

*How To Create & Maintain Optimum Health*

*For Life*



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**\*Warning: This book contains information that is super empowering and very educational! This information can help you to create and maintain optimum health for life. Please use this information carefully for it is very powerful.**

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\*Legal Disclaimer: All information contained within this book is for educational purposes only. It is not medical advice and is not intended to diagnose, treat or cure illness. Consult a qualified health practitioner if you are chronically ill and require assistance.

The author assumes no responsibility for the misunderstanding of the information presented herein. The author makes no claim to be a doctor or licensed practitioner. He is strictly a consultant and teacher. The author makes no claim that this information will definitely help you to heal from your illness.

The information presented throughout the book is based on personal experience and intensive research. By continuing to read this book and following the recommendations you agree to hold the author harmless of any complications that may arise in your level of health. You must realize that if you are chronically sick, when you begin to detoxify and repair the body, you may feel worse for a little while since your body is toxic and requires extensive support.

As the body receives natural inputs via food, supplements and other natural modalities, the immune system will rev up and may cause you to feel fatigued, nauseous, irritable, and a host of many other symptoms. This is actually a good sign since it indicates your system is revving up for rejuvenation and repair.

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**Preface**

This book is designed to educate and empower you the reader with information about holistic health and healing. My main premise in writing this book is to provide an easy tool that you can use for guidance in creating and maintaining optimum health. I also intend to clarify topics where there may be confusion or misinformation in today's society.

There are many resources about health and healing. Keep in mind that not all the information you see and hear from the endless number of health professionals and health organizations is accurate. Many resources about health topics in society today are not only misleading but can be very harmful to one's health. I challenge you to learn how to obtain the truth about health topics of any issue. It is not my intention to devalue any mode of medicine.

However, as I have learned through personal experience, western medicine is not only misinforming but can be quite dangerous. If we just take one simple fact for example: More than 250,000 people die each year from negligence of western medicine practitioners. This entails situations from prescribing inaccurate drugs to performing the incorrect surgery on patients.

It is quite clear that western medicine is very limited in helping people to feel the best they can. Time has proven this to be so. One must learn health principles that are conducive for optimum health if they desire to feel the best they can.

The information presented throughout this book is very powerful. With this new knowledge you will be able to empower yourself as to take full responsibility for your own health. This is the pure intention of my book! I can assure you that when you have the proper knowledge about health and healing then optimum health is certain!

**HAPPY LEARNING!!**

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**Introduction**  
**My Mystery Illness**

I was chronically sick for over four years with a condition called leaky gut syndrome, sometimes referred to as chronic fatigue syndrome. So I can honestly say that I know from personal experience what it is like to be very sick for a long time period. Most of you who are chronically sick with an auto-immune disease or any other chronic illness, know what it is like to feel terrible and have no one who is able to explain to you why it is so. I went to numerous doctors and had many blood tests run over the span of 3 years and every time nothing could explain why I felt so terrible.

I was very confused and scared to say the least. How could it be that a health conscious and young man feel so horrible and have all the passion that I once had simply disappear from my life? How could I wake up one morning and have

my whole life change? Well, little did I know at that time what a long and bumpy road that lay ahead of me.

I was an individual who was always into health as far back as I can remember. I worked out four to five days a week and ate typically very well. So, how was it that I got so sick that I could no longer participate in life like a normal person? I could no longer work out because I didn't have the energy or strength. I had to quit my job because I simply could no longer fulfill my duties as I once did. I no longer went out with my friends because I felt so horrible all the time and I did not have the will to do so.

I couldn't even enjoy just sitting there because my condition took all enjoyment in my life away from me. The only peace I ever had was when I was asleep. I am sure that this sounds very familiar to some of you. So, what was going on with me? Did my illness just spring into being from nothingness? How could I become sick when I followed many regimens to ensure that I didn't get sick in the first place? Well...knowing what I know now, it was a definite and sure sign that something was trying to get my attention.

After being sick for over 3 years without any explanation as to how and why, I made a total commitment to myself that I would unravel this mystery. I totally gave up on traditional doctors because they were more baffled and clueless than I was about my illness. As I learned through my personal experience, western medicine is only concerned about treating symptoms and not finding the true cause of illness. So, I set out on a journey to find the true cause of my mystery illness.

I spent endless hours doing research about every aspect of health and disease. The more I learned, the more I realized that holistic health modalities were more effective in treating chronic illnesses. Holistic health modalities incorporate natural regimens to restore the body back to complete balance.

For many years I concentrated only on the physical level because that was what I was conditioned to believe in. Ever since I was a child and up until my illness, I had accepted the belief that illness is a physical manifestation and thus the cause must be physical as well. Boy, did I have a lot to learn! As I learned through my personal experience, most diseases do not primarily stem from a physical root cause.

Environment and a person's diet can contribute to disease, however most diseases have deeper underlying root causes. If disease had strictly physical root causes then we would have a cure for almost every single illness on the planet.

As I continued to acquire more knowledge through my personal experience and through my research, I started to try some of the holistic modalities that I thought

would help my condition. I used herbs, homeopathics, chiropractic care, acupuncture, natural supplements, and energy therapies.

I totally changed my diet to organic foods and even switched all my personal care products such as shampoo, soap, and toothpaste to all natural varieties. I had come so far and changed so much in my life. I did see improvements in my health after receiving some of the holistic modalities. However, why was it that after all the changes in my life and trying many holistic modalities, I still did not feel completely well?

*The answer was that I did not have a balance in my life of mind, body, and spirit!*

I was always so concerned about the physical aspects of my being that I neglected the most important parts of myself. I worked out and always made sure that I was well groomed and well dressed but I never gave even a thought about my mental, emotional and spiritual health.

I started to expand my mind and learn many things about the mind, body, and spirit connection. I read as many books as possible on the topic and discovered some very deep and profound information that would light a fire inside of me.

Everything that I discovered fit so perfectly as to how and why I got sick and how to get myself back to complete health. It was amazing how dramatically my health was improving as I continued to incorporate more love and attention to my mind and my spirit and heal old emotional wounds. I had finally found the magic key to unlock the mystery of my illness. It all made such perfect sense now about the mystery of my illness and why I was sick for so long.

*THE ANSWERS THAT I SO DESPERATELY SOUGHT WERE WITHIN ME THE WHOLE TIME!!* Similarly, the root cause to my illness began within me as well. But now I had true understanding as to what happened and how I could fix it.

I cannot even come close to explaining how happy and exhilarated I was to have my health improving as I continued to work on my mental and spiritual health. Of course I continued with taking care of myself physically, but I just didn't have to expend as much time and energy as I used to.

It seemed almost as if the physical part of me was improving automatically as I worked to bring my emotions, my mind and spirit back into balance. It was amazing to see that by releasing old emotions and learning how to forgive, that my physical health would take such quantum leaps in improvement!

So, here I sit today feeling better than I have ever felt in my life. I have a totally new outlook on life and have such high passion for everything I do. Having gone through my experiences with my illness, it has inspired me to finding my true purpose in life. I am a holistic wellness consultant and have a passion for health and healing. I had the best education that I could ever find anywhere.

My personal experiences have given me such deep and profound knowledge about health and healing. I consider my past experiences in dealing with my illness a blessing in disguise because so much good has come from it.

I feel better than I have ever felt, I have a closer connection to my God-self, I have found my true passion in life, and I discovered all the knowledge that I need to help keep myself healthy. Also, I am now able to empower people as to heal themselves of any health disorder.

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## Chapter 1 Dis-ease Unmasked

So, where does disease come from? How does it get manifested in your body in the first place? Do environment and diet really play key roles in causing disease? Well, the information contained in this chapter will shock you to say the least. For years now health officials have told the public about how diet and environment specifically contribute to most illnesses.

Doctors have been preaching to their patients how important it is to eat a healthy balanced diet and to exercise on a regular basis. It is also advised to limit our fat intake because it is unhealthy. Many people believe that by taking vitamin and mineral supplements they will ensure themselves that any deficiency they have will be taken care of.

If all the information that has been preached to us about disease and health is true, then how is it that a person such as myself could become chronically sick? Before I became chronically sick, I worked out four to five days a week and ate very well. I ate a varied and healthy diet and also limited my intake of saturated fats. So, how did I become chronically sick after following such an active and healthy lifestyle?

Well, although dis-ease is a physical manifestation, the root causes of most illnesses are not physical. The true root causes of almost every dis-ease lie deep within every person that is ill. In essence, we create every illness that we experience, be it on a subconscious level or an unconscious level. So, how is that possible?

How can we possibly cause ourselves these kinds of circumstances? Well, there are distinct emotional and mental patterns associated with every illness. The way

you choose to use your mind and the way you respond to your outer world have more to do with disease than your diet and your environment.

We have heard in recent years how stress can kill you. Well, it is really not the stress in and of itself that will kill you, it is the way you choose to process the stress that could hurt you or make you very sick. The body in essence is a mirror of our inner thoughts, emotions and beliefs. Every single cell in your body has its own intelligence and is able to listen to what you are thinking and feel what you are expressing emotionally.

In reality, your cells and your body respond to every thought you think, every emotion you have and every word you speak. Repetitive modes of thinking and suppressing negative emotions such as anger, resentment, bitterness, and hatred can and will eventually manifest as dis-ease in the body. Literally, your suppressed emotions become like ticking bombs waiting for the perfect conditions to detonate and manifest as dis-ease.

There is a philosophy/science called metaphysics. Metaphysics deals with primarily how there are many factors in the universe in which can not be reasoned with the five senses of the human body. In the aspect of disease, metaphysics proposes that there are distinct emotional and mental factors that contribute to the manifestation to each correlating disease. The correlation between patterns of emotions and thought to a specific disease can be so profoundly true.

For example, let's take a person with heart disease. Metaphysically speaking, the heart represents love and our blood represents joy. Our hearts pump this joy throughout our bodies. When someone lacks joy and love for their life, the heart shrinks and becomes cold and thus the blood becomes sluggish. At this point, one is subjecting themselves for heart conditions such as angina, arteriosclerosis, and deposits in the arteries. In fact, if you were to look at most people who have heart disease, you will find a lack of joy and love in their life.

Another metaphysical correlation of suppressed emotions and illness would be that of cancer. This disease is typically found in people who carry deep anger for either themselves or resentment for other people and circumstances that occurred in the past. These people were very hurt by the past event and usually carry hatred for a long period of time until it literally starts eating away at the body and manifests as cancer.

I hope by now that you can begin to see a deep correlation between a person's emotional and mental state and the disease they carry. Whenever a person comes down with any disease, they need to look at themselves and see what they have been thinking or what emotions they have been suppressing.

Many times though, the triggering emotional and mental factors for a specific disease occurred many months to even years before the manifestation of the illness itself. It is key to discover the true root factors that triggered the manifestation of the illness. Even conditions such as the so-called common cold and the flu may have distinct emotional and mental factors contributing to them.

Any time you are sick in general, you need to listen to your body and hear what it is telling you. Instead of always looking for a magic blue pill or a magic supplement, one needs to be more conscious of their bodies. If you are chronically sick then you need to assume full responsibility for your own health. No doctor or drug can cure you of any illness. You have the cure within you to eliminate any disease. God equipped all of us with everything that we will ever need in this world.

### How dis-ease really gets manifested in the body

Symptoms of illness result from only the following 3 factors: 1) Toxic Thoughts 2) Toxic Emotions 3) Toxic Chemicals produced in your body from your negative emotions.

Your toxic (negative) thoughts, which really determine your perception of life events, cause you to have negative emotions, which cause the cells of your body to create toxic chemicals and in turn cause your body to create toxic cells that lead to DIS-EASE.

Science is now proving that when you are in a state of distress and disharmony, your cells produce toxic chemicals that tend to deteriorate and degenerate the body.

Anytime you move into stress and disharmony you express negative emotions that literally create toxic chemicals in your cells. This causes your body to be in a state of degeneration and stagnation. Once you are in this state, you then become susceptible to attract viruses, harmful bacteria, parasites, candida (fungi), and also store toxic chemicals from food and pollution since you will not be detoxifying properly.

Also, when you are stressed out or carry any of the negative emotions such as anger, resentment, hatred, impatience, etc., you tense up. This tensing up causes many of your biological processes to be impaired. Nutrient transport, cell respiration, detoxification, elimination, digestion, assimilation, hormone production and brain function become severely disrupted leading to a gradual degeneration in your whole system.

Emotional stress has the biggest impact on your immune system above any other factor. If you are in a state of balance and harmony mentally, emotionally, and physically, then illness simply can not set in the body. Most people have not

been taught how to deal with stress and live in a balanced fashion. The society of today promotes drama, stress and struggle. The secret then is that the suppressing and storing of emotions are the true root cause of most illnesses.

Diet and environment do help to contribute to disease, however, they are not the underlying cause for it. Just look at anyone who is calm and approaches life in a balanced fashion. These people rarely get sick and will almost never get chronically sick. Chronically sick people are ones that are typically very emotional and/or have had serious traumatic experiences in their past. They are also people who tend to hold onto emotions correlating to these past events.

The big secret that many health organizations don't want you knowing is that the body has a divine blueprint for perfect health. Every single cell in your body has its own intelligence and is programmed for optimum functioning. Due to this divine blueprint, the body knows exactly how to heal itself no matter what illness, injury or imbalance that may be present.

The key is to know how to use this blueprint to restore your health or improve your current state of health to optimum functioning. Once you know how to tap into this cellular blueprint for perfect health, you can then heal yourself from any illness.

### **Divine Blueprint for Perfect Health**

Let's use an example of how this blueprint for perfect health works. Let's say that you cut your finger. What most people are unaware of is that the second the cut happens, there are biological processes that start immediately to regenerate and heal the wound.

Due to the cellular programming in your body for perfect restoration, all the necessary processes and substances to heal the wound are automatically carried out perfectly. Accordingly, after about a week the cut is healed completely and you would never know that there ever was an injury.

Another example of the divine perfection of the body and how it is intelligent is when you break a bone. Here is another instance where the body starts immediately to repair and regenerate what is out of equilibrium with its divine blueprint. Again, after about 6 weeks the bone is healed completely and it is actually stronger at the point of the break than it was before.

So from these 2 examples, it is quite clear that the body knows exactly how to heal itself from anything that it is presented with. The question really isn't can a person heal from a chronic illness, but rather does the person have the correct information to use to heal themselves?

## True Healing

So, how does one begin to heal the emotional and mental traumas from one's past? The secret to healing yourself on all levels of your being is to learn how to let go and forgive. Learning how to forgive yourself and all the people who you perceived as hurting you is the best remedy for any life issue whether it is a chronic disease or an unhealthy relationship with a family member or past lover.

Notice that I said perceived as someone who hurt you. The fact is, no one can ever hurt you in life. You can only allow yourself to be hurt. The mental and emotional grief that you have experienced in life was really due to the perceptions that you had about each life event. The key is to learn how to change your perception in life.

I have found through personal experience that forgiveness is absolutely the best remedy for any life issue. I know that as I began to forgive the people that I thought wronged me, my health and my life started to improve dramatically. The question I ask of any person that says they are chronically sick or has any type of health ailment is...Who is the problem?

Forgiveness can actually heal you of disease. I will say that forgiveness is the magic cure that many people in life are looking for. There are many people who carry hatred, resentment, anger and bitterness toward the people they think hurt them. These emotions set in the body and get stored over the years until they manifest as disease and other imbalances. Your emotions also get stored in your energy fields and form blockages. There are now scientific instruments that can read your energy fields (aura) and are able to tell where you have energy blockages. Based on where you have energy blocks in your aura, you will be more susceptible to acquire certain diseases.

In essence, if you could read people's energy fields (aura), you could tell where they are blocked energetically and be able to predict what specific diseases they are more inclined to come down with.

Releasing old emotions will cause shifts in your energy fields and thus free up the energy blockages that you may have. That is why letting go of old STUFF can do wonders for your health.

I have heard of people having miraculous cures of their illness once they decided to forgive someone for the past. In fact, there are health promoting biochemical changes that happen in a person's body when they are in a state of forgiveness.

So, how do you forgive you might be saying? Forgiveness is not some hard and complex process like many people believe. It does not take extended energy and time and requires no knowledge of how to do it. Here is the secret answer to forgiveness. Forgiveness starts with a thought. The thought of really wanting to

forgive the person in question, letting the past event go and releasing the need to be right. The rest GOD will take of as long as you are sincere in wanting to forgive the person.

That is it!! Pretty simple huh? It does work! Just do it. The sooner you do, the sooner you will feel like a mountain has been lifted off of your shoulders. Not only do you free yourself but you also free the other person. Even if the other person never finds out that you have forgiven them, they will experience a release of some kind on some level.

One bit of advice I can give is that to be able to forgive someone else, you have to forgive yourself first. The same principle applies here where you simply just let go of the past, have the thought of forgiving yourself and release any anger or pain from the past event.

If you can really absorb the information that follows, you will be well on your way to healing yourself from whatever illness you have and/or creating optimum health.

### The Formula For Complete Healing

- 1) Assume Full Responsibility for your illness. No one out there can ever heal you. It is your duty to heal all levels of your being to be completely well. By educating and empowering yourself with sound holistic health knowledge, you will be well on your way to healing.
- 2) Commitment; doing whatever it takes to heal yourself. I would have walked to the North Pole and back if I had to. Just be committed to do whatever you have to do to heal regardless of how much money and energy you have to expend.
- 3) Forgiveness- as explained earlier will be the best medicine for your recovery.
- 4) Implementing a diet and environment that will support your physical health. (You will learn how to do this throughout this book.)
- 5) Learning how to adjust your thoughts and emotions to support long term health.

Holistic modalities and true organic supplements can help you to heal on a physical level but only when you assume full responsibility for your health and become conscious of your full being. You are a multidimensional being with a complex psyche. You need to learn how to balance your multidimensionality.

The only way one can truly heal from any disease is through healing every level of their being. One needs to look at their mind-body-spirit complex and work to

heal those areas that are out of balance. Without such balance, one can never truly heal!

## **AT THE SOURCE OF EVERY ILLNESS, LIES ITS CURE !!!**

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### **Chapter 2**

## **What Nutrition Really Is**

The topic of nutrition is one that is always present in our lives no matter where we turn. It's on the news, magazine articles, at school, at your doctor's office, and even is a major topic for many books.

Over the years, there have been many ideas presented how to structure your diet so you ensure a good state of health. The RDA established by the government recommends certain percentages of nutrients that are claimed to be a healthy standard for all people in this country.

Now you have many scientists and researchers stating that the RDA standards are too low and need to be revised to reflect higher percentages of nutrients. There are other scientists and doctors that claim based on your body type, you should only eat certain types of foods while avoiding others.

Many health officials advise the public to limit total fat intake to a low percentage of their total daily calories. There are other groups that claim eating a good portion of fat in the diet is actually healthy. So, who is right and what constitutes eating healthy?

Well, I think that society has made nutrition much too complex. Trying to calculate every single calorie and each percentage of nutrients every day is a little too unrealistic let alone confusing. I believe we need to simplify the aspect of nutrition in our lives.

Before we do that though, we need to grasp the real meaning of what nutrition is. Nutrition is any food item or substance that supplies the body with vital nutrients that enable it to carry out normal physiological functions.

Nutrition does not constitute food items that either deplete the body of nutrients and/or increase the energy expenditure by the body in order to process that food item. Nutrition from food should supply your body with vital compounds necessary for physiological functioning and not strip away nutrients.

Based on many people's diets today, there are numerous food items and store bought supplements that actually strip nutrients from the body. To eat too many of these foods and/or ingest poor quality supplements will actually leave your body less nourished than before you ate them. This does not make any sense! A good analogy will serve to explain this concept.

Picture if you will your paycheck that you receive from work. Now, let's say that every time you get your paycheck, you go to the bank and deposit it immediately. As in the normal case when you deposit your check into your bank account, it reflects as an increase in total account value.

Now... picture that every time you deposit your check in the bank, instead of adding value to your account, it actually diminishes your account value. You wouldn't like that very much would you? However, this is exactly what happens when you eat foods that contain little or no nutritional value.

Food items such as coffee, French fries, corn chips, soda, hot dogs, pretzels, white bread, donuts, milk and many other food items contain little or no nutritional value to them. By consuming these foods, vital nutrients will be taken from the body in order to process them accordingly.

I am not advocating avoiding these foods forever. I am simply stating that people eat way too many of these low nutrient foods in their diet. I would recommend adding plenty of raw vegetables when eating low nutrient foods to compensate for the lack of nutrition in these foods.

For example, let's take an average portion of chicken breast. If you ate simply this portion of meat, it would require enzymes, vitamins, minerals, and other bionutrients for the body to process it accordingly. In essence, as in this case, the body will have lost vital nutrients in the process of digesting this meat. Most people would view that by eating a piece of meat that this would serve as nutrition for the body.

In reality, this meat added no nutrients to supply the body with its needs and it only really contributed protein. Yes, protein is important to receive in your diet and chicken is a very good source of protein. However, it is that many people don't eat enough fruits and raw vegetables to compensate for the lack of nutrition in their diets.

A typical dinner of chicken, baked potato, and a small serving of peas is still lacking a large percentage of nutrients. How? A baked potato really does not contain very much as far as nutrients. Yes, it has carbohydrates but it has no real adequate nutrients as in vitamins and minerals. Peas, if bought frozen and heated will have lost almost all vitamins and will contribute only some minerals, some fiber, and some protein.

This meal just does not contain enough raw enzymes, vitamins, and minerals in order to nourish your cells adequately let alone to process the food itself. Thus, even though you may have eaten a large meal as in this case, you still have not contributed many nutrients to your body to allow for normal physiological functioning.

When the body does not receive enough nutrients with every meal, it will draw these vital compounds from its reserve. The body normally uses vitamin and mineral reserves in times of emergency such as when a person has a cold, flu, or some other illness.

Think of the reserves like a savings account in which you use only for times of real need or urgent emergencies. You only want these reserves being tapped into at these times of real need. You do not want your reserves being used on a regular basis just to aid in processing the food you eat.

If your reserves keep getting used in non-emergency situations, as is the case when one eats a low nutritious diet, then eventually they become depleted. Once this happens, one is setting themselves up to become deficient in many nutrients, become susceptible to low immunity, and experience poor physiological functioning of the major organ systems.

At the point the reserves get used up, the body will eventually start taking whatever nutrient it needs from other sources. For example, if one has lost extensive calcium reserves, then the body will take it from the bones and teeth.

Calcium is the most abundant mineral in your body and is very important in serving to buffer the acid produced by eating acidic foods and foods that contain very little or no nutrient content. So, if someone is not receiving proper amounts of calcium in their diets, then the body will eventually take what it needs from your bones and the teeth.

This is a condition no one wants to be in. Taking a calcium supplement would not restore this condition. In fact, taking store bought calcium supplements could actually aggravate this condition. Cells CANNOT absorb store bought supplements since they are synthetic and are not recognizable to your body.

In taking a store bought calcium supplement in this case, you will aggravate this calcium deficiency because your body now needs to process this unrecognizable compound and will use up vital nutrients in doing so.

Does it not make sense to eat foods that already contain the needed nutrients for proper digestion and that feed your cells with the vital compounds they require for normal physiological functioning of your body? Food items such as pizza, hamburgers, hot dogs, French fries, potato chips, cheesesteaks, meatball

sandwiches, pop tarts, processed cereals, white breads, and many canned/packaged foods contain very little or no real nutrients that are essential to the cells of your body.

In modern times, convenience has taken priority over actual nutrient content of foods. People tend to go for the food items that take very little time to prepare. In this choice for convenience though, many people will not receive proper amounts of nutrients that are essential for optimum health.

One can never get true nutrition from canned or pre-made foods. True nutrition only comes from whole foods that are close to nature as possible. Whole grains, fruits, legumes, vegetables, nuts, roots, seeds, eggs, and pure oils are the best way to receive the vital nutrients that the cells require for optimum health.

When preparing a meal, one should always seek to make these whole foods the main portion. You don't need to deprive yourself of your favorite food items. One just needs to structure their diets in a fashion where they are receiving a fair amount of raw nutrients on a regular basis. Eating only a couple pieces of fruit and a couple vegetables a day simply will not supply your cells with all the nutrients the body needs for normal functioning.

### The Best Diet

Many people wonder if there is a special diet that benefits everyone. There are many books and programs that claim their diet regimen is healthy for everyone. I say that you are the only one who knows what the best diet is for you. Every person has his or her own unique blood makeup and genetic structure.

A diet that serves one person may not serve another. Your unique blood makeup will determine what suits you best. Some people do well eating meat while others do poorly when they eat meat. Some people do best on grains and vegetables while others do best with eating cheeses and other high fat & high protein foods.

You are your own master and only you know how you feel after eating certain foods. My recommendation is to experiment and observe the kinds of foods you eat and determine how you feel. For example, when you eat meat, how do you feel in the hours afterward? Do you feel energetic, alive and balanced? Or, do you feel tired and have indigestion? Again, you are the master of your body.

Allow your body and cells to tell you what the best diet is for you. I do recommend the following daily regimen for everyone. Conform the following recommendations to your body type. For example, if you know that you require meat in your diet, then just add meat to these recommendations. If you are a grain or cheese type then add these to my recommendations.

## Suggested Daily Regimen for Optimum Health

Eat 4 to 5 fruits a day. I know that this sounds like a lot. You can easily consume this many fruits by incorporating smoothies into your diet. For example, take 2 bananas and a mango with a little distilled water and then blend into a smoothie. You can combine many fruits to make great tasting smoothies.

Another example, take a papaya and strawberries with some water and blend. A great idea is to freeze bananas and then use these in all your fruit smoothies since bananas make a great binding ingredient. Freezing them adds that refreshing smoothie texture. Make a commitment to yourself that you will eat 4 to 5 fruits a day. They taste great and it is healthy for you.

Eat as many raw vegetables as you can every day. Eat a variety of veggies, especially ones that are dark green since they contain chlorophyll, a compound that is very beneficial for your health. Also, vegetables contain fiber that is very important for proper bowel health and elimination. Make large raw vegetable salads for lunch and dinner and make the portions to be more than 50% of my whole meal. For example, make a large salad of red romaine lettuce, onions, avocado and red peppers. How about a salad of cucumber, fennel, olives, tomato, and carrots?

There are many combinations that you can come up with. Just be creative! Again, you can add shredded meat to these salads if you are one who does well with meat, or add walnuts if you do well with nuts or add goat cheese or hard-boiled eggs. Add whatever that serves you well. Only you know what serves you well. I can't tell you that nor can anyone else. Listen to your body because it is always communicating with you. Learn to hear its message!

Use healthy oils every day: Drizzle extra virgin olive oil, grapeseed oil, coconut oil or pumpkin oil on all your raw salads. These oils are very beneficial to your health. Use them daily since the fats in these oils are very healthy. If you are concerned about gaining weight from ingesting these oils I have news for you. You will not gain weight from every food item that has fat in it.

As you will discover in the chapter on weight management, it is not a healthy practice to limit all fat consumption. In fact, limiting your overall fat consumption can actually program your cells to store more fat on your body and may increase your chances of weight gain.

The issue with fat is the type of fats that people ingest that are not suitable for long term health. Almost all prepared foods such as canned and pre-packaged food items contain what are called hydrogenated oils that are chemically altered and are very dangerous to your long term health.

These oils can cause all sorts of health ailments and shorten your life span. Almost all restaurants and food manufacturing companies use these hydrogenated oils in their foods for the preparation process. If you ever see an ingredient listed as HYDROGENATED, then you know that it is not healthy.

Juicing: This is a great way to receive raw nutrition without digestion. You can juice any combo of raw vegetables. Pick veggies that are super green like spinach, kale, and parsley. Juice at least 3 to 4 times a week and notice how much better you feel.

Use seaweed: varieties like dulse, kombu and hijiki in your salads and meals. These sea plants are packed with vital nutrients and are great keeping you body clean.

Make homemade soups and stews with fresh vegetables. You can add anything you like. How about adding egg to make egg-drop soup or how about chicken broth soup. Be creative. Make a large pot and then store the rest in a big corningware container. Eat some every day for a main meal or a snack. You can dip whole grain rye crackers in it for an extra crunch.

Make your own homemade ice cream: Freeze bananas and then put them into your food processor and pulse. You now have instant banana sorbet. You can also freeze strawberries, pineapple, mango, peaches and watermelon. Use any combo of these fruits. Just pulse them in your food processor and you have instant sorbet. You can add fresh mint, ginger and other spices to make it an extra special treat.

To make you own ice cream just pulse some frozen bananas or any fruit you like. Add this mixture to organic milk or goat milk and then add some vanilla extract. You can add some stevia to make it sweeter and some lecithin (found in health food store) to make it creamier, Then just put this into the freezer for a couple hours. Voila...you now have an awesome natural treat. Experiment with this and other combinations.

### Words of Wisdom

You are the only one that is responsible for your body and health. No one else will make sure that your cells are receiving proper amounts of nutrients. Some people will pay extra money to put the highest-octane gas in their cars to ensure they run well.

However, when it comes to putting the highest quality food into their bodies, the same attention is not there. Just because your belly is full and you are no longer hungry, does not mean that you have really nourished your body!

Your body is your main vehicle. You need to take care of it and love it just as you would a child. You have 70 to 100 Trillion cells in your body and each one has its own intelligence. In essence, you are carrying 70 to 100 Trillion little babies with you at every moment. Only you are responsible for them and only you can nurture and feed your cells appropriately. Your body responds to you the way you treat it. If you want optimum health, then you need to nurture your body and cells.

Eating healthy does not have to be lacking in taste. If you take care of your body then it will thank you in return by giving you optimum health and a great feeling. Isn't your health worth it? Make the commitment today to start nurturing your body and fueling it with Mother Earth's pure and whole foods!

*IF YOU DON'T TAKE CARE OF YOUR BODY, THEN WHOM DO YOU THINK WILL?*

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### Chapter 3 The Truth About Supplements

For years now we have heard that supplementing our diets with vitamins and minerals will help us to be healthier by supplying our bodies with nutrients that are not received by the foods we eat. The media has documented the many studies that have been performed to conclude vitamin and mineral supplements are beneficial to our health. As most of us have been led to believe, the supplements that are sold over the counter can be beneficial to our health if taken as prescribed.

The marketing of some supplements make it sound like these products are wonder remedies that can eliminate certain health conditions. Some companies even claim that their products are the only ones that contain certain key ingredients or are manufactured using unique methods.

Are these claims actually valid though? Do these products really supply your body and your cells with vital nutrients that are needed for optimum health? *The shocking truth is that most supplements sold in stores are not beneficial to your health as claimed!* In fact, they can even be quite harmful under certain circumstances.

First of all, almost all vitamin and mineral supplements that are sold in grocery stores and pharmacies contain ingredients that are synthetic. This means they are not natural and have been formulated in a lab somewhere.

Another important point is that synthetic supplements contain vitamins and minerals that are only fractions of real nutrients. It is almost like getting only 6 eggs in a 12- egg carton. Thus, most supplement products sold either at a drug store, grocery store, or any other supplement store will contain these synthetic nutrients and are not full factors of vitamins and minerals.

### **The Dangers of Synthetic Nutrients!**

There have been studies done to show that many people who ingest synthetic supplements have these pills still in their digestive tract somewhere. If a supplement is all –natural and in whole food form then this will never happen since the body easily and readily processes the ingredients accordingly because they are recognizable to the cells. When an ingredient is foreign (synthetic), the body doesn't know what to do with it many times and can sit in your system indefinitely. Don't let this happen to you!

GOD created fruits, vegetables, nuts, seeds, roots, and sea plants to supply our bodies with all of the nutrients that our cells require for optimum health. These GOD given whole foods are the only true source of nutrients that our bodies recognize and benefit from. Through photosynthesis and other divine processes, these natural foods draw up nutrients out of the soil through their roots and convert them into a form that our bodies can recognize and absorb.

Synthetic supplements can actually cause a person harm. If taken long term, remnants of these synthetics can be stored in a person's joints and cause arthritic conditions and other joint problems.

They may even get stored in the liver or kidneys and cause deposits that impact your overall health. Additionally, in an attempt to process these synthetic nutrients, the body will actually use up vitamins and minerals to try to rid it of these unrecognizable compounds.

*It does not make any sense to take a product that will strip you of vital nutrients when you are trying to receive these nutrients in the first place.* Therefore, most of the products out at the market are a waste of money and can harm you. Additionally, store bought supplements are usually made with ingredients such as artificial colors, crude oils, coal tar, pesticides and other contaminants that can be toxic to your cells.

Many of the products you see in the market have also been sitting on a shelf for indefinite periods of time. Some products on the shelf may be years old. I would strongly recommend staying away from such products. You need to learn how to read labels if you are to find a good supplement but as I have discovered there are not many in most stores.

Your body can only recognize and absorb substances that are natural and in whole food form. Fruits and vegetables contain nutrients in perfect ratios and proportions. Vitamins, minerals, antioxidants, amino acids, bioflavonoids and other bionutrients are in perfect balance in these foods. Your cells can only be nourished with the perfect ratios and proportions of these natural whole foods. **God knows best!**

Most supplements contain isolated nutrients, synthetic nutrients, and inappropriately combined nutrients. You can not just take individual nutrients from many sources and then combine them into one supplement. This is how many of the supplements on the market are manufactured. This method of combining and manufacturing results in a product that is not useful or healthy to your cells.

Even if a supplement contains all natural ingredients, it may not be serving you well. Nature and whole foods have the only perfect combination and proportions of nutrients. When you start pulling vitamins here and minerals there from many sources, you destroy these unique nutrient combinations and proportions that your cells require for proper assimilation and absorption.

As an analogy, let us take water for example. The molecular structure of water is H<sub>2</sub>O. In this perfect structure you have a compound that is vital to life. Now, let us take the H<sub>2</sub> (Hydrogen) away from the O (Oxygen) and you are left with 2 separate compounds. Hydrogen on its own can be very dangerous and highly explosive. Oxygen under certain circumstances can also be very dangerous and explosive.

Before the separation of the Hydrogen and Oxygen we had a substance that was very nourishing. After the separation, we have two volatile compounds that are no longer nourishing to your cells as before.

As you can see from this simple example, you can not go in and start separating substances because you change not only the molecular structure but also the health benefits of a particular compound.

### **Whole Food Supplements**

Creating a whole food supplement is a very complex process. There are many factors to take into consideration when manufacturing a nutrition product. There are not many companies in the world that can create a whole food supplement that retains all the natural components required for your cells. My "motto" is if you are going to spend money on nutritional supplements then buy ones that are in whole food form and benefit your health. Why would you want to waste your money on inferior products, synthetic compounds, toxic fillers and isolated nutrients? **Just buy the best and you will feel the results!**

So, are there any nutritional supplements that are good for you and provide the benefits that are claimed? Well, through my personal experience and extensive research, there are not many products out there that can deliver nutrients in whole food form that is required by your cells.

There are some great products available at health food stores, however, you really need to know what you are looking for as far as ingredients and processing methods. It would be in your best interest to learn how to read labels and ingredients. However, this can be very complex and time consuming.

I can simplify things and help you with finding the best nutritional products that money can buy.

If you want to discover where you can get the best supplements on the planet without having to learn what to look for then contact me at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836. The health products that I use and recommend are awesome and speak for themselves. They are whole food supplements and nourish your cells the way nature intended it. Try them and see for yourself!

## **TRUE NUTRIENTS ONLY COME FROM NATURAL INGREDIENTS**

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### **Chapter 4** **Is The Water You Drink Alive or Dead?**

I am quite sure that you have heard many times in your lifetime to drink plenty of water every day. In fact, it is recommended to drink at least 8 -8oz. glasses of water a day. Supposedly, drinking this much water is very healthy for you. This is pretty self-explanatory wouldn't you say? Sure! However, there are things you do not know about water. Let me explain!

You see, almost all water sources on the planet have been contaminated with toxins and other harmful substances. There are only a few places left on this planet that still have pristine sources of water left. Many companies are now starting to purify their water and promote their brand as a healthy product since it has been purified and processed to remove harmful compounds in it.

The processing methods used for purifying water are reverse osmosis, micron filtering, ozonation, carbon filtering and even distillation. I would agree that these processing methods do purify the water as best they can and make water much cleaner of toxins and chemicals. However, the plastic bottles they place the water in eventually begin leaching and contaminate the water with plasticizers.

The best water bottles to have are ones made from medicinal grade plastics. These do not leach plastic and can be purchased at most health food stores.

Additionally, when water goes through any purification process it loses its electrical charge and the water is considered DEAD!!! What do I mean by DEAD? I mean that most water of today is molecularly dead. It does not have the proper electrical charge to be healthy to your body and cells. This means that you can not absorb most of the water you drink because of this DEAD quality.

This also means that you can not absorb minerals and vitamins and other bio-nutrients for proper health since water serves to drive nutrients into your cells. Your cells need constant hydration and vital nutrients to be absorbed via the cell membranes. However, when you drink DEAD water, this absorption process cannot occur properly leaving you dehydrated and nutrient deficient.

So, you can drink 8, 9, 10 and more glasses of water a day and still not be properly hydrated and nourished. Many times when you think you feel hungry, your body actually craves water. If you were to drink LIVING water then you could also absorb the nutrients from food better and this in turn would cease your hunger.

So, what is LIVING water? LIVING water has the proper electrical charge (Ionic Form) for your cells to absorb it. You see, in order for your cells to be properly nourished and hydrated, all nutrients and water must be in an Ionic form, which simply means they need to be negatively charged. This negative charge (Ionic) is what allows the nutrients and water molecules to be magnetically pulled into your cells. Just like when you have two magnets and each one has a different magnetic charge, they will be attracted to each other.

When you drink DEAD water this magnetic attraction of nutrients and water into your cells can not happen efficiently, thus you become dehydrated and nutrient deficient. In fact, most people are dehydrated and nutrient deficient.

### **Ions and Their Health Effects**

Negative Ions are scientifically proven to enhance health and wellbeing. Negative Ions are what you experience when you are out in nature like going to the beach, in the mountains, and in the woods. These natural environments house negatively charged particles that uplift your mood and improve your health.

This is why most people enjoy being outdoors in these environments. They are unconsciously being nourished by the ions in the air.

### **Where O Where Do I Get Living Water?**

There are some pristine sources of water left on the planet that have “Living Water”, however, you would have to travel thousands of miles and go to foreign lands to get some. You see, the earth provides water with the proper electrical charge. However, due to pollution and processing methods of modern times, water becomes altered molecularly. It loses its natural chemical and electrical makeup. Thus, it does not hydrate and nourish you like it once did a century ago. You can ask any person that has had a sample of water from one of the pristine water sources in the world and they will tell you the difference they felt when they drank it.

So, where does one get LIVING water? Well, I have great news for you!! You don't have to travel thousands of miles or spend thousands of dollars to get it. I have just discovered a company that produces a product that recreates LIVING water. This is a technological breakthrough product that is the wave of the future. This product is so great that you can feel the effects of drinking the LIVING water almost immediately. This is the only product in the world that I have been able to find that can give water back its natural electrical charge and structure for being absorbable by your cells. I am so excited to share this with you. If you truly care about your health then I urge you to discover what this product is and how it can dramatically improve your health. Email me or call me and I will be happy to give you more information. [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836

### **How Much “Living Water” Should I drink?**

Many people don't understand what it means to be dehydrated. By not consuming “Living Water” on a daily basis you set yourself up for improper physiological functioning of organs and other cell processes. Most people in the world are walking around seriously dehydrated. In fact, you do not have to feel thirsty to be in a dehydrated state.

Your body requires approximately 2 liters of “Living Water” a day just for normal functioning of bodily processes. This is without any extra energy expenditure for your other daily routines. If you work all day and/or exercise then your body requires additional amounts of water.

Dehydration can lead to conditions such as fatigue, headaches, arthritis, irritability, inability to concentrate, poor bowel elimination, joint problems, poor organ functioning and many other symptoms. It is imperative that one consumes

enough “Living Water” each day so the body can operate at a normal physiological level. Everyone needs to consume at least 2 liters of electrically charged water a day. However, as stated previously, if you work and/or exercise then your body requires even more water per day. Is there a magic amount of “Living Water” to drink every day? I believe each person needs to listen to his/her body.

If you work a normal 8 to 10 hour day, then I would drink at least another liter on top of the required 2 liters. If you also exercise, then I would consume an extra liter on top of the 3 liters. Again, you need to listen to your body and supply it with more than enough water. I believe a good approximation of the quantity of water to drink on a daily basis is 3 to 4 liters for most people.

If you are an athlete and/or workout seriously, then I would recommend drinking close to a gallon of water a day. An athlete will lose a good amount of water while training or involved in a sports game. You need to make sure to compensate for this loss of water.

Remember though, coffee, soda, juices, or alcoholic beverages you consume are not considered water. DO NOT include these quantities when calculating total water consumption. I would recommend always having a water bottle (medicinal grade plastic only) on hand no matter where you are. Bring one to work and always have one in your car. If you take sips of water all day long, you will see that consuming 3 to 4 liters of water a day is really not that hard to do.

Try not to gulp huge quantities of water at once. Sipping water all day long is the best for your body as you ensure that your cells get their requirements. Also, you help to expel toxins and other impurities by keeping your cells constantly hydrated. Try to increase your water intake gradually until you reach a level that is healthy for you. Remember to never reach a state of thirst to determine water consumption. Drink up...water can't hurt you, but the lack of it can!! HAPPY DRINKING!!

**Proper hydration is essential to life!  
Start Drinking “Living Water” Today!**

Contact Me to find out how you can begin drinking “Living Water” as soon as possible at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836

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## Enzymes: The Keys To Vibrant Health

Enzymes are by far some of most important elements in the human body. All of the cellular processes that occur in our bodies require these vital compounds. They are the life force of our bodies. In fact, vitamins, minerals, and hormones must have enzymes to work efficiently.

Digestive enzymes are very important to your overall health. They are responsible for helping your digestive system to break down the food you eat and also for absorbing the nutrients in the food. However, the issue in today's society is that many people are deficient in these key digestive enzymes. What this means is that most people do not digest and absorb their food properly leading to many digestive ailments like heartburn, indigestion and nutrient deficiencies.

Cooked and processed foods contain no live enzymes in them since they are destroyed when heated. This means that there is nothing in these foods to aid in your digestion. This signifies that the body now has to break down almost 100% of the cooked and processed foods you eat. Most people think that stomach acids are responsible for breaking down the foods we eat. This is not so.

Your stomach acids (HCL) simply lowers the pH of your stomach so that enzymes can come in and work efficiently at breaking down the food you eat. To be optimally healthy and have proper digestion and absorption of nutrients, it is advisable to eat raw and live foods that contain enzymes that will aid in digesting the food.

Raw foods usually contain a high percentage of digestive enzymes enabling the body to digest the food and function more efficiently. However, due to genetic engineering and irradiation of our modern times, the raw foods of today contain very little viable enzymes. The best fruit and vegetable selections would be to purchase only organic forms. Organic produce is typically not irradiated like conventional fruits and vegetables and can contain more vital nutrients. Also, conventional produce has been subjected to pesticides, herbicides, and fungicides. Thus, you are consuming toxic chemicals along with low nutrient foods. This is not a wise choice. Many people think it is too expensive to buy organic foods.

Well, in the past few years, prices have come down on organic foods since the demand has increased dramatically. There are some items that do cost more due to the processing methods used or for travel expenditures. It is all about choice. Isn't your health worth it?

A lack of enzymes can affect your overall health. If are not eating adequate amounts of raw foods that contain viable enzymes in them then you are not digesting food properly. If you are not digesting your food properly then you are not absorbing nutrients. If you are not absorbing nutrients, then your body can

not function optimally. This can lead to many health ailments and poor overall health.

A deficiency of enzymes in your body can contribute to some of the common disorders that are prevalent today like heartburn, weight gain, high blood pressure, arthritis, gas and some forms of heart disease.

Low enzyme levels in the body is like having only one or 2 spark plugs that fire in your car's engine. In this scenario, your car would have trouble starting immediately. It will sputter and not function efficiently. Without enough enzymes in your body, the same principle applies.

The pancreas is mainly responsible for producing the enzymes your body requires to digest the foods you eat. A lack of digestive enzymes significantly affects the pancreas. Our digestive system is designed to break down about half of the foods we eat. When you eat mostly cooked and processed foods then your body is required to break down almost all of it. This means that every time you eat these cooked and processed foods, the pancreas has to produce more enzymes than normal. This leads to significant strain on your pancreas leading to decreased enzyme supply and eventually a stressed immune system.

When your enzyme levels are very low, you actually create a condition where your body degenerates faster and becomes susceptible to all sorts of health ailments. Low enzyme levels are usually found in people with cancer, heart disease, diabetes, and many other chronic diseases.

It is quite apparent that the diet of most people in today's society simply does not contain enough raw enzymes let alone viable nutrition to nourish the cells of the body. The vast majority of the current food supply simply lacks these vital compounds due to depletion of the soils, processing methods used to package foods and lack of true nutrition knowledge.

### Ways to Improve Your Digestion and Assimilation of Nutrients

The intention to improve your digestion and your health can consist of several things. Mainly, you want to conserve the enzymes that your body produces because it can only make so many during the span of your life. Every time you eat cooked foods or processed foods, the body has to use its own enzymes. It would be wise to aid the body in conserving enzymes over the course of your life. You not only increase your life span by doing this, but you enable the body to function more efficiently.

The first way you can improve your digestion and conserve your bodies' enzymes is to eat as many organic and raw foods as possible on a daily basis. This daily practice will help your body tremendously with digesting and supplying your body with vital nutrients. Secondly, supplementing every meal with a

complete digestive enzyme will further aid in digestion and nutrient assimilation, leading to improved health. The final thing you can do to further enhance your overall health is to take additional enzymes in between meals.

Taking enzymes between meals has many beneficial properties such as cleaning up your blood of unwanted particles such as fat and protein deposits left over from years of poor eating habits. Plaque is usually caused by undigested fats and undigested proteins that stick to the walls of arteries. When these deposits accumulate up enough, this is where you get clogged arteries and poor overall health.

Taking enzymes in between meals also helps to clean up your colon and intestinal walls of impacted materials that have been there for years. The enzymes will also do well with clearing out parasites, candida, harmful bacteria and free radical particles that lead to poor health. This will effectively work to detoxify and replenish the cells and organs of your body. Improved immunity is also a health benefit achieved by taking high quality enzymes on a regular basis. **ENZYMES ARE THE KEY FACTOR TO MAINTAINING HEALTH!!**

Enzymes will also clear up all sorts of stomach ailments such as indigestion, heartburn, bloating and gas. If you are experiencing bowel ailments of any sorts, then enzymes will clear up that issue effectively.

Increased energy and an improved state of health are experienced when taking enzymes with meals and between meals on a daily basis. It is the most important regimen you can follow to ensure optimal health. If you are chronically sick, then taking enzymes will be a mandatory practice every day. People who experience the best health make it a daily practice to ingest enzymes with every meal and in between meals.

The human body has a blueprint for perfect health. However, in today's world of pollution, stress, low nutrient foods, and poor quality supplements, the body needs help to function at an optimal state. The body can heal itself of any illness or imbalance. Given the proper nutrients and support, achieving an optimal state of health is easy. Many people today do not feel optimally well, let alone experience a state of health that is considered par. A good percentage of people think that their current state of health is good. However, were these same people to have even a glimpse of what it feels like to experience optimal health, they would think they were in heaven.

The fact of the matter is that most people simply do not possess the right kind of information in order to experience this optimal state of health. There is so much health information out there, and a good portion of it not only lacks credibility but also is misinforming. God designed for the body to function at a perfect state of health. When you mistreat it or ignore its messages to you, you will definitely feel the repercussions at some point.

So, what enzymes are beneficial to take and exactly how do you find a high quality enzyme product when there are so many brands available?

### Factors For Purchasing Enzymes

The first element you need to look for when purchasing enzyme supplements is to ensure that the product has plant based ingredients such as protease, amylase, and lipase. These enzymes are individually responsible for digesting protein, carbohydrates, and fats in the foods you eat. The next factor to look for in an enzyme supplement is the potency of the product.

A good standard to follow is to have at least 75,000 HUT of protease, 15,000 SKB of amylase, and 5000 LU of lipase for each capsule. These amounts will ensure that you are getting enough enzymes to digest the proteins, carbohydrates and fats in the foods you eat..

Most enzyme supplements contain other enzymes and nutrients. The only other ingredients that should be in the enzyme supplement are vitamins, ionic minerals, and/or probiotic organisms. If you find other ingredients like binders and fillers, stay away from such products. **(Contact me to find out where you can purchase high quality enzyme products: [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836.**

When you supplement your body with digestive enzymes, all of the other health supplements you take will work even better. Any regimen designed for optimal health must have enzymes as the key aspect of the program.

### **The Truth Always Sets You Free**

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#### Chapter 6

### The Secret For A Strong Immune System

Maintaining a strong immune system is the key to living a life free from illness. When your immune system is functioning at its peak performance, then illness simply can not set it. It would be in your best interest to ensure that your immune system is always functioning optimally if you wish to avoid any health disorder.

So, how does one ensure that their immune system is working at its best? The key to an optimally functioning immune system is by maintaining a high level of healthy bacteria (probiotics) in your digestive and intestinal tract. However, most people's immunity is not functioning at peak performance due to environmental pollution, stress, and poor eating habits.

I would say that stress is the number one factor that contributes to poor immunity. Stress can cause havoc on your immune system by disrupting biological processes needed for optimum health. Stress can leave your whole body in an unbalanced state. Due to the profound impact that stress can have on your body and immune system, this can leave one very susceptible to many health disorders. In fact, stress usually gets stored in the body and cells weakening organs, disrupting digestion, hormone regulation, cell communication, nutrient transport, and even impacts your mental and emotional health.

It is my recommendation to find an avenue to release stress as best you can on a regular basis. Massage therapy, yoga, meditation, sports, playing, and walking in nature are great ways to release stress from your body. Also, changing your perspective of life in general can work wonders to reduce stress.

How do you change your perspective? Perhaps you could view life in a different context. View life as a game and not something where you go through the motions day in and day out. Picture it as a grand game or an exciting movie where you can choose to play any part you wish. Just know that you can change parts/roles anytime you wish. Use your imagination and you will experience miracles.

Aside from reducing stress from your life, the best way to improve immunity is by consuming high quality probiotic supplements. Obviously, eating a well balanced diet with fruits, vegetables, whole grains, essential fatty acids, enzymes, trace minerals and drinking plenty of purified "Living Water (you learned about this in chapter 4) will further ensure that your immune system works at its best. Consuming probiotics on a daily basis is essential to obtaining and maintaining optimum health.

More than 70% of your immune system is centered in and around the digestive and intestinal tract. Many people do not know this important fact. It is interesting that the majority of our defense system that protects us from illness is little bacteria. These live bacteria have a host of other functions beyond protecting our bodies from illness.

They are responsible for aiding in digestion, assimilating nutrients, transporting nutrients, exterminating parasites, fungi, candida, viruses, and clean your intestinal membranes of toxins and other harmful compounds. Live bacteria also ensure that you eliminate properly. Elimination is paramount to health. If you are not eliminating your waste every day consistently then you can be sure you have serious deficiencies in not only live bacteria (probiotics) but also nutrients.

Bowel elimination is key to determining health. If you eliminate frequently then you have a good immune system. If you eliminate infrequently, then this is a sign that your immunity and overall health is poor regardless of how you feel.

Infrequent bowel movements also signifies that you are toxic, meaning that your body is accumulating harmful compounds since they are not being excreted in a normal fashion through your waste. Keep in mind that health disorders take time to build up. You may feel pretty good now but deep in your body are conditions that may be unfavorable to long term health.

It is essential to consume the right kind of probiotics. There are many products available in the market place. Most of these products do not contain enough live organisms to be of significant benefit to your body. Some products contain other ingredients such as fillers, binders, and delivery support compounds. It is important to know what to look for in a high quality probiotic supplement.

A good probiotic supplement will contain a high amount of live organisms numbering in the billions. Also, no fillers or binders should be present. Live bacteria need food to survive. A good probiotic supplement should contain a food source for the live bacteria to feed on to ensure the organisms survive for a period of time after product manufacturing is complete.

Also, you need to make sure that the bacteria strains survive digestive and stomach acids when you ingest them. The product I use is the most powerful probiotic supplement that I have ever seen. If you want to know more about which product I use and recommend and how to purchase it at wholesale then email me at: [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836.

Maintaining a high level of vital bacteria in your body is one of the most important practices that you can follow. I would recommend starting a program of incorporating probiotics into your daily diet immediately. Consuming probiotics with meals is best since the food will aid in not only feeding these little guys but also supply nutrients to them while traveling down your digestive and intestinal tract.

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## Chapter 7 Fats for Survival

There are many people who avoid consuming fats as much as possible because they believe that they are unhealthy and can cause weight gain. Some even calculate exactly how much fat they consume in a given day. While it is a good idea to avoid certain types of fat, following this practice with essential fats could leave you in a diseased state in the long run.

All fats are not created equal since each one has a different molecular structure. There are certain types of fat that are essential for survival. However, many people in this country are severely deficient in these essential fats.

The idea that fat is unhealthy only applies to certain kinds of fats and food items. For example, saturated fat is considered an unhealthy substance because the molecular structure of this compound is not conducive for optimum health. There are also other types of fat that are very harmful to one's health because they are engineered and have an unhealthy molecular structure to them.

These engineered fats can cause havoc to your cells and result in poor biological functioning of the body. **ENGINEERED FATS** or more commonly called hydrogenated oils are unhealthy to ingest since they are synthetic and are not recognizable to your cells. Anytime you ingest something that is foreign to the cells of your body, there is a potential for harm in the future.

The following is a list of **HARMFUL FATS** that can cause health disorders if eaten long term; crisco, margarine, wesson oil, corn oil, vegetable oil, canola oil- (contrary to what most people believe, this oil is one of the most toxic to consume), soybean oil, olestra, cottonseed oil, palm oil. This list is by no means comprehensive since there are many kinds of **ENGINEERED FATS** that are produced in a lab somewhere.

**Engineered Fats/Hydrogenated Fats** are usually heated to super high temperatures and are unstable molecularly. Consuming these types of fats can lead to a whole array of health disorders like heart disease, cancer, stroke, high blood pressure, and other diseases.

Almost all processed foods (canned, pre-made) will contain one or more of these types of fat. Certainly fast foods are loaded with these types of engineered fats. The food industry knows that these oils are unhealthy to consume and have even suppressed findings for many years that validate this point.

There have been many studies performed that confirm hydrogenated fats are unhealthy and can cause illness in people. Obviously, profitability is the main reason for the food industry to hide findings against these harmful fats. These oils prolong shelf life in food since they act as a preservative.

This is why they are used extensively. Look at the label of your foods and you will see just how common these oils are. Do you really want to consume these harmful oils? Would you put the wrong kind of motor oil in your car? I would strongly advise everyone to avoid these types of fat as much as possible since they can only lead to poor health in the long run.

I would like to clarify some important points about fats since I find a lot of misinformation out in society. One issue that I feel has given people totally wrong information is the subject of margarine versus butter and which food item is healthier. Most doctors and nutritionists say that margarine is a better choice over butter since it contains less fat in it.

I say that this advice is totally damaging to people. Margarine is an engineered food item. Have you ever looked on the back label of a margarine container? I bet you can't even begin to pronounce some of the ingredients that go into making this item. **Oh, by the way...margarine is one molecule away from being PLASTIC, as in your Rubbermaid containers!!!!!!**

Butter is very healthy to consume. Butter consists of only fermented milk and cream. It is all-natural and has no other combined ingredients to it. Yes, butter has more fat than margarine, however, the type of fat in butter is much healthier to consume since it is not engineered and altered like margarine. Butter also contains vitamins A, D, and E in their natural forms. Moderation is the key when eating butter.

Another topic of misinformation in the health industry is that many people have been led to believe that eating high amounts of fat will contribute to high cholesterol levels in the body. This is ABSOLUTELY false! Cholesterol is actually very important to the body. Having high cholesterol is not dangerous in every case. It may point out that there may be an unhealthy condition but many times is completely normal for that specific person.

The ironic thing is that cholesterol actually increases in production in the body when you eat very little of it in your diet and decreases in production when you eat a lot of it. In fact, this is why many people who have tried to lower their cholesterol with a restricted diet have not been able to lower it significantly.

The myth that high cholesterol is dangerous to your health was started by western medicine for the profitability. Just think how many people are taking medications to lower their high cholesterol? Now, just think how much revenue this equates to for the pharmaceutical companies? Just to note, cholesterol lowering medications usually only lower it a few percentage points. People can easily lower their cholesterol levels significantly by simply eating more of it in their diets-Only the natural forms of course! Oh, the ironies of life!

### Essential Fats- Oils for Optimum Health

Essential fats have many functions in the body. They are responsible for the major physiological processes in the cells such as proper immunity, cell regeneration, cell communication, nutrient transport, joint health, skin health, and normal brain function just to name a few. These fats are also responsible for normalizing key hormones in the body as well as regulating the metabolism.

In fact, essential fats are more important to your health than are proteins and carbohydrates. These important compounds can be equated to the motor oil in your car. Without the proper oil and lubrication in your car then your engine is subject to many functioning problems. The same applies to the essential fats for the cells.

The body requires these substances on a daily basis for optimum health. However, looking at the overall diet of most people in this country, these essential fats are not being consumed on a daily basis. In essence, many people are walking around with serious deficiencies of these needed compounds.

One of the most damaging bits of information that has been given to the public is that the over-consumption of all fats will cause weight gain and health disorders. Although this may be true for some fats, there exists a good number of essential fats that are very healthy to consume on a daily basis.

In fact, consuming these healthy and essential fats frequently, the body and cells function better. Also, these essential fats can actually help you to lose weight since they will regulate your metabolism for more efficient functioning. The irony of the matter is that you actually program your cells to store more fat on your body when you eat fat infrequently or sparingly. Just because a substance may contain many fat grams in its composition does not mean that you will gain weight by ingesting it.

So, what exactly are these essential fats and where does one get them? Well, you won't find these special oils in most of your grocery stores. Typically, one can easily find these life giving oils in a health food store. If you can't find these in your local health food store either ask them to order them for you or simply buy them on the internet.

The following is a list of the healthiest oils on the planet and are vital for optimum health: flax seed oil, hemp seed oil, coconut oil, sesame oil, grapeseed oil, walnut oil, apricot kernel oil, almond oil, evening primrose oil, avocado oil, olive oil. These oils all have EFA's in their composition. EFA's or Essential Fatty Acids have gotten a lot of attention in the past few years because of their health benefits.

These substances have tremendous healing and nourishing properties. Omegas 3, 6, and 9 or EFA's are not manufactured by the body and thus need to be consumed on a regular basis for optimum health. Flaxseed oil and hemp seed oil contain the highest percentages of these essential fatty acids.

These oils are amazing as they can aid in healing the body and are very nourishing to the cells. Unless you ingest these substances every day or

frequently, then you are severely deficient in them. I would recommend ingesting at least 1 tablespoon a day for optimum health.

You can add these oils to a fruit smoothie or a protein shake since they are better absorbed when you consume them with a protein substance. My favorite is combining the following in a blender: 3 bananas, 1 ripe avocado, 1 scoop protein powder (whey, rice, or vegetable), 1 Tablespoon flaxseed oil or hemp seed oil. Add a little water- Then blend. This drink mixture is very nourishing and healing to your body. Try it and see how awesome you feel!

Another awesome recipe is to combine a cup of cottage cheese, 1 Tablespoon flaxseed or hemp seed oil, and 1 Tablespoon fruit preserves or marmalade. This recipe is good for arthritis, cancer, and many other autoimmune disorders. In fact, there have been people who have healed their illnesses with this unique combination.

Along with being nourishing to the cells of your body, these essential fats are anti-aging, anti-cancerous, and can alleviate many other health disorders. The fatty acids contained within these oils are wonderful remedies for autoimmune disorders. They can help to improve high blood pressure, angina, diabetes, psoriasis and eczema, prevent strokes, arthritis, and are very effective for cancer prevention and treatment.

I call these oils miracle remedies since they have so many amazing benefits to them. You can also use these oils as a skin moisturizer and skin conditioner. I have even rubbed these oils into my scalp for treating itchy, flaky, scalp conditions. Awesome results! The benefits are endless to consuming these divine compounds.

I will say that consuming these oils daily is essential if you want to experience optimum health. If you are sick, then these oils will be vital to your recovery. Get to your local health food store today and start experiencing the amazing health benefits!

### Purchasing The Best Oils

When looking to buy one of these miracle oils, make sure that they are unrefined and unheated. They will have printing on the labels that state if they are refined or if they are pure and expeller pressed and/ or cold pressed. You want to purchase oils that are UNREFINED and EXPELLER/COLD PRESSED ONLY!

Also, the product should not have any other ingredient in it. If your local health food store doesn't have any of these oils then you may easily find them for sale on the internet.

There is a simple rule that can be followed by anyone. That is if a substance is in its natural state (unaltered in any way) then it will serve you well. If you have a choice between consuming something that is natural and something that has been altered or processed, which would you choose? Natural fats are essential for survival and benefit your health tremendously. Start a regimen today of consuming these oils daily so your body can thank you in return with optimum health!

***Feed Your Body With Natural Foods & Experience Energy, Vitality and Optimum Health***



Chapter 8  
Salt or Not to Salt?

Salt is used extensively to flavor the foods we eat. We know that salt is needed by our bodies to function properly. Even animals require this substance to maintain proper health. So why is it that doctors recommend reducing sodium consumption from your diet? Supposedly, excess salt consumption can lead to high blood pressure and other health conditions. Some patients like diabetics are placed on salt – free diets as to avoid other health issues. So, should we consume salt or should we not?

The true fact of the matter is that ordinary table salt is not a healthy substance to consume. There are many factors as to why this is so. First and most important is that table salt has been altered from its original composition. Ordinary table salt is typically heated to high temperatures and has been treated with toxic chemicals.

When mined salt is heated to high temperatures, the chemical structure is altered and is thus no longer true salt. The sodium chloride molecular structure is in essence converted into the molecular structure of sodium hydroxate. This chemical structure is quite toxic to the cells of the body.

Also, aluminum silicate is added to table salt to make it free flowing. Aluminum is a very toxic compound to the body. It is no wonder that doctors recommend reducing salt consumption. They just don't know why salt is harmful in large quantities.

Sodium is a needed substance for the cells of the body. If ordinary table salt is toxic, then how can one receive the sodium that is required for the body to function properly? There is really only one form of true sodium that the body can use and that is ORGANIC SODIUM. Organic sodium is a compound found in

most fruits, vegetables and sea plants. This is the only true sodium compound that the cells of your body need in order to function properly.

Sodium has many functions in the body. It is a very important mineral and has a dramatic impact on your overall health. The following are just a few of the functions of sodium. A major function of sodium is to regulate overall water content of the cells. Without a proper balance of water inside and outside the cell, then the body could not function in an optimum state.

Sodium is also responsible for overall energy production of the cells. Many times when people feel fatigued, they are really low on their sodium levels. Healthy bone formation requires optimum levels of sodium in the cells. Osteoporosis often times is attributed to not only having low calcium levels but also very low organic sodium levels in the body.

A misconception that exists about sodium is that high salt consumption results in high blood pressure. This is only true for the consumption of ordinary table salt. Table salt raises blood pressure because it is toxic and creates an unhealthy environment in the body.

True organic sodium DOES NOT raise blood pressure and in fact regulates it for better health. Other functions of sodium in the body are for a healthy libido, nerve cell communication, food absorption, regulating and balancing blood sugar levels in the body.

There is one alternative to table salt that is very healthy to consume in any quantity. The substance that I am referring to is SEA SALT. Sea salt is a very healthy additive for food and your health. Sea salt contains up to 80 trace minerals and is a pure compound. There are no chemicals added and no heating. It is pure salt that comes from seawater that has evaporated and left the residual compounds.

Sea salt typically is gray in appearance and is sticky because it retains its moisture from the sea. In fact, sea salt has a better flavor than table salt. Table salt tends to have a metallic after taste. This is due to the aluminum added to it. Sea salt has a pure natural taste. You will taste the difference once you use it.

The 2 brands that I would recommend are French Atlantic and Celtic sea salt. These are wonderful salts that can be purchased from most health food stores. You need to be careful when buying sea salt at the store. There are many other types of sea salt out at the market. Just because the package says SEA SALT on the label does not mean that it is pure.

This is how you can tell if the sea salt you have in front of you is pure. Look for the sea salt to be slightly gray in color. There are some brands that are white in color. Also, look for the particle size to be somewhat big or course as compared

to table salt. The last thing to look for is the price. Sea salt costs more obviously as compared to regular table salt. The purest of SEA SALTS will cost you about \$9 a pound. Read the label...it should say 100% Unrefined Sea Salt.

I find that the Celtic sea salt is the best quality out on the market. French Atlantic would run second in my book. Any other brand you come across may not be pure sea salt. It may be a processed version of sea salt. Again, the price will tell you if it is pure. To recap: look for color, size, moisture, and price. This will help you to find a high quality sea salt.

Also note that sea salt can be consumed in any amount. You simply can not overdose on this stuff. In fact you can use sea salt in baths as a stress reducer and a toxin remover for the body. You can use it as a facial scrubber and an exfoliator. You may also notice major improvements in your health once you start consuming sea salt on a regular basis. You may feel many wonderful things happening to your body. So sea salt it up because this stuff is great!

***If you just open your mind, you will see many truths that were once hidden***

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## Chapter 9 Heartburn De-Gassed

Heartburn afflicts many people in this country. Supposedly, as is claimed by western medicine, heartburn stems primarily from excess acid in the stomach. According to health officials, this excess acid is responsible for the chest pain and burning sensation one feels in their esophagus and chest area.

It is claimed that by taking ant-acids, this excess acidity in the stomach and esophagus will be neutralized. There are now many advanced heartburn medications that are available to supposedly alleviate this condition. These heartburn products are intended to neutralize the excess acids.

### Heartburn Finally De-Gassed

The truth of the matter is that all of these heartburn claims are totally false. Heartburn is NOT due to excess acid in the stomach. Heartburn is directly attributed to a LACK of acid and a lack of digestive enzymes in the stomach. Due to a lack of HCL and digestive enzymes, improper digestion occurs.

Thus, food sits in the stomach longer than normal in which it ferments and putrefies or simply stated...IT ROTTS! This results in the production of fermentation acids in the system. These acids can be quite potent. The burning

sensation one feels in their chest and throat is due to the fact that this fermentation acid at times comes back up the esophagus.

A lack of acid and a lack of key digestive enzymes causes improper digestion, bloating, gas, and other symptoms attributed to heartburn.

Common factors that are directly responsible for heartburn are; consumption of too many cooked (dead) foods, enzyme deficiency, dehydration, inadequate sodium levels, improper diet, essential fatty acid deficiency and stress.

If you do not consume an adequate amount of water each day then you are dehydrated. Dehydration can lead to a production of less HCL (Hydrochloric acid). Aging can also be responsible for heartburn. As people age, the production of enzymes and normal bodily acids decrease. Improper diet is a very common factor for heartburn since most people in this country eat too many acidic foods.

Eating too many acidic foods can over time suppress the parietal cells in the stomach which are responsible for secreting Hydrochloric acid. Hydrochloric acid is mainly responsible for lowering stomach pH so that the proper enzymes can work to break down the food you eat. Foods such as pizza, hotdogs, french fries, meats, coffee, soda and other processed foods can do a number on your digestive system.

By consuming these foods on a frequent basis, the parietal cells can become dysfunctional resulting in many digestive disorders. Also, you are depleting your body of enzymes when you eat dead (cooked) foods. This is why heartburn is so common in this country.

The biggest mistake in attempting to alleviate heartburn is to take ant-acids. Even though these products may help you to feel better in the short run, they will only worsen your heartburn condition. By taking these products on a regular basis, you will further suppress any HCL acid that your body was producing. You see, ant-acids block or neutralize acids.

As I have already stated, heartburn is really due to a lack of acid (HCL) in the stomach and a deficiency in key digestive enzymes. If you take a compound that blocks acids then you are actually worsening your heartburn condition because then the proper pH can not be established in the stomach for enzymes to do their work.

Also, taking ant-acids long term interferes with digestion causing mal-absorption and eventually malnutrition. Ant-acids can also create an overly alkaline environment in the body. When you have an excess alkaline body environment, you set up a condition where calcium can not be utilized by the cells. When your body is not absorbing calcium , you eventually reach a state of osteoporosis.

Some ant-acid companies put calcium in their products. This is pointless since synthetic forms of calcium are not usable to your cells.

### True Heartburn Relief

So, what can you do to rectify this condition? The first and most important step you can take is to restructure your diet. I would start with consuming more water and reach a level where you are drinking at least 2 to 3 quarts a day. Then, you can work on changing some of the foods you eat. Eating more raw vegetables will help tremendously since they contain many natural enzymes that will aid with digestion.

Fruit obviously is a major plus but I would recommend eating at least 4 to 5 pieces a day. This practice will also help with supplying your cells with additional enzymes and will aid your body to function better overall. Papaya has many beneficial enzymes that will help you with digesting food properly. Another remedy is to sprinkle any or a combination of the following: cumin seeds, fennel seeds, pomegranate seeds, dry ginger, cardamom and tamarind bark on your foods. These spices contain many beneficial substances in them that will aid with digesting your food.

Reducing or eliminating some of the foods you eat that are overly acidic will also help stomach conditions. Any cooked or processed food puts strain on your digestive system. These foods simply do not have enough raw enzymes and nutrients to aid in digestion. It would be wise to eat at least half of all of your meals as raw foods. This will give your body some support in breaking food down and help with reducing the potential for heartburn.

I would strongly recommend taking digestive enzymes with all your meals. Digestive enzymes taken with your meals will drastically reduce your heartburn symptoms and will also help with absorbing nutrients better. Most people are deficient in enzyme levels in their bodies, so it is wise to make this a daily practice with all main meals. Enzymes are very important for your overall health.

Not all digestive enzymes are beneficial to use. You need to know what you are looking for because it is important to take an enzyme that works as intended. There are many brands of enzymes out in the markets. I would strongly recommend taking ones that contain only natural fruit and vegetable enzymes. (Contact me to find out where you can purchase high quality digestive enzymes and other digestive supplements at: [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836.

***\*Here is a secret that I learned some time ago if you are experiencing severe heartburn and want immediate relief. Take a spoonful or two of***

***apple cider vinegar. You can find apple cider vinegar in any health food store.***

Heartburn can be treated effectively if given the proper information. I know that I have educated you on the truth about heartburn. You can now use this information to help yourself or anyone you know that is afflicted with this condition. HAPPY EATING!!

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## Chapter 10 Milk Exposed

Many people believe that milk is very essential for one's health. The government claims that milk is essential to one's diet because it contains valuable calcium that is needed for healthy bones and teeth. The government and other health officials also claim that by consuming milk on a regular basis that one will receive enough calcium to meet their RDA requirements. There are TV commercials and magazine ads with famous people on them stating...Milk does a body good. Really?

Well, milk does contain a lot of calcium in it. However, because milk is pasteurized, the calcium is not in a usable form to nourish the body. In essence, pasteurization alters the bonds of the minerals in milk deeming the calcium unusable to the cells of the body. In this pasteurized state milk is not in a form that is healthy to the body at all.

In fact, there have been studies done that show the effect of drinking pasteurized milk. Twin calves (baby cows) were fed similar diets. One calve was allowed to drink milk from its mother while the other was given pasteurized milk. The calve that drank the mother's milk was very healthy but the calve given pasteurized milk died within 2 months.

I hope you can see that milk is not healthy the way it is claimed. In raw form, milk is absolutely healthy and very good for one's health since it contains raw minerals, vitamins and enzymes. However, due to market demand and shelf life, milk is required to be pasteurized by law.

Also, milk is very acidifying to the body because it contains a lot of phosphorous. Anything with inorganic phosphorous in it usually is very acidifying to the body. Milk also contains a lot of protein with very tightly held molecule bonds that make milk hard to digest.

If the claim that milk is a good source of calcium and does a body good were true, then we would not have the high rate of osteoporosis that we do in this country. The United States has the highest rate of osteoporosis among advanced civilized nations, yet we as a nation consume the most milk in the entire world.

In fact, there is more osteoporosis among people in milk drinking countries than in countries where less milk is consumed. Osteoporosis is more common in countries such as the U.S., Sweden, and Britain. Can you see how misinformation and deception can actually hurt you?

Another harmful component about milk is that it contains a substance called BOVINE GROWTH HORMONE (BGH). Bovine growth hormone is a synthetic steroid that is injected into cows in order to make them produce more milk and to grow with more meat on their skeleton. Obviously, this measure is taken for the huge profit potential of the dairy industry.

However, in the scope of trying to get more return for a farmer's investment, they are actually hurting the people who consume their products. Bovine growth hormone will not hurt someone in the short run but over time can and will affect people in various ways.

For example, in recent years there has been a dramatic increase in the development of children's bodies at a much younger age. Children that are just becoming teenagers are developing much quicker than what is deemed normal. I know that I have personally seen some girls that were no more than 13 years of age and appeared fully developed. They looked like they had the body of an adult and yet they were just teenagers.

This advanced development can be attributed to the hormone (BGH) that is found in milk. As I stated earlier, bovine growth hormone is in essence a synthetic steroid that causes advanced development in cows. If it can do this to cows, then why couldn't it do the same to humans?

My concern about milk is for infants and small children that are consuming milk on a regular basis. Milk is not a good substance to be feeding these children. In fact, many children have serious problems with digesting milk. Also, children can experience other immune disorders by the regular consumption of milk.

For instance, children who have asthma can cause a flare up of their condition just by drinking milk and can actually aggravate their symptoms. If your child or someone you know has asthma, please stop giving them milk because it will only worsen their condition. The main reason why milk causes so many problems for many people is that it contains complex protein molecules that make it hard to process by your body. If your child or someone you know is experiencing any type of health problem, then I would stop feeding them milk altogether.

Cow's milk is not a needed substance by the body. Society has done a number in programming people to believe that milk is very necessary for proper health. I say that this is a deception in order to get people to buy milk. If the dairy industry couldn't sell milk, then what would they do with all of it? Do you see the huge profit potential of the dairy industry? If you can market something as very beneficial and program people to accept this belief then the profit potential is enormous.

In closing I would say that if you have an infant or child that drinks milk, I would strongly recommend changing this practice. There is an alternative to giving them cow's milk that is many times healthier and will supply them with enough calcium for their physiological needs. A mixture of goat's milk and fresh carrot juice is a very healthy combination and will be much easier on a child's body. Goat's milk is more alkaline than cow's milk and has protein molecules that are not as complex (tightly bonded).

The minerals in goat's milk are also more usable to the cells of the body. Goat yogurt and goat cheeses are great alternatives to cow milk products. These goat products taste very similar to regular milk products and one typically can't tell the difference. In fact, I would recommend goat products to both children and adults. You can feel the difference by how your body responds to them. Try the goat milk products and see for yourself. Your body will thank you!!

If you simply must have regular milk products then I would strongly recommend organic milk varieties.

Don't believe everything you hear on TV or read in newspapers!! You are being misled to say the least. Empower yourself and you will never be led astray again!!

**You are a master of your life, wake up to this reality!**

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Chapter 11  
**Cancer, The Truth Revealed**

Is cancer really incurable as western medicine would have you to believe? Is this disease really the monster that most people believe it to be? Does a diagnosis of cancer truly signify a death sentence? Well, to say that the people of this country have been misled is an understatement.

What if I told you that there are therapies and treatments that can help people to heal from cancer? In fact, there have been effective treatments for cancer for many decades. So, why are these therapies and treatments not available to people who are dying with cancer? Primarily, this knowledge of how to cure cancer has been withheld from the public for many political reasons.

You see, the medical industry is a huge part of the U.S. economy. It has a dramatic impact on the status of this country being a major economic powerhouse. If people could cure themselves of cancer or any other diseases for that matter then it would mean major lost revenues for many medical sectors across the country. Thus, the U.S. would simply not have the major political force that it has today. The medical industry is a trillion dollar sector of the economy. I think you get the drift by now right?

The extent of corruption and secrecy among the pharmaceutical companies is vast. They know that cancer can be curable given the proper knowledge of how to do it. They also have many parameters in place to ensure that the secret knowledge never gets out to the public ear. Our government also has a big hand in this major secrecy of curing cancer. They have known for many decades that people can cure themselves of cancer by following certain protocols.

The government has created many sham organizations in order to ensure that the true knowledge of cancer and other cures never gets out to public ears. The FDA is one of many sham entities that has been created to appear to serve a good cause. The truth of the matter is that the FDA and its' governing laws make it almost impossible for anyone who claims that they can effectively treat cancer with their therapy.

In fact, many practitioners have either been chased out of their practice or have been jailed for healing people with cancer. The laws set forth by the FDA ensure that anyone even close to healing cancer with their therapy will not be able to help heal people for long.

Here is a question for you: Who do you think created the FDA?? I'll give you 50 guesses! No, not the government. Keep thinking! I'm playing some violin music for you. Answer: The Drug Companies.....Things that make you go hhhmmm!!

I say that the time has come to have the truth come out. We the people of this country deserve the truth and have a divine right to it. We need to band together and start educating as many people as possible. I, being a holistic consultant, seek to do just that. I intend to educate as many people as I can so that they can help themselves and in turn help other people. Only when this truth gets out to the masses will there be a push for major changes in the ethics and morals of this country.

Many people have died or are dying of cancer that need not be. There is information that can help people to heal from cancer. The time has come to have the pharmaceutical giants and the government to come forth and tell the truth. It is only a matter of time before the truth spreads to the masses! We are all responsible at some level for the divulging of truth. We can't just sit there and think that the next person will do it for everyone. We, collectively determine how fast this true knowledge comes forth. Please join in the sharing of truth!!

So, how is cancer curable? Why after so many years of research and experiments are there still high incidences of cancer and many people dying from it? I would say the main reason, aside from the secrecy of the government and pharmaceutical companies, is pure misinformation.

You see, all resources given to medical students while in the process of earning a doctorate degree are primarily funded and supplied by the pharmaceutical industry. This includes learning materials, statistics, and other resources. All of this information that is created by the pharmaceutical industry and given to medical students is loaded with misinformation and highly favors drugs as a main remedy for most medical conditions.

Therefore, medical students have no other sources of information to go by. All their knowledge comes directly from what the pharmaceutical companies supply them with during their course of studies. I hope that you can begin to see the profound scope of politics involved with the whole topic of western medicine. Indirectly and unconsciously, all medical personnel are helping the pharmaceutical industry carry forth a corrupt political agenda. It is this pure misinformation and secrecy that is keeping cures and therapies for cancer and other diseases away from people who are dying.

### Cancer Treatment or Barbaric Therapy

The main protocol used today in western medicine for treating cancer is chemotherapy. The pharmaceutical industry claims it to be very effective in treating many people with cancer. Well, the fact of the matter is that chemotherapy actually destroys a person's immune system. Along with killing cancer cells as is claimed by doctors, it also kills immune cells and other healthy cells of the body.

A major fact worth noting is that many people who die of cancer after having received chemotherapy did not die from the cancer but rather from a dead immune system directly caused by the chemicals and radiation. If you are killing your defense system then how can you be healing? This is the irony I find with this mode of medicine. Please educate yourself fully before ever embarking on such a profound medicine. In actuality, a person with cancer has a higher chance of surviving by simply not taking chemotherapy or any other toxic drug.

The pharmaceutical industry knows that chemotherapy destroys the immune system and leads many people to a slow death. A slow death equates to huge revenues when we take into consideration the cost of healthcare and expensive cancer therapies. The government and the pharmaceutical companies always want this process in motion. (I know this may sound a bit unbelievable to you, however, you will never understand the full scope of how much manipulation and deceit has been perpetrated over the years.)

The more people who are sick and receive expensive treatments for their illness, then the more revenues coming in for these corrupt entities. If we look at western medicine in general, the main therapy or treatment used in treating illness is always a drug of some form. This should raise eyebrows since it is the pharmaceutical industry that supplies medical students with their learning resources.

If we look at illness across the board and the effectiveness of western medicine to heal most diseases, we see that in fact most drugs and therapies used are ineffective at healing the condition permanently. We have yet one cure for any of the major diseases common in our society. We have plenty of high tech machines and expensive drug therapies but no cure for any illness.

Funny if you ask me because the premise of western medicine is to treat the symptoms of a condition. Treating symptoms is not finding the root of the problem. If your car had a leak in the gasket of your engine and smoke was coming out the tailpipe, you would not concern yourself with the smoke directly. You know that if you fix the leaking gasket then the smoke goes away. However, western medicine tries to stop the smoke coming out of the tailpipe without fixing the leaky gasket.

This ensures that the main condition never goes away. The corruption and secrecy is vast and extends out to many branches of government and the medical sectors of the world. This is why there have been no cures for any of the major illnesses that are common in today's society.

Cancer along with many of the other common diseases of our time can be healed fully. Cancer is not the monster that most people think it is. Given the proper information and correct guidance, one can completely heal from these conditions. Disease of any form always has an underlying root cause. A person simply doesn't wake up one morning and have an illness.

Disease is a manifestation that takes many months to even years to form. Although disease is a physical manifestation, the root causes for most illnesses are not physical. The true root underlying causes for most illnesses lie deep within the person that is sick. Most diseases have deep emotional, mental, and even spiritual factors contributing to their manifestation. The pharmaceutical companies know that most illnesses are attributed directly from a combination of

emotional, mental, and spiritual factors. They try to keep people away from this very profound fact.

They deceive everyone into believing that illness is strictly physical in nature and can be healed with their toxic drugs and barbaric therapies like the ones used for cancer. It is amazing how the pharmaceutical companies have little blue pills available for almost every conceivable condition. They have drugs A through Z available to supposedly help any condition. There is a main reason why drugs alone do not work to cure any illness or condition known to man.

You see, we humans are multidimensional beings. We are more than just flesh and bones. We are mainly spiritual beings and our physicality is actually the smallest component of our total being. Most of us only relate to our physicality because that is the only part of our being that we can see and touch. However, this physical part is such a small component of our true nature.

We are truly multidimensional beings with a complex psyche. We have an emotional complex, a mental complex, and a profound spiritual complex that makes us who we are. When we become sick, we need to look at our whole being and work to heal those areas that are out of balance. Without such balance then one can never truly heal since our mind, body and spirit are all interconnected.

Whatever affects one level will also affect the other levels just as a pebble thrown into a pond will cause a ripple that travels across the whole body of water. This is a main reason why drugs or any other physical therapies alone will never be able to heal a person completely of any illness.

So, how can cancer be healed? Well, there are many ways to heal from cancer or any other illness for that manner. The path to healing is really an individual process. No one therapy will heal every person that is chronically sick. There are many natural remedies and therapies that will facilitate your healing but in the end it requires you taking full responsibility for your health. I would say from personal experience that healing begins with a strong commitment and determination that you will heal yourself no matter what it takes.

I personally reached a point where I was sick and tired of being sick and tired. So one day I stood up in my room and made the vow that I not only would heal myself but that I would feel better than ever. That promise to myself has come to fruition. It was from the very moment that I assumed full responsibility for my own health that I started my journey to healing. No little blue pill, magic supplement, or genius practitioner can ever heal you of any condition. It is up to you!

Natural food items, organic supplements, and other holistic remedies and therapies can help you to heal on a physical level but only after you have assumed responsibility for your own health. I personally did use holistic oriented

therapies and treatments in the process of my healing but I knew in my mind that it was ultimately me that would allow these regimens to be effective.

I could go on and on describing effective remedies that target cancer. In no way am I saying the following information is a cure of any sorts. However, the following information can be helpful in aiding someone to help heal themselves. The most important thing that someone who has cancer can do is to take a full assessment of his or her entire life.

Look at areas where you may be holding resentment or anger toward some past life event or at some specific person. Cancer at times can be an expression of stored up anger that you have not completely expelled out of your being. If we take a look at cancer symbolically, it really is a condition where there is an eating away of healthy cells. This eating away is symbolic of the resentment or anger that has been eating away at you for so long.

It is imperative that you isolate the person or situation that you may have anger for. This is a major step one can take to begin their healing. After you have identified the specific event, then the next best thing to do is to work on forgiving that person or event. This may take some time but it will be the best medicine possible.

Once you have begun your journey to healing, it is very important to change your diet in order to nourish and cleanse your entire system. A diseased body requires more nutrients, rest, and overall support in order to heal properly. My recommendation for a healing program entails the following:

- 1) Isolate key events in your life where there was some type of mental, emotional, spiritual, or physical trauma.
- 2) Work on forgiving or releasing any long held anger, hatred, resentment, or any other deep seeded emotions.
- 3) Take time to nurture yourself everyday and work on loving yourself more.
- 4) Begin a highly specialized detoxification regimen helping to flush the body of stored up toxins, heavy metals, and other chemical residues. Contact me for full details of detoxification at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com)
- 5) Eat a highly nutritious and balanced diet containing many raw fruits and vegetables.
- 6) Increase water consumption gradually up to 3 to 4 quarts a day. (Distilled preferred)

7) Take high quality supplements to supply the body with added nutrients. (All natural/Organic recommended)

8) Try some or all of the following: sea salt baths, aromatherapy, meditation, massage, acupuncture, guided imagery, music therapy, and deep breathing exercises.

9) Begin a Juicing Program using as many deep green vegetables as possible.

There are some important things about cancer that many people are unaware of. Cancer feeds off sugar in the body. If you or someone you know has cancer, the best thing they can do is to eliminate all food items that contain processed sugar. Processed sugar can be any of the following: white sugar, corn syrup, brown sugar, cane juice, powdered sugar.

The only forms of sugar that are good to eat are natural sugars coming primarily from fruits and vegetables. By eliminating processed sugars from the diet, in essence you take away the fuel for the cancer to grow. Also, cancer cells simply can not survive in a highly oxygenated environment. By increasing the oxygen supply of the body, you can increase the healing potential of the cells to regenerate.

Do deep breathing exercises throughout the day and buy a humidifier. Then put 1 gallon of distilled water in the humidifier and add 1 pint of hydrogen peroxide. Let the humidifier run all day. This will add extra oxygen in your environment. You can even breathe some of the moist air coming out of the humidifier to gain extra benefits.

The following are therapies that have been very effective in treating people with cancer: Oxygen therapies, Essiac, Ozone therapy, electromagnetic devices- (highly recommended for healing): contact me for purchase details at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com), zapping, urine therapy, flax seed oil, vibrational modalities, laetrile, pure Amazonian cat's claw, ellagic acid, shark cartilage, extensive detoxification, intravenous enzyme therapy. Please understand that these modalities are only as effective as you will allow them to be.

Again, you need to take full responsibility for your health. These therapies can aid you to heal on a physical level. Remember though, you are a multidimensional being. All areas of your being need to be addressed if you want to be completely well. I would advise you to do your own research on these therapies. There is more than enough information on these topics available in order for you to get a full understanding of how each one works to heal the body.

**Assume responsibility for your health and you will see amazing things happen!**



## Chapter 12 Sugar Lovers Beware

It would be fair to assume that almost everyone on the planet loves sugar and sweet foods. Processed sugar is in many products and is a key ingredient for baking. It seems that everyone has a sweet tooth for some sugar food in one way or another. Most people know to limit their intake of processed sugar, however, what most people don't know is that sugar is one of the worst ingredients to put into your body. The chemical reaction of sugar in the body acts as a poison. Studies show that sugar has drug like effects in the body.

Processed sugar has many harmful effects throughout the body and can cause major imbalances in the organ systems. You could say that sugar tends to throw off the homeostatic balance of the whole body by increasing the production of adrenaline by many times. In essence, sugar stimulates the nervous system by inducing a flight or fight response.

This is obviously not a healthy process. This intense reaction of the body increases the production of cortisone, which suppresses immune function and can lead to other health disorders.

The daily intake of sugar leads to many other imbalances and malfunctioning of the bodily processes. High sugar consumption leads to an overly acidic body and in turn will cause the body to strip nutrients from its reserves to counterbalance this effect. This can eventually cause the body to take calcium from the bones and teeth since calcium is the primary mineral used to neutralize high acid in the cells. Osteoporosis and arthritic conditions can result from this continued process.

### Sugar and its Link to Weight Gain

Excess sugar consumption will eventually effect every organ in the body. Primarily, sugar is stored in the liver as glucose. Since the liver's capacity to store sugar in this form is limited, the liver will start to expand almost like a balloon with continued daily sugar intake. When the livers' capacity has been filled, the excess glycogen (glucose) is returned to the blood in the form of fatty acids (fat). The fatty acid compounds are then taken to various parts of the body and are stored as fat deposits in the buttocks, belly, breasts and hips since these are the most inactive body parts.

The consumption of excess processed (refined) carbohydrates has the same effect on the body. Eating foods with refined white flours and other enriched products can cause the same physiological effects. Consuming excess pasta, rice, chips, pretzels, and other high processed carbohydrates can lead to fat deposits on the body.

Many people do not understand how eating excess pasta or rice can cause weight gain since these foods have very minute quantities of fat and calories in them. The secret is...it is not that important how much fat or calories a food has. The real key is what biological effect does a food have in the body.

When the inactive body parts have become filled with fat then eventually the excess fatty acid deposits will become stored around major organ systems such as the heart and kidneys. This leads to the degeneration of these organs and in turn will cause poor health. This can result in poor immune response, poor circulation, high blood pressure, and can even impact brain functioning.

### A False Energy High

Too much sugar intake gives one a false sense of energy. When you eat a sweet food, your energy will go up, however, it only feels that your energy is going up. In fact, this false energy is really your body being stimulated via the flight or fight response that I spoke of earlier. After this reaction has worn off, your energy levels will come crashing down as most people experience every day after they have eaten a high sugar food.

Most children that have ADD can completely heal themselves just by eliminating processed sugars in their diets. Children eat way too many processed sugars. The behaviors and bodily responses that these children feel are the flight or fight responses of their nervous systems. All forms of processed sugars such as nutra sweet, cane juice, corn syrup, brown sugar, splenda, powdered sugar and others have the same effect on the body. The chemical structures of these compounds are very harmful to the body and should not be consumed on a frequent basis.

Fruit sugars are very healthy for you. The monosaccharides (simple sugars) in these natural foods are in a structure that are beneficial to your cells. Fruit sugar has a much different effect on your body than does processed sugar. Fruit sugars nourish and energize the body naturally. This is true energy as compared to the false energy one gets from processed sugars. Your cells require the simple sugars in fruits consistently since they serve to fuel the body with the best substances. Make sure you consistently eat many fruits a day. I would recommend eating 4 to 5 pieces of different fruits a day for better health.

### The True Bitterness of nutra sweet & sucralose (splenda tm)

What you are about to discover is information that has been known for quite some time by various health organizations. Please take this information seriously because there are agendas in place to hide this truth and to use it against you.

Aspartame (nutra sweet) is actually worse to consume than sugar. This technical name includes the following brands of sweeteners- (equal, nutra sweet, spoonful and equal measure).

Be advised that these compounds are very powerful and can cause severe biological effects in your body. To say that they are toxic is an understatement. The manufacturer of these compounds knows of the dangers in consuming regular amounts of aspartame substances. As I have already said there is an agenda for putting these compounds into various products.

If you want to know the true agenda then research it for yourself. I am not one who attempts to prove anything to anyone. I challenge you to do your own research and see if you can prove what I am saying wrong. In trying to prove me wrong, you will prove me right.

### The Breakdown of Aspartame

Aspartame is a volatile substance, meaning that it breaks down very readily under normal storing conditions. Primarily, all aspartame compounds break down into methanol (alcohol), which is a known neurotoxin. The methanol in time then will break down into formaldehyde that is a highly reactive chemical that is damaging to the cells and genetics of the body.

This process can cause a number of neurodegenerative diseases such as alzheimers, lupus, multiple sclerosis (MS), and parkinson's disease. The methyl alcohol that forms from aspartame is thousands of times more potent than the alcohol found in a normal alcoholic beverage.

Reactions to aspartame products include the following: headaches, nausea, depression, fatigue, heart palpitations, slurred speech, breathing difficulties, memory loss, seizures and even death. Consuming high amounts of aspartame can also increase your cravings for carbohydrates. I explained earlier that consuming high amounts of empty carbohydrates (refined flours, pasta, rice, chips) will lead to weight gain.

Primarily, the effects of aspartame chemicals in the body seem to alter key hormones thus creating imbalances in neurotransmitters and blocking other hormone precursors.

So, why haven't you heard about these dangers before now? Let's see...the diet industry is a trillion dollar market to many organizations. Obviously, they don't want this secret information to get out to public ears if you know what I mean.

## Aspartame & Children

Children love to consume sweets on a daily basis. Many of the food products that these children are consuming have aspartame sweeteners in them. I would advise all parents to get their kids off of aspartame food items. These foods are not healthy for them. There are plenty of healthy alternatives for any of the items that they enjoy.

Email me and I will give you loads of information. Many kids are diagnosed with ADD and other mood disorders. Many of these conditions are being classified as hyper, behavioral problems and others when in fact these children are being affected by the foods they eat. Look at a normal child's food intake for an average day and you will find that they eat way too much sugar and items with aspartame compounds in them.

This daily consumption of these sweeteners has a harmful effect on their nervous system and therefore becomes expressed as mood disorders and behavioral problems. Take these kids off sugar and these sweeteners and watch them improve.

## Pregnant Mothers & Aspartame

If you or anyone you know is pregnant then I would say just stay away from these dangerous sweeteners forever. Make sure you read labels and make it a conscious intent to have the whole family keep clean of these products. It will help your whole family out I assure you.

If you are pregnant and consume aspartame foods you will only be hurting the development of the child. Doing so can cause neurological imbalances and other cellular damage. You are also hurting yourself. It is not worth the price just to have your diet soda. Please educate yourself more on this topic for it can save your health and the baby's health.

## Products to Stay Away From

If you drink diet soda then are you most likely consuming aspartame. Most diet sodas and many other beverages are sweetened with one of the aspartame sugar substitutes. **STAY AWAY FROM ALL PRODUCTS THAT CONTAIN THE VARIOUS FORMS OF ASPARTAME!** These include aspartame, nutra sweet, splenda, spoonful, equal. Read your labels and throw away all items that have these compounds in them. Take responsibility for your diet. If you choose to continue to consume aspartame after reading this chapter well then you are the one to pay the consequences.

## What Will I Use To Sweeten My Drinks & My Food

Relax! I know you enjoy sugar and do not want to give up great tasting foods and beverages. You don't have to. There are some great natural sugar alternatives that I feel taste better than sugar and the other toxic substances mentioned earlier.

To sweeten your drinks you can use **Stevia**. Stevia is a natural herb that is actually hundreds of times sweeter than regular sugar. It has no fat, carbohydrates or calories and is perfectly suitable for people with diabetes, low carb diets and people with candida and other parasitic conditions. Stevia does not cause spikes in blood sugar and has a nourishing effect on the body. It has been used for centuries among various cultures.

You can get stevia at any health food store in the dietary supplement section. There are 2 products: 1 is a liquid concentrate- I recommend this for sweetening beverages like teas and shakes. The other is a ground up version and is in powder form. I recommend this for foods like cereal or oatmeal.

**Agave syrup** is an awesome food product. You will love this sweetener guaranteed. It is a compound similar to honey only that it comes from a cactus plant in the desert. I believe that it tastes better than honey and can be used on pancakes, cookies and to sweeten baked goods. Try it and see! You can find this at most health food stores. If they don't have it then ask them to carry it.

**Rice syrup** is also a good sugar alternative. It can be used in various ways and has a pleasant taste.

**Date Paste** is very sweet and can be added to baked goods and pancakes, waffles and cookies.

**Fruit Juice Concentrates** can be used to sweeten baked foods as well.

**Barley Malt Syrup** is another great alternative.

**Honey** – old time favorite for many, can be used also in various ways from sweetening drinks to sweetening baked goods. Use only organic varieties.

I would say to just buy some of these sweeteners and see which ones you like. They are all healthy to consume on a daily basis and you will feel the difference. You will not miss regular sugar believe me. Your body will thank you I assure by eating natural sugars. If you want some recipes on how to use these sweeteners then let me know via email.

**The Truth About Sweet-N-Low**

There have many reports that state Sweet-N-Low can be carcinogenic when used frequently. I remember when I was a child I heard that this can be a harmful compound to the body. The truth of the matter is that Sweet-N-Low is not harmful to your body. The chemical structure of this substance does not have any damaging effects to your cells as do the sugar substitutes mentioned earlier.

I stated previously that the important thing of any compound is the chemical structure and its biological effects once in the body. Sweet-N-Low has no negative effects once in the body. It is actually a good substitute for sugar.

So why have there been reports that state Sweet-N-Low can be carcinogenic? Do you remember where you heard this? I bet you picked it up via your TV or some other media outlet. Who divulged this information? I hope by now you are beginning to see that there are some organizations that don't want you knowing information that can benefit your health.

The misinformation about Sweet-N-Low was released to get you to not want to ingest it so that you would then resort to other sugar substitutes...do you understand? Again, there are agendas in place to get you to believe certain things about health and various food products.

**They...** (this includes all organizations colluding to carry out their corrupt agendas) program society via the media outlets (TV, magazines, newspapers, radio, etc). Then when people hear the truth such as Sweet-N-Low is actually good they don't believe it because they have been programmed to believe the opposite. My advice to you is stop watching the news and reading newspapers. There is always misinformation in these outlets...not just health information by the way. Name a subject and you have been programmed about it. Don't believe me...great...I challenge you to research what I am saying.

So there you have it. You now know the truth about sugar and sugar substitutes. Please use this information immediately.

**You Must Learn To See Through The Veils of Illusion To Get at the Truth !**

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### Chapter 13 The Flu Shot Deception

Every year around November many people go and receive a flu shot in the hopes of avoiding getting sick. Many people believe that by getting a flu shot they will

reduce their chances of becoming sick with that year's strain of flu virus. The media and doctors remind everyone at the onset of fall to go and receive your yearly shot. At times it is stated on TV that there may not be enough flu shots to supply everyone who wants one.

They recommend that people go out and receive a flu shot as soon as possible or they may be one of many who will not receive it in time for it to work effectively. Doctors highly recommend the yearly shot and claim that it is very effective in reducing a person's chance of getting sick with the flu. Does this once a year shot actually reduce your chances of getting the flu?

Well, where do I begin? I will begin by saying that the flu shot is one of the biggest deceptions and lies fed to the public by the government, pharmaceutical companies, and the media. **THE FLU SHOT IS NOTHING BUT A SCAM AND A MAJOR PROFIT MAKER FOR THE PHARMACEUTICAL COMPANIES!!** The flu shot **CAN NOT** work as it is claimed and **WILL NOT** reduce your chances of getting the flu. In fact, it can actually increase your chances of getting flu like symptoms.

First of all, the flu virus mutates every year. In essence, the flu virus has a different biological makeup every single year. Until the flu virus mutates no one in the world can possibly know the new mutated biological makeup of it. However, doctors and scientists claim that they can predict what the new biological makeup of the flu virus will be in advance. From this prediction, they produce a serum, which is then used for that year's flu shot solution.

**THIS IS TOTALLY PHONY AND A DISGRACE!** No one except **GOD** can possibly know what the new mutated virus will look like before it actually mutates. It is almost like saying that you can predict what the weather will be like on a specific date many months in advance. **I DON'T THINK SO!** I would recommend that you start to question what the government and health officials are telling you.

I would **NEVER** take anything that is stated by the government or the media at face value. In fact, most of the information about health, nutrition, disease, and related subjects will be very distorted. I would also recommend to people that they start educating themselves fully on health topics and stop relying on information that is supplied through the media by the government.

Another interesting fact about the flu shot is that by receiving a dose of it, you have actually just increased your chances of getting flu-like symptoms. How? Well, by receiving a flu shot, you now have injected a flu virus into your body. You now may experience flu-like symptoms because your immune system will try to eliminate the injected virus.

This is a normal physiological response to any virus that enters the body. It makes no sense whatsoever to inject a virus into your body when you are trying to avoid getting this virus in the first place. Can you see the irony here??

A major fact worth noting is that at least 50% of the people who receive a flu shot end up getting the flu anyway. Yet, the government has done a great job at deceiving the public and programming them to believe that the flu shot is actually a good thing. The main intent of this flu shot is POLITICAL in nature. If you can deceive people into believing that something will serve them well, the profit potential is enormous.

The government and pharmaceutical companies have a close symbiotic relationship. The pharmaceutical industry is a big chunk of the U. S. economy so it benefits both the government and the drug companies to ensure this political position stays in place forever. So obviously, the more products being produced and bought the more profit for these drug companies and the greater the power for the government.

Thus, the claims in favor of the flu shot are preposterous to say the least. You actually have less of a chance of getting the flu simply by not getting a flu shot. Also, you can further reduce your chances significantly by taking a few precautionary measures. One of them is washing your hands frequently.

Another healthy measure one can take is to eat a well balanced diet by consuming a good number of fruits and raw vegetables and supplementing with a high quality nutritional formula on a daily basis. This will ensure you receive enough nutrients to keep your immune strong during the winter months.

The grand truth is that you can avoid getting the flu ever again. How? Well, your emotional and mental state will have more to do with you getting the flu than being exposed to the virus itself. Just because you may be exposed to the flu virus, does not mean that you will get sick. People come in contact with bacteria and many viruses every single day of their lives.

If it were as simple as being exposed to a virus to become sick, then we would all be sick every day of our lives. It just doesn't work that way! You can't get sick just by coming in contact with bacteria or a virus. You become sick when you are not balanced in mind, body, and spirit. When you have emotional distress, mental stress, stress from everyday life and then you couple this with not eating properly and/or sleeping adequately, this sets you up for becoming sick. This absolute truth...believe it or not!!

I can't force anyone to believe what I am saying about the flu shot but I can assure you that if you seek the truth, you will find it and more! Don't accept what the government and western medicine proposes freely. There is major corruption within these organizations. If you want valid information then you need to learn

how to discover the truth about any subject matter! How? Never accept what you hear on the radio or see on TV as totally valid.

You must go deeper and do your own research about the subject matter at hand. Always seek more than one resource to confirm or disprove a claim made by any individual or organization. If you think about what I have just disclosed to you about the deception of the flu shot you will see how true my words are. It doesn't take a rocket scientist to put the pieces together.

Only GOD knows the future strain of any virus. For anyone to claim that they can predict this mutation in advance is arrogant, irresponsible, and is part of the deception. The flu shot is merely to earn profit. It actually causes more harm than good. I say that pharmaceutical companies have taken advantage of people long enough. It is time to stop the deceptions and stop these companies from hurting people any longer. Empower yourself and learn truth!! It is always there waiting to be discovered. It is up to you to go discover it!

### Vaccines and Their Dangers

A major point worth noting is that every single vaccine that has ever been invented DOES NOT PREVENT THE ILLNESS THAT IT IS MADE FOR. IN FACT, EVEN THE FDA HAS SAID THAT VACCINES HAVE NEVER BEEN PROVEN TO WORK SCIENTIFICALLY. Vaccines were initially developed on the primary basis of a theory. It was theorized that vaccines would work as claimed but I am here to tell you that they simply CAN NOT work as presented by health officials.

In fact, vaccines contain many carcinogenic compounds in them such as thimerosal, a mercury derivative, formaldehyde, and other harmful ingredients. Many people have been harmed by these toxic compounds, especially small children. These harmful compounds can overwhelm a child's immune system and cause severe conditions such as autism and other autoimmune disorders. I could go on and on about the dangers of all vaccines and try to prove to you that they are simply NOT NEEDED by anyone. As I already have stated, vaccines have NEVER BEEN PROVEN TO WORK SCIENTIFICALLY!!

Another interesting fact is that vaccines are not responsible for the decline in some of the past epidemics. People have been led to believe that the vaccination program has been responsible for the eradication for certain diseases. Once again, more lies and deceptions from the government. The decline in these diseases can be attributed to the advancements in technologies and higher standards of living throughout the world.

Many of the epidemics from the past can be attributed to poor living standards and malnutrition. When you have thousands of people living in close proximity of

each other and there are no septic systems in place, this is where the seed for epidemics can flourish. As the case many years ago, there were many people living in small towns with no sewage treatment plants or anything. Meaning that many of these people were coming in contact with other people's bodily fluids.

Whenever you come in contact with another person's fecal matter or other bodily fluids, you set yourself up for many illnesses. This was the main cause of all past epidemics. In fact, this is a major health problem still in India and other third world nations today. In India for example, there are millions of people living in major cities that have no sewage treatment plants whatsoever. In essence, you have many people's bodily fluids all over the place. This is a perfect breeding ground for epidemics and in fact India has many epidemics running rampant still today because many of the cities have no sewage treatment systems.

SO, THE DECLINE IN EPIDEMICS IN THE UNITED STATES IS NOT A RESULT OF THE VACCINATION PROGRAM. The decline is directly a result of better living conditions and better health standards in general. Sewage treatment plants have been a major reason for the decline in many of the epidemics. Better nutrition and healthier living environments are also a major reason for the eradication of many diseases. In fact, many of the past epidemics were already on the decline even before the vaccination program began.

So, for the government to claim that its vaccination programs were the main reason for the declines is nonsense. They know very well that the vaccination programs are not responsible for the eradication of epidemics. I will close in saying that there is more than enough proof to validate what I am saying. I would say do your own research and see for yourself.

I would recommend educating yourself so that you can be empowered with knowledge to protect yourself from unneeded harm. Do the research because you owe it to yourself and your family to know of things that could potentially hurt someone you love. What you don't know can hurt you!

**THE TRUTH IS OUT THERE, SEEK IT AND YOU WILL FIND IT!!**

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Chapter 14  
**Soy Is Healthy...Oh Really?**

In recent years there has been such an explosion in demand for soy products such from soymilk to even soy ice cream. The products that have emerged into

the market that are made from soy are numerous. In many stores across the country you see shelves stocked with products made from this seed. There is extensive information and profound claims that soy is very healthy to one's health. Claims from being able to lower cholesterol to even fighting cancer.

The bounty of information is endless that promotes soy as a miracle food. Many doctors and nutritionists recommend including soy as a part of the diet for the health benefits. People of all ages seem to be accepting of this product in various forms. You may be even using this product yourself in the hopes of receiving the health benefits. So, soy is healthy huh...Oh really now?

Contrary to what most people have been led to believe, soy can actually be quite harmful to your health if eaten frequently. What the FDA and many researchers aren't revealing is that soybeans contain large quantities of natural toxins or anti-nutrients. The first category of anti-nutrient found in soybeans are enzyme inhibitors that block the action of trypsin, an anti-cancer enzyme, and other enzymes that are needed to digest proteins properly.

These compounds aren't deactivated during cooking. These toxins can cause serious gastric distress and reduced protein digestion in the body. They can also increase your chances of getting cancer. Soybeans also contain compounds called haemagglutinins, a clot promoting substance. These can actually cause the red blood cells to clump together. They can also serve as a growth depressant causing abnormal development in humans.

Another harmful compound found in soybeans is goitrogens, which can actually depress thyroid function. In recent years, there have been studies to show that soy consumption is not really healthy as claimed.

Soybeans are also high in phytic acid that can serve to block the uptake of essential minerals in the intestinal tract. When there is a high phytic acid level in the diet, essential minerals like calcium, magnesium, copper, iron and especially zinc can not be absorbed properly by the body. This is obviously not a healthy situation since these minerals are key for optimum health. Vegetarians who eat soy as their main source of protein are doing themselves a great disservice since they are risking becoming deficient in these essential minerals.

Zinc is especially important for optimal development and functioning of the brain and nervous system. Zinc is also responsible for a healthy immune system and blood sugar control. A zinc deficiency can cause some vegetarians to experience a spacey feeling that may be misunderstood as a natural high.

I would advise vegetarians to gradually wean themselves off soy based foods and incorporate more beans and whole grains like Kamut, Spelt, Millet, Quinoa, and Oats into their diets. These grains contain high amounts of protein and are

healthy to consume on a frequent basis. Sprouted versions of these grains are the best option since they are better digested and assimilated by the cells.

### Soy & Infants

Around 25 % of bottle fed children in this country receive a soy -based formula as their main source of nutrition. There are many pediatricians that recommend soy based formulas if an infant does not due well with regular milk formulas. Well, there are scientists that have known for years that feeding children soy formula can cause thyroid problems. Soy infant feeding can also be the cause of many other health disorders in children such as diabetes and hormonal irregularities.

Thyroid disease is very common among children who consume a soy- based formula since the isoflavones found in this product can depress the thyroid and cause it to malfunction. Isoflavones are estrogen like substances, which can have the same effect as the body's estrogen. Too much estrogen in the body can result in serious disorders.

There are many reported stories from parents regarding the feeding of soy formula to their children. They range from emotional behavior problems, asthma, immune disorders, irritable bowel syndrome, thyroid disorder, and even abnormal development. There are many documented reports clearly showing children with early maturation with underarm hair, breast development, and even menstruation beginning as early as 3 or 4 years of age.

With all these health issues present with soy, why do doctors still prescribe soy formula for infants? The reason is that doctors are given false information while in medical school. There are 2 big agricultural companies (I won't mention names) in this country that have purposely supplied false and misleading information to the public about soy. Obviously, this has been done for the huge profit potential of this industry.

The question is why does the FDA allow a food substance that is known to be toxic to humans, to be present in the marketplace for consumption? There have been many studies performed that confirm that soy contains many harmful ingredients and that these substances have harmful effects on people's health. Even the manufacturers of soy foods know the harmful effects of consuming soy regularly.

All the health claims and propaganda dispersed by the soy industry and the government is all for one main purpose...PROFITS! They don't care how toxic an ingredient is or what harmful effects they may have to people. All they care about is the wheel of politics and they will do anything to ensure that it is always spinning. I will advise you, ***NEVER ACCEPT WHAT THE MEDIA, THE GOVERNMENT OR ANY AFFILIATED AGENCY SAY AT FACE VALUE !!***

To say that they deceive the public is an understatement. You need to become more active in search for truth. *DO NOT RELY ON NEWSPAPERS, TV OR RADIO TO SUPPLY YOU WITH TRUE INFORMATION* about any subject matter. Remember, I have done years of research and can prove what I am saying. I will say go and prove it to yourself now. The truth is out there waiting to be discovered. It is up to you to go discover it!

### Healthy Soy

There are certain forms of soy that can be healthy for you. These would include anything that is made from either fermented soy or sprouted soy. These food products are items like miso, tempeh, and other food items that contain fermented or sprouted soy. These forms of soy can supply you with health benefits. In fact, the Asian cultures eat primarily these fermented and sprouted forms of soy. This is where the west got all of its information about the health benefits of soybeans.

However, as the Asian cultures figured out, regular soybeans DO NOT contain the same health benefits. If you consume soy on a regular basis, I would advise that you reduce your intake to a minimal level or find a new substitute to consume.

Eating soy once a week will probably not hurt you but if you consume soy several times a week then you could subject yourself to future harm. Please take time to educate yourself a little more on this topic. After having all of the facts you will see that it will be easy to make the healthiest choice possible for your wellbeing. Happy Learning!!

**WHERE ONCE I WAS BLIND,  
NOW I CAN SEE!!**

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## Chapter 15 Weight Management Resolved

There have been endless numbers of fad diets over the years, each one promising to free you from the bulge. You see numerous infomercials on the next so called proven weight loss strategy such as diet programs, supplements, and fitness equipment. In fact, there are certain companies that claim their product will just strip fat off of you simply by taking their supplement and going to sleep.

I must say that I have seen some pretty absurd claims by companies over the years. There have even been many authors who have written about weight loss that preach their strategy is the only true solution to weight loss and permanent weight management. Most of you are aware of the weight loss networks that lure you into believing that by following their diet regimens, you will be free of your weight management issues forever.

There are also those fancy gadgets that claim fat will just burn away simply by using them minutes a day. Well, I must say again, that although these claims all sound very promising, they hold little or no true validity. I am aware that some of these products, supplements, and regimens may have worked for some people, however, I have yet to see or hear of a high number of consumers who experienced permanent weight loss.

In fact, if any of these so-called weight loss solutions worked permanently and on a grand scale, then we would not have the high percentage of overweight people in this country that we do. A point worth noting is that the United States has the highest percentage of overweight people among the industrialized nations. Things that make you go hmmm...

The topic of fat has gotten much scrutiny over the last decade. A few years back I could remember seeing many commercials all marketing their products as fat free and very low fat. I also remember walking down the aisles in grocery stores and seeing the vast number of products flashing Fat Free and Low Fat bold prints on their package. It seemed that people would buy these products in large quantities because they wouldn't feel as guilty eating them compared to the regular food product.

If you have taken notice in the past few years, you no longer see the mass marketing of these products. Do you want to know why? It is because people have used these products extensively in the hopes that they wouldn't put on the weight and yet they still did. These people thought if the label says fat-free, then they could eat a fair portion and not have to worry about weight gain. This is a misconception and a total lack of truth that has been distributed by the government and the media. Even though these fat-free products contain no fat in them, they still have calories, sugar, carbohydrates, which an excess of any of these can cause weight gain.

However, all things aside, the real issue behind obesity and weight gain has only an indirect link to food, calories, and fat. Fat is not the enemy of your weight issues. You have been programmed to believe that fat is the cause of your weight gain over and over. This is simply not true for everyone.

Your body needs fat for survival and fat is also a good source of energy contrary to what most doctors and nutritionists would tell you. In fact, fat is very important to your overall health. The main issue is not fat in and of itself, but rather the

types of fat that most people ingest on a regular basis. My point being that just because a food item has a lot of fat in it does not mean that you will gain weight if you eat it.

Have you ever wondered why diets, pills and any other weight loss strategies never offer a permanent solution to weight management? Why is there no true answer at tackling the weight issue in this country? Is being overweight just a matter of circumstance or genetics?

What if I told you that there is a permanent weight management solution for people who are obese or unable to lose weight easily? What if I also told you that the real cause of your weight gain is not food directly? Excess body weight is only a signal of deeper underlying factors.

Usually, there are many subconscious and even unconscious factors at play with weight issues that are beyond a person's direct control. If one can bring these subconscious and unconscious factors to their direct consciousness, then they can be on the road to solving their weight issues forever.

Suppressed emotions from past life events and your current emotional wellbeing have a direct impact on weight gain and the inability to maintain a healthy weight. Food is just the scapegoat used to blame our problems on it. Food does help to put on weight but it is not the direct cause for it.

Here is the secret...suppressed emotions and a person's current emotional state can cause the brain to activate specific biochemicals in the body that program the cells to store more fat. How and why does this happen?

From a metaphysical standpoint, being overweight represents a need for protection. This protection is being sought from past hurts, criticism, abuse, sexual advances, or some other traumatic event where you felt victimized. Children will often put on more weight after a divorce or a separation of their parents because they feel scared that they may be abandoned at some future point. The excess weight is their protection.

### The Key to Permanent Weight Loss

A person's subconscious mind will always seek to protect someone who has experienced traumatic events from any possible future hurts. The subconscious mind equates fat with protection. Hence, via the powers of the subconscious mind the brain is manipulated to activate key biochemicals that are responsible for storing fat on the body. A primary function of fat on the body is for protection. This is why some people who are obese or overweight can eat very little and still gain weight. Just imagine the people who are overweight and eat considerate portions.

It is no wonder that weight gain is such an issue with many people. They just don't realize that they have suppressed emotional issues deep inside their being. Am I saying that everyone with obesity and weight issues have deep underlying emotional and mental traumas? No, just that a majority of overweight people will.

When someone is emotional, they will tend to eat foods that are fatty, salty, and sweet because these foods tend to comfort these people. They may be sometimes called comfort foods because they become a person's best friend when they are feeling emotional. In essence, food becomes the perfect escape for someone who has past emotional hurts and/or current emotional issues. Food gives them pleasure and is a substitute for whatever they feel they lack. If a person feels deep down (subconsciously) that they need love, well, food can be used as a substitute for the love they crave.

Food does not judge, criticize, blame, yell, is always there when you need it, and it makes you feel better. Finally, the mystery of obesity and weight gain has been unveiled. The real solution to weight management is not so much to eliminate all foods that are high in fat or have extra calories. One should rather concentrate on discovering deeply suppressed emotions from past life events and to find current mental and emotional issues that may be contributing to your weight gain. This requires you to be extremely honest with yourself and your inner feelings. These inner feelings and suppressed emotions need to be transmuted.

### Protection for What?

Since the mind typically associates fat with protection of the self, the question to ask yourself is... what are you protecting yourself from? Why are you trying to hide? Why do you "NEED" to be fat or overweight? If you can find out the "NEED" you have to be overweight, then you are half way home to resolving your weight issues. You will see that once you discover your "NEED" for being overweight, your weight will start to come down naturally.

Yes, it is advised to incorporate a balanced diet and exercise. This will speed up your weight loss efforts. However, isolating your "NEED" to be fat and then resolving that need can give you the permanent solution you are looking for. You see, you might want to lose weight real bad. You may have tried so many diets and other so called weight loss strategies with no major success. This means that you are getting something from being fat or overweight subconsciously or you wouldn't be fat in the first place. It is serving you on some level of your being.

Because you have a "NEED" (usually it is a NEED for protection of some kind) to be overweight, you will not be able to lose weight permanently. The NEED keeps your subconscious locked into protection mode and will continue to have your brain send out that message to your body. This in turn keeps you overweight regardless of what you do physically (diets, exercise, affirmations, praying).

Again, this may not apply to everyone. Just do some deep soul searching and you will discover if it is applicable to you or not.

You could say that this process is like a spring cleaning for your mind and your soul. Until you do it, then you will always have an issue managing your weight. It is the inner work that will give you the permanent solution that you seek. You could also follow some additional health advice such as taking digestive enzymes on an empty stomach since this will aid in the break down of fats in the bloodstream and the body. Something else you could experiment with is Coconut butter or coconut oil. There is a compound in coconut oil that actually speeds up your metabolism better than anything else and will aid in losing weight in a healthy manner.

If fact, I would recommend eating this every day for 2 weeks and see for yourself. Put this on whole grain bread, steamed vegetables, potatoes, and even pancakes or waffles. Coconut butter has a very pleasant sweet taste and is very healthy to consume daily since it contains other essential oils that are important for your overall health. Health food stores usually carry this product but just make sure that it is 100% EXTRA VIRGIN pure coconut oil. If there are any other ingredients on the label then do not buy it. Ask the store rep and they will direct you.

You see, it is the metabolism that is key to gaining and losing weight. If you are overweight, you want to speed it up so that it burns calories more efficiently. You would be surprised what can do with your mind and inner healing. By working on your inner self, you will see improvements in your body as well. Weight will begin to come off easily and you will feel much better in general. The metaphor that I use quite often is as you begin to shed old hurts, traumas, and learn to forgive people including yourself, symbolically, you also begin to shed weight.

As you release all old hurts, you become lighter inside so therefore, your outside must reflect this new inner state of being. This is an inner journey that no one but yourself can travel. You must go within and find the solution you seek. What I tell most people is to draw a circle around yourself. If you step outside that circle to find the solution to your weight issues or whatever life dilemma you may be experiencing, then you will miss the true remedy. Yes, you can receive assistance or guidance, however, you have the magic answer in you all the time just waiting to be discovered.

Haven't you had enough of diets and always wishing you could fit into smaller size clothing? Wouldn't it be nice to eat certain delicious foods without worrying about weight gain? Well, you can have all this come true... It is up to you!

**SEEK TRUTH WITHIN YOURSELF AND YOU WILL FIND IT!**

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## Chapter 16 Depression Unraveled

It seems that many people are in a state of depression these days. People from all walks of life are being affected by this condition. It does not follow any specific category of people or any general geographic region. Every year this condition seems to afflict more and more people. So, what is going on here? Is it true that depressed people just have physiological imbalances in their brains that are triggering the depression or is there more to this condition than meets the eye?

Most people believe that depression is caused by imbalances of neurotransmitters in the brain. Well, yes and no! If the answer were that simple, then the many anti-depressants available would easily rectify this condition by restoring the brain chemicals to a healthy level.

A fact worth noting is that many people who take anti-depressants never truly experience permanent relief from their depression. Some people have been on anti-depressants for years without a true solution to their condition. There is a saying that goes, "*THE PROOF IS IN THE PUDDING.*" So, what is really happening with people who have this condition?

At this time I would ask people reading this information to maintain an open mind. I speak from direct experience because I was depressed for about 3 years while dealing with my chronic illness. So, I can honestly say I know what it is like to be depressed.

You feel very hopeless and the passion that you once had for life is gone. No matter what activity or event is taking place, it just does not feel like it once did. I know with me, before I became depressed there would be certain activities that would excite me and make me feel alive. After becoming depressed, that passion and excitement were completely gone. It seemed the only emotions I ever really experienced were despair and hopelessness. Life for me just did not have the same meaning. At times I didn't see the point of living if I had to continue this way. I could never explain what I truly felt like in words but if you are depressed, you have an idea of what I went through and can relate to what I am saying.

However, I am here to tell anyone who is depressed that you can get well again. The answer will never be found in a little blue pill or any other so-called wonder drug. The only true remedy and cure for depression lies deep within every person carrying this condition. You see, depression is a reflection of what is going on within each person. Someone's feelings and emotions associated with their depression are signals from their spirit trying to get their attention.

In essence, depression is a mirror of the perceptions and beliefs that people carry about themselves and their whole life. Granted, there will be many subconscious and even unconscious factors at play that are contributing to one's depression. The depression really is a wakeup call from their spirit attempting to bring these subconscious and unconscious factors to their consciousness so that they may clear them and be free of them forever.

A person's perception of life and themselves can totally determine if they live a happy life or a miserable life. You see, your perception is really a state of mind. A good example will serve justice at this point. Let's take the glass half empty or half full scenario. Imagine if there were a glass of water sitting in front of me that was filled only halfway.

Now, from my perspective, the glass is half full because I choose to view everything in life with a positive outlook. For someone who is depressed though, the glass will be perceived half empty because his or her perception will reflect his or her mind frame. I know when I was depressed, I saw everything in life with a negative spin on it. This is because I chose to perceive things in this manner even though it wasn't true.

Looking back at when I was depressed, I can clearly see that I didn't like myself very much and I was not happy with my life the way it was going. Thus, emotional, mental and even spiritual factors are the true underlying cause for many people's depressive state.

As I have learned through my personal experience in life and my illness, your outer life must reflect back to you your inner world. God created it that way for a reason. It is actually a great barometer to see where you are at any point in your life. Look at your life...all aspects of it like relationships, career, finances, and health. If there are certain issues you are having in any of these areas then just take a step back and look at the situation from the outside in. In this case you are depressed let's say.

Ok...so what this means is somewhere within your being you are feeling depressed or hopeless. WHY? Are you feeling stuck somewhere? With your job, marriage, a business? Are you angry at someone? Do you have anger at someone that you feel you shouldn't be angry at? Dig deep and see. You will be surprised at what you find. Just be honest with yourself in all aspects of your life. Write things down as they come out. Write a letter to the person you are angry or mad at. Maybe you are angry with yourself? Just write it all out then read it and burn it! Yes burn it! Then let it go!

I bet you are saying what about the studies that show the brain chemicals are very low in depressed people? I say yes, those levels will be altered and low because it is actually your emotional and mental complex that will alter those

brain chemicals. Again, the way you feel physically is a direct mirror for the way you are feeling inside. The mind is the most powerful thing in the whole universe.

Your mind can do so many amazing things. You have been led to believe that we are limited beings and that we can only do so much. Well, I am here to tell you that there are no limits when you know how to access the power of the mind...I mean *NO LIMITS. YOU ARE WHAT YOU THINK!* If you believe in limits then that is what you will experience. There are many great books on the power of the mind and what it can do for you. However, if you don't know how to use it properly, it can cause you harm at times such as with depression.

So, there are issues in one's life that need to be resolved before depression will be resolved. This requires doing major soul work and being very honest with oneself. In essence, you need to purify your mind, your heart and your soul. I would recommend loving yourself more and then approving of yourself. Then, I would look at areas in your life that you don't like very much and seek to make changes there. It may be a job that is no longer satisfying. It may be a falling out with a family member or good friend. It may also be a marriage that is very unhealthy for you but do not have the heart to break your bonds and move on. Do you see how depression is a mirror of your life?

Your depression is trying to give you clues that you need major changes in your life. Without such changes, you can never truly heal. The choice is yours!! You can sit there and play victim of circumstance or you can take a stand and assume full responsibility for your life to change it so you no longer have to suffer. I can promise that once you take this stand, you will be on the road to recovery.

I would say...*DON'T PUT OFF UNTIL TOMORROW THAT WHICH YOU CAN DO TODAY!* If you say that you will work on changing yourself and your life tomorrow, then that is where it will always be. Take a stand right now and make a total commitment to yourself that you will do everything possible to get your health back and a whole new outlook on life. A word of advice...things may not seem to improve dramatically at first once you take that stand, but I can assure you from personal experience, that beauty is only a short distance away!!

**“THE ANSWER LIES WITHIN YOU!” THE QUESTION IS...DO YOU WANT TO GO GET IT?”**

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Cayenne pepper is known to some as one of the oldest all natural remedies. Many refer to this divine substance as a cure-all. It has many properties that can facilitate healing for many ailments. Most people know Cayenne pepper as a spice to add to their food. However, there are many hidden healing properties within this compound. It is one of the best sources of vitamin C and has very powerful anti-oxidants. The vitamins within this substance can destroy harmful bacteria in the body. It also serves as a major antiseptic formula for the cells.

Cayenne pepper is known to contain certain flavonoids that can help people with heart conditions by healing unhealthy heart cells. It can also increase blood circulation throughout the body immediately upon ingestion. The power of Cayenne can also work to remove deposits throughout the body where there is stagnation of certain organs.

Anyone who has ever ingested this compound knows of the immediate physiological and metabolic effects it has. This is what makes this divine substance so profound. You don't have to wait for the body to process it. In fact, there are biochemical changes that occur as soon as it is placed in your mouth. Talk about efficient!

Cayenne pepper is used by certain cultures for the known healing effects. Some cultures use it as a digestion aid because it contains enzymes that helps the body break down food more efficiently and helps the stomach secrete more acids. Other known therapies used are for the treatment and removal of parasites and other harmful bacteria that can house themselves in the body.

In fact, Cayenne pepper has the ability to boost immunity dramatically. In times when someone is sick with a cold or flu, they can decrease the severity and longevity of their symptoms significantly. Sinus congestion can be greatly reduced and sore throat eliminated much faster if one consumes Cayenne during their sickness period. The following is a remedy you can use in times of a cold or flu:

- Brew a big pot of caffeine free tea: chamomile, peppermint, Echinacea, etc.
- Place a big pinch of ORGANIC Cayenne pepper in AFTER it has cooled to room temperature. Heating destroys the active compounds that are healing.
- Teaspoon of honey or a pinch of Stevia or agave syrup to sweeten or plain if you prefer

Sip this throughout the day and notice how you feel.

For those people who are bold, you can seriously reduce your nasal congestion by doing the following. Place a small pinch of Cayenne pepper in a glass of water, mix. Place this mixture into a small dropper bottle (can be purchased at any pharmacy). Now tilt your head back and squeeze a small amount of this solution into your nostrils. Or, simply put your fingers in the water and stick them

in your nose. Yes, it will burn but the benefits outweigh the pain. This will serve to clean out all the bacteria and rhinovirus in the nasal membranes. Do this several times a day and watch your symptoms disappear.

Also, to reduce your sore throat symptoms, simply make a solution of water and Cayenne. Use this to gargle several times a day. Your throat will feel better and better with each gargle you do. When you are done with gargling, if you prefer, drink some of this solution since it will boost your immunity to fight any infection you may have.

Cayenne pepper also has the ability to make all other nutrients and supplements you take more effective by increasing the function of the body to absorb these substances. Many compounds that are taken by people to target certain ailments never get to the area that it is intended for because their circulation is not functioning properly. However, when you take Cayenne pepper with another substance, it dramatically improves the circulation of the whole body ensuring that it gets to the area of interest.

For example, let's say someone is taking glucosamine for his or her joints or arthritis. Many times this compound will not reach the joints as intended due to poor circulation and therefore will get eliminated from the body. If we were able to increase the circulation of this person and then have them take the glucosamine, you would find that now the substance would be better absorbed by the body and work as intended to restore joint health.

Cayenne pepper has also been used as a remedy to stop bleeding. In fact, it works so well that it can stop most bleeding and injuries within seconds. There are clotting properties contained within this compound. These clotting properties work to constrict blood vessels so that bleeding stops immediately upon contact. If you ever experience a cut, wash it immediately with just running water. Then place Cayenne powder directly onto the wound as this will serve to not only stop the bleeding but also sterilizes and keeps it from acquiring additional bacteria and germs.

You could first put hydrogen peroxide on the wound and then place a pinch of cayenne. This is a good remedy product to carry if you have kids since they are always playing and getting scraped or cut. Just place a small vial or bottle of Cayenne in your handbag. In emergencies just place a small pinch on the wound. Wrap the wound afterwards with a gauze or band-aid. You can also add a little honey to the wound the day after since the honey will nourish the cells and keep the wound protected from bacteria or germs that may cause infection. In fact, cuts or injuries that have Cayenne placed on them heal much faster than other traditional treatments.

Another remedy for Cayenne pepper is that it can be used for sore muscles, strains, sprains, swelling, and inflammation. Just simply make a rub out of it by

placing a few teaspoons of Cayenne in some olive oil or any other oil. Mix this and rub it real well right into the area of pain. Afterwards, take a hot towel and cover the area for 30 minutes. Do this repetitively for a number of days and you will see the pain, swelling, and inflammation disappear.

Because Cayenne contains high amounts of vitamin C and causes immediate physiological changes in your blood, it will give you an immediate surge of energy when taken orally. If you are ever feeling fatigued or drained simply place a few Cayenne grains on your tongue or put a pinch of Cayenne in juice and sip it. You will feel an immediate boost of energy since this compound doesn't need to be processed by the body. It goes directly into your bloodstream causing rapid physiological changes. Try it and you will see.

Cayenne is also known to eliminate headaches and migraines within minutes. Just add a pinch to some water, tea or juice and drink this mixture when you feel a headache coming on. You will be amazed at the results!

There are some important points to understand when using Cayenne as a remedy for health and healing. There are many forms and sources of Cayenne pepper available in the world. The purer the ingredient the more powerful the effects. I would recommend buying organic ingredients only since these products do not contain pesticides and other harmful substances in them that could impact effectiveness.

Also, if you have never taken Cayenne orally and would like to try this compound, please start off slowly. Try only a few grains at a time or place just a small pinch in some water or juice to allow your body to adjust to this very powerful substance. If used properly, this amazing ingredient can help you to create better health. I can prescribe a structured regimen if you are serious about trying Cayenne as a therapy for healing.

***Discover The Power of Cayenne !!***



Chapter 18  
The Hidden Epidemic-Invaders Within

There are hidden organisms within many people's bodies that are responsible for contributing to chronic disease as was true for me. These hidden organisms are not readily detectable by conventional methods. In fact, it leaves most doctors

baffled as to why people are so sick and yet their standard tests reveal nothing unusual.

I personally dealt with these organisms when I was chronically sick with my illness for 4 years. Talk about stubborn and hard to get rid of. However, these little organisms affect many people's health without them even knowing. Literally, there are millions of people of all ages and both sexes that are experiencing a parasitic infection of some kind.

Most people get the wrong idea when they hear of parasites. They automatically tend to think that parasites can only be found or contracted in third world countries. Well, I have a news flash for you...Parasites are everywhere! They are in your food, the water you drink and even the air you breathe. There are some parasites that are so small that they actually float in the air. In fact, you have had a number of parasites in your body ever since the day you were born.

There are a whole host of illnesses that have a correlation to parasites and fungi. Many of these health symptoms stem primarily from the yeast organism *Candida albicans* and a host of hundreds of parasites. *Candida* and parasites can be responsible for conditions such as extreme fatigue, brain fog, allergies, chronic headaches, irritable bowel disorders, arthritis, leaky gut syndrome, fibromyalgia, chronic fatigue syndrome, irritability, digestive disorders, urinary infections, psoriasis, PMS, sinus infections, fungal infections on the body, depression, and a list of others.

Usually these conditions are caused from an overgrowth of yeast and a proliferation of parasitic organisms of the body. *Candida* overgrowth and parasites of the body can be caused by severe emotional and mental stress, improper diet, ingesting of too many antibiotics, and the consumption of too much sugar. Yeast and parasites feed mainly on sugars. If you eat a high sugar diet, you can be sure that you have some level of yeast and parasites in your system. Chronic illness proliferates when a yeast overgrowth and parasite proliferation has become present in the body for a long time period.

A parasitic infection usually starts off as an infection in the digestive system and then eventually spreads to other parts of the body. Usually, parasites will attach themselves to the intestinal wall and become a permanent resident. A typical yeast cell can produce over 75 toxic substances that are poisonous to your body. Also, there are many other toxic ingredients that parasites can produce such as ammonia.

These toxins contaminate the tissues and cells weakening the immune system, glands, kidneys, bladder, lungs, liver, brain and nervous system. Parasites can become so invasive and proliferating in the digestive system that they can penetrate the intestinal lining. This penetration will break down the protective

barrier between the intestinal tract and the blood. This process causes many foreign and toxic substances to enter the bloodstream continuously.

Once this occurs, proteins, viruses, and food wastes flowing in the blood can cause allergies, fatigue, and adverse immune responses, which in turn can result in chronic illnesses. Parasites can even enter into the bloodstream and set up in the tissues and other organs. This can result in sore joints, skin conditions, chest pain, and even sinus infections. Usually, sinus infections are directly caused by yeast overgrowth.

Most doctors believe that sinus infections are caused by a bacterial infection so they prescribe an antibiotic. This will only worsen the infection since you will be killing good bacteria in your system and allow the yeast and parasites to gain a stronger hold in your body. Never take antibiotics for a sinus infection. This practice only weakens your immune system further allowing for more parasitic infection. If you have ever had a lingering sinus infection and taken an antibiotic, you know from experience that the infection does not go away with the medication. As I always say, The Proof is in the Pudding!

Parasites wreak havoc in your intestines and contribute to many of the common chronic diseases that are present in society today. These little invaders also interfere with digestion and proper assimilation of nutrients. They can actually rob you of your nutrition and leave you malnourished. Many people who have yeast overgrowth and parasitic infections may only digest and assimilate about 50% of their total nutrient intake.

Parasites also produce waste products known as acetaldehyde and the by-product ethanol. Ethanol can cause severe fatigue and reduce overall strength. It also destroys enzymes needed for cell energy and causes the release of free radicals. I know when I was sick, I always had an ammonia taste in my mouth.

So, how can you tell if you have candida and parasites for sure? There are few ways of determining if you have these invaders. The first compelling sign of parasites in your system is a craving for sweets all the time. Yeast and parasites feed off of sugars mainly and is their source of energy. Another sign of parasites in your system is brain fog where you can't seem to make decisions easily or feel spaced out. I know I had this a lot when I was sick.

Severe fatigue is another sign especially after eating a food substance with either sugar or yeast in it. Allergies are a common occurrence in people that have severe parasitic infections in their system somewhere. Chronic sinus infections or reoccurring vaginal yeast infections clearly point to candida and parasite overgrowth. If you have visited your doctor many times with no diagnosis and still feel sick then you can bet that you have some form of yeast and parasite overgrowth in your system. Any colon disorder or severe digestive disorder can also signify severe parasitic infection.

So, is there any way to fully eliminate these hidden invaders permanently? Having experienced my own bout with parasites, I will say that there is no simple solution to extracting them. To remove parasites or any other yeast permanently requires a multi-pronged approach. What may work for one person may not work for another. There are many strategies that target these invaders. If you want to remove parasites forever, then it will take a consistent effort. Also, you will need to take highly specialized natural remedies that target specific cellular systems. One thing I can recommend is to contact me and I can offer you some information on natural parasite therapies. Also, I can recommend the following basic guidelines that will help you to improve your immunity, increase digestion and assimilation, and remove the toxins produced by the parasites and fungi:

- 1) Reduce or totally eliminate all foods that contain processed or refined sugar in any form including corn syrup, cane juice, powdered sugar, brown sugar, nutra sweet, splenda, equal. Fruit is fine eat, use stevia to sweeten drinks- found in health food stores, use agave syrup to sweeten baked goods or to put on waffles. (Also found in health food store)
- 2) Take a high quality digestive supplement with each meal. Also supplement with a liquid trace mineral product every day. (Contact me for recommendation)
- 3) Eliminate all refined flour products, basically anything with white bleached flour in it. Use barley, oat, spelt, kamut, millet, or any bean flours.(Found in health food stores)
- 4) Don't put vinegar on any of your foods since it will help yeast to grow and parasites to feed.
- 5) No beer, reduce fried foods to minimal, no blue cheeses since they are full of fungus and parasites and reduce overall cheese consumption to very low amounts.
- 6) I would recommend goat milk, goat cheeses and goat yogurt over regular milk products since pasteurized cow's milk is hard to digest and has bGH Bovine Growth Hormone in it, which is a synthetic steroid.
- 7) Ingest 1 Tablespoon of Flax seed oil a day using the following recipe: In a blender mix 1 Tblsp of Flax seed oil, 2 or 3 bananas, 1 large ripe avocado, and 1 scoop rice or whey protein powder. This will serve you many benefits including increased immunity, increased energy, and better assimilation of the cells.
- 8) Drink juiced vegetables such as spinach, collards, and any other dark green vegetables to add chlorophyll to your system. You may also use green

powder drinks to add essential nutrients and other compounds for restoring your health.

- 9) High dose Probiotic Therapy- Use of special live probiotic organisms that eat parasites and fungi.

Keep in mind that these guidelines are only one aspect of a permanent removal regimen. There is no magic bullet that works universally. If you are stressed out, then you better find a way to relax a little because your emotions have a great impact on your overall immunity.

Meditate or join a yoga class. Relaxation is probably the most important thing you can do for your overall health. If you would like to know more about candida and parasite removal then just email me with your questions and I will supply you with appropriate information.

[rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com)

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## Chapter 19 Stop Poisoning Yourself

Most people don't know that they are poisoning themselves almost every day. How do you say? They are poisoning themselves with the personal care products they use such as shampoos, deodorants, hair spray, makeup, toothpaste, body lotions, colognes and perfumes. These products usually contain very harmful and toxic ingredients. Most people do not know that there are very harmful ingredients in their personal care products. If one were to research the ingredients on the labels of their personal care products, they would find a good number of them to be quite harmful.

For example, most shampoos contain an ingredient called Sodium Laureth Sulfate and/or Sodium Lauryl Sulfate, both of which are very harmful to one's health. Propylene Glycol is another harmful ingredient that is usually used in deodorants. Propylene glycol is a substance that is used in anti-freeze for cars. I don't think the human body is in need of such a harmful substance...DO YOU??

Mercury compounds are also found in many personal care products, however, the specific name of the mercury compounds will vary from product to product. There are many names used to disguise the mercury constituents. I could go on and on telling you about the many dangerous and toxic ingredients used in the personal care product industry. Suffice to say at this point that practically all

personal care products purchased at grocery stores and drug stores will have some of these harmful ingredients in them.

Most people don't understand that whatever you put on your skin will eventually get absorbed through your skin and enter into your bloodstream. Even though skin is a barrier and serves to protect us from many things such as bacteria, viruses, and environmental elements, it is actually a delicate organ. Yes, human skin is the largest organ of the human body.

Even though skin appears to be solid and would seem to protect us from anything, it is actually very porous in nature and can act like a sponge in absorbing whatever is placed on it. In fact, you can do a simple experiment to validate this point. Cut a garlic clove in half and rub the oils into your toes or even your fingers. Within several hours your breath will smell like garlic and even your body may have a garlic odor to it. Human skin contains many pores or entryways and would look like a sponge under a high powered microscope.

It is this fact why personal care products are dangerous to your health. Whatever you put on your skin will eventually make it into your bloodstream via these skin pores. The question is why would anyone want to put something on their skin that contains very harmful substances that will eventually enter into their body?

My recommendation for personal care products is that if you would not eat the ingredients on the back label in some form, then I would not use them. Substances that you put on your body need to be ones that you can ingest in some form, be it plant, herb, fruit, seed, flower, nut or any essential oil derived from nature. If the ingredients on the back label do not come from these natural sources, then you are poisoning yourself with harmful ingredients.

There are all natural personal care products available that are made by companies who use strict quality controls and use strictly all natural ingredients for their products. They contain none of the harmful ingredients mentioned previously and usually work better than regular brand products. Health food stores carry much better selections of shampoos, deodorants, makeup, and other skin care products that are beneficial to use on your body. In fact, these natural varieties work much better than anything at the market. Try for yourself and see the results!

***Feed, Love and Nourish Your Body With Mother Earth's Natural Ingredients and You Will Feel Great!***

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## Microwave Ovens & Their Dangers

Millions of people use microwave ovens because they are so convenient in preparing foods and beverages. Most people tend to think that these ovens are relatively safe to use. I mean come on...millions of people use them so why wouldn't they be safe. Our government wouldn't allow these ovens to be used if they were dangerous would they?

Once again politics has suppressed scientific findings that show microwave ovens are extremely dangerous to one's health. These scientific discoveries clearly show that the continued use of these appliances (more like barbaric weapons) for food preparation has a harmful effect on the human body. In fact, the Russians have known about these dangers for decades and have outlawed microwave use in their country since the 1970's. Other European countries have found the same evidence, that microwaving foods is not healthy for the human body.

Essentially, microwaves use radiation energy to cook food. Radiation energy has been proven to be harmful to all living things. To apply this mode of cooking to our food is not beneficial to our health as common sense would tell anyone. However, misinformation and propaganda has programmed people to believe that microwave ovens are safe and convenient. Once again we have something that is common sense and yet millions of people do not see the truth right under their nose. This is how programming and mind control works. (Time for some de-programming wouldn't you say?)

### How Microwave Ovens Work

Microwave ovens use short radiation waves to bombard the molecules of food, which creates friction among these molecules and causes the food to heat up. What isn't being revealed is that these radiation waves rip the food molecules apart deforming them. What does this mean? It means that microwaved food is molecularly altered. It no longer carries the natural biological makeup for that specific food.

This change in the food molecules creates foreign and toxic substances. When you ingest these altered compounds, they can disrupt natural bodily processes and effect your health. It has been scientifically observed that amino acids in microwaved food have been transformed into toxic compounds. Also, studies have found that people consuming food cooked in microwave ovens had significant changes in their blood.

Dr. Hans Ulrich Hertel, a Lausanne University professor (Swiss) published a research paper on his study of microwave ovens and their harmful effects on food and people. The scientific conclusion showed that using a microwave oven to cook with molecularly altered the nutrients in food. More importantly, his

findings showed changes in the blood of the participants of the study that were conducive to degeneration and breakdown.

The following are some of the findings of Russian investigations into the use of microwave ovens:

- Microwaving meats caused the production of d-Nitrosodienthanolamines, which are known to be carcinogenic.
- Microwaving milk and cereals caused their amino acids to be transformed into carcinogenic compounds.
- Microwaving raw or frozen vegetables caused the plant alkaloids to be converted to carcinogenic compounds.
- The nutrients of all microwaved foods were substantially altered.
- Decreased availability of vitamins and minerals of all tested foods

#### Microwave Ovens and Heating Baby's Milk

Many parents use microwave ovens to heat their baby's milk. PARENTS BEWARE!! Heating the bottle in a microwave oven can cause changes in the milk, primarily destroying minerals and changes in other properties of the milk. Studies have shown that heating baby formula in microwave ovens can alter the amino acids and form carcinogens.

Many parents use baby formula instead of nursing their baby. This baby formula is not healthy to begin with. Combine this unhealthy baby formula with heating in a microwave oven and now you have real dangerous concoction. I would advise all parents not heat baby milk (formula) in microwave ovens. Use warm water under the sink or simply heat some water in a pot and then put the bottle into the pot. Make sure it is not too hot. Test on your hand first. This is a good indicator.

#### What Will I Use To Heat Up My Foods

I never use a microwave oven and seem to get along just fine. Why do you need to use a microwave oven? Answer that question! You use it because everyone else does and because it is convenient. Do you want to eat altered (TOXIC) food? Or do you want to eat food that is in its natural form? It is about choices. I use either a large toaster oven or a pot with water in it. These 2 seem to serve me just fine.

Suggestions:

Thawing Meat: Just get a large bowl and put hot water into it. Put your meat in and leave for 10 minutes. Add more hot water after 10 minutes or until thawed. You can thaw meat in just about the same time it takes in a microwave using this method.

Use this method for thawing vegetables too.

Use a toaster oven to thaw breads or other baked goods. Use your imagination and you will be just fine without a microwave oven believe me. If you value your health then you will get rid of your microwave oven as soon as possible. Don't give it away, just go down to your local junkyard and see if they will buy it from you for scrap metal. If not, JUST LEAVE AT THE JUNK YARD!

If you are thinking of using your microwave oven to heat up water for tea, coffee or any other beverage, THINK AGAIN! The radiation waves have the same effect on the molecules of water. In fact, water is much more easily altered when heated in a microwave oven. Do not heat water in a microwave oven! You are setting yourself up for harm. JUST GET RID OF THE THING!!

### **Life Is About Choices, What Do You Choose?**

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## **Chapter 21 The Medicine of the Future**

There is a secret medicine that has been around for decades. Up until recently, this secret medicine was hidden from the mainstream American public. This type of therapy is very powerful and can help most people to dramatically improve their health. This secret medicine is no longer a secret because people are uncovering the truth that has been highly guarded all these years by orthodox medicine.

It has been over three decades since one of the greatest scientific minds has passed. In fact, most people do not even know who he was or what amazing things he did for mankind. Yet, this man was on a mission to help humanity to heal from the many health disorders that affect many individuals. However, regardless of his accomplishments, most of his work was either destroyed or hidden for many years.

### **Who is was this man and why was his work hidden??**

The man I speak of was named Royal Raymond Rife. Rife was a researcher of microbiology and energy medicine. He was also a scientist who invented many devices including advanced microscopes and other technologically advanced

machines as far back as the 1930's. Of the most important device he invented was called the Rife Beam Ray machine. This device was a high powered microscope that used light in a revolutionary way. In fact, his device could see microbes that can not be seen with an electron microscope today.

He was deeply involved in the study of microbes and disease. Rife had discovered that with virtually all diseases there existed microbes that tended to proliferate in the person's body. Microbes can mean any parasite or organism that uses the body as a host in which there are hundreds of parasites that are known to exist. His main research was with cancer and in 1932, he isolated a dwarf bacteria that was involved with many, if not all, cancers.

**\*Side Note:**

As you recall in my Disease chapter, I stated that when you are in an emotional and stressed state, that you literally attract parasites and other microorganisms to various parts of your body. Additionally, your bodily processes become impaired. I also stated that stress has the biggest negative impact on your immune system. When your immune system is not functioning fully, you then subject yourself to microbe proliferation.

Suppressing emotions and maintaining negative subconscious beliefs about yourself and others can impact your health in the long run. These suppressed emotions and beliefs becoming like ticking bombs waiting for the ideal conditions to detonate.

Please understand that it is not microbes that are directly responsible for causing disease. It is your emotional and mental state. Microbes can only affect you if you allow them to. When you move into stress and disharmony, you open the door for microbes to set in and contribute to illness.

Back to Rife and his discoveries...

After Rife determined that microbes were present with most diseases, he discovered that most of these microbes could be destroyed using various energy frequencies. His research showed that if you can determine the electrical make-up of the many dangerous germs that exist, you can destroy them in the body by applying specific frequencies or electricity.

In fact, he is the founder of "Energy Medicine". Using his energy medicine he was able to effectively heal people with cancer and other chronic diseases. News was spreading in the late 1930's of his findings as many medical professionals were taking an interest in his research. Rife was achieving amazing results with treating cancer. Had Rife discovered a cure for cancer and other chronic diseases? Perhaps, however, in 1939 the medical society did not want his findings to be known by the public so they sought to hide and destroy Rife's research. Doctors using Rife's energy instruments were visited and informed to

stop healing their patients with Rife's method or face loss of the medical licenses and jail. Additionally, in March 1939 the leading laboratory for electronic or energy medicine in America was mysteriously burned down while its director was visiting Rife.

As I have said throughout this book there are organizations with agendas and they will go to any length to suppress findings of cures and natural remedies for disease. They have been around for decades using manipulation and deceit to carry out their agendas. All these years have passed with this knowledge of how to heal cancer and other chronic diseases. So many people have died that didn't have to. The good news is that the truth is coming out. The corrupt entities can no longer hide the truth. They are being exposed a little at a time.

### **The Medicine of the Future**

This energy medicine is the wave of the future. In the future we will no longer use drugs or other barbaric treatments for they will be a thing of the past. Energy medicine looks very promising at helping people to heal themselves from disease on the physical level.

As I stated in my disease chapter when someone has disease, this will show up in their energy fields (aura) as blockages. If you can correct the blocked energy in a person's aura they can go on to heal. The Rife energy devices work to not only destroy invading microbes but also to balance the energy fields of a person. This type of medicine will revolutionize the way doctors and health practitioners treat disease in the future. Let's just say that western medicine is in for a major overhaul.

If you would like to find out more about Rife energy devices or would like to purchase a Rife energy device, contact me at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836.

Keep in mind that there are many companies jumping on the bandwagon and coming out with a version of a Rife device. There are many factors to know before purchasing an energy device. Please take the time to educate yourself. I can help you to learn more!

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Most people enjoy sitting in the sun. There are many events that people desire to have bright sunny days for such as going to the beach, having a pick-nick, and planning outdoor festivals. Some people spend hours sunbathing wanting to get a deep dark tan. However, there are many people that fear being out in the sun because they believe that sun exposure can lead to skin cancer. These people will limit their time in the sun and spend lots of money buying sunscreen to protect themselves.

In recent years there have reports to show that sun exposure can lead to skin cancers. It is highly recommended to apply sun screen to protect yourself from the harmful radiation waves from the sun. If you go to any beach, you will see most people there applying liberal amounts of sunscreen to their bodies.

Ok...here we go again! As logical as all of this sounds, following the advice of the medical establishments will harm you. The truth is...by limiting your sun exposure and applying suntan lotion on your skin you actually increase your chances of skin cancer. YES, YOU HEARD THAT RIGHT!!

Let me clarify some very important facts about the sun and its affects on the body. First of all, we require exposure to the sun on a frequent basis. The sun actually is very nourishing to our system. There are biochemical processes that occur when we receive sunlight energy via direct sunlight exposure. In fact, not only does sun energy cause the body to produce nutrients in our cells, it has an impact on our moods and emotions.

Also, there is a very important chemical reaction that occurs when sunlight enters the pupil of your eyes and hits our pineal gland. This chemical reaction is vital to your health.

Why are there reports about the sun and how harmful it can be to your health? Once again this is misinformation thrown out there. The idea that sunlight can be harmful can be true in some cases. Again, when you have the proper knowledge then you are well guarded against harm.

So, the reality is that we require sunlight on a daily basis. It is vital for optimum health. In fact you would die without sunlight exposure. Why do you think many people enjoy sitting in the sun or going to the beach? Because the sun has many healing and nourishing effects on us. People just don't know consciously that they feel better when in the sun.

So, if the sun is so good for you then why do you hear reports that it can be very bad to sit in the sun and to limit your exposure of direct sunlight. You see, the sun is the catalyst that makes everything in our solar system function the way it does. It is an essential factor for all living things on this planet. Animals, plants, fish, and every climate system is linked to the sun. It is our daddy in the sky.

Sunlight exposure can be harmful to you when you do not have the proper knowledge of it. Excessive sun exposure and chronic sunburning can lead to skin damage. The key is moderation. Sitting in the sun every day will not hurt you. Just be conscious that sitting in direct sunlight for hours at a time and allowing yourself to burn is obviously not healthy.

Natural sunbathing has been shown to heal wounds and injuries. It also strengthens muscles. Sunbathing helps to clear dry skin and actually reduces skin wrinkles as well. Healthy sunbathing will not cause skin cancer. You have been programmed to believe that sun exposure will increase your chances of skin cancer. Not true!

### **Sunlight is a Nutrient**

When sunlight is absorbed through your skin it increases your Vitamin D levels in your cells. Vitamin D is essential for optimum health. Low vitamin D levels have been associated with a greater risk for cancer. So if you limit your sun exposure you are limiting your vitamin D production and increasing your chances of getting cancer.

### **Sunscreen Facts**

Most people believe that by applying sunscreen on their body that they will reduce their chances of getting skin cancer. There are many brands that claim their product contains extra UV protection and other key ingredients that help you to stay protected from the harmful rays of the sun. Well, there are things that these companies aren't telling you.

First, most of the commercial sunscreen products available contain very harmful chemicals in them such as octyl-methoxycinnamate. These are all very harmful to put onto your skin since they will get absorbed into your blood. Why do you want to put these toxic chemicals into your body?

Secondly, by applying sunscreen onto your skin you are blocking most of the healthy sun- rays that carry health -promoting effects in your cells. Sunlight has to be absorbed in through your skin to have any benefit at all to you. This is the only way Vitamin D can be produced in your system. By applying sunscreen with SPF, you literally block this process and receive no health benefits.

Additionally, when you put sunscreen on your body, the toxic chemicals that make up the product clog the pores of your skin not allowing your skin to breathe and expel toxins and other impurities when you sweat. This is a source for free radicals to form. In case you do not know, your skin serves as one of the main ways your body detoxifies itself. If your pores are clogged then your are

subjecting yourself to harm since these toxins have no way to exit. These free radicals and toxins can lead to skin cancer and other health disorders.

Do you see the irony? You may be actually increasing your chances of getting skin cancer by applying sunscreen. I know, this doesn't sound too good right? Well, you now have the truth. You now can take immediate action to resolve this.

If we take a look at some of the ancient cultures like the Hawaiians, they were out in the sun all the time and didn't seem to have issues with sun damage. Even today there are cultures that live outdoors and do not have an issue with skin cancer. The proof is in the pudding! Natural sunbathing can be very healthy for you. You can enjoy being out in the sun, just educate yourself and you will be fine.

There are all natural skin creams you can use that do not clog your pores if you think you'll feel better using them. These natural varieties have only plant-based ingredients so they can be absorbed into your skin without concern of hurting yourself. Actually, these natural varieties work very well to keep your skin soft and healthy. Try them and see!

**Here are my recommendations for healthy sunbathing habits:**

- 1) Sunbathing with nothing on your skin is the healthiest for maximum sunlight absorption.
- 2) Drink extra water when sitting in the sun.
- 3) Limit your sun exposure to about 45 minutes per day or to just before where your skin turns red. Use your own judgement here. Everyone has a different skin type and will have varying thresholds. If you can only sit out in the sun for 20 minutes before your skin starts turning red then get out of the direct sun after 20 minutes.
- 4) Apply an all natural skin cream like cocoa butter, aloe or jojoba oil if you prefer- organic recommended (Contact Me for Details at [riho@holistichealthexpert.com](mailto:riho@holistichealthexpert.com) )
- 5) Moisturize your skin on a daily basis with an all- natural skin cream to keep the cells moist and healthy.
- 6) Exfoliate with sea salts, natural loofahs or earth clays at least 2 times per week to keep the skin fresh and rejuvenated.

There you have it!! You can now enjoy the sun without concern for harm. Just be conscious and educated and you will be fine.

**Happy Sunbathing!!**

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## Chapter 23 Air Dynamics

The air we breathe is vital for our existence. In fact you wouldn't be able to survive more than a few minutes without it. There are many components that make up the air in our environment. Many of these components can actually be harmful to our health.

In our modern society we have so much air pollution today. We have car emissions, jet emissions, factory emissions and other polluting sources. Sometimes the air quality is so bad in distinct regions of the world that you can see it in the sky. Air pollution is becoming a major concern for many people and organizations.

There is an interesting fact that most people are unaware of. As bad as outdoor air quality may be, there can be an even greater hazard right inside your own home. In fact, studies show that indoor air quality can be 100 times more harmful than outdoor pollution. This is staggering! To imagine that the home you live in can be harmful to your health.

A home can have many sources of pollution from the formaldehyde in carpet, to materials used for chairs and sofas. There can be outgassing of cleaning products from their cans. The refrigerator can pollute your indoor air quality with freon gases. Did you know that if your home is newer (constructed within the past 3 years) that you are being subjected to many toxins and gases in the air, more so than an older home.

Most new homes have numerous sources of toxic pollution. New paint can take years to outgas fully, glues and apoxies, stuccos and wood finishes, lacquers, resins, new carpets, insulation, waterproofing compounds, and others are simultaneously releasing noxious fumes continuously around the clock. You may not detect them under normal conditions, however, they are present. Please be warned!

These fumes can cause all sorts of health ailments from headaches to congestion to even mental disorders. Your immune system can only tolerate so many stimuli at once. When your immune system gets overloaded, you are subject to impaired health. You would be surprised to know how great you would feel if you could be in a perfectly clean environment with no air pollution. You would think that you were reborn. In fact, you could see many health ailments get cleared up just by having fresh purified air to breathe.

Also, if you have pets of any kind, they can contribute to a lot of dander and other dust that can impact your health. If you could see visibly all the pollution in your house, you would be shocked. You see, indoor air quality is usually poor because there is not much room for circulation. Outdoor air is constantly being

circulated and purified. It is always changing so nothing can stay stagnant. However, the air in a home doesn't have the same dynamics for being constantly circulated with fresh air. In essence, the air in a house becomes stagnant with the same contaminants. You can open the windows and let fresh air in, however, this will only serve as a minimal benefit to air quality improvement since the second you close them the pollutants start to build up again in the air.

### **What About Air Purifiers?**

Many people know of the dangers of indoor air pollution. People who understand this fully want to protect themselves so they may go out and purchase an air purifier. Supposedly, air purifiers clean the air in your home and filter out many of the indoor contaminants. There are many companies that claim that their product is the only one that cleans the air more than their competitors.

I would agree that some air purifiers help to clean the air in your home, however, what most people don't know is that almost all air purifiers emit a byproduct called ozone. Some companies that produce air purifiers will claim that ozone is healthy for you.....**WRONG!!!!!!**

Ozone on ground level is not healthy for you at all. Ozone in the atmosphere is fine, however, to have ozone in your house is not good, believe me! Actually, at times throughout the summer on the news you will hear the newsman say ozone levels will be high today, please stay indoors. This is a warning. Why would they warn you to stay indoors if ozone was healthy according to the air purifier companies?

As I have said almost all air purifiers produce ozone as a byproduct of their filtering process. However, there is one product that I know of that DOES NOT produce ozone and is actually the BEST air purifier produced today with advanced technology. This system is the best in the world. No other company can come close to this product because it is patented.

If you are looking for the cleanest air you have ever had in your home or office then this product is a MUST! You will be amazed at how clean and fresh your indoor air is. Feel the difference and experience clean air, it is good for your health!

To find out more about the BEST air purifier and where you can purchase one for yourself and family, contact me at [rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com) or 520-481-8836.

**Clean Air Is Vital for Good Health**

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## Chapter 24

### The Mysterious Mind

When most people hear mention of the mind they automatically think that it is the brain being referred to. In fact, many people correlate these two to signify the same entity. With the subject of the mind being so mysterious and complex, can we say with absolute certainty that these two are indeed the same entity? I would beg to differ!

I am by no means an expert on the mind, but then again who can claim they are when this subject is so complex and out of this realm? I believe the mind is the most powerful thing in the universe. I also believe that the mind is multidimensional, meaning that it exists on more than this 3<sup>rd</sup> dimensional earth plane. I feel that the mind is what actually drives the brain to function. Then the brain carries out what the mind inputted. There is more than one part or level to the mind. Experts agree that there appears to be at least three parts to the mind; the conscious, the subconscious, and the unconscious. Each part tends to have its own specific function while at the same time being interconnected with the other the two parts. So, can we possibly ever know how the mind truly works? We may never know.

As mysterious as this subject matter may be, there are some important facts about the mind that we do know. We know that the mind is responsible for thinking. We also know that our perception of life is really a state of mind. We have all heard the expression...You are what you think! This applies to all areas of your life including your health, your relationships, and your financial success. This is the grand truth of life. YOUR INNER WORLD CREATES YOUR OUTER WORLD!!

So if there is an area of your life that is not working then it is fair to assume that your mental and emotional structure is not balanced. If you are chronically sick then you need major healing or balancing of the mental and emotional levels of your being. From my personal experience with chronic illness, I started my path to healing as soon as I began to heal and balance the mental and emotional aspects of my being.

#### Mind Dynamics

The mind is responsible for triggering your emotions. Every emotion you experience is directly connected to the mind. Have you ever watched an exciting movie that pumps you up or a romantic movie that gives you feelings of joy? Those feelings that you experience as you watch the movie are created by the

perceptions of your mind. In essence, the mind triggers the brain to carry out responses that correlate to these perceptions.

These responses affect both the emotional and physical aspects of your being which in turn can have dramatic effects on your health. If you do not have a balanced mental structure, then the perceptions that your mind creates are not conducive to optimum health. Every emotional response you have has an exact correlating biochemical change in the body. Feelings of happiness and joy produce healthy biological changes in your cells, while anger, sadness and grief produce harmful biological chemicals that can lead to illness and poor health in the long run.

No two people will have the same perception about life and this world. For example, there can be several people walking the beach on a bright sunny morning and yet each one will have their own perspective of life for that day. One person may be in awe of the beauty that surrounds them with seagulls flying overhead, the crashing waves on the beach, and the smell of fresh sea- water in the air. Another person may be worrying about going to work the next day. Someone else may be sitting on the rocks contemplating ending their life because they feel so distraught and hopeless. Here we have one scene out of life yet there exists a unique perspective for each person involved.

There is one common thread that weaves through most of the chapters in this book. This common thread involves the mind and the mental and emotional aspects of a person. As I stated in my disease chapter, there is usually an underlying root cause for most illnesses. This underlying root cause pertains to the mental perceptions of the person. From these perceptions, you create emotions that are in direct connection to these perceptions. So, if you have negative perceptions you will thus create negative emotions that eventually will lead to illness unless corrected. You see, the mind determines how your life turns out. You are responsible for every thought you think.

Many people would believe this to be untrue. However, coming from personal experience, I know this to be absolutely true. We control our minds at any point in time. It seems at times that our minds control us. If you can learn how to balance your mind, you will then see the truth that you are indeed responsible for controlling it. I find that when someone has a balanced mind, they are healthy, successful, and have great relationships with their peers.

The best advice I could give anyone who is experiencing a health disorder is...Assume responsibility for your health. How does one do that? Well, the first thing you can do is realize that you have created everything in your life at some level of your being. No one else is to blame for your current situations. Also realize that you have the magic key to unlock the mystery of any life issue. It took me many years to find that magic key to my illness because I didn't assume

responsibility for my health. I thought that someone *OUT THERE* was going to cure me.

This is the grand illusion. Many people have this same belief. If they are sick they believe that some doctor or magic therapy will heal them. If their relationship with their spouse isn't working, they believe that a therapist will save their marriage. Many people avoid taking responsibility for their lives. They feel it is easier to transfer this responsibility to others. However, as many individuals have found out, the issue is never fully resolved when you shift this responsibility from your shoulders to someone else.

There is no other way to resolve an issue but to just assume the responsibility yourself. The irony of the matter is that assuming responsibility for any life issue almost instantly relieves most of the pain, emotions, anger, guilt, frustration, and whatever feelings you are experiencing. My health began to improve almost instantly the second I assumed the responsibility of healing myself.

As you begin to shift your perspective, you will notice that the situation at hand is not as big as you once thought. Just know that all the answers you seek for your current life issues are all inside you right now. You don't need to go anywhere to find them. That is the mystery I unraveled with my chronic illness. I spent years chasing answers *OUT THERE* when the whole time they were right underneath my nose. This applies to anyone else on this earth.

There is no need to chase, expend wasted energy, or hope for the magic answer to be found *OUT THERE*. *ALL THE ANSWERS YOU SEEK ARE WITH YOU RIGHT NOW WAITING TO BE DISCOVERED*. It is up to you to go discover them. Many Blessings on your journey!!

***At the center of your being, reside all solutions!***

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### **Word of Wisdom**

You are on this planet to experience abundance, happiness, joy and optimum health. Many people have been given the wrong information in life. Based on this wrong programming, they create disease, drama, limitation, and stress in their lives. Life is really easy and optimum health is your divine right. Things only change in your life when you choose to be responsible for yourself. If you have lack of health then assume responsibility for it and you will see great things happen. If your job isn't pleasing, then look to change that. Become your own boss. Start your own home based business. I can recommend some things. Contact me for further details!

There is a difference between knowing something and doing something. You may know how to eat healthier. You may know how to supplement your diet and a lot of other great things, however, until you embody what you know and live it then things are not going to change. Whatever your life issue...you may be depressed, chronically sick, stressed out, bored...whatever is going on. You are responsible and only you have the magic key to resolve your issue.

You see, whatever life issue you have...the solution is right there in the middle of it. If you are sick then your healing is right there at the root of your illness. It has to be, otherwise you could not have your illness in the first place. You see, GOD will only send your way life circumstances that you can resolve. If you did not have the right core ingredients to resolve your issue then you simply would not have it. God doesn't work that way. Also, your life circumstances are really blessings in disguise. All challenges in life are there to help you go higher in consciousness and evolve your being. That is why we are here...to learn and grow.

We only grow when we are being challenged. This is where your true spiritual growth occurs. I will take myself for an example. Had I not gone through my illness and my healing then I probably wouldn't be writing this book for you to benefit from. Every adversity is an opportunity for exponential growth. Life is not meant to be cruised through. No one gets to have it easy.

However, your growth in consciousness will help you to live a more joyful and healthy life. Let go of all the old stuff that you are holding onto. You know what I am talking about. Let go and forgive everyone. You do not have to be right all the time. It doesn't matter that someone hurt you. You only perceived it that they hurt you. That was an opportunity for you to be a better person by not allowing someone else to hurt you.

You see, many people are addicted to creating drama, poor health, and limitation. They have been programmed this way since birth. You must de-program yourself if you want to live a healthier and happier life. You must install new beliefs and programs about health, abundance, and harmony. The funny thing is...it is only a matter of choice! You must choose to go higher in consciousness. You must choose to heal yourself from illness. You must choose to create better relationships. You must choose to be someone who is happy and healthy all the time. Most people are chasing happiness and wealth and all this stuff.

If you are trying to find happiness and peace and joy and harmony...I have some news for you...you will never find it! It is impossible to find these anywhere. You want to know why? You want to know why so many people are sick, depressed,

unhappy and stressed out? Because happiness, health, joy, peace and harmony are things that you can only BE. If you want happiness then just vibrate happiness. How do you do that? You do that by CHOOSING to BE someone who is happy. You want to be healthy? Then you must CHOOSE to BE someone who is healthy. It is all about a state of BEING! So, the question is...who are you BEING?

**Make Your Destiny, Don't Let Destiny Make You!**

Rino Soriano



Afterword

I know by reading my book you have learned some very profound health information. It is my intention that you use this new health knowledge to better your health and your whole life. It is my belief that we are all deserving of optimum health. When you have true and valid information to apply in your life, then optimum health is certain.

I commend you on taking the time to educate and empower yourself. You are now well armed to prevent illness and will be able to resolve any health issues should they arise. It has been my pleasure to serve as a guide to your better health. I wish you many years of experiencing the best health possible. Many blessings on your path to optimum health!!

Rino Soriano

I am available for phone consultations for anyone wanting to learn how to recover from chronic fatigue syndrome or like illnesses or wanting to learn strategies for living a healthier lifestyle.

[rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com)

I also offer online health seminars for chronically sick people with chronic fatigue syndrome. These are intensive 8 week programs designed to help chronically sick people to restore their health. Visit my website for complete details!

[www.holistichealthexpert.com](http://www.holistichealthexpert.com)

**If you want more information on the health products I use and recommend then simply email or call and I will be happy to help you.**

[rino@holistichealthexpert.com](mailto:rino@holistichealthexpert.com)

**520-481-8836**

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**Educating & Empowering People for Optimum Health**

**Rino Soriano**  
**The Chronic Fatigue Buster**

**“Helping Chronically Sick People to BUST Through Their Illness”**







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