Matt Cook's

Healthy to 120

Surviving and Thriving Despite Modern Medicine

Highlights of what this book delivers :

- **Modern medicines and our poisonous food chain are more likely to kill you rather than old age.**
- **Intestinal inflammation is the root culprit causing the symptoms that modern medicines merely mask but worse yet, these strong 'medicines' create even more profound health risks.**
- **How giant and greedy pharmaceutical companies are after your wallet but care little about your health.**
- **What you need to begin doing RIGHT NOW to regain your health and live an active and vigorous sex life well into old, old age!**

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To Live Long - Avoid Doctors

Today's society has a heavy but misplaced belief that modern medicine will cure almost everything that ails anyone. Many people think a permanent cure to all types of cancer is nothing more than one engineered gene away. We have come to be a modern society expecting instant gratification and having a doctor prescribe a few pills that makes everything better in a day or two.

Rosario Schielzeth was a centenarian living to the age of 104. As is customary with every birthday of a person that lives beyond 100, she was asked what she attributed her long life to. She had two short answers to the question:

1. Watching what you eat.

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2. Staying away from doctors.

This not someone living with a hidden jungle tribe never exposed to modern medicine. Rosario is from Florida where she does use the aid of a walker to get around but she enjoys good eyesight, good hearing, and mobility. Up to her last day, she continued going to the movies, the mall, and the beach for ice cream. Another amazing thing about her is that she was the round-the-clock caretaker of her 87-year-old daughter, who has Alzheimer's disease.

Medical Disclaimer

I am not a doctor. Nor do I play one on TV. Nor do I want to give anyone medical advice. I am sharing information that I have learned from extensive research on the best ways to stay healthy, live a robust life into old age, and maintain the sexual health that so many men have lost. Before following any of the suggestions made in this book, it is **vitally important that you consult with your doctor or health care provider**. My strong recommendation is that you read this book and then have an open and completely honest

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conversation with your doctor about how you may or may not want to change any treatments you are currently taking. You may not like what your doctor recommends, in which case, you could seek the advice of another doctor. But under no circumstances should you alter your treatment without the agreement and on-going care of a doctor knowledgeable in your treatment.

Death by Drugs

Death by medicine is a 21st-century epidemic, and America's 'war on drugs' is clearly directed at the wrong enemy when you consider that **prescription drugs are now killing far more people than illegal drugs**.

The most commonly abused prescription drugs like OxyContin, Vicodin, Xanax, and Soma now cause more deaths than heroin and cocaine combined. In fact, prescription drugs are now the preferred 'high' for many, especially teens, as they are

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typically used legally, which eliminates the stigma of being a ‘junkie’.

Don't become confused. These are the 'drugs of choice' among the addict crowd. All of these prescription drugs are highly profitable on the black market. However, **many under-the-counter drugs that aren't opiates are just as dangerous to your health and ultimately your life.**

These are the modern 'miracle' drugs used to treat a large variety of presumed life threatening diseases such as diabetes, high blood pressure, prostate concerns, heart disease, a wide variety of cancers, and many other diseases that may or may not even exist.

Ask yourself this question. Why is that that every month or so they come out with a new drug to cure a disease or health condition that nobody had heard of until the pharmaceutical companies say have a new drug to sell that now cures this new disease? Could it be there is no such disease but that the pharmas need to create a new market for their new concoctions?

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Americans Are Drug Crazed

According to an article in *Mail Online:*

"Americans consume 80 percent of the world's supply of painkillers *— more than 110 tons of pure, addictive opiates every year — as the country's prescription drug abuse epidemic explodes. That's enough drugs to give every single American 64 Percocets or Vicodin. And pain pill prescriptions continue to surge, up 600 percent in 10 years, thanks to doctors who are more and more willing to hand out drugs to patients who are suffering."*

Conflicts of Interest Encourage Some Drugs

This is but one short example. Under Florida 2012 PIP reform law, Floridians will no longer be able to seek massage therapy or acupuncture treatments after a car accident, as these services will no longer be covered under Florida

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PIP insurance. The primary treatment option left for those who suffer from pain as a result of a car accident is then — you guessed it — pain killers! This despite the fact that the most common auto accident-related injuries are soft tissue damage, which is ideally treated through massage, not pain killers that can potentially add addiction and liver damage to your misery…

Avoiding Doctors

The best strategy for achieving health is avoiding a visit to your doctor in the first place. Why? Because in many cases you will simply leave the office with a prescription or two, which will rarely solve your health problem. Most doctor visits result in 'solutions' that only suppress your symptoms, while simultaneously causing other side effects and problems.

Rather than advise patients about the true underlying conditions and real solutions that lead to better health, doctors are left putting toxic band-aids on gaping wounds. There are actually many reasons why avoiding your doctor may be in the best interest of your health …

Cholesterol. Many doctors are unaware that a

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high-fat diet is NOT the cause of heart disease. They are fooled into believing that total cholesterol is an accurate predictor of heart disease. If you visit your physician and you have high cholesterol, you're likely to be told two things:

1. Take a statin cholesterol-lowering drug and
2. Don't eat saturated fat.

While statin drugs do lower cholesterol very effectively, **cholesterol is not the culprit in heart disease**. Plus a report by the Massachusetts Institute of Technology claims that **no study has ever proven that statins improve your life expectancy**. In fact, statins don't prolong your life any longer than if you'd not taken them at all. Instead of improving your life, they actually contribute to a deterioration

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in the quality of your life by destroying muscles, endangering liver and kidney, and even heart function.

The best ways to optimize your cholesterol levels and your heart health have to do with lifestyle; including eating healthy minimally processed fats and avoiding highly processed vegetable fats and oils that are loaded with toxic omega-6 fats.

Depression. People often leave a doctor or psychiatrist's office with a prescription that causes more health problems than it solves. In a typical year, 230 million prescriptions are written for antidepressants. There are lots of research study numbers out there. Overwhelmingly, independent studies (not involving pharmaceutical companies) show about 50 percent of patients receiving antidepressant medications show improvement while 30 percent of those receiving a placebo also show improvement. One important question to ask is ‘how many of those receiving the antidepressant medications are experiencing the same cause for improvement

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as those taking a placebo?'

Still, 1 out of every 20 patients say they remain depressed. Of these, 80 percent say it causes some level of functional impairment such as work, daily living, and getting along with other people.

With these drugs so extensively prescribed, why are so many people still feeling low? The psychiatric industry is estimated to bring in $330 billion annually. That's a mighty good income for an industry that offers little in the way of cures.

Research confirms that this medication is no more effective than sugar pills. Some medical professionals now think this is due to a placebo affect where both pills suggest to the patient that a cure is at hand - miraculously, the patient cures him or her self! In fact, due to the harmful side effects, they are more dangerous than sugar pills.

The side effects of potent antidepressant drugs can be deadly. Each year approximately 750,000 people attempt suicide and 30,000 succeed.

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There is no solid proof that taking these drugs relieves any symptoms but they may increase the chances that people will try to kill themselves.

Better choices include natural remedies such as exercise, Emotional Freedom Technique, vitamin D, and proper nutrition. None of which contribute to the pharmaceutical companies or doctors' bank accounts. Therefore, these are mostly ignored by traditional medicine.

High blood pressure. In 2003, the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (rife with drug industry conflicts of interest) decided that what were previously considered relatively low blood pressure readings suddenly constituted a risk for heart

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disease. **Further lowering the threshold to 140/90 enabled the drug companies to peddle high blood pressure medicine (loaded with side effects) to an additional 45 million people.**

But that only fuelled the discussion within the research community. Many of whom argue that the lower threshold exposes more people to dangerous side effects without reliable proof of health benefits. In 2014, the Eighth Joint National Committee (JNC8) said that adults aged 60 or older should only take blood pressure medication if their blood pressure exceeds 150/90, a higher bar of treatment than the 2003 guideline of 140/90.

The JNC8 recommendations were based on clinical trials that proved that stricter guidelines and tighter blood pressure control provided no additional benefit to patients.

The JNC8 recommendation is that people with borderline high blood pressure (stoic pressure between 140 and 149) resort to more natural control remedies such as following a healthy nutrition plan, along with exercising, and

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implementing effective stress reduction techniques that will normalize blood pressure in most people.

PSA Test for Prostate Cancer is Worthless

The prostate-specific antigen test (PSA test) is unreliable at best and often leads to unnecessary treatments that can cause complications and other unhealthy conditions. You can have a positive PSA indicating cancer but that is actually caused by an enlarged or infected prostate. The suspicion of cancer leads to a biopsy that can cause a serious and even deadly infection.

The PSA test has little or no affect on mortality and is NOT recommended.

Prostate cancers are unusual from other cancers. Most prostate cancers grow very slowly without causing any symptoms or problems. These include:

- **Adenocarcinoma** is the most common type of prostate cancer. Over 95% of prostate cancers are this type. It's a slow growing cancer that

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often remains organ contained. But does still have the potential to spread to other parts of the body such as lymph nodes, bones, and other organs.

- **Small cell carcinoma** is a rare aggressive prostate cancer that initially forms in specialized cells within the prostate. This form of prostate cancer usually doesn't increase the PSA level and can be more difficult to diagnose.
- There are other very rare forms of prostate cancer that are also difficult to diagnose.

Something else making prostate cancer different from other cancers is the fact that many tumors never spread from the prostate. Even when it spreads, it's often easy to treat and men go on to live in good health for many years. Indications that it is spreading include pain, fatigue, and other symptoms.

Many experts agree that PSA testing is unreliable at best and useless at worst for accurately diagnosing prostate cancer. Many also agree that routine PSA blood tests often lead to over-diagnosis of prostate cancer

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resulting in unnecessary treatments. Similar to mammograms, the PSA screen has become little more than an up-sell technique. The false positive rate is high and the bulk of the harm is a result of subsequent unnecessary treatments. But it is a money maker for doctors and big phama!

You improve your chances of avoiding prostate cancer by including plenty of certain vegetables and some animal protein in your diet and minimizing your use of tobacco. However, these aren't as important as avoiding internal inflammation and estrogens.

You don’t need to limit carbohydrates like sugar/fructose and grains as much as possible to maintain optimal insulin levels, which will help

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reduce your cancer risk in general. However, highly processed or charcoaled meats, pasteurized dairy products, and synthetic trans-fats are associated with an increased risk for prostate cancer and should be avoided.

Dietary Recommendations Have Changed

Most doctors are clueless about what constitutes a healthy diet. They recommend health calamities like artificial sweeteners, vegetable oils in lieu of butter, and fat-free pasteurized dairy products. Most will also neglect to tell you about the foods you should be eating more of to optimize your health, like fermented vegetables, raw dairy products (from grass fed cattle), healthy fats (like saturated and animal-based omega-3s), grass-fed beef, and more.

Quite honestly, I don't recommend the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) report published jointly every five years (most recently 2015) containing nutritional and dietary information and guidelines for the general public. It's

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fraught with political agendas and relies too much on out dated studies. Yet, this is the report most relied on by major organizations such as the American Heart Association, the American Diabetes Association, federal school lunch programs, and many other major organizations.

Because nutritionists are on the forefront of all of the latest nutrition knowledge, they're constantly updating their diets based on the most current research. Instead of doctors, you want to go straight to these experts and asked them how their daily diets have changed over the past five years based on emerging science.

Elisa Zied, MS, RDN, CDN tells us - "Although I don't subscribe to fasting or suggest going more

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than three or four waking hours without food, my diet has evolved into one in which I consume most of my calories during the day. I always start my morning with one large or two small breakfasts, and I almost always have a big lunch. And instead of a traditional dinner, I'll choose one or two small snacks. I find that I feel more energized when I eat this way and it also allows me to fit in more food groups and maintain a healthy weight."

Lisa Moskovitz, RD, CDN says - "Over the past five years, I've focused a lot on eating more whole foods and less processed ones. Processed foods, which are those that have been altered so they're no longer in their most natural state, usually contain a ton of additives, blood-sugar spiking sugar, and chemicals that don't offer many advantages for your health."

> Lisa Moskovitz, RD, CDN goes on to say - *"Recently, full-fat dairy, has come back into my diet. Not only does it taste much better than reduced-fat alternatives, but it keeps me far more satisfied and helps with vitamin D absorption."*

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Alissa Rumsey, spokesperson for the Academy of Nutrition and Dietetics, has also changed her diet to include more healthy fats. "Five years ago, I was using skim milk in my coffee, eating 0% fat yogurts, and choosing low-fat cottage cheese. Now I use whole milk in my coffee and choose 2% or 4% Greek yogurt and cottage cheese."

Registered dietitians Lauren Slayton and Torey Armul are also on board the full-fat trend, incorporating things like olive oil, avocado, fish, butter, ghee, and coconut oil into their daily diets. "Fat is the only macronutrient that doesn't raise your blood sugar. In a typical day I'll have a good fat at every meal," Slayton tells us.

While I don't 100 percent agree with every recommendation these dietitians make, I do think they are much more forward thinking than the doctors that haven't reviewed dietary

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recommendations since their first year of pre-med.

Is Your Doctor Telling the Truth?

Most Americans (79 percent according to a survey) implicitly trust their doctors. However, a survey of 1,900 physicians revealed that not all doctors are always completely honest with patients. The results included:

- One-third of physicians did not completely agree with disclosing serious medical errors to patients.
- One-fifth did not completely agree that physicians should never tell a patient something untrue.
- Amazingly, 40% believed that they should hide their financial relationships with drug and device companies from patients.
- Ten percent said they had told patients something untrue in the previous year.

Medical Disclaimer #2

This is your health that you are dealing with. Without your health, you have nothing. I would never try to dissuade you from confirming with

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a doctor before making potentially life changing decisions. Hopefully, you have chosen a health care provider who has similar philosophies about health as you do and who's expertise you can trust. However, if you have been following his or her advice for a while and are not obtaining the results that you desire or were told you would gain, you may want to consider another opinion.

It's important to ask questions before opting for tests, procedures, or treatments, and it's your decision if you'd rather opt for less medical intervention while choosing a more natural way of healing your body.

Ultimately, the more you take responsibility for your own health - in the form of nurturing your body to prevent disease - the less you need to rely on the 'disease care' that passes for health care the better. If you carefully follow some basic health principles (simple things) like exercising, eating

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wholefoods, sleeping enough, getting sun exposure, reducing stress in your life, and nurturing personal relationships... you will drastically reduce your need for conventional medical care, which in and of itself will reduce your chances of suffering ill side effects.

In the event you do need medical care, seek a health care practitioner who will help you move toward complete wellness by helping you discover and understand the hidden causes of your health challenges. Instead of following a one-size-fits all health plan, you need to create a customized, comprehensive, and holistic treatment plan for you.

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What Long-Lived People Do

As much as the U.S. and other first world countries (Canada, Great Britain, Germany, etc.) tout their great health care systems, you'd expect these countries to be at the top of the list of places where significant numbers of people live to a ripe old age. But you would be wrong!

What the places with populations of people living well into old age have in common is these places tended to be relatively remote and disconnected from modern society. As a general rule, these people forage for their own food off the land. No grocery store bought boxed foods will be found in their pantries.

Five Places With the Longest Living Populations

The National Geographic Society lists the five top places for longevity as:

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- **Okinawa, Japan** is an archipelago 360 miles off the coast of Japan – you'll find the world's highest prevalence of proven centenarians: 740 out of a population of 1.3 million. Okinawan seniors not only have the longest life expectancy in the world, but also the highest health expectancy: they remain vigorous and healthy into old age, suffering relatively few age-related ailments.

  Their secrets include widespread gardening providing a moderate amount of exercise, nutritious food, and sunlight. Okinawans follow an old adage that says "eat until you are 80% full" instead of gorging. They also have a sense of purpose, a positive outlook on life and close social support groups.

- **Sardinia, Italy** is an island 120 miles off the coast of Italy where the men – mostly farmers and shepherds – are particularly long-lived. In fact, just one town of 1,700 people, Ovodda, boasts five centenarians.

  The secrets to longevity are following a healthy Mediterranean diet and consuming lots of goat cheese and milk. They walk a lot

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but they also take time for leisure and maintain a positive attitude and sense of humor about life.

- **Loma Linda, California** is the single U.S. location on the list but with a non-traditional lifestyle. East of Los Angeles, Loma Linda is a community that includes about 9,000 Seventh-Day Adventists – a religious group that is significantly longer-lived than the average American. Adventist culture focuses on healthful habits such as vegetarianism and warns against alcohol and smoking.

  Secrets to longevity include healthful habits as integral to their belief system. Adventists drink plenty of water, eat lots of nuts, exercise lightly on a regular basis, and tend to maintain a healthy weight. They nurture emotional and spiritual health, value their family relationships, and prize volunteering.

- **Nicoya, Costa Rica** is situated on the remote Nicoya peninsula with an inland community of which middle-age mortality is surprisingly low. A man at age 60 has about twice the chance of reaching age 90 than a man living

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in the U.S. They also have the lowest rates of cancer in Costa Rica.

Secrets of longevity: their plan or sense of purpose in life encourages a lifestyle that is physically active, with plenty of time outdoors, as well as time spent on family and spirituality. They sleep 8 hours and their diet includes not only nutrient-rich foods but also water that's naturally high in calcium and magnesium.

- **Ikaria, Greece** is a Greek island 35 miles off the coast of Turkey. Like Nicoya, they've got a lot of nonagenarians: people there are three times more likely to reach 90 than Americans are. According to the Blue Zones website, "Chronic diseases are a rarity in Ikaria. People living in this region have 20% less cancer, half the rate of cardiovascular disease and almost no dementia!"

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Secrets to longevity include boasting of a mineral hot springs, Ikaria has been a health destination for centuries. Its residents stay active through walking, farming, and fishing, but they also make sure to take time out to nap and socialize. In addition to their Mediterranean diet, they eat a lot of wild greens and drink an herbal tea that's full of nutrients. Their community lifestyle also encourages good health habits and regular social engagement.

What These Cultures Have In Common

Researcher Dan Buettner, who studies these populations for the National Geographic Society, calls these long-lived pockets "Blue Zones". The top five Blue Zones may be relatively isolated and scattered around the globe, but here's what they have in common, according to the New York Times:

- A cultural environment that reinforces healthy lifestyle habits like diet and exercise.
- Healthy social relationships and psychological well-being.

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- People who have a cooperative spirit.
- People who tend to gardens.
- Public health that is easily accessible.
- Seniors are valued as members of their family and the community.

Another common trait among the longest-lived societies is they have limited or no consumption of refined sugar and other processed foods. But with increased globalization this is changing and the food environment is becoming more Americanized in all of these once-remote places. This is already having an effect on their health and longevity – for the worse.

No Working Out

Of course, you don't need to live where these long-living people live. However, having a daily routine that is similar goes a long way in helping you live long and prosper from a healthy lifestyle.

You say you don't want to start an exercise routine that involves a new wardrobe of work out cloths, a gym membership, dedicating several hours every week to becoming a gym

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rat, showering twice a day, or having to commute to the gym regularly?

The good news is that you don't have to do any of that. BUT, you do need to make some lifestyle changes. It's about having a more active lifestyle that blends perfectly into your current daily routine.

Regardless of your age, gender, race, or anything else that you use to define who you are, you can become more active. You can do things that you enjoy and even make these activities into playtime. Something as simple as a gentle game of tag with the grand kids will do wonders for your health.

Do you have a swimming pool in the back yard that you haven't been in for years? You don't need to work at doing 50 laps. Just get out there and do some frolicking. You'll quickly feel years younger from nothing more than playtime.

What do you do when you feel a little stressed

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out? Head for the refrigerator as many people do? Why not take a 15 minute walk around the neighborhood instead? You can meet your neighbors and pick up another play activity like horseshoes or a new golf partner.

Go on a picnic, go fly a kite, go to the beach for the day. Even go on vacation and get out of the hotel to see the sights. Or go see the sights in your own hometown. It's surprising how many people never visit the sights in their own back yard.

What about volunteering? It doesn't take much effort to hand out groceries to the less fortunate once a week. It's guaranteed to put a smile on your face while getting you introduced to new people.

Clean your house or wash your car. Do you really need a housekeeper to come in once a week to do your chores while you sit in front of the TV? You can get in better shape and enjoy a

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clean house by dusting, vacuuming, and mopping once or twice a week. And that automated car wash is just another activity stealer. Back in your father's day or your grandfather's day, they took huge pride in their cars. They hand washed them once or twice a month to keep them looking good.

Take a break at the office. Walk to the bathroom. Go visit your colleagues' offices to say hi. A *European Heart Journal* study of 5,000 men and women found that the quarter of people who took the most breaks during the day were 1.6 inches thinner than the quarter who took the least.

Even if watching TV is one of your favorite pass times, you can be more active. Stash the remote and get up to change the channel. During commercials, stretching will give you an instant jolt of energy and will help you straighten your back and get rid of that ugly back pain.

Do you really think stretching won’t be of much help? You don’t know that until you try it! This

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could be the perfect way to begin enjoying more daily activities to improve your health.

Doing one or two daily activities will make the difference between a long and healthy life or a… poor one full of disease and doctors. Avoid doctors.

You have the power to change your life. You can change your lifestyle into a healthier one.

Social Networks

Maybe it's a bowling league, shooting hoops with friends once a week, dance lessons, or a bingo parlor. These are all local social networks for adults. Not surprisingly, most increase the activity level of adults when they most need it.

In today's modern world, when we hear about social networks, most of us think of online websites like Facebook. These might be good for staying in touch with family and friends at distant locations but what you really need are face-to-face meetings where personalities fully come through and some physical contact is involved.

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Social support is important to both your physical and mental health. Many people spend much of their time in isolation and loneliness versus spending time with companions. However, can lack of social support really hinder a person's overall quality of life?

As people age, they develop well-entrenched routines. Getting up each day to the same breakfast, the same TV programs, and washing the same three plates and four glasses in the sink at the end of the day can literally cause people to lose track of the day of the week and the day of the month. They might not even remember who the president is. Lack of social support is related to negative impacts on health and well being, especially for older people.

Having a variety of positive social supports contributes to psychological and physical wellness of elderly individuals. Support from others can be important in reducing stress, increasing physical health, and defeating psychological problems such as depression and anxiety. People (but no doctors) are required.

A need for community-based services is more

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important now than ever before. Support for isolated people can be found in many places including: senior centers, assisted living facilities, meal delivery, religious affiliations, adult day care centers, etc.

Community-based services can be extremely useful for elderly individuals. Services for older persons can encompass many areas but one of the most important areas is social support. These services provide positive social support that can help older persons defeat loneliness and isolation. However, social support must encompass more than physical presence or conversation. Studies have shown that social support services should contain quality activities. These activities should promote positive self-awareness.

Self-awareness is a key trait to mentally aging. Those that maintain self-awareness also tend to take better physical care of themselves. While sports and more athletic activities work

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well for younger people, these are not always appropriate for the more elderly. You're not going to find many 85 year olds on the basketball court - but you will probably find some taking dance lessons.

Activities that are more appropriate for elderly individuals include reminiscence groups, joint journal writing, readings of favorite book passages, group exercise, singing groups, etc. Individuals may also feel more self-satisfied if they are part of the planning of social activities that take place.

Today, there are more than 15,000 senior centers and adult care centers across the U.S. Senior centers act as a focal point for older Americans to receive many aging services including physical activities that keep them vibrant. The most common services offered at a senior center include health programs (including Zumba and Yoga), arts/humanities activities, intergenerational programs, employment assistance, community action opportunities, transportation services, volunteer opportunities, education opportunities, financial assistance, senior rights

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counseling/legal services, travel programs, and meal programs. These programs and activities do promote positive self-awareness.

This is all about networking with others. Adult daycare are programs that promote social support and health services to older adults during the daytime. Most centers operate Monday through Friday during daytime hours. Social support services at an adult day care can consist of musical entertainment and singing groups, group games such as cards, gentle exercise, discussion groups, holiday/birthday celebrations, and local outings. Not only are social activities provided but participants of the program can also develop lasting relationships with staff and other participants. Adult day care centers also provide meals and health services. Adult day care centers differ from other programs for elderly individuals because they

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allow the participants to develop and increase self-awareness by encouraging independence.

Living to a quality ripe old age includes not only avoiding strong medicines and doctors but also living a self-fulfilling life with plenty of activity and people in your life.

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Avoiding the #1 Killer

Would you be surprised that **STRESS is the number one killer**? Well, it is. The secret of how stress kills will not be a secret for too much longer.

But how does stress kill? Stress by itself isn't a direct killer. The killers are all of the other **negative body functions** that stress is known to bring on. A few of the more serious health problems are high blood pressure, heart attacks, anxiety, and depression. There are stress hormones that get out of whack and cause chronic activation and damage in our brains and vasculature (the arrangement of blood vessels in the body, or within an organ).

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Stress causes an increase of inflammatory cytokines. Inflammatory cytokines are chemicals released by the immune system activating armies of cells to attack invaders such as viruses, pathogenic bacteria, and cancer. The problem is that our immune system can be over-activated, which leads to autoimmune disease. Most modern chronic diseases, including atherosclerosis and depressive disorders are associated with elevations in these cytokines, elevations in autoimmunity, and diseases that linger as well as difficult to eliminate and treat. The connection is confirmed by many other studies linking a history of trauma (of all sorts) to elevations in cytokines.

Stress Defined by Hans Selye

The definition of stress as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change”. Selye noted in numerous experiments that laboratory animals subjected to acute but different noxious physical and emotional stimuli (blaring light, deafening noise, extremes of heat or cold,

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perpetual frustration) all exhibited the same pathologic changes of stomach ulcerations, shrinkage of lymphoid tissue, and enlargement of the adrenals.

He later demonstrated that persistent stress could cause these animals to develop various diseases similar to those seen in humans, such as heart attacks, stroke, kidney disease, and rheumatoid arthritis.

Stress results in increased productivity – up to a point, after which time things go rapidly downhill. Selye struggled unsuccessfully all his life to find a satisfactory definition of stress. In attempting to extrapolate his animal studies to humans so that people would understand what he meant, he redefined stress as **"The rate of**

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wear and tear on the body". This is actually a pretty good description of biological aging so it is not surprising that increased stress can accelerate many aspects of the aging process.

Stress is Like a Roller Coaster

Stress is difficult to define because it is different for each of us. A good example is studying riders on a steep roller coaster. At the back of the roller coaster are people hunched down in the seats, eyes shut, jaws clenched and white knuckled with an iron grip on the retaining bar. They can't wait for the ride in the torture device to end so they can get back on solid ground and hurry away. But up front are the wide-eyed thrill seekers - yelling and relishing each steep plunge who race to get on the very next ride. And in between, you may find a few with an air of nonchalance that borders on boredom. So, was the roller coaster ride stressful?

Stress Hormones

Here we are concerned with four specific stress-causing hormones:

- Estrogen

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- Cortisol
- Serotonin
- Histamine

Estrogen Caused Stress

Research from Yale University studies show that high levels of the female sex hormone estrogen affect the brain's ability to deal with stress. Estrogen was found to amplify the stress response in areas of the brain most closely identified with depression and other stress-related mental illnesses. Researchers say the findings may one-day lead to the development of reliable treatments for depression.

Essentially, there are two ways that excess estrogen accumulates in the body. **The body can produce too much estrogen or it can absorb it from the environment.** You can eat a diet that limits the amount of estrogen your body produces. Unfortunately, our environment is full of estrogen-like compounds in some foods and has many other sources. The toxic pesticides, herbicides, and growth hormones in our food supply are full of estrogen promoters. Pharmaceutical hormones, such as those used in

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hormone-replacement therapy (HRT), can also increase estrogen — whether we take them actively or absorb them when they make their way into our drinking water. **We are living in a virtual sea of harmful estrogens, and researchers are only beginning to identify the extent of this exposure on health in humans.**

Eliminating estrogen requires healthy life choices. That doesn't mean more strong medications. But it does mean being careful about what you eat or don't eat. Take care of your liver (limit alcohol consumption), no drug use, and maintain a healthy weight.

We'll get into more details about this but you need to include healthy bacteria in your diet. This improves your digestion, eliminates gut inflammation, and **improves your body's ability to remove estrogen through the digestive tract**. You're going to want to include a daily probiotic in your daily diet.

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As mentioned, pesticides, herbicides, and growth hormones encourage estrogen. Your healthy lifestyle choice should be organic dairy and grass fed meats that reduce your exposure to excess estrogen.

The body requires sufficient intake of zinc, magnesium, vitamin B6, and other essential nutrients to support the breakdown and elimination of estrogen.

Avoid exposure to xenoestrogens from plastics, cosmetics, and many, many common consumer products. Xenoestrogens mimic the effects of estrogens. Be careful of soy. Soy has a relatively high concentration of some types of estrogens, so avoid unfermented soy products like tofu and soymilk (fermented soy such as soy sauce is fine).

As the body responds to high levels of stress, it 'steals' progesterone to manufacture the stress hormone cortisol, often leaving an excess of estrogen. Sleep well. Maintaining poor sleep habits causes a reduction in the hormone melatonin, which helps protect against estrogen

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dominance. Aim for seven to eight hours of sleep per night in a cool, dark room.

Cortisol - the Stress Hormone

The stress hormone cortisol is public health enemy number one. Scientists have known for years that elevated cortisol levels interfere with learning and memory, lower immune function, bone density, increase weight gain, blood pressure, cholesterol, and heart disease... the list goes on and on.

Chronic stress and elevated cortisol levels also increase risk for depression, mental illness, and **lower life expectancy**. Cortisol is released in response to fear or stress by the adrenal glands as part of the fight-or-flight mechanism. The fight-or-flight mechanism is part of the general adaptation syndrome defined in 1936 by biochemist Hans Selye.

Below are 5 tips for reducing your cortisol levels everyday:

1. **Regular physical activity** like walking, jogging, swimming, biking, and riding the elliptical... are great ways to recreate the

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'flight' outlet to burn-up cortisol. A little bit of cardio goes a long way. Just 20-30 minutes of activity most days of the week pays huge dividends by lowering cortical every day and for the long-run.

2. **Meditation reduces anxiety and lowers cortisol levels.** Simply relaxing engages the Vagus nerve which triggers a signal within your nervous system to slow your heart rate, lower blood pressure, and decreases cortisol. The next time you feel yourself in a stressful situation, meditate for a moment until you feel your entire body relax and decompress.

   Setting aside 10-15 minutes to practice mindfulness or meditation fortifies a sense of calm throughout your nervous system, mind, and brain. There are many different types of meditation. 'Meditating' doesn't have to be a sacred or new age mind bending experience. Do some research, visit a meditation center if you can and fine-tune a daily meditation practice that fits your schedule and personality.

3. **Social Connectivity.** Two studies published

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in the journal *Science* illustrate that social aggression and isolation lead to increased levels of cortisol that trigger a cascade of potential mental health problems.

Relationships, whether it be family, friendship, or a romantic partner, are fundamental for your physical and mental health at any age. Recent studies have shown that the Vagus nerve also responds to human connectivity and physical touch (oxytocin behaviors) to relax your parasympathetic nervous system.

The ‘tend-and-befriend’ response is the exact opposite to ‘fight-or-flight’. The ‘tend-and-befriend’ response increases oxytocin and reduces cortisol. Make an effort to spend real face-to-face time with loved ones whenever you can but phone calls and even Facebook can reduce cortisol if they foster a feeling of genuine connectivity.

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4. **Laughter, levity and having fun** reduces cortisol levels. Many studies have shown the benefits of having a sense of humor, laughter, and levity. Try to find ways in your daily life to laugh and joke as much as possible and you'll lower cortisol levels.

5. **Listening to music** that you enjoy and fits whatever mood you're in has been shown to lower cortisol levels. We all know the power of music to improve mood and reduce stress. Add reducing your cortisol levels as another reason to keep the music playing as a soundtrack for health and happiness in your life.

Chronic Stress Increases Serotonin

If you have a mood disorder, then you've probably heard the word 'serotonin'. Serotonin is a brain chemical responsible for regulating many of the functions in your body that contribute to your overall health and wellbeing.

Serotonin is a complex chemical that's everywhere in your body – 95 percent in your gut. Serotonin is a chemical known as a neurotransmitter. When you are stressed all of

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the time, your nervous system undergoes chemical changes.

Serotonin is regulated by the rate of its synthesis and degradation, by its uptake, storage, and release. And by its transporters, also its effects are modified by a great variety of receptors, by the number of these receptors, and by their binding affinities and competitive binders. 'Different receptors' are defined by the effects of chemicals other than serotonin; this means that serotonin itself hypothetically gains some of the properties of every substance that shows some binding competition with serotonin. This complexity has made it possible to argue that a given condition is caused by either an excess or a deficiency of serotonin. Peat, Ray Ph. D "Serotonin, depression, and aggression: *The problem of brain energy*", 2012, raypeat.com/articles/articles/serotonin-depression-aggression.shtml. Accessed October 28, 2016.

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Serotonin's other names include thrombotonin, thrombocytin, enteramine, and 5-HT, its chemical name (5-hydroxytryptamine).

How Complicated is Serotonin?

Although several amino acids can be acutely or chronically toxic, even lethal, when too much is eaten, tryptophan is the only amino acid that is also carcinogenic. (It can also produce a variety of toxic metabolites and is very susceptible to damage by radiation). Since tryptophan is the precursor of serotonin, the amount of tryptophan in the diet can have important effects on the way the organism responds to stress, and the way an organism develops, adapts, and ages.

Serotonin excess produces a broad range of harmful effects: cancer, inflammation, fibrosis, neurological damage, shock, bronchoconstriction, and hypertension as examples. Increased serotonin impairs learning, serotonin antagonists improve it. Peat, Ray Ph. D " Tryptophan, serotonin, and aging", 2015, raypeat.com/articles/aging/tryptophan-serotonin-aging.shtml. Accessed October 28, 2016.

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The list above is only a broad categorization of health problems caused by serotonin. The list of specific diseases and health issues is much longer.

The public's understanding of medicine is shaped by ‘public relations’ through the introduction of words and concepts that frame the argument. Long before specific prescription drugs could be advertised directly to consumers, the medical and pharmaceutical industries were creating a favorable frame for their products. The success of corporate advertising can be seen in their recent article on serotonin, which says "It is a well-known contributor to feelings of well-being; therefore it is also known as a 'happiness hormone' despite not being a hormone." **But there is no reliable research supporting these claims.**

That successful advertising was directed at the sixth-grade educational level. The ideas of bioelectronics and context-sensitive molecules, like morphogenetic fields, were just too complicated to explain or sell well.

The difficulty with serotonin and related

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chemicals is that it is state-dependent on sensitivities. The energetic state of a cell, and of the whole organism, determines the meaning of events and conditions, such as the presence of the 'regulatory substances' (meaning other substances regulate how serotonin reacts).

What that means is that understanding how serotonin affects the body is dependent on many, many factors. Some of which include other hormones and chemicals in the body. Also, other medications being taken, the levels of these medications, hormones, and chemicals as well as factors that are external from the human body. **Increasing or decreasing levels of serotonin in the body can and will have completely opposite effects depending on the environment that exists at the moment.**

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The bottom line is uncertain and requires much more research.

However, the pharmaceutical companies have been on a campaign to simplify the general public's ability to understand the positive effects of serotonin enhancing drugs. Instead of presenting the need to totally understand the environment that serotonin is operating in, the drug companies have boiled it down to selected molecular interactions. They limit information to how the drugs increase the ability of serotonin to attach to specific chemical receptors in the human body.

While this limited view might be technically correct, it ignores the big picture. The big picture begs the question if you even want to enhance the body's ability to transmit and/or produce more serotonin and its cousin chemicals? **Considering much (or lack) of the research available, the answer is almost certain that you're better off with less rather than more serotonin in the body.**

Extremely serious mistakes about the nature of the solar system didn't matter too much until

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interplanetary travel became a possibility. Extremely serious mistakes about brain ‘transmitters’ and ‘receptors’ didn't matter too much until the drug industry got involved.

"Three years before Prozac received approval by the US Food and Drug Administration in late 1987, the German BGA (that country's FDA equivalent) had such serious reservations about Prozac's safety that it refused to approve the antidepressant based on Lilly's studies showing that previously nonsuicidal patients who took the drug had a fivefold higher rate of suicides and suicide attempts than those on older antidepressants, and a threefold higher rate than those taking placebos." - The Boston Globe, 2000.

Several kinds of research are now showing that the effects of the environment on the serotonergic system and its antagonists can influence every aspect of health, not just the personality. For example, there have been suggestions that early life isolation of an animal can affect its serotonergic activity and increase its anxiety, aggression, or susceptibility to stress and these effects are associated with

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increased risk of becoming depressed, and developing organic problems (Malick and Barnett, 1976, Malick, 1979, dos Santos, et al, 2010).

In extreme conditions, serotonin reduces energy expenditure, eliminating all brain functions except those needed for simple survival. Peat, Ray Ph. D " Tryptophan, serotonin, and aging", 2015, raypeat.com/articles/aging/tryptophan-serotonin-aging.shtml. Accessed October 28, 2016.

If stress is known to increase levels of serotonin and the many complex effects of serotonin on the body is not properly understood, **it makes much better sense to minimize stress and thereby minimize serotonin.**

Histamine

Warning: 'histamine intolerance' is not a recognized medical diagnosis, so your doctor may not want to hear about it.

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That doesn't mean there aren't known relations between histamine, estrogen, the nervous system, stress, anxiety, and several other human body functions.

What is Histamine?

Histamine is present in a wide range of tissues and organs in mammals. The concentration of histamine varies in different parts of the body. It's an important bioactive chemical (a naturally occurring chemical that acts on a wide range of bodily functions). One of its primary functions is conveying messages between cells of the nervous system. Among its key roles is the regulation of stomach acid, the permeability of blood vessels, muscle contraction, and brain function. In humans, the highest histamine concentrations are found in the skin, lung, and stomach, with smaller amounts in the brain and heart.

As long as it is in balance with other bodily activities, histamine is essential in defending the body against invasion by potentially disease-causing agents such as bacteria, viruses, and other foreign bodies. When responding to potential threats to the body, histamine is

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always present when inflammation occurs but excess histamine results in symptoms resembling inflammation.

Histamine plays many roles in the human body including countering symptoms of allergies, which in themselves are a form of inflammation. However, in the interest of remaining focused, here we limit the scope of histamine to its role on major bodily functions.

Histamine intolerance occurs when normal body functions fail to remove excess histamine from the body. When these normal functions fail to reduce excess histamine, the level of histamine rises to create symptoms that are indistinguishable from allergies.

Symptoms that your body is not adequately clearing histamine from your system include:

❖ Hives.

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- Tissue swelling, particularly of the face and oral tissues including the throat.
- Itching of the skin, eyes, ears, and nose.
- Red and watery eyes.
- Nasal congestion and/or runny nose.
- A drop in blood pressure.
- Heart racing (increased pulse).
- Anxiety and panic attacks.
- Chest pain.
- Headaches (but not migraine).
- Fatigue, confusion, and irritability.
- Occasional short term unconsciousness typically lasting only a few seconds.
- Digestive tract irritability such as heartburn, indigestion, and reflux.

The severity of these symptoms varies from one person to another and all of them do not need to be present to indicate histamine excess. However, the pattern of symptoms seems to be consistent for each individual.

Important is that doctors hardly ever look at

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excess histamine as a source of nervous system problems although the nervous system is a major source of histamine as well as a wide range of related symptoms.

Scientifically Proven Roles of Histamine in the Nervous System

Because of the very wide role of histamine on the human body, it's not possible to cover all of them in this book. However, the roles directly related to the main theme of this book are outlined below.

Estrogen. Histamine plays a role in the release of the luteinizing hormones responsible for estrogen and testosterone in men. Histamine and estrogen also have an interdependent relationship. Histamines release estrogen, and estrogen releases histamines.

Stress. Histamine is involved in the regulation of the body's functions and any physiological stress. Typical sources of physiological stress include dehydration, prolonged fasting, loss of blood, and severe infection. These result in the release of histamines as part of the body's defense system. Additionally, when emotionally

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stressed, histamine mediates the release of hormones and other neurotransmitters as part of the stress response.

Anxiety. A specific form of histamine (H1R) is known to produce and signal a danger response even when no danger is present or perceived.

Metabolic Syndrome.
Histamine regulates the hormone leptin, which in turn regulates the feeling of hunger and can lead to obesity. Histamine levels also influence insulin resistance, diabetes, and high cholesterol. Interestingly, chewing your food well induces activation of histamine neurons, which in turn suppress food intake through H1R activation.

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Stress is Your #1 Enemy

Most people think of stress as being caused by external environmental sources. Things like an overbearing boss, a nagging wife, financial problems, etc. The fact is that we have internal physiological stress factors. Hormone, enzyme, and chemical reactions occurring inside of our bodies that lead to physical stress.

There are many forms of stress that we never think about. Stress can be in the form of the wrong exercise, from the bad foods we eat, the short days and long nights of winter, and many other factors. The fact is that stress is your number one enemy and you need to manage it on multiple levels.

OXPHOS

All types of stress result in bad physiological reactions in our bodies. Among the top two is that it slows down oxidative phosphorylation (OXPHOS), which is the metabolic pathway in which cells use enzymes to oxidize nutrients, thereby releasing energy, which is used to reform adenosine triphosphate (ATP). ATP is considered by biologists to be the energy

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currency of life. It's the high-energy molecule that stores the energy we need to do just about everything.

Stress prevents OXPHOS and therefore slows down efficient respiration. OXPHOS releases 30 to 35 ATP molecules for any given sources of energy. The OXPHOS process also enables the release of CO_2 into the body, which is good for organs, tissues, and oxygen absorption.

On the other hand, people suffering from too much stress have glycolysis, which is an inefficient form of respiration that only releases 5 to 8 molecules of ATP and limits the amount of CO_2 available to the body. Glycolysis also results in a 'cancer metabolism'. Obviously, you don't want a cancer metabolism. If you have stress causing glycolysis, your cells will suffer as

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will your overall health. This is key to stress being your #1 enemy.

Internal Inflammation - Real Stress

Internal inflammation is the other major symptom of stress. The easiest explanation of internal inflammation to grasp is ‘leaky gut’. This is when your gut isn't performing correctly. Everyone's gut is full of bacteria. What you need to do is make sure you have enough ‘good bacteria’ and manage the amount of ‘bad bacteria’.

Leaky gut is when the bacteria gets past your intestinal lining and attacks other organs and tissues in your body. Many bodily functions that others take for granted shut down in people with leaky gut. The body goes into survival mode fighting off the invasive bacteria attacking your organs.

When you don't have good health... for example, what's your body temperature? Do you feel cold? Do you have cold hands, feet, and nose? What is your heart rate? What is your pulse?

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If you're feeling cold, especially cold hands, cold feet, cold nose, that's a sign of low metabolism. That's a metabolic problem I'm going to address. It's also a sign of cortisol metabolism, which I'm going to show you how to fight and how to get rid of. Having a low heart rate is actually also a sign of low metabolism. Your heart rate should be around seventy to eighty-five beats per minute at rest.

For many, it's forty or fifty, indicating that we have a very low metabolism which causes a lot of problems. How often do you urinate per day? Do you have chronic thirst? Some people, especially men but women too are peeing all the time. Sometimes they get up at night several times to pee. I know someone that pees twenty or thirty times a day.

All of these are signs of gut inflammation and internal inflammation. There are other reasons, such as a man could have prostate inflammation that causes him to have to pee because he doesn't empty his bladder when he pees when the prostate presses and prevents him from emptying his bladder. However, a lot of times it's gut inflammation, so I'm going to show you

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how to fix that. How often do you have a bowel movement? Are you constipated or bloated? Do you have gas a lot? Do you have diarrhea? What does your stool like it? Is it runny, is it pebbles, is it smelly? Does it have undigested foods in it? The longer food stays in your gut before you have a bowel movement... do you know what happens when it stays in your gut?

Of course, it rots. Yeah, it ferments. Rot is a good word. It ferments and it rots. There's nothing we can do about that. That's the normal course of things. However, if the food goes quickly there's a lot less rotting that goes on. We want our metabolism to speed up so that our food passes rapidly through our gut because that lowers the number of bacteria, yeast, and things that get into our body that we have to fight off.

Not just the bad bacteria but both the good and the bad. Yeah, all of them, because they die, they fight each other, they cause what are

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called endotoxins, which are fragments of bacteria and chemicals from the bacteria that get into our body and are continually having to fight these off, regardless of whether they're from good or bad bacteria.

Endotoxins

Endotoxins are a huge reason for us having inflammation, diabetes, heart disease, etc. The key is raising your metabolism so that your gut moves the food quicker so it doesn't sit there. You might go from a bowel movement once a day to twice a day when you're on this program. You'll probably just end up there and everything will become much easier and much more normal. By normal, I mean without any kind of laxatives or anything.

How is your sleep? Restless, interrupted? Feel exhausted upon waking? Do you ever wake up at night with a booming heart? You hear/feel your heart going boom, boom, boom, like that. Do you just wake up all the time or do you just sleep through the night to wake up refreshed? If you're not waking up refreshed, that means you're running on adrenaline and cortisol, what

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we call a cortisol metabolism, and you may be low in thyroid.

Hair, skin, nails. Are they dry and brittle? Slow growing? When you have a cut do you heal slowly? When you have a low thyroid, there's a hormone called parathyroid which causes things to heal slowly and causes a lot of problems in our body. You might have low calcium, low vitamin D3, and/or low vitamin K2 levels. You may be getting too much phosphorus with not enough magnesium or sodium. We'll show you how to fix all that.

How are your sex hormones? Could you care less if you ever have sex again? Do you have low libido? How's your energy? Are you dragging all day? Moody? Do you get sick often? Do you gain weight easily? These are almost always caused

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by the same things - gut inflammation and cortisol metabolism. **Eighty percent of your immune system is in your gut because of all those bacteria that are in there** – except when it leaks out to your other organs.

You've probably learned something new about stress. It's not always about trying to make the deadline for an important report at work or other everyday activities. Much of your stress originates from within your body. Stress is both mental and physiological.

That is the reason why so many of us have problems. We're going to fix everything here, everything!!

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We've Been Lied to About These Important Things

After our nervous system, our immune system is the most complicated system in our bodies. When our immune systems are balanced and synchronized with the rest of our body, it has two primary functions. Fighting off external pathogens that are constantly trying to invade our bodies and fighting our own cells that have mutated into an unhealthy form such as a cancer.

The amazing thing is that when your immune system is working well, you shouldn't even notice that it is active. When the immune

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system it acting up, it inflicts havoc on other parts of your body. You may not understand what is going on in there but you know something isn't right. **The most common cause of the immune system going amuck is leaky gut.**

When the Immune System Works Correctly

The human body is constantly protected by the immune system from bacteria, fungi, viruses, and other pathogen (germs).

The main tasks of the body's immune system are:

- Neutralizing pathogens like bacteria, viruses, parasites, and fungi that enter the body and removing them.
- Recognizing and neutralizing harmful substances from the environment.
- Fighting against the body's own cells that have changed due to an illness - for example cancerous cells.

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Although the immune system does fight unhealthy cells that your body produces, this is not the normal state. It's important for the immune system to recognize the difference between ‘self’ and ‘non-self’ cells, organisms, and substances.

An important misconception is that the immune system won't attack healthy cells. The surfaces of unhealthy cells have proteins with special receptors that the immune system attaches to and begins a process to neutralize or eliminate the unhealthy cells.

However, the body’s own cells also have surface proteins. The immune system is not suppose to work against them. Instead, it's suppose to recognize these as ‘self’. When the immune system identifies the cells of its own body as ‘non-self’, it is also called an autoimmune disease.

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When the Immune System Does NOT Work Correctly

Autoimmune disease affects up to 50 million Americans, according to the American Autoimmune Related Diseases Association (AARDA). Autoimmune disease typically causes inflammation of different parts of the body. Among the most common are:

- ❖ Inflammation of the intestines.
- ❖ Inflammation of joints and surrounding tissues.
- ❖ Connective tissue disease that causes changes in skin, blood vessels, muscles, and internal organs.
- ❖ Inflammation of the thyroid gland.
- ❖ Inflammation of urethra and eyes; may cause sores on the skin and mucus membranes.
- ❖ Many other inflammatory symptoms.

The most common organs and tissue affected are:

- ❖ Joints
- ❖ Muscles

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- ❖ Skin
- ❖ Red blood cells
- ❖ Blood vessels
- ❖ Connective tissue
- ❖ Endocrine glands

Leaky Gut and Autoimmune Disease

According to the *Journal of Diabetes*, there is strong evidence pointing to leaky gut syndrome as a major cause of autoimmune diseases. **Leaky gut syndrome** has been gaining a lot of attention lately for several reasons:

- ❖ A growing body of research has linked leaky gut to a number of 'seemingly unrelated' health concerns and chronic diseases.
- ❖ As more Americans are affected by poor diet choices, chronic stress, toxic overload, and

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bacterial unbalance, it appears that the prevalence of leaky gut has reached epidemic proportions.

- **The medical profession is just now agreeing this condition even exists!**

What's particularly shocking is that 'intestinal permeability' has been discussed in the medical literature for over 100 years! Yet, today's doctors aren't even aware of it. Meaning they can't tell you about it or treat it.

The father of modern medicine, **Hippocrates said: "All disease begins in the Gut"** and research is only now proving he was absolutely correct.

What the Medical Community Says About Leaky Gut

WebMD refers to leaky gut as: "something of a medical mystery".

Could this be because it isn't even taught as a diagnosis in medical school!

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According to gastroenterologist Donald Kirby, MD – Director of the Center for Human Nutrition at the Cleveland Clinic:

"From an MD's standpoint, it's a very gray area. Physicians don't know enough about the gut, which is our biggest immune system organ."

Making it all worse, government agencies have also contributed to the confusion. According to the United Kingdom's National Health Service (NHS):

> *"There is little evidence to support this theory, and no evidence that so-called 'treatments' for 'leaky gut syndrome', such as nutritional supplements and a gluten-free diet, have any beneficial*

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effect for most of the conditions they are claimed to help."

A few forward-looking professionals are beginning to come around. In the words of Linda A. Lee, MD – gastroenterologist and Director of the Johns Hopkins Integrative Medicine and Digestive Center:

"We don't know a lot but we know that it exists. Nevertheless, in the absence of evidence, we don't know what it means or what therapies can directly address it."

Chronic Stress Helps You Kill You

Chronic stress has a short term solution. The hormone cortisol and other corticosteroids are the short term solution to stress. But chronic stress is long term, not short term. Short term this is not a problem for your body. Long term, cortisol and the associated chemicals will cause you serious physical damage. It's another overly strong medicine with side effects. Even medical doctors are hesitant to prescribe cortisol on a long term basis.

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There are two primary ways that stress has a direct, negative effect on the immune system:

1. It creates chronic inflammatory conditions.

2. It lowers the immunity of those who otherwise might have a healthy immune system.

According to Dr. Mary Meagher, PhD, Texas A&M University:

> *"People exposed to chronic social conflict experience high levels of stress and consequent dysregulation of the immune system, thereby increasing vulnerability to infectious and autoimmune disease".*

When cortisol is present in the blood for long periods, the body develops a resistance to cortisol and does not respond to it properly. Instead, **it ramps up production of substances that actually promote inflammation leading to a state of chronic inflammation.** These pro-inflammation substances, called cytokines, are associated with a host of chronic inflammatory

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and autoimmune conditions. Autoimmune conditions occur when the body basically mistakes itself as a threat and attacks itself.

Cortisol and corticosteroids suppress lymphocytes. With a lowered amount of lymphocytes, the body is at increased risk of infection and disease. Without lymphocytes, the body is susceptible to contracting acute illnesses and prolonged healing times.

Lymphocytes are a major component of the immune system. They kill invading organisms that would cause disease and they recognize harmful substances and help defend against them.

When Your Body Turns on You

Clearly, you want your immune system to be healthy and thrive at keeping the rest of your body free of toxins, bad bacteria, and all of the pathogens that constantly try to attack. What

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you don't want is for your immune system to turn on you to begin damaging what would otherwise be healthy organs and tissue.

Researchers are just now beginning to acknowledge that leaky gut even exists. The immune system is exactly that, a system. It is not a stand alone organ that can easily be studied. Autoimmune diseases must be studied in an untold number of environments. It will certainly be years before routine medical treatment will be available. Even then, we see how routine medicine treats disease. It's does it with strong medicines that bring on other complications. I don't think it will be any surprise to learn down the road that many more medicines being prescribe today are the culprits behind many autoimmune diseases.

In the meantime, general healthy-living strategies are a good way to start giving your immune system the upper hand. Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy. Every part of your

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body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a wholesome and healthy diet free of the herbicides, pesticides, growth hormones, and other dangerous toxins common in today's commercial food chain.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Minimize or eliminate chronic stress (including internal stress).

- Take steps to avoid infection, such as washing your hands frequently and cooking

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meats thoroughly.

Cancer is NOT Genetic

Many people believe that cancers are genetically inherited from parents or other close blood relatives. For about 97 percent of cancer patients, this is simply not true. There is a genetic relationship to cancer but almost never is there an inherited relationship. Just because your parents had/have cancer does not mean you are more likely to.

There is a good reason most cancers develop in older people rather than young people. Most cancers are caused by gene faults that develop during our lifetimes. These are typically caused by random mistakes when a cell is dividing.

Another cause that is much more common than inherited cancers are those caused by something environmental that we are exposed to. These include smoking, sunlight, asbestos, radiation, and many other toxins that we come in contact with in modern society.

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Simply because a substance has been designated as a carcinogen, however, does not mean that the substance will necessarily cause cancer. Many factors influence whether a person exposed to a carcinogen will develop cancer, including the amount and duration of the exposure and the health of an individual's immune system.

Gene mutations happen often and the human body is normally able to correct most of them. Depending on where in the gene the change occurs, a mutation may be beneficial, harmful, or make no difference at all. So, one mutation alone is unlikely to lead to cancer. Usually, it takes multiple mutations over a lifetime to cause cancer. This is why cancer occurs more often in older people who have had more opportunities for mutations to build up.

Cancer is Metabolic

Thomas Seyfried, Ph.D., is a professor of biology at Boston College and a leading expert and researcher in the field of cancer metabolism and nutritional ketosis. His book, **Cancer as a**

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Metabolic Disease is an important contribution to the field of how cancer starts and can be treated. Seyfried's work is also heavily featured in Travis Christofferson's excellent book, **Tripping Over the Truth: The Metabolic Theory of Cancer**.

Every day, approximately 1,600 Americans die from cancer. Across the globe, the number is closer to 21,000. Many of these deaths are preventable and treatable.

Seyfried is a pioneer in using nutritional ketosis to treat cancer. His work is based on that of Dr. Otto Warburg, considered one of the most brilliant biochemists of the 20th century and recipient of the Nobel Prize in Physiology or Medicine in 1931 for the discovery of metabolism of malignant cells. These are smart men. Warburg also held a doctorate degree in chemistry and was personal friends with Albert Einstein and other outstanding scientists of the time. It's a complete mystery to me why Warburg's groundbreaking work wasn't followed

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up on sooner and has mostly been ignored by other researchers for decades.

Today, Seyfried is expanding on Warburg's early findings. Seyfried has exceeded Warburg's initial theory by shedding light on the metabolic underpinnings of cancer. Seyfried's work has brought him to the conclusion that Warburg's findings can be expanded to not only treat cancer but virtually every single disease known to man because at the core of most serious ailments you find mitochondrial dysfunction. As stated by Seyfried:

> *"A dogma is considered irrefutable truth and that cancer is a genetic disease is no question, a dogma. The problem with dogma is that sometimes it blinds you to*

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alternative views and sets up ideologies that are extremely difficult to change.

All of the major college textbooks talk about cancer as a genetic disease. On the National Cancer Institute (NCI) website, the first thing they say is cancer is a genetic disease caused by mutations ... [and] if cancer is a genetic disease, everything flows from that concept.

It permeates the pharmaceutical industry, academic industry, and textbook industry - the entire knowledge base. There's very little discussion of alternative views to the genetic view. The argument now is that, yes, metabolic problems occur in cancer cells. No one denies that.

But these are all due to the genetic mutations. Therefore we must maintain ourselves on the established track that all of this metabolic stuff could be resolved if we just understood more about the genetic underpinning of the disease.

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> *Now that would be well and good if it were true. But evidence is accumulating that the mutations we see that are the prime focus and the basis for the genetic theory are actually epiphenomenal* [a secondary or additional symptom or complication arising during the course of a disease].
>
> *There're downstream effects of this disturbance in the metabolism that Warburg originally defined back in the 1920s and '30s."*

Winning the War on Cancer

The war on cancer goes slow because the vast majority of the cancer industry is focused on the downstream effects of the problems (symptoms). Fighting symptoms does not solve the root problem. Seyfried says, *"Unfortunately, most of the cells in the tumor are all different from each other genetically. You're not going to be able to target all of the different cells using these kinds of approaches. Even though you may get success for a few months, or even a*

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year in some people, the majority of people will not respond effectively to these kinds of therapies for the most part."

The treatments in use today are highly toxic. In fact, one of the big problems with today's treatments is that the patients are often too sick to take or survive the treatment. **When you view cancer as a metabolic disease, you can target and manage the disease without creating systemic toxicity.** As explained by Seyfried, you do this by targeting the fuels the cancer cells are using, primarily glucose and glutamine.

> *"What we have to recognize... is that if cancer is a mitochondrial metabolic disease and you get cancer because of mitochondrial failure in certain populations of cells and certain tissues, if you prevent your mitochondria from*

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entering into this dysfunctional state ... [then] the probability of getting cancer is going to be significantly reduced.

To what percent? I would say a minimum of 80 percent. Cancer is probably, as I said in my book, one of the most manageable diseases that we know of...

The problem is that many people don't want [to take the preventive steps to avoid cancer]. They're like, 'I have to therapeutically fast for a week? Oh, I'm not going to. Give me a break' ... An effective prevention is to eat less and move more. A lot of people don't want to do that ... Once you realize what cancer is, that it's a metabolic disease, you can take charge of those kinds of things. In other words, getting cancer is not God's will. It's not bad luck."

You need to consider the nutritional roots of cancer and other chronic disease. You will hear a lot more about this in the months and years to

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come. Addressing mitochondrial dysfunction is the real key to solving most current health problems. The good news is that optimizing mitochondrial function can be effectively accomplished through diet and lifestyle strategies like exercise. No costly drugs or invasive procedures required.

Your Immune System Can Attack Cancer

Chemotherapy, biological therapies, and radiation therapy can temporarily weaken immunity by causing a drop in the number of white blood cells made in the bone marrow. High doses of steroids can also weaken your immune system while you are taking them.

The problem is that many people don't want to take the preventive steps to avoid cancer. As is typical, they want an instant cure from strong

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medicines. They balk at the idea of therapeutically fasting for a week. An effective prevention is eating less and moving more. Does resisting that in favor of treatment with severe side effects sound familiar? Fast for a week or suffer the terrible side effects of modern medicine. Which do you think is harder on your body and more likely to kill you?

Once you realize what cancer is, that it's a metabolic disease, you can take charge of those kinds of things.

No costly drugs or invasive procedures required!

While we still have a long way to go, more doctors are starting to pay attention. "This is the tipping point," Seyfried says. "Many physicians are coming on board. I think things are going to start changing for the best and for the success of people."

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Prostate Enlargement, Cancer, and Treatments

There are several other serious medical conditions that pharmaceutical companies have made a habit of profiteering from. Not to be outdone by the phama companies, numerous law firms have also found ways to bring home the bacon from these multibillion-dollar opportunities. However, instead of pushing these drugs on the public, these law firms specialize in civil suits (class action) to extract huge settlements from the pharmaceutical companies for the severe side effects and physical damage (even death) the drugs cause. Although some of the money goes to the suffering patients, the law firms collect a very hefty fee for their services.

Have no doubt about it, there are staggeringly enormous amounts of money to be made by

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generating fear in the public both coming and going. Often, a little knowledge will naturally overcome what ails people without the pharma representatives, doctors, or lawyers ever getting involved. But that’s not what happens in our highly-hyped mass media dominated by big business.

Your Health and Internal Inflammation

Let's talk about what health looks like for a moment - good health. For example, what's your body temperature? Let's transgress back to - do you feel cold? Do you feel cold hands, feet, and nose? What is your heart rate? What is your pulse? If you're feeling cold, especially cold hands, cold feet and cold nose, that's a sign of low metabolism. That's a metabolic problem I’m going to address. It's also a sign of cortisol metabolism, which I’m going to show you how to fight and how to get rid of. Having a low heart rate is actually also a sign of low metabolism. Your heart rate should be around seventy to eighty-five beats per minute at rest.

For many of us, our heart rate is forty or fifty, in that we have a very low metabolism which

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causes a lot of problems. How often do you urinate per day? Do you have chronic thirst? Some people, especially men, but women too are peeing all the time. Sometimes they get up at night several times to pee. I know someone that pees twenty or thirty times a day.

These are signs of gut inflammation or the more serious version - internal inflammation. There are other reasons, like a man could have prostate inflammation that causes him to have to pee because he doesn't empty his bladder when he pees because the prostate presses in and just doesn't let him empty his bladder. However, a lot of times it's gut inflammation, so I'm going to show you how to fix that.

Enlarged Prostate

An enlarged prostate is often called benign prostatic hyperplasia (BPH). **It is NOT CANCER** and it does not raise your risk for prostate cancer. Only men have a prostate gland. The prostate is usually the shape and size of a walnut.

The prostate gland surrounds the urethra, the

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tube that carries urine from the bladder out of the body. As the prostate becomes enlarged, it may squeeze or partly block the urethra. This can cause problems with urinating.

Some studies have shown that obese men and men who have diabetes may be more at risk of developing an enlarged prostate. You may be able to reduce your risk by doing more exercise. However, we still need more studies into the causes of enlarged prostate. A variety of factors may be involved, including androgens (male hormones), estrogens, growth factors, and other cell signaling pathways.

BPH (enlarged prostate) causes urinary problems such as:

- Many men with BPH have no symptoms.
- Trouble getting a urine stream started and

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completely stopped (dribbling).

- ❖ Often feeling like you need to urinate. This feeling may even wake you up at night.
- ❖ A weak urine stream.
- ❖ A sense that your bladder is not completely empty after you urinate.

In a small number of cases, BPH may cause the bladder to be blocked, making it impossible or extremely difficult to urinate. This problem may cause backed-up urine (urinary retention), leading to bladder infections or stones, or kidney damage.

BPH does not cause prostate cancer and does not affect a man's ability to father children. **But it does cause erection problems.**

There are two classes of drugs currently approved to treat BPH — alpha-1 blockers and 5-alpha-reductase inhibitors — these work in entirely different ways and therefore raise different types of issues. Simply put, alpha-1 blockers deal with the ‘going’ problem by relaxing certain muscles in the prostate and

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urinary tract. While 5-alpha-reductase inhibitors deal with the 'growing' problem by reducing the size of the prostate.

Before taking medications for an enlarged prostate, consider possible side effects. **There can often be sexual side effects to taking BPH medications.**

Prostate Treatments and ED

Because they affect levels of the male hormone testosterone, the 5-alpha-reductase inhibitors may cause a variety of sexual side effects. In clinical trials, 3.7% of men taking these drugs (and 4%-6% by some other estimates) developed erectile dysfunction. Another 3.3% of men experienced a decline in libido, while 2.8% had problems ejaculating during an orgasm.

In addition, one of the selective alpha-1 blockers (tamsulosin) causes ejaculation problems in some men who take it. The other alpha-1 blockers may cause less of this problem.

While the individual numbers look relatively low, you need to consider how they add up

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overall to the larger number of men experiencing ED from the strong drugs. Not to mention any other drugs that you also might be taking. The combinations and side effects are mind numbing. Starting with the drugs that are prescribed to overcome ED from the prostate rugs - Viagra, Cialis, and Levitra.

Surgery and Radiation as Alternatives

Almost all men undergoing surgery or radiation treatment for an enlarged prostrate suffer nerve irritation that causes ED. Within one year after surgery or radiation, nearly all men with intact nerves will see a substantial improvement. By this point, about 40-50% of men who undergo a nerve-sparing version of a prostatectomy will have returned to their pre-treatment function. After two years, about 30-60% will have returned to pre-treatment function. These rates vary widely. Do you want to go two or more years without sex or do you want to be one that never regains sexual

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health/function or to go years without being able to have an erection? Not me!

For those who underwent radiation therapy, the numbers are better but tend not to improve much over time. About 25-50% of men who undergo brachytherapy experience erectile dysfunction vs nearly 50% of men who have standard external beam radiation. The bad news is that after two to three years, few men will see much of an improvement and occasionally these numbers worsen over time given that radiation takes longer to have side effects.

Men who undergo procedures that are not designed to minimize side effects and/or those whose treatments are administered by physicians who are not proficient in the procedures will fare worse. In addition, men with other diseases or disorders that impair their ability to maintain an erection, such as diabetes or vascular problems, will have a more difficult time returning to pre-treatment function.

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BPH Progresses Slowly

Because BPH (as a symptom) progresses slowly and serious complications are uncommon, **most men can decide for themselves if and when they should be treated**. And many men with mild to moderate symptoms find that **simple lifestyle adjustments are able to take the BPH bother out of their daily life entirely.** Here are a few tips:

- ❖ Read on to learn how to rid yourself of intestinal inflammation to resolves these problems.

And/Or:

- ❖ Reduce your intake of fluids, particularly after dinner.
- ❖ Limit your intake of alcohol and caffeine, and avoid them after mid-afternoon. Both are diuretics that increase urine flow.
- ❖ Avoid medications that stimulate muscles in the bladder neck and prostate. Pseudoephedrine and other decongestants are the chief culprits.
- ❖ Avoid medications with anticholinergic properties that weaken bladder contractions.

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Antihistamines such as diphenhydramine are the most common offenders. Various antidepressants and antispasmodics have similar properties.

- If you are taking diuretics for high blood pressure or heart problems (and many other health issues), work with your doctor to try to reduce the dose by reducing and eliminating intestinal inflammation.

Enlarged prostate and prostate cancer are NOT the same thing....

Prostate Cancer

Fact number one, just because you have symptoms doesn't mean you have prostate cancer. Even if you have prostate cancer, it probably doesn't necessarily need to be treated. Many prostate cancers grow very slowly, not at all, and even go away on their own.

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One hundred percent of men with BPH have internal inflammation. Doctors no longer talk about this because people don't want to make lifestyle changes.

Here are a few myths you need to disregard:

Myth #1: If you have prostate symptoms, it's likely to be cancer.

NOT True. There are many conditions of the prostate gland that are not cancer, including the following:

- Prostatism - any condition of the prostate that causes interference with the flow of urine from the bladder.
- Prostatitis - inflammation that may be accompanied by discomfort, pain, frequent or infrequent urination, and sometimes fever.
- Prostatalgia - pain in the prostate gland.
- BPH - the term for enlargement of the prostate. BPH is the most common non-cancerous prostate problem. It can cause discomfort and problems urinating. BPH symptoms can be alarming because they are

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often similar to those of prostate cancer. **Note:** BPH is frequently overcome by eliminating intestinal inflammation.

- ED - the inability to achieve or maintain an erection.
- Urinary incontinence - loss of bladder control.

Myth #2: Prostate cancer almost always happens in older men.
NOT True. Many men diagnosed with prostate cancer in their late 40s and 50s react with disbelief. They think that prostate cancer only happens to men after the age of 65. The fact is that older men do run a higher percentage of prostate cancer (again, it often goes away on its own, grows very slowly, or stops growing). Many men have few or no problems. However,

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younger men can also develop the disease. This is more reason to take care of your health.

Myth #3: Expect to develop ED if you have an enlarged prostate.

Not true, again. There is little or no correlation between an enlarged prostate and cancer. Without invasive cancer treatment (including radiation treatment) ED is much less likely. Although it can still be a symptom of other causes (think inflamed gut here).

Myth #4: "It runs in the family". If your father, uncles, grandfathers, and other male blood relatives have prostate cancer, you probably will also.

More falsehood. Lifestyle (especially diet) is the key cause of prostate cancer and inflamed gut is where you want to begin. Studies show that junk-food diets, industrialized meat products, sugar infused foods, and more modern diet abnormalities heighten the risk factor significantly. It makes sense that eliminating or significantly reducing these bad foods from your diet is your best choice regardless of family

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history. In reality, the family history link may be a common poor diet.

There are many myths and falsehoods going around about prostate cancer. Always question these and do your own research. **Look for the most recent research because this's a fast evolving field that few doctors stay current with.**

Prostrate Cancer is Slow Growing

In many cases, prostate cancer stops growing, is slow-growing, does not reduce life expectancy, and may not need treatment. Prostate cancer is different from most other cancers because small areas of cancer within the prostate are actually very common. These may not grow or cause any problems for many years (if at all).

Prostate cancer is often very slow-growing and for many men with prostate cancer the disease never progresses or causes any symptoms. In other words, many men with prostate cancer will never need any treatment. You should be fully aware that like most medical treatments, treatment for prostate cancer can cause many

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different side-effects. The side effects include ED.

Note: many autopsy studies show that many older men (and even some younger men) who died of other causes also had prostate cancer that never caused them problems. In many cases, neither the man nor his doctors even knew he had it.

According to a New York Times Report:

> *"Fortunately, prostate cancer tends to be slow growing compared to other cancers. As many as 90% of all prostate cancers remain dormant and clinically unimportant for decades. Most older men eventually develop at least microscopic evidence of prostate cancer, but it often grows so slowly that, many men with prostate cancer* ***'die with it, rather than from it'****."*

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From Dr. Otis Brawley, American Cancer Society's Chief Medical Officer:

> *"We're finding that about 25 to 30 percent of some cancers stop growing at some point, that can make some treatments look good that aren't doing anything. Until doctors figure out how to identify which patients have cancers that won't progress, the only option is to treat everyone."*

Really? How about NOT treating them until it's shown to be needed?

Other research indicates that men who are diagnosed with low-grade prostate cancers have a minimal risk of dying from prostate cancer for up to 20 years after diagnosis. Plenty of time to monitor progress.

Prostate Cancer Goes Away

Our immune systems are responsible for the formation and the disappearance of many tumors. Our health care system is so primitive it's sickening (literally and figuratively). It's just shocking that, while billions are spent on finding a pharma cure for cancer, nothing is

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spent on encouraging or even studying natural remission. Wait, no it's not shocking. There's no money in natural remission.

The focus of cancer research should be in finding ways to enhance the body's own ability to cure/reverse cancer. The ideal would be following people in whom this process is happening and to study it at a molecular level.

But that kind of study isn't happening. Why? Because the prevailing attitude says it's 'impossible'.

Let's face it, there are big bucks in radiation and chemo. And most of the 'practitioners' are wealthy men who are into their comfortable routines and don't want to be disturbed.

The holistic health movement has been saying this kind of thing for the better part of a century now - on mostly deaf ears…. but finally, a wee bit of truth is coming out.

But the fact remains, so long as our health care system is based on profiting from more people being more sick, there are few incentives to

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'truly' cure diseases on the cheap.

Cancers only take hold after the immune system fails by age, stress, poor nutrition, etc. Medical wisdom trails academic research by nearly fifty years.

There is no greater threat to the medical/cancer complex than the possibility that a properly nourished body, often with supplements of special vitamins and minerals to specifically counter cancer, might make many hi-tech cancer interventions — e.g. surgery, radiation, and chemo — unnecessary and possibility more harmful than beneficial.

Prostate Cancer Treatments Have Severe Side Effects

With early testing, not only do the tests actually

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stimulate cancers through radiation, cutting, and poisoning but doctors frequently discover anomalies that would otherwise naturally disappear if left alone. They always treat those anomalies and the patients almost always die from the treatments. People nowadays die from the treatments instead of the cancers, this is shown in the establishment's own statistics. Whenever a body is exposed to chemotherapy, cancers will strike sooner or later regardless of whether they existed initially. All chemotherapy drugs are carcinogenic, and they weaken all healthy cells. This is admitted in the official literature for adverse effects for all of the so-called anti-cancer medical treatments. Still, massive cellular destruction is officially a part of standard treatments by design. They claim that their medicines attack the weaker cancer cells but they actually do that by attacking all of the cells and thereby the very immune system that is so critical for recovery.

The success rate of curing cancer is not going to rise much with conformist medicine because it is unwilling to consider any less profitable methodologies. A rise in orthodox cancer

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treatment success rates would indicate that their methods of calculating cure rates have changed, not the actual survival rates. It is how the science of modern medicine is cooked. Barely surviving for 5 years is currently counted as a successful cure, but patients usually die between the 5 and 10 year mark. It's called "cooking the books" in accounting circles. Most people are shocked when they learn that those who die during drug trials are censored from the records, because the departed did not 'complete the study'. Dying during an experimental drug trial actually helps a drug company's chance of getting that drug approved because those who get the sickest are not counted.

"Success of most chemotherapies is appalling... There is no scientific evidence for its ability to extend in any appreciable way the lives of patients suffering from the

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most common organic cancer... Chemotherapy for malignancies too advanced for surgery, which accounts for 80% of all cancers, is a scientific wasteland."

- Dr. Uhlrich Abe

The known side effects to prostate cancer treatment are far reaching. More alarmingly, **unknown side effects** are certain to exist and only add to the already overwhelming list of known complications. Far from being an all inclusive list, just the categories of complications reach across medicine interactions, physical, social, emotional, and sexual side effects. Additionally, side effects can be either short term or long term. While you're not likely to suffer all of the side effects, you'll almost certainly experience multiple of them.

Active surveillance involves lots of on-going testing (some of which is not reliable). Some treatments are noninvasive and some are invasive such as biopsies of the prostrate. Common side effects of active surveillance

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include ED and urinary incontinence. Biopsies run the risk of causing infections.

Watchful waiting may be an option for much older men and those with other serious or life-threatening illnesses who are expected to live less than 5 years. With watchful waiting, routine PSA tests, DRE, and biopsies are not usually performed. If a patient develops symptoms from the prostate cancer, such as pain or blockage of the urinary tract, then more advanced treatment may be recommended but runs the risk of causing complications with the other illnesses.

Surgery is the removal of the tumor and some surrounding healthy tissue during an operation. There are multiple types of surgery that might be performed, each with its own risks.

- **Radical (open) prostatectomy** - is the surgical removal of the entire prostate and the seminal vesicles. Lymph nodes in the pelvic area may also be removed. This operation has the risk of interfering with sexual function. Nerve-sparing surgery (when

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possible) increases the chance that a man can maintain his sexual function after surgery by avoiding surgical damage to the nerves that allow erections and orgasm to occur. To help resume normal sexual function, men can receive drugs, penile implants, or injections. Urinary incontinence is also a possible side effect. Sometimes, another surgery can fix urinary incontinence. More bad medicine on top of the first bad medicine.

- **Robotic or laparoscopic prostatectomy** is similar to Radical prostatectomy (above) in that the entire prostate and healthy surrounding tissue is removed. The ED and urinary incontinence side effects are also similar. However, the patient may have shortened recovery time, less bleeding, and less pain.
- **Cryosurgery**, also called cryotherapy or cryoablation, is the freezing of cancer cells with a metal probe inserted through a small incision in the area between the rectum and the scrotum. There are many unknowns regarding this surgery. Its side effects on

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urinary and sexual function are not at all well defined.

- **Radiation therapy** is the use of high-energy rays to destroy cancer cells. The types of radiation therapy used to treat prostate cancer include:
  - **External-beam radiation therapy** is the most common type of radiation treatment. Some cancer centers use conformal radiation therapy (CRT) for directing the radiation therapy beam from different directions to focus the dose on the tumor.
  - **Intensity-modulated radiation therapy (IMRT)** is a type of external-beam radiation therapy that uses CT scans to form a 3-dimensional (3D) picture of the prostate before treatment. With IMRT, high doses of radiation can be directed at the prostate

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without increasing the risk of damaging nearby organs.

- **Proton therapy** is also called proton beam therapy. It is a type of external-beam radiation therapy that uses protons rather than x-rays. At high energy, protons can destroy cancer cells. Current research has not shown that proton therapy provides any more benefit to men with prostate cancer than traditional radiation therapy. It is also more expensive.

- **Brachytherapy** or internal radiation therapy is the insertion of radioactive sources directly into the prostate. These sources, called seeds, give off radiation just around the area in which they are inserted and may be used for hours (high-dose rate) or for weeks (low-dose rate). Low-dose rate seeds are left in the prostate permanently, even after all the radioactive material has been used up. For a man with a high-risk cancer, brachytherapy is usually combined with other treatments.

- **Radium-223** is a radioactive substance that

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is naturally attracted to areas of high bone turnover, which are areas where bone is being destroyed and replaced more than normal. Radium-223 delivers radiation directly to tumors found in the bone, limiting damage to healthy tissue. According to the results of a clinical trial published in 2013, treatment with radium-223 reduced bone-related complications and improved survival.

Radiation therapy may cause immediate side effects such as diarrhea or other problems with bowel function, such as gas, bleeding, and loss of control of bowel movements, increased urinary urgency, frequency, fatigue, ED, rectal

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discomfort, burning, or pain. Most of these side effects usually go away after treatment **but ED is usually permanent**. Many side effects of radiation therapy may not show up until months or years after treatment.

- **Androgen deprivation therapy (ADT)** - male sex hormones called androgens are believed to drive the growth of prostate cancer. Another prostate cancer treatment is lowering the level of these hormones. The most common androgen is testosterone. Testosterone levels in the body can be lowered either by surgically removing the testicles, known as surgical castration, or by taking drugs that turn off the function of the testicles, called medical castration. Doesn't that sound like a treatment to look forward to?

The chemical version of ADT is often combined with surgery and/or radiation. Just think of it as a prostate cancer treatment cocktail. Specific versions include:

- **Bilateral orchiectomy** is the surgical removal of both testicles. Although this is a surgery,

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it is considered an ADT because it removes the main source of testosterone production by the testicles. The effects of this surgery are permanent and cannot be reversed.

- **LHRH agonists** stands for luteinizing hormone-releasing hormone. Medications known as LHRH agonists prevent the testicles from receiving messages sent by the body to make testosterone. By blocking these signals, LHRH agonists reduce a man's testosterone level just as well as removing his testicles.

However, unlike surgical castration, the effects of LHRH agonists are reversible, so testosterone production usually begins again once a patient stops treatment. LHRH may

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temporarily increase the activity of prostate cancer cells and cause symptoms and side effects, such as bone pain in men with cancer that has spread to the bone.

- **LHRH antagonist** is a different class of drugs from LHRH agonists. These are also called a gonadotropin-releasing hormone (GnRH) antagonist. These also stop the testicles from producing testosterone like LHRH agonists. These reduce testosterone levels more quickly and do not cause the temporarily increase of prostate cancer cell activity. One side effect of this drug is that it may cause a severe allergic reaction.
- **Anti-androgens** differ from LHRH agonists and antagonists. Anti-androgens block testosterone from binding to so-called “androgen receptors”, which are chemical structures in cancer cells that allow testosterone and other male hormones to enter the cells.

There are combinations of these drugs that are used in the treatment of prostate cancer. Often the combination treatments include other drugs

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that inhibit testosterone production in other parts of the body such as the adrenal glands.

As you would certainly imagine, eliminating testosterone production is going to lead to ED and bring on very low libido.

These drugs are often taken 2, 4, or more times a day. Other common side effects are high blood pressure, low blood potassium levels, fluid retention, weakness, joint swelling or pain, swelling in the legs or feet, hot flushes, diarrhea, vomiting, shortness of breath, and anemia. This is on top of any other side effects from strong medications you may be taking for other health issues. **No one knows the complete list of possible side effects.** However, obesity, heart disease, stroke, and diabetes are also known side effects.

Chemotherapy is the use of drugs to destroy cancer cells, usually by stopping their ability to grow and divide. There are several different drugs that can be used for chemotherapy. Side effects of chemotherapy depend on the individual, the type of chemotherapy received,

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the dose used, and the length of treatment, but they can include fatigue, sores in the mouth and throat, diarrhea, nausea and vomiting, constipation, blood disorders, nervous system effects, changes in thinking and memory, sexual and reproductive issues, appetite loss, pain, and hair loss.

Prostate Cancer and ED

Evidence is growing that early treatment with surgery or radiation prevents relatively few men from ultimately dying from prostate cancer, while leaving many with urinary or erectile problems and other side effects. As a result, more men may be willing to consider a strategy called active surveillance, in which doctors monitor low-risk cancers closely and consider treatment only when the disease makes threatening moves toward growing and spreading.

Assuming intimacy and sex are a priority and

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important before prostate cancer treatment, these priorities can remain important and sex can remain enjoyable after prostate cancer treatment. It's up to each individual man and/or his partner as to how he wants to move forward with sex and intimacy. After prostate cancer treatment, intimacy and sex can be different but still enjoyable. Most men who have undergone prostate surgery or radiation without androgen deprivation therapy will continue to have a normal sex drive. So, the desire for sex is still there but the mechanics of getting an adequate blood-filled engorged penis are no longer cooperating in some men.

Some men also notice penile shrinkage after surgery, which is thought to be related to decreased muscle tone immediately following surgery and then muscle atrophy from lack of erections. The shrinkage can be transient but if erections do not return, it can be permanent. On the slightly more positive side, the nerves for the climax sensation lie out further than the nerves for erections and so most men will continue to enjoy the climax feeling, even

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without an erection. Although most men are able to and continue to enjoy orgasm/climax post prostate cancer treatment, some men describe the climax sensation as similar or diminished, albeit still enjoyable.

After that depressing section, let's take a look at some more encouraging news...

Estimation of Prostate Cancer Risk is Inaccurate

Relax a little! The better news is that the risk and diagnoses of prostate cancer is often inaccurate.

In the first 20 years using the prostate-specific antigen (PSA) test, screening for prostate cancer has successfully reduced prostate cancer mortality, but has led to significant problems with **over-diagnosis and over-treatment**. The fact that it happens is widely known although the exact statistics are not. Nor is this information widely shared with the very men undergoing treatment or diagnoses.

As a result, many men are subjected to

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unnecessary prostate biopsies and overtreatment of slow or non-growing (indolent) cancer in order to save one man from dying of prostate cancer.

Most men diagnosed with prostate cancer have a tumor that is unlikely to pose a threat to his life expectancy. A recent systematic analysis suggested that **up to 60% of prostate cancers diagnosed in current studies can be safely observed without a need for an immediate biopsy.** In the United States, because of the concern for possible under estimating of prostate cancer severity due to biopsy sampling error, **90% of men diagnosed with prostate cancer undergo treatment and approximately 66% will be confirmed to have slow or non-**

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growing prostate cancer. This confirms a significant problem with overtreatment. Although treatment for localized prostate cancer provides excellent cancer control, it comes at a significant detriment to health-related quality of life. Previous studies have reported significant lowering of life quality after primary treatment for prostate cancer. Life quality deterioration occurs primarily for sexual or urinary function or both.

Yet, medical professionals consider these physical and psychological impairments as secondary adverse events. Out of lack of concern for these side effects, doctors and specialist error on the side of positive diagnoses followed by treatment. **Fortunately, many patients are beginning to question the risks and benefits of prostate cancer screening and treatment.**

It's clear that new biomarkers or tests that promote the detection of low-growth or no-growth cancer are unlikely to be helpful. We need tests that focus on the detection of aggressive tumors, not the low risk ones that

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are better left alone.

Those are NOT the only major health issues the entrenched medical professionals have mislead us about.

Read on...

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Other Serious Medical Issues We Are Misguided About

If you were to speculate what the most health damaging practice of pharmaceutical practices is, what would be your answer? If you follow the experts trying to bring out the truth about modern drugs that do more harm than good, it would be that the **those with the most to gain financially from the drug industry make active and on-going efforts to suppress and outright hide clinical studies placing their drugs in a negative light.**

Studies with negative findings are not published nor are they even shared with anyone without a

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'need to know'. This includes professionals within their own companies and certainly "outsiders" such as doctors and even government agencies with oversight responsibilities.

This practice is so persuasive that even published studies with positive results routinely disregard patients that die during the study on the basis that these people did not complete the study.

Ben Goldacre's book, **Bad Pharma: how drug companies mislead doctors and harm patients**, cites one example of the antidepressant reboxetine, on which only one trial was published out of seven in which it was tested against a placebo. The published trial showed it to be effective; the other six, on many more patients, remained unpublished. Other unpublished trials, in which it was compared to selective serotonin reuptake inhibitors, **suggested that contrary to the conclusions of the few published trials, that it was less effective, and had worse side effects than other drugs intended for the same purpose.**

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Blood Pressure Misunderstandings

High blood pressure is also known as hypertension. According to current medical standards, it affects nearly one third of all Americans. Hypertension is a condition that exerts too much force (blood pressure) on arteries and organs. Blood pressure consists of two measurements. Systolic pressure exerts the maximum pressure when the heart contracts to pump blood through the body. The second measurement is the diastolic pressure which is the minimum pressure applied when the heart is at rest.

Current medical standards define "normal" blood pressure as the systolic pressure being between 90 and 120 (millimeters of mercury - mm Hg), with the diastolic pressure being between 60 and 80.

Although this is a medical standard, the guidelines have NOT been static. The guidelines referenced above (120/80) came out in **2013**. This is not accepted by all experts in the field. In a nutshell, here is what many experts recommend:

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- Among adults age 60 and older with high blood pressure, aim for a target blood pressure under 150/90.
- Among adults age 30 to 59 with high blood pressure, aim for a target blood pressure under 140/90
- Among adults with diabetes or chronic kidney disease, aim for a target blood pressure under 140/90.

The goal of new **2015** guidelines is to lower systolic (top number) pressure to about 140-150 for people over 60 years old. The 2015 blood pressure guidelines support this more relaxed threshold calling for treatment to lower blood pressure to 150/90 mm Hg for people over age 60, and to 140/90 for adults younger than 60.

Uhhh... Stay tuned, a newer study called

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SPRINT, which was supposed to end in **2017**, has been concluded early with findings suggesting a systolic pressure **below 120** reduces risks for heart attacks and strokes by up to 1/3 and risk of death by up to 1/4.

Many studies over the years find it's very hard to prove a benefit in lowering systolic blood pressure below 130 for someone over 60 years of age. In fact, while a systolic pressure that is naturally 120 may be good for some, it is quite another matter to artificially drag someone's blood pressure down this low with blood pressure medications. It's as simple as the fact that not all people are physically the same.

Bad Medicine - Big Money

Setting a low target means prescribing many more people more and more medications (benefitting big pharma). Other studies show that hundreds and hundreds... no, thousands and tens of thousands and probably **millions of people would need to be put on these medicines to prevent a few heart attacks and strokes.** This is known as **'number needed to**

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treat' (NNT). The accepted NNT for use of a statin drug is 104. This means that for every 104 people who take a statin, **only 1 person has a heart attack prevented! Please read that AGAIN**. 104 people are put at risk for adverse side effects caused by statin drugs to prevent a heart attack in 1 person!

Facts show that as many as 1 out of 10 people are harmed by statin drugs. While considering the large number of people being exposed to this harm, keep in mind that a substantial number of these are the frail elderly who are at risk for falls, have other health issues and others who are already taking an array of drugs for other chronic conditions, which will probably interact.

Now, look at the fact that the lower blood pressure standards mean that Big Pharma will sell more of the expensive and dangerous medications. **I seriously don't think public health is being served at its best here.**

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Elderly May Be at Risk From Low Blood Pressure

Blood pressure levels set too low are probably a bad idea for the elderly. Neurologists worry that too low of pressure reduces blood flow to the brain and contributes to fainting, dizziness, and falls among older people. Dr. Clifford Saper, professor of neurology at Harvard Medical School and Beth Israel Deaconess Medical Center, says that neurologists already see some patients whose blood pressure is adjusted to the point where it becomes too low to support blood flow to the brain.

Good for elderly dementia, right? **Certainly there is another expensive drug to fix that!**

Blood pressure fluctuates all the time, hour-by-hour and day-by-day. There has been an extensive over-diagnosis and unnecessary treatment of millions of people because of this. In fact, it's not uncommon for blood pressure to rise simply in response to a doctor's visit! This is called the "white coat syndrome" and it has been documented repeatedly.

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High Blood Pressure Medicines

There are a slew of high blood medications on the market. The Center for Disease Control estimates 70 million adult Americans have high blood pressure. That is a huge pie for BIG PHARMA to go after with overly expensive and dangerous medicines. And go after it they have. Without considering those emerging onto the market or currently in clinical trials, the list includes:

- **Diuretics** - increases urination that reduces sodium and fluid in the body. This lowers blood pressure because it lowers blood volume. Mild hypertension can sometimes be treated using diuretics alone, although they are more commonly used in combination with other high blood pressure medications (think interactions here). Examples of diuretics include:
  - Bumetanide (Bumex)
  - Chlorthalidone (Hygroton) Chlorothiazide (Diuril)
  - Ethacrynate (Edecrin)
  - Furosemide (Lasix)

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- Hydrochlorothiazide HCTZ (Esidrix, Hydrodiuril, Microzide)
- Indapamide (Lozol)
- Methyclothiazide (Enduron)
- Metolazone (Mykroz, Zaroxolyn)
- Torsemide (Demadex)

❖ **Beta blockers** - lowers blood pressure by acting directly on the heart. These high blood pressure medications reduce heart rate and the force of pumping, as well as reduce blood volume. Beta blockers include:

- Acebutolol (Sectral)
- Atenolol (Tenormin)
- Bisoprolol fumarate (Zebeta)

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- ♦ Carvedilol (Coreg) - combined alpha/beta blocker
- ♦ Esmilol (Brevibloc)
- ♦ Labetalol (Trandate, Normodyne) - combined alpha/beta blocker
- ♦ Metoprolol tartrate (Lopressor) and metoprolol succinate (Toprol-XL)
- ♦ Nadolol (Corgard)
- ♦ Nebivolol (Bystolic)
- ♦ Penbutolol sulfate (Levatol)
- ♦ Propranolol (Inderal)
- ♦ Sotalol (Betapace)
- ♦ HCTZ and bisoprolol (Ziac) is a beta blocker plus diuretic

❖ **ACE inhibitors** - works on the angiotensin hormone in the body that causes blood vessels to narrow. The angiotensin-converting enzyme (ACE) inhibitors decrease the production of angiotensin and in turn that helps lower blood pressure. Examples of ACE inhibitors include:

- ♦ Benazepril hydrochloride (Lotensin)

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- Captopril (Capoten)
- Enalapril Maleate (Vasotec)
- Fosinopril sodium (Monopril)
- Lisinopril (Prinivil, Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon)
- Quinapril hydrochloride (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

❖ **Angiotensin II Receptor Blockers** - also work on the hormone angiotensin which narrows blood vessels but to do its job it needs a place to bind. That's where angiotensin II receptor blockers come in. They prevent angiotensin from binding to receptors on the blood vessels and that helps lower blood pressure. Angiotensin II receptor blockers include:

- Azilsartan (Edarbi)
- Candesartan (Atacand)
- Eprosartan mesylate (Teveten)

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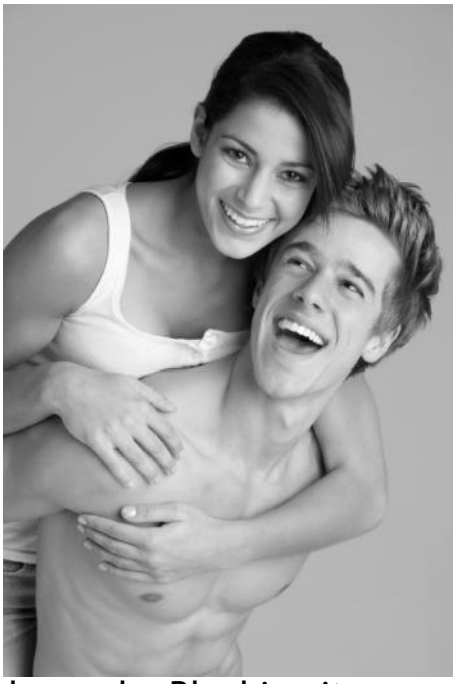
- Irbesarten (Avapro)
- Losartin Potassium (Cozaar)
- Olmesartan (Benicar)
- Telmisartan (Micardis)
- Valsartan (Diovan)



- **Calcium channel blockers.** Calcium increases the strength and force of contractions in the heart and blood vessels. Blocking its entry into smooth muscle tissue reduces this effect. Calcium channel blockers lower blood pressure by relaxing blood vessels and reducing heart rate. Examples of calcium channel blockers include:
  - Amlodipine besylate (Norvasc, Lotrel)
  - Clevidipine (Cleviprex)

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- Diltiazem hydrochloride (Cardizem CD, Cardizem SR, Dilacor XR, Tiazac)
- Felodipine (Plendil)
- Isradipine (DynaCirc, DynaCirc CR)
- Nicardipine (Cardene SR)
- Nifedipine (Adalat CC, Procardia XL)
- Nimodipine (Nimotop, Nymalize)
- Nisoldipine (Sular)
- Verapamil hydrochloride (Calan SR, Isoptin SR, Verelan, Covera HS)

❖ **Alpha blockers** - cause blood vessels to dilate, thereby lowering blood pressure. These medications are also used to treat prostate enlargement in men. Alpha blockers include:

- Doxazosin mesylate (Cardura)
- Prazosin hydrochloride (Minipress)
- Terazosin hydrochloride (Hytrin).

❖ **Alpha-2 Receptor Agonist** - Methyldopa formerly known under the brand name Aldomet, is one of the oldest blood pressure

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medications still in use. It was first introduced more than 50 years ago. Methyldopa works in the central nervous system to lower blood pressure. While its general use has declined over the years, methyldopa is considered the first-line of treatment for high blood pressure that develops during pregnancy.

- **Central agonists** - are among hypertension medications working in the central nervous system rather than directly on the cardiovascular system. Central agonists thus have a tendency to cause drowsiness. Drugs in this class include:
  - clonidine hydrochloride (Catapres)
  - guanfacine hydrochloride (Tenex)

- **Peripheral adrenergic inhibitors.** Not any more but there was a time when the high blood pressure medication list was very short indeed. In the 1950s, reserpine was one of the few products on the market to treat hypertension. Today, it is rarely used due to its numerous side effects and drug interactions. The peripheral adrenergic

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inhibitors work in the brain to block signals that tell blood vessels to constrict. They are mostly used when other high blood pressure medications fail to solve the problem. Peripheral adrenergic inhibitors include:

- Guanadrel (Hylorel)
- Guanethidine monosulfate (Ismelin)
- Reserpine (Serpasil)

- **Vasodilators** - relaxes artery wall muscles that cause blood pressure to drop. These drugs are usually not used alone. Included are:
  - Minoxidil (Loniten) - used only in severe hypertension
  - Hydralazine (Apresoline)
  - Minoxidil (Loniten)

The Cost of Heart Disease Treatment

WOW! That's an incredible list of heart disease medicines and it's probably not complete. If it is complete, it certainly won't be a month after this is published.

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You might be wondering why so many types and brands of medicines are developed, promoted, and distributed for this single health ailment.

Begin by thinking **BIG MONEY**. It's almost certain that no one knows the total cost of these drugs. Nor the associated costs such as ambulances, hospital stays, doctors, surgery, etc. It has to be astronomical.

An April 2016 report in *American Health & Drug Benefits* found that the high costs of heart failure made up an estimated 23 percent of U.S. hospital inpatient costs in a single year. But as patients with the condition know, the cost of daily medications can add up substantially over a lifetime after they're discharged.

Today, it's estimated that cardiovascular

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disease cost Americans $320 billion each year. But don't take that number as gospel because many heart treatment drugs are designed to be taken for the rest of your life. By 2030, annual direct medical costs associated with cardiovascular diseases are projected to rise to more than $818 billion!

Praluent is a new drug on the market to treat stubbornly high cholesterol The manufacturer is asking $14,600 a year for injections. The drug maker Novartis recently set a price of $4,560 a year for its new heart failure pill Entresto, nearly 50% higher than what many analysts had expected. Praluent and its competitor Repatha are expected to generate global annual sales of more than $2 billion each by 2020, according to consensus forecasts compiled by Thomson Reuters Cortellis. Entresto is forecast to sell nearly $5 billion by the same date, a figure that has been climbing since the price was set.

What are the most common blood pressure medications? In terms of dollar sales, recent statistics put the angiotensin II receptor blocker valsartan (Diovan) in the lead for high blood

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pressure medications, followed by the beta blocker metoprolol, the generic combination of valsartan and HCTZ, olmesartan (Benicar), and olmesartan and HCTZ (Benicar HCT).

High Blood Pressure Medicine Side Effects

Oh Boy... where to begin? Because of all the different high blood pressure drugs available, the possible interaction side effects are almost innumerable. It's highly unlikely anyone or any one organization is aware of them all. Here, we look at some of the more common ones most likely to afflict readers.

Any medication can have side effects. However, as stronger and stronger medicines come onto the market, the frequency and severity of side effects continues increasing. Blood pressure medicines are no different.

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This does not mean that you will definitely have side effects from your medicines. There is usually no way to know if you will have side effects from your medicine until you first start taking it. If you do, you will usually notice them soon after starting a new medicine, or if the dose of your medicine is increased.

Just as not all people have side effects, different people suffer different side effects from the same medication. For example, some people taking ACE inhibitors can have a dry cough. Others taking the same medicine may have no cough but may feel dizzy or have an upset stomach.

Medicines with known side effects come with information pamphlets listing known side effects. Don't be surprised how long these lists are. Fortunately, no one person is likely to ever have all of the side effects listed. Although it's not unlikely to have several of them.

Be fully aware that heart medicines (and other medicines) often interact with each other. These interactions are not limited to other prescribed medicines. These interactions can

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and do include herbal medicines as well as over-the-counter medicines such as cold remedies. If you choose to take prescribed medicines or any other medicines, **it's always best making sure your doctor or medical professional knows ALL of the medicines your are taking.**

SOME possible side effects of high blood pressure medicines include:

- Chest pain, heart palpitations (the feeling that your heart is racing), or arrhythmia (irregular heartbeat).
- Cough, fever, congestion, upper respiratory tract infection, or "flu-like" symptoms.
- Diarrhea or constipation.
- Dizziness or lightheadedness.
- Headache.
- Nausea.
- Nervousness or increased anxiety.
- Problems with erections and sexual function.
- Skin rash.
- Tiredness, weakness, drowsiness or lethargy (lack of energy).

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- Unintended weight loss or gain.
- Vomiting.

Some or maybe most of these may not seem too bad on a stand-alone basis. However, consider that you may well be taking these the rest of your life. Would you want to suffer with perpetual vomiting , skin rashes, and uncontrolled weight gain for the remainder of your life?

One side effect of diuretics (often a starter med for high blood pressure) is a loss of potassium, which is carried out of the body in urine along with the sodium. Potassium is needed for proper muscular movement and a deficiency of this mineral may result in fatigue, weakness, leg cramps, and even problems with the heart. Often, patients on traditional diuretics will be advised to take their medication with a potassium-rich food, such as orange juice or a banana, or they'll be prescribed a potassium supplement.

If I were you, I'd be very concerned with side effects and drug interactions. Fortunately,

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there are alternatives. Keep reading this entire book to learn what you probably want to be doing to control high blood pressure and almost all other modern health ailments having the root cause of internal inflammation.

But first...

High Blood Pressure Medication and ED

As research continues, it finds more and more links between high blood pressure and ED. A recent study by researchers at the Department of Physiology, Georgia Health Sciences University, in Augusta, Georgia found that approximately 30 percent of men with hypertension complain of erectile dysfunction. Having high blood pressure isn't your only risk factor for ED though. Medications used to treat

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hypertension can also contribute to erectile dysfunction.

It's this easy to understand... high blood pressure damages the arteries and proper blood flow through the arteries that is needed to obtain and maintain an erection.

Over time, hypertension can cause the arteries to become less flexible and narrow (also known as atherosclerosis) so that blood flow is reduced. This not only puts you at risk of heart attack and stroke, but it also limits the blood that circulates to the penis. Thereby decreasing your ability to achieve and sustain erections. High blood pressure can also impact libido and ejaculation.

It is a bit of a vicious circle in that hypertension can cause ED if left untreated but the medication used to treat it can also impair sexual function and cause ED. Here is a partial list of high blood pressure medications known to cause erectile dysfunction as a side effect:

- **Beta Blockers.** These affect the same part of the nervous system that is responsible for

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causing erections.

- **Diuretics.** Also referred to as ‘water pills’, these can interfere with the intensity at which your blood flows to the penis making it difficult to get an erection. Diuretics are also known to lower zinc levels, which may interfere with the body’s production of testosterone.

Making healthier lifestyle choices could **lower your blood pressure without the need for medication** and help you get your sex life back on track.

By no means does the list of medical issues we’ve been mislead about end here…

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The List of Serious Medical Issues We've Been Misguided About Goes On and On

Now, that you're becoming aware of medical treatments such as overpowering medications, chemo, radiation, surgery, and other 'modern cures' that often bring on more problems than they cure, it's time to take a look at still more potentially damaging treatments. Always keep in mind that I'm not a doctor and I can't possibly know your medical situation. My intention is only to bring your attention to the many seriousness consequences of today's 'miracle cures' and then make you aware of alternatives that very likely will again make you

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a whole man. A man that doesn't need to suffer from all of the side effects that so many have relinquished their lives too.

Let's take a look at other serious medical issues you need to be aware of…

Know Your Cholesterol

This quote is straight from the homepage for the American Heart Association:

> *"Although it is not proven that inflammation causes cardiovascular disease, inflammation is common for heart disease and stroke patients and is thought to be a sign or atherogenic response. It's important to know what inflammation is and what it can do to your heart."*

It's great that the medical community is slowly beginning to acknowledge that inflammation is at the root of many (most or even all) modern diseases. However, keep in mind that for huge organizations with a financial interest in modern medicine, internal inflammation and leaky gut are only 'suspect' at this time.

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Inflammation is not recognized as an official diagnoses - YET. That means internal inflammation is getting little or no attention in medical schools and medical literature. While some researchers are beginning to take a closer look at this root problem, most of the medical community continues turning a blind eye to the problem and it won't likely make it into the mainstream for a few more decades.

There are many misconceptions about the relationship between cholesterol and health. Are your afraid of having high cholesterol? Don't be. Do you throw away the egg yolks and only eat the whites? That's not helping your health. Are taking cholesterol lowering medicine or considering it? Read this first.

Uffe Ravnskov, MD, PhD, author of **The Cholesterol Myths: Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease**, may be the world's leading expert on the relationship between cholesterol and human health. Here are some facts from his book that everyone concerned about cholesterol should know:

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- **Cholesterol is NOT a deadly poison.** It's a substance you need to be healthy. High cholesterol itself does not cause heart disease.
- People who have low blood cholesterol have the same rates of heart disease as people who have high blood cholesterol.
- The cholesterol found in your blood comes from two sources: cholesterol in food that you eat and cholesterol that your liver makes from other nutrients.

The amount of cholesterol that your liver produces varies according to how much cholesterol you eat. If you eat a lot of cholesterol, your liver produces less. If you don't eat much cholesterol, your liver produces more. This is why a low cholesterol diet does not typically decrease a person's blood cholesterol by more than a few percent.

- Drugs that solely lower your cholesterol do not decrease your risk of dying from heart disease, nor do they increase your lifespan. **These drugs pose serious dangers to your health and likely decrease your lifespan.**

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- The newer cholesterol-lowering drugs - called statins - do reduce your risk of heart disease, but through mechanisms that are not related to lower blood cholesterol. And alarmingly, statins like Lipitor, Mevacor, Zocor, Pravachol, and Lescol are known to stimulate cancer in rodents. Much more about statins shortly.

About HDL and LDL

Facts about LDL and HDL that the vast majority of people are surprised to learn include:

- LDL stands for Low Density Lipoprotein and HDL stands for High Density Lipoprotein.
- LDL and HDL are **NOT** types of cholesterol.

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- LDL and HDL are lipoproteins that **transport cholesterol** through your blood circulatory system.
- LDL is often mistakenly thought of as being bad cholesterol because it carries cholesterol to your arteries.
- HDL is often mistakenly referred to as good cholesterol because it carries cholesterol away from your arteries (to your liver).
- LDL and HDL **carry the same cholesterol**.

It's How Foods are Processed – Not Cholesterol

Cholesterol that naturally occurs in animal meats and other food sources is not harmful to your health. However, it can become **harmful to your health when it is damaged by exposure to high levels of heat and/or harsh processing techniques**. High heat and harsh processing techniques are most common in processed foods and restaurants (restaurants cook at high heat to get food to your table fast and hot).

If you regularly consume **damaged cholesterol**

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and foods that are rich in free radicals, you likely have significant quantities of damaged cholesterol floating through your circulatory system.

And if you regularly have **damaged cholesterol** floating around in your blood, then a high LDL level (carries cholesterol to your arteries) correlates with a higher-than-average risk of developing cardiovascular disease, and a high HDL level (carries cholesterol away from your arteries to your liver) correlates with a lower-than-average risk of developing cardiovascular disease.

In other words, if you have significant amounts of damaged cholesterol in your blood circulation, you don't want a lot of LDL to be available to carry this cholesterol to your arteries, where the damaged cholesterol can contribute to atherosclerosis. But you want a lot of HDL available to shuttle damaged cholesterol away from your arteries.

Therefore, while it's true that a high HDL/total cholesterol ratio can reflect a lower risk of

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developing cardiovascular disease, what's most important when it comes to cholesterol and your health is to avoid eating foods that have been cooked at high temperatures, since these foods are typically rich in damaged cholesterol. As well as avoiding processed foods.

Your Cholesterol Should Be High

Not surprisingly, the guidelines promoting lower cholesterol are heavily driven by pharmaceutical companies earning billions of dollars with their cholesterol-lowering drugs. A blatant example from 2004 is when a panel of physicians lowered the 'safe' level of LDL cholesterol from 130 to 100, and further recommended that people at high risk of developing cardiovascular disease aim to lower their LDL levels to 70.

I'm sure you can guess why? This modification in the medical standard of practice converted an

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estimated eight million Americans to become instant candidates for cholesterol-related drug therapy. A wide cross section of the news media covered this changing medical standard without further research.

Only Newsday, reported that most of the physicians responsible for establishing the new recommendations had a conflict of interest. Almost all of them had received money – usually in the form of grants or honoraria – from at least ten drug companies. The National Cholesterol Educational Program, the source of the new medical treatment guidelines for cholesterol, failed to report these financial disclosures.

The truth is:

- It's best to have a blood cholesterol level of above 150 mg/dL (3.9 mmol/L). But if your blood cholesterol level is lower than this, so long as you are eating a nutrient-dense, protein/plant centered diet, and not suffering from any health challenges, there is likely no cause for concern.

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- Low cholesterol over the long term has side effects. It may lead to depression, increased risk of stroke, and multiple problems related to hormonal imbalances. If you are not getting enough vitamin D from your diet, having low cholesterol may lead to vitamin D deficiency, as sunlight creates vitamin D in your body by acting on cholesterol found in your skin.
- Ideally, your HDL/total cholesterol ratio should be above 25%. Generally, the higher this ratio, the better. If this ratio is 10-15 percent or lower, there is increased risk of eventually experiencing a heart attack.
- Ideally, it's best to have a triglyceride/HDL ratio of 2.0 or lower.
- If your HDL/total cholesterol and triglyceride/HDL ratios are in the ranges listed above, and you are eating mainly undamaged cholesterol, having a total cholesterol of more than 200 mg/dL (5.2 mmol/L) probably isn't a cause for worry. In fact, even people whose genetics cause them to have total cholesterol above 350 mg/dL (9.0 mmol/L) have been shown to have no

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elevated risk of heart disease as long as their ratios are fine and they stay away from eating damaged cholesterol.

Dangers of Statins

Why are so many people being prescribed and taking statin drugs when these are plainly harmful to the human body in many ways? Statin cholesterol-lowering drugs are widely touted as the best way to lower your cholesterol and thereby prevent a heart attack. These are recommended for people who have ‘high cholesterol’, those having heart disease, and even for some healthy people as a form of preventive medicine.

Statins are among the most widely prescribed drugs on the market, with more than 1 in 4 Americans over 45 taking them. This already inflated number is set to increase significantly due to draft recommendations issued in 2016 by the U.S. Preventive Services Task Force (USPSTF).

This federal advisory board recommended statin treatment for people between the ages of 40

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and 75 with a 10 percent or greater risk of heart problems in the next 10 years (based on the 2013 AHA-ACC online calculator) — even if they have **not** had a previous heart attack or stroke.

Statins don't work. Statin drugs work to lower cholesterol and as your levels fall, you may assume that is proof that you're getting healthier and lowering your risk of heart disease and heart attack. But that would be far from the truth.

There is far more that goes into your risk of heart disease than your cholesterol levels. Further, there is evidence showing that statins may actually make your heart health **worse** and only appear effective due to deception by statistics.

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One report published in the Expert Review of Clinical Pharmacology concluded that statin advocates used a statistical tool called relative risk reduction (RRR) to amplify statins' trivial beneficial effects.

If you look at **absolute risk**, statin drugs benefit just 1 percent of the population. This means that out of 100 people treated with the drugs, one person will have one less heart attack. This doesn't sound so impressive, so statin supporters use a different statistic called relative risk.

Just by using this statistical sleight of hand, statins suddenly become beneficial for 30 to 50 percent of the population. As the Statistics Department at George Mason University explains, "An important feature of relative risk is that **it tells you nothing about the actual risk**."

Statins interfere with healthy bodily functions. Statins rob your body of the coenzyme Q10 (CoQ10), which accounts for many of statin's devastating results. Although it

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was proposed to add a black box warning to statins stating this, the U.S. Food and Drug Administration (FDA) decided against it in 2014.

CoQ10 is used for energy production by every cell in your body, and is therefore vital for good health, high energy levels, longevity, and general quality of life. CoQ10's reduced form, ubiquinol, is a critical component of cellular respiration and production of adenosine triphosphate (ATP).

ATP is a coenzyme used as an energy carrier in every cell of your body. When you consider that your heart is the most energy-demanding organ in your body, you can surmise how potentially devastating it can be to deplete your body's main source of cellular energy.

So, while one of statins' claims to fame is warding off heart disease, you're actually **increasing your risk** when you deplete your body of CoQ10.

In March 2015, research published in *Expert Review of Clinical Pharmacology* revealed that in contrast to the current belief that cholesterol

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reduction with statins decreases atherosclerosis, the drugs may instead actually stimulate atherosclerosis and heart failure.

There were several physiological mechanisms discussed in the study that show how statin drugs may make your heart health worse. One being that they inhibit the synthesis of vitamin K2. Vitamin K2 protects your arteries from calcification. Without it, plaque levels worsen.

Vitamin K2's biological role is to help move calcium into the proper areas in your body, such as your bones and teeth. It also plays a role in removing calcium from areas where it

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shouldn't be, such as in your arteries and soft tissues.

A K2 deficiency can also lead to other unwanted health conditions including:

- Osteoporosis
- Heart attack and stroke
- Heart disease
- Brain disease
- Cancer
- Inappropriate calcification, from heel spurs to kidney stones

Statins inhibit ketone production. The way statins lower cholesterol is by inhibiting the enzyme in your liver that produces cholesterol (HMG coenzyme A reductase). More unfortunate, this is the same enzyme that produces not only CoQ10 but also ketones, which are crucial nutrients to feed your mitochondria (these act like a digestive system which takes in nutrients, breaks them down, and creates energy rich molecules for the cells). Ketones are indispensably important biological signaling molecules.

Ketones are produced in your liver (they're byproducts of the breakdown of fatty acids) and

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production increases during fasting. As noted in the journal *Trends in Endocrinology & Metabolism*:

> *"Ketone bodies are emerging as crucial regulators of metabolic health and longevity, via their ability to regulate HDAC (histone deacetylases) activity and thereby epigenetic gene regulation."*

Ketone bodies appear to inhibit HDAC function, which is implicated in the regulation of aging. Further, researchers noted:

"ketone bodies may link environmental cues such as diet to the regulation of aging."

This is not a bodily function that you want to turn off or turn down.

Statins Increase Risk of Serious Diseases

As a result of statins depleting your body of CoQ10, inhibiting synthesis of vitamin K2, and reducing the production of ketone bodies, statins increase your risk of other serious diseases. This includes:

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- **Cancer** – studies have found that extended use of statins significantly increase the chance of prostate cancer. In women taking statins for 10 years or more, the risk of breast cancer increased two-fold.
- **Diabetes** - statins have also been shown to increase your risk of diabetes via a number of different mechanisms. The most important one is that they increase insulin resistance, which can be extremely harmful to your health. Secondly, statins increase your diabetes risk by raising your blood sugar. Statins work by preventing your liver from making cholesterol.

  As a result, your liver returns sugar to your bloodstream,which raises your blood sugar levels. Statins also rob your body of certain valuable nutrients, which can also impact your blood sugar levels. Two nutrients in particular, vitamin D and CoQ10, are both needed to maintain ideal blood glucose levels.

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- **Cholesterol is also essential for your brain**. Your brain contains about 25 percent of the cholesterol in your body. It is critical for synapse formation, e.g. the connections between your neurons, which allow you to think, learn new things, and form memories. It's not surprising that memory loss is widely reported in association with statin use.

  Further, ketone bodies are used as fuel by your brain, and these have demonstrated the capacity to protect against neuronal disease, seizures, and age-related brain diseases, such as Alzheimer's, Huntington's, and Parkinson's.

- Statin users are **more likely to suffer from musculoskeletal conditions, injuries, and pain than non-users**.

  Significantly more patients taking statins have been found to develop cataracts compared to those not taking the medication.

Everything considered, do you really want to take statins that reduce cholesterol (which

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should be high) but have shown no useful affect at reducing heart disease and heart attacks? **Please reconsider.**

Old Fashion Heart Disease Treatments

Heart disease is sometimes called the "quintessential disease of civilization" because it was rare before 1900, and it remains much less common in pre-industrialized populations. In contrast, by the middle of the last century, coronary heart disease became **the nation's biggest killer**. Today all forms of cardiovascular diseases — including conditions of the heart and blood vessels like angina, congestive heart failure and stroke — are still the leading causes of death in many Western nations. Combined, all cardiovascular diseases kill more than one million Americans a year — men and women pretty much equally.

Don't you find it peculiar that after 65 plus years fighting the number one killer with 'modern miracle drugs' that it remains the number one killer? Just maybe, these drugs are the wrong approach – **Do You Think?**

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What's Really Causing Heart Disease and Heart Attacks

Calcium, cholesterol particles, and fatty acids accumulate on arterial walls and form a swelling called an atheroma. Atheroma are capable of bursting, causing blood clots, and leading to heart attacks or strokes. In populations that eat an **unprocessed** diet, far less inflammation-caused arteriosclerosis and heart disease is present.

Adjusting your diet, reducing stress levels, and regularly exercising are fundamental to controlling inflammation and therefore naturally treating and preventing coronary heart disease. Many people are able to prevent coronary heart disease (CHD) and recover from it naturally by maintaining a healthy lifestyle: changing their diet, stopping smoking, getting

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good sleep, and adding in supplements on top of some other things we'll discuss later.

When most people think of foods that increase chances of heart disease, fatty cuts of meat and fried food probably come to mind. For many years, the public was led to believe that cholesterol-rich foods and saturated fats of all kinds increased the risk for developing coronary heart disease. 'The cholesterol hypothesis,' as it's called, rested on the assumption that saturated fats raise cholesterol and that cholesterol clogs arteries.

However, a number of researchers today have demonstrated that this is not necessarily true and that while this theory has been widely accepted it has never been proven. Cholesterol is actually an essential component of healthy

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cells and organisms, and we all need to maintain a certain level to thrive.

According to a 2009 study published in the *International Journal of Clinical Practice*, it is now acknowledged that the original studies purporting to show a linear relation between cholesterol intake and coronary heart disease(CHD) may have contained fundamental study design flaws, including merged cholesterol and saturated fat consumption rates and inaccurately assessed actual dietary intake of fats by study subjects.

In the majority of people, the real cause of heart disease is internal inflammation. Foods that promote inflammation include:

- Corn and soybean oils
- Pasteurized, conventional dairy
- Refined carbohydrates
- Conventional meat
- Sugars of all kinds
- Trans fats

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In years gone by, skeptics of the cholesterol theory weren't exactly embraced by the medical community or the public. It was a hard sell telling people that they didn't need to worry about eating things like high-quality butter, beef, and eggs anymore. But it's becoming more accepted that these types of foods are not harmful for most people and are usually actually beneficial. For the general population, cholesterol screening tests can actually be misleading or even harmful, as they're now considered unlikely to reduce mortality risk.

Going Forward With a Healthy Heart

When it comes to saturated fats raising cholesterol, the topic needs some explaining. Saturated fat does in fact raise cholesterol but not in what's considered an unhealthy or unsafe way for most people. Certain saturated fats, when compared with polyunsaturated fats, do usually raise total cholesterol levels in most people, but we now know that total cholesterol is a poor predictor of heart disease in general.

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In fact, saturated fats raise HDL cholesterol, which is known as the ‘good cholesterol’, while polyunsaturated fats lower this type — **low cholesterol is almost certainly even worse than high**!

Despite the existing evidence that eating cholesterol isn’t the cause of heart disease, most government-funded health organizations, including the National Heart, Lung, and Blood Institute, still recommend limiting saturated fats. Going forward, we can expect guidelines like this to be updated to reflect the most recent study findings. Over the last decade, many other countries and health promotion groups have already modified their dietary recommendations to reflect the current evidence.

Radiation Cancer Therapy Today

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Another medical issue that we've been misguided about. Radiation uses waves of energy, such as light or heat. The form of radiation used in cancer therapy is ionizing radiation - a high-energy form of radiation. Scientists named it ionizing radiation because it has enough energy to remove electrons from atoms, thus forming ions.

Exactly how radiation works as a treatment for cancer is complex and still being researched. One undisputable fact is that the technique is complex. It breaks up the DNA of cancer cells in such a way as to disrupt their growth, division, and even kill them.

There are two types of radiation therapy:

- **External beam radiation therapy** - the beam of radiation is focused by an external machine onto the treatment area.
- **Internal radiation therapy** (such as brachytherapy) – an internal radioactive substance is placed in or close to the cancerous tissue.

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Brachytherapy is a recent development and is used in prostate cancer treatment as well as has other applications. Brachytherapy is a form of internal radiation therapy. It involves introducing low-energy radioactive metal that has a short range. This means it exerts its effects in a localized area to disrupt nearby cancer cells.

Highly radioactive material can be temporarily placed in or near the tissue - held in a tube for example, and then removed. Or less radioactive brachytherapy seeds can be left in place permanently with the radioactivity gradually dropping off. Between these two types of brachytherapy, there are also radioactive wires that may be left in place for a number of days.

As a newer cancer treatment, many of the risks remain unknown. Depending on the dose, or number of seeds, brachytherapy can cause a person to become mildly radioactive and some precaution may need to be exercised. With pregnant women, safety is all about distance.

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Pregnant women can be in the company of a man with an actively seeded-prostate at a distance of three feet without any danger. But pregnant women shouldn't sit next to, hug, or be intimate with a patient undergoing brachytherapy.

Additionally, it can be dangerous for prostate seed implantees to hold children on their laps. Because children under age 18 are particularly at risk for radiation-related problems, it is best to limit time with children to one hour per day at a three feet distance during active treatment. After a month of treatment, the one-hour time limit can be reduced but everyone should still abide by the three-feet rule while the seeds are active. Additionally, some men undergoing brachytherapy may be asked to avoid sex for the first 2 to 4 weeks of treatment.

For men undergoing brachytherapy, the side effects of are very similar to those of external beam radiation and include irritation to the bladder, irritation of the rectum resulting in

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more frequent urination, more frequent bowel movements, tiredness and long-term side effects including difficultly with erections. Additionally, based on such factors as your age and the age of your partner, for a period of time you may be asked to avoid embracing your partner from the back in the "spooning" position through the night.

Examples of acute or immediate side effects include:

- Local swelling.
- Local bruising.
- Semen may be discolored and in rare cases may contain expelled pellets. Patients are therefore advised to use barrier contraception during sexual intercourse.

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- Bleeding.
- Pain and discomfort at the site of the implant.
- General feeling of fatigue.

Some side effects occur within days or weeks of your treatment and others may not happen for six or more months after your treatment. Over time, you may notice that you are not having as many erections as you used to. This is because the radiation from the seeds can harm the nerves near your prostate that help you have erections. This may or may not get better over time and happens to about half of the men who have brachytherapy.

Other General Cancer Treatment Risks

Of course, men are diagnosed with other types of cancer that come with other treatments and risks. This book does not cover all or many of the other types of cancer. Wisely, you should research information, treatment, and side effects specific to any other cancers or health conditions you suffer from. What follows here is

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only some general information about other cancer treatments and risks.

All drugs used to treat cancer cause side effects. The side effects of each drug vary for different people though. Some people find that they only get very mild side effects. You may get 1, 2, or more side effects from a particular drug. It is not possible to say beforehand whether you will have a particular side effect, when the effect will start or stop, or how bad it will be for you. These issues depend on many factors including:

- Which drugs you are taking.
- How long you have been taking the drugs.
- Your general health.
- The dose amount.
- The way you take the drug (for example, as a tablet or injection).
- Other drugs or cancer treatments that you are taking.
- Some side effects are serious medical

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conditions of themselves that need to be treated.

- ❖ Many side effects are inconvenient or upsetting but are not harmful to your health.

The bottom line is that cancers are being over treated at great risk to patients from side effects. This section of the book is far short of covering cancers in any in-depth way. Prostate cancer statistics, treatments, and side effects were given plenty of attention. General cancer treatment side effects were also brought into your view.

A primary point of understanding that you should be developing is that modern medicine is not a cure-all. In fact, it brings on more problems than it actually solves. Most of the side effects may not be life threatening but you certainly want to closely consider quality of life

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issues before submitting your body to most of these treatments and medicines.

Diabetes is Naturally Treatable

If diabetes is a problem that you have, you are almost certainly frustrated and scared about what you have been told. Yes, it can cause ED, heart disease, strokes, blindness, amputations, and many other horrible side effects this horrible disease is known to bring on.

First, here are some facts that seem kind of dramatic, yet you absolutely need to hear them because these reveal more about why you need to cure your diabetes than anything I know.

Diabetes is a plague. Here's some 2014 data from the Center for Disease Control:

- 29.1 million people or 9.3% of the population have diabetes.
- 21.0 million have been diagnosed.
- 8.1 million people (27.8%) with diabetes are undiagnosed.

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❖ 86 million people have pre-diabetes (9 out of 10 don't know this about themselves).

That's just in America. It's getting worse all over the world with the spread of **SAD - the Standard American Diet**.

The scariest part is it's totally preventable, reversible, and curable. Here's the good news. You can be cured of diabetes and the root causes naturally using home remedies.

You might be the victim of a lot of misinformation. If you are frustrated with your diabetes diagnosis, if you're tired of sticking yourself with needles, if you're tired of taking expensive and dangerous drugs, if you're sick to death of eating, bland, tasteless and boring food all while seeing no results, you're going to want to hear what I have to say.

What you need is a natural remedy without taking insulin, sticking yourself with needles, and definitely without ever having to take even

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more dangerous medications that destroy your body's natural healing response system.

Here are a few basic rules that you'll need to start following to bring your blood sugars down towards the normal range.

- Begin by eliminating foods containing artificial and some simple sugars from your diet. This doesn't just mean eliminating artificially sweetened candies and soda pops. It includes many starchy foods like breads, pastas, and most grains. There are a few starches you'll be able to occasionally eat.

- Lower your total carbohydrate intake to an amount that works with your injected insulin or your body's remaining phase 2 insulin output, if there is any. This would be a carbohydrate level that doesn't cause your blood sugars to rise above the narrow range of 75 – 90 mg/dl. This is to prevent overworking any functioning beta cells in your pancreas.

- Stop eating when you no longer feel hungry.

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There's no reason to clean your plate or eat until you're stuffed. Most diabetics need to lose weight.

- Keep the amount of food you eat consistent from one day to the next. This includes the fats and proteins if you are already eating a reduced carbohydrate diet. This is important for diabetics taking injections or blood sugar reducing medicines. Under eating can result in severe hypoglycemia.

I'm not going into all of the hassles and dangers that come from medical diabetes treatments. You probably know as well anyone that it starts with pills that typically stop working at some point and then progresses to insulin injections. None of it is fun and none is healthy for you.

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You only need to focus on three things. First, you absolutely need to know about the one thing you must avoid if you want to cure your diabetes. Actually, this is not really going to surprise you. Improve your diet to eliminate foods high in artificial sweeteners. Avoid artificial sweeteners, breads, and most white stuff (bleached food). You don't have to go crazy. Just cut out the obvious stuff like artificially sweetened ice cream and diet soda. Just doing this one tip will help you begin to lower your blood sugar quickly and easily. The good carbs that you want include: potatoes, yams, honey, organge juice and other natural sugars

This definitely is not a big pharma approach that can harm your body forever.

The ‘low insulin’ theory is not right at all.

It’s all about safe and fewer starches, smaller amounts of GOOD fats, and moderate protein, while avoiding food toxins. You do NOT have to go ultra low carb to cure diabetes type 2.

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Here is a summary:

1. Go moderate carb but not ULTRA low carb — safe starches allowed in moderation are white rice, yams, sweet potatoes, carrots, turnips, and beets (again, all in moderation).

   Less fat — safe fats - grass fed butter, coconut oil, fat from lamb and from beef. Good fats = saturated fat from grass fed animals and coconut oil and olive oil (moderation), and wild fish (not fish oil except to start with, too much causes cancer), — a can of sardines a day is outstanding for a few months to build up omega 3 in the body, then a few times a week.

   Bad fats = ALL seed oils and PUFAs (much more on this to come), which can CAUSE diabetes on their own!

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2. Moderate chicken — once a week or less, it contains high amounts of omega 6.
3. Avoid ALL seed oils (corn, soy, safflower). Olive oil in moderation (it has moderate omega 6, not high but not terribly low).
4. Avoid food toxins —'fake foods' or processed foods, grains (except white rice), beans (especially soy products), all sugar substitutes except Stevia (and that very sparingly, best to have NONE).
5. Moderate protein — not TOO much, no HUGE steaks (deck of playing cards sized portions). Too much protein triggers a metabolic equivalent of too many carbs, AND activates the mTOR pathway that increases chances of getting cancer, inflammation, etc.
6. Gentle and healthy cooking is — steaming or boiling, as opposed to high temperature sautéing and roasting. These are okay occasionally but not all the time (one of the big reasons restaurant food is bad for you is the high heat the chefs use to cook the food more quickly).

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As a general rule, one gram of carbohydrate will raise your blood sugar 5 mg/dl. That's for adults. For children it will go up considerably more.

You need to become good at reading and interpreting ingredient labels on foods. U.S. food laws allow manufacturers to substitute any number of other sugars for sucrose and call the product sugar free. It's important to note that sucrose is okay when it's combined with fructose – commonly known as glucose (this is a balanced sugar). What follows is only a partial list of sugars to watch for because manufacturers are constantly coming up with new ways to sweeten food.

- carob
- saccharose
- corn syrup
- lactose
- sorbitol
- dextrin
- levulose
- sorghum
- maltodextrin
- treacle
- dulcitol
- maltose

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- turbinado
- glucose
- fructose
- mannose
- mannitol
- xylose
- xylitol

Natural sugars don't usually increase your blood sugar levels. These are mostly fine to consume even for diabetics. Of course, always monitor your sugar levels and consult with your doctor. Natural sugars include:

- Honey
- Maple syrup
- Fructose
- Glucose
- Dextrose (same as glucose)
- Molasses

Remember, almost all artificial sweeteners out there are bad for a diabetic to eat. The one exception is Stevia when eaten with **strict moderation**. Most Stevia powder is combined with the sugar maltodextrin. A few brands are available as pure Stevia. You want to stay with pure Stevia.

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There are a few sweet food products that really are sugar free but very few and **most contain toxins that are bad for you** and your diabetes. Sugar free sodas are a big problem for diabetics. For the most part, all contain artificial sweeteners have toxins.

You can use the list of sugars above to check ingredient lists. However, food manufacturers are constantly coming up with new artificial ingredients and previously unused sources of sugar - meaning that list will soon be out of date. The basic solution is to be very skeptical and avoid anything marketed as 'artificially sweetened' or even 'sugar free'.

Sugar free Jell-O brand ready to eat gelatin is sugar free but not the powered version. And DaVinci brand sugar free syrups will work. There

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are new products coming on the market constantly and I'm sure you'll find others to satisfy your sweet tooth without causing your blood sugars to get out of control.

Most diabetics are able to eat a normal diet that includes natural sugars as long as they are eating a healthy diet of wholesome and natural foods. It’s the same diet as you eat to eliminate internal inflammation. The big thing is avoiding processed foods, which includes avoiding artificial sweeteners.

When you consume sugar, most of the time you’re also consuming donuts, or cakes, or cookies, and these all contain large amounts of PUFAs, polyunsaturated fatty acids, such as vegetable oil, canola oil, soybean oil, and so food products.

If you consume a lot of natural sugar through say ripe fruit, good quality fruit juice, honey, etc., then this study does show indeed that you have nothing to worry about regarding weight gain. Source: Effect of Fructose on Body Weight in Controlled Feeding Trials: A Systematic

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Review and Meta-analysis
http://annals.org/article.aspx?articleid=1132642

Diabetes and Erectile Dysfunction

Erectile Dysfunction is often a serious problem for men with diabetes. It's estimated that about 75% of men with diabetes will have a problem with ED at some point in their lives. Men with diabetes tend to develop ED problems about 10 to 15 years younger than nondiabetics (both situations can be overcome). Above the age of 50, between 50% and 60% of men develop problems with diabetes. Above the age of 70, the percentage skyrockets to 95%.

The good news is that ED caused by diabetes is one of the most treatable symptoms of diabetes. In this book, we look at ways for you to regain your sexual health and control your diabetes.

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ED is not just occasionally being unable to achieve and maintain an erection sufficient for intercourse. That happens to every man and is typically caused by fatigue, illness, alcohol, drug use, or stress. It's not fun but it does happen.

ED means frequently or never being able to achieve an erection sufficient for intercourse. Men with diabetes often also have a lower sex drive brought on by low testosterone levels, other hormone imbalances, and/or depression.

Just because type 2 diabetes and ED have a common association with age doesn't mean either or both are brought on by age. A man of any age that is mentally and physically healthy should be able to have an erection. Age has nothing to do with it.

Here is how diabetes can bring on ED. Obtaining and maintaining an erection is a relatively complicated physiological process requiring the coordination of nerves, blood vessels, hormones, and psyche. When any one of these is out of tune, ED can set in. Diabetes can

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affect any one or all of these physiological and mental processes. Depression brought on by the diagnoses of diabetes can affect the psychological ability to obtain an erection. Diabetes is well known for damaging blood vessels and nerves.

A proper diet has been shown to reverse much of the diabetes damage already done. Don’t panic yet. We will get to much more natural and healthy solutions before this book is over.

But first consider…

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ED Treatments That DO and DON'T Work

Fallacies of ED Medical Treatments

Erectile dysfunction brings on many problems both in the bedroom and outside of it. My definition of ED includes the obvious not being able to get hard at the appropriate time. And it goes on to include going soft while having sex of all types. As well as premature ejaculation. Finally, when you pump and pump away without being able to come is another sign of erectile dysfunction.

It's natural to have a hard on most of the night. It's also natural to wake up with one in the morning. If you don't most of the time, you almost certainly suffer from ED.

Regaining morning wood is also the first indication that you are recovering from ED.

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Another indication that you're suffering from ED includes when your penis isn't as sensitive as it used to be. You should become semi-hard when you kiss her or even when only thinking about her.

Other ED Indicators. Do you still find sex to be the most pleasurable sensation you can obtain? You should at any age. Age doesn't have anything to do with having an active and fulfilling sex life. Often, ED is a combination of more than one of the symptoms listed above. They often come in phases with the result not being able to get hard when you want to or at any time.

The root causes of almost all sexual dysfunction is either low testosterone levels (caused by bad diet/internal inflammation) in men or it's desensitization of Dr. Willey (your penis). What's even more shocking is that all of the crap you're being told to treat sexual dysfunction with is almost certainly doing you more harm than good.

All of those expensive little pills, the penis pumps, the gels, and the injections are doing

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more harm than good. They work for a short time and then they stop working all together. Those are NOT your answers to enjoying sex every day for the rest of your life.

And then there is surgery. Do you really want a doctor to cut open and try fixing that appendage of your body? Ouch… NOT ME!

You're Not A Cowboy

It's a studied and known fact that today men have much lower testosterone levels than men of a generation or two ago. Today, few men ride the range herding cattle or hunting for their daily food. Most men work comfortably inside air-conditioned buildings and avoid the harshness of mother nature. When they get off work, they plop down in an easy chair, pop open a beer, and spend the evening in front of the TV.

Some of the theories of why men are less manly today include the modern economy, television, video games, and feminism. The fact is that testosterone levels in today's men are much lower than they were in generations gone by. Some believe (not me) that T levels drop

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naturally as men age. If that were true, how can you explain why young men in their 20s now have about half the testosterone of young men from a few generations ago?

One of the biggest causes of the significant testosterone drops in most men is the dramatic increase in estrogen men are exposed to. Estrogen is the dominate sexual hormone in women. Men have it also but it should be at much lower levels.

Chemically, estrogen cancels out and blocks the desired effects of testosterone in the male body (decreases sex drive and performance). When you reduce the estrogen in your body, the effects of your naturally occurring testosterone will increase and you'll be one step closer to enjoying sex every day for the rest of your life. Personally, I plan to still be having sex well into my 90s and beyond.

Again, it's the ultra modern lifestyle that is introducing all of the estrogens into your body. It comes from many of the household products that you use every day including smearing them on your skin and consuming them when you eat.

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Household products our forefathers never came in contact with.

There are other causes to lower testosterone levels in today's man and most are also related to the modern lifestyle that can be naturally reversed so that you will enjoy sex every day for the rest of your life.

Why You Don't Want the Big Pharma Solutions

I'm not interested in the big pharmaceutical strong medicine solutions, so I'm not sure how much profits they make selling their gels, and pills, and injections. I'm sure it's way up in the billions and they aren't going to stop pushing their high risk/limited results solutions anytime soon.

Testosterone Replacement Therapy (TRT) is

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fraught with health risks not only to the man taking it but to anyone he physically comes in contact with when using the gel version. Besides the gel version, there are several other versions including injections and pills. **None of them is without serious side effects.**

All of the side effects (especially long term side effects) are not yet known but here is a partial list of what is known:

- Increases your risk of heart attack.
- Sleep apnea.
- Acne.
- Male breast enlargement.
- Benign growths in the prostrate or increases growth of existing cancer in the prostrate.
- Lower sperm production and/or testicle shrinkage.
- Increased risk of deep vein clotting.
- Swelling of appendages.
- Difficulty urinating and weak urine flow.
- Frequent urination and an urgent need to urinate.

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- ❖ Waking at night with a need to urinate.
- ❖ Nausea.
- ❖ Vomiting.
- ❖ Yellow or darkened skin.

If a woman or child comes into contact with testosterone gels, it can cause serious side effects in them, including unwanted hair growth and premature puberty.

Now, let's move on to the cause of another modern phenomenon that has destroyed the sex lives of many men – **desensitization…**

Desensitization Has Many Causes

Desensitization results in Dr. Willey either not performing or not enjoying the performance. The opposite of erectile dysfunction is getting hard but never coming or having an orgasm. Both result in sexual frustration and drastically take away from the quality of your sex life.

Do you view porn regularly? Or masturbate too often? Or masturbate to porn on a daily basis? Or use a death grip when masturbating? Those are all part of our modern society that causes

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sexual desensitization.

Today's porn is very different from when Marilyn Monroe first appeared in Playboy Magazine as "Sweetheart of the Month" in December of 1953. Porn today is in our everyday life. What you view online is now known as hard core porn. It's a major cause of desensitization. Hard core porn is a far thing from healthy sex. It's about actresses and actors preparing for a scene. There's a director in the background giving instructions to do the scene over again so that it can be filmed from a different angle. This is not natural sex. When you become re-sensitized, you'll again enjoy the pleasures your woman can give you.

Old fashioned porn has become mainstream. At one time it was censured but long ago advertising executives learned that "sex sells" and they have been pushing the boundaries ever since. It appears every few minutes in TV

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commercials and constantly in TV shows. It's bigger than life on roadside billboards that today show digital images. All of this sexual exposure creates an unrealistic expectation for your sexual psychic and results in desensitizing you sexually because you're exposed to it way too often.

You Can Overcome Desensitization

Desensitization is a physiological problem. Yes, it is in your head but it's not a psychological problem. It's about the hormones and chemicals in your head. The desensitization practices release too much dopamine into your head when it's over exposed to sexual stimulation. What you want is to have more oxytocin in your brain. Making this change requires a change in your behavior. The good news is there is an all-natural process that is much safer than the strong medicines pushed by the drug companies that can treat some of the symptoms but in no way offer a real cure.

Doctors, counselors, therapists, and other professions just don't get it. They will tell you that it's a mental issue in your head. One of their favorites is telling you that it is caused by

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stress. Another common one is anxiety. Yes, these can contribute to desensitization but they are not the main causes. In fact, erectile dysfunction and other desensitization symptoms can bring on the problems of stress, anxiety, and depression. When you correct the root cause, these other symptoms become less or go away.

Viagra wasn't even intended as a sex drug. The drug companies were researching a heart medication when they discovered the drug Viagra's ability to give some men erections. They had also been researching other drugs that could help with men's sexual problems. That research mostly stopped when they came up with Viagra. The research that continued mostly focused on Viagra type drugs. Nothing is going on around the subject of desensitization.

Doctors are trained to evaluate symptoms and prescribe medications to relieve the symptoms. They don't have any training regarding what I am teaching about desensitization. In fact, I have doctors that are students of these techniques because they also suffer from desensitization themselves and can't cure

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themselves.

A doctors' other option is performing surgery. They either prescribe a pill or cut something out. What they don't do is recommend lifestyle changes that can make you healthy. In days gone by, doctors didn't have all the medications they have today and they didn't have the surgery techniques that are now available. They had to take a closer look at people's lifestyles to try to find a change that would make the man better. They were more likely to get down to the root cause.

Something else that comes from desensitization is premature ejaculation. What really causes PE is the same as what causes ED today – it's desensitization. I found that often when a guy I work with fixes ED, he comes really fast for a short time. It's the other side of the coin…

Fortunately, premature ejaculation is a

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temporary condition. And guys with PE problems who follow the Cook solution find they start lasting **a really long time** (30 minutes or more), and **have incredible sensation and pleasure**. The PE disappears forever, never to happen again. You'll soon be enjoying long lasting and highly pleasurable sex for the rest of your life.

One last reminder of what you may be struggling with but can easily overcome:

The Four ED Indicators Are*:*

- ❖ Trouble getting hard.
- ❖ Going soft during sex.
- ❖ Premature ejaculation.
- ❖ Delayed ejaculation.

Next, I want to share with you some ED myths and natural recovery…

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What a Natural ED Solution Does For You and Her

This is for guys looking for a natural solution to erectile dysfunction or even occasional ED that doesn't involve dangerous, expensive, and physically addictive drugs like Viagra, Cialis or painful testosterone shots, gels, vacuum pumps, etc.

I spent years researching every medical and alternative treatment for ED you can think of and I was almost ready to toss in the towel.

For the longest time, all I found is that Big Pharma drugs and severe medical treatments are not the answer you or I are looking for.

You should know that I do not sell herbs,

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potions, drugs or supplements of any kind. I am just going to tell you why you want to first try a natural brew instead of poisonous chemical medications.

Do Yourself and Your Manhood a Favor

You should first be warned that what I'll be sharing with you goes against almost everything you've ever heard about ED. Now, you may be thinking that ED is a mental thing, or an age related problem, or maybe that you don't even have ED because you only occasionally lose your erections. Perhaps you suffer from soft or incomplete erections. You know the kind, those woodies that create many awkward ‘cram it in any way you can’ moments and that leave you humiliated as you watch the disappointment wash over your lover's face.

Maybe you’re suffering from temporary erections that wither away within a few seconds of engaging in sex. Those are worse than not getting it up at all. It's like giving your lover a present and then taking it away before she can open the box. Believe me, women remember those disappointments longer than you think.

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Then there's what I call ‘sensation-less sex’. That's when you can get it up for a brief shot but the sensation and pleasure you feel is a fraction of what it used to feel like. Sensitivity is very important to you. **So take special note because you may not even realize that your penile sensation has all but vanished.**

Think back to when you were a teenager. Those times when you were sitting in math class or history class and the mere thought of seeing that cute blonde in her cheerleader outfit made you sprout wood. Usually, right before your teacher asked you to come to the front of the room and solve some equation or present your homework. Now, that’s embarrassing, right? I remember having to hide more than one untimely erection and if you're honest with yourself, you long for those days. And I bet you could barely keep yourself from releasing too quickly when you did have sex. All of this is due to your member's sensitive nerves being on red alert. Keep reading, as I am going to reveal to you how you can get that sensitivity back.

Now, something tells me that today you don't often (if ever) wake up with that infamous

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‘morning wood’ like you used to, either.

Does any of this sound familiar to you? As you'll soon see these are early warning signs. Even if these terrifying events have only happened to you just a few times, the reality is very clear. You are caught in the throes of early or mid-stage erectile dysfunction. This condition often leads to full blown ED. Leaving you in a permanent and irreversible state of what's called ‘Penile Tissue Decay’ or PTD (penis shrinkage). In fact, unless you handle your ED right now you can lose up to one inch off your member every year.

-Or-

You could be forced to resort to painful risky surgeries where they slice open you penis from the base to the head and then peel the head flap open, scrape out the delicate, sensitive, spongy erectile tissue and replace it all with a balloon. This balloon is manually inflated by vigorously and repeatedly squeezing a third "testicle" sewn into your scrotum sending you into an early sexual grave. I know scary stuff!

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If this continues, the worst thing that can happen to a man will happen to you. You will stop wanting to have sex. Even now, your drive to have sex is probably on its way downhill and eventually you'll lose all of your sexual motivation. When that happens, your brain signals your body that it's time to die.

Literally. Your body will start burning muscle tissue, storing more fat, and losing more hair. The reason is simple. Sex is the signal to your brain that you are a hunter. A warrior. A true man. When you no longer want sex, your body is programmed to shut down all of your vital systems. Now, if that was all your ED was doing to you that would be a really good reason to panic. But that’s not all that happens.

What Your ED Does to Your Woman

Throughout my years of diving into this subject,

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I found out that the problem is a lot worse than you think. In fact, it isn't just a male problem. Women suffer from ED as well. Not in the physical way that we do, mind you, but in the emotional and sexual sense.

If you think that you can coast along and just assume that your woman will stand by your side, think again. Women feel shame and embarrassment when their lovers can't keep an erection and they blame themselves. No matter what they may be telling you or how much you tell them it's not their fault. She blames herself.

Think about it, if a woman said she wanted to have sex with you, said she loved you, said she thought you were attractive, and desirable but then her body betrayed her by literally shutting down sexually what would you believe?

Single Men With ED

Now, what if you're single? Well then, I bet you're terrified of that first sexual encounter with the next girl that you're going to meet that's bound to happen sometime very soon. The anxiety you must feel knowing there is a massive chance that your member will just sag

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in her hands or go totally limp and shrink after only a few minutes of sexual contact is enough to overwhelm the strongest guy in the world.

Over 72% of single men over the age of 45 report a ‘high degree of sexual anxiety’ when it comes to their first time with a new partner. When he can’t get it up, it leads to humiliation, rejection by his partner, and greater social isolation. Without going into the bedroom knowing you can perform on command, you are setting yourself up for a vicious cycle of disappointment and embarrassment. But it doesn't have to happen. Starting today, you can return to the time when a strong breeze would give you a rise in your jeans, when you could perform at a moment's notice. Often going for hours and multiple times in a row.

I believe that's the right of every man at any age!

Let's address the problem head on before things get out of hand.

ED Myths

During my years of ED and searching for natural

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ways to reverse it, I discovered three really common myths that most men believe when it comes to getting and keeping firm erections. I want to save you months and perhaps even years of frustration as well, and you know what, a hell of a lot of money too by exposing these myths and lies, right now.

The first myth is one that I heard all my life and you've probably heard as well. "It's all in your head." Well, guess what? It's all in your penis. That myth got started because men reported feeling anxious during sex and later the cart got put before the horse. Anxiety became the reason for soft or nonexistent erections. **In reality, poor erections are the reason for the anxiety.** Just think about it. When you were a teenager, did you feel anxious before sex? If you're honest

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with yourself, you certainly did, yet you got hard enough to drive a nail through a 4x4 didn't you? It's not in your head, at least not the head on your shoulders. You have a physical problem and we're going to solve that problem shortly.

The second myth is a rather costly one. One that can break you financially as well as ruin your health. "Little blue pills are the answer." No, they are not. In fact, these are a big part of the problem. While you could spend hundreds and easily thousands of dollars on drugs like Viagra or Cialis to work temporarily to give you an erection, they do nothing whatsoever to address the cause of ED. Not only do these not work at all for many men, worse, these drugs can actually destroy your health. Blurred vision, increased risk of stroke, blindness, and more. My doctor even warned me that I could be at risk for early heart disease, diabetes, and lose of penile sensitivity. Even when these drugs do work, it’s almost always only temporary. After a few months and side effects, they stop working. Now, I have a solution that works just as well without a single side effect and that addresses

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the causes of ED directly. If only more men knew how dangerous those drugs really are.

Onto the third really big fat lie. A myth that's become a billion dollar industry over the past decade. ‘Testosterone injections will fix your problem.’ At first, this seems like common sense. After all, testosterone is the male sex hormone and for those not staying healthy it does decline with age. However, what Big Pharma is not telling you is that testosterone injections do not fix the problem of ED. These injections raise your libido but do nothing to increase blood flow to your penis. In fact, **synthetic testosterone reduces blood flow by creating thicker blood**. The thicker your blood, the worse your circulation becomes and circulation is absolutely the key to rock solid erections on demand, so avoid anything that impairs it.

There are some natural alternatives that do not thicken the blood and you’ll learn more about those a little later.

Penis Sensitivity Makes You Both Feel Good

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Blood flow is one answer but it's not the only answer and there's actually something worse that's happening to your penis. Something hardly anyone ever talks about. Something at the very root of every case of ED. Your penis has lost its sensitivity. You see, your erection is triggered by the nerves at the tip that run up and down the shaft. Thanks in part to aggressive masturbation such as using too tight of a grip, not using proper lubrication, masturbating too frequently or prolonged sitting, you start losing sensitivity in your penis at an alarming rate.

Once these nerves start to die off, every time you masturbate or have sex, the skin on your member starts to thicken. This creates the ideal environment for ED to set in. This fact cannot be overstated. The loss of penile sensitivity is probably the number one cause of

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erectile dysfunction.

The goal of this book and my other courses is helping you restore the sensitivity in your member and revive those dying nerves before they lose all life. Once sensitivity is restored, sexual pleasure explodes and your chambers can get more fully engorged leaving you rock hard at the drop of a hat. The question is, how do you restore your penile sensitivity and increase the natural flow of blood to your member?

I've seen many men with full blown ED regain their sexual drive as they watched their withering member reawaken to its younger, harder, fuller self. Or you may be like many men and simply want to have more confidence in your ability to get and keep an erection for as long as it takes to really thrill your wife or lover. Whatever your need happens to be, I am more than confident that it can be accomplished naturally without modern medicines and all of the side effects they bring.

Every ingredient you need is available online or at many health food stores. Imagine the frustration you'll avoid and the look on your

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lover’s face the first time you sprout the largest and hardest erection you've had in decades.

That’s an old age you can excitedly look forward to.

She'll quickly forget all about your past ED problems after the first few times you take her to these exciting new pleasure places. You’ll increase your penile sensitivity multiple times over in a few short days.

By staying with these proven formulas, you’ll radically increase your penile sensitivity and eradicate your ED for good. However, you’ll also discovered several simple solo exercises that you can do by yourself to make this process even faster. Trust me, you'll totally enjoy the journey.

Of course, it’s not only about you. Try a few positions having the unique ability of forcing her to orgasm 2 to 5 times faster. Believe you me when I say, she has no idea what's about to happen to her tonight. Let's just hope you don't mind a little bit of positive gossip.

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I've never cheated on my wife but since practicing these sexual secrets women have thrown themselves at me. At first, this really puzzled me because I've never had that happen before. I quickly found out that when a man is having frequent sex he releases a very powerful sexual pheromone that attracts women like a magnet. I've had to learn how to resist temptation. Otherwise, my marriage would have been doomed. How you deal with it is your business.

Some men are rather shocked when they again become hard at the simple thought of having sex. No touching or foreplay required. Go as long as you desire. Go strong during a few all-nighters. You may not have them all the time but you'll have the tool and the ammo if you really want to wear her out. Explode with higher volume orgasms. The more sensitive your penile shaft becomes the more come you tend to ejaculate.

Lengthen the look and feel of your penis all thanks to those penile chambers receiving the full amount of blood and nitric oxide required to expand your girth and length to its absolute

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max. Switch it up on her and go for all the best positions without fearing the loss of your erection. Most men that have low-level ED stick to only one or two positions to avoid losing their rod. Well, as of today, you can enjoy the sex you want and the sex that your lover truly deserves. Attract more women than ever.

What is important to know is the new found respect, and attention that you get from your wife's friends. She's might begin telling everyone. You'll notice it when almost every single female friend that comes over is extra nice to you and goes out of her way to touch you, hug you, and things like that.

The secret is learning to naturally regain full erections without any risky prescription drugs or dangerous surgeries.

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Soon, you'll revive your sex life and get the confidence back to perform at a moment's notice - keeping you healthier and happier. Right now, you have a very important decision to make. Most likely one of the most important decisions that you'll ever make. One that could dramatically affect your sex life and your future relationships. You can do nothing but your problems are only going to get worse, until you can never get it up again and the enjoyment and pleasure of sex will be nothing but a fading memory. Let's face it, no man wants that. This is your chance to perform sexually on a very high level and keep your partner satisfied without any of the dangerous side effects or painful surgery or medicines.

I hope you'll walk away from this experience today with a renewed hope for what's possible in your sex life.

ED doesn't have to be a death sentence. In fact, you stand at the threshold of having the very best sex of your life, assuming you take action. The choice you now face is really no choice at all.

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You can continue in misery with erectile dysfunction and risk losing more than just your manhood. Your most precious relationship is an unwilling victim of your ED. Right now, she is slowly pulling away on the inside. Perhaps she's already begun plotting her escape. You have to understand, it isn't that she doesn't love you. It's that her body doesn't feel loved by you. A woman's mind is her orgasmic center and when you can't keep it up long enough to please her and to bring her into the pleasure she's craving, her tender side would rather blame herself than blame you. Yes, you feel humiliated, embarrassed, less like a man than ever before. I‘ve been there so I can relate. However, it's her that feels rejection and misery and she will have to run to the arms of another man eventually in order to soothe her pain.

However, there is a more pleasurable path for you today, one that will put you and your lover on the road to the very best sex of your life. Sex that's long-lasting, spontaneous, and full of adventure. Sex that combines the confidence she demands in a man, confidence that comes naturally when your member is at your

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command, with the intimacy that will bind you to her forever.

If you're single, do you really want to risk making a first impression with a limp sagging member showing up in the bedroom? No man wants this. We crave sexual respect and to earn that respect you absolutely need to make ED a distant memory.

> Tom from Duluth, Minnesota writes: "Matt, when I first read your book on how to cure ED, I didn't know what to believe. I could tell that you were an honest guy but I thought maybe you didn't have it as bad as I did. I was completely unable to get it up. I couldn't even get it up to masturbate. At 71, I just assumed my time was over. My wife stopped asking for sex over a decade ago. Well, I'm happy to report that I am back in the game, and my dear wife of 44 years could not be happier. She asked that I include you in our Christmas card mailing this year. So, expect a Merry Christmas, and a God Bless from your new friend."

What you want is having all the pleasure in the world to both give and receive sexual pleasure. You'll know she craves you and only you because you can pleasure her like no man ever has. Plus, you'll feel as if someone turned back the clock 10, 20,

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even 30 years on your sex life. As if you were put back in your first girlfriend's bedroom about to score for the very first time before her parents got home from work. That's the exact same sensation that you'll again be feeling.

If you can call this a 'choice', then the choice is yours, just be sure to make the only smart choice a man can make.

You may find that your new virility creates an occasional awkward erection situation just like it did back when you were a younger man. However, it's good to remember that women pick up on your excitement and it actually excites them. Just remember to act responsibly if you are in a committed relationship!

Will you get too aroused? Your desire will return with a vengeance but you do not run the risk of extended blue pill erections that literally damage your penis. While the promise of 'erections that last for more than 4 hours' makes for a very good marketing campaign, the reality is that 4 hour erections can be permanently damaging to your penile chambers and prevent any future erections.

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Many men have lost all hope of ever having an erection again thanks to those dangerous drugs. The good news is you will restore your youthful and natural hardness. It does not cause erections that can damage your manhood. Will this make your penis bigger? Simply increasing blood flow to your member will make your penis bigger or at least as big as it can be. You can rest assured that your wife or girlfriend will feel as if you are thicker and harder. This is

> Daniel from New Zealand wrote to say - "I just want to shake your hand one day, mate. I simply cannot believe how well this silly little herbal blend has totally changed my sex life. I'm single, 37, and had ED for over 10 years. Yep, at the ripe old age of 27, my little fella refused to stand to attention. Scared the crap out of me. I did the Viagra thing, and that worked for awhile but then I had a series of kidney problems and I had to stop. I figured I was screwed. No pun intended, until a buddy of mine recommended your book. Now I have women lined up and I'm not joking, I have never had this much sex in my entire life. I know a lot of your customers are older and married, but I'm here to tell you, if you're single this is the greatest thing since the invention of the condom."
>
> -Cheers

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due to your penile chambers reaching maximum blood flow capacity.

The best way to prevent penile shrinkage is to have daily erections. Like any muscle, if you don't use it, you lose it. Make sure you use it several times a day if you desire. If you have a heart condition and/or high blood pressure, a natural solution is the best choice you can make. A healthy diet, supplements, and a little exercise actually serves to protect your heart and lower your blood pressure naturally. It's completely safe, assuming your doctor has given you the okay to engage in sexual activity.

The ingredients you'll need can be found at grocery stores, local health food stores, or online at one of hundreds of different websites. The key is knowing which ingredients to purchase and how to combine them properly.

Your enjoyment of life and the world around you is based on how you feel and how you feel as a man is based on your ability to perform sexually. Life is short. How many great healthy years do you really have left? I can't promise

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you that this will add years to your life but it sure will put the life back into your years.

Either you continue to miss out on having the intense sexual experiences we are all entitled to as men or you take dangerous drugs that will make the problem even worse. You should take the best option, the only natural option that really makes any sense at all.

Back to our Healthy to 120 programming…

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The Main Killer Today

According to the most recent statistics available from the World Health Organization, in 2012, an estimated 56 million people died worldwide. For centuries, worldwide, the most prevalent cause of death was from infectious diseases. Things like the plague or a cut from rusty barbwire. That has changed big time. Noninfectious diseases were responsible for 68% of all deaths globally in 2012, up from 60% in 2000. The four main noninfectious causes of death are cardiovascular diseases, cancers, diabetes, and chronic lung diseases. Accidental deaths from car accidents, murders, falls, etc. came in at 9% of all deaths.

Low and middle-income countries by far still make up the majority of the world's population. As a result, 28 million of the 38 million noninfectious deaths occurred in these countries during 2012. However, when broken down proportionately to each country's population, 37 percent of deaths in low-income countries and 57 percent in lower-middle income countries were noninfectious. In high

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income countries, the number was an astounding 87 percent.

Measuring how many people die each year and why they died is one of the most important methods – along with gauging how diseases and injuries are affecting people – for assessing the effectiveness of a country's health system.

Cause-of-death statistics help health authorities determine their focus for public health actions. A country where deaths from heart disease and diabetes rapidly rise over a period of a few years, for example, has a strong interest in starting a vigorous program to encourage lifestyles to help prevent these illnesses.

Keep in mind that noninfectious complications such as cardiovascular diseases, cancers, diabetes and chronic lung diseases are

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symptoms mostly brought on by lifestyle choices.

Polyunsaturated Fatty Acids (PUFAs)

Let's have another look at our food supply in recent history - shall we? At the turn of the last century, corn and soybeans were fast becoming the largest crop grown in the US. When they started becoming (by far) the cheapest crops we were growing, thanks to government subsidies, marketing geniuses in the booming agricultural industry thought of a great plan.

This was the beginning of the entire movement toward the use of polyunsaturated fats, instead of saturated fats. A few decades later, it climaxed with the advent of the lipid hypothesis — the fraudulent claim made by a few bad scientists telling everyone saturated fat and cholesterol were the cause of heart disease. That polyunsaturated fats were better for you.

It's time to set the record straight.

Many decades later…

Saturated fat is still mistakenly the enemy to

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this day, while consumption of unsaturated fats, especially PUFA's, are encouraged by practitioners of mainstream medicine. The result is - we have more heart disease than ever – the cure is killing us!

In fact, we've never before in the history of mankind ever eaten the amount of vegetable oil that we do now. They told us in the '60s that saturated fat was bad for us and they said you should use unsaturated fats. Now, everyone's using unsaturated fats and they're dropping dead with all kinds of problems and they're very unhealthy and they have a lot of obesity. I'm convinced it's because of these polyunsaturated fatty acids, these bad vegetable oils that we never ate in any quantity before.

They are also in nuts. I don't eat nuts myself. They're probably the least harmful form of PUFA

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because the most harmful ones are the pure oils that we fry things in and put in bottled salad dressings and use it for cooking everything. **Vegetable oils you want to avoid completely.** Avoiding PUFAs will also lower your blood pressure and improve your metabolism a lot. I would suggest instead that you use coconut oil or butter.

In chemical terms, PUFAs are a fatty acid with more than one (poly) double bond in the carbon chain. They're *un*saturated because they're missing out on what saturated fatty acid has — hydrogen atoms. That makes the bonds sort of incomplete. Think of a chain link missing a segment or two, on each and every link — this isn't very strong or stable. Because of this instability, polyunsaturated fatty acids are very much prone to oxidation. This leads the chain to becoming all kinds of messed up and broken. Hence, it causes problems with how your body reacts to the acid.

Uhgg. Enough chemistry.

It's really pretty simple. Because of their instability and the negative effects on the

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body's systems, these oils are very bad for you - **PUFA is bad.** Saturated is rad!

PUFAs as Omega-3 and Omega-6 Polyunsaturated Fatty Acids

There are two primary types of PUFA's — omega-3 and omega-6 polyunsaturated fatty acids. **Omega-3** essential fatty acids (essential is very important) are found in fatty fish, shellfish, liver, and in some seeds like flax. They're good for us in moderate amounts.

However, much, much more dominant in the modern diet are PUFAs in the form of **Omega-6** polyunsaturated fatty acids. Omega-6 fatty acids occur in small quantities in natural foods like seeds, nuts, legumes, and also in properly raised animal products. But very little of our animal products are properly raised. What modern science has brought to the dinner table are animals fed lagoons and other crap that most people eat — a steady diet of PUFA-rich food that neither the animals or people can digest. Instead, it makes people and animals sick.

The biggest problem with omega-6 is that our

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bodies were never intended to handle much of it. Our fat cells are comprised of very, very little omega-6 polyunsaturated fatty acids and are instead made up of mostly saturated and monounsaturated fat. So, when we started consuming the **oils from these foods in concentrated form**, instead of eating very small amounts of the actual foods they came from, we wind up with a serious imbalance, and the many health problems that result.

Think about it this way. When was the last time you sat down and ate a big bowlful of cotton seeds? You say… **Never!?** Well, thanks to modern technologies of the food processing industry, cottonseed oil is now a very common food. Today, you almost certainly consume it in disgusting quantities. Right along with soybean oil, canola (rapeseed) oil, corn oil, safflower seed oil, sunflower seed oil, and all kinds of these concentrated forms of polyunsaturated fatty acids.

Slowly becoming more recognized is the danger from PUFAs to cause inflammation in the body. There are other foods that are inflammatory but much less so than PUFAs. Slight inflammation

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keeps your immune system running smoothly. But when taken to the extreme, inflammation is highly unhealthy. High levels of inflammation have been linked to all sorts of serious issues, like heart disease, diabetes, and even cancer.

Excessive inflammation in the body from PUFAs happens because of the presence of **free radicals** formed in the processing of these industrial oils. **Processing under extremely high pressure and high heat make these industrial oils… not food products.**

This renders vegetable oil, canola oil, and other PUFAs rancid. Free radicals form, which are atoms with an unpaired electron floating around. This causes them to basically go nuts. These compounds attack cell membranes and red blood cells and they even cause damage to DNA and RNA strands, leading to cellular mutations in the body's tissues (cancer). In skin, it causes wrinkles and premature aging. In blood vessels, it leads to the buildup of plaque. In tissues and organs, it can set the stage for tumors to form. I think you get the picture. Free radicals are bad, bad news and they're ever-present in industrial PUFA oils – that we

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cook with and eat as processed foods.

In the Good Ol' Days

Take a look at vintage and antique cookbooks with a new set eyes. I have a couple of cookbooks that date back as far as the late 1800s. You know how everyone is constantly pointing to processed white flour and refined sugar as the be-all-end-all reason to why we're all so fat and unhealthy in our modern age?

That doesn't ring true to me because cookbooks from the 1800's have white flour and white sugar in their recipes. Plenty of it.

People in the 1800's did **NOT** have diabetes and heart disease like we do today. And they were eating white flour and sugar!

But you know what they weren't consuming?

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PUFA OILS

You won't find any vegetable oil, shortening, or any major sources of polyunsaturated fatty acids in any of the recipes from those antique cookbooks. They were still using lard, butter, and other animal fats back then that came from farms, not factories.

Enough said…

Reverse Low Metabolism for Health Improvements

At the risk of repeating myself, low metabolism also has roots in our genetic past. A past that involved feast and famines. Do you think that famines only date all the way back in cavemen days? Think again. You only need to reference back to the recent millions of immigrants that have migrated great distances because of the need to find better food sources. Even today, human famine exists in many places in our world.

But those well established in first world countries haven't seen famine for several generations. However, our bodies have not

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evolved away from the desire and need for survival. Instinctive survival is a major factor when it comes to a slow metabolism.

When your body reacts to slow your metabolism, it's all about one thing: **survival**! It's not about your body trying to conspire against you to ruin your life. It's your body making a wise decision to sacrifice long-term health for short-term survival when it's being told to do so because of food and nutrient scarcity. The slowing of the metabolism allows your body to go LONGER on less food. The body also tends to hold on to fat as a protective mechanism.

This certainly seems ridiculous in light of the obese society we live in today. **In our sedate lifestyle, the time to convert fat back into energy never comes.** Long gone are the famines when fat was needed for our very survival.

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We've already taken a look at high blood pressure, related diseases, and the awful side effects that high blood pressure medicine brings on. You also now know that what has been published as the 'medical standard' for blood pressure is too low for most people. However, high blood pressure can be a symptom of low metabolism. I encourage you to find alternatives to high blood pressure medication and overcoming low metabolism is one very good alternative.

High blood pressure can mean there are some problems with your body's metabolism that might cause other health issues like diabetes if you don't address them. By addressing them, you're going to fix a lot of other problems that make your body work better all around.

These issues are very, very basic to metabolism and very, very important, and so, by fixing blood pressure, the way we're going to be talking about, all these other problems (things like the chances of getting a heart attack or a stroke, and mental acuity) are going to be much, much better for much longer.

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Restoring low minerals to healthy levels helps most people. These include potassium, calcium, magnesium, and sodium. Having those at low levels in your body causes high blood pressure. And maybe half of the people with high blood pressure can fix it by just restoring those minerals.

Another culprit of high blood pressure and ultimately low metabolism is stress in your body. We've already covered this extensively but you might want to review it.

If your blood pressure is acceptable and you're getting the correct exercise, you want to consider these other factors that can lead to slow metabolism (these include dramatically lowering or completely removing PUFAs from your diet):

- **Nutrition deficiencies**: fat soluble vitamin deficiencies have become common as a result of the popularity of low-fat diets, as well as some other common nutrient deficiencies.
- **Malnourished liver**: is often caused by not enough high quality animal protein. Common in those with a history of veganism or low

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protein vegetarian diet.

- **Poor digestion**: weak digestion down-regulates or reduces the appetite often due to bloating and constipation that often causes you not being able to take in as many calories. Think inflammation related physiological stress here.
- **Hormonal imbalance**: low progesterone levels or estrogen dominance can slow the metabolism by interfering with the body's ability to convert thyroid hormone.
- **Poor liver detoxification** leaves excess toxins in the diet. Lifestyle as well as poor liver detoxification further burden the metabolism.
- **Stress**: the stress hormone cortisol blocks thyroid hormone conversion, which protectively slows metabolism over time.
- **Inflammation**: food sensitivities, food allergies, polyunsaturated fats (PUFAs) are common causes

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of inflammation.

- **Over-exercising**: too much exercise, especially when the diet is poor, is a sure way to send your body running for safety by slowing the metabolism.

Be patient with your body. You didn't get a slow metabolism overnight and recovery won't happen in a day, a week, a month, 6 months, or even a year in some cases! Understand that your body is doing the best it can to re-balance.

The Cox – Prostaglandins- Estrogen - Fibrosis Link

Okay, we need to get a little technical here again …

The fact that **vitamin E** can be an estrogen opponent, energy promoter, and anti-inflammatory probably runs counter to what you have previously read in medical publications if you have the same nerdy hobby of reading medical publications that I have.

What used to totally shock me is that the tight connection between political ambition and corporate greed easily spills over into respected

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medical publications. Today, I agree with what Dr. Ray Peat has to say about this connection. Peat, Ray Ph.D "*Vitamin E: Estrogen antagonist, energy promoter, and anti-inflammatory*", 2006, raypeat.com/articles/aging/tryptophan-serotonin-aging.shtml. Accessed January 5, 2017.

> "*Vitamin E, like progesterone and aspirin, acts within the cellular regulatory systems, to prevent inflammation and inappropriate excitation. Since uncontrolled excitation causes destructive oxidations, these substances prevent those forms of oxidation.*
>
> *Molecules that can easily be oxidized and reduced can function as antioxidants, and vitamin E does function as that kind of antioxidant in many chemical environments. But it is highly misleading to consider that as the explanation for its many beneficial biological effects. That kind of reasoning contributed to the use of the antioxidant carcinogens BHT and BHA as food additives and "antiaging" supplements, and many other chemicals*

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are being promoted on the basis of their abstract antioxidant function.

Becoming aware of the real value of vitamin E will have far reaching implications in nutrition and medicine.

In determining criminal or civil legal responsibility, the concept "should have known" is recognized and used. In science, which is all about knowing, there is certainly a responsibility to be informed when the subject involves the life and health of millions of people. The science establishment of government and industry should be held responsible for the information it hides, destroys, or ignores for its own benefit. The US government has an agency for prosecuting research fraud, but the concept is applied so narrowly as to be meaningless, when deception has become the rule. And since

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it controls the court system, government agencies and their functionaries won't be prosecuted, even when their crimes become well known.

"Vitamin E was advocated as an effective treatment for heart disease by Dr. Evan Shute of London, Ontario more than 50 years ago. His pioneering claims, which were unacceptable to the medical community at large, have been confirmed by recent findings from epidemiologic studies and clinical trials."

During the 1930s and 1940s, Dr. Shute (soon followed by his sons Wilfred and Evan) was actively studying the benefits and effects of vitamin E. Both estrogen and vitamin E were being widely studied at the same time. Vitamin E was found to improve fertility of both male and female animals and to prevent miscarriages, so it was called the ‘antisterility vitamin’.

Animal research in the 1930s was also showing that estrogen had many toxic effects. Including causing infertility, stillbirth, connective tissue

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abnormalities, and excessive blood clotting. As studies progressed, Dr. Shute and his sons came to conclude that vitamin E could be used to counter the effects of estrogen. This did not please the estrogen industry.

Other researchers, who knew that progesterone protected against the toxic effects of estrogen, described vitamin E as the 'progesterone-sparing agent', since so many of its anti-estrogen effects resembled those of progesterone.

The Shute brothers began using vitamin E to treat circulatory diseases in general rather than just in pregnant women. Treatments were used for blood clots, phlebitis, hypertension, heart disease, and diabetes. All responded well to treatment with large doses of vitamin E.

What transpired from the 1930s into the 1980s was a quagmire of bad science. Much of it perpetuated by the same doctors and scientists that once convinced Americans that smoking was good for them. At the time, smoking was even supported by the American Medical Association (AMA). This is a classic

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representation of bad medicine aiding industrial greed.

Coming out of all this misinformation was estrogen being named ‘the female hormone’. Natural hormones, including estrogen and progesterone, were claimed, without any research, to be inactive when taken orally. Physician-shills were created to claim wonderful effects for estrogen. The vitamin status of the tocopherols (a family of vitamin E compounds) was denied as recently as the 1970s (and maybe later). University professors of dietetics were flatly saying ‘no one needs vitamin E’. A 1981 article published in the journal of the AMA reviewed the ‘toxic’ effects of vitamin E. Very importantly, analysis of the cited articles claimed the author concluded that whenever vitamin E changed something, the change was

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harmful. This was major fraud because the originally cited publication had described the effect as beneficial.

In the 1940s, the official definition of vitamin E's activity was changed. Instead of its effectiveness in preventing the death of embryos, or the degeneration of the testicles, or brain, or muscles, it was redefined as an antioxidant, preventing the oxidation of unsaturated oils.

But during this time, much more was going on within the estrogen and PUFA industries. By the late 1940s and early 1950s, estrogens of various sorts had been manufactured from hydrocarbons. These were recommended to prevent miscarriages, because ‘estrogen is the female hormone’.

About the same time, the meat industry soon found polyunsaturated oils were valuable in animal feed because these suppressed metabolism and made it cheaper to fatten the animals. And these unsaturated oils were next marketed as ‘heart protective’ human foods by suppressing the thyroid and destroying vitamin

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E. In reality, unsaturated oils actually contribute to both heart disease and cancer. This move to polyunsaturated food sources was very beneficial to industry but extremely unhealthy for human consumption.

The influence of the food oil industry kept researchers away from the idea that these oils were not safe for food use and instead tended to support the idea that vitamin E is just an antioxidant, and that the seed oils were the best way to get vitamin E in the diet.

Dr. Ray Peat concludes:

> *"The enzymes that, if we didn't eat PUFA, would be regulating the Mead series…* [fatty acid strongly inhibited by PUFA seed oils]*, being activated in response to stress, would be producing antistress substances, which would limit the stress reaction. But as we become increasingly saturated with the anti-vitamin E fats, these enzymes, instead of stopping inflammation, promote it and cause tissue injury. The remaining stress limiting factors, such as progesterone, by correcting the distortions caused by*

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stress, tend to eliminate the conditions which activated the enzymes--in a very indirect form of inhibition.

Many of the events involved in inflammation are increased by estrogen, and decreased by vitamin E. Estrogen causes capillaries to become leaky; vitamin E does the opposite. Estrogen increases platelet aggregation, and decreases a factor that inhibits platelet aggregation; vitamin E does the opposite.

Excess clotting is known to be caused by too much estrogen, and also by a vitamin E deficiency.

Clotting leads to fibrosis, and there is clear evidence that vitamin E prevents and

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cures fibrotic diseases, but this still isn't generally accepted by the powerful medical institutions. Estrogen and polyunsaturated fats increase fibrosis.

Estrogen often increases intracellular calcium and protein kinase C, vitamin E has generally opposite effects.

The polyunsaturated fatty acids and their derivatives, the prostaglandins, act as effectors, or amplifiers, of estrogen's actions.

If vitamin E is acting as a protectant against the polyunsaturated fatty acids, that in itself would account for at least some of its antiestrogenic effects."

Slow or Stop Oxidative Phosphorylation

Although oxidative phosphorylation is a vital part of metabolism, it produces reactive oxygen species such as superoxide and **hydrogen peroxide.** Oxygen radicals tend to be very reactive and can damage many of the most important macromolecules in the body. The superoxide radical is only moderately reactive.

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However, it is soon converted to hydrogen peroxide, which soon becomes hypochlorite. **This is bleach! It readily kills almost any microorganism.**

This entire proliferation of free radicals is damaging to cells and contributes to disease and possibly aging. The enzymes carrying out this metabolic pathway are also the target of many drugs and poisons that inhibit their activities.

A second possible fate of the hydrogen peroxide is also not helpful. It is damaging to the body. If Fe++ (iron) or another heavy metal is present, the hydrogen peroxide is readily converted to the hydroxyl radical, The hydroxyl radical is very reactive and damages most macromolecules, including DNA, proteins, and lipids.

Bad stuff all the way around.

Determining the Rate of Oxidative Phosphorylation

The most important factor in determining the rate of oxidative phosphorylation is the level of

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adenosine triphosphate (ATP). It is often referred to as the ‘molecular unit of currency’.

The rate of oxygen consumption by mitochondria (known as the powerhouses of the cell) increases markedly when ADP is added. These act like a digestive system that takes in nutrients, breaks them down, and creates energy rich molecules for the cell.

The mitochondrial oxidative phosphorylation (OxPhos) system plays a key role in energy production, the generation of free radicals, and apoptosis. A lack of cellular energy, excessive radical production, and programmed cell death are found alone or in combination in most human diseases, including neurodegenerative diseases, stroke, cardiovascular disorders, ischemia/reperfusion, and cancer.

What this means is the adjustment of energy production to physiological demand is essential to all higher organisms.

Regulation of oxidative phosphorylation is controlled by the energy needs of our cells.

When the amount of ATP available is in excess

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of the body's requirements, the liver uses the excess ATP and excess glucose to produce molecules called glycogen (a polymeric form of glucose) that is stored in the liver and skeletal muscle cells. When blood sugar drops, the liver releases glucose from stores of glycogen. Skeletal muscle converts glycogen to glucose during intense exercise. The process of converting glucose and excess ATP to glycogen and the storage of excess energy is an evolutionarily-important step in helping animals deal with mobility, food shortages, and famine. Source: Boundless. “Food Energy and ATP.” *Boundless Biology* Boundless, 26 May. 2016. Retrieved 09 Jan. 2017

The problem is that in today’s society, most of us never need this reserve energy. It’s a significant contributor to obesity and causes complications for those with diabetes.

A recent study induced mice to overexpress protein targeting to glycogen (PTG) in the liver

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(PTG(OE)), which results in an increase in liver glycogen. When fed a high-fat diet (HFD), these animals reduced their food intake. The resulting effect was a lower body weight, decreased fat mass, and reduced leptin levels. Furthermore, PTG overexpression reversed the glucose intolerance and hyperinsulinemia caused by the HFD and protected against HFD-induced hepatic steatosis. Additionally, after an overnight fast, PTG(OE) animals showed high liver glycogen content, lower liver triacylglycerol content, and lower serum concentrations of fatty acids and ß-hydroxybutyrate than control mice. This was regardless of whether they were fed an HFD or a standard diet. In conclusion, liver glycogen accumulation caused a reduced food intake, protected against the harmful effects of a high fat diet, and diminished the metabolic impact of fasting. Therefore, we propose that liver glycogen content be considered a potential target for the pharmacological manipulation of diabetes and obesity. Source: American Diabetes Association (2015).

While I certainly don't come to the same conclusion that it's a case showing a need for pharmacological manipulation of diabetes and

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obesity, it is a very important reason to monitor your sugar intake and increasing your intake of good carbs and some proteins, while supplementing your diet with vitamin E.

Diabetes Treatments Are NOT Healthy

Type 2 diabetes is directly caused by lifestyle. Type 2 diabetics do NOT need drugs. In fact, taking drugs for type 2 diabetes can be far worse than the disease itself!

Drugs are widely prescribed for type 2 diabetics to help lower blood sugar levels but a new meta-analysis of 13 randomized controlled trials involving more than 33,000 people showed that this treatment is not only ineffective, it's dangerous as well. Treatment with glucose-lowering drugs actually showed the potential to increase your risk of death from heart-related disease and all other causes. Researchers noted:

> *"The overall results of this meta-analysis do not show a benefit of intensive glucose lowering treatment on all cause mortality or cardiovascular death. A 19% increase in all cause mortality and a 43% increase in*

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cardiovascular mortality cannot be excluded."

Source: *BMJ* 2011;343:d4169

Note: 'all cause' mortality is a grouping of miscellaneous deaths.

Furthermore, if diabetes medicines are of particular interest to you, you should read the details of the Action to Control Cardiovascular Risk in Diabetes (ACCORD) study. This is a large (more than 10,000 type 2 diabetics) government funded study designed to evaluate the effectiveness of various medication regimens for reducing heart attacks, strokes, and death from heart disease in patients with type 2 diabetes. One part of the study was specifically set up to test the widely held assumption that more aggressive lowering of blood sugar would provide greater protection against heart disease.

However, in February 2008, that part of the ACCORD study was abruptly shut down because it found just the opposite was true. Study participants who were on the most intensive drug regimens aimed at driving down blood

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sugar had a much higher cardiovascular death rate.

This is highly disturbing but certainly not news considering researchers have known about the fatal complications of diabetes medications since 1969 — when results of the University Group Diabetes Program were made public. Just like ACCORD, this study had to be stopped two years early when **participants who were taking diabetes medications had a 250 to 300 percent higher death rate than those taking the placebo**.

Here are some known facts about specific diabetes medications:

- **Phenformin/metformin (Glucophage).** One of the two drugs used in the 1969 study, DBI (phenformin), was shown to be so deadly that it was taken off the market. Still, this drug's close companion, metformin (glucophage) is the most popular diabetes medication used today and was the most

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frequently used drug in the ACCORD study.

- **Sulfonylureas.** The other drug used in the 1969 study, Orinase (tolbutamide), was ultimately labeled with a warning stating that it dramatically increases death from heart attack. Orinase belongs to a class of drugs known as sulfonylureas, which includes dozens of popular medications that are still in use today, and the same warning has appeared on all sulfonylureas since 1984.
- **Thiazolinediones (glitazones).** Another class of diabetes medications (the second-most widely used type of drugs by ACCORD participants) is one that government experts estimate may have caused as many as 100,000 heart attacks since coming onto the market in 1999 (the most notorious of which is Avandia).

IMPORTANT NOTE: If you are currently taking an oral hypoglycemic drug, don't stop taking it cold turkey. You must work with your doctor to gradually discontinue the diabetes medication.

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Diabetes Medicines Don't Help Neuropathy

Neuropathy (the term used to describe a problem with the nerves, usually the peripheral nerves) is a well known symptom of diabetes. High blood sugar can cause diabetic neuropathy, which damages the nerves that send signals from your hands and feet.

Diabetic neuropathy can cause numbness or tingling in your fingers, toes, hands, and feet. Another symptom is a burning, sharp, or aching pain (diabetic nerve pain). The pain may be mild at first but it can get worse over time and spread up your legs or arms. Walking can be painful and even the softest touch can feel unbearable. Eventually, doctors may recommend amputations of extremities of your body. Is this a 'cure' you're looking for?

There are ways that you can naturally prevent further damage and relieve your pain. Control your blood sugar so the damage doesn't progress. Eat a healthy diet and exercise to decrease your blood sugar to a healthier range. Avoid the pharmaceuticals that cause much

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more damage and don't cure diabetes.

If you do decide to continue with medicines to relieve neuropathy pain, here is what you can expect doctors to progressively suggest:

Over-the-counter pain relievers such as aspirin, Tylenol, or ibuprofen, which are available without a prescription but can cause side effects.

Antidepressants are intended to treat depression. However, they can be prescribed for diabetic nerve pain because they interfere with chemicals in your brain that cause you to feel pain. A doctor may recommend tricyclic antidepressants, such as amitriptyline (Elavil), imipramine (Tofranil), and desipramine (Norpramin). These can cause unpleasant side effects like dry mouth, fatigue, and sweating. Your doctor may not recommend

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tricyclic antidepressants if you have a history of heart problems.

Serotonin and norepinephrine reuptake inhibitors such as venlafaxine (Effexor) and duloxetine (Cymbalta) are alternatives to tricyclics and tend to have fewer side effects.

Opioid pain medicines are very strong drugs like oxycodone and the opioid-like medicine tramadol (Conzip, Ultram) that can treat much stronger pain. But these are a last resort for pain relief. You might use these medications if other treatments aren't working. However, these drugs are not meant for long-term relief because of side effects and the potential for addiction. Use extreme caution when taking opioid medicines.

Lidocaine patches deliver local anesthetic through a patch placed on the skin and can also cause minor skin irritation.

Anti-seizure drugs meant to prevent epileptic seizures can also be used to treat nerve pain. These drugs include pregabalin, gabapentin, phenytoin, and carbamazepine. Pregabalin can

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also improve your sleep. Side effects include drowsiness, swelling, and dizziness.

Really? You could take fistfuls of drugs for symptoms but wouldn't you rather cure your diabetes altogether…?

Type 2 Diabetes Can be Cured

Never let anyone (not even a doctor and especially not a phara rep) tell you that type 2 diabetes has no cure. It's true that it has no pharmaceutical cure but the much better alternative is simply changing to a natural lifestyle. Type 2 diabetes is not terminal. You don't have to live with it until it or the medicines kill you! Nearly 100 percent of type 2 diabetics can be successfully cured. Eliminating both the symptoms of diabetes and the high risk of developing health complications. These same changes also drastically reduce your risk of the disease, so you can avoid developing it in the first place.

Instead of curing diabetes by fixing the inflammation that causes diabetes, the drug companies are selling diabetics fistfuls of pills every day… **And even worse, the average**

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diabetic lives 10 years shorter a life…

Plus, diabetics face other diseases… weight gain, high blood pressure, prostate problems, and erectile dysfunction…

It's not blood sugar that's the problem, it's not too much salt,… it's the inflammation… Fix the inflammation and you fix the diabetes… and you don't need their fistfuls of pills…

Are you ready to get rid of your diabetes?

- Begin by significantly limiting or eliminating s artificial sweeteners) and grains from your diet. As a natural sugar, go with fructose, which is found in fruits and widely used as a sweetener in other foods and beverages.

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- Take a close look at your diet including looking for hidden sources of artificial sweeteners.

  Following my nutrition plan will help you do this without much fuss. It's important to realize that nearly all type 2 diabetics need to swap out their grains for other foods such as healthy sources of protein.

- Exercise is essential. Without it, you're highly unlikely to get this devastating disease under control. It is clearly one of the most powerful ways to lower your insulin and leptin resistance. Make sure to incorporate high-intensity Peak Fitness exercises. This type of exercise boosts fat loss, promotes muscle building, and helps your body produce human growth hormone (HGH) naturally.

- Eat saturated fats, such as grass-fed organic meat, raw dairy products, and coconut oil. Saturated fats provide a concentrated source of energy along with the building blocks for cell membranes and a variety of hormones and hormone-like substances. When you eat healthy fats as part of your meal, they slow down absorption so that you go longer without feeling hungry. In addition, they act

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as carriers for the important fat-soluble vitamins A, D, E and K.

Enough of the bad news, let’s take a look at The Main Secret to Living to 120!

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The Main Secrets to Being Healthy to 120

Keeping in mind that the subtitle of this book is "Surviving and Thriving Despite Modern Medicine" and that it has now been well established that the pharmaceutical companies' primary objective is making money – at any expense including human life, let's take a closer look at a more objective study of what these "for profit" businesses are really up to. After all, these 'miracle drugs and treatments' are the cornerstone of modern medicine. But be forewarned, you almost certainly want to avoid them if you desire to live a long and healthy life…

Big Pharma 'Chemicals' Go Through Real Study

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The reason that I keep picking on statin ‘chemicals’ is that they are so widely prescribed.

Statins are pushed, promoted, and peddled by Big Pharma.
Busy doctors are unable to discern the truth. So they prescribe what Big Pharma tells them is best. That leaves it up to us to try to figure this out.

I need to tell you some very earth shattering and disturbing evidence about statins.

Hopefully, this information will get you to finally stop taking them. At the least, I hope you'll talk to your doctor about other options. You want to take this evidence to show your doctor as well.

I believe the giant huge studies that involve 100,000 people are usually bogus. Why?

It's simple. The result that they're trying to prove has such a small effect, **they need to have 100,000 people to show any effect at all.** That's why this study is so critical because

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it's not one of those bogus studies – this is a **REAL STUDY**.

The researchers divided up about a thousand men and women - two thirds men, one third women. Then they gave the groups various doses of either statins or a fake placebo. It was a double blind study. Neither the researchers nor the men and women in the study knew if they were getting a real statin or the placebo. And they used various statins, not just one.

This is great because the results can't be blamed on just one brand that way.

What they found will disturb you, especially if you've been taking statins.

The statins made people very tired and rundown. They interfered with their life and their lifestyle. It was worse for women than for men but it was bad for both men and women. **Moreover, the statins weren't bad for just a few people.** A **LOT of people** in the study suffered complications and side effects.

Remember, they had no idea whether they were taking a real statin or a placebo sugar pill. And

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the study did not use high doses either.

20% - 25% of men noticed more fatigue, tiredness, and difficulty moving around. Even more women noticed this, up to 40% of the women. And remember, these were **LOW** doses of statins, about 1/4 to 1/2 what Big Pharma companies recommend for "intense" use.

UNFAVORABLE STATIN EFFECTS ON ENERGY AND EXERTIONAL FATIGUE. EFFECTS WERE SEEN IN A GENERALLY HEALTHY SAMPLE GIVEN MODEST STATIN DOSES.

BOTH SIMVASTATIN AND PRAVASTATIN CONTRIBUTED TO THE SIGNIFICANT ADVERSE EFFECT OF STATINS ON ENERGY AND FATIGUE WITH EXERTION.

That's very bad because thousands of people

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have to take the statins for an effect on even just one or two people. **The number of people 'needed to treat' is around a thousand just to save ONE life.**

Meanwhile all the other 999 are suffering various health problems and lifestyle issues.

But it gets worse…

Now, we get into real skullduggery and villainy. Not to say that the Big Pharma companies misled, lied, and cheated because I have no way to prove it.

I do know that they use statistical methods to try to put their best foot forward. **And most doctors don't have the time to really sit down and analyze all the studies.**

That's what people like me do. And what I find rarely matches what doctors are being told.

For example, in the United States there is something that you may have heard of called Lou Gehrig's disease. It's also known as ALS. And it turns out that there is a strong link between statins and something that resembles ALS.

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I mentioned skulduggery... here's why.

The Big Pharma companies have helped to **PREVENT** research on the tie between statins and this ALS-like disease. One way they've done this is with nomenclature. They've done such a good job that if you look up ALS and statins, you don't find much. They keep it out of the search engines because the ALS-like symptoms are also called neuromuscular degeneration in the nomenclature. Most people aren't going to think of 'neuromuscular degeneration' when they look for their symptoms online. And it gets more confusing because a definitive diagnosis of ALS is rather difficult to begin with.

Many people have ALS-like symptoms.

You might as well say they have ALS, but some doctors and diagnosticians may argue that point.

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What is clear is that there is a vast underreporting of ALS-like symptoms among statin users. This means that if you take statins you are much more likely to get ALS or something like ALS.

But ALS or it's lookalike are not listed on the side effects, so no one realizes it. Pity the poor doctors who are working on this because there is no funding on anything for this connection.

There is even active resistance among the various medical journals that get most of their financial support from the Big Pharma companies. I'm not saying the journals are deliberately squashing the research. But most people are reluctant to say something that could damage their finances. The people running these journals walk that line between honest reporting and needing to keep their printing presses running.

Reference: Statins, neuromuscular degenerative disease and an amyotrophic lateral sclerosis-like syndrome: an analysis of individual case safety reports from vigibase.

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Edwards IR[1], Star K, Kluru A. [1]The WHO Foundation Collaborating Centre for International Drug Monitoring Centre (UMC), Uppsaia, Sweden.

These researchers issued almost an apology in their study summary:

> *"WE EMPHASISE THE RARITY OF THIS POSSIBLE ASSOCIATION, AND ALSO THE NEED FOR FURTHER STUDY TO ESTABLISH WHETHER A CAUSAL RELATIONSHIP EXISTS.*
>
> ***WE DO ADVOCATE THAT TRIAL DISCONTINUATION OF A STATIN SHOULD BE CONSIDERED IN PATIENTS WITH SERIOUS NEUROMUSCULAR DISEASE** SUCH AS THE ALS-LIKE SYNDROME, GIVEN THE POOR PROGNOSIS AND A POSSIBILITY THAT PROGRESSION OF THE DISEASE MAY BE HALTED OR EVEN REVERSED."*

But how rare is neuromuscular degeneration and/or ALS-like symptoms among statin users? I think it's much much more common than these researchers indicated. First of all, it's

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staggeringly common for statin users to get muscle aches and pains. Sometimes they develop permanent disability and pain in their muscles.

It's extraordinarily common.

I've known a number of people who have had this happen to them. And it didn't get better when they stopped taking the statins either.

Here's another study…

Mild to Moderate Muscular Symptoms with High-Dosage Statin Therapy in Hyperlipidemic Patients – The PRIMO Study
Eric Bruckert, Gillies Haymen, Sylvie Dejager, Caroline Yau, Bernard Bégaud

The numbers in the study are quite shocking.

Even if they didn't get ALS, a lot of people got very significant muscle damage.

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> *OVERALL, MUSCULAR SYMPTOMS WERE REPORTED BY 832 PATIENTS (10.5%), WITH A MEDIAN TIME OF ONSET OF 1 MONTH FOLLOWING INITIATION OF STATIN THERAPY.*
>
> ***MUSCULAR PAIN PREVENTED EVEN MODERATE EXERTION DURING EVERYDAY ACTIVITIES IN 315 PATIENTS (38%), WHILE 31 (4%) WERE CONFINED TO BED OR UNABLE TO WORK.***

I've said again and again that there is simply no excuse for prescribing statins. This is one of the worst Big Pharma 'chemicals' that's ever been prescribed. And the scale on which they're pulling the wool over our eyes and our doctors eyes is simply forbidding.

I hope that you will look at the studies with your doctor and discuss some alternatives.

If you know someone on statins, you might want to show them this article.

Not surprisingly, I could show you many more studies debunking what pharmaceutical companies are spoon-feeding the medical

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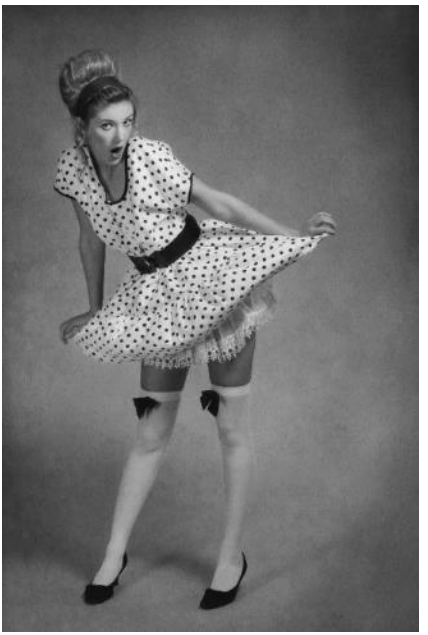
community and ultimately you, me, and the public at large. But I think you've seen enough to get a clear picture to persuade you to always question (in deep detail) any medications and treatments prescribed for symptoms with a root cause from intestinal inflammation that can be fully cured through diet, exercise, and a few lifestyle changes.

Now, let's look at what you can do for a long healthy life while remaining sexually robust…

Metabolism for Long Life



Increasing your rate of metabolism gives you more energy that helps you lose weight and improves your ability to exercise more. Having a slow metabolism is almost always a function of what you eat. When you take this back another step to the root cause, you'll almost certainly find

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that slow metabolism, being overweight, and a difficult time being able to exercise has its root cause in intestinal inflammation.

Take another look at what you've already learned about overcoming a slow metabolism. Nutritional deficiencies that include fat-soluble vitamin deficiencies as a result of low fat diets, malnourished liver from not enough high quality animal protein, and the ever devastating high PUFA diet.

Your heart rate, as a measure of metabolism, indicates that longer living people have a slower heart rate. There is something to the adage that your heart has a limited number of beats in your lifetime. We all know that exercise increases your heart rate, so it would follow that less exercise leads to a longer life. Science will never outsmart evolution. What you want is regular **anaerobic** exercise that elevates your heart rate for short periods of time. **Anaerobic exercise is defined as short duration, high intensity exercise** lasting anywhere from merely seconds up to around two minutes. After two minutes, the body's aerobic system kicks in. Examples of anaerobic exercise are ones

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that use fast twitch muscle fibers such as jumping and sprinting. By using and developing those fibers, we enhance that musculature. This is not endurance exercise. Building up your heart muscle through short burst of activity allows it to pump more blood when it's at rest. Thus, a slower heart beat when it is at rest.

I'm not sure about the limited number of heart beats per life but a healthy metabolism has a relatively slow heart beat when at rest.

Other causes of an out of balance metabolism include:

- Poor digestion.
- Hormonal imbalance.
- Poor liver detoxification.
- Stress.
- Over-exercising.

Mitochondrial Uncoupling – Fight Aging

Mitochondria are the power plants of your cells. These labor to turn food into ATP, used as fuel by the cell. In recent years, some attention of the research community has turned towards the process of mitochondrial uncoupling. This is when the processing of food is uncoupled from

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the generation of ATP. The result is less ATP and more energy in the form of heat - this is a part of the temperature regulation process in mammals. It is also important in calorie restriction and therefore important to longevity and aging.

Get this right and you'll again have the metabolism of a teenager.

Dieting (low fat and no fat) is not the answer to losing weight and certainly not the answer to increasing your metabolism. Starving your body of good fats slows your metabolism and robs you of energy. A slow metabolism is a physiological response to starvation. It sends your body into survival mode. All of your physiological functions slow down and it can literally bring your sex response

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to a stop. After all, sex isn't critical to your survival.

DNP raises metabolism. In the 1930s, DNP (2,4-dinitrophenol) was introduced as a drug to treat obesity. What does DNP do? It causes mitochondrial uncoupling, i.e. it increases proton leak and as a result energy production becomes less efficient. Patients treated with DNP therefore 'waste' more energy and their metabolic rate increases. An increase in energy output, while keeping the energy intake constant, means that people will start losing weight.

But it doesn't stop with weight loss. An increased metabolism fights off common medical conditions like heart disease, high blood pressure, diabetes 2, and others including erectile dysfunction.

From the studies of DNP in In the 1930s, there was no increase in heart rate. Patients receiving daily doses of 3-5 mg/kg experienced a 40 percent increase in metabolic rate that was maintained for at least 10 weeks. After those 10

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weeks, a mean weight loss of 17 pounds was observed. There was no need for dieting.

But there is much more that you can do for a long enjoyable life…

Just to be crystal clear: I'm not talking about tottering in a nursing home at 90 years old.

I'm talking about being 100 or 110, living on your own, and eating all the foods you love, socializing with the people you love, having great sex every day, and living a life that would be envied by a 20-year-old.

Reduce Health Stress for a Longer Healthy Life

Health means minimizing stress hormones in the body.

That doesn't mean you're minimizing stress in your life. Sometimes stress in your life actually contributes to long life.

But it means that you minimize the stress hormones including cortisol, estrogen,

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serotonin, and adrenaline in your body.

You increase hormones such as progesterone, dopamine, and testosterone. These are hormones that are high-energy, that build lean muscle mass and that build bone mass.

Now, how do you do that...?

Drugs – or - Supplements and Herbs

The use of herbal supplements has a long history - dating back thousands of years. Today, western cultures tend to consume foods that are high in calories, but lack nutrients (processed foods) that are vital for good health. Herbs and other supplements can enhance these poor western diets but you should **first rely on a healthy carbohydrate diet and eliminate PUFAs** before turning to

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supplements to make up for missing nutrients.

Herbal supplements are sold in many different forms - dried leaves for teas, powders, as capsules or tablets, or in solution. Almost 20 percent of Americans currently take some type of herbal or non-herbal supplement.

When you are ready to lower your high blood pressure and diabetes to bring your body and sex life back from the abyss of destruction that modern diets have brought us to, you need to begin at the molecular level. **Herbs, micronutrients, and probiotics do exactly that - work at the cellular level to nourish your body with what is needed to regain your health.**

You'll actually need more natural sugar at some point. Make sure you are monitoring your blood sugar levels and working with your doctor.

You can then add in magnesium... this is ULTRA important as diabetics must increase their magnesium (they are always dangerously low in magnesium and it isn't an instant fix either).

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WARNING:
Listen to your body. Some of these are VERY potent. Some will disagree with you unless you are already eating well. And some may even be harmful for you. Be SURE to speak to your DOCTOR before taking ANY of these. Speak to your pharmacist too.

Supplements and Herbs

Here is a partial list of supplements and herbs that you want to consider adding to your diet. Stay tuned because this list is frequently updated as more research and information becomes available.

- **Niacinamide** (vitamin supplement) - lowers blood sugar and kick-starts the cells into burning sugar!
- **Thiamine** (vitamin supplement) - lowers ammonia levels in the brain and body.
- **Taurine** (supplement) - activates sugar burning. May cause a bit of heartburn as it stimulates production of digestive enzymes from the gallbladder.

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- **Lysine** (supplement) - combats gut inflammation.
- **B6 P5P form** (vitamin supplement) - extremely powerful in lowering prolactin and raising dopamine.
- **Biotin** (vitamin supplement) - potent at lowering blood sugar.
- **Collagen** (supplement) - can be used as is. Gelatin can be substituted but requires some additional processing.
- **Branched Chain Amino Acids** (supplement) - lowers serotonin levels in the brain.
- **L-phenylalanine or tyrosine** (supplement) - works synergistically with the branched chain amino acids.
- **Natural Sugar** (supplement) - strange but true, it really helps lower fatty acids and cortisol, and will help prevent you from having low blood sugar. You may need a LOT more sugar for a time.
- **Theanine** (supplement) - helps to calm you down, reduces cortisol, and also reduces allergies.

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- **DHEA** (hormone supplement) - helpful in lowering cortisol levels.
- **Methylene Blue** (supplement) - reduces nitric oxide, raises metabolism, improves sugar burning, lowers estrogen, and raises testosterone.
- **Magnesium** (supplement) - may make your butt sore. It can be tricky getting enough but it is CRITICAL.
- **Ceylon Cinnamon** (optional supplement) - lowers blood sugar and lowers ammonia levels in the brain.
- **Aspirin**. CAUTION, start with a tiny sliver of aspirin and follow the aspirin protocol (move up slowly to make sure you tolerate it). Aspirin can CURE diabetics and is good for many other bodily functions.
- **Progesterone**. Counteracts high estrogen.
- **Pregnenolone** - HUGELY helpful. It VASTLY calms you, and lowers stress hormones like nothing else and restores normal metabolism.

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Probiotics

I keep ALL my probiotics in the refrigerator. They last longer that way.

- **Saccharomyces Boulardii** - this is great for runny stool, and getting rid of dangerous infections such as C. Difficile in the bowel. It is very safe for almost everyone (except very severely immune-compromised people).

- **Bifido** - this is an outstanding probiotic that makes a dramatic difference in only a few days. I've found you don't need to keep taking it. I take it with a bit of psyllium fiber

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a few nights in a row before bedtime. It's expensive though.

- **Psyllium -** 2 table spoons every day in the beginning. It detoxes the liver. Use an unrefined version, take with plenty of water. This binds liver bile and removes toxins through the bowel. Add your Bifido to it.

- **Soil Based Organisms** - good to take for a month or so and then stop. Quite safe unless you are very immune-compromised.

- **Phages** - to treat pathogenic bacterial infections.

Iodine

Something else you want is **Iodine solution**. An effective formula has been around since 1829. It comes in solutions of either 2 or 5 percent.

The application methods will help your testosterone levels considerably. Applying directly (with oil) to the scrotum is particularly effective. It's absorbed into the scrotum and testicles where it is usually in low

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concentrations but needed for a healthy sex life.

Minerals and Vitamins

Minerals and vitamins contain micronutrients that serve specific purposes to benefit your body in unique ways. For example, Vitamin K Mk type 4 has many health benefits beyond raising T levels. It aides in mineral absorption and metabolism. It has been shown to reduce risks from cardiovascular disease and pneumonia. **Taking vitamin K along with vitamins A and D enables a synergistic affect by increasing the effectiveness of vitamins A and D.**

A lack of certain micronutrients can impair your body's ability to protect and heal itself. However, taking vitamins, minerals, and herbs alone will not make up for an unhealthy diet. You still need to eat a healthy diet of fresh vegetables, fruits, and proteins. But supplements are a good safeguard against vitamin and mineral shortfalls in your diet and rebuild reduced levels of naturally occurring hormones such as testosterone.

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It's important to consider your overall health as you age. Older men tend to fall into routines that can include eating the same foods over and over again. A repetitive diet often leads to nutrient and micronutrient deficiencies. Dietary supplements can reduce health risks and extend your years of healthy living along with keeping your sex life vibrant.

Red Light Therapy to Boost Your Overall Health

By emitting red, low-light wavelengths through the skin, red light therapy helps naturally jump-start the process of tissue recovery and other forms of rejuvenation through increased blood flow, collagen stimulation, and more. Clinical studies show that red light therapies have certain healing capabilities thanks to the way they positively affect the human endocrine and

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immune systems.

Red light therapy involves having low-power red light wavelengths emitted directly through the skin, although this process cannot be felt and isn't painful because it doesn't produce any heat. Red light can be absorbed into the skin to a depth of about 8 to 10 millimeters, at which point it has positive effects on cellular energy and multiple nervous system and metabolic processes.

Red light therapy is used to treat symptoms of joint pain or osteoarthritis due to aging, side effects caused by cancer treatments like chemotherapy or radiation, hair loss, wounds or incisions, acne, wrinkles and skin discoloration, chronic muscular pain, neurological damage, and tissue damage (resulting from tears, sprains, or pulls).

A 2012 report published in *Annals in Biomedical Engineering* stated that red light is used in three primary ways: *"to reduce inflammation, edema, and chronic joint disorders; to promote healing of wounds, deeper tissues, and nerves;*

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and to treat neurological disorders and pain." It's been found that red light therapy promotes stronger immunity and longevity by increasing cell proliferation and migration, as well as modulating levels of cytokines, growth factors and inflammatory mediators.

Red light fights estrogen – estrogen is bad for you in many ways including aging. Estrogen, when it is not opposed by a very large concentration of progesterone, creates all of the conditions known to be involved in the aging process. These effects include interference with oxidative metabolism, formation of lipofuscin (the age-pigment), retention of iron, production of free radicals and lipid peroxides, promotion of excitotoxicity and death of nerve cells, impaired learning ability, increased tendency to form blood clots and to have vascular spasms, increased autoimmunity, atrophy of the thymus, elevated prolactin, atrophy of skin, increased vulnerability to many versions of cancers, lowered body temperature, lower serum albumin, increased tendency toward edema, and untold other medical symptoms.

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That list alone should convince you of red light benefits. It also probably sounds like a lot of scientific jargon that you have trouble understanding. However, take a moment to think back about what you have learned regarding what causes aging and modern medical problems. Many of them have a close link to having too much estrogen in your body. Many men have as much estrogen (the so-called ‘female hormone’) as females, especially when they are tired or sick. Estrogen increases the brain's susceptibility to epileptic seizures, and recent research shows that it (and cortisol) promote the effects of the ‘excitotoxins’, which are increasingly implicated in degenerative brain diseases.

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According to Ray Peat: Peat, Ray Ph. D "*Not the 'female hormone', but the shock hormone*", http://raypeat.com/articles/hormones/h1.shtml. Accessed January 18, 2017.

> *"While I was studying the effects of light on health, many of the women with the pre- or peri-menstrual syndrome told me that they had few symptoms during the summer months, so I began in the 1960s to examine the role of progesterone in health, because its synthesis is promoted by long days. I saw that many of the sicknesses that mainly affect women had often been described as the consequence of an excess of estrogen…*
>
> *I have concentrated on thyroid, progesterone, and red light as the most important factors that protect against estrogen, and these all turn out to be protective against stress, shock, ionizing radiation, free radicals, lipid peroxidation, thymic atrophy, osteoporosis, arthritis, scleroderma, apoptotic cell death, and other problems*

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that are involved in tissue degeneration or aging."

There is an ever-growing number of studies that have been conducted on the uses of light therapy. Presently over 2,500 studies and a multitude of articles on the subject have proven its usefulness. Some of the research is specific, as in regard to how light therapy affects diabetic patients or how it can be used in sports medicine to treat tendinopathy. Other studies look at the effects of treatment on anti-aging, fractures, depression or as a component of cancer treatments.

Raising Your Oxygen Levels is Among the Most Important Things You Can Do

It's seems to go against logic but 99% of people breathe too much. Just as unintuitive is that breathing too much lowers organ and tissue oxygen levels. One of the most common symptoms of an anxiety attack is hyperventilation. Hyperventilation is a sure sign that you're breathing too much.

Breathing too much won't directly fix intestinal

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inflammation but it will improve many of the symptoms associated with it.

Your blood can be fully saturated with oxygen when you over breathe but your organs and tissues will not receive enough oxygen to keep them and your entire body healthy. The reason is the missing CO_2.

The medical term for low CO_2 levels in the blood is hypocapnia.

CO_2 is critical to your body's ability to dilate your blood vessels. Without enough CO_2, **your blood vessels contract and deliver less blood to your organs and tissues**. The reduced blood in your system means less oxygen getting to those organs and tissues. It's the lack of oxygen that causes the illness' symptoms.

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Hypocapnia creates serious physiological crisis throughout your body. It brings on physical and mental consequences of all kinds.

Carbon dioxide helps dilate smooth muscle tissue (including blood vessels). Low carbon dioxide levels can cause spasms throughout the body, including the brain, the bronchi, and other smooth muscle tissues. Asthma and migraines are examples of these spasms.

CO_2 regulates your cardiovascular system. Low levels of CO_2 can lead to angina, high blood pressure, chest pain, myocardial infarction (heart attack), strokes, and other serious medical conditions.

CO_2 helps regulate your metabolism. High metabolism rates in cells and tissues generate higher levels of CO_2. The higher levels of CO_2 relaxes (increases diameter) the blood vessels in the immediate area to allow more oxygenation of the tissue and cells experiencing a high metabolic rate.

Other areas of the body with a lower rate of

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metabolism generate less CO_2. The result is constriction of the blood vessels and less blood (and oxygen) in the immediate area not in need.

It's been shown that as little as one minute of hyperventilation results in 40% less oxygen being available for brain activity.

It's been proven time and time again that when ill people begin breathing properly, their CO_2 levels become normal and symptoms lessen almost immediately. Many people report all symptoms disappear over a few weeks or months' time.

The correct CO_2 level in your blood is 40 mm Hg CO_2 (a measure of how much pressure the CO_2 is creating). That is the pressure needed to maintain the proper level of CO_2 between the lung alveoli and your blood. This number was

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established over a century ago by the famous British physiologists Charles G. Douglas and John S. Haldane from Oxford University. Their results were published in 1909 in the article "T*he regulation of normal breathing*" by the Journal of Physiology (Douglas & Haldane, 1909).

Breathing too much causes your arteries to contract, which causes your body organs to receive less oxygen. If you want to learn all of the details about this subject, I have put together several courses on the subject. Get a hold of me at **matt@getrapidhelp.com.**

There are literally hundreds and hundreds of disease symptoms that can be overcome simply by correcting your breathing.

Breathing affects everything going on in your body. First and foremost, make sure you are breathing through your nose and not your mouth. If you are breathing through your mouth, you almost certainly have health problems.

You even want to nose breathe when you are

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exercising. If you mouth breathe during exercise, you're exerting yourself too much. Back off to a level that you can nose breathe and then slowly work back up to a higher level of exercise. If you are breathing through your nose while running, bring it back down to walking until you can run while only breathing through your nose.

The goal of breathing correctly is to gradually reset or readjust your breathing center to higher CO_2 values and reduced minute ventilation (the volume of air breathed). Both parameters, as a result of practiced breathing, should be closer to their norms.

What Your Control Pause Tells You

From their clinical trials, doctors came to the following conclusions based on the length of patients' control pauses. Your control pause is how long you can comfortably go without taking a breath. These are approximate results and do not apply to everyone.

- 1-5 seconds - Severely sick and critically ill patients, usually hospitalized.

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- 5-10 seconds - Very sick patients, often hospitalized.
- 10-20 seconds - Sick patients with numerous complaints and often on daily medication.
- 20-30 seconds - People with poor health but often without serious organic problems.
- 30-40 seconds - People with normal health, according to official medical standards, while some serious, often undetected health problems are possible (gastrointestinal, hormonal, and skin problems, caries, intestinal parasites, etc.).

- 40-60 seconds - Good health.
- Over 60 seconds - Ideal health, when any organic or other pathological health conditions are virtually impossible.

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Avoid Exercise That Harms You

Yes, you need exercise but you need exercise that benefits you. Not exercise that harms you. So-called **anaerobic** exercise is really aerobic exercise for most people in the beginning because their lives have become so lethargic.

Most often, when we think about exercise we think aerobic. That is in part because of the high energy classes taught at most gyms. However, aerobic exercise is not confined to those classes. For most people, low to moderate exercise or exertion is really aerobic because they get so little exercise.

So what is the difference between aerobic and **anaerobic** exercise? In the simplest terms, the difference comes down to oxygen. With aerobic exercise, oxygen is carried through your respiration to the muscles giving them the energy needed to sustain the effort. Oxygen is not present with **anaerobic** exercise.

Aerobic exercise is continuous activity performed for 15 minutes or longer, resulting in constant stimulation of between 60 percent and

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80 percent of your maximum heart rate. The longer you exercise, the higher your heart rate. This type of training recruits your slow-twitch muscle fibers and creates lactic acid in your muscles.

Anaerobic exercise helps build lean muscle mass. Calories are burned more efficiently in bodies that have more muscle (high metabolism). **Anaerobic** exercise is especially helpful for weight management because it helps to burn more calories even in a body at rest. **Anaerobic** exercise also helps build endurance and fitness levels.

Anaerobic exercise is high intensity or at your maximum level of exertion for short periods of time. Examples include sprint running and weight lifting. To improve conditioning for sports, athletes use sprints or interval

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training to create short, high-intensity bursts of anaerobic activity, followed by longer recovery periods. These intervals are performed anywhere from 80 percent to 100 percent of your maximum heart rate. Typically for 10 to 60 seconds. Followed by recovery periods that last three to four times as long as the burst of energy.

There are several benefits to brief intense exercise. Brief intense workouts will help you burn fat faster but that's not the only reason to work them. “The idea is simple: less total time required to make a big change along with more bang for your buck”, says Brent C. Ruby, Ph.D., FACSM, Director of the Montana Center for Work Physiology and Exercise Metabolism at the University of Montana.

The benefits go far beyond saving time for faster results - years of research prove it.

Many people find brief intense exercise more enjoyable than low intensity longer session exercise. In fact, one study found that in addition to preferring brief intense exercise

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rather than low intensity but longer session exercises, people enjoyed it more than continuous vigorous intensity exercise and continuous moderate intensity exercise. The more you enjoy a brief workout, the more likely you are to stay with it in your routine. **Your overall health improves as seen through measures like improved blood pressure and higher counts of mitochondria, which help fuel your body and brain.** Brief intense exercise can also lower glucose levels in diabetics with even a single session.

Another study found that sedentary men who did 40 to 60 minutes of cycling at 65 percent of their max, five times a week, compared to those who did sprint interval training for less than 12 minutes each, time three times a week, saw similar results. Including reduced aortic stiffness and increased insulin sensitivity.

Brief intense exercise increases the flexibility and elasticity of arteries and veins better than continuous aerobic exercise. Because of the increased pressure demand, the vessels actually get a workout as well. One study that looked at

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people with coronary artery disease found that brief intensity interval training was not only safe but better tolerated than a more moderate level workout.

You may be surprised to learn that tennis, basketball, racquetball, soccer, volleyball, football, and other start-and-stop sports are anaerobic because of the high heart rates, short durations, and longer recovery periods you experience when you play them.

Lengthy exercise causes harm. Basically, anything is better than sitting on the couch. But how much exercise is enough or too much? A report published in 2015 in the *Journal of the American College of Cardiology* researchers from Denmark says that people who push their bodies too hard may

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essentially undo the benefit of exercise. Those who ran at a fast pace more than four hours a week, for more than three days a week had about the same risk of dying during the study's 12-year follow up as those who were sedentary and hardly exercised at all. Both too little exercise and too much are linked to higher rates of death.

Somewhere in-between is the amount that's just right to maintain heart health, burn off excess calories, and keep blood sugar levels under control. And according to the study results, that sweet spot is closer to the 'less' side of the curve than the 'more' side. This agrees with mounting research that so-called micro-workouts (high intensity but brief workouts that could be as short at 1 minute) may be better for the body than long and continuous workouts according to other recent papers.

Exercising excessively or incorrectly can backfire on your health in a number of ways. For example, here is what might happens when you exercise too much or too hard:

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- Your immune system may be weakened.
- Your body can enter a catabolic state resulting in your tissues breaking down.
- Excess cortisol (a stress hormone) can be released. This not only contributes to catabolism but also to chronic disease including intestinal inflammation.
- You can develop microscopic tears in your muscle fibers (which may fail to heal if you continue over-exercising) and increased risk for injuries.
- You may develop insomnia, especially if your workout is in the afternoon or evening.

However, the most serious risk involves damaging your heart, or worse yet - **sudden cardiac death**. Several recent scientific studies indicate that endurance exercises, such as marathon and triathlon training, pose significant risks to your heart. Some of which may be irreversible and life threatening. Long-distance running can lead to acute volume overload, inflammation, thickening and stiffening of the heart muscle and arteries,

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coronary artery calcification, arrhythmias, and sudden cardiac arrest.

Growth Hormone ages you (not good). Call it anti-anti-aging therapy. It turns out that injections of growth hormone — a staple of anti-aging, hormone-replacement therapy — has the opposite effect as intended, thwarting a person's quest to live to an advanced age.

In an ongoing study of very old people, those in their 90s with naturally low levels of human growth hormone appear to have a far better chance of living into their 100s compared with people who have above average levels of the hormone.

In other words, taking growth hormones as an anti-aging strategy will almost certainly backfire, undermining the body's natural defenses against the diseases of old age, according to researchers at Albert Einstein College of Medicine in New York. Their study appears in the April 2014 issue of the journal *Aging Cell*.

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The billion-dollar anti-aging hormone-therapy industry is based on a simple premise: levels of various hormones decrease significantly as adults hit middle age. Therefore, replenishing youthful levels of those hormones should make graying adults look and feel younger. The primary hormones administered through anti-aging clinics are human growth hormones (HGH), which prompt the body to make insulin-like growth factor 1 (IGF-1) and dehydroepiandrosterone (DHEA), a precursor of estrogen and testosterone.

This industry traces its roots to a 1990 *New England Journal of Medicine* study, in which 12 men over age 60 were given shots of growth hormone. The men experienced a modest increase in muscle mass and bone density, and a

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decline in body fat. To some entrepreneurs, that meant ‘anti-aging’, and they have repackaged the study that way ever since.

But the treatment comes with side effects and a myriad of unknowns. The study’s author, Dr. Daniel Rudman, remained resolute until his death that his study had no implications for anti-aging.

Prescribing HGH is illegal unless the patient has low levels of the hormone. However, the diagnosis is subjective enabling some clinics to prescribe the treatment to people who don't need it and can be harmed by it – but can afford it.

Studies have since shown that using HGH, estrogen, and other hormones can lead to cancer, cardiovascular disease, joint problems and other ailments.

In a new study, researchers followed 184 men and women in their mid-90s for up to 11 years. Strikingly, the chance of living through the length of the study depended mostly on the

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participants' blood levels of IGF-1 (insulin-like Growth Factor-1). Every 1-nanogram per milliliter decrease in IGF-1 translated into about one more week of life.

The lower IGF-1 levels were particularly beneficial for cancer survivors. Three years after entering the study, 75 percent of participants who had previously had cancer and low IGF-1 levels were still living. However, only about 25 percent of participants with past cancer and higher IGF-1 were alive.

"In light of insufficient scientific evidence [that] HGH in older adults offers long-term anti-aging benefits, and with studies indicating that low growth hormone levels may actually protect the elderly from aging diseases… the risks of using HGH as an anti-aging strategy outweigh the potential benefits," said Dr. Sofiya Milman, lead author of the new

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study and an assistant professor of endocrinology at Albert Einstein.

Enough said… HGH is NOT the fountain of youth!

Be Continuously Active

Be continuously active is also known as **stop being a couch potato**. Parking on the couch often begins in youth when adolescents watch hours of TV, eat more junk food, exercise less, study less, have fewer friends, and are more likely to be involved in drugs and alcohol. Adults who watch lots of TV are more likely to be overweight, depressed, have cardiovascular diseases, and shortened lives. Wow!

If you're not ready to start a regular exercise routine, at least start moving around more. If you're lethargic and unmotivated, **CHANGE SOMETHING, CHANGE ANYTHING**! Begin around the house.

It's not just that we don't get enough exercise. We've become an inactive society. A few short generations ago, our ancestors did plenty of physical labor and didn't need to make time to

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exercise regularly. They worked on farms and did manual labor in factories or dug ditches by hand. Nothing was automated.

Today, when broad studies are done about how much physical activity people are getting, these studies include the few steps that it takes you to walk to your car to drive to the store as a physical activity. We use remote controls for everything. As couch potatoes we don't even get up to change the TV channel any more. Our ovens are self-cleaning and vacuum cleaners are becoming robots. Little wonder we've become an obese society.

Do your chores. Stop using the dishwasher – wash the dishes yourself. Save a few bucks by not using a lawn service – mowing the lawn and gardening is great exercise. Buy some five pound dumbbells to at least start doing light exercise during the TV commercials. **DO SOMETHING**.

Nick Turns His Health Around

This is a composite story developed from multiple students. All student identities are

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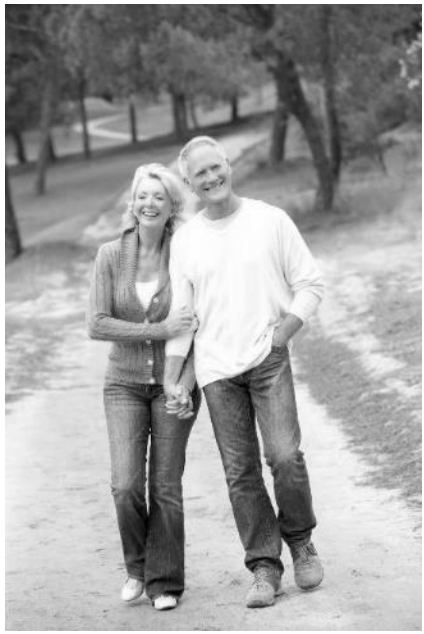
fully protected at all times. Any similarity is completely coincidental.

Nick lived a life that was typical of many men that he knew. He thought it was a healthy modern life. However, at age 48 and as a married man, he was becoming concerned about his health. His doctor had recently put him on high blood pressure medicine and warned him to cut back on sugars because he was dangerously close to developing type 2 diabetes.



The kids were grown and gone. He and his wife thought they were eating a healthy diet of mostly vegetables, chicken, and fish. However, the 'healthy' foods they were eating were actually processed foods like breaded frozen fish, chicken nuggets, and canned vegetables.

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They would splurge about once a week by having a pizza and during the summer Nick liked to occasionally BBQ a thick steak.

At age 48, Nick and his wife worked hard but didn't really play hard. Financially, they are in good shape but instead of being active with traveling or out in nature, they tend to be couch potatoes. She reads a lot and he watches a lot of old westerns. Yep, over the years, both of them have put on about 30 extra pounds that slowed them down even more.

All of this had brought their sex life to a stand still - no sex drive and no erections for Nick.

Nick thinks about growing older. Despite thinking he was living a healthy modern life, his medical diagnoses and his weight gain did begin bringing on some anxiety. Nick began to realize that maybe he wasn't so healthy. He had been told repeatedly that the processed foods he had eaten for decades weren't good for him. However, he thought his work schedule made it impractical for him to cook healthy every day.

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Nick began doing some research into what might be a healthy diet. This was very recently and he became confused when he found conflicting information that told him to eat less fat and more carbohydrates and newer information that said he should cut back on the carbs and eat more protein and healthy fats. One thing both sides of the equation strongly recommended is that it should be fresh wholesome food and not processed foods.

Nick did decide that if he wanted to get healthier and live to an old age, it was time for him to change his diet. He and his wife began doing most of their own cooking. The new diet they took up was the long established low fat and high carbohydrates diet. Nick didn't even bother talking about it with his doctor before

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making the diet change. He was sure the diet change would lower his risk of developing type 2 diabetes. After about six months on the new diet, Nick went in for his semiannual medical check up. **To his total surprise, he found out that he had gained another four pounds and that the doctor wanted to put him on a low dosage of diabetic medicine.**

Nick talks to his doctor. This is when Nick started a conversation with his doctor about the confusion he had regarding the different diets that he had researched. The doctor told him that he really didn't stay current with nutrient information but that he thought that the diet Nick was eating and the medicines he had prescribed would keep him healthy enough to keep working until his retirement years. The doctor also told Nick that if he wanted more information about diets, he should talk to a nutritionist or a dietitian. He gave Nick a couple of recommendations.

Nick did follow up with a nutritionist about a week later and again explained his confusion and how his health had actually deteriorated on

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the low fat and high carbohydrate diet. The nutritionist said that she wasn't surprise. That a lot of clinical studies over the past 10 years have shown that a high carbohydrate diet was a recipe for weight gain and that a low fat diet caused a nutrient deficiency. She also said that most professionals that specialized in this area were well aware of the changes in recommended diets but word wasn't getting out to other medical professionals. The medical profession has become so specialized that none of them can keep up with all of the changes. For instance, his diabetic doctor probably had all he could do to stay current with all of the new diabetic medicines coming on the market.

The nutritionist gave Nick a diet that closely resembles the one recommended to overcome intestinal inflammation. She also, told him to check back with her and his diabetic doctor in about six weeks. She thought his diabetic doctor would want to downward adjust or take him off the medicine. She also recommended that he check in with a high blood pressure doctor at about the same time.

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Nick recovers his health. Nick continued researching healthy diets and finally came upon Matt Cook's Advanced ED Cure and hence the anti-inflammation diet. Nick and his wife have been closely following the diet ever since. He quickly concluded that making time to cook his own fresh food was essential to his health as he aged. And of course, everyone knows that if you don't have your health, you don't have anything.

Nick and his wife have been on their new healthy diet for about two months now. However, it took several weeks for them to source some of the fresh foods. The grass fed beef wasn't difficult to find but they had to search around for a butcher that sold grass fed lamb and goat from New Zealand. They also found a specially store that featured grass fed butter, other grass fed dairy products, and eggs from range chickens.

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Although they started their new diet a couple of months ago, in reality it took a while for them to find all of the right foods that they wanted to eat. That means it will probably be another month or so before they have full relief from gut inflammation and gain the other benefits that come from a good old fashion diet.

Their sex drive has returned with vigor. One thing that has happened relatively fast is both of them have regained their sex drive. Today, Nick does often wake up with morning wood but it will most likely be another month or so before he grows an erection every time he and his wife become romantic.

However, they are engaging in **Oxytocin Behaviors**. The two of them cuddle naked almost every morning along with other oxytocin behaviors throughout the day. When Nick doesn't achieve an erection during the naked cuddling, they often use the soft entry method. Overall, they feel much healthier, have a much healthier sex life, and have only the positive to look forward to as they grow older.

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How to Raise Your T and Lower Estrogen

As already established, men need some estrogen. Just not nearly as much as most modern men have. The biggest problem is that estrogen in men is created from the testosterone that we crave. The conversion takes place via an enzyme called Aromatase.

As men age, this conversion becomes more pronounced. But if you take action, you can reduce the effect and maintain high levels of T.

Let's begin with some unfortunate but specific effects that too much estrogen has on the male body:

- Enlarged breasts on men.
- Erectile dysfunction.
- Loss of confidence.

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- Higher voice.
- Loss of body hair.
- Decrease in muscle mass.
- Increase in fatty tissue.
- Prostate enlargement.
- Lower sex drive.
- Difficulty losing weight.

All of those are the opposite effects that high or even mid range testosterone levels produce. Too much estrogen will turn you into a man-woman.

All estrogen is not the same. There are three types of estrogen. You should become familiar with each of them.

- **Estrone (E1)**. This is a weaker estrogen found in women after menopause.
- **Estradiol (E2)**. This is the strongest. Normally, men have about half the amount as women. It's primary role in men is to extend the life of sperm to increase the chance of pregnancy from intercourse. This is

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the version that male testes convert from testosterone. T aromatizes into estradiol. It is also converted in the brain where it influences feelings and behaviors. The enzyme aromatase is necessary to convert the T to E. You need the enzyme aromatase to be in balance with your T and E as well.

- **Estriol (E3)**. This version of estrogen is dominate in pregnant women.

How Much Estrogen Should You Have? Reality is that younger men have more testosterone than most older guys. The T to E ratio can be as high as 50:1 in young men but the more common ratio is around 40:1. Older men who let themselves go will have a low ratio way down around 7:1. These are men with a spare tire and/or type 2 diabetes. Just putting some of the lifestyle practices from this book into

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place will quickly double the ratio to about 15:1.

The most important keys to obtaining and maintaining a healthy T to E ratio is by removing estrogen and estrogen converting contaminates from your food and skin. The next section of this book is going to shock you when you discover how prevalent estrogen is in your modern world.

Why modern men have elevated E:

- **Obesity**. Studies have shown that obesity is directly related to elevated estrogen levels. All fat cells contain the enzyme aromatase. The more aromatase you have, the more estrogen you will have.
- **Zinc deficiency.** Zinc hinders aromatase levels in your body. Without adequate zinc, your aromatase levels rise.
- **Poor liver function.** An important function of the liver is the elimination of chemicals, hormones, drugs, and metabolic waste products from your body. A poorly

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functioning liver can give you all types of problems.

- **Alcohol**. Besides interfering with your liver function, consuming alcohol directly leads to increases of estrogen in the blood. Heavy drinkers will have elevated estrogen levels.
- **Prescription medicines**. Some medicine side effects will directly or indirectly cause a rise in estrogen. Diuretics are used to treat several medical conditions including high blood pressure, heart failure, and hypertension. Diuretics lower zinc levels in the body. Taking a zinc supplement can return zinc levels to the correct level.

Environmental estrogen is a serious problem with our food supply. But it's not getting much media attention. Our food supply is seriously contaminated with many forms of estrogen. It wasn't like this 50 or 60 years ago. But with big corporations managing

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our food chain, they have completely polluted it all in the name of cheap profits. It comes from hormone injections that meat sources are given and from the food they are force fed. It also comes from the billions of tons of pesticides in grains that are grown on mechanical farms. There probably is not a safe loaf of bread on any grocery shelf in the country.

In the food supply are many different **pseudo-estrogens** that kill your testosterone levels. They have many different names but probably **the worst is xenoestrogen**. Sorry to say, this bad one is found throughout the food chain. It's in:

- Commercially-raised, non-organic meats such as beef, chicken, pork, and farmed fish.
- Commercial dairy products including milk, butter, cheese, and ice cream.
- Soy beans, tofu, soy beverages, and soy oil (soy sauce is fermented and okay for you).
- Cottonseed oil (widely used in processed foods and as animal food).

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- Hops in beer (both alcoholic and non-alcoholic).
- Red clover in supplement form.
- Queen Anne’s lace (wild carrot).
- Pomegranate – the Greeks used this plant as a contraceptive! That's how badly it affects your sex life.
- Dates.
- Coffee.
- Fennel.
- Licorice.
- Motherwort.
- Bloodroot.
- Ocotillo.
- Alfalfa sprouts.
- Sunflower seeds.
- Mandrake.
- Oregano.
- Damiana.
- Pennyroyal.
- Verbena.
- Nutmeg.
- Turmeric.
- Yucca.
- Thyme.
- Calamus root.
- Goldenseal.
- Mistletoe.
- Cumin.
- Chamomile.
- Cloves.

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Plastics, microwaves, and household products turn you into a woman. Never microwave food in plastic containers. Don't store food in plastic. Plastics release very bad chemicals into your body. This includes water bottles, shampoos, and detergents. Also, avoid Teflon cookware. Teflon is pure poison to your body. Use ceramic cookware. Stainless steel can be okay but ceramic is better.

For a shampoo and washing, I suggest Dr. Bronner's unscented baby soap. You can also use this to do dishes and clean the house such as cleaning floors.

A 2011 study published in *Environmental Health Perspectives* found that 70% of manufactured plastics contain estrogenic activity. More importantly, **the number skyrocketed to 95%** when the plastics were subjected to everyday activities like microwaving and dishwashing.

Exposure to estrogen active plastics is known to alter the structure of human cells.

Phthalates are a group of chemical compounds

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used to make plastics softer and more resistible to breaking. They are also used as lubricants in cosmetics. These are found in thousands of every day household items. From drink containers to hairspray to deodorant to plastic toys. More than a billion pounds of phthalates compounds are manufactured in the U.S. every year. But you won't find them on any ingredient list.

Also, avoid phytoestrogens. These come in food products containing soy, quercetin, resveratrol, and alcohol. These may have some benefits but those benefits are far out weighed by the estrogens they bring into your body. If you want an occasional beer, go with the blonde beers. Stay away from the IPAs and dark beers. In general, all alcohol is loaded with estrogens.

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That's why men that are heavy or even moderate drinkers tend to have sexual dysfunction problems.

Modern meat is for women. Estrogen is so prevalent in commercially grown meat that possibly men should be prohibited from eating it. Of course, we don't want to take men's rights away to that extent... but I'm just saying.

How do you think they grow farmed salmon twice as fast as wild salmon grow? By stuffing them with hormones of course. Estrogen fed cattle gain 20 percent more weight than grass fed cattle does. And dairy cows on estrogen produce 15 percent more milk. Do you ever wonder exactly what's in that 15 percent of extra milk or 20 percent of fattened beef?

All of the ways that estrogen, other hormones, and pesticides are used in commercial food production would take an entire book to describe and would be outdated as soon as published because of all the creative ways corporations come up with to artificially increase production.

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Little testing has been conducted on how hormone infused meat affects humans. Among the limited studies, it's known that certain hormones lower the sperm count in men. Europe has banned artificial hormones in beef for years and in 1989 banned the import of U.S. beef. Canada, Japan, Australia, and other countries also ban certain hormones from being used in the meat industry.

More than a decade ago, the National Cancer Institute warned of carcinogenic risks from estrogenic additives, which can cause imbalances and increases in natural hormone levels. Currently, there is no hormone residue testing in the cattle industry. Synthetic hormones closely resemble naturally occurring

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hormones. Yet, the use of these artificial hormones is completely unregulated.

If you are a meat eater, your option is eating only organic raised meat. Or you can talk to your butcher about the availability of hormone free meat.

Let's end on a much more positive note…

You Have Whole-Body O's This Way

Enjoy hours of whole body sexual orgasmic waves of bliss every day. This works for guys that have had ED for years, marriage sex that has gone dead in the bedroom, and men that haven't been with a woman for years.

DON'T LET SEX FADE AWAY FROM YOUR LIFE

This is about extreme sexual pleasure by overcoming desensitization. If you have a porn or masturbation addiction, you'll immediately overcome it. You'll again become enthralled with your woman. It all has to do with becoming more and more sexually sensitive.

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It's about having full body O's... and you NEVER get that 'spent' feeling of tiredness and that 'I can't possibly do it again' feeling...

Each time you're intimate she's loving it more and more.

Since I learned how to have whole-body O's, I don't need to be thrusting away for us to feel pleasure. I still love to thrust, but now we: change speeds, stop, kiss, tease, whatever feels good.

And I achieve whole-body O's... it's just so crazy.

Last night, we were really tired, but we laid down for a little bit of fun, and wow! I was just going from one mind-blowing O to the next. It was crazy.

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Shortly after it began, SHE begged me to teach her.

Imagine, my wife asking me how to do whole-body Os.

For you, as you grow older, instead of becoming less and less sensitive to sexual pleasure, you can completely reverse it. It will become 100X, 500X, 1,000X more pleasurable for both you and her You become more and more sensitive to sex- forever! Intercourse goes on for half an hour, an hour, and longer while you experience multiple full body orgasms. It becomes waves of orgasmic pleasure!

You'll never again feel that you're not getting enough sex. Instead, you'll forever anticipate sex becoming better and better for both of you as time goes on. **Well into your 80s, 90s, and beyond.**

Bring on the Oxytocin

Everything we've gone over so far is important. However, **none of it is as important as this part.** Dopamine is the chemical in your brain

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that tells you to pursue something that creates pleasure for you. When it comes to dating, the dopamine tells you to have sex with her. It's what heats the relationship up for both of you.

The problem with dopamine sex is that it is over way to fast. For some it can be over in four minutes of less. For most, it's over in ten minutes or less. This is hot fast sex based on the two of you stimulating each other to a fast orgasm. As you probably know, most women take longer than men to climax but once the man climaxes, it's over for both of them - for several hours or days at least. That leaves a lot to be desired when it comes to dopamine based sex.

A much better way of becoming sexually aroused is upping the amount of oxytocin in your brain. This takes some time and requires some behavior changes on your part but for the effort, you will have much better and much longer sex sessions. You'll be able to stay hard and inside of her for a half hour or longer. It will be a profound change in your lovemaking. It will send her over the top again and again. You

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won't be able to get enough of her and she won't be able to get enough of you. But you'll both be getting more of each other than you ever have before.

What makes this even more powerful is that it creates incredible levels of intimacy. Oxytocin lovemaking involves much more physical contact than you've ever had with a woman before. It creates a mental and soul bonding that you absolutely must experience. The same will happen with her. The two of you will become lifetime lovers. That is the reason it so important to be with the right woman before becoming involved with oxytocin lovemaking.

Explaining to Her That You Don't Want Sex Right Away

Building up oxytocin takes a little time but it's certainly worth it. You have to refrain from having sex for two or three weeks. During that

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time, you do lots of cuddling. Especially naked cuddling. About a half hour of naked cuddling each day. The two of you are in a new type of relationship so this is going to take some commitment on both of your parts. But the magic of oxytocin lovemaking is certainly worth it.

While dopamine sex is about stimulating each other to a fast orgasm, oxytocin lovemaking is about sensation. You can enjoy sensations much longer than stimulation sex. That's why oxytocin leads to very long sex sessions.

Women love to be chased and this is a great way of creating a chase. When you postpone sex, she'll want to know where she stands with her man. Tell her up front that you want to make this very special for both of you. That you want to drive up both of your desires for each other to the peak before making love. That you want to do a lot of kissing and hand holding and cuddling on the couch. That you desire her body and want to get naked in bed but the next two weeks are dedicated to building up oxytocin and strong strong desires for each other.

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Tell her - "I love sex a lot and want to have great sex with you because I think you're super hot." This will motivate her to stay around to learn what is coming next.

If she just wants to get down and do the deed, she probably isn't the woman for you. You're showing resolve that you can do what you want and what is best for both of you. A real woman will understand this and see you for the man that you are. You are showing that you value her. Women love and need this kind of attention from men.

She will get hot to have sex. When she initiates a sexual act, remind her that you think she is hot, and for THAT REASON you and she are waiting a bit.

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Women very very much like kissing. It's a huge sexual turn on for her. Put your full effort into kissing her during the build up to oxytocin sex. Kiss her often and for no apparent reason. Kiss her in all of her sensual places. The back of the neck, behind her ears, her wrist, her elbow, her feet, and her legs. She'll be begging you for sex but you're going to do this for two or three weeks.

The longer you wait the bigger the reward!

The other thing you want to do is stroke her often and in many different parts of her body. This is an extremely light stroke. So light that to her it feels more like a light breeze flowing over her skin. Ask her where she wants to be stroked but you can start with the lower back, her neck and shoulders, her wrists, and teasingly her legs and thighs. Don't make this too sexual of stroking. Keep it at a level that doesn't lead to sex. Or if you're getting close to having intercourse, back off for a moment. This is all about the build up of feeling sensations rather than stimulating the two of you.

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Now for Slow Passionate Sex

You're ready for sex when you start having spontaneous erections. You get hard when you see her or think about her. When you decide to have sex, you should naturally be hard. Don't have her manually or orally stimulate you unless you are already hard.

Sometime before having sex, you need to explain the orgasm scale that goes from 1 to 10. One being nothing sexual and ten being an orgasm. **You want to enter her slowly and just leave your penis there. Feel the sensations and let her feel the sensations. This type of sex requires very little movement.** On the orgasm scale you want to stay around 5, 6, or 7. If you edge up to 8 or 9, it's time to slow things down so that you can stay with the sensations instead of the stimulation.

She can orgasm because women are more capable of multiple orgasms than men. She should experience several orgasms during your half hour of sex. Men have multiple orgasms but these are different than the intense orgasms that women have. You should experience

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periods when you are having several small orgasms. These should NOT make you ejaculate. That's why you can stay hard inside of her for much much longer than with stimulation sex.

During these long sex sessions, tell her what you are doing to her and tell her what you want her to do to you. You'll find this heightens the sensations even further.

TRY IT, YOU'LL LOVE IT, BOTH OF YOU'LL NEVER GET ENOUGH OF IT!!

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