

5 Simple Ways You can Maintain & Regain Optimal Health & Vitality **NATURALLY!**

Introduction

Aging... a misunderstood disease?

Through the ages, no-one has really looked forward to getting old. We humans are the only animals that do not live to our full age potential. If you take the age at which maturity is reached in all other animals, and multiply it by seven, that's their expected life span.

We humans definitely don't make that. Somewhere between the ages of 16 and 21 humans are considered to be fully mature, this means our genetic expected life span is between 112 to 147 years. So why is it that our average life span is only half that at 72 years? Dr Joel Wallach (MD), a nutritional researcher and author of *Rare Earths*, *Forbidden Cures* says that in his research he has discovered that the average life span of an MD is only 58 years, and that these are the people we are listening to for our health advice. He also says there are cultures who routinely live vibrantly and healthy into their hundreds. The reason we don't make it is because of our lifestyle and our *lack of nutrition*. Following is an important question to ask yourself and really think about why you choose your answer:



“How old would you like to be when you leave this planet?” Perhaps you are thinking “I'd be happy with 60-70 good years and that's it!” Why would you say that and why emphasise GOOD years? Is it because we see so many people close to us spend up to twenty years of their already shortened life sick and frail before death?

Sadly statistics show that men on average experience 13 years of illness in their last years compared to 7 for a woman.

THIS DOES NOT HAVE TO BE SO!

Imagine living into old age free of the diseases of ageing, without losing your vitality, memory and preserving all your faculties. Add to this excellent mobility, a healthy libido and all the energy you need. Sounds good doesn't it?



This is exactly what anti-ageing & wellness industry experts are predicting will be available to all of us in the not too distant future. Some research & development companies have been so focused on what can be done to assist us to live well, that they are 20 years ahead of medical science and are bringing us ways to improve our health and vitality and ward off disease TODAY.

What is it that we currently know about ageing? What is it that makes our bodies age? What are those events that result in the inexorable slide into decrepitude and dementia? Unfortunately there is not just one thing that causes ageing but instead there are several contributing factors to the ageing process.

This report will briefly touch on some crucial factors that can help you to extend your life span AND live your life feeling well. Your contact to enable you to take note and make some great choices for your own life after you have finished reading is the person who gave you this reportit will be a fact that they have taken on some of this information and made some changes to enable their families to be well. Prevention is better than cure! So read on!

Simple Way # 1

Reduce the Toxic Load on Your Body

Over the last 50 years humans have changed the face of the earth. The chemical revolution has brought us many consumer delights, but these have come at a very high price when you consider their affect on our future health and wellbeing.

One sad fact in our search for youthful appearance is that many people, women especially, search for and pay big dollars for external skincare, cosmetics and personal hygiene products. The unfortunate fact is that many of these products

do not care for our skin at all, in fact can be detrimental to our health and to the youthful appearance of our skin over the long term.

Medical researcher and author, Phillip Day reports that researchers in Japan, Germany, Switzerland, and the US say many ingredients in personal care products may be related to premature baldness, cataract formation, environmental cancers, contact dermatitis and eye damage in young children. The damaging ingredients in question we have multiple daily exposures to, as they are in our shampoos, toothpaste's, skin creams, sun protection creams and other personal care products as well as the cleaning agents we come into contact with in our daily lives and around the house.



A specialist in environmental medicine Dr. Mark Donahue said on a documentary video '[Bathrooms - The Inside Story](#)' in 2000'

“ We don't know the full information of what harm can be done to us by the use of these chemicals, however there is sufficient evidence from animal and human studies to say that they are not good for our health”

He continues “These ingredients are used because they are cheap and they seem to do the job we expect. If the price of hydrating your skin is that in the long term you damage it more and have more wrinkles - that's not a gain it's a net loss! We're facing a time now when a lot of the so called signs of visible ageing are nothing more than a lot of the choices we've made as the years have gone by, of products that help us in the short term only for us to be paying a long term price.”

A report in 1997 to the Food & Drug Administration in the USA, on the chemical toxicity in everyday products stated:

“[The cosmetic industry has borrowed a page from the play book of the tobacco industry, by putting profits ahead of public health. Cosmetics can be dangerous to your health](#)”

Yet this greedy industry wants Congress to prevent people from learning the truth. Every woman who uses face cream, or hair spray, or lipstick, or mascara, or powder should demand that this arrogant and irresponsible power play by the industry be rejected

A carefully controlled study found that one in sixty users suffered a cosmetic related injury identified by a physician and a study by the respected, non-partisan General Accounting Office reported;

“more than 125 ingredients available for use in cosmetics and personal care are suspected of causing cancer. Other ingredients may cause adverse effects on the nervous system, including convulsions. Still other ingredients are suspected of causing birth defects”

In America, warning labels are placed on all personal care and cosmetics, as there now are on cigarette packets in Australia. Shockingly, in Australia there are no such regulations for cosmetics and personal care and this leaves the public in the dark as far as the harm that they are doing to themselves in the simple act of ‘personal hygiene’. “Warning Cosmetics can lead to Cancer” was the headline for a story in the Advertiser, a newspaper based in South Australia.

In the story medical writer, Barry Hailstone reported that a reputable expert in the causes and prevention of Cancer, Dr Samuel Epstein, wants to see products containing potentially cancer causing ingredients labelled accordingly to warn the unsuspecting, trusting public. In a seminar in Adelaide, Dr Epstein even charged the manufacturers of mainstream cosmetic and personal hygiene products with ‘white collar crime’ against the unsuspecting public for not correctly labelling and warning consumers of the risks of the cheap ingredients used in everyday products.



A ‘Health Warning’ list of 15 ingredients has been included with this report and these are ingredients you would be wise to cease the use of immediately. This is not an exhaustive list though. There are 884 toxic ingredients used in personal hygiene products and 79 have been found to be carcinogenic (linked to cancer).

It is next to impossible to find safe alternatives, through the traditional retail outlets and even health food stores. They are available if you look into it, usually

available direct from the manufacturer which fortunately not only can save you money, but also save your life. The use of quality, non toxic, safe alternatives to commonly available personal and cosmetics is essential in your search for optimal health.

Simple Way # 2

Protect Your Body from Free Radical Attack

Anti-Oxidants

One of the most plausible explanations for the events that surround ageing and disease is the accumulation of free radicals. Free radicals are destructive molecules and are an inevitable by-product of living in the world we live in, subjected to pollutants every day. In 1956 Dr Denham Harman, one of the pioneers of anti-ageing medicine, proposed the free radical theory of ageing. Dr Harman came to view ageing as simply a disease caused by the destructive effects of free radicals. In 1972, Dr Harman honed in on the mitochondrion, which he isolated as the primary structure that bore the full brunt of the free radical onslaught. The mitochondria are the powerhouses of the cell where energy is generated.



If you are feeling lethargic and lacking your customary zip and sparkle, it could be that your batteries are succumbing to the relentless attack of free radicals. Don't despair! Help is at hand. All you have to do is to ensure that you have a healthy supply of anti-oxidants at the ready to neutralise the effects of these toxic invaders.

Our bodies naturally produce antioxidants, to defend the cells of the body from free radicals.

We also receive a certain amount of antioxidants throughout diet, in fruits, vegetables, even red wine, tea, coffee and chocolate! In fact there are over 600 naturally occurring antioxidants in fruits and vegetables but we've always been consuming these antioxidants in our foods. The problem is that the free radical

load is so high that these common antioxidant defenders can no longer do the job adequately. So the question becomes, "Can I get all the nutritional and antioxidant support I need from a good diet?" Some nutritionists claim you can.

However expert in Environmental Medicine, Dr Mark Donahue says,

"I believe that it's impossible to be in optimal health with the purchasing of the foods that we now commonly buy"

I don't think it's possible, because on the one hand we've stripped of a lot of the nutrients from our foods – due to soil depletion and processing. On the other hand, the demands from the environmental factors are higher than they have ever been in the past. I don't think that there's anybody who does not need supplements or who does not need something to optimise their health. Can you get by with it? Yes you can - if you're prepared to put up with premature death from cancer; chronic ill health; or never really feeling well. But you're not going to be healthy; you're not going to be resilient. In general terms I would **say,**

that supplementary trace elements and supplementary antioxidants are arguably needed for everybody who decides to breathe in a modern environment."

Living in today's world, with its vast array of chemicals and poisons, some of which we can reduce and others we can't, mean an ever increasing number of free radicals and therefore ever increasing rates of free radical based diseases.

Diseases such as **heart disease** and **cancer** are still the number one and number two killers in the western world and yet they can be prevented.

To live a longer, healthier life we must reduce our exposure to toxins and use antioxidants which stage a counter attack by scavenging the free radicals. Raising our levels of nutrition helps our body withstand the effects of these daily exposures.

The "Lancet" medical journal '96 reported a Cambridge University study showing antioxidants reduce the rate of death from heart attack by 77 %.

THE LANCET

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www.thelancet.com



According to Dr. Ross Walker, an internationally renowned Australian cardiologist who specialises in disease prevention,

"In America over 50% of cardiologists take antioxidant dose vitamins but only 30% prescribe them for their patients"

With these facts and with cardiovascular disease being the number one killer, it is sensible to take extra antioxidants as a preventative measure.

Anti-oxidants come in a variety of ways, in some vitamins, minerals and natural substances and function together much like the members of a sports team. These days you need to get them in a supplement form to counter our environmental attack. Certain nutrients work effectively together and no one antioxidant can do the job of protecting the body. You need an arsenal of antioxidants that work independently but when combined they do their job by regenerating and rejuvenating one another so they can continue their good work tirelessly.

Traditional antioxidants, like Vitamins A (Beta-Carotene), C and E have many functions and they are essential for health, and well known for their positive effect on the body, but only remain effective in the body for up to three hours.

Other more powerful antioxidants were brought to the attention of the western world by French Professor Jacque Masquelier in the 1970's.



These 'oligomeric proanthocyanidins', commonly referred to as OPC's, are effective in the body for up to three days. The best sources are from Grape Seed and White Pine Bark. OPC's have been found to be 50 times more potent than Vitamin E and 20 times more potent than Vitamin C.

Oil soluble OPC's from Grape Seed extracts have the ability to enter, protect and repair cells, including the cells in the brain and the central nervous system. Water-soluble OPC's from Pine Bark extracts, work around the cells and are readily absorbed by skin tissue. Both are necessary to give good protection against the damaging effects of today's environment and lifestyle. Ginkgo Biloba, used for 4,000 years in Chinese medicine also has wonderful antioxidant

properties including major benefits for poor circulation and offers hope for some age related problems.

The most powerful antioxidants known today are called Curcuminoids and are found in a certain type of Tumeric. Curcuminoids have been shown to have amazing have anti-mutagenic, anti-viral, anti-bacterial and anti-inflammatory properties. They offer protection from the influence of environmental toxins, and appear to have the ability to combat cancer-causing agents in the system. They are 60 times more powerful than Vitamin C and 150 times more powerful than Vitamin E. The synergistic effect of a combination of all these antioxidants greatly improves their beneficial effects on the human body.

What makes a 'premium' Antioxidant supplement?

It is important to get as many antioxidants in your supplement as possible. Some other antioxidants to look out for are Rosemary, Marigold, Evening Primrose seed and Decaffeinated Green Tea extracts, Potassium, CoEnzymes Q10, Lycopene, Inositol, Zinc, Taurine, Copper Gluconate and Selenium, which go together with the other antioxidants mentioned above, to make a power pack for your body with excellent protective and anti-ageing properties.



Most doctors underestimate the use of natural supplementation such as antioxidants.

Yet in the USA, "Cancer Prevention Study 2" (CPS2) involving 1 million Americans taking 'combination antioxidants' over 7 years, showed a 20% reduction in all causes of mortality. Extensive scientific studies and a growing number of testimonials prove these antioxidant formulas can dramatically improve health, retard ageing, prevent and often reverse disease processes such as the greatly feared cancer.

Heart disease, the number one killer in the western world, is usually due to a lack of nutrients in the diet, a message Phillip Day, medical researcher continually

reports. According to Dr Walker: "Coronary artery bypass grafting does not cure heart disease and is, in reality, a temporary procedure until you can get your life in order. Basically until you have corrected the cause of whatever the disease befalls you, it will reoccur after a certain time period, despite the best efforts of the surgeon or some other physician. The responsibility is yours and yours alone." Dr Walker's message is to 'load yourself to the eyeballs with super antioxidants'.



Antioxidants on their own are not miracle cures. In fact the so called miracle cures do not exist, however the addition of as many as possible of the 'super antioxidants' mentioned above to your regular supplementation regime will enhance your wellbeing and ensure you add more years to your life and life to your years.

Researchers such as Philip Day, author of 'Cancer - Why we are Still Dying to Know the Truth' believe that in the 21 century it is no longer appropriate to rely only upon western medicine to control disease and infirmity. So many people are tragically struck down by diseases of ageing. The truth is that many diseases that strike people down today are preventable. Diseases such as Alzheimer's and Parkinson's disease - those ageing illnesses - are now proven to be all preventable and free radicals have been isolated as a primary cause.

For 450 years scurvy was a killer disease and yet we know today its cause was) a deficiency of the antioxidant Vitamin C and all you needed was to get adequate amounts of it to prevent or cure it.

So its prevention and cure is one and the same. Why is it that so few doctors look at heart disease and cancer in the same light? These diseases, the number 1 & 2 killers in our society may equally be caused by free radical toxicity, and according to Philip Day, are nothing more than metabolic problems like scurvy that can be overcome by nutrition. Day, Wallach, Walker and many other specialists say that both of these diseases respond dramatically in a positive way when aided by quality nutritional supplementation which is why we should fortify ourselves with ample quality nutrition.

Simple Way # 3

Trace Minerals

Feed Your System with the Missing Components for longevity and wellbeing

We used to say 'an apple a day keeps the doctor away', but nutritional experts say that today we would have to eat at least TEN apples to get the same nutritional value that was in one apple 100 years ago. Our food today may look good, but it lacks the flavour and nutritional value it once had, because it contains only a fraction of the necessary minerals.

There are over 90 Nutrients that the body needs to function optimally. These include at least 60 minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids. Ideally we would get all of these nutrients from our diet alone.

Unfortunately today's lifestyle and foods do not allow us to do this – even if we eat a very well balanced organic diet. Why are we not getting these nutrients from our diet?

A proponent for mineral supplementation is Dr Joel Wallach, who believes that essentially everyone in the western world dies from nutritional deficiency diseases and primarily mineral deficiency. Why? He says although the body can synthesise many vitamins, antioxidants etc if we don't get the correct minerals (including trace elements) then we are in trouble, because the body uses these minerals to synthesise many essential nutrients it needs. Wallach also says that we can no longer get it from our food, we would have to eat 15 - 20 different plants each day in the right combinations and all grown on mineral rich soils, to make this happen. Also, the majority of people deplete themselves of minerals even more by consuming carbonated drinks, coffee and taking prescription drugs. We now have to supplement if we want to enjoy optimal health.



Due to modern farming techniques, the precious farming areas around the world are being overworked and are seriously depleted of minerals. As a result, foods grown on these depleted soils are also empty of minerals and other essential nutrients.

The introduction of fertilisers which generally contain only three minerals, Phosphorous, Nitrogen and Potassium (NPK) whilst beautifully promoting plant growth, do nothing to address the depletion of the 60 minerals required for human health.

Dr Wallach gained his first degree in Veterinary science with a minor in nutrition in crops and soils. He studied how to prevent and cure diseases in animals with nutrition - after all, as he says - animals have no 'Medicare' to take care of them.

In the early 1960's he was offered a \$17 million grant to find specific animal species that were sensitive to the effects of pollution.

After 12 years of doing research and autopsies on captive animals he **came to the conclusion that the cause of all their deaths were from nutritional deficiencies!** He then went to Medical school and became a doctor to see if this information could be utilised for humans. He practised for 12 years in Portland Oregon, in general practice and proved his theories over and over again. He also wrote text books to try to get the medical fraternity to listen.



He now spends his time teaching the general public about the importance of using an **organic, plant based form of liquid (colloidal) minerals**, as another vital and little known factor in life extension. Be proactive about your health, this nutritional anti-ageing treatment can be commenced at almost any age.

Amazingly, the first health warnings about nutrient depletion came in a summary of the United States Senate Document#264 by the US Congress back in 1936 and states that Laboratory tests prove U.S. farm and range soils are depleted of minerals and that the grains, fruits, vegetables, nuts, eggs and even milk are not what they were a few generations ago.

The document adds that people who eat these foods develop mineral deficiency diseases which can only be corrected by including mineral supplements in their diet.... it also states that approximately 99% of the U.S population are deficient in minerals.

In an intriguing study of soil status in major food producing nations, Dr Ward Chesworth of the Canadian Guelph University, reported :

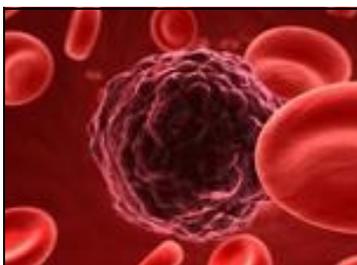
"Australia is the world's poorest land mass in Micro-nutrients (minerals)."

This significant report highlights, for Australians the urgent necessity of mineral supplementation.

The 'Missing Link' in today's nutrition.

Our bodies function electrically and organic colloidal minerals are the essential 'sparks of life' that generate and maintain the body's electrical production. Our

bodies are dependent on these micro nutrients for literally tens of thousands of biochemical functions. In fact, all bodily processes are dependent on the action of minerals, with the proper efficiency of each mineral being enhanced by balanced amounts of the others.



Trace minerals even play a critical role in the synthesis of DNA and the regeneration of cells. When our bodies cannot continuously produce healthy cells due to lack of certain minerals, we prematurely age, develop an endless variety of diseases and die 'before our time'.

Dr. Robert LaFave of the Metabolic Research Centre (USA) stated : "It has been said by many well known and reputable authorities in both the Medical & Natural Health fields, that the beginning of debilitating diseases starts with 'demineralisation' of the body ! Without these minerals it is impossible for the regeneration process in the cell to occur - in fact, an enzyme cannot exist without minerals and trace minerals

None of the functions within the cell can occur (properly) without ALL of the minerals & trace minerals present." All the medical research and billions of dollars spent to find cures, have not halted the advance of killer diseases, and yet Dr. Linus Pauling, winner of two Nobel Prizes stated decades ago that:

"You can trace every sickness, every disease and every ailment to a mineral deficiency".

What can we do to live longer and healthier?

According to Bill Anton, B.Sc. (Hons.) of the Nutritional Institute of Australia and former Medical Research Director of the Longevity Institute of Australia,

"Cultures who have always had high levels of organic minerals in their diet have little or no disease. Heart disease, cancer, high blood pressure glaucoma, birth defects, hyperactive children, learning disabilities, diabetes, arthritis, osteoporosis, cataracts, obesity and other diseases, are almost non-existent."

Before rushing out to buy some mineral tablets, heed some advice.

Minerals come in several different forms, and all are not easily assimilated by the body. The most commonly available are simple inorganic metallic minerals which have only 3 – 12 % absorption – not great value for your dollar! Research has

developed a process that 'wraps' the mineral in an amino acid, whereby these hard to absorb minerals can be made more bio-available, up to 20 – 45%.

The latest scientific processes have further increased the absorption of these essential minerals by reducing the mineral to a very small ionic size, and then chelating them with amino acids. A chelated mineral supplement produced by this process is an excellent way to get the 10 major 'macro' minerals - Potassium, Phosphorus, Calcium, Magnesium, Zinc, Iron, Manganese, Copper, Iodine, and Chromium, that our body needs in larger quantities.

But remember the body needs 60 minerals for optimal health and the best way to get all of them in a natural form is through a plant based, colloidal liquid 'mineralised drink'. Plants absorb metallic minerals through their roots and convert them into colloidal minerals that are hydrophilic or water soluble. Mineral drinks made with these minerals contain live, energised nutrients, which immediately go to work in cells throughout the body and are almost 100% absorbable. Biophysicist & Biochemist, Dr. Carey Reams discovered that colloids can be so small they can go through glass and have a natural negative electrical charge. The incredibly small size of colloidal minerals along with their negative charge are factors that makes them readily utilised by the body for its efficient, healthy activity.

Dr Giselle Cooke is not a conventional medical practitioner, she uses a lot of natural remedies which really do work. "I'll take anything as long as it works" cry some patients. "Anything?" Dr Cooke often asks.

"What about mud from an ancient lake in Austria?"

She is not joking. Among the many remedies Dr Cooke prescribes, is in fact a mineralised drink derived from a mud she says contains 700 herbs and homeopathics that really does come from a lake in Austria.



"It has a lot of easily absorbable minerals and trace elements that are hard to get in any other food source as well as a lot of pro-biotic organisms."

These she explains are acidophilus type organisms which are good for the gut because they pull toxins out of the body.

Black mud is good for us?

The Neydharting Moor is a unique lowland area of 60 hectares in a remote valley in Upper Austria. Scientists believe the secret of the remarkable properties of the



Moor, lie in its unique geology and the hundreds of varieties of herbs that once grew there. The Neyedharting Moor "Biomass" is the result of complex biological processes producing an abundance of plant based colloidal minerals. Unlike other moors throughout the world, this has never dried out, resulting in unique nutritional properties in its biomass being maintained, including natural fulvates.

Fulvates are composed of small molecular weight substances formed with the help of micro-organisms in the soil. These fulvates are water and fat soluble organic polarised electrolytes that enable plants to provide "Life Force Energy" to other plants and animals. Researchers theorise that fulvates act as electrical conductors, converting the chemical energy from minerals and nutrients into available electrical energy. Essentially, taking colloidal minerals with fulvates provides a 'trickle charge' of this energy to help rebalance and recharge depleted body cells to supply optimal health potential.

Imagine the feeling of all your cells being revitalised and nourished by taking these energy increasing minerals!

Many people interested in maintaining health naturally insist that the basis of any nutritional program is an organic colloidal mineralised drink, plus the addition of a supplement with the ten major ionic sized, macro minerals.

In our diet these are the missing nutritional links which keep us from experiencing optimum health. With an adequate supply of minerals in the body we can help prevent premature ageing and disease and maintain the energy and vitality we need for our 21st Century lifestyle.

The person who ought this report to your attention can direct you to this unique mineral drink—[contact them after reading this report.](#)

Simple Way # 4

Prevent Heart Disease

How YOU can protect yourself from the No 1 Killer disease by keeping the pipes clean

Cardiovascular disease kills 2 out of 5 people, making it the number one killer in our society. It slays another victim every 20 minutes, according to the Australian Institute of Health

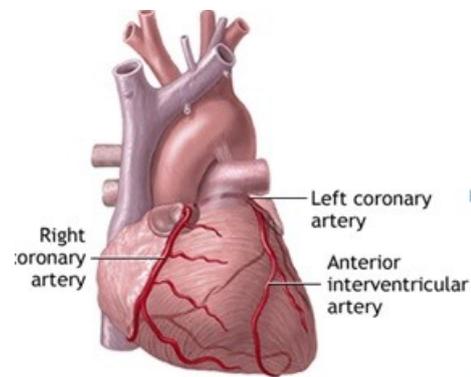


and Welfare. Heart disease and stroke are the most common results of an unhealthy cardiovascular system, but are only part of a complex disease and an all too frequent cause of disability and death.

Heart disease usually refers to coronary artery disease where the arteries which surround the heart become partially blocked by deposits on the artery walls. This build up gradually reduces the amount of blood flow to the heart muscle and can cause chest pain and heart attack. If a blockage occurs restricting blood to the brain, it leads to what is known as a stroke.

Sadly for most, they do not realise something major is wrong. For them, the first sign that there is anything wrong, is a heart attack, stroke and perhaps death as a result.

In 'Live Now Age Later' Dr Isadore Rosenfeld says that even though heart attacks and strokes are the top killers in every developed nation, they are preventable! Rather than you or your loved ones becoming a statistic, there are simple steps you can take, to make sure you do not suffer from this disease.



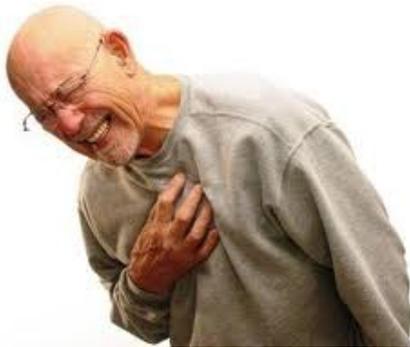
Medicine says that cardiovascular disease stems from a number of factors which increase your risk. These are things such as smoking, stress, lack of regular exercise, high blood pressure, diabetes, high blood cholesterol, high fat diet, and a family history of heart disease.

The more risk factors you have, the greater your chances of experiencing heart disease.

The medical solution is open heart 'bypass' or some other sort of invasive surgery. This is only a temporary solution with the expectation of having it repeated in the not so distant future, maybe five to ten years.

According to Dr. Ross Walker, eminent Sydney cardiologist,

“Coronary artery bypass grafting does not cure heart disease and is, in reality, a temporary procedure until you can get your life in order. Basically until you have corrected the cause of whatever the disease befalls you, it will reoccur after a certain time period, despite the best efforts of the surgeon or some other physician.”



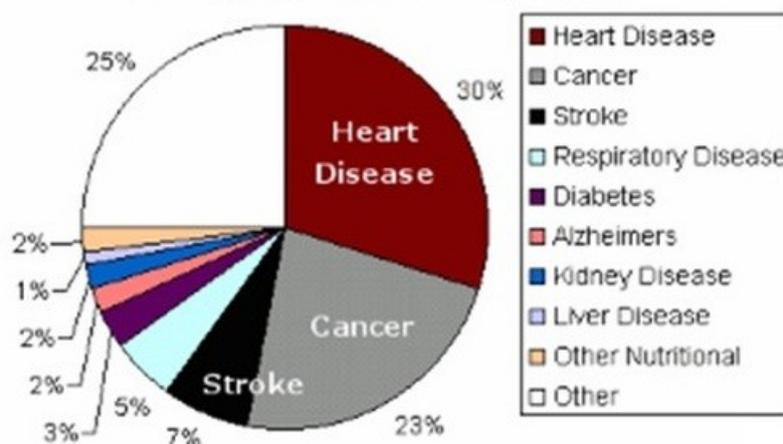
Medicine provides either drugs or surgery in an attempt to relieve almost every symptom. But these are usually band-aids for much deeper problems. Medicine has merely been treating the symptoms without doing anything to prevent cardiovascular disease in the first place, apart from saying - 'lead a healthy lifestyle'.

Everyone needs to focus on prevention and take precautions . . .

Today people are seeking quality of life, and an abundance of it. We want to look good, feel great and enjoy our years. Fifty years ago after World War 2, people were happy to just survive and 'get by'. Those who grew up in the depression made sure their children were fed, but lifestyle factors were not a priority. When the nutritional requirements for health and wellbeing were then established they were based on the 'minimum daily requirements' - 'How low can you go' to get by and just survive in the world.

Dr Mark Donahue, who specialises in environmental medicine, believes that our Australian RDI (recommended dietary intake) focuses too much on the minimum daily requirements, in other words 'how low can we go' before disease begins.

Nutritional Disease Mortality Rates for the Year 2000



He says that doctors haven't focused on prevention or on helping their patients get the necessary nutrients into their body. He says that if we had focused on the optimum required for excellent health, how to thrive instead of just survive and on supplementing as a precaution, then we wouldn't be facing a situation where

the majority of the population is nutritionally bankrupt and suffering needlessly from disease.

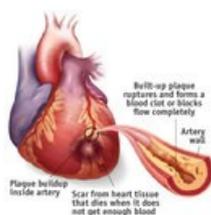
With the statistics of 2 out of 5 people dying of heart disease, 1 in 3 dying of cancer, 1 in 10 having diabetes and the myriad of syndromes and diseases which increase every year - it is obvious that most are only just surviving. These are all diseases caused by the lack of nutrients essential to a healthy body.

Dr K Donsbach author of Heart Disease & Stroke' reports that atherosclerosis is now epidemic in our society. When autopsies have been performed, everyone over the age of thirty, whatever the cause of death, has some signs of atherosclerosis in the arterial system. This is a condition which is proven over the past fifty years to be totally preventable and even reversible.

What if someone told you that your case of severe hardening of the arteries need not lead to coronary surgery or heart attack? Or that these are life threatening problems you need not ever have to experience?

What if someone told you that a safe, effective, tested, natural, non-surgical treatment exists, which seems to be able to remove agents blocking blood flow in your arteries without any side effects? Plus when used as a preventative alongside trace mineral and antioxidant supplementation it gives you the vitality that has you leaping out of bed in the morning, alert and energetic.

And what if someone told you that your heart doctor may not have even heard of the treatment, and may not prescribe it, even if he had? You would be amazed and perplexed, right?



The 'remedy' is quite simple . . . so simple in fact that you may be sceptical although the solution has saved countless thousands of people from needless surgery and even death.

Medical researcher Phillip Day regularly reports that heart disease is due to a lack of powerful nutrients in the system, although this information has not been passed on to the general public by their doctor. Science has already identified a vast array of natural substances that are required by the body for optimal health and the prevention of disease.

Dr Ross Walker, writes in “Highway to Health’,

“Many (Australian) doctors offer lip service to prevention. They do not put much effort into developing plans, programs or preventive strategies for their patients, or for that matter, for themselves.”

Dr Walker who specialises in disease prevention says that sadly, members of the medical profession don’t support the use of nutritional supplements by their patients.

So the question you must be asking is “what should I do?”

It has been known for many years that you can not only prevent cardiovascular disease from occurring, but also improve your cardiovascular health even if you have an existing problem, using a compilation of important nutritional components, forming what is known as an ‘oral chelation’ product.

Oral chelation supplements contain a range of powerful and essential nutrients. Nutrients such as vitamins, minerals, antioxidants, and herbal extracts, all specifically formulated to restore the resilience and flexibility of your blood vessels, to help lower blood pressure, dramatically reduce the risk of cardiovascular disease and to detoxify and clean up the internal environment of the arteries even if you have an existing problem.

Oral chelation products can be used as a treatment or as a preventative, so it’s never too early and it’s never too late. They are recommended to be used alongside antioxidant and mineral supplements as well as a balanced lifestyle, paying attention to diet, exercise and attitude. As a treatment for blocked or damaged arteries, or for general all round good health, an **oral chelation** formula is unsurpassed.

How you can “Keep The Pipes Clean” while also having more energy and vitality to be able to enjoy the good things in life!

This type of product has a cleansing effect on the whole vascular system. It protects and supports the heart and reduces the blockages, thereby alleviating the pain and cramping associated with heart disease. People using it report more energy, clearer thinking, better circulation, improved eyesight, reduced varicose and spider veins and a general feeling of wellbeing, especially if in combination with trace mineral and antioxidant supplementation.

Oral Chelation/Multivitamin supplements are used by health practitioners, sports people and lay people alike. **Oral Chelation** is designed and specifically put together in the right formulation to fortify and detox your circulatory system as

well as your whole body. High potency herbal extracts and concentrated whole food substances, known to strengthen the heart and help the immune system are included, along with minerals essential for all round good health. You won't find it in the health food store, because it's a unique formulation.

Power packed, this supplement has nutrients which work to protect the heart; nutrients that protect the arteries and vascular system from breakdown; nutrients which slow down cholesterol and calcium deposits on your arteries; nutrients which assist with the reduction of stress; nutrients which assist the function of the brain and circulation; nutrients which help detoxify the system; nutrients which assist the electrical action of the heart; nutrients which keep your heart strong and prevent aneurysms and stop greying of hair, as well as nutrients that contain antioxidants and bioflavonoids that significantly reduce the incidence of cardiovascular disease.

You'll begin to feel the difference in your wellbeing almost right away, but it will take about 90 days to feel the optimum benefits. That's the time it takes for your body systems to do their spring cleaning and rebuilding. Everyone is a little different though, so give it time and you'll be feeling like a new person

Simple Way # 5

Good Bugs V Bad Bugs

Where do the good bugs come from?

Let me explain a bit about these amazing little powerhouses called probiotics or good bugs. Before you were born, your GI (gastrointestinal) tract was sterile. The moment after your birth, colonization of bacteria began in your gut.

Good bowel flora (bacteria) can only be passed on to a newborn baby by natural birth, through the birth canal.

Caesarean sections have increased in the 20 years in QLD alone by 74%.

No good bugs in those babies!

The rate of caesarean section in Australia now exceeds 30 percent and evidence from population studies indicates that maternal requests for elective caesarean delivery might



make an important contribution. So this could be a contributing factor in health challenges in later life?

The first bacteria to settle in were the immune-building ones from breast milk, increasing your level of health and favouring your survival. Here again is another problem - the decline in breast feeding.

In a sense, we spend the rest of our lives "trashing" our digestion with bad stuff -- like poor diet and other lifestyle choices that cause the wrong kind of flora to flourish in your intestine. Yet gut flora, the microorganisms living in your intestines, continually and dynamically affect your immune system.

Helpful bacteria prevent the growth of less desirable ones by competing for both nutrition and attachment sites in the tissues of the colon. These organisms also aid digestion and nutrient absorption -- another boost to overall health.

That's why keeping the right balance of bacteria becomes critical in support of your immune system.*

And that's where 'New and Improved Complete Probiotics' comes in... to support you in doing just that.

It seems that in our collective zeal to rid ourselves of disease (and every trace of bacteria in our food supply and everywhere else), we may have outdone ourselves.

As a whole, we're less exposed to bacteria now than in the past, including "good" bacteria. Antibacterial products, hand sanitizers and the like have made for a world that's a whole lot cleaner, but perhaps not that much healthier.

Of course, you can find foods labelled as 'health-promoting' that do contain good bacteria. Think cultured products like yogurt, some cheeses, and sauerkraut. But due to strict food safety regulations, less bacteria (including the good ones) survive the manufacturing process. Many products undergo pasteurization or sterilization, destroying bacteria.

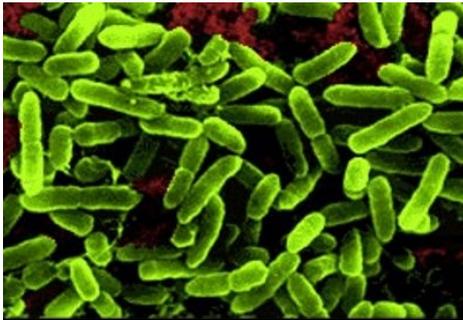
While this may be helpful in disease prevention, it also means we get less health-enhancing bacteria.

So with helpful bacteria less available in our food, it's even more important to consider supplementation with probiotics.

This gives your GI tract and entire immune system an extra "edge" -- allowing your body to maximizing the benefits of a healthy diet

So what is a Probiotic?

The term *probiotics* comes from the Greek "for life" (which gives you an inkling of what the word "antibiotics" really means). When ingested, these living microorganisms replenish the microflora in your intestinal tract. This results in the promotion of a number of health-enhancing functions, including enhanced digestive function.



History does tell us about the ways different cultures promoted their intestinal health before modern times. In the past, people used fermented foods like yogurt and sauerkraut -- as food preservatives and as support for intestinal and overall health.

Fermented foods are part of nearly every traditional culture. As far back as Roman times, people ate sauerkraut because of its taste and benefits to overall health. In ancient Indian society, it became commonplace (and still is) to enjoy a before-dinner yogurt drink called a lassi. At the end of the meal, they'd have a small serving of curd.

These Indian traditions were based on the principle of using sour milk as a probiotic delivery system to the body.

Other examples are all around us. Bulgarians are known both for their longevity and their high consumption of fermented milk and kefir. In Asian cultures, pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash and carrots still exist today.



Why can't we practice these methods?

It's not so much that we *can't*, as that we *don't*. Poor diet and the stress and pollution-filled environment provide significant challenges to healthy digestion, strong immunity and overall good health.

Progress, it seems, isn't always to our benefit.

You see, now in the 21st century, the processed foods that are so convenient also tend to upset the balance of bacteria needed to support overall intestinal health. What's more, many food products today are pasteurized or sterilized during the production process, and this destroys the helpful bacteria needed to promote intestinal health.

Over the past 30 years, science has come to a better understanding of bacterial effects on the gastro-intestinal (GI) tract and immune systems. As a result, the use of probiotics has become more widely accepted and practiced than ever before. Today the science of probiotics has evolved into a rapidly growing field, generating a great deal of interest both from physicians and consumers.

Part of this could be due to the fact that some of the incredible statistics about your intestine read like a "Ripley's Believe It or Not".

Did you know that:

About 80% of your immune system lives in your gastrointestinal tract.

500 different *species* of bacteria live inside you.

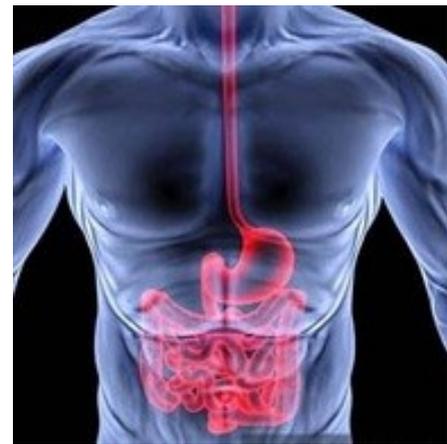
About one hundred trillion bacteria live inside you -- more than TEN TIMES the number of cells you have in your whole body.

The weight of these bacteria is about two to three pounds.

Some of these bacteria are referred to as "good", but others do not provide any benefit. The ideal balance between them is 85% good, 15% "other".

This ratio between the "good" bacteria and the other bacteria becomes one of the critical factors determining your optimal health.

Maintaining great intestinal health is akin to maintaining great overall health.



Why focus on the fact that death begins in the colon as some are fond of declaring when we can build on the belief that life is promoted and enhanced in the colon -- *if* you know what you're doing.

And once you've got a good handle on your overall health, then you'll naturally feel better -- and be able to do more of the things you want to do... at home, at work, on vacation, anywhere and everywhere you go.

Health challenges from Bad Bugs

Immune problems

Allergies / Asthma

Constipation /

Bowel irregularities
Crohns disease/ IBS etc
Kids 'disorders' ADD, ADHD,
Asperges and Autism
Skin Challenges / eczemas / psoriasis
All round feeling of not being 'well'

Health Benefits from Good Bugs

Stimulates the immune system.
Helps reduce allergies and reduces inflammation.
Increases resistance to infection
Helps us to 'eliminate' properly
Strengthens immune system
Helps with allergic reaction
Can rid the body of Candida

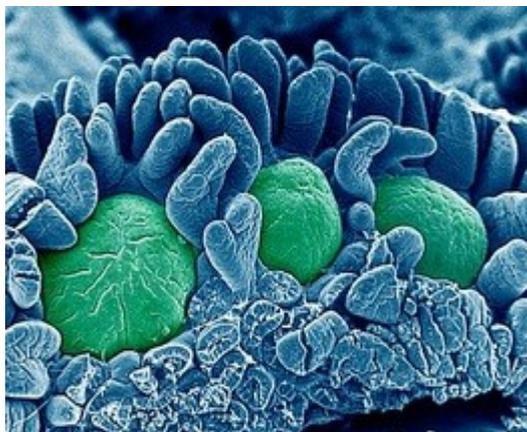
Due to the harsh conditions of the stomach it has been historically problematic for good bugs to reach the the intestines without losing their viability.

Instability of capsules causes the premature release of the bacteria into the gastric juices where they are destroyed is recognised as one of the challenges to adding the good bugs into the areas where they can do the most good

Being sure that the capsules are made from pristine substances that do not contain ingredients harmful to the human condition, free from preservatives etc is also a challenge

Peyer's Patches: The Immune Sensors of the Intestine.

A very simple explanation ;



They play a big part in the immune system and the allergic response of the body. In most of us they are covered and hampered from doing their job by bad bacteria. So we end up with a weakened immune systems and allergies including eczema and asthma among others.

If you use a potent synbiotic of the quality and quantity to make a difference - it will be enough to destroy the bad bacteria and your health will show a marked improvement in so many areas.

So its a fact!!

Probiotics can help maintain an optimum balance of beneficial bacteria within the large intestines.

Questions and Answers

Q What are Probiotics? With an 'o'

A Beneficial bacteria are known as probiotics (GOOD BUGS)

Q What do they do?

A Probiotics ferment indigestible carbohydrates and produce B group vitamins & other vitamins for the body

Q How do they get out of balance?

A Through the introduction of bad bacteria which are caused by 21st century habits

Q What symptoms are noticed?

A Excessive flatulence, bloating and bowel disorders and discomfort, allergies, immune issues etc

Q What are Prebiotics? With an 'e' (FOOD FOR THE GOOD BUGS)

A Non-digestible fibres that help to feed and stimulate the growth and activity of probiotics within the digestive system.

Q What do they do?

A Prebiotics 'feed' probiotics to help them grow and function optimally

Q How do they help?

A Combining prebiotics with probiotics forms synbiotics which improves the beneficial flora and they also can have a negative effect on potentially harmful bacteria

When looking for a probiotic to get great gut health...search out a **Synbiotic** instead which is a prebiotic and probiotic concentrate - always check that it does not contain:

Gluten, preservatives, sugars, artificial colours & flavours or yeast.

Look for some that are suitable for vegetarians.

Know what is in the making of the capsules for less toxicity

The right strains can help maintain an optimum balance of beneficial bacteria within the large intestines

Look for a Synbiotic that contains ingredients that inhibit e-coli bacteria

A probiotic on the market that claim to hold 25 billion bacteria in each capsule - and can even contain a pre and pro biotic mixed together.

Ensure that the pro biotic and the pre biotic are stored separately or they will already be in action outside of the body

However as we discovered earlier the capsule is not guaranteed to deliver the contents at a specific time and can breakdown and release the bacteria in places

where survival is limited (like in gastric juices)

A Synbiotic is such that because it is feeding the prebiotic with the probiotic - it is growing and proliferating on its journey to the places it is needed most. It is known to deliver 1.5 TRILLION to the intestinal tract - at the payers patches where it can do immense good and sort out a whole heap of health challenges.

If the pro biotic and the pre biotic are already mixed in a capsule – they are already active outside the gut which is not the best way to start the process off. It is possible to source a synbiotic where the probiotic and the prebiotic can be mixed together just before it is swallowed thus guaranteeing the growth of the bugs on the way to where it is needed.

In Conclusion – follow the 5 Ways!

How early can anti - ageing nutritional medicine be commenced?

Even before our birth we are being subjected to the detrimental effects of our modern environment and the lack of nutrition in our food. New born babies' first bowel motions have been found to contain petrochemical pollutants and babies are being born today with over 300 chemicals in their chord blood. It is never too early or too late to consider beginning a program to improve your longevity because the sooner you begin to clean up and feed your body, the better.

By reducing the overall load of chemicals we are subjecting our body to every day, by being sensible about the choices of the food we eat, and by making sensible choices about the products we allow onto our skin we can extend our life and achieve optimal health while we are living. Just having a 'good' diet in today's world unfortunately does not provide us with all the elements we need to live a long and healthy life. 'Nutrition' in the 21st century relates more to getting high quality supplements into our system, which unfortunately are often not available in the normal retail outlets such as shops, pharmacies and health food stores.

Contact the person who gave you this report for more details as they may have had some success putting this information to use in their own life. Call or email them so they can help you with some suggestions of where you can start. . The possibility of a younger and healthier you is in your hands.

Important Notice:

This information reflects the personal research and experience of the writer and is for educational purposes only. It is not designed or intended to be health advice. If you have any questions as to the appropriateness of the information in regards to your own health, consult a qualified health professional. (see page 12 for references)

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