide the best possible recommendations for them with no regard to what insurance will or will not cover. Doctors tend to get caught up in a detrimental cycle where the only way they can keep their lights on is if they're doing procedures that are covered by insurance companies.

Unfortunately their hands are tied because patients say, "I can only do what my insurance covers."

I recently saw a patient who was pre-qualified for six acupuncture treatments. I told him there was a good chance he'd need more than six, and there are more comprehensive tests we'd need to run to find out why he's experiencing his osteoarthritis, fibromyalgia, and

irritable bowel syndrome. Unfortunately, he was only willing to do what insurance covered.

We're being told our health is only as valuable as what our insurance company says it is. If I'm doing something beyond what my insurance company says is helpful, then it's probably not scientifically proven and may not necessarily benefit me. The opposite is true. The World Health Organization recently stated 90 percent of all diseases prevalent today are not treatable with orthodox medical procedures.

Action Items

1. Find a doctor/mentor/healthcare provider who can guide you towards health by ordering the correct tests, educating you about how well your body is functioning and who can hold you accountable for making the right lifestyle choices. (If you need help then email me at regan@gowellness.com)
2. Write down your healthcare/sick-care costs. This includes insurance premiums, co-pays, hospital bills, medication and anything else you are spending money on to maintain symptoms.
3. Now account for the health investments you have made in the past year. This includes massages, vitamins, therapy, yoga, gym memberships, holistic healthcare, acupuncture, chiropractic care, and anything else aimed at getting and keeping you healthy.

THE ANSWERS OUTSIDE OF MAINSTREAM MEDICINE

When I see patients finding their health again, feeling their best, and functioning their best, I know I'm being successful. I love getting hugged when I greet patients

in my clinics. Many of these patients have suffered needlessly—in many cases, for decades—without getting the right answers. To those of you have chronic diseases, there are solutions to your medical issues.

Action Items

1. Visualize the energy in your body head to toe. Where do you feel the most pain? Where do you find yourself stuck?
2. Close your eyes and visualize every cell in your body receiving light. Now imagine that light entering your heart and feel the warmth of the light fill your chest and then once you can no longer contain the light, let it move outside of yourself and let it fill the entire planet.

It Takes a Team Approach to Restore Your Health

Multiple systems are still at play in your body. No matter how bright your healthcare provider may be, there are things that can get missed. It's very similar to looking at your body as if it were a sports team. Imagine if you were going to play in the Super Bowl but you only had ten players on the field instead of eleven. Of course you're not going to win the game, but

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there are multiple people looking at the aspects of that particular game. It's the same in your body.

Your body is very complex and you need different people looking at things from a multi-dimensional approach, and you need those people communicating with each other. Right now, medicine is very fragmented. You go to your urologist for your bladder issues or to go to your proctologist for your prostate issues, then to your orthopedic doctor or rheumatologist for your arthritis. You're following different advice from different practitioners with no overall system in place.

Most failures are due to not having a system. One of the biggest reasons you need a team approach is so you have a system you can implement and it becomes a process you can follow on an A-B-C, 1-2-3 approach.

It allows you to get healthy on a gradient rather than stopping with a diagnosis, and a medication.

You need to have a mentor; you need to have a coach; you need to have a team looking out for your health through the lens of multiple complexities.

One of my missions and visions for healthcare is to successfully merge Western medically trained doctors with holistically trained acupuncturists, naturopathic doctors, and functional medicine practitioners. At my East West Health clinics throughout Utah, Ac-

ueastwest.com, we have successfully created a clinical environment that allows both eastern and western doctors to work as a team with different perspectives in assisting our patients with their complex medical conditions. This is a model that I believe will be part of mainstream medicine within the next decade. We have also successfully treated hundreds of people who live outside of Utah with our telemedicine platform and virtual clinic.

Action Items

1. What diagnoses have you received?
2. Write down three things you can do to reverse the diagnosis you've been given.
3. Write down what an ideal healing system would look like to you. What are you doing to apply those systems in your life?

Testing Stool, Saliva, Hair, and Urine Yields More Information Than Blood Tests

When we run a patient's labs and find problem areas, I am always so thrilled that we can take them through our wellness program for a few weeks and get them feeling better. When we re-run their labs, the tests are normal. In Western medicine, the labs are far too simplistic, and

they're not looking at things from a functional level. They may stop there and think everything is fine.

It is easy to show that you have a clean bill of health when in fact you may be steps away from having a heart attack or full-blown diabetes. Every day, patients bring in their labs wondering why their labs appear normal even though they still feel sick. When our team looks at them through a functional lens, we often find multiple imbalances and in some cases disease.

One such patient, whom we will call Sandra, came to us with fatigue, loss of appetite, weakness, insomnia, severe back pain, brain fog, and changes in urine output. Her primary care practitioner (PCP) had recently ran her labs and prescribed Lisinopril to regulate this sixty-year-old, Caucasian, relatively healthy female patient's blood pressure.

This helped lower her blood pressure, but when we looked at Sandra's labs we found that her glomerular filtration rate (GFR) was 27. This concerned us because healthy levels are between 60 and 90, and her numbers showed that there was a bigger issue that wasn't being addressed. In her history we found out that her mother had kidney disease and was currently on dialysis; Sandra hoped to avoid this. We told Sandra that we would help keep her kidneys functioning as optimally as we could with lifestyle, nutrition, acupuncture, and

taming inflammation, but that we also wanted her to return to her PCP and also work with a renal specialist.

Sandra agreed to our request and went to see her PCP. He confirmed that her numbers were in fact dangerous and told her that he would “wait and see” if things got worse. (This is a common theme in the Western medical system because the training is based around a prescription written or a surgery performed, and not proactive medicine that can treat the cause.)

Sandra jumped into our wellness program and we ran labs that looked at the health of her hormones and adrenal glands. We ordered a stool test to determine if there were any pathogenic organisms that might be putting a burden on her kidneys, and we ran genetic tests MTHFR and COMT to see how well her body was able to detoxify.

Along with labs, we taught Sandra about foods that cause more inflammation, and showed her how healthy eating might not be as hard as she thought. She received acupuncture treatments on a weekly basis and attended our educational classes while receiving one-on-one coaching from our acupuncturists and doctors.

After four months of making significant lifestyle changes, Sandra went back to her PCP to get her GFR numbers ran and much to the surprise of them both, her numbers went from 27 to normal in that short span

of time. She was empowered to find a path that might be able to keep her off the dialysis her mother needed to survive.

Most labs are based on the idea that 95 percent of Americans are healthy, which is not the case. We have to look at the values of the labs from a more narrow perspective; so when we look at your thyroid function, we want to look at the different aspects of your thyroid. Next time you're with your provider you can ask what tests they've run, and then ask if they can run a more comprehensive panel, because it's usually in the more comprehensive panel that you can detect a disease pattern building up in your body.

Inflammation is linked to many serious conditions, including:

- Heart disease
- Cancer
- Diabetes

With the proper testing, you can look at the inflammatory markers in your body that are often overlooked in conventional medicine.

Inflammatory markers can be seen through testing the stool. We also can test your C-reactive protein. You can do this yourself: stick out your tongue and look at the color. If your tongue is red on the sides and on

the tip, there's too much inflammation. You can use urine to test what your body is releasing with regard to heavy metals. Look at saliva to understand how your hormones are doing, through your cortisol or your sex hormones—through your estrogen, testosterone, progesterone, and so on. These tests can lead you to a better understanding of what's causing imbalances.

Action Items

1. Work with your healthcare provider to order the right tests. Ask for analysis of your digestive profile, adrenal stress hormones, nutritional depletions, heavy metals, genetics, and food sensitivities.
2. Write down the chronic diseases in your family history.
3. Use the data from your labs to understand your imbalances and then focus on reversing the values that correlate to the diseases that have shown up in your family history first.

Lifestyle Transformation Outperforms Medicine

The choices you make, the thoughts you think, and the activities you do or don't do have a dramatic impact on your health. About 90 percent of the time, in fact, your

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lifestyle outperforms medicine. Most people become victims in their health; they believe their doctor should be the one to heal them. People may also believe they have a disease that's incurable and become a victim of a circumstance.

In more cases than not, the choices you make actually cause your body to get healthier or to become sicker. In the book, *Younger Next Year*, there is a very detailed explanation about the people who age the most gracefully are the ones who stay active well into their nineties or hundreds. They don't slow down because somebody told them it's time to retire.

Cultivating a process that is sustainable is vital. There are three ways you can do this.

Action Items

1. When you wake up every morning, set a timer for five minutes. The first five minutes of your day needs to be in quiet contemplation, meditating, breathing, and just getting your body back in rhythm.
2. For the second five minutes of your day, think about what you're grateful for. Do some journaling. Think about the things you're living for. Think about why you're getting up today. What's your motivation?
What are you passionate about?
3. During the third five minutes of your day, visualize accomplishing your goals: being present in your relationships, communicating better, and so on. Visualize every system in your body healthy and functioning optimally. Visualize a healthy you in the future and visualize being your best self.

If you can take back the first part of your morning, it sets you up for a healthier lifestyle.

Consider journaling in the morning or for a period of time every day. Things to write down include:

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- What you're grateful for in your relationships
- Ways in which you're going to lend more presence and more availability to your relationships by being healthy
- Answering *How can I be healthy?*

In addition to writing, you can reaffirm changes in your lifestyle, such as:

- Choosing to eat healthier foods
- Choosing to smile more
- Deciding: *I'm going to exercise today.*
- Choosing: *I'm going to say yes to everything healthy for me, and I'm going to say no to the things that aren't.*

Starting your day this way creates a very solid boundary. Then you protect your day as if your life depended on it, because your life *does*.

I'll say it again: Your lifestyle changes can outperform medication in most cases.

Action Items

1. Write down three lifestyle choices that are contributing to your health problems. As much as possible, try just to list them without self-reproach or self-judgment. Be honest with yourself, knowing that you are doing the best you can right now, but you want to do even better for yourself.
2. Prepare for your mindset morning ritual by writing down your affirmations and the things that matter most to you. Write down what you visualize every day.
3. Name two good habits you can develop to get rid of the old ones.

THE EXCESSIVE USE OF PHARMACEUTICALS

For too long, we've only been informed by the entities that have the most money, which in this case are the pharmaceutical and agricultural industries. They've influenced the politics in our country. They've also had a massive, debilitating impact on our health.

Now we have better information. We have more knowledge at our fingertips than we have had in any

other time in history. People are able to research on their own and find out what they want.

I want to be a voice of reason you can look toward for support. Let's continue this process. Let's get better educated and make better choices when it comes to our health, so that we don't repeat history.

Mary expressed her concerns with the medication that the doctors kept throwing at her husband, saying that they were just putting him to sleep all day and "that's what death is for!"

I couldn't agree more with her concerns.

We three agreed to a course of care with acupuncture, trigger point injections, and nutrition. I asked Cliff to commit to getting himself into the clinic at least twice per week for the next twelve weeks, which he did.

After his third visit, Cliff said, "I just can't believe it, my pain is gone!"

The good news for him is that it stayed gone and he was able to get his quality of life back and was able to get off of all his medications. This made his neurologist happy.

Pharmaceutical Drugs Treat Symptoms, Not the Cause

Americans spend nearly \$200 billion on pharmaceuticals. Google any medication using its name followed by “lawsuits” and you’ll find that nearly every pharmaceutical has lawsuits either in progress or pending. Medications are dangerous. As much as they can be lifesaving, they can be hazardous. There’s far too little that we know for the amount we’re consuming them.

The average American is on 1.7 medications. That can be too many. Some of us need medications; for instance, if you have a raging infection, you’re absolutely going to need an antibiotic. But in most cases, we can overcome and avoid pharmaceuticals. The problem with most medications is they cause additional problems, even if they help the condition for which they’re prescribed.

If you take a statin, for example, it is going to deplete the CoQ10, an enzyme that activates the muscles in your heart, in your body. CoQ10 also helps oxygenate your heart.

Sounds important, doesn’t it?

Virtually every drug has a secondary impact on your body and we tend to ignore the negative impact this has on our health. We don’t realize how much they can affect our functionality.

Most antidepressants are based in fluoride. Fluoride has some very damaging effects on thyroid function. Fluoride has the halogen molecule, like iodine does. If you're loading your body up with fluoride, it binds on the receptor sites that iodine belongs to and then your thyroid cannot make thyroxine at the adequate levels, and your thyroid levels drop.

One of the possible reasons we have an epidemic of hypothyroidism in our country is from the excessive use of antidepressants. This doesn't only affect the people taking the drugs. The fluoride is ending up back in our water supply and in our soil because we're excreting a lot of the harmful elements in these medications.

Most Doctor Visits Are Pharmaceutical Based

According to the CDC, over 75 percent of doctor visits result in the patient being given a prescription. A dear friend of mine, who is also one of the medical doctors at East West Health, came to me with a challenge.

He said, "I have a very busy practice, I make enough money, and I have a comfortable lifestyle. But I am tired of writing prescription medications for my patients."

This doctor wanted to have better and more holistic solutions. He wanted to treat patients for the underlying cause, not only the symptoms the patient could see or feel.

He changed how he treats patients. Instead of having an insurance-dictated visit, where an insurance company is looking at the codes he's using and the medications he's prescribing, he's revolutionized his practice and offers patients the ability to not only take medication, which in some cases has been necessary and life-saving, but also to choose comprehensive wellness plans.

He educates his patients. He gets them on certain vitamins and supplements. He teaches them how to eat, how to get the right exercise in, and he's radically transformed the amount of people he can help. The typical Western medicine system is designed around the idea that a person has to have a diagnosis, and once you can establish what the diagnosis is, then there has to be a medication to follow. This doctor was tired of the system, because he was not seeing patients get better. He's transformed what he's delivering to his patients, he's seeing much better patient results, and feeling happier himself because he knows he's making a difference. I've seen this in my practices as well.

Lives Ended by Properly Prescribed Medications

Prescribed medications can be worse than the problems they are supposed to correct.

A patient of mine whom we will call Steve was a former high-powered trial lawyer who was disbarred

for abusing prescription drugs multiple times over. Steve's mother had been a patient of mine for a few years and would often express her stress levels being elevated because of her concerns about her son. Steve had been in an automobile accident and suffered from severe whiplash and debilitating pain.

Originally, Steve was on opioids oxycontin and Lortab (hydrocodone) for his neck injury, and when he found he could not refill his prescribed medication, he sought another painkiller: heroin. He came into my office only after he failed to find any other physician to refill his Lortab prescription and was embarrassed to admit that he had started using heroin to satisfy his addiction.

This happens too frequently. Once the legal medication fails, the patient becomes addicted to a readily available, illegal alternative.

At this time Steve was married and also the father of eight children. He had served in various leadership positions in his church and profession and to an outsider, would have looked like the model American family man. He didn't show signs of addiction until six months after his accident. He couldn't concentrate at work, he didn't care about his clients as much, and he started to develop rage and irritability at home.

Steve came to me for pain relief but found significant benefits emotionally as well. After working with me

for a couple of months, he told me that his wife had left him and that he didn't blame her. His pain and addiction had created a different kind of person than the one his wife and family had once known.

Steve and I worked together just three more times and then I didn't see him again. He was working with several doctors and therapists, but the addiction was too much of a burden to carry and he sadly ended up abandoning all he knew. This is the all-too tragic state of the use of painkillers in the United States.

Prescription—not illegal—drugs are killing more people every year. Many of those fatalities are from drugs like oxycontin, Vicodin, Xanax and Soma. These drugs cause more deaths than heroin and cocaine combined. They lead to people misusing a variety of different drugs. The prescription drug industry is dangerous. You don't realize what you're doing as you're swallowing that pill. So many of people get desperate, because they think there's no other solution.

There are alternatives and natural solutions. For example, acupuncture can outperform many pain medications. Supplements offer another option. One of the biggest supplements found to decrease pain is turmeric.

In June 2010, a *Journal of General Internal Medicine* study stated said that while looking over records spanning

1976 to 2006, a quarter-million deaths were coded as having occurred in a hospital setting due to medical error. It's estimated in the United States alone that four hundred fifty thousand preventable medication-related adverse events occur every year. This costs our society \$136 billion annually; more than the total cost of cardiovascular or diabetic care. The cost of drug care is not worth the benefits.

I love all my patients, but many of my favorites are in their late eighties and early nineties. Near the top of this growing list is a man whom we will call Cliff. He had originally come to see me for relief from unrelenting *trigeminal neuralgia*, a condition that causes all three branches of your fifth cranial nerve to express moderate-to-severe pain signals throughout the entire side of your face. The pain can bring some to end their life because they have been told there is no cure.

Cliff's neurologist had sent him to my clinic for acupuncture after stating that there wasn't anything else that he could do. Cliff and his wife, Mary, expressed the despair that was caused by the unrelenting pain and expressed their desire to finish their lives together happily.

After being married for sixty-six years to his high school sweetheart, Cliff lost his wife and was struggling emotionally. I found this to be a much more of challenge

than the trigeminal neuralgia. Cliff had children and family support throughout the process but was feeling lonely and depression had set in. He and I would spend a few minutes just talking about his deceased wife that would bring tears and multiple stories about their lives together. I found that the conversations that we had would often fill me up with incredible gratitude for Cliff and for my own deep relationship with my wife.

He taught me the value of appreciating every moment that I have with my loved ones. He also taught me the power of being in love, even at the age of ninety-two!

Action Items

1. Ask more questions about your medications.
2. Subscribe to health-related podcasts on iTunes such as Go Wellness Radio (this is my podcast), Bulletproof Radio, The Ben Greenfield Show
3. What medical breakthroughs do you follow?

CHAPTER **Two**

Improving Digestive Health and Eliminating Inflammation

ISSUES IN THE GUT ARE LINKED TO THE NUMBER-ONE KILLER

By choosing lifestyles that are beneficial for us, rather than choosing a drug or a pharmaceutical agent, we can improve health in the United States—particularly when it comes to heart disease. Pharmaceuticals are not the answer.

The answer for reducing heart disease boils down to three basic things:

1. Changing your thinking (getting a new perspective on life)
2. Changing what you're putting into your body (changing your fuel source)
3. Getting better quality of exercise and better connections with your environment while you're exercising

A Heart Attack After a Clean Bill of Health

Life is fragile. I'm sure you know somebody who has died or nearly died from a heart attack. Recently a patient told me his fifty-year-old neighbor, who mountain bikes every day, rock climbs, and is active in the community; died of a heart attack while cleaning his garage. Too frequently people are walking a tightrope where they have no idea they could die in a very short amount of time.

This happened to a friend. He had medical tests run for a new job he accepted. The basic bloodwork showed everything looked fine. In fact, one of the doctors was jealous because his numbers looked so good. Only a short time later my friend had a heart attack. Labs can be misleading. Too frequently we are looking at labs more than we are looking at the entire health of the individual.

One of the major solutions is to look at your C-reactive protein. Make certain your doctor checks your immune system by testing your stool and your gut. The body gives you indicators if you're willing to look in the right area. If you're reviewing only a basic blood panel, you're not going to get nearly the data you would by looking at immune markers and inflammatory markers in the blood, and the information there could save your life.

Heart Disease Continues to Be On the Rise

I'm not against lowering blood pressure. If you're on hypertension medications, don't stop because having a stroke is far worse than the side effects from your medication.

But the mistake we are making in our country is thinking: *As long as the person has normal blood pressure, they're not at a higher level of risk for heart attack.*

When doctors look at cholesterol they say the same thing. As long as the levels are not high, the patient is said to have a low risk factor. We've also looked at lowering glucose levels—lowering blood sugar—to prevent heart disease, and heart disease is still on the rise because we're not getting to the underlying cause. You can go to any town in this country, on any given weekend, and you'll see fundraisers for cancer prevention or heart disease awareness sponsored by organizations like the Heart Association of America. The problem is, we're looking at the wrong numbers.

The real question to ask ourselves is: *What is causing heart disease and heart attacks despite normal blood pressure and cholesterol, and where should we focus our attention?*

What do you want to look at?

Earlier in this chapter I mentioned C-reactive protein, but you also need to review other factors that are

direct correlators with heart disease. Look at intestinal permeability with zonulin testing and check your lipopolysaccharides, because what's contributing to those numbers it is not the high cholesterol, it's the amount of sugar we are consuming and producing.

Most of Our Immune System Resides in Our Digestive Tract

One-third of babies born in the United States today are born through Cesarean section. This number is startling because the microbiome in your gut is introduced into your body at birth. While descending through the birth canal, a newborn actually swallows specific bacteria called *Lactobacillus johnsonii*, and it helps establish a healthy population of bacteria in your gut. Roughly 70 percent of your immune system resides there. If as an infant you breast-fed, you were able to get prebiotics. *Oligosaccharides* are found in breast milk and they are food for the bacteria. Essentially, bacteria have a way for them to survive and thrive. It's mutually beneficial. Because they thrive, you thrive through the birth process.

The long-term consequences of not having healthy intestinal flora as an infant can include:

- Autoimmune disease
- Asthma

- Diabetes mellitus
- Obesity
- Colon cancer

You can still get healthy flora to populate the gut, but if there is antibiotic use this can be complicated. The good news is that you can create a change with nutrition.

You can feed the healthy bacteria by eating:

- Steamed organic vegetables
- Resistant starches from cooked, then cooled, potatoes
- Steel-cut, raw oats
- Green bananas
- Cashews
- Plantains (my favorite!)

You also want to start adding in lacto-fermented, live foods (without refined sugars, vinegars, or pasteurization), such as:

- Pickles
- Kimchi
- Sauerkraut

Include a diversity of cooked cruciferous vegetables (cooking prevents disruption to thyroid functions) such as:

- Chard

- Kale
- Beet greens
- Collards
- Cabbage

For protein you want to eat grass-fed and grass-finished organic meats:

- Beef
- Bison
- Game

Finally, consume 50 to 60 percent of your daily caloric intake from high quality fats such as:

- Avocados
- Coconut oil
- Grass-fed organic ghee or butter
- Wild salmon
- Sardines
- Mackerel

One of the main food sources for our bacteria are short chained fatty acids (SCFAs).

Another source is *prebiotics*, found in:

- Vegetables
- Tubers
- Sweet potatoes
- Meats

One way to get SCFAs into your diet is by, first thing in the morning, adding 1 Tablespoon of organic butter and 1 Tablespoon of coconut oil into your morning coffee or tea. Blending the contents together has been shown to increase the amount of assimilation of the SCFAs.

If you don't have a gallbladder or struggle to digest fats, then you will want to add in 2 things:

1. Betaine Hydrochloride
2. Ox bile salts

If you find yourself getting what has been affectionately referred to as *disaster pants*, then try reducing the amount of coconut oil you are using. This brilliant beverage hack was introduced to me by Dave Asprey, the founder of the Bulletproof Diet. He has a wealth of resources and invaluable insights.

Before we dive into the bacteria, let's talk about the first two steps of digestion: how your digestive system works when food is 1) in your mouth, and 2) when it's in your stomach.

Step 1: The Mouth

When you chew your food, an enzyme called *amylase* in your saliva starts breaking down simple carbohydrates into sugars. So the very first part of digestion occurs right

in your mouth as you salivate. The sugars are absorbed into your bloodstream. That's why eating sweets when you are hungry creates instant gratification, but the sweets can become empty calories, meaning they don't get used but get stored as fat.

The key to healthy digestion is to minimize your sugar intake. If you are a sugar junky, you may benefit from trying herbs like *Gymnemma sylvestre*, which has been used for centuries to diminish sugar cravings and thwart poor decisions about food. If you have it really bad, then set up an office visit for the medical-grade duct tape procedure or a shock collar.

To illustrate how powerful *Gymnemma* is, we set two bowls out on our front counter. One contains cane sugar and the other contains chocolate chips. We ask the patient to choose which one they prefer and taste it. Once they taste it and see that what we are giving them is sweet indeed, then we put a couple of drops of *Gymnemma* on their tongue. After a few seconds, we ask them to repeat the taste test.

The looks on the faces of our patients over the years have been priceless. With the *Gymnemma* drops, the patients can taste no sweet, only a texture. Use this at parties when the birthday cake comes out, and you will really get to taste what you are eating.

Chew your food until it is a nice creamy mush before swallowing.

Have you ever seen someone inhale their food and wonder how they do it?

The food that is not pre-digested by chewing will put a greater burden on the stomach and that may be what's causing your acid reflux or *Helicobacter pylori*-infected ulcer. I'm not going to tell you to chew your food, but if you find yourself unable to disassociate with your inner-caveman-Paleo-side, then here's a trick: eat some ginger or drink a few ounces of water with Bragg apple cider vinegar in it for assisting your stomach to digest the food better.

Step 2: The Stomach

Once you swallow the food, it travels down your esophagus and enters into the oven, or your stomach. This is where your macronutrients, the proteins, fats, and carbohydrates meet hydrochloric acid and digestive enzymes. They all work together to break down large molecules into smaller, absorbable particles.

The problem is that if you don't have enough acid in your stomach, you will not properly digest these particles and will end up with acid reflux. Yes: acid reflux is caused by too little acid in your stomach

in the majority of cases, not too much. The health consequences can be profound.

Low production of stomach acid is quite common and becomes more prevalent with age. By age forty, 40 percent of the population is affected, and by age sixty, 50 percent. A person over age forty has about a 90 percent probability of having low stomach acid.

Consequences can include:

Poor digestion. Not only is there insufficient stomach acid to break down food, there is insufficient acidity to optimize the digestive enzyme pepsin, which requires a pH of around 2.0. This results in partial digestion of food, leading to a condition known as *Leaky Gut* where you may have symptoms such as: gas, bloating, belching, diarrhea, constipation, autoimmune disorders, skin diseases, rheumatoid arthritis, and a host of intestinal disorders such as Crohn's and IBS.

Food intolerances. There is a higher occurrence of food intolerance with low acid. If you've been tested for them and found that you had an abundant amount of them, then fix your stomach acid first.

Anemia. There is a greater likelihood of being anemic and having issues regulating blood sugar with low stomach acid.

Poor absorption of nutrients. Along with the inability to digest meats, carbohydrates, and fats, your vitamins and minerals require proper stomach acid in order to be properly absorbed, including: calcium, iron, vitamin B12, and folic acid. Vitamin B12 in particular requires sufficient stomach acid for proper utilization. Without that acid, severe B12 deficiency can result.

Higher bacterial levels. With low acidity and the presence of undigested food, harmful bacteria are more likely to colonize the stomach and interfere with digestion. Normal levels of stomach acid help to keep the digestive system free of harmful bacteria and parasites.

Additional symptoms of low acidity include:

- Bloating, belching, and flatulence immediately after meals
- Indigestion, diarrhea, or constipation
- Heartburn
- Bad breath

Ninety-five percent of people who think they are suffering from too much stomach acid are actually suffering from the exact opposite condition. The use of antacids and purple pills then become exactly the wrong treatment to use, since they exacerbate the underlying condition while temporarily masking the

symptoms. One of the reasons that we have high levels of osteoporosis in the United States is the fact that when you take acid-blocking medication like Tums, or a proton pump inhibitor like Omeprazole, then you decrease your ability to absorb calcium.

Action Items

- Supplement with digestive enzymes to reduce the need for stomach acid – giving the body a chance to rest and recover its ability to produce sufficient stomach acid.
- Mix one teaspoon of Bragg, or another apple cider vinegar that contains fermentation, with water and drink this with each meal. You may gradually increase the vinegar up to 3–4 tablespoons in water if needed.
- Supplementing with betaine hydrochloride (HCL) tablets can also help.

Antibiotics

In the United States each year, two-thirds of the population takes antibiotics. Antibiotics frequently do more long-term harm than short-term good. Research shows antibiotics have a permanent and negative effect

on our digestive system. The more diversity in your gut, the better.

How do you create diversity in the gut?

- Eat diverse foods
- Avoid genetically modified organisms (GMOs) which have broad-spectrum antibiotics in them
- Avoid antibiotic usage whenever possible

Don't head to your doctor for medication when you have a cold. Most of the colds get better on their own in about five to seven days without antibiotics. It takes the same amount of time with antibiotics and the medication can leave devastating side effects.

OUR MICROBIOMES ARE UNIQUE

We feel defeated when we're told our bodies are genetically predisposed to be unhealthy or to having certain health conditions. I don't agree with this, and you shouldn't let yourself be influenced by these statements from a doctor or family member.

There is a new way of looking at genetics that can be very beneficial. Look at what causes genes to express themselves and then change the results by testing the bacteria in your gut. If you have a healthy microbiome, your ability to stave off chronic disease or genetic

mutations is drastically improved. This is of course dependent on the exposome factor: contributing environmental toxins like BPA which are in plastic water bottles. It's also dependent on us making the right choices in our eating, so we feed the good bacteria in our gut and turn off those genetic markers.

Looking at the Microbiome Is Key

My patient, Linda, is sixty-seven and has celiac disease that was misdiagnosed for over thirty years. Because of her celiac, Linda also developed multiple autoimmune conditions that kept her health very poor. Linda's life has revolved around her health concerns. When we introduced a better diversity of bacteria into her gut, her body started to heal some of the ulcerations that resulted from her celiac disease.

The best way to do this is for her was to bypass the digestive system in the stomach and the small intestine and introduce good probiotics through the colon itself, rectally.

After Linda started the probiotic enema regime she began to:

- Feel happier
- Sleep better
- Gain strength and muscle mass she never had before

After several months, Linda reclaimed a good portion of her digestive health, and is able to eat more than the six foods that, initially, she could eat when she came to see us.

The way we knew what to do for Linda was to order the correct tests and to look at a stool culture. One gram of fecal matter has one-hundred terabytes of information in it; one-hundred times the typical amount of information in a laptop computer!

Get Rid of Bacterial, Fungal, or Parasitic Infections

In my genes, I am prone to blood sugar issues, diabetes, heart disease, and Alzheimer's. I was able to test and detect yeast overgrowth from my stool and look at the patterns in my tongue through my Chinese medical training. With this information, I could understand how sugar is toxic for me, not because of my blood sugar but because it feeds the yeast in my body.

I managed these organisms by supplementing my diet with:

- *Saccharomyces boulardii*, a specific yeast culture
- Caprylic acid
- Spanish black radish

I also eliminated vinegars and the sugars found in grains, refined sugars, and processed foods. Once I

did, I immediately noticed a dramatic shift in the way my body felt. I had better blood sugar levels, my blood work was cleaner overall, and I had incredible amounts of energy.

When you take the time to dig in and get your body healthy, you are no longer predisposed to genetic issues.

Fix the Gut and Chronic Disease Patterns End

Genetics make up 5 to 7 percent of chronic disease patterns. You can stop certain undesirable diseases from developing if you can get the right bacteria in your gut. Researchers looked at the fecal matter of twin women and found one had metabolic syndrome and one did not. One had hypothyroidism, one did not. When they looked at the stool culture, they found a significant amount of firmicutes bacteria in the twin who had the metabolic syndrome and hypothyroidism.

How do you get the right bacteria in your gut?

You can eat live, lacto-fermented foods:

- Sauerkraut every morning
- Kimchi
- Pickles

Start fermenting your own foods. It's easy to do and requires no special ingredients or equipment.

The foods you put in your mouth are either feeding a disease or curing a disease. You've got to be careful which foods you are choosing because they have a dramatic impact on which genes express themselves.

LEAKY GUT SYNDROME

The amount of data compiled in the last five years about microbiomes shows that our bodies are very protective of our insides. That protective wall in your intestines, a thin layer of single epithelial cells, can get broken down. This is leaky gut syndrome. If something penetrates that wall and gets out into your body, your immune system starts going crazy. It attacks as if a robber has broken into your house.

When you're considering leaky gut, review whether you have symptoms such as:

- Bloating
- Excessive eating
- Disregulation of your stool (e.g., constipation, pain, cramping, or loose stool)

The effects of leaky gut can show up in your joints. We have been able to reverse a lot of chronic back pain and arthritis by taking care of a leaky gut.

According to many experts, leaky gut can result in numerous and widespread health problems, including:

- Autoimmune reactions and diseases
- Inflammatory bowel disease
- Poor cognitive performance and learning disabilities
- Food allergies or sensitivities
- Asthma and Respiratory issues
- Skin disorders like eczema and psoriasis
- Arthritis and other body aches or pains
- A higher chance for developing diabetes
- Fatigue
- Changes in mood, weight and appetite

To find out if you have Leaky Gut, a fairly simple urine test can be performed that measures zonulin and lipopolysaccharides.

Zonulin controls the size of the openings between your gut lining and your bloodstream. Even in healthy people, small openings are needed between the two to transport nutrients back and forth, but abnormally high levels of zonulin can cause these openings to become too large, which allows for undigested food to be released into the body.

Lipopolysaccharides are referred to as endotoxins and are large molecules found in gram-negative bacteria. These molecules are released when the bacteria die.

When these molecules are released they can become very toxic and need to be excreted from the body immediately. If they are not excreted then they may get released back into the bloodstream and cause a host of autoimmune reactions. Lipopolysaccharides become elevated when the intestinal flora is imbalanced. The imbalance causes more death in the gram-negative bacteria, thus exposing your intestinal wall to high levels of the toxic lipopolysaccharide molecules. The presence of lipopolysaccharides alone doesn't necessarily indicate that someone has leaky gut, but it does indicate an imbalance of the healthy flora in the gut.

This test along with the stool culture give a much better perspective on your overall health and whether leaky gut could be one of the contributing factors for your autoimmune disease, fatigue, or brain fog.

There are specific bacteria cultures that thrive in leaky gut, so look at the whole picture.

The Gluten Factor

Gluten is one of the most prolific causes of leaky gut. The majority of Caucasians have some kind of a reaction to gluten. About 20 percent of us have a genetic mutation, which causes us to be resistant to gluten, and a small percentage have celiac disease.

For those who are gluten sensitive, gluten is very addictive. It's been shown to stimulate the opiate receptors in your brain. This means you can have a significant amount of withdrawal symptoms when you come off gluten. I challenge you to try avoiding it for three or four days and see how your body feels. It may take a little longer, but over time your body will feel incredibly strong. You'll notice less irritability in your digestive system. You may even notice you think better and your thoughts are clearer. Gluten can be found in virtually everything, so be cautious and aware.

Do You Have Leaky Gut?

How do you know if you have a leaky gut?

You have to take the time to work with an experienced practitioner. You can have leaky gut in either the small intestine or the large intestine, but get it fixed as soon as possible.

When you address your leaky gut, make sure that you are not taking any NSAIDs—the non-steroidal anti-inflammatories. They've been linked time and time again to intestinal permeability, which allows those proteins to affect your immune system. If you have a history of taking over-the-counter pain medications, there is a very good chance you have leaky gut.

Other factors that cause and contribute to leaky gut are:

- The amount of foods you've eaten (especially fast and processed foods)
- The amount of chemical exposure you've had in your life

If you have amalgam fillings on your teeth, those heavy metals can also contribute to gut permeability. They have a reaction against the bacteria in your gut, which can lead to bacterial overgrowth.

The time of year can also affect digestion. In five-element Chinese medicine, the season of autumn corresponds with the element of metal and the organs of lungs and large intestine. During that time of year, the largest burden is on your large intestine. Just like the earth is harvesting in the fall and providing new life, so are your lungs and large intestine. When you breathe, you take in new life and when you harvest your food, so to speak, in the fermentation process in the large intestine, you also receive new life and energy.

Proper testing is always important. One of the tests we did in the past was the beet test. You would eat red beets and if you urinated red, you knew you had some kind of gut permeability. A more current tool is *zonulin* or *lipopolysaccharide* testing, as mentioned before. Finally, we use a comprehensive stool analysis with diagnostic labs to get a better picture.

The Path to Healing Leaky Gut

The process of healing leaky gut syndrome requires eliminating several foods and food groups.

First, remove the foods your body does not need or like, starting with gluten. I recommend this to everybody whether you've been diagnosed with leaky gut or not. Next, get rid of dairy. The casein in dairy can affect the bacteria in your gut. You also need to eliminate all sugars:

- Refined sugar
- Sugar additives
- All artificial sugars

Artificial sugars have the same type of impact on our gut biome as antibiotics do, or *glyphosate* (a prevalent pesticide) in processed foods, in addition to the devastating effects it has on the brain.

Avoid *peanuts* and peanut by-products. Peanuts have aflatoxins and they harbor yeast. You also want to avoid *soy products* which have lecithins in them. Soy can be phytoestrogenic by nature. Finally, eliminate *corn*. A large percentage of corn in our country is genetically modified, so it should be avoided. Corn in its many forms (high-fructose corn syrup, starch, oil) is prevalent in many prepared and processed foods. You must check labels because you may not know you're

eating a corn product. It's hidden in salad dressings, baked goods, and condiments, as well as in many other foods.

Seven Food Sensitivities

These are the most common food intolerances:

1. **Eggs.** Another over-consumed product. Eggs readily available in most groceries, prepared foods (like mayonnaise and baked products), and restaurants come from chickens that are fed growth hormones, antibiotics, and are kept caged with no sunlight or roaming unless specified.
2. **Shellfish.** Shrimp, lobsters, crabs, and oysters cause the greatest number of food reactions. This allergy usually develops later in life.
3. **Soy.** Used in nearly every prepared food product. It is difficult to get rid of this substance, but we ask you to reduce consumption as much as you can. The food industry uses many elements of the soy and you have to look carefully at ingredients recognize the names of these soy products: mono- and diglycerides, soya, soja, or yuba, TSF or TSP (textured soy protein), TVP (textured vegetable protein), Lecithin, or MSG.

Most soy in the United States is genetically modified.

4. **Tomatoes.** Tomatoes have become standard, year-round foods in the American diet. We consume tomatoes regularly. Because of overuse, many people have developed sensitivities. Tomatoes are also genetically modified on a regular basis.
5. **Peanuts.** Found in large amounts of frequently used products. Nearly one hundred Americans die per year from this allergy. Peanuts farming uses a high level of pesticides. Look for organic peanut butter or use alternatives such as almond butter and sunflower butter.
6. **Milk.** As many as 50 million Americans are lactose intolerant. Cow's milk is not necessary for human consumption. Traces of DDT and toxic, banned pesticides are STILL found in conventional milk. Look for alternatives such as almond milk and coconut milk.
7. **Wheat/Gluten.** As mentioned above, gluten can cause many issues. Examples of common gluten sources are wheat, barley, rye, and oats. Like dairy and soy, gluten is in a myriad of grocery products and many manufacturers of gluten-free products use equipment that also process

wheat, so they cannot guarantee that their products are truly free of gluten. So beware of aliases such as flour, spelt, cake flour, couscous, matzoh, matzah, kamut, and graham.

If you're looking to heal leaky gut, you have to heal your stress levels. When your stress level is high, you need some Zen time to yourself. Another strategy to aid digestion and heal the gut is to do more *chi gong* exercises. As I've mentioned before, do more meditation. Review the action steps on p 60.

Finally, nurture your relationships. Happy, healthy relationships have as big an impact on your digestive health as food does.

CHAPTER **THREE**

Looking at the Whole Picture

SYMPTOMS SHOW TOO LATE

Benjamin Franklin said, “An ounce of prevention is better than a pound of cure.”

I couldn't agree with him more. A functional approach to health is the only way to determine whether your body is healthy or not. We look at function as the ability to perform an action. The more actions your body can perform—whether that's making hormones, moving furniture, or running a marathon—the better your overall health.

From a holistic perspective, try to understand how your physiology affects your psychology, and how your psychology affects the performance of your day, how you get things accomplished. My goal is to assist you in understanding how you can prevent diseases from coming on. In that process, you'll optimize your health by making correct choices and designing a lifestyle that enhances your overall health and well-being.

Most Testing Is not Accurate Enough

Standard blood tests are based on a bell curve of 95 percent of the population. Each lab analyzes your data and compares it against the other data from people who have come in before you. This establishes baselines. When lab results indicate a problem, it's frequently too late. You've already missed the time to prevent disease.

Disease prevention is best done twenty to thirty years before symptoms show.

Understanding stool analysis is critical, much more so than any blood tests, because the bacteria in your body account for so many physiological functions. You have bacteria that make tryptophan, which is a precursor for serotonin. You have bacteria that cause your body to put on fat, or not. You have bacterial functions that help you feel certain emotions.

You also want to understand how your adrenal functions are doing. The best test for this uses saliva. It gives us important information about cortisol, which can impact your neurotransmitters.

Looking at neurotransmitters is another way of understanding:

- Serotonin levels
- Dopamine levels
- Acetylcholine levels

We can also look at your gamma-aminobutyric acid (GABA) function through urinalysis. GABA is a chemical messenger that is widely distributed in the brain. GABA's natural function is to reduce the activity of the neurons to which it binds.

Running the standard tests that your healthcare provider orders for your annual physical exam is simply not enough for disease prevention.

Symptoms Are the Tip of the Iceberg

In studying the functions of the body, The Lance Armstrong Institute found that liver enzymes become elevated only after 80 percent of the liver has cirrhosis, or scarring, in it. In a younger, healthy person, the liver enzymes don't become elevated in blood work until the liver is 90 percent cirrhotic. You will have lost too much function before symptoms manifest.

Our bodies are designed to mask symptoms so we can survive and thrive. Symptoms are like the Check Engine light on your dashboard. If that warning light isn't addressed at the right time, then, your car breaks down and you're left stranded. That's how most Americans treat their bodies.

You might think that most people get headaches; therefore, it must be normal to get headaches. But it's not normal; it's common. There's an important difference.

Because you believe everyone else is experiencing the same symptoms, you may ignore indicators such as:

- Headaches
- Depression
- Bowel difficulty
- Insomnia

The quicker you understand the your body's behavior, and look at symptoms the same way you'd look at a Check Engine light, the sooner you can take care of your health and be *proactive* instead of *reactive*.

IGNORING OR MASKING SYMPTOMS LEADS TO CHRONIC ILLNESS

After a time of significant stress and emotional upheaval, one patient ended up with a diagnosis of colon cancer. When we reviewed her case and looked at the contributing factors, we realized the stress was essentially the straw that broke the camel's back rather than the root cause. She followed the original food pyramid, eating an incredible amount of grains and carbohydrates. On closer review, we noticed that nearly 70 percent of her calories over the last thirty years were from carbohydrates.

We can link the process of the disease to the gluten, including the inflammatory processes caused by the

grains, the leptin in grains that actually deplete nutrients from her body and cause more inflammation. Even the phytic acid found in a lot of the legumes and grains she ate are an anti-nutrient, which can be a key contributor to cancer. This is in addition to the BPA in the water she was drinking and the contamination in the foods. When you diagnose, you have to consider *all* of the aspects of what's going on in a person's life. There's rarely one thing causing a chronic disease or cancer. It's a variety of factors, an entire array of possibilities.

For example, antidepressants perform no better than a placebo in clinical trials for mild to moderate depression. For severe depression, the results may be only a small fraction of a percentage higher. There needs to be a better solution. The initial thought was a chemical imbalance caused depression but as we learn more we've discovered only 25 percent of the population has depression connected to some kind of chemical imbalance. The other 75 percent need information and recommendations that doesn't involve pharmaceuticals.

If you carefully look at antidepressants you will see that they clearly state the mechanism of action is unknown. As an example, from the package insert of Cymbalta:

Although the exact mechanisms of the antidepressant, central pain inhibitory and anxiolytic actions of

duloxetine in humans are unknown, these actions are believed to be related to its potentiation of serotonergic and noradrenergic activity in the CNS.

The National Institutes of Mental Health (NIMH) investigated whether or not depressed individuals had low serotonin and concluded, in 1983, that there is no evidence that there is anything wrong in the serotonergic system of depressed patients. The area that is of the most concern is that forty thousand deaths occur every single year from the use of antidepressants.

Why does this happen?

Well according to *Prevent Disease*:

[The enzyme] CYP2D6 (cytochrome P450 2D6) acts on one-fourth of all prescription drugs, including the selective serotonin reuptake inhibitors (SSRI), tricyclic antidepressants (TCA), beta blockers, opiates, neuroleptics, antiarrhythmics and a variety of toxic plant substances.

Up to 15 percent of the population has a slow acting form of this enzyme and many of these a fast acting form.

Thirty-five percent are carriers of a non-functional CYP2D6 allele, especially elevating the risk of adverse drug reactions when these individuals are taking multiple drugs.

This means that potentially as many as 1 billion people on the planet cannot metabolize and eliminate the commonly prescribed drugs from their bodies. If we use technology to our advantage use the right testing we could prevent forty thousand deaths every single year. One company that we use at my clinics is called Genomind. While we do not prescribe antidepressants, we use this genetic test to determine which medications may be causing side effects or long-term damage.

When we can use technology to do the right tests with our phones, we can get healthier, faster, and with fewer medications.

EAST WEST HEALTH

In the two-thousand-year-old text called *The Yellow Emperor's Classic*, Huang Di asked his chief physician, Qi Bo, similar questions to what you are I are looking for, the secrets to health, longevity and a fulfilling life.

Here's what he asked: "I've heard of people in ancient times, spoken of as the immortals, who knew the secrets of the universe and held the world in the palm of their hands. They extracted essence from nature and practiced Qi Gong and various stretching and breathing exercises, and visualizations, to integrate body, mind, and spirit. They remained undisturbed and thus attained extraordinary levels of accomplishment. Can you tell me about them?"

Qi Bo responded, “The immortals kept their mental energies focused and refined, and harmonized their bodies with the environment. So they did not show typical signs of aging and were able to live beyond their biological limitations.”

This is a text that I studied throughout my training and its just as relevant today as it was two thousand years ago.

When I opened my first clinic in 2004, I chose the name East West because I wanted to practice the medicine relevant to the people I served. Today, East West Health is the name of my clinic. We have five clinics in Utah, and we practice East-West medicine. We have one of the most successful enterprises in practicing integrated Eastern and Western medicine in the country. The success we’ve had is based on the vision I had from day one: Western and Eastern practitioners can work together. We don’t have to fight against each other.

East-West health is the medicine of the future: we don’t want to outrun ourselves, chasing the next new scientific breakthrough, or looking at the next genetic sequencing protocol. We want to keep our minds focused on the future, but we also want to use therapies that have worked for thousands of years.

When it comes to health, much has changed, but there is just as much – if not more – that hasn’t changed. All

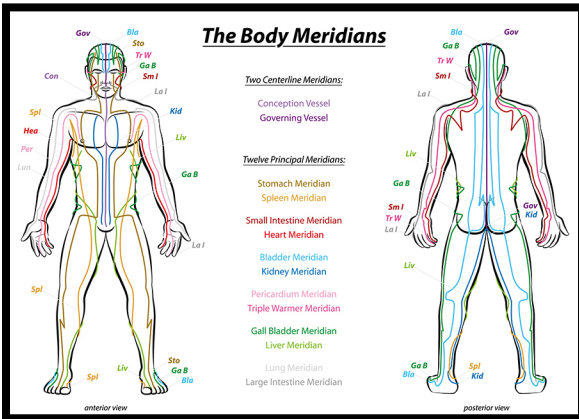
too often we prefer to try the latest discovery rather than be in harmony with nature, simply meditating, going for a walk, or having healthy relationships. We keep looking to science and technology for salvation when some old-fashioned, simple tricks of unplugging and relaxing can enhance our health more than anything.

East West Health creates a bridge between two worlds. It requires multiple perspectives in getting your body healthy. Those perspectives can be based on new science, a study, or research. It can also be a perspective learned two or three thousand years ago. There is a lot of knowledge and wisdom to be gained when we can combine Eastern therapies and Western therapies. People in Asia have been doing this successfully for decades. If you go to a hospital in Korea or China you find herbal medicine and acupuncture wings. You also see orthopedic wings and cardiology units, but nearby is a combined multi-disciplinary approach based on integrative medicine. This is the way to move for a healthier future.

We Are the Microcosm of the Macrocosm

We are a reflection of the earth we live in. The bacteria in the soil is almost identical to the bacteria in our guts. As the microcosm of the macrocosm, we are living, breathing entities who can look at the earth to give us life.

Your Health Transformation



In Chinese medicine we categorize the body systems to correspond with the five elements:

- Fire
- Earth
- Wood
- Metal
- Water

Liver/Gallbladder (Wood Element)

For example, the person who gets irate while driving will typically have liver imbalances. The emotions that show up for them are anger, frustration, and irritability. When your liver is balanced and in harmony you will experience life from a far more compassionate and benevolent perspective. You will go out of your way to provide service for others and kindness. You will be an excellent planner and leader. One way that we test your liver function is through looking at liver enzymes as well as your progesterone and estrogen levels. Those hormones are synthesized in your liver.

Spleen/Stomach (Earth)

If you are the worrying type then you more than likely have a spleen imbalance. Pensiveness and never ending thought processes that are focused on problems and concerns in life that keep you up at night point

us to spleen imbalances. If your spleen and pancreas are healthy you will be able to articulate your thoughts clearly and let things roll off your back. You will also be able to create more connections in your community and in your environment. You will have healthy relationships.

Do you have a sweet tooth?

Your spleen and pancreas work directly together in keeping blood sugar stabilized in your body. One test that we do to see how this organ is functioning is a blood sugar test through saliva.

Kidney/Urinary Bladder (Water)

The individual who is afraid and feels impending doom or is easily startled can manifest kidney and adrenal imbalances. This may be the person who watches the news too frequently or who feels overwhelmed by any change in life. When your kidneys and adrenals are balanced you will have strong hormonal health and you will also be able to cultivate wisdom in your actions. The kidneys house your destiny for your life so when a person is struggling to understand what their purposes are we help guide them back to their kidney energy. Healthy kidneys also indicate how long we will live. One way that we test your kidneys is by looking at electrolytes and mineral balance. We also test your

adrenal stress hormones by looking at cortisol levels at four distinct times of the day.

Lungs/Large Intestine (Metal)

To breathe is to inspire, and that is exactly what the lungs do for us: they provide inspiration. They can also give us insights on projects that we are working on or with the goals that we are looking to accomplish. If your lungs are not balanced you may end up with allergies and you will display the emotion of grief. Everything that does not go your way in life will feel like a loss. Lung imbalances will show up as eczema or dermatitis on your skin. The lungs help us stay organized and grow as an individual and find connection with nature. Your thyroid works directly with your lungs and providing the metabolic spark that allows the energy to ignite in your body. Sadness, grief, and the inability to express yourself are all emotions that directly affect your thyroid and your lungs. We test the function of your lungs by looking at different food and environmental allergies and intolerances that you may have. We can test this through blood, saliva, and hair analysis. We also do a comprehensive thyroid test where we look at TSH, T3, T4 and all of the antibodies associated with autoimmune thyroid conditions. Ninety percent of all thyroid issues affecting women relate to autoimmune conditions. This is one of the top three major issues in health today.

Heart/Small Intestine (Fire)

If you are a person who needs constant stimulation from your Smartphone or your TV or any electronic device, then you have heart imbalances. If you find yourself easily distracted and having a hard time focusing on one thing, then we need to balance your heart. Heart disease is the number one disease in the United States, killing over six hundred thousand people per year. I am very passionate about preventing heart disease in our country because about ten years ago, my dad nearly died from a heart attack.

Both the heart and the pituitary regulate the rhythms of life. When your heart is balanced, you will have joy and humor and you will know when to say things at the appropriate time.

Persons who have severe heart imbalances will struggle to be themselves and will not make sense in a conversation. Your personality is incredibly unique and it is your heart that helps manifest who you are to others. What we need more than ever is people being authentic and open hearted so that we can experience more connection, more joy, more love, and a happier life. We test the heart by looking at your triglycerides, lipid profile, cholesterol, and all of your red and white blood cell numbers. We test for the health of the pituitary gland by measuring levels of adrenal and thyroid stimulating hormone that it releases.

The Five Stages

According to the principle, all change – in the universe and in your body – occurs in five distinct stages.

Each of these stages is associated with:

- A particular time of year
- A specific element in nature
- A pair of organs in the body

Change corresponds with the seasons of the year, elements of nature, and your body's organs and bodily processes. A practitioner of traditional Chinese medicine uses this principle to diagnose and treat health problems, linking specific foods, herbs, and acupuncture points to the restoration of yin-yang and *Qi*, or energy.

These elements create life and different functions in our organs and glands. As the Earth uses its own resources, we have to use ours.

The power of seeing your body as a microcosm of the macrocosm is in knowing that you can find answers in the environment around you. You can look to the plants and other natural materials to help you heal. All of those things can heal us, if we're willing to look in our outer world for answers. You can also find causes of your illness if you just look at the toxicity in the earth.

Grounded in Tradition While Looking Into the Future

Medical research takes a massive amount of time to actually find things that are helpful. A better way to move forward when it comes to our health is by looking at models of health which could serve our population, don't cost a lot of money, and are safe. More than one hundred, six thousand deaths every year result from properly prescribed medications. Another hundred fifty thousand to hundred sixty thousand deaths are due to medical errors.

Physicians need to take a step back, look at the Hippocratic Oath, and remember their promise to do no harm. In traditional ancient medicine there may be a lot of superstitions woven through, but there are also a lot of significant and useful basics.

You need to:

- Move your body every day
- Do some *chi gong*
- Clear your mind and meditate
- Find a greater meaning to life beyond the material

There is so much to be gained if we merge the science with the art. I've learned from my mentors that medicine is as much of an art as it is a science. Where

you can go wrong is if you rely too heavily on either the medicine as the art, or the medicine as the science. We need the mix.

As we merge the sciences with the arts, there are three core principles we can never leave behind. The first is meditation. Science is starting to recognize that people who meditate are 20 to 30 percent more productive during the day.

People who meditate:

- Experience fewer episodes of depression
- Develop more coping strategies
- Enjoy life and get more out of it

The second thing we don't want to leave behind as we're treading these waters of regenerative medicine is the idea that life is precious. Relationships are the most meaningful thing we can cultivate as we navigate our way through this world. If you consider the idea that humans could be living to be five-, six-, or seven-hundred years old in a very short time, we cannot lose sight of the importance of connection in our daily lives.

The third idea as we merge technologies with fundamental processes of medicine, health, and life that we cannot leave behind is the fact that nobody is alone and we are more than individuals. We cannot lose sight of humanity as a whole. When you go into

almost any hospital or any medical clinic you end up feeling like a machine or a part to be processed. You can feel like a mechanic is tinkering with your parts. We can't lose sight of the spiritual side of life.

When you merge science with healing as an art, you can understand why they work together. I've had some very powerful energy work sessions. I've had emotional releases, and I've had thousands of acupuncture treatments. The bottom line is, we don't know enough about the arts because science has not given us enough answers.

We want definitive answers and results and when we can't have them we get frustrated. This is why we venture from the Newtonian physics which is reductionist and mechanistic, and which most of the pharmaceutical industry is based on. Quantum mechanics gives us the understanding of the healing arts. Simply because we can't measure a phenomenon does not mean it doesn't exist or affect healing.

CHAPTER **FOUR**

Burn Belly Fat – A Functional Approach

DETOXIFICATION

The number one step in preventative medicine is detoxification.

If you are looking to heal your body you must look at what your body needs to survive:

- Vitamins
- Minerals
- Fatty acids
- Proteins
- Carbohydrates
- Healthy level of nutrition

You're not going to absorb the nutrients the way your body is designed to if your body is plugged up with toxins, which can come from many sources:

- Environmental chemicals (exhaust, pesticides, smoke)
- Medications, such as antibiotics

- Alcohol
- Processed food ingredients
- Personal care products
- Water from a polluted source

Toxins decrease your physical and mental capabilities. You'll feel foggy in your head and achy in your joints. You'll have inflammation, and you'll be more susceptible to having cancer, heart disease, or even diabetes. You need to detoxify on a regular basis to maintain your health.

Your Liver Is a Busy Organ

In Chinese medicine, your liver is called your *gan*, and regarded as having the energy of a general in the army. Your liver orchestrates multiple functions; it has four hundred digestive functions and roughly two hundred hormonal functions, so it could be classified as both an organ and a gland. One of the things the liver does, from the Chinese medical perspective, is gives the body the ability to plan.

In the Neijing, the liver is thought of as the master planner. It holds the office of the general of the armed forces, and it helps plan out whatever the vision is of the emperor. To be more productive at work, to kick more ass in life, you have to have a healthy liver, because your liver gives your body a vision of how you're going to get there.

Your liver produces enzymes so you can break down your food. It also protects your body from medication. If you don't have the proper enzymes to break down medication, and you assimilate it too fast, you can die or end up with worse symptoms. It can also be fatal if your liver is failing to provide the proper breakdown of nutrients that you're consuming.

Your liver health is reflected in your eyes and in the elasticity of your muscles.

If you have liver issues, you can:

- Develop more of a pot belly
- Get headaches
- Feel grumpy often
- Get edgy and irritable

One of the key characteristics of liver imbalances is when stress in your life makes you irritable and grumpy. On the flip side, with a healthy liver, you're going to have more benevolence. You'll have this feeling of general well-being towards others. If you improve your liver function, you'll improve your outlook and mood.

Taking Care of Your Liver

Here's a great liver purification detox program that will help you get started.

This will aid cleansing and nourishing your liver and will quickly transform your body into a fat burning mode. All six fat-burning hormones do their work through the liver and a healthy liver can greatly enhance weight loss and overall health.

Stay on this enhancement for at least fourteen days. During this time, your body is switching from running on sugar fuel to running on fat fuel. On the fourteenth day of the program, depending on your results, you will either continue with the liver enhancement for a longer period of time or start adding some animal protein with each meal as you transition.

Remain on the program if:

- You are doing well.
- You are losing weight.
- You are not craving protein or getting fatigued.

It is recommended you stay on the liver enhancement plan as long as you can before going to the next step.

Food Intake: Unlimited Vegetables

Some people may experience digestive bloating from adding vegetables to their diet. If bloating, cramps, and gas occur, be sure to notify your provider so natural digestive enzymes can be prescribed. Use a food log to record how you feel after you eat to better understand

which foods are tough to digest or do not agree with you system, you may avoid those foods for now.

The bulk of the foods should be nutrient dense, high-fiber vegetables.

For now you will remove these foods from your menu:

- Sugars
- Refined foods
- Refined fats (trans fats)
- Starchy foods like potatoes

And eat plenty of these recommended foods that are high in anticancer properties, nutrient dense, high in enzyme activity and omega-3 fats (fish oils, evening primrose, flax oil):

Asparagus	Ginger root
Alfalfa sprouts	Leeks
Artichokes	Lettuces
Avocado	Kale
Bamboo shoots	Mushrooms
Beans	Okra
Beets	Olives
Bok choy	Onions
Broccoli	Parsley
Brussels sprouts	Peas
Cabbage	Pickles (w/out sugar)

Carrots	Radishes
Cauliflower	Sauerkraut
Celery	Seaweed spinach
Cilantro	Squash
Collard greens	String beans
Cucumbers	Sugar snap peas
Dill	Swiss chard
Eggplant	Turnip greens
Escarole	Water chestnuts
Garlic	Zucchini

More Veggies: It is recommended that you eat one to two pounds of lightly steamed vegetables each day. The key is to eat as many of these vegetables as you can, including between meals.

Dairy: Do not drink milk or consume dairy products: cream cheese, sour cream, yogurt, cheese, and so on. Adding some Ghee or organic butter is acceptable.

Starches: Do not eat starchy vegetables, such as French fries, baked potatoes, mashed potatoes, yams, and sweet potatoes.

Grains: Do not consume breads, pasta, cereal, crackers, biscuits, waffles, muffins, pancakes, rice, rice cakes, donuts, etc. They readily turn into sugar once ingested.

Salad Dressings: If you use dressing on your salad, go light on the quantity (just enough to flavor the salad).

Use natural and organic dressings with no added sugar or food colorings; avoid high fructose corn syrup, dextrose, sugar cane, and MSG (monosodium glutamate, also called *modified food starch*). Use sesame oil, apple cider vinegar, olive oil, lemon juice (from organic lemons) or other recipes we have listed.

Fruits: Fruits should be eaten mostly at night. Don't eat more than twenty-five grams of fructose per day. One half-cup of berries or other fruit for breakfast is acceptable. (blueberries are highly recommended, also strawberries, raspberries, and elderberries).

Proportions: Eat one to two pounds of vegetables, 125-130 grams of fat, and try to eliminate animal proteins. This will give your liver a break.

Avoid: Bananas, dates, figs, raisins, canned fruits, dried fruits and mangoes should be avoided, also avoid fruit juice. There is a chemical in grapefruit that increases the potency of some medications; if you are taking medications avoid grapefruit and grapefruit juice.

Animal Protein: Ideally you will not be eating any animal proteins (meat, chicken, fish) or in the first two weeks.

Add a small amount of animal protein every day if you experience:

- Lightheadedness

- Dizziness,
- Brain fog
- Fatigue
- Overall body cold due to low blood sugar
- Hair loss
- Cravings for protein

Fish: is the best protein in this program. If you need to eat animal proteins, stick with wild-caught fish: sardines; anchovies; tuna; salmon; cod; sashimi/sushi (without the rice); grass-fed organic buffalo, beef, or lamb; or free-range organic eggs. Do not overeat proteins. Eat just enough to satisfy your hunger. It is better to eat frequent small amounts, as overeating will stress the liver and convert protein to fat.

Baking: It is preferable to prepare the fish or meat by baking on low heat; do not fry, braise, blacken, or grill on high heat. See recipes in the books and online resources we recommend.

Soaked Nuts and Seeds: You will need to eat ample amount of nuts and seeds between meals to prevent hunger. Almonds and walnuts are best and germinating nuts and seeds will help with digestion. In order to germinate seeds and nuts, soak overnight in water, make sure to rinse well and consume within a few days.

Beans/Lentils: A minimal amount of beans and lentils can be added to this program as well. Avoid refried

beans and baked beans. You will need to soak the beans overnight as you do with the nuts and seeds. Make sure to rinse them well. Another option for beans and lentils is to sprout them. Never sprout kidney beans; they must be cooked thoroughly because they contain phytohaemagglutinin, a toxic lectin that will make you sick.

Use Glutathione and Activated Charcoal: Glutathione is known as the master antioxidant and will aid your liver in converting fat-soluble toxins into water-soluble molecules. It's recommended to take only liposomal glutathione on an empty stomach. Activated charcoal will bind with toxins and assist in pulling them out of your body, and it's great to use after a weekend bender or a heavy workout.

Cranberry Drink: You will be drinking a mixture of unsweetened cranberry juice, lemon juice, and apple cider vinegar.

Eight ounces of this mixture should be taken three times per day:

- First thing in the morning upon rising
- Before lunch
- Before dinner

Ingredients:

8 oz spring water

2 oz unsweetened cranberry juice

1/3 fresh lemon juice or 1 tsp lemon powder. If you have a diagnosis of kidney stones, use the juice of a whole lemon or 3 tsp lemon powder.

1/2-1 tsp apple cider vinegar. Adjust to taste as this may be too strong for some people.

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator or cooler.

Beverages: You can drink as much water and herbal tea as you desire, but only drink the amount of water you are thirsty for. Naturally decaffeinated green tea is another option.

Drink spring water or filtered water if possible at least TWO quarts a day.

During the first week, wean off Alcohol and Caffeine. Do not take any alcohol or caffeine for the remaining weeks of your detoxification. You may need to mix decaffeinated coffee for the first few days until weaned off.

General tips: Refrain from eating anything that is not on the lists, especially sugar and hidden sugars in juice, sports drinks, protein bars, vanilla yogurt, and other prepared foods.

1. Breathe deeply to allow oxygen to circulate more completely through your system.
2. Transform stress by emphasizing positive emotions.
3. Practice hydrotherapy by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for thirty seconds.
4. Sweat in a sauna so your body can eliminate wastes through perspiration.
5. Dry brush your skin. Special brushes are available at natural products stores.
6. Exercise. Sweat is an important way our bodies remove toxins. Yoga, Qigong, stretching, as well as many other exercises with specific health benefits are ideal during the detoxification process.

I consider the cleansing/fasting/detoxification process to be the missing link in Western nutrition and a key to the health and vitality of our civilization I truly

believe that cleansing and detoxification is virtually one of the most powerful healing (real healing of ailments and not just suppression of symptoms) therapies I have seen.

~ Elson M. Haas, MD Founder,
Preventive Medical

1. Eat Lots of Healthy Fats: Consume a total of 125–130 grams per day, consisting of options such as these:
 - 21 grams avocado
 - 1 Tablespoon olive, coconut, or avocado oil
 - ½ cup almonds, cashews, or macadamia nuts
 - 1 Tablespoon organic butter

Healthy Food and Healthy Absorption of Nutrients Are Different

A patient, Cindy, retired with her husband and bought a pig farm in Southern Utah. Not long after, she started to develop a lot of fatigue, put on weight, and didn't feel well. She tried multiple doctors around the state. When she came to me we discovered a parasite in her gut was blocking her body's ability to get energy. She had bacterial overgrowth of *Staphylococcus aureus*, a substantial amount of *Candida albicans*, and an amoeba parasite that more than likely came from the farming she was doing.

Once we removed the pathogens that were keeping her from absorbing the nutrients her body needed, she started to thrive. Her mind was clear, and her body started to feel better. She didn't have to force herself out of bed every day. She was able to get back to farming and doing the things she loved. No matter how healthy the food she was eating, she could not get the nutrients from it because she had an imbalance in the bacteria in her gut.

What happened to Cindy is something we see throughout America. The majority of us don't have the diversity of the bacteria in our gut that we need to absorb nutrients, feel our best, look our best, and burn fat.

Decrease Brain Fog – Eliminate Pain

One of the gifts of life is the ability to be present and the ability to connect with people. One of the biggest detriments is when our brains don't work as they should. Then we can't create and enjoy those vital connections.

In order to eliminate this issue, we have to look at what's going on with our neurological system. Interestingly enough, there is a connection between pain and brain fog. Your brain gets signals from your peripheral nervous system, and those signals can let you know

your body is in pain. Those nerves are of pain. Then we have nerves of function, which are pretty much imperceptible. Nerves of function can be compromised due to auto accidents, chemical toxicity, or heavy metal toxicity. They can also be affected by an imbalance in your microbiomes.

When you fix the nervous system in order to fix the brain you get back to your ability to connect with others, to relate them, to feel gratitude, and to feel peace. There's a three-step process that allows you to do this.

The first step is to get rid of any of the heavy metals that could be impinging on your brain function. Aluminum is one of the main heavy metals that link brain fog with muscle weakness and muscle pain. It can be found in the antiperspirant in deodorants and when you cook on Teflon pans. There is aluminum in a lot of the products we consume, especially in vitamins and minerals. You need look for it as an ingredient. Once you rid your system of it, you will see an improvement.

The second thing is to move your body and exercise more. One of the best ways of clearing brain fog is high-intensity interval training. The amount of blood that starts circulating in your brain can go up 200–300 percent after a high-intensity – high enough that you breathe heavily and sweat – workout, which clears out some of those toxins, including amyloid plaque that can build up in your brain.

Finally, the third thing is to follow a diet that eliminates any inflammation, because inflammation creates more pain and traps you in a vicious cycle. Turmeric, often used in spice blends for curry found in Indian foods, contains a powerful anti-inflammatory called *curcumin*. It can be bought in isolation as a fresh root or dried as a spice or dietary supplement.

Those three steps can help you lose the brain fog and decreasing your pain.

Think of detoxification as a way of reenergizing every cell in your body. Each cell is its own universe, and every cell needs to be connected with your organs and your glands. They need to be able to perform their functions right. Your cells are like employees who love their job, but can't always perform efficiently. Detoxification gives them a clear purpose, and a clear plan of action of how to accomplish their job. Don't look at it as you're going to have to be running to the bathroom every hour or two.

The detoxification process should:

- Feel good
- Nurture your body
- Give you strength
- Give you clarity

FEEDING YOUR SLIMMING BACTERIA

Ask yourself: *why are you putting on fat in the first place?*

You can get your body healthy by turning off the microbiota that are not helpful for you.

You have certain cultures in your gut that can facilitate your body's ability to drop the unhealthy fat and be more fit:

- Bacteriodes
- Fermicute
- Bifidobacteria

Many people have negative self-judgment about their weight. As important as it is to monitor and respond to weight gain, the real concern should be finding where the imbalance is.

Why did your body put on this fat?

If we decrease your stress and get your bacteria healthy, your overall appearance will improve. A healthy microbiome is one of the first ingredients of a healthy body.

The second reason we want to make sure your microbiome is healthy is because it helps eliminate inflammation in your body. If you have a muffin top you'd like to get rid of, then the very first thing we have to go after is the bacteria causing it. Research has

shown bacteria can create more histamines in your body. Those histamines puff up your midsection.

The third reason we want to do find out how to eliminate fat is the more we can get your body feeling good, the more likely it is you're going to exercise. You're going to get outside, you're going to put on your swimsuit. You're not going to be embarrassed to be naked or to look in the mirror. These are critical components in overall health.

Fecal Transplant in Mice

I heard about fecal transplants in 2009. Fecal microbiota transplant (FMT) is a procedure where fecal matter or stool is collected from a donor. It's mixed with a saline solution, and injected it into another person, or if you're receiving the fecal matter, then you use an enema to place the fecal matter back into your bacteria. This method has been used for treating *Clostridium difficile*, or C-diff, to help get better diversity of bacteria in the gut.

There's a study that blew the lid off the ideas we had around weight. Scientists took a group of obese mice and a group of healthy mice. They took the fecal matter from the obese mice and transplanted into the healthy mice. Then they took the fecal matter from the skinny mice and transplanted it into the fat mice. They

maintained the same diet for both mice colonies. Within a short time the obese mice—without changing their diet, lifestyle, or any other behaviors—became skinny and healthy. The skinny mice became fat. The researchers didn't trust their initial results; it was so startling. They started sending this fecal matter transplant information to several different universities. The results were duplicated, and we learned the importance of bacteria to maintaining a healthy weight.

Your bacteria could be a big part of the reason why you can't lose weight, even when you've tried diet and exercise and you've had the optimum levels of nutrition. More than likely you've got issues with the bacteria in your gut you have to get rid of.

Three Foods Your Bacteria Cannot Live Without

We don't eat enough vegetables. There are many reasons why our bodies need vegetables. The first thing is our body's bacteria feed on are oligosaccharides. Oligosaccharides are sugar chains, but found abundantly in different sources of vegetables. We need to eat a pound of vegetables every day. Those vegetables provide the fiber, or what we call a prebiotic, for your bacteria to live on. You've got these hundreds of trillions of bacteria in your gut. When you get the right foods in, your bacteria is healthy, and so are you.

You also need right amount of the right vegetables especially a lot of cruciferous vegetables such as:

- Mustard greens
- Collard greens
- Kale
- Chard

Remember to eat these vegetables cooked to avoid a negative impact on your thyroid.

The second type of food your bacteria need to thrive are fermented foods. In the United States we've moved away from fermented foods and replaced them with processed foods, the worst thing you can do for your gut microbiome.

Fermented foods, on the other hand, are one of the best. As strange as it sounds, you cannot outperform two or three tablespoons of sauerkraut. You can't make a probiotic that's as potent as eating a fermented sauerkraut or kimchi or pickles. For most Americans, the only fermentation we consume is alcohol. Alcohol, unfortunately, is going to destroy most of the bacteria in your gut. Half a glass of wine a couple of times a week has been shown to be somewhat beneficial, but it doesn't truly support your microbiome. Plan to eat fermented foods on a daily basis.

One of the main foods that bacteria feeds on is butyric acid which is found in coconuts. The MCTs in coconut oils become these small-chain fatty acids that your bacteria feeds on. The other way you can get that is through grass-fed meat, which is the third food that is going to save your gut.

This can include:

- Grass-fed beef
- Grass-fed bison
- Grass-fed lamb
- Wild-caught fish
- Wild game
- Liver from grass-fed animals

All of these butyric acids must come from very healthy cuts meats. If you're eating commercial meats, they have antibiotics and hormones and are loaded with stuff your body does not like or need.

Fermented Foods: An Ancient Ingredient for Your Health

One of the characteristics of Chinese medicine that I love is how doctors would observe animals. When animals got sick, they did certain things naturally. When the doctors watched horses they learned that at certain times of the year, horses would eat certain plants; the same was true with cattle. The doctors

at that time learned medicine through observation. These Chinese physicians found that animals have the wisdom to know what foods to eat during particular seasons. To get the right diversity of bacteria in your gut, eat foods at the proper time of year.

In the United States, we eat the same foods whether it's winter, summer, spring, or fall; Change up your diet and eat more foods based on the seasons. It is one of the best things you can do for your gut microbiome.

If you can get fermented foods, they should be eaten on a regular basis. The Asians are not eating pancakes and bacon at breakfast. There's always fermented foods along with some vegetables. They eat small portions. In Europe you'll find fermented pickles, sauerkraut, and other fermented foods. If you get plenty of fermented foods in your diet first thing in the morning you will turn on some of these fat-burning hormones and fat-burning bacteria.

Not every probiotic is made the same. Be cautious when you are choosing a probiotic. We use probiotics that are pharmaceutical graded. They are independently studied and researched, but you need to know that probiotics can do as much harm as good. Don't go out and randomly take anything labeled probiotics, thinking it's the solution to your health.

The solution is getting the diversity of foods:

- Getting a pound to two pounds of vegetables in every day
- Eating fermented foods every morning
- Eating healthy, organic meats that are grass-fed or wild-caught fish

How to Make Powerful Lifestyle Shifts

There are three things that get in the way of individuals losing weight in a healthy way.

1. **No more fruit in the morning.** Do you start your morning out with a fruit smoothie? Studies have revealed that if you eat more than 25 grams of fructose in a day you will feed yeast organisms that compete with your fat-burning bacteria. High levels of sugar consumption in the morning contribute to insulin resistance, because your cortisol levels are already high. This adds to inflammation that causes your body to store sugar as fat in your belly. This storage of unneeded fat also raises your levels of toxicity.

What are you eating for breakfast? Save that bowl of fruit for the evening and try instead eating a few cups of steamed vegetables with an avocado. Make sure to load on the olive oil or ghee to add in your fats. Drinking a cup of

bone broth soup will also give you boundless energy while repairing inflammatory issues in the gut. The best foods in the morning are veggies, avocados, healthy fats, fish, sauerkraut and some fat-enriched coffee (if you are a coffee drinker). What you do not want to consume in the morning is more than 20 grams of protein or more than 30 grams of carbohydrates.

2. **Detoxify first:** Failure to detoxify your liver will result in yo-yo weight loss. This means if you lose twenty pounds, you're almost guaranteed to put on thirty pounds within the next month or two because you didn't take the time to cleanse your body first.

Your liver has two types of detoxification pathways: phase 1 and phase 2. Phase 1 detoxification is where your liver converts fat-soluble toxins into water-soluble molecules that can be excreted through your gallbladder and into your small intestine. You know where it goes from there. You can use glutathione cream in the morning and at night before you go to bed. Phase 2 is complete once the toxic molecule is excreted all of the way out of your body through your urine or stool. Use activated charcoal to assist your body in this process.

You will be amazed at how much more mental clarity you have when you detoxify your liver. If you have a history of exposure to heavy metals, use zeolite volcanic ash and eat one cup of cilantro every day. Follow the 14–28 day purification plan listed above before ever starting to burn fat.

- 3. Adrenal and thyroid health.** Metabolism is dependent on adequate thyroid hormones in your body. Every cell in your body has several engines, called the mitochondria, and the thyroid hormone ignites this engine and allows you to start consuming the food you eat as energy. Thyroid issues are at epidemic proportions in the United States because of the large quantities of fluoride we have dumped in our water over the past twenty-five years. If you do not regulate your thyroid and adrenal glands then weight loss will be nearly impossible. You will not have a healthy metabolism.

The best way to find out how your thyroid hormones are performing is through a blood test that can easily be done at a very low cost. In the meantime, make sure that you are NOT on a calorie-restricted diet. You will want to cook your cruciferous vegetables and eat only organic meats and wild-caught fish.

If there is inadequate thyroid hormone, the adrenal glands are affected and if there are inadequate adrenal hormones, the thyroid is effected. Your adrenal glands are your main stress-adaptation gland. These are your fight-or-flight hormones that push out adrenaline, epinephrine, and norepiniphrine. They are necessary for staying alive. But you only have so much of these hormones that you can use up each day. In a constant state of stress, you will run out of these essential hormones and they will start to steal hormones from your thyroid or sex hormones.

When your adrenal glands are overworked, your cortisol will steal progesterone to make more of it. This depletes you of the progesterone you need for other functions such as estrogen balance. This causes estrogen dominance, otherwise know as belly fat. The thyroid and progesterone have a normalizing and anti-stress effect on the pituitary gland, which helps out the adrenals. When progesterone falls, because it is being converted to the stress-fighting hormone, the thyroid suddenly has to take on the task of removing stress from the body.

The thyroid governs your metabolism, the rate of which you burn fat, and brain and other essential body functions. If the adrenals are depleted, the thyroid will jump in to maintain a proper rate of adrenal hormone production. However, the endocrine system can't

handle this forever. Over time, the thyroid decreases hormone production to conserve energy. Low thyroid leads to low blood pressure, cold hands and feet, and restless leg syndrome.

There are several helpful nutrients that can help normalize thyroid and adrenal function. If your blood test shows your thyroid is normal, you may not be converting T4 to the more potent T3 hormone. You may also want to test for Hashimoto's disease. Testing the adrenal glands' function is more difficult with blood; more effective testing is done by collecting urine and saliva at several times throughout the day. A Chinese pulse diagnosis is another way to determine imbalances. If either your adrenals or thyroid functions are impaired here are some things that can help:

1. **Cordyceps.** Cordyceps refers to a genus of fungus that promotes and enhances immunity, sexual function, adrenal hormones, and longevity. It assists in adrenal and stress recovery. Many experts tout its effectiveness as a disease preventative. It also supports healthy cortisol production and prevents premature aging. Cordyceps assist the adrenals in producing many of the fifty hormones they are responsible for so that the thyroid doesn't step in and take over.

2. **Ashwagandha.** This extract of the winter cherry plant enhances thyroid function and produces a significant increase in T4 thyroid hormone. It also works with thyroid glandular support to improve the conversion of T4 to the more active T3. Take 75–150 milligrams one or two times daily. Great for stress conditions, anxiety, baggy eyes, weight gain on lower abdomen, hormonal imbalances, and so on.
3. **Prolamine Iodine/Kelp.** Iodine was the chief medicine used in many parts of the world up until the turn of the twentieth century, when chemically derived pharmaceuticals edged their way into society. Iodine is used in the treatment of obesity, poor digestion, flatulence, obstinate constipation, and to protect against effects of radiation. It is very beneficial to brain tissue, the membrane surrounding the brain, the sensory nerves, and the spinal cord. It prevents fibroids, cysts, and toxic accumulations in the body. It also can detox the body of flouride, chloride, and bromine.

HORMONES AND EXERCISE

One of the classes we teach at East West Health is called, “We Can’t Exercise for You.” A lot of people

take exercise to extremes one way or the other. One newly popular exercise movement is CrossFit, in which you work out every day, and during that workout, you give one hundred percent. With these kinds of workouts, participants get injured and the injury keeps them from exercising. Participants also end up putting on belly fat if they burn their adrenal glands out. Use a CrossFit instructor who is certified so that you are safe. I love CrossFit and the community, but have to do it in the right doses or I tend to get injured.

On the other end of the spectrum are people who aren't exercising enough. They go for a walk or decide to park their car at the back of the parking lot or take the stairs up. While that is helpful, it is physical activity – but not exercise, and it's not enough.

You may think you've done enough when you take enough steps in a day, but you can't look at physical activity alone. On the flip side, exercise alone isn't what you need. You need to blend the two.

You have to be physically active every day. Your ancestors were and your body is designed for this. Additionally, once or twice a week depending on your hormones, you need exercise, and by that I mean that you push yourself to a high level of intensity – to the point where you are breathing hard and sweating. It doesn't have to be for very long, maybe five to ten

minutes max. But that five to ten minutes twice a week can turn on your growth hormone and allow you to burn fat 400 percent more efficiently than if you're running on the treadmill.

Running on the Treadmill Does More Harm Than Good

The longest distance I ever ran on a treadmill was fifteen miles. I saw this as more of a mental exercise than a physical one, because I was undergoing a significant amount of stress in my life with a relationship. That fifteen-mile run on the treadmill was probably one of the most meditative experiences of my life. I had studied chi running, and I've been in several races. I would not call myself an expert or an advanced runner, but I have taken the time to do the homework behind running.

One thing I find with treadmills is they leave you in the same pattern. Your cadence doesn't change. That's not natural. The natural runners change pace and terrain. When our ancestors were chasing antelope, they were sprinting and then they were going at a slow jog. They were running fast, then they were slowing down. They were trying to herd the antelope so one of the tribe members could get close enough for the kill.

When you're running on a treadmill, your cytokines get secreted at a level that starts deteriorating your muscle mass. A lot of runners end up having too much cortisol in their body because they're pushing themselves at these massive distances, and they're building up too much inflammation. One of the biggest things you can do if you are a runner is to check your C-reactive proteins, or CRP. We have to see what your C-reactive proteins look like so we can manage this inflammatory process and keep you running.

Your treadmill is not going to get you healthy unless you access those fat-burning hormones, which only happens when you to stay on the machine for thirty minutes. It's the thirty minutes *after* that initial thirty when you're burning fat. The problem is after an hour on the treadmill, most people are going to end up with too much inflammation, which keeps them from burning fat. My advice is, don't get on the treadmill more than once or twice a week, and when you're on it, speed it up, then slow it down throughout your workout.

The best thing is get outside and go for a run. Connect with nature. Make it more of a meditative process than you make it work.

Exercise as Medicine in Ten Minutes or Less

A significant amount of research has been done by Dr. Doug McGuff and is outlined in his book *Body by Science*. I have found that it is the easiest way for me to get my patients working out in a manner that does not cause injury but improves growth hormone, muscle mass, and overall physique.

The benefit of these super-slow workouts is that they require less time to accomplish better results. This workout has been shown to reverse osteoarthritis faster than standard weightlifting. If you have some achy joints then you will want to do this.

How does it work?

During a super slow set, you are slowly working your muscles to fatigue. This triggers adaptations in your muscles that cause your muscles to grow.

Because this workout keeps the muscles under pressure during the negative part of the lift, your muscles are optimally conditioned to grow faster and have higher mitochondrial production. This means you're using more of your muscle during the exercise and getting greater benefits.

What do I do?

Safety is the first priority when you're strength training. If you don't have a good deal of experience using free weights, you can seek the guidance of a personal trainer or start out by using a weight machine. Here's how to do a Super-Slow Workout: <http://fitness.mercola.com/sites/fitness/archive/2012/05/11/benefits-of-super-slow-workouts.aspx>.

- Choose a weight that you can lift at least eight times, but not more than twelve, using this technique. You might have to experiment over a couple of workouts when you first get started to determine what weight is the right weight to use.
- You can do a Super-Slow Workout using free weights or on a quality machine. If you aren't used to using free weights already, then you should start with a weight machine that will guide the placement of the weight. This allows you to concentrate more fully on the effort and not have to pay attention to the motion.
- If you are using free weights it is important to use excellent form and a spotter who can watch your form. Using free weights increases the risk of injury when the weights become unbalanced, which a spotter can help prevent.

- The motion of the weight should not stop at the top or the bottom of the lift. The idea is to keep the weight moving at a slow pace. If you are using a weight machine, the weight should not come to rest until you have completed your set.
- Lift the weight as slowly and gradually as you can. The first couple of inches should take up to 2 seconds so you are deprived of using momentum to bring the weight up.
- The motion during contraction of the muscle and again during extension should last 7 to 10 seconds. You can do a variation in which the motion takes 4 to 5 seconds, but it should not go below 4 seconds.
- In other words, if you are doing a chest press, when the weight is being pushed forward it takes 7 to 10 seconds. Then, without pause you reverse the motion and bring the weight back to your chest, taking another 7 to 10 seconds.
- Work your muscles to complete fatigue, which means that you'll get to a point where you can't move the weight any farther. When you get to this point you should continue to contract your muscle for the full 7 seconds to get the most benefit from the workout.

Here are some ideas for workout exercises:

- Squats
- Lat pull downs
- Lunges
- Push-ups
- Bicep curls
- Lat shoulder raises
- Leg curls
- Seated rows
- Pull-ups
- Dead lifts

When I started doing super slow exercises, I had a difficult time getting the right amount of weight. The focus is on the contraction of your muscle and not the movement of weight, which reduces your risk of injury.

Perhaps best of all, when you slow down your strength training to this extent, it becomes a *high-intensity workout*. <http://www.mercola.com/infographics/what-is-peak-fitness.htm>.

This not only significantly boosts your fat-burning potential but also results in an excellent boost in human growth hormone (HGH), otherwise known as *the fitness hormone*.

You only need eight to twelve minutes of super-slow strength training once a week to achieve high levels of HGH production.

You can even tweak your super-slow workouts to focus on attaining upper body strength and definition.

A lot of my patients will ask about the need to do cardio as well. The research is pretty clear that when you do a workout like this, you will not only receive the benefits of growing muscle mass, but you will also have benefits to your cardiovascular system. The joints are the first to deteriorate in our bodies, so this is especially good news; you will be able to recover quicker and have greater levels of joint stability after making these exercises part of your lifestyle.

CHAPTER **FIVE**

The Health of the Future

TECHNOLOGY – FRIEND OR FOE?

There's no getting away from today's pervasive technology: cell phones, tablets we take with us everywhere, and more channels and stations streaming into our homes than we could possibly ever consume. We have to deal with it. The way we use it can be incredibly empowering and enlightening, or it can make us sicker, more obese, and less smart. Use technology to your advantage. The better relationship you have with technology, the more we can help you get healthy.

Is Your Smart Phone Making You Dumb?

When was the last time you went to dinner and were fully engaged with your significant other, your kids, or your friends, and didn't look at your phone once throughout your meal?

Most people say, "Well, I had to look at it because I had an important phone call."

Or they offer a related excuse. When we're old and look back at the important moments of our lives in which we were fully engaged and fully present with the people we love, none of them will have involved a cell phone.

In order to be a fully functioning human being, and in order to have happiness and joy in life, presence is essential. Ancient texts have been written about it starting as far back as the *Tao Te Ching* and through many Buddhist works. Even in the Bible, there are passages on being in faith, being present, and being engaged in a process. Unfortunately, a lot of our phones are making us emotionally dumb, because we are so distracted by them. We'll respond to a text during a meal or we'll be on Facebook at night when we're lying in bed rather than enjoying intimacy with our partner.

There are many things we can do to use our technology to our advantage. First, you have to create a significant boundary around when to use technology and when not to. I recommend that when you get out of bed, don't check Facebook, your voicemail, or your email. Try keeping your phone on airplane mode for at least twelve hours a day. Once you have your phone in this mode, you won't have the distractions coming through. Next time you go to dinner, put your phone in airplane mode. The world will not end because you disconnected for a couple of hours.

Your Phone as a Diagnostic Tool

Did you know there is an app under development to help a mother use her phone to diagnose how significant her baby's illness is?

No doubt technology is going to improve. Soon, you'll be able to use a symptom tracker: plug in your symptoms and get a result. Maybe you'll put a drop of blood on or you'll cough into your phone, and your phone will give you better data, a better analysis, and a better diagnosis than ten board-certified physicians can today.

This is a significant change in healthcare, because currently 75 percent of visits to the doctor are pharmaceutical based. People are going to the doctor to talk about drugs, not illness. Once your phone can give you the data you need to understand where the dysfunctions are, you can use the information—even now you can crowd-source all the information on social media—to understand what might be a better alternative than a pharmaceutical agent, especially if there is no proof the drug gives the desired result.

The Possibilities Are Endless With Technology

Our world is changing at a rapid rate. As of this writing, there are seven billion people on the planet. A lot of researchers predict that number will peak at nine billion people.

With nine billion people, we have to get smart about using the science at our disposal to deal with:

- More diseases
- Drought
- Food shortages
- More chronic disease, even in industrial countries

We must use the tools we've been given to feed nine billion people and keep ourselves healthy.

In order for us to continue as a species, we are going to need technology to grow the best crops, and technology to understand exactly what is happening when our bodies malfunction, so we don't wait until a chronic disease shows up like cancer or heart disease. Technology is everywhere. If we're lucky, soon we'll be able to out diagnose the doctors, and do it in the present moment, not have to wait for the results of tests. If you get your mind set ten to twenty years into the future, you can start preparing for a radical shift in health.

Using Apps on Your Phone as a Mobile Zen Master

As I mentioned earlier, a lot of us get distracted by our Smartphones and apps. We are driving down the road—literally and figuratively—with our heads in our laps. There are some ways we can use to use our

phones to our advantage. There are certain apps, like Evernote, which helps you be more productive and get more done with less stress.

When it comes to health, one of the best devices I have found is called a Spire device. The Spire device is like a having a pocket Zen master. It's newer technology, but it measures the amplitude; every step is tracked, so you can understand what your activity looks like throughout the day. It also measures the frequency of your breathing. This app tells you when you're tense, when you're focused, and when you're calm. It gives you reminders throughout the day to breathe or to pause and do a meditation.

To enhance your happiness and your productivity, then you need to stop every fifty minutes and:

- Breathe
- Relax
- Check in with your thoughts
- Check in with your body

Technology and apps can be used to your advantage. You can create reminders to stop and be mindful throughout the course of your busy day.

The other apps I like are the health apps. An app we use for our patients gives them daily reminders of what herbs they need to take, and why they need to

take those. It gives them reminders of what nutritional protocol we have them on and lets them know helpful exercise routines. We stay engaged with our patients and keep them on track. We can mentor without being in a physical location at a specific time.

Artificial Intelligence and Disease Patterns

Qualcom, the company that makes the microchips in your phone, created the Qualcomm Tricorder Xprize in connection with Peter Diamandis at the Xprize Foundation. There is a \$10 million prize going to the company that can first produce an app for the phone that allows a parent with a sick child to be able to use the phone to diagnose whether the child is sick enough to go to the emergency room, visit the healthcare provider, or stay at home.

The far-reaching result of this app is a way of taking care of millions of people who are underserved with physicians. People in remote locations around the world will be able to use their phones to get a diagnosis.

When there is a spread of an infectious disease, we'll be able to track it better, because there will be a central database where, essentially, it's crowd-sourced. Rather than waiting on the FDA or the Centers of Disease Control, there will be a central database where the community of participants can go, upload diagnoses and report infectious disease patterns they've received.

The parameters for creating this app are that it has to be more accurate than ten board-certified physicians would be at diagnosing the same problem. Perhaps someday we'll be able to put a drop of blood on our phones, or cough into the phone, or put saliva on the screen and we'll have the parameters necessary to understand how our physiology is performing.

Technology Can Help Access New Parts of Your Brain

One of the technologies around since the 1960s has been electroencephalogram (EEG) testing. The problem we've had with EEGs, however, is we don't know exactly what to do with the measurements. An EEG measures wavelengths. You have alpha waves, beta waves, theta waves, and delta waves. There is so much information contained in one EEG reading, we don't know what to do with it all. In the future, we will be able to map out the way your brain is behaving, the way your brain is performing through electroencephalogram, and we will be able to change the behavior of the brain through neurofeedback.

We can give your brain new signals or offer it new commands, and your brain will adapt and change. This strategy helps people overcome ADHD, for example, which continues to be diagnosed regularly. In order to focus more and have better memory or

better concentration, using technology such as EEGs is incredibly helpful.

With improved technology things get cheaper, faster, and smaller. We don't have to wait until someone has a traumatic brain injury or concussion to test brain signals. We can do a small portion of it, called heart rate variability. Heart rate variability allows you and your doctor to see how your brain and your heart are connected. It gives you a signal where you can understand how your parasympathetic and sympathetic nervous system are interacting. There are great things to know and it's easier than ever to collect and use this information. If you look ten years into the future, we're going to have many tools in our pockets that can help us dramatically and positively increase the way our brain functions.

A Healthy Relationship With Technology

Technology can serve you well as you look after your health.

There are several different tools and media available to help you:

- Track your steps
- Raise your heart rate
- Keep a food journal
- Determine if you have food sensitivities

You can even track heart rate variability with your Smartphone. Companies like Spire have methods for measuring breathing patterns. Your Spire device can connect with your phone to let you know when you're too tense, you need to breathe more, or you need to relax. It also tracks when your brain is focused, so you understand when during the day you can be the most creative and therefore should work on projects. You can use tracking devices to help you understand when the best time is for you to work or to work out.

Some of the most fascinating ways that we can use technology are with ingestible sensors. Imagine receiving a text message notifying you that you forgot to take your supplements and herbs. Right now, this device is intended to monitor medication usage—which could be creepy, but in the long run we can use it for all kinds of healthy alternatives. These ingestion-monitoring systems have been approved and tested extensively.

For example, Proteus Digital Health (at proteus.com) has developed a system consisting of a Smartphone, a sensor patch, and a pill. Each pill contains a one-square-millimeter sensor that is coated in two digestible metals: copper and magnesium. These metals are fairly safe because they currently exist in multi-vitamin supplements, as well as naturally in our diets. Upon swallowing, the sensor is activated by electrolytes

within the body. The pill then transmits a signal to a small, battery-powered patch worn on the user's torso and sends the data via Bluetooth to a Smartphone.

The PillCam is another swallowable tool that has been approved by the United States Food and Drug Administration. The PillCam COLON is intended for patients who have difficulties undergoing standard colonoscopies due to anatomy issues, previous surgery or various colon diseases. This non-invasive test can be used to remotely visualize the gastrointestinal tract and colon to detect polyps and identify the first signs of colorectal cancer. The PillCam COLON will allow more people to get screened in an effective and convenient manner, decreasing the economic impact on the health system and increasing the survival rate of those diagnosed.

How about **Smart Toilets**?

Imagine a toilet that could double up as a doctor, telling you if your health is at risk every time you need to relieve yourself. That's exactly what one Japanese company has created with the Flowsky toilet, which acts as a device to measure urine flow rates and sugar in urine. This will only get more sophisticated and in the future you may not even need to send urine or stool samples in at all with your Smart Toilet. As this task becomes more sensitive, we also look at neurotransmitters,

hormones, and nutritional imbalances all through your morning void.

One of the most exciting areas of cost decrease in testing is in **sequencing the human genome**. In 2007 Craig Venture was the first person to have his entire genetic code sequenced, and it cost him \$100 million. In 2008, just one year, later James Watson had his done for just under \$1 million. By 2010, the company Illumina was charging \$19,500 for the service and as of this writing in 2016, the cost is approaching \$1000.00 for a less sensitive, but highly helpful test. In the future the process will cost less than \$100.00.

The possibility of low-cost, ongoing monitoring of everything from your genetic map to the bacteria living in your gut can shed new light on personal health in a way that is accessible to more and more people. Having all this information requires doctors to become better teachers and coaches than diagnosticians. It also requires us to look beyond using pharmaceutical agents and into natural medicine because we will see the vast differences in the health of people who use this approach. Imagine your doctor recommending herbal or nutritionally based alternatives to pharmaceutical drugs. The research has been done. Now we just need more physicians trained for drug-free solutions. Having this information available will help us take action to

prevent chronic disease and live longer, healthier lives. Hopefully some of you will live to be 250 years old.

Using technology, we can biohack into our own psychology. You can understand what excites you. You can understand what stressors you have and take steps to get rid of those stressors. You can also track your mood changes with your Smartphone. I learn much faster thanks to technology and my notes are always on my phone, so I can readily access them and refresh my memory.

Essentially, we learn how to do something, and we apply it to our life; we apply it to a system so we are healthier individuals who work more efficiently and effectively at preventing disease. But there needs to be a balance.

STEM CELLS – THE NEW FRONTIER

Stem cells are in your kidneys, your thyroid, your foot, your eyes, and in every tissue in your body. They are what make us human. Stem cells are waiting to work for us and heal us.

The more stem cells that you have, the faster your body can heal. If we had an unlimited supply of stem cells, we could rapidly recover from any injury, much in the way that the Marvel Comics character Wolverine does

in the X-Men movies. This is the way you and I would heal if we had unlimited access to stem cells. One of the reasons that two-year-olds can fall downstairs and bounce back from an injury so quickly is because they have massive amounts of stem cells circulating in their body. If an eighty-year-old person falls down the stairs, they typically end up needing multiple surgeries if they survive it all.

The decline of adult stem cells in your body can lead to irreversible damage in virtually any body part, causing tissue breakdown, aging, and a loss of long-term health. Without a resupply of constant adult stem cells, good health is compromised.

Here's how your stem cell rates decline as you age:

- At age thirty-five, the stem cell release rate drops by 45 percent.
- At age fifty, the stem cell release rate drops by 50 percent.
- At age sixty-five, the stem cell release rate drops by 90 percent. At this age you have just 10 percent of adult stem cells circulating in your blood. This is what makes you vulnerable to infection and osteoporosis.

Research done at the Institute of Experimental Medicine, Academy of Sciences, of the Czech Republic

in Prague concluded and published in 2011 that mice transplanted with mesenchymal stem cells lived longer.

So what are stem cells? These are cells that have not been assigned a task in your body. They are *undifferentiated cells*. Differentiation is the process by which cells become increasingly specialized to carry out specific functions and tissues and organs. They are beaming with life and with light. There are several types of stem cells some of which are called *pluripotent*, *mesenchymal* and *multipotent*.

My Shoulder Recovery Story

Several years ago I was in a snowboarding accident. I collided with a skier who was skiing very slowly and I was snowboarding at about forty-five miles per hour. I ended up tearing my rotator cuff and my biceps tendon, and I cracked my scapula 90.5 percent. After six months of acupuncture, receiving trigger point injections, and doing physical therapy and chiropractic—work, anything natural I could do, a friend of mine told me the truth I wasn't ready to accept.

She said, "You know, this is not going to heal on its own. The damage is too extensive. You've got nothing to work with."

I sought out stem cell therapy. I decided to use amniotic stem cells. I didn't want the stem cells to

be harvested from my bone marrow or my fat tissue because, in addition to being painful, we don't know the concentration of stem cells from the bone marrow.

Within seventy-two hours of the treatment, I went from a pain level of eight or nine every day, and not sleeping at night, to a pain level of one. When I woke up the third day after getting stem cells, I was shocked, because I had slept through the night. I was dumbfounded by the process and the results. Within thirty days I had nearly complete function in my shoulder. Today if you look at images from a before and after perspective, my shoulder looks as though nothing ever happened to it. It is remarkable.

With my experience, I decided I needed to get this into my clinics. We have seen miraculous turnarounds with using stem cells with our patients who have had similar issues with their joints.

As we gain more awareness about what stem cells can do, we wonder what are the possibilities for:

- Overall health
- Regrowing damaged tissue
- Regrowing organs
- Changing the behavior of a type-1 diabetic's pancreas
- Reversing multiple sclerosis

Stem cells are the new frontier that will allow us to live to be as old as we would like.

I see patients who have had joint replacements, and have had tremendous success for a time, but then they need another. I've also seen patients who have had the same pain return even after the joint has been replaced and now they don't know how to treat the problem.

There's a far less invasive solution than joint replacement, and that's using stem cells.

Stem cells can regrow:

- Ligaments
- Cartilage
- Tendons

When you use the amniotic allograft, you're getting about 40 percent of healing cells per unit. The other parts you're getting are growth factors—up to 247—which help change the environment and the chemistry so the tissue can grow.

How Can You Generate Your Own Stem Cells?

1. **Exercise.** The human body seems designed to increase stem cell numbers when you are more active (see the section, "Exercise as Medicine in Ten Minutes or Less," in Chapter Four). This makes great sense if you consider that the more

active you are, the more new cells you'll need as you are likely to lose more of your older cells by exercising. Here are two papers backing up the idea of exercise boosting our stem cell numbers.

- Macaluso, F., and K.H. Myburgh (2012). "Current evidence that exercise can increase the number of adult stem cells." *Journal of Muscle Research and Cell Motility* 33:3 187-98. DOI: 10.1007/s10974-012-9302-0 <http://link.springer.com/article/10.1007/s10974-012-9302-0>.
 - Blackmore, DG, et al. (2009) "Exercise increases neural stem cell number in a growth hormone-dependent manner, augmenting the regenerative response in aged mice." *Stem Cells* 27:8 2044-52. DOI: 10.1002/stem.120. <http://www.ncbi.nlm.nih.gov/pubmed/19544415>.
2. **Acupuncture:** Dr. Charles Shang, a researcher at Harvard University, believes that the meridian system in acupuncture and stem cells are closely linked through an organizational network of special cells. The network is formed in utero before many of the other body systems are formed. The network affects all systems throughout life. Following this idea, acupuncture can therefore trigger stem cells to grow and multiply at an accelerated rate. When

needles are placed in the body, the immune system reacts to the stimulus as if it were a threat, and in turn organizes multiple cells, including stem cells, to repair any perceived damage caused by the needle insertion. (<http://www.sci-therapies.info/stem.htm#TOP>).

3. **Herbal Medicine:** several recent studies show that herbal compounds can trigger stem cell growth. Some of the most abundant sources are phytoplankton, aloe vera, polygonum, astragalus, cordyceps and certain types of ginseng. On a daily basis I am looking for ways to support my body's own ability to create more stem cells.

There's also incredible application for stem cell use and chronic disease, like fibromyalgia, issues with diabetes, or Parkinson's disease. Scientists are also looking at ways stem cells can change the way a patient's immune system is behaving, or misbehaving.

Stem cells have been used since the early 1980s. In each case—and they've been used over three hundred thousand times—there have been no adverse reactions because the cells carry cytokines and protective proteins, which prevent such a reaction. Amniotic fluid, for instance, protects the fetus from the mother's immune system, so the mother's system does not attack

the baby. The way that stem cells function is a far cry from the traditional medical route. We need to lose the stigma around stem cells.

Stem Cells—One of the Most Intelligent Medicines on the Planet

Stem cells can help your body heal in incredible ways. They're not a panacea, but we do know that stem cells can target areas of the body that are inflamed, areas of the body that are damaged, and then go to work.

Stem cells are a work force. All the stem cells need is the DNA imprint and then they go to work. Until then they don't have a command. They've not been assigned a task. Once you assign stem cells to a certain area of your body, they build what your body needs and there's no adverse reaction. Eventually we will work with someone who has liver disease, inject some stem cells into the liver, and let those cells grow new liver tissue.

Studies find these stem cells are incredibly vital when it comes to producing new tissue and new growth in:

- Organs
- Joints
- Glands
- Brain
- Nerve tissue

Research and results are showing it works. Remembering the Oath, there is no harm done by using amniotic allograph stem cells, either to the donor or receiver. More doctors should be utilizing this technology.

MINDSET IS EVERYTHING

We can have the most amazing technology at our fingertips. We can have the coolest medicine. People could be living to be 150 or 200 years old.

What does that matter if you're not living a life worth living?

Try to incorporate into your life:

- Serving more
- Finding a deeper meaning
- Connecting with people
- Enhancing the quality of your life and others' lives

Mindset is where health begins. This is where the rubber really meets the road. We can talk about concepts and science, but if you're beating yourself up, if you are not thinking about the greater good you could do for your family, community, or society, then it's not going to have any type of impact on our ability to evolve as human beings. We must get our mindset correct.

Relationships Matter Most

When we get to the end of life, I don't think we are going to pat ourselves on the back for working sixty-hour weeks or staying in the same job for thirty years. I don't think we're going to look at the material things. We're not going to be proud of the nice car we drove, or the beautiful house when we're on our deathbed. The thing that's going to matter most is the relationships we've created, and the bonds and the connections we've made with others.

No matter what my accomplishments may be, if there is no one to share them with, they lose their value and meaning, and drop in importance. In terms of relationships, if we look at the way social media is pulling us in so many different directions, we're having connections but they are a lot less strong than when you're in person, when you're face to face. I don't want us to ever lose sight of having good relationships.

How do you do this?

- Forgive.
- Let go of the past.
- Bring good energy into any engagement that you have.
- Be the person who shows up for those events.
- Create those events.

To create good relationships be present: be aware of what the other person is saying, what they're doing.

How often do you feel that people are actually listening to what you're saying?

When was the last time somebody actually had a heart-to-heart conversation with you?

When you are fully present and fully engaged with another person you can feel the depths of their soul. That's what relationships are for.

Relationships are for:

- Expressing yourself
- Generating more love and more kindness
- Being a better person
- Shining a true light on who you are as well as those in your life

Health Is Necessary for You to Fulfill Your Purpose

Think about the last time you had the flu. You were in bed, feeling like you were run over by a truck. If somebody asked you to do something, you couldn't do it. If you're getting regular headaches, or you've got back pain, or peripheral neuropathy and you can barely walk, you're not going to be able to do the things you want to do.

In our lives, it doesn't matter how much money we have, or don't have. It doesn't matter what kind of car we drive. Everything hinges on our body's ability to function. I like to define health as the amount of function your body has. To have perfect health, your body has to function perfectly.

A lot of us have symptoms that we ignore, and ignore, and ignore. Finally, it's too late. You're ready to retire, but you can barely get out of bed in the morning because you're so exhausted or your hormones are so trashed you have no ability to connect with people because you're so moody or so depressed.

To be able to serve greater and be operating and performing at your fullest potential, you must have your health. Nothing you want to accomplish can happen without this. On the flip side, when you have health, when you have energy levels, when you are feeling vital and strong, that's when you are unstoppable.

That's when you can:

- Help the planet heal
- Help other people
- Take on projects that are creative and meaningful
- Find more beauty and joy in life

We have to look at our health as an investment versus an expense. An expense is when we wait for things to

get broken, and then we go to the doctor to get them fixed. Health needs to be a daily investment.

You need to invest in:

- Food
- Getting the proper exercise in
- Herbal medication and mindset
- Finding a healthcare mentor

Look at the last item on the list. Work with someone who practices holistic, functional medicine; somebody who is trained to help you take a step-by-step approach to conquering your health every day, the best that you can.

Can You Think a Little Bigger?

Sit down and write some goals about where you see your health three years from now.

Where is your life going?

How do you want your finances to look?

Money is a form of energy. It's a commodity, so you can generate more and more of it, but you have to have your health to do this.

Where do you want to go or travel?

What do you want to do or accomplish?

You also need to look at what makes you feel small in life.

Are you feeling like you can't do things?

Do you have self-doubt?

The bigger you can think, the more people you can reach, the better your health will be. Problems are only problems when we put all of our attention on them.

Think bigger about your health. Think about the technology. We'll have more assistance for our health than we've ever had. It's becoming safer, cheaper, and more effective than it ever has been. We have better tools of keeping our brains healthy, our organs healthy, and our glands healthy. But you need to think bigger.

You have to engage every part of your brain. Studies report we use maybe 10 percent of our brain. Perhaps that's because we think small about life. We think we're isolated to this single planet, for example, or that we can only affect so many people. This is a world of endless possibilities. Tapping into those endless possibilities requires you to expand your thinking and expand your mindset. This changes everything, and this is how we as humanity can help each other grow and evolve so we succeed and live happy, peaceful, healthy, productive lives.

Conclusion

Struggling with health issues can be one of the most devastating dilemmas of life, but it doesn't have to be. There are solutions and tools available. There are so many resources to reclaim your health for good, even if you have five, six, seven, or ten autoimmune diseases; even if you have been diagnosed with multiple conditions that you've been told you'll never heal from. The struggle can end if you trust in your body's ability to heal itself.

We've made tremendous progress in understanding how the body functions and how to get the body to perform and heal faster and more permanently.

We need to step away from the system that we've been living in for the last fifty or sixty years, in which the approach has primarily been one of finding a drug to mask the symptom.

The new way of thinking is to give your body the right environment so it can heal itself.

When we do this, new and better results happen.

To make this change in mindset successfully you need a mentor. You need somebody to give you guidance, like you had a coach who taught you how to ride a bike,

throw a baseball, or drive a car. I have mentors when it comes to my health, and they have helped me overcome significant physical and emotional challenges.

We in this country need to regard our bodies as entities that were designed to heal. Then we need to add supportive steps by getting the right nutrition and getting rid of those foods, surroundings, and experiences that aren't helpful. We need to avoid chemicals by checking the house cleansers we're using, the makeup we're putting on our faces, or the lotions we use. We need to discard any substance that can degenerate the health process and cause chronic disease to show up.

Look at the whole picture. Find the relationships in your life that are toxic, and get rid of them. Learn to meditate. Learn to communicate at your children's levels whether toddlers or teenagers, because those relationships are both a loving and a stressful thing. Remember, life is short, and you only get one shot at it, so we've got to make it the best we can.

The first step in you reclaiming your health is to get clear on how you want to feel and be in your life. By creating clarity, you'll generate far more energy. The energy you create and generate is going to allow your body to heal.

Every day, focus on:

- The main things you're grateful for
- The happiness in your life
- What you're trying to generate

You can produce it yourself. As you do some of the inner work, happiness is not just something you can receive. Happiness is something produce yourself. The same with your health; you must produce it and generate it on a day-to-day basis.

If we rely on the knowledge that our bodies can heal, we can reverse chronic diseases such as heart disease, which every year kills over six hundred thousand people in the United States and millions more worldwide. We can become less dependent on pharmaceutical medication which will save over one hundred six thousand lives every year, possibly more. Maybe we won't have to spray so many chemicals on our planet, creating the devastating effects of the lack of nutrients in our soil. We have leveraged our food sources and put the next seven generations at risk.

Be aware of the foods you're eating, make better choices to either grow your own food, purchase local food, or make sure your food is organic and you know the source. The increase in the number of people doing this is already driving down costs. Massive stores like Wal-Mart and Costco are carrying organic produce and

other organic foods because of the consumer. We have shown we no longer wish to eat commercially raised meats and commercially grown produce. The more we can work at that level, the healthier we become.

We must become less dependent on health insurance. Insurance companies are profit-driven, so I don't know why we believe they are saving us. If you have a catastrophic injury, it's there for you. But keep in mind, insurance care cannot make you healthy, and insurance does not pay for you to think properly, eat properly, drink properly, and work out. We've got to become less dependent on the system in place, and more dependent on our body's own ability to heal.

We've got to study more. We have to learn faster. Evolution is dependent on our ability to learn. We learned how to make fires and how to cook food. We learned there are several foods that can damage our health if eaten raw.

We've got to do things that lead us towards health instead of take us away from it. The only way to do that is for you to get your health independence back. The sharper your brain is, the quicker your learning, the more you engage in this process on a day-to-day basis, the more you are making your health a daily choice.

Wake up every day committing to yourself that:

- The foods you put into your mouth enhance your health.
- The words that come out of your mouth inspire other people.
- You strive to help others see their own gifts.

If there's any religion I would completely support, it would be a religion of kindness. Your kindness governs your actions and behavior.

All of these things have such a massive impact on your health. The bottom line is: *you can do this*. You can make a lifelong change in your health and see the benefits almost immediately. I have faith in you and in your ability to heal. Don't ever give up!

As the saying goes, "If you're going through hell, keep going."

There *is* a light at the end of the tunnel.

Next Steps

Are you ready to do something more for your health?

If so, then email me at regan@gowellness.com and let's meet in person or virtually to find out what your needs are and if we can help you meet them. You can learn more about East West Health by visiting acueastwest.com. I love making new friends and hope to hear from you soon.

About the Author



Regan Archibald's curiosity about health started at an early age. In his teens he began researching how to improve human performance, memory and strength. His keen interest in health and well-being led him to the University of Utah where he prepared for medical school. During his undergraduate studies he came to the conclusion that the allopathic medical approach of using drugs and surgery for patients was not the way he wanted to help people. He realized his true passion was in holistic medicine and set off for training in Hawaii.

Regan graduated with his Masters of Science from the Traditional Chinese Medical College of Hawaii and went on to found East West Health in 2004. His is one

of the few clinics in the nation to successfully integrate traditional Eastern medicine and functional Western medicine. Throughout his career, Regan has been a prolific writer, speaker, teacher and instructor. He shares his knowledge on his popular health podcast, *Go Wellness Radio*. Regan has also produced training programs for healthcare providers to enhance their patient results and skill levels. His purpose is to help individuals find freedom and independence when it comes to their health.

“Your Health Transformation is a must-read. This truly revolutionary work is powerful, forward-thinking, and sets standards for the future of medicine.” – [R. Wade Oakden, MD](#)

“For years I’ve asked Regan to write a template the rest of us can follow based on what he does for all his patients, but most important, for his own integrated health. This book is a home run in meeting that goal!” – [Jim Stringham, PhD](#)

Whether you’re a professional athlete, stay-at-home mom, or entrepreneur, you make an impact in the world. You can only serve at this level if you are healthy. This book is about reclaiming your health and putting trust and energy back into the belief that your body can heal itself.

In this book you will:

- Discover Secrets to Reverse Chronic Disease
- Learn How to Lose that Stubborn Belly Fat
- Understand How to Eat Better and Live Longer
- Learn About Digestive, Thyroid, and Adrenal Health
- Gain New Purpose and Meaning for Getting Healthy

Regan Archibald graduated with a Master’s of Science and is founder of East West Health, one of the few clinics in the nation to successfully integrate traditional Eastern medicine and functional Western medicine. He’s a prolific writer, speaker, and teacher devoted to helping individuals find freedom and independence regarding their health.

