



# *Your Health Crisis*

## *Survival Kit*

*By Joyce O'Brien*

Many questions come up when people hear our story. There's years of information that I would love to share with you and there's only so much I can get down on paper in one eBook. So we'll cover the first seven things you "Must Know" here, and I promise I'll let you know how you can have more support. Deal?

*First I wanted to start with an excerpt from our #1 bestselling book, Choose to Live: Our Journey from Late Stage Cancers to Vibrant health:*

*"Ten years ago I was asleep, unconscious. Then my eyes were opened to a world I had never known existed. In the past several years, I've gained knowledge and life experience that is more precious to me than the Hope Diamond. This knowledge is more valuable than anything I learned in eighteen years on Wall Street or during my grade school, high school, and college years combined. It's more valuable than any jewel because it is the most precious gift of all: the gift of life.*

*This gift includes the keys to an even better quality of life—a life that is healthy physically, emotionally, and spiritually. I've been given this gift and cannot possibly keep it to myself. It was meant to be shared, and I'm passionate about sharing it. I believe I have been given this precious gift because I was meant to share it with you.*

*I have discovered what I feel are secrets to modern-day health issues. I call them "secrets," not because they've been deliberately hidden, like the DaVinci Code, but because they remain largely undiscovered by the masses. Our discovery of these secrets and living them is the reason my husband and I are alive.*

*Perhaps you, too, will feel the hope, freedom, excitement, and exhilaration of knowing you can empower yourself to create results that lead to higher quality, lasting health. Certain events in my life led me to this spectacular shift—a transformation that can't possibly be conveyed unless you know the details of my story and here it is...*

*My life was going great. Well, all right, maybe not great, but pretty good for a thirty-year-old kid from Queens, New York. My fourteen-year career on Wall Street was progressing rapidly, and I was managing the operations of a \$2 billion business. My husband, Kevin, and I were building a dream house, which we planned to fill with children—at least five. I swam; I skied; I attended night school and was learning to golf. Since I come from a family of golfers, I had dreams of becoming the next "Jack-lyn" Nicklaus.*

*Well, maybe not. I would have been happy just to get the ball off the ground and flying straight. I wasn't good. My dad, a retired New York City police officer, had been a semipro golfer, and my mom, a retired Designer Department sales person*

*for A&S Department Stores, had recently begun winning local golf tournaments, so why not me?*

*I wanted to experience life to the fullest. If there was something challenging to explore, I was all for it. Except, maybe, skydiving or cliff diving—I wasn't ready for that yet, but then, you never know. . . .*

*Kevin was active, too. He played softball on a couple of teams, golfed, worked out, and had just started a new career. He'd moved from being a systems programmer at IBM to building power plants. What? A computer geek building power plants?*

*Doesn't matter. We were working hard, traveling with our friends, and having fun. As far as we knew, we were both healthy. I was even in my ideal weight zone! We were your typical thirtyish couple with no kids. Everything was cool. Our careers and living life to the fullest were where we were at, baby.*

*Or so we thought. One fateful day, that all changed. On a gorgeous spring day with not a cloud in the sky, my perfectly healthy husband had a brain hemorrhage, and three strokes—and we're not talking golf. These strokes left him paralyzed on his right side. Miraculously, he survived, but he needed brain surgery, and he went through the most horrific physical therapy imaginable. He was only thirty-one.*

*A year later, I was pregnant with our first baby—not all of Kevin was paralyzed!—but the doctors thought the baby had Spina bifida. They wanted us to abort. We didn't.*

*When my baby was eight months old, I was diagnosed with stage 2b breast cancer. I was also given the devastating news that I couldn't have any more children. I was only thirty-three. My dreams were crushed.*

*I lost my job on Wall Street. Along with my income, I also lost my medical insurance, disability insurance, and life insurance, and we were pretty close to losing our house, too.*

*A year later almost to the day, Kevin was diagnosed with stage 3b malignant melanoma. The cancer had already traveled to the lymph nodes in his groin, and suspicious spots were also evident on his lung, his shin, and a bone in his ankle. He was given a 20 to 30 percent chance of survival. He was thirty-four.*

*To top it all off with whipped cream, chocolate syrup, and a cherry, while my husband was still recovering from his treatments, we discovered that my oncologist and surgeon had misdiagnosed me. All that year, they had repeatedly told me not to worry, I was fine. By the time I convinced them things weren't fine,*

*the cancer had reached stage 4. There is no stage 5. I was told that nothing could be done to save my life. I was thirty-five years old.*

*It didn't all happen in a week, but it sure felt like it. I guess we weren't as healthy as we thought! Our lives collapsed around us, but again and again we emerged from the rubble. Little by little, we repaired, rebuilt, and recreated our beliefs, our strength, our emotions, our lives, and our dreams.*

*All right, so life wasn't perfect and things were pretty stressful. But I have always held the belief that a ray of sunlight shines in any situation. You might get drenched trying to find it, but remember, the sun is always shining—it just might be behind the clouds.” Our ray of sunlight is that ten years later, Kevin is walking, our child is perfectly healthy, and both Kevin and I are alive, well, and cancer free. Life has never been better. More than that, life is amazing!*

*With little hope available to us through conventional medicine, we took control of our health and journeyed into a world we hadn't known existed. The world of alternative and holistic treatments was one I knew little about—and certainly didn't have any faith in. But as we regained our health, I quickly became a believer.*

*This book will take you on our journey into a world of alternative options to conventional treatments. The journey explores the physical, emotional, and spiritual aspects of healing. Our voyage of trust and faith led us to a clinic in the Swiss Alps. We also made a pilgrimage to a miraculous, mystical healing high atop a mountain in Italy.*

*Along the way, we learned not to focus on the quick fixes offered by toxic prescriptions that eliminate symptoms while masking the illness and causing side effects.*

*Instead, we focused on removing the root causes of the illnesses and on building our bodies back up. This little-known world relies on cutting edge diagnostics and treatments that include high-temperature heat therapy, detoxing, and immune system stimulation. I'll also identify some sneaky physical culprits that weaken us and that are tied to degenerative diseases. My purpose in sharing our journey is not to drag you into the cavernous misery of those insane years. My purpose is to provide information that will help you create a springboard for new hope—hope that inspires action. Hope that will draw you toward creating a better world, one where you can experience less ill-health and feel good ... even great!*

*By making health our priority, we open ourselves to the possibility of having wonderful, vibrant lives. My purpose is to share our experience so that you, too, can benefit from the secrets we have learned.*

*My hope is that no one else has to experience the misery we did. Let's face it; you wouldn't wish that on your worst enemy. That's it in a nutshell: hope. More than anything, I hope you will say, "Wow, this is shocking! If it could happen to them at such a young age, it could happen to anyone ... including me or my children. I really do need to take good care of myself and my family." And then take action!*

*It is my direct experience that many illnesses, including cancer, are preventable or reversible. So why not just prevent it? After all, it's much easier to prevent an illness than to reverse one—no ifs, ands, or buts. And, boy, have I spouted my share of ifs, ands, and buts! You might not agree with me, and you obviously don't have to. I understand—there's a tremendous amount of skepticism out there. I was one of the skeptics myself until I personally experienced the amazing improvement in my husband's and my health.*

*So with that, I invite you to laugh, cry, or maybe just smile. If you are drawn down, I pray you will then be raised back up, as we have been. Or you may just allow yourself to receive whatever you are meant to receive by reading our story.*

*I pray that you allow the power you hold within yourself to find the best way for you to heal any aspect of your life. I pray that you open yourself even to possibilities we might never be able to comprehend, and that you don't let that mystery stop you from achieving your dreams and health. I wish for you a life filled with an abundance of blessings, good health, loving relationships, kindness, joy, and laughter. Welcome to my passion. With love and warmest admiration for you and the power within you."*

### *How do you do it?*

This is the first question I am asked when someone hears that my husband and I both had late stage cancer and have been cancer free for 11 years. I've broken down how we transformed our health into a **simple Process** and I'm going to share 7 of the "sparks" with you today.

# #1 – The Mental Game

When I was diagnosed with Stage 4 cancer, I heard those mind numbing words, “There’s nothing we can do to save you. There’s no hope”.

That wasn’t a good enough answer for me. I said “*No, you will not tell me what my outcome is going to be*”. No one but God and I can determine that. I decided to take responsibility and control of my own life, health and destiny, rather than leave them in the hands of someone else. My decision was to choose to live and by making this choice, I became empowered. Once I made that decision and got down on my knees and prayed for help, everything that I needed was put in my path to do just that – to live. I just needed to take action based on how I was being guided, based on my intuition. I embarked on a journey knowing and believing that I would find a way.

This journey provided me not only with hope but with confirmation that when we start making changes to our life that are more positive and supportive than those we made before, we do have an incredible ability to heal.

## The Physical Game

On my journey one of the most motivating and inspirational findings for me was based on getting to the root cause of a health issue, removing the root cause and giving the body the tools it needs to build itself back up again. I was skeptical at first, but the theory, understanding and practice of this not only made sense but came to me in such a bizarre way that I just had to believe it might ultimately save my life and my family’s life.

It just makes such logical sense, doesn’t it? Getting to the root causes was the basis but I combined this with many other healing methods, diet and lifestyle changes. Whether you are suffering from chronic pain or a chronic or degenerative disease, our bodies are amazingly designed healing machines and they *want* to heal. Their whole design is with the intention of being self-healing machines. Your body’s cells are continuously renewing themselves. On average, every 7 years your entire body’s cells renew, ultimately producing a completely ‘new’ body. It has been scientifically established that cells inside the body regenerate at different speeds – liver cells in 6 weeks, stomach lining cells in 3 days, eye cells in less than 48 hours. Because every cell in your body has its own lifespan, when the cell has ‘lived its life’ and dies off, a new one is created. Our goal is to create lots of these new cells that are vibrant and healthy, rather than creating more unhealthy cells.

Now, going back to what we originally said about having a new body every 7 years, what we did works to not only continuously reproduce new, fresh, clean

cells, but works to take those old, toxic, sick cells, and make them vital again so they repopulate healthy new cells. Doesn't that just make sense? It did for me. I am alive, healthy and feel great! I am so humbled and blessed that I listened to my intuition. By listening, I received the guidance I needed to heal and be here 10 years later after being told nothing could be done to save me.

Okay, so here's one more excerpt from *Choose to Live*. This excerpt is one that I share with someone as soon as they tell me they have been diagnosed with cancer or some type of health issue so I wanted to share it with you too:

*"For me, getting well was really a series of decisions and listening to guidance—punctuated by miracles, to be sure, but it was the decisions and actions that made those miracles possible.*

*Let's face it: if you start cleaning yourself out and building your immune system, the very first thing you do might add one minute to your life. The second thing you do might add five minutes. Add a different way of helping yourself, and you might add an hour. Be consistent, and before you know it, you've added a day, a week, and then a year. Keep going, and you have five years. Next thing you know, you could have a complete shift in your entire biological structure. Then guess what? The cancer is gone and you feel great! It could happen on the first day or the thousandth day. No one knows. But Kevin and I are proof that it can happen.*

*Miracles happen every day. I can trace my miracles back to a three-step process, which may work for you or someone you know. It's simple. (But note that "simple" doesn't mean "easy.") So ... ready? Here it is:*

- 1. Think about what it is you really want. Spend some time on this so you're satisfied that this is it, without a doubt.*
- 2. Now, ASK FOR IT!*
- 3. Okay, now you've done it—you've just opened the "miracles" door. Now be open to receive answers and guidance on your next steps. Once you do open up to it, I truly believe you will be given that guidance.*

*There are some other things I learned that can make healing easier. For one, it helps to look at healing as a process, not a magic bullet. And it's crucially important that we look at it from the perspective of healing our whole being: body, mind and spirit. It's like a three-legged stool—leave any one of the legs off, and it's not going to stand. I truly, deeply believe that the importance of healing at an emotional and spiritual level is seriously overlooked and has a dramatic impact on our success."*

The emotional and spiritual healing is enough to fill two more books so in this e-book, we are going to focus on the physical body (but keep on the lookout for the other two—you never know when they might appear).

We are going to start with 7 “sparks” that were powerful in helping me, Kevin and others reverse and improve chronic health issues. These are some of the findings that I learned on my journey. These steps are beneficial and accessible to everyone who has desire and will to reverse and improve their current illness and quality of life.

While this might seem overwhelming, these are simply some of the tips to help you on your own journey. Start by getting a better grasp on how to bring healthy changes into your life. One of the ways that makes the most sense is to start slow and steady. The pace at which you make changes depends on your individual health situation and how well you embrace change. You may need to be more aggressive due to your health situation or you may have a non-threatening health situation allowing you to make changes gradually. When we work with people, there are many things we take into consideration when determining how quickly or slowly they should proceed. We also cover this in more depth in our tele-classes.

I think that most often when we try to do too much too quickly we end up losing our momentum. It can be too difficult to make many drastic changes at once. I often say, “Slow and steady wins the race”. So, I think it’s a little easier to just start incorporating things into your diet and lifestyle, little by little. Now, of course, if you do everything all at once, you may have the quickest results and you may need to do that depending on the severity of your situation. However, it may not necessarily be the best way to achieve long-term results. It may also be too hard on your body and actually make things worse. Everyone is different. Everyone’s mental, physical and psychological state, commitment level, drive and willpower are all different, so the way you approach these changes will naturally be different, too. That is why it is important that you work with a qualified professional to take all these factors into consideration.

I went cold turkey when I first started, but obviously having had stage 4 cancer at the time, I had pretty powerful motivation. Since I went cold turkey, I felt horrible for a few weeks. I was sick as a dog. I couldn’t even lift my head up – and I had to still work *and* travel into Manhattan, have meetings, etc. My case of going cold turkey was extreme and it had to be. Once again, I was working with a professional. Other people that I know have not had nearly any symptoms when they dramatically changed their diet and lifestyle. Some people are able to undergo drastic shifts in their eating habits and take on detoxification regimens without many negative side effects. Your ability to detoxify greatly depends on your individual state of health and where you’re coming from physically, mentally and emotionally. It’s important to listen to your body and to take it slow, because



when our bodies are in a weakened state they may not be able to handle too much at one time.

**Now, let's get you started!**

## # 2 – Sugar, Not So Sweet

Some of the things that are most harmful to the immune system are things we don't even realize we are taking into our bodies in tremendous amounts. I would have to say that one of the best ways to improve our health and reduce cancer diagnosis rates is to cut out sugar. It is one of the most damaging things that we can put into our body.

One teaspoon of sugar depletes the immune system for several hours. An eight ounce cup of fruit yogurt has seven teaspoons of sugar in it. If you imagine that one teaspoon depletes the immune system for several hours, and then we have seven teaspoons in a cup of yogurt, your immune system is not going to be able to do its job for quite a long time.

The second damaging effect is that sugar feeds cancer. It feeds it directly, and cancer has a ferocious, insatiable appetite for sugar. When we put it into our bodies, we are helping any cancer cells in our body to grow. Cancer doesn't differentiate between types of sugar. Whether it is from a chocolate bar or a piece of fruit, either way, it feeds on it. Fruit is definitely better nutritionally than sugar, but we are talking about the damaging effects of the sugar in the fruit. There is also a difference between refined sugars and natural sugars. White sugar is bleached, bleach is a carcinogen. By consuming refined sugar you are also increasing your toxic level.



Basically, when our internal environment becomes unbalanced from poor food choices, too many antibiotics, heavy metals or other toxins, yeast will develop and colonize in our bodies. This yeast is actually fed directly by the sugar, and it has a ferocious appetite for sugar just as cancer does. This is not just a psychological, "*Oh, I want to have sugar.*" It's physiological. The yeast in our body is saying, "*Give me more. Give me more.*"

There was a Nobel Prize winner named Dr. Warburg from Germany who discovered over 75 years ago that sugar feeds cancer. Imagine that this is information that's been out there and received the recognition of a Nobel Prize, yet it's still not well-known enough.

The average American consumes 2 to 3 pounds of sugar a week, and in the last two decades only, the consumption has increased dramatically. If you look back to about 100 years ago, during the late 1800s, it was estimated that the typical person ate about 5 pounds a year. In America right now, we are eating on average 135 pounds a year. As you might have guessed, back then they rarely had cancer, diabetes, and heart disease. Now cancer hits as much as one in two people in their lifetime.

On a day-to-day level, consumption of sugar affects other things as well. It aggravates existing asthma conditions, and you probably all know it creates mood swings and actually prompts personality changes. Sugar doesn't just affect cancer cells in our bodies or make us 'fat'.



If you have some type of an arthritic condition, sugar also increases the severity of that. There are over 100 ways sugar negatively affects the body.

Sugar affects gallstones, appendicitis, hemorrhoids, varicose veins, migraines, kidney stones, memory loss, asthma, anxiety -- the list goes on and on. Due to the fact that sugar is extremely acidic, that

acidity settles into different parts of the body wherever you might have a weakness. As a result of that, it causes additional pain, so just stopping the intake of large amounts of sugar can have a dramatic impact on pain levels in the body.

Furthermore, sugar's relationship to inflammation is one that has been well established scientifically over the years. After consuming a high carbohydrate and high sugar diet for some time, the levels of blood glucose within the body remain elevated because the glucose isn't able to make it inside the muscle cells. This toxic glucose acts like sludge in the bloodstream clogging arteries, binding with proteins to form harmful AGEs (advanced glycation end-products) and causing systemic inflammation. If you suffer from arthritis, rheumatoid arthritis or any other inflammatory condition, consuming sugar will have devastating effects on your condition.

Chronic inflammation is a major cause of cancer in the world because it releases powerful oxidants which both stimulate cell division and act as mutagens. In

addition, some of this excess glucose related to high inflammation also contributes to a rise in triglycerides, which increases the risk for heart disease.

Let's take a look at some typical items that are advertised as healthy. As you probably know, the ingredients are listed in the order of the highest quantity, so the first item listed is what you have the most of in the package. Let's look at granola bars. Carefully read the listing of ingredients.

Does it resemble this: Sugar, rolled oats, dextrose, wheat flakes, rice, dried lemon, soybeans, fructose, corn syrup, partially hydrogenated peanut and soybean oil, non-fat milk, almonds, malt, sorbitol and flavoring? One-third of the 15 ingredients – five individual types of sugars in all – are used to make that granola bar. Look for ingredients with an 'ose' at the end. Does it seem like such a great snack alternative now?

Sugars are being hidden by the manufacturer with the use of a name other than sugar. Here's what's in a well-known brand of a Raspberry Granola Bar that is advertised as healthy: Sugar, dextrose, high fructose corn syrup, honey, corn syrup again. These are all sugars. Be aware of sugar's many forms including things with an 'ose' at the end like dextrose and fructose.

We all know sugar is a major contributing factor in the worldwide obesity epidemic, as well as the diabetes problem. With ingredient labels like this, it's no wonder that sugar consumption is skyrocketing! You can consume sugar all day long and not even touch a sugar bowl! It's already in the processed foods and snacks we eat – even the sugar-free and so-called healthy foods.

It's safe to say that consuming sugar can have some pretty profound health consequences. This comes as no surprise seeing how sugar is hidden in so many things these days.

Pay attention and look at labels to see what the sugar content is. How many grams of sugar are in it? You can replace it with stevia, which is really good, or as a transition try some of the more natural types like agave and maple sugar. But only use agave and maple sugar temporarily since they have a high sugar content, and should be avoided altogether with any types of cancer.

However you look at it, it's essential for strong health that we reduce sugar as much as possible. If you do just this one thing, you might be amazed at the results. Try cutting sugar out or down drastically for just a few days, maybe even a week and just see what happens! See how you feel. You might be amazed at the results you get.

## #3 –Wheatgrass is a ‘Super Food’

I mention wheatgrass all the time, because it is one of the most powerful “super” foods that you can put into your body. Wheatgrass is essentially one molecule away from the human blood, specifically hemoglobin.

When you’re taking wheatgrass into your body, you’re pushing out the harmful toxic blood and bringing fresh clean, new blood into your body, so wheatgrass acts as an amazing detoxifier and blood enhancer as well as a nutrient-rich food.

One ounce of wheatgrass has a higher percentage of protein in it than a pound of red meat and that’s just one of the many benefits. It’s one of the most beneficial complete foods that there is. It is very high in chlorophyll and provides natural detoxification. I know of someone who reversed cancer by living on wheatgrass alone for over a month.

When I first started on this healing journey, I was drinking up to 8 ounces a day and putting poultices of it on my skin where the cancer was. I wouldn’t say that others have to be doing quite so much, but it sure helped me during my most crucial time.

The chlorophyll that is found in wheatgrass and other leafy greens not only cleans and builds the blood, but also may help to offset some of the adverse effects of radiation. There are over 40 known benefits of wheatgrass, and it is one of the best sources of living chlorophyll available.

It’s high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-oxygenated environment so it’s another reason to bring it into your body.

Science has proven that chlorophyll stops growth and development of unfriendly bacteria and can assist in increasing low red cell count. Basically, wheatgrass is so nutritionally condensed that 15 pounds of wheatgrass is equivalent of 350 pounds of vegetables. Some of the other benefits of wheatgrass include helping to purify the liver, improving blood sugar problems and helping skin issues. Wheatgrass also helps to prevent tooth decay and it aids in healing our gums.



Chlorophyll increases the function of the heart and affects the vascular system, intestines, uterus and lungs, reduces high blood pressure, enhances the capillaries and can remove heavy metals from the body. Farmers in the Midwest who have sterile cows actually put their bulls on wheatgrass to restore fertility. One of the reasons this works is that the high magnesium content in chlorophyll builds the enzymes that restore the sex hormones. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man and woman. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil and has approximately 23 times the minerals and vitamins of vegetables.

The list goes on and on. I love wheatgrass. I can't say that I love the taste of it, but I'm used to it at this point. I don't think that there's anything else out there that can provide you with the benefits in such a short period of time because it is also so easily digestible.

I often see funny faces when I mention drinking wheatgrass and I often hear people say, "Yuck, you want me to drink grass?" It's not the only way to heal, but it catapults the healing process.

## # 4 – Going Green and Raw

This next tip will seem so obvious but the benefits I'm about to share will truly blow you away. Fresh green juicing is another way that we can get a great deal of nutrition and raw foods into our bodies which gives it the energy that we need and the boost that our immune system needs. When we juice, the nutrients, enzymes, vitamins and minerals enter the blood stream more easily and allow the body to work less on expending its energy digesting. The green juices also give us a lot of chlorophyll which we already discussed with wheatgrass.

Chlorophyll purifies and rebuilds our blood cells and remove mold, parasites, mycotoxins and exotoxins from the body. Many studies show it can help prevent and remove cancer cells.

Try to use only green vegetables (meaning cucumbers, spinach, kale, celery, etc.). You want to stay green as much as possible, but if you need you can add in a green apple or a beet to start. That's okay, you'll just want to wean yourself off of those as time goes on.



Carrots are another thing some people add to their juices to sweeten the taste but due to the high sugar content of carrots you will be losing a little bit of the benefit of your green juice when you rely too heavily on them.

alternative.

If juicing is not as available to you or you don't have the time to make it at home or go to a health food store, then powdered greens are an excellent alternative. They're great for continuing your daily intake of greens while you're on the go. Every time you leave the house, you'll always have your greens and vegetables with you, which is what I do and I think it's fantastic. Powdered greens are a powder that can be added to your water so you'll always have greens and veggies wherever you go. Make sure you research and find a good, high quality brand of powdered greens to use. I have researched many and you have to be careful about which ones you use because they may be loaded with sugar or fillers.

A full scoop of the powdered greens can be the equivalent of between 5 and 10 pounds of vegetables, which is a lot to take into your body in a short period of time. Of course you also want to be drinking plenty of water; we always want to make sure that our body is well hydrated. It's important to incorporate the powdered greens into your diet slowly; to avoid detoxing too quickly.



Juicing is a great way to get raw veggies into your body, which again is the best way to absorb all of the vitamins and nutrients they have to offer. Once you start heating your food, you start to deplete it of its nutritional and healing power. With that being said, you want to eat as many raw green vegetables, rich in antioxidants and nutrients as possible, juiced or whole. I'm talking about having vegetables, preferably raw, equal 80% or more of your diet. You want to have certified organic vegetables because you don't want to be taking in any of the pesticides that are on the vegetables. Of course if you can't have organic, don't let that be a reason not to have vegetables at all. Eating all these vegetables that are rich in antioxidants and nutrients, especially organic ones, naturally allows the immune system to do what it's meant to do which is to keep us healthy. If we keep the immune system healthy the body will be able to better heal itself and also prevent and reverse disease.

## #5– Cleanse. Out With the Old, In With the New

People always ask me about cleanses, and I don't want to recommend a specific cleanse to anyone because a person's state of health is what can determine whether or not they should be doing a cleanse at all. I can say that cleansing truly helped me to get toxins out of my body so I could start fresh and clean with my wheatgrass, juicing and the other strategies that I used to reverse the cancer and prevent it from coming back. This is why I felt it was an important tip for you. If you've ever felt run-down, depressed or ill, and modern medicine has not been able to help you, take a look around you. Chances are that in the course of your everyday life, you're surrounded by toxins and don't know it. Those toxins are inevitably in your body, clogging up your main elimination systems and are way too much for your immune system to handle.

Whether its pesticides or trans-fats in your food, car exhaust fumes in the air or chemicals in the soda you drink, your body is being assailed by pollutants 24 hours a day. Luckily for us, cleansing can help!

If you have medical supervision, there are a couple of cleanses that I also recommend. It is very, important to be extremely careful when it comes to cleansing, because, even on a personal level when I was doing an extended cleanse, I wound up getting very dizzy. At one point I got up too quickly and blacked out; on the way down, I hit my head, wound up with a bloody lip and a black eye. The blood sugar levels within my body had dropped too low, so it is important to make sure that you are doing this in a supervised way. On the positive side, as far as cleanses are concerned, they are incredibly beneficial.

A cleanse is one of the best ways to restore health, energy and vigor to your life. A cleansing diet will remove toxins and other substances from your body. Research has shown that by removing these from the body, you give your organs the ability to function better. Cleanses even can be a step towards overcoming many of the health problems you face.

Cleanses can also remove microorganisms living within your body. Two main types of organisms that could be causing your illnesses and lack of energy include parasites and an overgrowth of yeast.



You want to use that as kind of a jump-start after you've already begun the process of cleaning your body out. I recommend that you *not* do it without the proper supervision by a health practitioner. You should also not just do a cleanse a couple of times a year and then go back to eating everything that you feel like eating or living a toxic lifestyle. So keep your eyes and ears open for a group cleanse that we'll be doing.

To give you an idea of how powerful these cleanses are, a client was scheduled to have her gall bladder removed and after doing one of the intestinal cleanses I recommend followed by a liver/gall bladder cleanse, the issues resolved themselves in about a week and the surgery was cancelled. That was nine years ago. Surgery was never needed. Cleanses are a great thing but what I would like to see happen is that consistent lifestyle changes take place such as incorporating the vegetables, juicing and wheatgrass into your lifestyle. Green shakes made of vegetables pureed in a blender give the body a break from the digestion process and consuming these can help in cleansing while providing nutrients to the body I recommend doing some things like that on a daily basis. We also want to not only look at what you're putting into your body, but also what you're taking out, and that relates directly to your colon health. It's so important to make sure that you are eliminating properly, especially if you're making any types of major lifestyle changes since these changes act as a form of detoxification. Cleansing works by releasing toxins from within your body.

However, they must have a place to go, so make sure that your colon is eliminating well. If the colon becomes sluggish during detoxification, then all the chemicals, yeasts, parasites and other dead microbes will continue to circulate around your body consequently causing auto-intoxication. One of the best ways to get through any type of dietary lifestyle change, while experiencing the least amount of detoxing symptoms, is to have a colonic. Colon hydrotherapy or colonic irrigation will really help to clean out the colon in a way that is much more powerful than any other way.



## #6 – Dental Health

You may have heard me say that flossing can add up to 10 years to your life and that's no joke. Why? Because dental health is one of the most widely unaddressed contributors to our overall wellness or illness. While this next tip about mercury and heavy metals might sound surprising, overwhelming and even frightening, the good news is that we may have discovered a significant factor in what may have caused your ill health.

Whenever I see that there is a possibility for a 'cause' in someone's health, I am thrilled. Why? Because that means there is one more piece to the puzzle that can be dealt with to improve health. It's another contributor to the barrel overflowing. It is often discovered that there are high heavy metal levels found in those dealing with cancer and other degenerative illnesses including multiple sclerosis. The good news is that if it is discovered that heavy metals including mercury are high, there are ways to reverse and remove much of these metals from our bodies.

Basically, one of the ways that mercury gets absorbed into our bodies is typically from metal amalgam fillings in our mouth, but it also comes from fish and seafood, vaccines, air, water, chewing, brushing our teeth, even drinking hot fluids and even prescription medications.

It is such a significant factor in so many illnesses that I believe that just about everyone should have their mercury levels tested. The type of testing is so important that we cover this testing in detail in our Virtual Intensive. Mercury is damaging once it's in the body. Since it embeds itself in the central nervous system, mercury can cause psychological, neurological, and immunological problems.

The scientific literature shows that amalgam fillings have been associated with lots of problems such as Alzheimers, autoimmune disorders, kidney dysfunction, infertility, neurotransmitter imbalances, food allergies, and multiple sclerosis.



Thyroid problems are another big one. Issues with the thyroid can develop over time and go unnoticed by many people because of the range of the bell curve. Blood tests have established a range of where your thyroid levels should be, but that range has changed and shifted so dramatically over the years, so the numbers for the thyroid levels don't actually fall in that bell curve anymore.

The various pollutants in our environment, stemming from heavy metals in dentistry to bromines in processed flour, all hamper the thyroid's ability to do its job properly. There are numerous issues related to a poorly functioning thyroid, but it's a very, very common issue with high mercury levels.

One of the ways mercury is able to wreak such havoc on the body is that the vapor from the amalgams passes readily through the cell membranes in the mouth and across the blood-brain barrier. These vapors escape from the mercury through chewing, brushing our teeth and even drinking hot fluids. Once it's circulating in the body, it embeds itself in tissue and is very difficult to get out without conscious effort.

Mercury also affects your immune system and increases antibiotic resistant bacteria; it creates cardiac abnormalities, fatigue, poor memory, and certain other psychological disorders. The nervous system is more sensitive to mercury toxicity than any organ in the body. Mercury has recently been documented to be associated with tremors, insomnia, irritability, personality changes, and headaches. Headaches were a big one for me because my mercury levels were through the roof, actually quite literally off the charts. My levels were so high that they even shocked the doctor in the clinic I went to – and he sees high mercury all the time.

Mercury also causes weakness, blurred vision, and slowed mental response. The fact that it's even been banned in some European countries is strong evidence of how toxic this material is. It's also a concern, obviously, with cancer because it suppresses the immune system.



Researchers are finding that many toxins are being discovered in tumors, particularly in breast cancer tumors. Science is establishing a link between high mercury levels and the toxins within breast and other tumors. One of the reasons why my mercury levels were so high was due to the metal fillings I received in childhood.

However, my mercury levels later skyrocketed once I had them removed in my 20s. The dentist I went to thought it didn't make sense to keep these unsightly and unhealthy metal fillings in my mouth so he drilled them out without any regard for the safe removal of this toxic substance. There is a reason why there is a skull and crossbones on the mercury containers. As a result, this process released tremendous amounts of mercury into my body, so much so that my levels were in the range of 150 times the legal limit of what a person could be exposed to for mercury.

Remember, if you are interested in getting your mercury amalgam fillings removed and replaced, I must stress this beyond anything else you are hearing, you must seek out an experienced biological dentist with a good reputation who is trained in the proper protocols for amalgam removal -- failing to do so could end up further damaging your health. It is also critical that you do this in stages. You want to have your levels checked first and work to reduce those levels *before* you remove the fillings. I have found a very reputable source for mercury testing which you can do from home. Please contact us for mercury testing options. You will receive a medically reviewed report with your results. We feel it is so important to handle this properly that we incorporate testing as part of our customized group program. Since we are all so different, customizing the appropriate testing and detoxification regimen specifically geared towards you and your unique needs is essential.

I know this is one of the scariest, but I have to share it since we are talking about potentially serious degenerative illnesses. Root canals can often lead us to the root cause of many chronic and degenerative illnesses.

You may be familiar with acupuncture meridians, which are channels that act as the highways for the passive energy or “chi” energy that runs all through our body. Interestingly, each acupuncture meridian runs through a tooth as well.

These energy meridians are then connected with other parts of our body. Since our bodies are energy, we want the energy to flow easily without blockages or interruptions. Just like with an electrical current, you need to have the connectivity or you lose power. This is why one of the reasons why acupuncture works, it can help to release blockages.

So with this concept in mind, a study was done in Europe where it was discovered that over 90% of the women diagnosed with breast cancer had root canals on the tooth that corresponded to the breast meridian.

They also found that root canals on the other meridians affected areas in the body that corresponded to that meridian. So heart issues had root canals on the meridian that ran through the heart, and if it was arthritis in the knee, they found a root canal on that meridian as well.



Additionally, root canals affect the immune system. Over 50 years ago there was a lengthy study done by the famous Dr. Weston A. Price, DDS which researched the effects of root canals on the body after he discovered that something was not

quite right. He and a team of over 60 researchers spent 25 years detailing careful, impeccable research on the effect of root canals on our bodies. What he learned after years of studies on animals—and I'm not promoting animal studies, but this how they did it back then—was that a root canal tooth is always infected, regardless of its appearance and lack of symptoms.

When Dr. Price took a root canal tooth out of a patient who had a chronic disease and placed that same tooth into an animal, the patient became well and the animal developed the illness of the patient from whom the tooth was removed.

So, if the patient had rheumatoid arthritis, that's what the animal developed. If the patient had heart disease, the animal developed heart disease. Even cancer. The really interesting part is that the infected tooth was so powerful that the onset of the disease occurred in as little as 48 hours of having the tooth implanted under the skin of the animal. The test was repeated over 5,000 times with the same results. Very sadly, this has been something that has been pushed down for quite a long time.

Dental issues are so important in health and cancer that a cancer clinic in Europe has an entire dental clinic adjacent to the medical clinic. It is required that new patients see a dentist when they arrive at the clinic for a complete evaluation.

## #7 – Get Your Vitamin D

We have always known that vitamin D was good for us and promotes healthy bones. But with more and more research, we are finding that vitamin D also helps to promote healthy skin and organs and aids in the prevention of many chronic illnesses including cancer.

Heart disease use to be the #1 cause of death in the United States, but a few years ago that statistic changed from heart disease to cancer. Many studies have since proven that a deficiency in vitamin D is linked to the cause of breast, prostate, colon and skin cancer.

Vitamin D is a fat-soluble vitamin most commonly found in food but can also be produced in our bodies through exposure to the sun. The main function of vitamin D in our bodies is to maintain normal blood levels of calcium and phosphorus, in addition to helping to form and maintain healthy, strong bones.

Researchers are discovering that vitamin D also promotes normal cell growth and differentiation throughout the body, which is a key

factor in maintaining hormonal balance and a healthy immune system. Deficiency in vitamin D has been associated with diabetes with insulin deficiency and insulin resistance. Insulin resistance is also one of the major factors not only leading to cancer and diabetes but heart disease as well. Also arthritis, infertility, PMS, fatigue, depression and auto immune disorders are linked to a deficiency in this important vitamin.



In the *American Journal of Clinical Nutrition*, Anthony Norman, an international expert on vitamin D, has studied, researched and identified that access to adequate amounts of vitamin D is believed to be beneficial towards reducing the risk of cancer. Norman talks about 36 organ tissues in the body whose cells respond biologically to vitamin D, including bone marrow, breast, colon, intestine, kidney, lung, prostate, retina, skin, stomach and uterine tissues.

According to Norman, deficiency of vitamin D can impact all 36 organs. Vitamin D deficiency is associated with muscle strength decrease, high risk for falls, and increased risk for colorectal, prostate, breast and other major cancers.

Recent medical research indicates that the human daily requirements for vitamin D may be at least 10 times more than what is currently recommended. Proper vitamin D supplementation gives us a much better chance of preventing cancer and many major chronic illnesses such as: Heart Disease, hypertension, arthritis, IBS, obesity, muscular weakness, fibromyalgia, Crohn's disease, multiple sclerosis and autoimmune issues.

We are continuously being told to avoid regular sunlight exposure. But recent research has shown that regular sunlight is the best way to receive the recommended amount of vitamin D our bodies need to function at an ideal state. It's estimated that 5,000 international units of vitamin D daily is recommended, depending on what your levels are. You would have to consume 50 glasses of milk a day in order to receive that amount from milk and with a multivitamin, more than 10 tablets would be necessary.

Or you could get it from regular sun exposure. It has been estimated that the skin produces about 10,000 units of vitamin D with just 20-30 minutes of summer sun exposure. I'd rather do that than drink 50 glasses of milk or take 10 tablets of vitamin D, especially since consuming dairy brings up another whole list of issues, especially for cancer. Levels are also often understated and said to be in a normal range if greater than 35. I have to tell you that the experts that I speak to say they should be around 70. I urge you to get your vitamin D levels tested and monitored. If you need to take vitamin D to bring your levels up, have them tested again every few months until they are at the right level and then monitored to make sure they stay there.

## What Else?

And there you have it: our **Health Crisis Survival Kit**. We have lots more, one of the most important being food sensitivities, but since I can just go on and on, this will give you a great start. But if you're ready for more right now, then our Jumpstart program may be just the thing for you. [Click here to learn more.](#)

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