

Back to the BASICS

An Introductory Guide for Healthier Life Choices



Food

Water

Air

Supplements



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National Integrated Health Associates Offers Patient Centered Medicine

NIHA is a leading integrative medical and dental practice located in Washington, D.C.. Integrative doctors are traditionally trained with additional education in complementary and alternative medicine, therapies, nutrition, and toxicity. Merging the best of conventional and complementary/alternative medicine (CAM), we support and empower patients along their journey to health.

Our commitment is to partner with you, our patients, in creating a lifestyle guide that you can implement to achieve a better state of health. The BASICS booklet is our first step in patient education and contains the essential building blocks for a healthy lifestyle. Each section contains the most up-to-date information on Food, Water, Air, and Nutritional Supplements that will enable you to achieve optimum health and vitality.

Changes made slowly and consistently over time are more likely to be permanent. Use the BASICS lifestyle guide as a reference to implement healthy changes at your own pace and complete your journey to health.

Good health is a choice. Your commitment and dedication to wellness is our priority.

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Section 1: Food as Medicine

There are many books and diet experts who have expressed opinions on foods, diets, and nutrition. Some of their messages appear contradictory regarding what you should or should not eat. We all owe a great debt of gratitude to these food science professionals. However, our understanding of how nutrition impacts our health is just beginning to scratch the surface. We do know that our bodies require food and nutrients to properly function and that the quality and quantity of our nutritional choices is a major factor in our health and healing.

The following statements for **BASICS Healthier Life Choices** are simple, universal guidelines that you may wish to consider to feed your body better:

- Eat Whole Foods Whenever Possible
- Eat the Diet that is Right for You
- Eat Raw Food Whenever Possible
- Include Lacto-Fermented Foods
- Eat Organic Foods Whenever Possible
- Balance every Meal with Protein, Carbohydrates, and Fat
- Be Aware of Food Allergies or Intolerances
- Eat Good Fats
- Eat as Many Colored Foods as Possible
- Avoid Refined Sugar and White Flour

We hope that many of these recommendations will, with time, become your permanent lifestyle changes. We recognize that while you are healing, your food and supplementation program needs to be more carefully regimented than when you are in a state of health maintenance. Becoming a student of your health is an important holistic quality. Remember, people will integrate healthier changes most successfully one step at a time.

Eat Whole Foods Whenever Possible

One problem with our modern diet is that our foods are too often processed. During processing, many of the vitamins and minerals are removed. In addition, enzymes and proteins can be altered, further degrading the quality of the food.

Whole foods look like they were recently growing on a tree or plant, or in the earth, or were walking or swimming around. While whole foods are not as convenient as processed foods, their value for your health is far superior, and they do not require our body energy to detoxify the added chemicals. In addition to removing the vitamins and minerals, changing the proteins and destroying the enzymes, the processing of foods adds preservatives. Preservatives extend the shelf life of the food; however, they are chemicals which are foreign to the natural process and which our body must detoxify to eliminate. Many people with chronic illness have detoxification systems (liver, kidney, lymph, skin, and gastrointestinal tract) which are already compromised and certainly do not need an additional toxic burden from their food.

Eating whole foods is how our ancestors ate and how our bodies evolved. The healthiest diet is the diet of our great-great grand parents (prior to the sugar and bleached flour revolution) down on the farm, close to nature. We fully support the Weston Price foundation and their work.

Eat the Diet That is Right for You

How many different diets have you heard about? There are many experts in nutrition who advocate one diet or another. This has led to much confusion in determining the diet that is the best or the right one for each individual.

There is **no one diet** that is universally the best. Diets **evolved for the peoples that lived in a specific geographical area and are the foods that were indigenous to that area**. People in the past generally lived many generations in the same area. We now live in a highly mobile society — often far from our genetic roots. We also are the product of intermarriages among peoples of diverse geographical backgrounds. And, of course, our food selection is global, so we may eat many different foods from around the world in any season.

Because of these dietary and genetic factors, it is harder for you to clearly identify a diet compatible with your genetic background. However, since our biochemical processes have evolved over thousands of years, using the foods local to the area that our ancestors came from would be a reasonable place to start in determining the correct diet for a particular individual. In fact, Dr. Don Kelley, a nutritionist who helped many cancer victims, has categorized 15 basic diets from the various regions of the world.

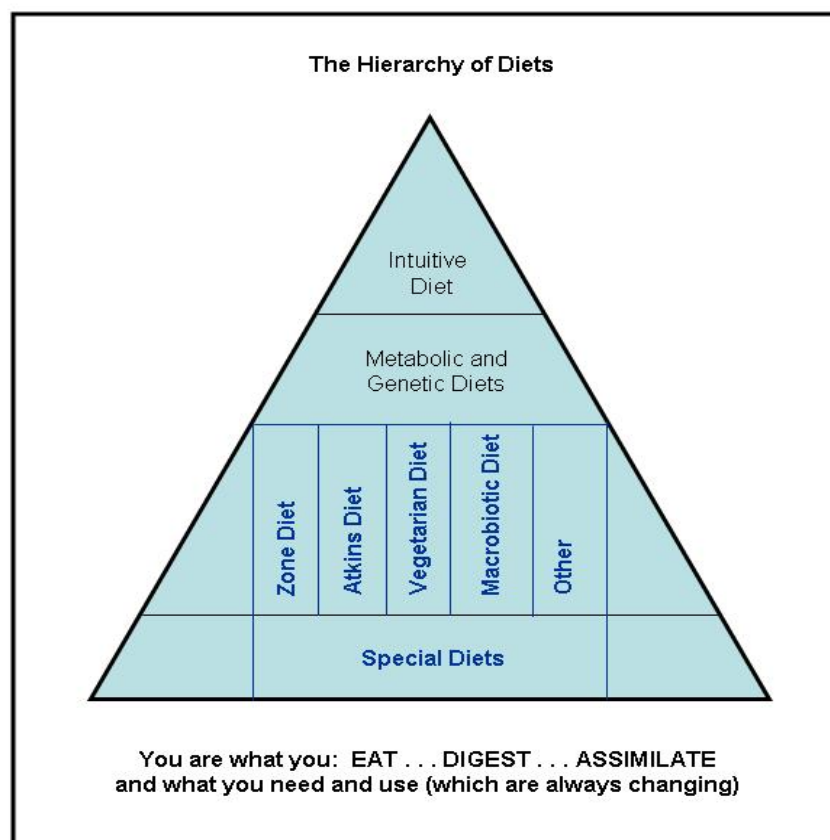
Dr. Kelley's information on genetic predisposition to different diets can be utilized by everyone as a guide in determining which diet would be best for you. For example, if your heritage were German, your genetic diet would be more meat, root crops, nuts, and fish. The fruits and vegetables of the summer months would be less available to you year round. However, if your genetic heritage was

from the Mediterranean area, then fruits, vegetables, and fish would be more important than meat and potatoes.

Eat the diet that feels best for you. Most animals, if left to nature, will instinctively eat the foods that they need. Cultivate and trust your inner feelings, your intuition. Of course, one must be constantly aware of food addictions which are very common: sugars, grains, dairy products, and eggs are the most frequently encountered. These often are foods your body is craving and eating often, rather than foods you are led to instinctively.

The food pyramid illustrates the hierarchy of choices for diets. The bottom level is all the diet books that are written and have devoted disciples with magical cures. Of course they work (for some). The second level is individually tailored diets, to your genetic background (mentioned above) and/ or diets compatible with your:

- metabolic typing - how fast or slow you metabolize food, and /or what part of your nervous system is dominant
- blood typing – we feel that Dr. Laura Powers is the most accurate; www.laurapower.com, www.Biotype.net
- Most indigenous medical systems (i.e. Traditional Chinese Medicine, Ayurvedic) prescribe diets for specific body and other characteristics types.



Eat Raw Foods Whenever Possible

Foods contain protein, carbohydrates, fats, and micronutrients (vitamins and minerals). Additionally, foods contain enzymes which are proteins combined with vitamins and minerals which are biologically active and help in the digestion of foods.

When food is heated, enzymes start to lose their biological activity and, thus, their ability to help digest food. The higher the temperature and the longer the foods are soaked during their cooking, the more the proteins and enzymes are denatured. If proteins and enzymes are left intact, our bodies are able to intelligently tag the foods in the saliva and stomach and transport them to the areas of need faster. If our foods are heated and the proteins denatured, this internal tagging system is lost and the foods will be distributed at random. Therefore, healing and repair may be at a slower pace if the majority of your foods are not raw or lightly cooked.

Juicing has been gaining popularity recently. It utilizes large quantities of raw fruits and vegetables while maintaining enzymes, vitamins, and minerals. Using foods that nourish your body and enhance your body's ability to process and distribute the macronutrients is critical in determining your journey to health.

Include Lacto Fermented Foods

Lacto-fermented foods are foods with live cultures of bacteria, which produce acid and are beneficial to our gastrointestinal tracts. Some lacto-fermented foods are: yogurt, cheese, pickled foods, sauerkraut, kim-chi, and fermented soy. These foods were part of ancient healthy cultures and help maintain a healthy bowel and aid digestion.

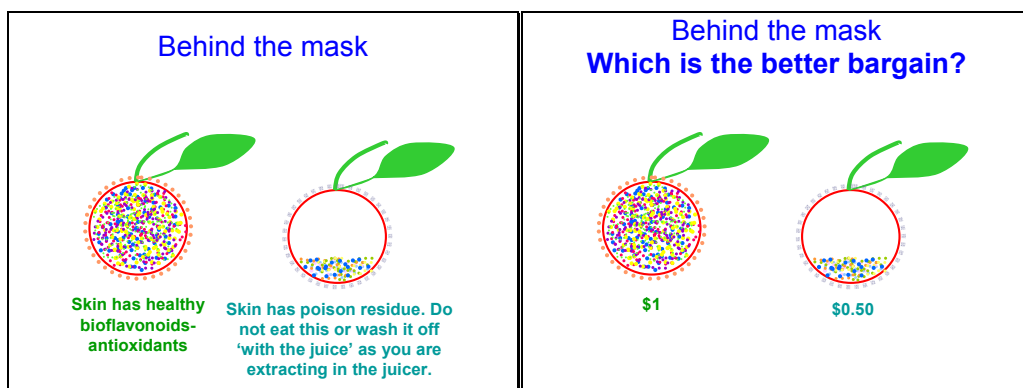
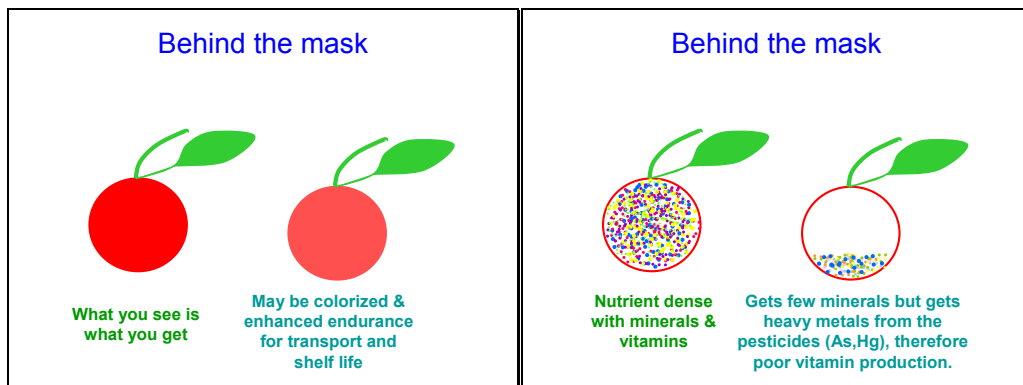
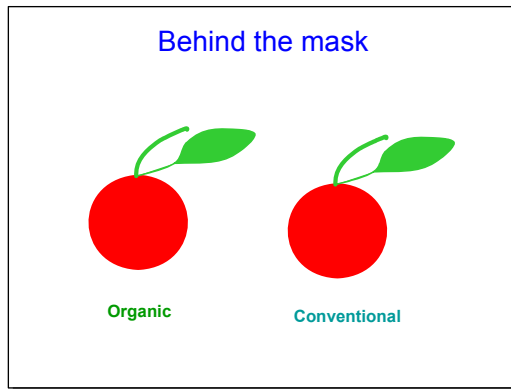
Eat Organic Foods Whenever Possible – Fruits, Vegetables, Grains, Meats, and Eggs

Organic foods are more nutritious and incur less of a burden on your detoxifying systems. Some food facts to consider:

- a. **Modern agricultural methods utilize fertilizers** that are largely composed of nitrogen and phosphorus — mostly from chemical sources. These fertilizers grow a good-looking fruit or vegetable but the density of the vitamins and minerals contained in the foods is lessened.
- b. **Commercial fertilizer** is only one of the culprits responsible for the degradation of the nutritional value of our foods. Because of commercial fertilizers, the fruits and vegetables can be grown on the same soil year after year without changing the outward appearance of

- c. **Organic growers must rely on fertilizers** which re-supply the lost minerals to the soil. Fruits and vegetables grown under organic conditions where no chemical pesticides are used must rely on the health of the plant to minimize pest damage to the crops. This requires an ample supply of minerals in the soil available to the plants. Therefore, the organic crops can be expected to have a higher nutritional content of minerals.
- d. **Vitamins are often produced by the plants in the latter stage of ripening.** When fruits and vegetables are picked early and are expected to ripen on the way to the market, the mineral and vitamin content of the food is decreased. Organic foods are often more seasonal and are picked and shipped closer to ripening.
- e. **Finally, the organic growers do not use commercial pesticides during growth.** When the soil becomes more and more depleted of the minerals, the plant becomes more vulnerable to pest infestation. Larger amounts of pesticides are required. These chemicals are incorporated in our foods and, since they are foreign to our bodily systems, they must be detoxified by our liver to render them harmless. To some who have compromised detoxification systems or who have allergic-type reactions to these foreign insect poisons, the pesticides become harmful or poisonous to the individual. These people have learned they can eat only organic foods.
Organic fruits and vegetables may not look as large or as unblemished as their commercially grown counterparts, but it is what is inside that counts: the vitamins, minerals, and the absence of commercial insect poisons.
See Apple Diagram, Organic V. Conventional.
- f. **Eat organic meats and fish.** Commercially grown meats and poultry where hormones, antibiotics, and other chemical enhancers are routinely given may not be as healthy to eat as organically grown animals since these chemicals wind up in the meat. In addition, commercially grown animals do not forage for their food, but are fed grains that help to fatten the animal. While this fat may help with the taste of the meat, the increased saturated fat is not healthful and the type of fat eaten increases the risk for inflammatory conditions. Some poultry growers use arsenic to destroy the thyroids of the chickens, for fattening and bringing the chicken to market faster. Of course you eat the arsenic laced meat. Fish can be farm raised or wild. If fish is in polluted water, the meat will contain the pollutants of the environment (i.e. mercury). If fish are farm raised they are fed un-natural diets often grain and meat by-products; the fish flesh is a different color and taste.

Organic Vs. Conventional Apple



Balance each meal with Protein, Complex Carbohydrates and Fat

To balance your blood sugar, eat complex carbohydrates whenever possible. Carbohydrate problems are very common. Carbohydrates turn into sugar and the slower that happens the better. Therefore refined carbohydrates –the white stuff (i.e. white sugar, flour, rice, potatoes, pasta) is the problem because the sugar immediately pours into your blood and your body must handle it, and that is when the problems begin.

WHAT CAN YOU DO?

In order to protect yourself from carbohydrate problems:

Eat proteins with your meals: Always eat at least 25% (by volume) of protein or at least 1.7 - 2.3 grams of carbohydrate to 1 gram of protein. When proteins are eaten in this ratio, insulin is restricted and another pancreatic hormone (glycogen) is secreted.

If you have a pre-diabetic or diabetic condition (type 2 — adult onset), a higher protein diet may be worth investigating. The results and science are very impressive for losing weight and controlling blood sugar.

Eat unrefined complex carbohydrates and be aware of the glycemic index of carbohydrates. (See appendix.)The glycemic index is how fast carbohydrate foods release their sugar into the blood during digestion. The faster the rise in glucose after eating carbohydrates, the faster the blood sugar rises, causing more insulin to be needed to keep the blood sugar stable. Complex carbohydrates are broken down into glucose more slowly and provide a steady energy stream. Eat complex carbohydrates, foods in their whole grain form, such as whole grain breads, oats, brown rice, oatmeal, bran, wheat germ, beans, lentils, peas, and root vegetables.

The symptoms and diseases of high blood pressure, increased triglycerides, hypoglycemia and diabetes, coronary heart disease (CHD), obesity, and increased aging are all related to the misuse of carbohydrates and their effects on insulin. These ill effects usually take many years to occur. This is how it happens:

a. As a person eats a high carbohydrate diet and snacks with little or no protein, the insulin is used to regulate the blood sugar levels. The more and quicker the glucose is dumped into the blood from the gastrointestinal tract, the higher insulin levels are needed to counter the blood sugar.

b. As the insulin levels are continually increased over the years, insulin resistance in tissues occurs. This means that the tissues now require higher amounts of insulin to carry the blood sugar into the cells for fuel.

c. As the tissues become insulin resistant, hyper-insulinism develops. Hyper-insulinism is an increased insulin response to most foods, especially carbohydrates.

d. When hyper-insulinism develops the blood sugar eventually rapidly falls a couple hours after a meal. This is reactive hypoglycemia — the third stage of diabetes type-2 (adult onset).

Symptoms at this stage can include:

- **Overweight** — insulin is responsible for fat accumulation.
- **Cravings** — the body craves sugar and other carbs to feed the blood sugar dys-regulation.
- **Mood changes** — especially prior to meals.
- **Fatigue problems** — this occurs as the adrenal glands become fatigued and reduce their output.
- **Health problems** — which are the result of chronic, increased cortisol (stress). The stress-related problems include increased allergies and food sensitivities; hormonal problems; osteoporosis (mineral loss from bones); chronic fatigue; poor regulation on insulin in tissues; reduced skin tone; muscle problems; poor wound healing; and depression.

e. Eventually, the insulin producing cells become fatigued. This is the diagnosis called adult onset diabetes.

f. More rapid aging occurs during blood glucose dys-regulation because the proteins become attached to the glucose when it is in high concentration. Glycosilated proteins are less active and are a marker for aging.

These are some more of the relationships to carbohydrate dysfunction:

Cancer — cells are continually produced all the time. Cancer cells use only glucose. There is a high positive correlation between cancer and diabetic conditions, (i.e., the high glucose level feeds the cancer).

Heart Disease — insulin levels are a better indicator of heart and blood vessel disease than lipid levels.

Bowel Problems — irritable bowel syndrome and celiac disease are related to carbohydrate dys-metabolism.

Inflammatory Conditions — in general are, in part, due to carbohydrate dys-metabolism. Hyper-insulinism changes the anti-inflammatory fats to pro-inflammatory, which in turn promotes an inflammatory condition during tissue injury. “Arthritis, muscle fatigue and pain, Fibromyalgia, autoimmune, degenerative conditions...etc.

Be Aware of Food Allergies or Intolerances

The field of food sensitivities or allergies is very common and may be a significant contributor to chronic, non-resolving health problems. Every health conscious individual must be not only aware of this common problem, but also know how to determine what foods may be negatively impacting their health and what can be done about it.

If you have a food allergy or sensitivity, often it is a commonly eaten food. In fact, many times the offending food is one that we crave. Being addicted to the various foods you are allergic to is very common. We can have “allergies” to foods that are “good foods” like certain grains, fruits, vegetables, meats, milk, and eggs. We can have adverse health symptoms to “bad foods” or goods that we recognize as not very nutritious, such as those containing pesticides, food colorings, preservatives, stimulants like the caffeine in coffee and tea, or heavily processed foods like sugar and white flour products.

The food elimination and provocation test diet is the simplest and most useful tool for evaluation.

- **Analyze your diet** for the foods you most commonly eat. Many of us eat certain foods almost daily. Eliminate from your diet for one week all commonly eaten foods, as well as any other foods you may suspect. Eat those foods that you do not normally eat for that week. It is best to rotate foods and food families and eat different foods each day. Rotate your foods for four (4) days (i.e., do not repeat the same food within a four-day period).
- **Evaluate the reduction in any symptom** you have during each week. Symptoms from food allergies can be diverse and can include almost any mental symptoms like drowsiness and “brain fog,” or any physical symptoms like joint pain, skin eruptions, or congestion. These are just some of the many types of chronic symptoms that may be due to food intolerances. You are looking for chronic problems ranging from the subtle to the profound that disappear when the food is not eaten for one week.
- **After a week** of removing the suspected allergic foods, add only one food to your diet each day and eat a good-sized portion of that food at all meals. Evaluate your symptoms after reintroducing that one food.

Food allergy symptoms can occur immediately after eating, show up within hours, or be delayed and show up in one or two days. Food allergies can also be fixed (an immediate response each time the food is eaten) or cyclical (symptoms occur when the food is eaten too often, but symptoms do not occur when the food is spaced). For example, a cyclical allergy to chicken could occur if the

chicken was eaten four times per week, but not if it was eaten once per week. Each food should be evaluated and symptoms observed. Once the suspected food test is completed, the offending foods should then be re-tested for confirmation, after a four-day wait.

The elimination/provocation testing for food allergies can be confusing if multiple food sensitivities exist. Reference books and professional or a nutritional consultant familiar with these techniques can be very helpful. Professionals familiar with treating environmental and food allergies employ diagnostic tests to determine allergies. However, adverse reactivity provocation challenge is the ultimate test for food sensitivity because it is the most convincing to the patient.

Another test for food allergies is the autonomic response test. When the offending food is held in the hand, the autonomic nervous system stresses and the indicator muscle loses its resistance. A muscle tester can help you discover if you're allergic or stress to foods. Muscle testing for stress foods can be taught to anyone and used at home.

Food and environmental allergies can usually be eliminated using immunologic and neurological techniques, improving the person's life and overall health. This is often an important part in one's healing process.

Eat Good Fats

Fat is a very important part of a healthy diet. You must be smart when it comes to fats. Fats are an essential part of our diet and have a big function in our internal regulatory processes. Chronic problems can result from not eating the right types of fats or by making common errors in cooking and storing fats.

FATS: A short course on fats: Some fats are critical to our diet.

Fats are important in our diet because fats are the main ingredients in all cell membranes. Our bodies cannot produce essential fats which are required as structures for our cellular membranes and bodily functions. There are two types of essential fats: pro-inflammatory and anti-inflammatory. When our cells become damaged (which happens in injury or cell death), the fats from the membranes are released and converted to either pro- or anti-inflammatory cellular hormones depending upon which essential fat we have previously eaten.

While all vegetables oils have a mixture of pro- and anti-inflammatory fats (and oils), pro-inflammatory fats essentially come from warm weather plants and the animals that eat them, while anti-inflammatory fats come from cold weather plants and the animals that eat them. Historically, the wild animals (or domestically grown animals prior to modern husbandry methods) ate summer plants in the summer and winter plants in the winter. Those animals, due to their

diet, acquired a balance of pro- and anti-inflammatory fats (60% pro-inflammatory / 40% anti-inflammatory). Now we don't eat wild animals, and our domestic animals eat hay and grains in the winter — all products of warm weather, so the fat content of the animals we eat is much higher in pro-inflammatory fats.

Eating wild or organic meats which are range-fed without being fattened up by hormones, antibiotics, and grains prior to slaughter is healthier. In addition, our ancestors consumed the whole animal — organs and bones, as well as the muscle meat. In fact, the muscle meat was generally eaten last because the other parts of the animal would usually spoil first and thus, had to be eaten first. Making an effort to eat organic organ parts is healthful to balancing the full nutrition from the animal.

Eat nuts and seeds as healthy fats but soak them first.

Nuts and seeds must be soaked in water first to get rid of the phytic acid covering and gain the most nutrients. The phytic acid nutrients must be broken down by time, warmth and moisture.

This protective like cover on seeds is nature's way of protecting the seed until conditions are right for germination. We want to eat nuts and seeds with the covering removed, from a seed "ready to sprout" as sprouting increases the nutritional value.

In summary, fats are essential **building blocks of all the membranes** in our body, our brain, and our nerves. It is the quality of the membranes which surrounds our cells and holds all the internal cellular structures in place which largely **determines the cellular functions**.

The subject of fats is complex and a lengthy explanation is beyond the scope of the booklet. However, below are a few suggestions to follow. (A good reference book for understanding fats and carbohydrates is *Beyond Pritikin* by Ann Louise Gittleman.)

- Eat good fats such as palm, avocado, butter, coconut oil, olive oil, omega 3 rich oil, flax seed oil, and cod liver oil. Eliminate or minimize bad fats such as margarine, shortening, vegetable oils, soy, corn, canola oils.
- Minimize the heating processes in cooking or buying oils. Do not deep fry food in oil and buy only cold pressed olive oils.
- Add omega-3 and omega-6 essential oils to your diet. These essential fats must be supplied by the diet, which is why they are called essential. These fats have many healthy modulating effects when eaten, such as reducing inflammatory conditions and protecting us from heart disease. These essential fats are often missing or damaged in our foods. Since these fats are the anti-inflammatory fats, chronic inflammatory health conditions are more likely to occur when we abuse their intake over a long period of time.

Good vs bad fats/oils

Oil and fat are not identical. *At room temp*, oil is a liquid and fat is solid
All the healthy oils/fats discussed are organic

- ⊗ Bad oils:

<ul style="list-style-type: none"> 🔗 Hydrogenated (trans fatty acids)→ shortening, margarine (4x the rate of cardiovascular disease and heart attacks if you eat margarine) 	<ul style="list-style-type: none"> 🔗 Polyunsaturated oils and fats 🔗 Vegetable oil 	<ul style="list-style-type: none"> 🔗 Soy Oil 🔗 Corn Oil 🔗 Canola oil
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- ☺ Good oils (see appendix):

- 🔗 Saturated fats

- Vegetable: Palm, avocados etc. (pure or virgin) coconut* (*can get here at NIHA or from Tropical Traditions on the NET*)→ *not stored easily in fatty tissue so it tends to be non-fattening and can even help lose weight, → *calming yet energizing. Virgin coconut oil has a slightly sweet /coconutty taste. Therefore, its sometimes easier to use ‘Expeller Pressed pure Coconut oil’ for these recipes. Coconut cream has a pleasant sweet taste and is useful for desserts.*

- Animal (*organic only*): Butter, lard, tallow→ **grounding**

- 🔗 Mono-unsaturated: e.g., olive oil (but the body stores this easily in the fatty tissue). Don't fry with it as it can convert to Trans Fatty Acids.
 - 🔗 Omega three rich oils used for cold use only (e.g., salad oil): Flax seed oil (refrigerate). Don't heat or expose oil to air for long → it will oxidize. Pouring some (all natural, open the capsules) Vit. E into a bottle of this oil can greatly reduce oxidation during storage in the frig.
 - 🔗 Fish oils. Don't heat or expose to air. Can add Vit E to bottle as antioxidant.
 - 🔗 Can add flavor with sesame oil etc.
 - 🔗 Cod Liver oil. Same rules as fish oil. Get the one with high Vit. A (usually around 5,500 U per ½ tsp.

Some ideas for using coconut oil

Use liberally with food. Can fry in it (it's heat stable as long as it's not high temp frying like Chinese cooking). Some people take in 3-4 tbsp daily of the virgin coconut oil. If you're creative, using it in everyday cooking is enough. Here are some creative ideas re use of coconut oil:

- **Shrimp scampi:** Use coconut oil instead of butter. You can add a little butter for taste. Fry/bake the shrimp in it adding favorite condiments (e.g., garlic, oregano, lemon etc)
- **Fried food** such as eggs. (Low heat frying is best). Coconut oil is relatively heat stable.
- **Grilling burgers or baking meatloaf?** If the meat is lean, mix in some coconut oil, Celtic Sea Salt and a flavor (e.g., teriyaki or b favorite barbeque sauce)
- **Spread:** mix with honey (can add butter) for a honey spread (can use Virgin Coconut oil for this as it has a sweeter taste.
- **Spread:** mix with butter and some sea salt etc for a buttery spread.
- **Information:** You can get more info on coconut health effects at TropicalTraditions.com

Eat as Many Colored Foods as Possible

The reason is simple. Brightly colored fruits and vegetables, the greens, the reds, the yellows, the blues... are higher in minerals and antioxidants. The more nutrient dense our foods the better our bodies are fed. Understand that the color is often in the skin, so it is the whole food that is important.

The skin protects the fruit or vegetable from degradation, and its outside environment. The skin of the fruit and vegetable is the protective coating, therefore it is loaded with antioxidants which protect the inner carbohydrates from oxidation. The harsher the environment, the higher the antioxidants required.

Avoid Refined Sugar and White Flour

The relationship between refined sugar and flour and chronic disease is well documented. The following is just one pathway to disease.

- a. Refined sugars and white flour are responsible for dental decay. Studies have shown that the constant repeatable use of these refined foods in the diet leads to a high bacterial count in the mouth.
- b. Dental decay is produced by the acids from a high bacterial count in the mouth.
- c. Dental decay leads to the use of mercury amalgam fillings.
- d. Mercury silver amalgam fillings results in heavy metal poisoning.
- e. Continued decay throughout one's life time results in deeper fillings, abscesses and ultimately root canals.
- f. After a few years, the bacteria in the small canals of the root canal treated teeth causes an infection in the surrounding bone resulting in cavitation lesions.
- g. The bacteria from cavitations and from root canal treated teeth results in highly toxic metabolic poisons that block our bodies from storing the energy that comes from oxygen and glucose.
- h. The metabolic poisoning results in the patient's inability to derive and store energy from food. This can result in chronic fatigue as well as create an anaerobic environment in which cancer can thrive.
- i. Cancer thrives on an anaerobic environment, which is an environment low in oxygen. Dr. Johanna Budwig, M.D., Ph.D. has shown that reducing the oxygen in tissues by 35% results in the development of cancer.

Section 2: Water

Water cleans, purifies, enlivens, refreshes, and quenches thirst. It splashes, rains, runs, and makes everything grow...Water is this unique substance that seems to contain the essence of life itself. Water like food is a study into itself. Water is critical for **BASICS Healthier Life Choices** because of the many benefits:

- Enhanced nutrient absorption
- Increased immune function (significant increase in white blood cells)
- Boost energy metabolism
- Enhanced Weight loss
- Superior hydration of body and blood
- Cardiovascular health benefits and blood pressure regulation
- Cellular detoxification
- Youth promoting
- Bowel health detoxification, relieve of constipation

Water is as much a nutrient as food. The human body is composed of 25% solid matter and 75% water. Brain tissue is 85% water. You can survive for weeks without food; however, you can't survive for more than a few days without water.

Water is the most important detoxification agent and is the solvent that makes all bodily functions possible. The quantity and quality of the water you drink has a direct effect on your short and long-term health.

Dehydration, common in our 20th century, fast-paced life, can be a major contributor to your health problems. Therefore, water is not only **basic preventive medicine**, but also an **important ingredient for healing**. Water is not only by far the cheapest form of medicine; it is also one of the most important. The appendix contains resources to help you with more information and implementation.

There are three components to the water issue that you need to consider:

- Quantity or how much you drink
- Quality or what's in the water – the good stuff and the bad stuff
- Structure – water, the universal solvent, has structure which can greatly enhance its properties

Quantity of Water

How much water you drink is critical to your health. In his book, *Your Body's Many Cries for Water*, Dr. Batmanghelidj states, "Every function of the body is monitored and pegged to the efficient flow of water. As the water content inside the outside our bodily cells decreases, adverse biochemical mechanisms are activated, creating inflammatory conditions and chronic problems." Dr. Batmanghelidj has excellent chapters on how water can be used to treat pain including headaches, angina, back and neck pain, pain in the stomach, intestines, colon, heartburn, rheumatoid arthritis, high blood pressure, high cholesterol, excess body weight, asthma, allergies, and diabetes.

How much water should you drink?

The easy answer is drink whenever you are **thirsty**; however if you have chronic dehydration your thirst mechanism does not work well and you may not feel thirst. For many of these chronic and common health problems, as well as prevention, drinking a minimum of six to eight 8 oz. glasses of water per day is recommended, and more is needed if you are exercising or in hot weather. Alcohol, tea, coffee, and caffeine containing beverages and sugar/chemical drinks (sports drinks) do not count because the drugs in these liquids cause dehydration. **The best time to drink water is away from food.** If you drink over half a glass of water at meals you may dilute your digestive juices. Your thirst should be satisfied at all times.

It takes time for hydration therapy (drinking water) to take effect. Like a sponge, the tissue membranes will take on water slowly. The kidneys must be watched for adequate functioning when increasing your water consumption. Measuring your intake of fluids and urine output may be helpful if there's a question about your kidney function. In addition, Dr. Batmanghelidj suggests increasing sea salt intake after a couple of days (1/2 teaspoon per two quarts of water). **Electrolytes and minerals in the water are very important**, for we are not just replacing water but the minerals and salts in the water also.

Hydration Therapy to Balance Body Chemistry

We suggest hydration therapy for many of our patients as an initial step to balancing their body chemistries. The biochemical indicators in the bodily fluids are always improved with hydration therapy.

To adequately hydrate the body, it is best if you **drink the water a little at a time over one, two, or three days**. Tissues and membranes can only take on water slowly. Hydration therapy may take one to three days, depending upon your weight. **Drink four ounces of water each half hour.** The amount of hours is determined by your weight divided by eight, which equals the number of hours you need to drink four ounces of water. For example, if you weigh 100 pounds, 100 divided by 8 equals 12. So, twelve hours of drinking four ounces of water. This should be done in one day. For example, if your weight is 200 pounds, 200

divided by 8 equals 25. That's 25 hours of drinking four ounces of water. This would be accomplished over two days.

To constantly satisfy your water needs it is advisable to carry your water with you. The type of container used is important. Glass, ceramic or stainless steel are best. Hard plastic containers with a #7 stamped on the bottom have the least amount of phthalates and are a reasonable second choice. Soft plastic containers with a number lower than 7 or no number have many phthalates and are the least desirable.

Quality of Water

The quality of the water you drink, like food, can have an impact on your health. The quality of water involves its **purity and enhancements** that will add to its health-giving effects.

Purity of water

"Don't drink tap water!" The public is becoming more and more aware of the problems with tap water. Our water sources are increasingly becoming contaminated with toxic metals and chemicals, bacteria-laden bio-films line our pipes and water mains — a problem that gets worse as our water supply ages. Chlorine and other chemicals are used in increasingly larger quantities to minimize the bacterial contamination. Reactions with these chemicals and the bacteria and proteins in the water produce by-products which are harmful. In addition, fluoride is added to the water for the purpose of preventing tooth decay, but the safety of fluoride (a potent poison) has never been proven, and many scientists are becoming more and more concerned about its use.

There are many different types of water purifying units, taking tap water and purifying it for drinking. Each has their pros and con's, which is laid out in the following table.

Water Source	Pro	Con
Well water	Contains minerals, Naturally filtered	Contamination increasing as pollutants seep into groundwater Must be checked for purity
Reverse osmosis/filter systems	Pure water from the tap Can be adapted to whole house or part of house	Equipment needed Must clean filter regularly Purity varies with size and filtration of unit
Distillation	Purity is unquestioned due to process	Equipment needed 'Dead water' with no minerals or oxygen Need extra plumbing for tap Need filter to remove chemicals
Bottled water	Requires no equipment Home delivery	Purity questionable due to quality control Costly over time May contain pthalates

Enhancing water

Purity of the water is important. However, the quality of the same water can be enhanced to increase its health and life giving potential. Water flowing from glaciers over mountain streams enriching the water with dissolved minerals and oxygen has been analyzed as the healthiest and accredited to the dramatic longevity of the people who drink it. Adding the following can enhance the vitality of the water:

- Oxygen
- Electrolytes and other minerals
- Alkalinity

Note: There are minerals and salts (electrolytes) in oceans, blood and the tissues of all living organisms. The bodily fluids function best at precise mineral and pH levels. That is the enzymes and biochemical reactions proceed at optimal rates. It makes most sense to drink minerals and electrolytes (salts) with your water.

Oxygen:

Water bubbling over brooks in a forest increases the exposure to air, thus ensuring the absorption of more oxygen. Oxygen enhances animal life while inhibiting bad bacteria. Oxygen can be added to water with various formulations. A new technology of infusing oxygen into water under pressure has been developed. The structure of water (which we will explore later) can greatly enhance the oxygen carrying capacity. Increasing oxygen to your tissues can be healthful. Drinking oxygen-enriched fluids enhances the oxygen in the gut and in the liver (the main detoxifying organ in the body). Oxygen added to water also changes the structure of the water, thus adding additional health benefits.

Electrolytes and Minerals:

Like oxygen, the addition of minerals to your water can be healthful. Many people have reported lasting benefits from enhancing their water with oxygen and minerals. Our body requires minerals and putting them into our water is a useful way to increase mineral intake. Our number one recommendation is to add healthy electrolytes to your water. See the appendix for recommendations (E-lite, Selectrolyte, Trace Minerals or Cell food).

Alkaline Water Reduces Acidosis:

The Japanese have developed technology in which water is electrolyzed and then separated into alkaline water and acid water. Acid water kills bacteria and can be used for external washing and even as plant sprays. Alkaline water, which contains the mineral ions, is to be used for drinking. Adding minerals to pure water will alkaline the water. This alkaline water in addition to containing many minerals has increased hexagonal water structure.

There are many chronic conditions and illnesses that can occur in a body whose fluids are more acidic than alkaline. Buffering systems in the body and the food and beverages we consume help us keep the bodily fluids alkaline (or basic) — a condition much more compatible with health. Therefore, eating more alkaline foods or less acidic foods and drinking alkaline water may be helpful for any chronic pain, inflammation, or degenerative conditions such as arthritis, fibromyalgia, multiple sclerosis.

Structure of Water

Water that is moving is living, vibrant water – with more life, energy and health. Why?

Water is the universal solvent and, as we have learned, it is essential for all our bodily functions. Water, by its structure, is held together by loose covalent bonds forming a cluster of H₂O molecules. Water researchers can explain all the unique properties of water through the unstructured water and predominance of the clusters that water forms. Most water is in predominance clusters of 5-sided pentagonal, but water that approaches freezing, water moving over brooks, water

with turbulence and water where certain energy forces have passed through can have a predominance of 6-sided **hexagonal** clusters. An example is pure glacial water, which is highly hexagonally structured.

Hexagonal water:

It appears that this high-energy state of structured water is the key to more efficient hydration and the enhancement of every biological function within the body. It is also interesting to know that the immediate layer of water surrounding healthy DNA, proteins and other macromolecules in the body is highly hexagonal. Water surrounds all bio-molecules, forming a highly active hydration complex, which facilitates the function of the DNA, enzyme, collagen, protein and bodily processes. Conversely cancer cells and other non-healthy cells are also characterized by little structured water surrounding them.

The work of Dr. Jhon and other scientists have demonstrated that a specific molecular hexagonal structuring of water play a significant role in the movement and energy transformation of water throughout the body. From Dr. Jhon: “*Aging* is a loss of hexagonal water from organs, tissues and cells and overall decrease of total body water”.

Sources of hexagonal water:

- Turbulence is the key to healthy high-energized water; turbulence can be natural such as a bubbling brook or through energetic fields (magnetic or electrolyzation).
 - When unpolluted water freezes a high degree of hexagonal water is produced
 - Natural sources include: certain natural healing springs (usually not bottled spring water), some glacial waters.
 - Making hexagonal water:
 - Diluting hexagonal water concentrates
 - Lowering temperatures
 - Adding structure-making minerals: calcium, sodium, zinc, iron, copper
 - Using outside energetic fields
 - Ionization (electrolyzation)
 - Alkaline water processing- separating water alkaline with positively charged minerals and acid water with its negatively charged
 - Magnetic fields
- Alkalark system uses special minerals and hand agitation

Summary Notes on Water:

- Water is a large part of your recovery and health maintenance program. The **quantity** of water you drink is important, but the **quality** of water you consume can have additional health benefits. A number of options for the quality enhancement of water have been presented. References are provided to help you better understand the issues and to aid you in your choices. As with all health-oriented information, do not hesitate to ask questions or engage our office staff in discussions. We are committed to helping you become healthier.
- The ideal drinking water system would be pure water that is enhanced with oxygen and minerals and thus is alkaline. This water system should be hexagonal structured and stored in glass containers with positive messages written or broadcasted into the water. Alkalark is the name of an easy to use, portable alkalizing water kit. (Available at NIHA)
- Maximum health would be achieved from water if you drank at least two liters per day.
- Showering/bathing: While in a 30-minute bath, it has been shown that you can absorb as many toxic chemicals (including heavy metals) as you would if you were drinking the water all day. It could be helpful to install a competent water filter at your showerhead to remove chlorine or a whole house purification system so that all of your skin is exposed to filtered water.
- Therefore the most beneficial water that can be constituted is hexagonally structured, distilled water, with mineral (and possibly oxygen) additives.

Section 3: Air



Air is as much a nutrient as food and water, for without oxygen in the air, we would die quickly. The quality of the air and its nutrient value is very important in any **BASICS Healthier Life Choices** program.

The air issues to consider for healthy choices are:

- Oxygen Levels - Our Environment
- Air Quality - Pollution, Contaminants, and Allergies

Oxygen

The oxygen level of the atmosphere has dropped dramatically from previous levels. Currently, the level of oxygen in the air around cities is as low as 15% of the total air, while the oxygen level in the rural areas can still reach as high as 20%. Scientists reveal that the oxygen level was at least 22% hundreds of years ago, and that thousands of years ago your ancestors lived in a 30% oxygen-enriched atmosphere.

The oxygen level has decreased over the years because we have more animals using oxygen by breathing and fewer plants creating oxygen by photosynthesis. Additionally, we are using up oxygen by combusting fossil fuels more rapidly than oxygen can be replenished by natural means.

Does the lack of oxygen in our atmosphere contribute to health problems? Many scientists certainly think so. Hypoxia, or lack of oxygen in the tissues, is a contributing factor to most chronic diseases, chronic dysfunctions, and infections. Conversely, oxygen therapies have been very helpful in treating a wide variety of health problems.

Air Quality - Pollution, Contaminants, and Allergies

What is on the outside of the body will eventually find its way inside. Recent placenta studies on mothers and their newborn babies reveals alarming amounts of chemicals, heavy metals, and other toxins in the placenta. This evidence demonstrates both the mother's toxic exposures and her bodily burden of toxins and pollutants and her baby's is alarming. This and other environmental and ecological facts speak for clean and green living to minimize the toxins and detoxification strategies to get the toxins out.

Quality of air can be a major source of health problems for some people. Some spend as much as 90% of their time indoors. While we may not be able to immediately control the outside air pollution, the air pollution and sources in our home and work are definitely under our control. According to the EPA the indoor air is 2-5 times worse than outdoor air quality. Indoor air pollutants can be grouped into three major categories:

Airborne chemical pollutants: It is estimated that there are over 300,000 chemicals in our environment such as paints, solvents, preservatives, sprays, cleaners, disinfectants, insect repellents and air fresheners, fuels and automotive products; printing, hobby supplies and dry-cleaning; newly constructed homes and furnishings due to the formaldehyde and solvents used in construction; new drapes, clothes, furniture, upholstery, second hand smoke, perfumes, deodorant and personal care products.

Particles are a mixture of solid and liquid droplets in the air. On average, every cubic foot of untreated air has 20 million particles. The particles less than 2.5 microns are the greatest concern because they can easily infiltrate the lungs. These particles are positively charged and because of their small weight, tend to stay airborne not settling onto surfaces.

Let's re-look at dust, which is fabric fibers, human skin animal dander, microscopic creatures called dust mites, bacteria, parts of cockroaches, mold spores, food particles and other debris. Dust mites graze on organic matter like our skin. Enzymes in the dung-pellets that break down the food also break down the protective lung, nasal and eye linings.

Biologicals or microbes are the third major group of indoor air contamination. Their sizes can range from .001 to 10 microbes and are bacteria, protozoa, fungi and mold. Most rely on a humid and moist environment for their growth and survival. If you have water in your home you have mold. Mold plates to capture and grow the spores are a very important strategy to understand if mold is a problem. Molds, their spores and the micro-toxins they produce (Volatile Organic Compounds – VOC), are responsible for many chronic conditions including asthma, allergies, chronic fatigue, immune problems, autoimmune and many other health conditions.

What Can be Done to Improve Air Quality?

The quality of the air you breathe may be critical to your health recovery program. If mold is present, you cannot get better without removing the problem. To compound the problem, modern construction seals up the outside air, not allowing for opening windows, relying upon the buildings air systems, which can have contaminated ducts and sharing the polluted air with everyone else in the building. Air purity can be controlled by:

Air filters: which clean the particulates and biologicals. Filters can be Hepa filters or can have filters like charcoal, which remove the heavy metals and some chemicals

Positive ions: Our modern homes seal out negative ions, produced in nature. In addition, electrical appliances, computer terminals, fluorescent lighting, forced air ventilation systems, and modern building material generate many positive ions. Positive ions affect our moods, energy levels and health; making us feel tired, depressed and irritable. Negative ions in a room reduce the bacterial, mold and other biological growth, as well as other airborne contaminants

Ozone: is a powerful and efficient cleaner and purifier. Ozone reacts with all particles and biologicals destroying activity, negatively charging and causing the airborne particle to condense and precipitate out of the air. In addition, ozone reacts with many chemicals and odors. Some people are highly reactive to ozone (allergy) but the majority has no problems in small quantities and in 20 minutes ozone returns to oxygen.

Section 4:

Nutritional Supplementation

A Common Sense Approach

Nature is your best source of nutrition. All nutritional programs start with quality food and water intake. However, it is now scientifically and medically recognized that even high quality and balanced diets need to be supplemented with the nutrient groups constituting these 'pillars'.

As part of the **BASICS Healthier Life Choices** program, supplementation of the 'Pillars' to augment a good diet will ensure that you will have a complete and balanced nutritional intake, providing the best possible opportunity to enjoy optimum health and lower the risk of disease development throughout your whole life.

Furthermore, if supplementation of these nutrients is necessary in the healthy individual, then they are clearly essential supplemental nutrients for any individual who is un-well.

The Five Pillars of Nutritional Supplementation are:

- Vitamins and Minerals
- Omega 3 and 6 Fatty Acids
- Antioxidants
- Probiotics and Supplements for Bowel Health
- Immune Modulators

Vitamins and Minerals

Scientific and medical studies suggest that the levels of vitamins and minerals that are required for optimum health and disease prevention are above the amounts that can be reliably supplied in even a good diet. Most of these vitamins and minerals can be provided at optimal levels for every day intake by quality nutritional products.

Omega 3 and 6 Fatty Acids

These fatty acids are essential to optimum health from pre-birth and throughout our lives, and adequate intake will help reduce risk of cardiovascular disease, chronic inflammation, allergy and cancer while enhancing brain and cognitive function. Maintaining membranes with essential fatty acids is essential for health.

Eating too much of any type of fat can cause obesity and related diseases. However, some types of fat, especially the Omega -3- fats, are essential for our body and provide a wide range of health benefits. Unfortunately, they are chronically under supplied in the diet. This means that, unless your diet contains flaxseed oil together with at least two large portions of fresh oily fish per week, it will be providing substantially less than the optimum amount of Omega -3 Fatty Acids. Other essential fats, omega-6 from warm weather plants, and omega -9 olive oil as well as saturated fats (from coconut oil) are also important to rehabilitate and maintain cellular and other membranes. All detoxification and cellular functions occur on membranes and the health of the membranes is critical for health.

Antioxidants

Antioxidants are the body's defense mechanism against damaging levels of reactive chemicals called '**free radicals**'. The normal healthy person produces free radicals, but the levels are balanced against the amounts of antioxidants in the body to **neutralize** them.

However, increased environmental toxins combined with decreased levels of antioxidants in our diet, resulted in the **over-production** of free radicals. This phenomenon is a factor in many diseases and the aging process. There are three major groups of antioxidants and all three can be supplemented to be assured of optimum intake levels:

Type of Antioxidants	Supplement	Needed For
Vitamin Antioxidants	Vitamin C Vitamin E	Tissue growth and repair, gland function, healthy gums, protective and preventive effects
Endogenous Antioxidants (made by the body)	Co Q 10 Alpha Lipoic acid Glutathione	Heart health Detoxification
Phyto Antioxidants (made by plants)	Flavinoids and polyphenols in green tea and green vegetables, and colored fruits and vegetables, carotenoid, lycopene from tomatoes, proanthcyanadins	Prevents cell damage

Probiotics and Supplements that Promote Bowel Health

Bowel health is one of the most critical pieces to obtaining and maintaining good overall health. The health of any person is directly related to the health of the bowel, therefore it is important to eat foods that promote a 'healthy gut', and supplement with concentrated foods and sometimes herbs that clean and maintain the bowel.

Probiotics are products containing living beneficial bacteria, which 'colonize' the entire lining of our intestine. The potential benefits that the bacteria living in our intestine have on our well being are only just beginning to be understood by scientists, and includes the following:

- They enable the entire digestion and absorption functions of the intestine to operate efficiently
- They protect us from challenge and infections by potential pathogens
- They continuously prime and condition our immune system to function properly, from the day we are born throughout our entire life

- They can help protect us from allergy and intolerance and can reduce the symptoms in existing suffers.

In most old traditional civilizations, a major part of the diet was the consumption of **fermented foods**, such as fermented milks and vegetables. This provided a regular intake of the 'Probiotics' types of bacteria and gave the associated benefits outlined above. However, most modern diets are devoid of "live" fermented foods, and hence the 'essence of these foods, i.e. the beneficial probiotic bacteria, must be supplemented.

Other important supplements of bowel health are:

Freeze dried garlic: to kill the bad bugs

- Garlic has been used for thousands of years as a natural antibiotic, anti-parasitic, anti-viral, and anti-fungal, all residents of an unhealthy gut. Bad bugs cannot develop resistance to garlic, and the good bacteria of the gut are not affected.
- The bowel is a very competitive environment for bugs, so the strategy of killing the bad bugs and replenishing the good bugs is very effective. Once a healthy gut is obtained, it is best to employ this strategy as maintenance over a lifetime.

Digestive enzymes with Hydrochloric acid

- Many Integrative Medical professionals feel that Hydrochloric acid and digestive enzymes are the most important supplements anyone can take.
- It is very important to **completely digest your food**. As we age and especially if there has been any chronic health issues, the digestive enzymes, and especially the hydrochloric acid produced in our stomach is **diminished**. If the food is not properly digested in our stomach and upper bowel, the bad bugs in the lower bowel will be fed and proliferate, crowding out the good bugs.
- Hydrochloric acid (HCl) production in the stomach is the most energy intensive process of the body. When the body is stressed and energy needs to be conserved, (which occurs in all chronic health conditions), HCl production is reduced to conserve energy for more important functions. In addition, after age 25 the HCl production in the stomach is reduced.

Immune Modulators

Modulating the immune system starts with Bowel health, the largest immune organ. Modulation means having an aggressive immune system, available for pathogens and foreign cells to be destroyed (i.e. cancer) but also turning off and not hyper-reacting to commonly occurring foods, allergies, environmental organisms and chemicals. Immune modulation is a balance between removing toxins and over reacting.

Science has discovered immune modulating nutraceuticals that affect the immune system by boosting its activity when needed or reducing it's over reactions. Integrative Medicine understands that many of us suffer from chronic infections and a healthy immune system is critical to health and well-being.

Some of the immune modulators that can be used from time to time as part of a **BASICS Healthier Choices** general health program are:

- **Transfer factors** are highly effective immune messaging system made up of small peptide chains consisting of 44 amino acids; they are designed by nature to transfer critical immune information. They were discovered as the effective agent in Colostrum, the “first” milk.
- Transfer factors are made up of three separate fractions that balance the immune system for a more effective immune response. The three fractions are the INDUCER, ANTIGEN SPECIFIC and SUPPRESSOR fractions. The inducer fraction provides a basic training to get the immune system into shape, the antigen specific fraction functions like a set of “wanted” posters that help identify critical features of the infectious enemy. Finally, the suppressor fraction is able to recognize the enemy's defeat and then calm the immune system back to a normal level.

An Integrative principle – The body is self-healing if given the right nutrition, detoxification and support.

The Principles of Nutritional Supplementation

The important guidelines to follow with nutritional supplementation should be similar to food. As with anything, too much of a good thing is not good for your body.

1. Take a variety of different supplementary formulas.

- You can become allergic to your supplements, the same way that you become allergic to foods that you eat all the time.
- We prescribe to the 'one bottle rule'. For general maintenance, buy one bottle of a supplement, and then change to another quality product the next time. One should have a variety of supplements, all good quality, to rotate.
- One of the observable phenomena in integrative medicine is that biochemical supplementation, if continued the same, becomes less and less effective over time. The body acclimates to the formula and often becomes hyper-reactive to it. Moving to different formulations and cycling them is more effective.

2. Take vitamin holidays as often as you want.

- A vitamin holiday is days to sometimes weeks off.
- It is best to be **irregular** rather than regular when taking supplements on a maintenance basis. Don't be a compulsive vitamin taker.
- Remember it is the same as food, you don't eat the same foods all the time, 2 or 3 times a day.

3. Strive for optimal nutrition.

There is a big difference in biological performance between adequate nutritional intake and optimal. Your nutritional requirements for optimal intake can vary due to many factors.

- What state of health are you in? It takes more fuel to heal than to maintain wellness.
- Other medical/ metabolic conditions that will increase your nutritional needs, if optimal intake is to be achieved.
 - **Oxidative load**
 - **Acidosis or alkalinity in your tissues .**
 - **Weak or damaged organ.**
 - **Stress**
 - **Metabolic and hormonal systems**
 - **Your genetics**
 - **Digestive system**
 - **Your current toxic load**

4. Buy Quality Products.

- Supplements are no different than any other commodity – you get what you pay for! There are many various companies and

formulations, and it is best to utilize those companies with the highest standards; if you aren't familiar with the branding, ask a reputable retailer. Our office only works with the finest companies with the highest standards and we carry high quality pharmaceutical grade supplements.

- Variables regarding the quality of supplements can be:
 - Types of formulations
 - Bio-activity of the nutrients, herbs
 - Bio-assay and the quality control of the manufacturing process
 - Energetic enhancements
 - Clinical trials on how well the nutrients work
 - The types of contamination, binders and fillers
- Supplements can be blended with herbs
- Supplements can be medical foods (chlorella, freeze dried garlic), or extracted in part from foods, retaining the natural components.
- Nutrition can be delivered in the form of nutrients wrapped in a lipid coat which will allow the nutrient to be absorbed through the mouth or through the skin, by-passing the gut. Liposomal nutrition is a great advance in supplementation.

APPENDIX

Books on Water

The Water Puzzle and the Hexagonal Key, Dr. Mu Shik Jhon
The True Power of Water, Healing and Discovering Ourselves, Dr. Masaru Emoto
The Hidden Messages in Water, Dr. Masaru Emoto

Books on Food

Nourishing Traditions, Sally Fallon (cookbook of traditional Foods) available at NIHA or 877-707-1776
Schwarzbein Principle, Diana Schwarzbein, M.D. (overall health and foods). Available in bookstores.
Mood Cure, Julia Ross (connection between mood and food) available in bookstores or library
Eat Fat Loose Fat, Sally Fallon (coconut oil) available in bookstores
A Life Unburdened, Richard Morris (How real foods helped with weight loss) 877-707-1776

Web Sites

Westonaprice.org (good articles on heart, fats, digestion, allergies, etc)
Ravnskov.nu/cholesterol.htm (role of cholesterol)