

TURN BACK YOUR BIOLOGICAL CLOCK

THE ULTIMATE GUIDE TO BETTER HEALTH AND
LONGEVITY

DR. DUNCAN MCCOLLUM D.C.

Difference Press

Washington, DC, USA

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If you are healthy and have the means to consult a registered dietitian prior to undertaking this program, especially for the first time, it is strongly recommended that you do so. If you have been diagnosed with a disease, you must have the approval of your doctor prior to starting this or any new dietary program.

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ADVANCE PRAISE

“I had the honor and privilege to read this wonderful book and discovered a powerful tool to help my patients on their difficult journey called healing. *Turn Back Your Biological Clock* gives the reader a nice and simplified health plan in twelve short, easy to read, and informative chapters. As this narrative story unfolds the reader will discover a plan on how to start navigating their own journey in resetting their health. I have had the opportunity to work Dr. Duncan on several occasions and appreciate his love and understanding of our patients’ plight in seeking health and happiness. I find this story fun and educational. I cannot wait to share this with my community. If you want to start your healing journey or are currently confused on which way to turn, this book will lay out an easy-to-follow path for you. Thank you again, Dr. Duncan, for helping all of us get this amazing message of healing out into the world.

— Dr. Tomas Gigena, M.D., Family Physician, True
Health DPC

“Dr. McCollum is absolutely brilliant at taking difficult advanced concepts and weaving them into fun and interesting stories, making them easy for us to learn! If you want to get healthy and stay healthy for a lifetime, you will love this book!”

— Russ Rosen, D.C., CEO The Optimal Health Coaching
System

“Dr. Duncan does an incredible job helping you understand how powerful your body is. It was once thought that your genes determine your destiny: *Turn Back Your Biological Clock* makes the scientific point that you control your genes. After reading this brilliant book you will have a complete understanding on what is interfering with your body's capability to heal, how to remove the interference, and allow your body to heal.”

— Ben Azadi, Founder of Keto Kamp & Author of *Keto Flex*

“If there was an anti-aging guru you wanted to listen to it would be Dr. Duncan McCollum. In his latest book, not only does he bring us the most recent research proving that we have more control over the aging process than we've been taught, but he delivers this message to us in a beautifully weaved story of hope. With his incredible depth of knowledge, his personal commitment to living the principles he teaches, and his masterful storytelling skills, Dr. McCollum is quickly becoming a leading expert in the anti-aging movement. This book will change the lens through which you view aging and give you a new insight into how you can live a life that keeps you forever young.”

— Dr. Mindy Pelz, D.C., bestselling author of *The Reset Factor*,
Reset Factor Kitchen, and *The Menopause Reset*

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FOREWORD

It is my pleasure to take a moment to comment on Dr. McCollum's latest book *Turn Back Your Biological Clock*.

This book goes far beyond any manuscript that I am aware of when it comes to this particular subject. This is not your typical anti-aging book reiterating the same old message of "eat more fruits and vegetables." As a matter of fact, some of the information will challenge your core beliefs of how we age and how we can slow down the process.

Having worked closely with Duncan over the past several years, I found him to not only look openly toward the evolving natural sciences, but to also be an early adapter, offering this information and the techniques involved to the world.

Serving as a member of the Health Centers of the Future's elite Platinum group of providers, he has contributed greatly to its expansion in bringing natural regenerative health options to his patients and clientele.

In his new book *Turn Back Your Biological Clock*, he has combined his knack for story telling with the steps one would find necessary to reverse biological aging.

Through the process he lays out, I am confident that it is possible for the reader to get a much better understanding of what true health care is.

Our country is facing a terrible health epidemic where symptoms are traditionally covered up without addressing “upstream causes.” Dr. McCollum is clear in sorting out the steps necessary to take back your own health.

I believe you will not only find the storyline entertaining, but also find many answers you’ve been looking for regarding the health and wellbeing for yourself and those who you love.

Enjoy.

In Health,

— Dr. Dan Pompa

*Dr. Pompa is a global leader in the health and wellness industry. He is the author of the bestselling book *Beyond Fasting and The Cellular Healing Diet*. Dr. Pompa has spoken at organizations such as the American College for Advancement of Medicine and appeared on popular podcasts such as *The Unbeatable Mind* and hosts his own podcast called, *Cellular Healing TV*. He is also the principle leader and teacher of *Health Centers of the Future*, which is a group of health professionals dedicated to bringing natural regenerative therapies to those seeking optimal health and longevity.*

AUTHOR'S NOTE

Whatever happened to the good old days? The days that came and went? Being footloose and fancy-free?

Well, what's funny is, I still feel as young as ever. I just wish my body would cooperate!

I remember hanging out at People's Park back in the early seventies, going over to Haight Asbury and seeing shows at the Avalon Ballroom or Fillmore West. It seemed I could stay up all night and put as many unmentionable things in my body as I pleased and still wake up refreshed (albeit at one in the afternoon).

Well, that was close to fifty years ago. The body just doesn't recover quite so easily.

One day, I was working with one of my patients, an "older lady" maybe in her late sixties. She was hard of hearing and her body was a bit feeble. We got to talking about where she grew up. "New York," she said.

"Hum," I replied. "Were you around for Woodstock?"

"Yep," she said. "I was there."

That's when it hit me! I'm ... well ... my body is getting old.

I started looking at my “older” patients with a new set of eyes. These guys may have bodies that may be starting to fail, but they have amazing stories to tell.

Then I started thinking:

What happened to the rebel within us? When did we start to conform? My God, did I even say that word?

I thought we were supposed to “Turn On, Tune In, and Drop Out.” Remember the famous line from the song “My Generation” by Pete Townshend of The Who, sung by Roger Daltrey as he stuttered the words, “I hope I die before I get old / I hope I die before I get old.” And don’t forget Abbie Hoffman’s cautionary line, “Don’t trust anybody older than thirty.”

Well, to any old hippies or beatniks out there who are reading this book, I guess the joke is on you! You’re still alive, and at this writing, so are Daltrey and Townsend!

I think many of us lived our lives back then with little regard for the future, casting our fate to the wind. I guess that is how young people think. Let’s call it the arrogance of youth! It may all be well and good, that we did survive. We all made a living and are still here to talk about it, but at what cost?

Our quality of health is terrible! In fact, if you weren’t aware, we are rated forty-seventh in the world for health!

It makes one wonder: While we were all doing our thing and learning to survive, was some “faction” making a business out of keeping us sick?

- Wasn’t Wonder Bread supposed to build strong bodies in twelve ways?
- Weren’t Wheaties the breakfast of champions?

- Didn't Clark Kent endorse Sugar Frosted Flakes?
- And weren't PF Fliers supposed to make us run our fastest and jump our highest?

I think we were duped!

As a historical fiction author with four published books under my belt, this educational book was written in a story format to keep it both interesting and informative. I developed some characters to represent different aspects of our current society. Today, 50 percent of our population is either diabetic or prediabetic, 30 million Americans have been diagnosed with thyroid disorders, and 80 million Americans have been diagnosed with multiple chronic diseases. Even over 50 percent of our children have been diagnosed with a chronic disease. The list goes on. Something must be done about this.

In this book, I will guide you through the most current natural healthcare trends and teach you how to take charge of your own health. You will discover, just like so many of my patients did, that you can change your life by taking control of your health. The processes I cover in this book were researched and utilized by some of the greatest names in natural and restorative healthcare. I had the privilege to know, study, and work with some of the top clinicians and researchers on the planet and am happy to share what I learned with you.

List of fictional characters:

- Alfred McCoy – He narrates the story and is a typical hard-working sixty-plus-year-old who went to school, got a job, worked hard, and never thought his

lifestyle would land him in a hospital bed at such an early age. He now is faced with a decision which could change his life forever.

- Judy Jones – Alfred and Judy met in the hospital while sharing a post-op hospital room. Judy is immunocompromised and prediabetic. She lost her husband to diabetes five years earlier and is in need of inspiration and a glimpse of hope. A spark of a love ignites as she and Alfred embark on their journey to better health and a better life.

- Joey – This is Judy's thirty-year-old son who, seeing his father's life slip away and already showing signs of diabetes and heart disease, turned his life around and became a health coach. Joey walks Alfred and Judy through the steps necessary to achieve optimal health and turn back their biological clock. In this story, I am speaking through Joey, using everything I know and constantly learning to teach Alfred and Judy – and you, my reader – the tools and understanding necessary to take back your own health. I walked hundreds of patients through this process and saw amazing results.

- Alice – Joey's older sister who is somewhat skeptical and wants to protect her mom from her little brother's crazy ideas. But as time goes on, Alice reveals some health issues of her own.

Throughout the book, I will introduce actual people and doctors who I studied or worked with.

- Dr Dan Pompa – A leader in the cellular healing world and co-founder of the network of innovative doctors and practitioners Health Centers of the Future. He created amazing programs based on the science of the human body and cellular life.
- Dr. Bruce Lipton – An amazing researcher who has taught us that the cell wall is perhaps the most intelligent and adaptable part of our body's make.
- Dr Jason Fung – A renowned nephrologist who, in his clinical practice, veered from the norm and started healing his diabetic patients through diet and lifestyle.
- Dr. Yoshinori Ohsumi – The 2016 Noble Prize winner in the field of medicine and physiology.
- Dr. Valter Longo of USC – His research on fasting and stem cell production is changing the world of healthcare.
- Dr. Shane Morris – A formulator and master herbalist of the supplement company Systemic Formulas.

I do cite a few other individuals to help you get a better grasp of the knowledge I am trying to give you.

I hope you enjoy the journey.

PROLOGUE

Alfred McCoy could be considered an average baby boomer. He grew up in the shadows of what history calls “the greatest generation.” He went to school, got a job, worked hard, did what was expected, and never thought to ask too many questions regarding what life was all about. He got married, had three kids, lost his wife to cancer, then began to fall down the rabbit hole of ill health.

By age sixty-three, he found himself in a bad way. Diabetic and asthmatic, he was alone and forlorn. Alcohol, prescription medications, and an unhealthy lifestyle while on the road as a salesman were leading Alfred to a destination unbecoming to anyone.

His family rejected his communications, fed up with his self-indulging and lack of self-respect. Life’s dreams were turning to nightmares, and he had little time left. Then, one day, when worse came to worst, an opportunity presented itself. Could he rise to the call?

*What is it within us, that makes us decide
To wither or to grow tall?*

*To climb the tallest mountain or to slip and then to fall?
There comes a time to each of us, where in we have to choose
To cash it in or suck it up, but I'm not in your shoes
So take a look now deep inside and let your future be
Because my friend it's up to you to let your spirit free
You can decide to live or die the choice is up to you
If you select the first one then go forth with lightning speed
It's said two paths split in the woods and one was seldom
traveled*

*Yet there in lies the truth you seek and freedom's for your
taking*

*I trust in you to make your choice to let the power hidden
Turn on that thing that lies within and leads you to your
dream*

*For youth you'll find alive and well just waiting for your signal
One if by land Two if by sea so let your future free
(in memory and appreciation of my father who introduced me
to Robert Service)*

May you find in the pages of this book a road map to
your dreams.

With much love,

Duncan McCollum

THE WAKE-UP CALL

I was conscious for just a few minutes. The throbbing in my head blunted the sterol scent of the antiseptic room. When I finally could move my arm, I reached to find what was clogging my nose. The tubing that extended around my ears trailed off to the right and then off the bed. There was a dull burning in my right foot. When I tried to itch it with my left, there was nothing there. My right foot was gone.

Startling myself to consciousness, I forced opened my eyes. I was alone. There were several machines attached to various parts of my body. I recognized what must have been a heart monitor as I focused on the dancing red line, which insured me that I was alive. The room hummed with various sounds of life monitoring instruments.

There was a small window in the room, and as my memory began to return, I focused on a smudge spot the cleaners must have missed.

"I'll not make the fishing trip this year, I guess," I thought to myself. I hadn't missed it in thirty-five years. One by one,

the boys were just fading away. Was I the next to find my way home?

What went wrong? What happened to my dreams? Why was I here in this hospital bed at sixty-three years old, overweight, lungs failing from emphysema, diabetic, and now minus one limb?

I did everything right – played by the book, except for the early days. Sure, I grew up in the sixties in the San Francisco Bay Area. I was there to see the riots, hung out at People's Park, and did almost every drug in the book. Well, didn't we all? But that was long ago. At that time, I guess one would call me a hippy, a dropout, or a druggie. I had no real purpose or goal except to find the next party and see where it took me.

But then again, there was the Vietnam War, the threat of nuclear power plants, and earthquakes. And, of course, hydroelectric power plants built on Northern California rivers were either heating the water too much or blocking the salmon and steelhead from returning to their happy breeding grounds. There was a lot to be mad about, and mad we were!

The greatest generation were still in power, and we were not happy with their politics. No one knew who shot Kennedy, kids were being killed at Kent University, and no one could prove that we landed on the moon. But not only that, Joan Baez was making a stand, Timothy Leary was warping our minds, and Bob Dylan was putting it all in his rhymes.

It's funny, I remember going shopping in places like Hinks Department Store, the Co-op, Park and Shop, or Safeway and hearing all the Muzak, which played all-classical nonsense. That was a sign of the times. A time of innocence? Well, maybe a time of ignorance.

There was nothing like social media; Huntley and Brinkley reported the news while AM radio and newsprint led the parade. Big business went unchecked. Federal departments, such as the FDA, CDC, and NIH (National Institute of Health), were climbing into bed with the food and drug industry, and certain powers were in the works determined to “dumb down America.”

How did we get sucked into all this? We were the “dreamers;” we wanted to go back to the plow, wood-burning stoves, and even riding a horse.

I was just about to dose off when the door to my room clamored open, presenting who would be my doctor making his morning rounds. He was an older, short man, about five-foot-four-inches tall. His only hair presented wildly above his ears, leaving the top of his head naked. Well, actually, I misspoke – there was quite a crop exiting both ears and nostrils, as well as shadowing his eyes. His wrinkled, whitish smock spoke of the marinara sauce that apparently remained from last night’s menu. And by the size of his belly, it looked as though a meal was something he rarely missed. He appeared to be rather groggy, as if he just woke up.

He looked at me without recognition, then grabbed the chart at the foot of the bed. Scratching his nose with the back of his hand, he sniffled, then pulled out a handkerchief and sneezing three times quite abruptly. I felt like telling him that if he only trimmed his nose hairs, he might solve his problem. I decided better of it.

As he rifled through my chart, which seemed to carry the balance of my life, I began to wonder who he was and why I put my life in the hands of strangers. I have always been a friendly man, and my early years taught me discretion. But now, here I was, being held captive, lying flat on my back, some eighty pounds overweight, and shy of my right foot.

Rasmussen – his nametag gave it away – walked over to the right side of the bed, then grabbed the sheet and flung it to the side, exposing my missing limb. Examining the dressing, we both saw the seepage indicating the freshness of the wound.

“What do I do about the itching, Doc?” I asked in earnest.

“Don’t rightly know, son. The foot’s to the incinerator by now. I’ll have someone come change the bandage.”

With that, he dropped the chart back in the basket at the foot of the bed and exited the room. That was the last I ever saw of Rasmussen.

MY NOISY NEIGHBORS

When I next awoke, it was to the sound of female voices engaging in quite an argument. As I opened my eyes, my orientation indicated I was moved to a different room and now had a roommate.

The curtain was pulled, but their voices were loud and clear.

“You’ve got to eat, Ma. You’ll starve to death.”

“Look at me, honey. Do I look like I’m starving? Your brother said that I have enough fuel stored up in all this fat to feed New York City! And you know what, I believe him. I’m sick and tired of being sick and tired. And when I get out of this hellhole, I’m not going to eat for a week! And that’s final.”

“Ma, don’t be crazy. The doctor said if you don’t eat, you won’t get well.”

“Oh, what does he know? He doesn’t look very healthy himself. And besides, he wheezes like he’s starving for air. I was watching a program yesterday about this thing called

fasting. The guy on the TV said that it was the most popular diet in America right now, and for good reason. It looked pretty interesting. It's the same thing Joey was talking about. The guy was pretty convincing. And besides, he said by not eating, you save money, don't have to go shopping, and won't have dishes to do. It sounds pretty good to me."

"Ma, that's crazy, and I'm going to talk some sense into that crazy brother of mine. Why is he always bucking the system?"

"Buck it he does, but ya' got to admit, he's the healthiest one of the bunch, and he swears by it."

"Humph. I'm leaving, and I'm going to tell that nurse to force feed you if need be."

With that, she stomped out of the room, leaving us to our solitude.

Hum. As I laid there taking in what I just heard, I remembered back to my childhood. Fasting. Yay. Ma would make us fast every year. What was it? Some holiday. The whole congregation did it. I kind of liked it because that meant we could play outside longer – spring indicated that the sun stayed longer in the sky. I even remember feeling kind of good not eating. I was in pretty good shape then – quite athletic, in fact.

Then what happened?

"Clean your plate, Alfred, or you'll not get desert." That's what my ma said, and she was adamant about that.

Somewhere between eleven and sixteen years old, I got fat! I could never take it off. "It's just your body type, your genetics," my family reassured me. But somehow, I was never convinced. Something just wasn't right!

Like most kids growing up in the sixties and seventies, I smoked my way through high school and drank my fair

share of booze. Junk food was not officially labeled as such yet, and when the first McDonald's opened up down the block, we kids were ecstatic. With McDonald's, Fenton's Ice Cream, and Dream Fluff Donuts to choose from for our late-night munchies, we had it made. Or did we?

But I kept eating and just put up with the stigma of being fat. Around the time I turned thirty, my doctor told me that I had high blood pressure and that I needed to be on a medication for it. "Bummer," I thought. "Damn genetics." I was offered no other alternative.

Next, my cholesterol was identified as a killer, and some new drug was going to keep me alive.

My job kept me on the road a lot. This meant dining out, which meant a lot of fast food meals, which could not have been healthy.

By age forty-five, I was diagnosed as pre-diabetic and prescribed other medications to keep my blood sugar level safe. A change in diet was suggested in passing but not really emphasized as too important. I was just one of those unlucky ones with bad genes. Thank God for modern medicine! I kept working.

Sara, my wife, had been a lifelong smoker and died ten years ago from lung cancer and complications of emphysema. This was sad, but no one talked about causation. Just luck of the draw.

Our kids were all grown up and away on their own at the time. I didn't talk to them much anymore. They said I drank too much, and after Sara died, they kept their distance. I got a card or two at Christmas and my birthday, but I haven't seen the grandkids in years and didn't know a couple of the young ones' names.

A nurse entered the room, breaking my reverie – thank God. She was pretty cheery.

“Good morning Fred. How’s the itching today?” Her name was Sally.

“Hadn’t thought about it until you just mentioned it, Sally. Thanks for reminding me,” I said sarcastically. “Did you find some whisky for me, dear?” She looked over her cheaters with a discerning look without comment.

Checking my vitals with the help of the attached instruments, she seemed satisfied and scribbled something on my chart.

“If you behave yourself today, Fred, you will probably go home the day after tomorrow. Have you met Miss Jones?” She asked as she pulled open the curtain.

“No,” I said, “but I eavesdropped on a few conversations with her and her demanding daughter,” I replied, taking in my neighbor for the first time.

“How do you do, Miss Jones? I’m Alfred McCoy.”

“Pleased to meet you, Alfred, don’t mind my daughter – she has always been the bossy one. My name’s Judy. By the way, what are you in for?” she asked.

“It appears they were short on right feet and confiscated mine,” I replied.

“Diabetes, eh? Took my husband Mike five years ago. They said it was just the luck of the draw. But my son Joey, he thinks otherwise. He says it could have been prevented.”

“Oh, don’t get yourself all worked up again, Miss Jones. That’s all hogwash,” Sally replied.

Just then, the door flung open, and the food cart appeared from nowhere.

“You better eat today, Miss Jones, or you will never get out of this place.” Sally was stern.

“You eat it,” Judy retorted. “I’m not going to touch that gruel.”

“Harrumph,” Sally stated as she started to pass me my plate.

“Count me out too, Sally. I’m going on a hunger strike!”

Finally, after a few more exchanges, Sally threw up her arms in disgust and stomped out!

Judy and I exchanged glances of victory and chuckled.

MY NEW FRIEND AND SAVIOR

“So, Judy, tell me about this fasting thing your son Joey is talking about. It sounds interesting.”
And so, it started.

That afternoon, Judy invited Joey over to our hospital room for an education in what he called “natural health.” He was a nice-looking kid: in his early thirties, very fit, and glowing. After a brief introductory conversation, I broached the subject.

“So, Joey, what’s all this stuff you’ve been telling your mother about? What is fasting, and why would I want to not eat? Because of you, we both just went on a hunger strike. What do we do now?”

Joey paused for a minute, taking in the hospital room and his mother, then his eyes met mine. “May I call you Fred? Or would you prefer Mr. McCoy?”

“Fred is fine. Thanks for asking.” It was nice to see politeness in the younger generation.

“Fasting,” Joey began, “has been around since the beginning of time. Almost all ancient cultures, religions, and societies embraced it and utilized it. In ancient times, the food

supply varied from region to region; climate and season pretty much dictated what foods were available. Sometimes, after a harsh winter, there was no supply at all. This has been known as ‘Starvation Spring.’ Have you heard of that phrase?”

I nodded my head yes, saying my mother made us fast every Easter.

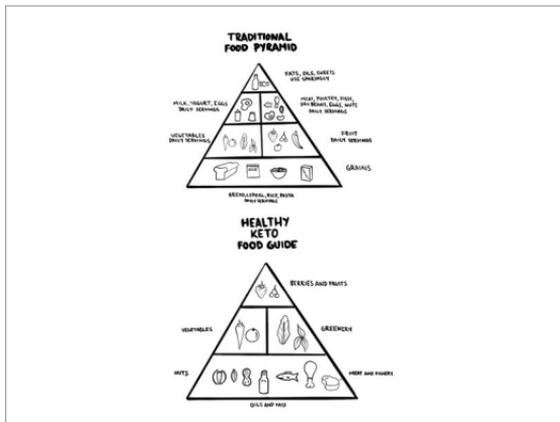
“Fasting has become a lost art and is one part of a much bigger subject and practice when it comes to health. Ever since World War II,” Joey continued, “the availability of different foods from different countries throughout the year allowed us, especially in countries like the United States, to have any type of food from any season any time we want. We can get fresh melons or peaches in the dead of winter and fresh spinach, broccoli, lettuce, or avocado all year round. We have all forms of meats available at any time: dairy, grains, nuts, etc. And then there is *sugar*! Fifty years ago, the average American ate 15 pounds of sugar a year. Now with all the sugar added to processed foods and especially restaurant foods, we consume 170 pound of sugar a year. That’s about 15 pounds a month.

“Besides all that,” Joey continued, “not only has our soil been depleted of over 50 percent of its nutrients, but also the mass production, processing, preserving, pasteurizing, and packaging of our foods renders many of them what we call ‘dead foods’ with little nutrient value. More often than not, the dead foods are filled with more toxic pesticides, herbicides, additives, preservatives and industrial byproducts.

“One more thing to discuss is the hybridization of many foods and, now, the genetic modification of so many. Wheat, for example, was dramatically modified in the 1970s. A man named Dr. Blaylock won the Noble Prize back then for his successful modification of wheat, which allowed a yield of

seven times the normal grain. At the time, this was amazing, and probably still is. His purpose was to end world hunger. In the short term, it had many advantages, but the genetic alteration of the grain created hundreds of new gluten strains that our bodies have not been able to adapt to. These glutes are hard to digest and created many bad inflammatory and allergic reactions in our digestive tracts over time. Do you remember that song ‘America the Beautiful?’ It has a line in it that says, ‘Amber waves of grain.’ Well, this has been replaced with. ‘Stubby stocks of wheat.’

“We were taught to eat the worst foods possible. The famous ‘food pyramid’ is upside down and basically poisoned with pesticides and herbicides. We were told that processed cereal, a glass of orange juice, and a piece of toast was the breakfast of champions! Little did we know that this deadly combination was setting up a diabetic nation with a lowered immune response, chronic inflammation, and chronic disease!”



Picture 1: The two health pyramids

“Even today, we are told to eat six meals a day, spread nickel-injected canola oil known as margarine on our food, and clean our supersized plate or we won’t get desert.

“So, the whole subject of commercial foods comes into play here. The first question is what this type of diet did to our digestive tract. Second, once the unhealthy digested foodstuffs get absorbed into our body through our blood stream, what effect does it have on the different organs and their systems, the brain, and even individual cells? You will learn how the inflammatory responses to these foods and other toxins have been devastating to the health of our populace.

“I could go on,” he continued, “but at this point, I think you may get the picture. But I will say, there are a lot more elements affecting our health and contributing to our country’s failing health.”

Joey took a minute and addressed me in particular. “If you are still interested, I would be more than happy to share what I learned. I would like your commitment in this, though. It will be a lot of hard work and effort. If you don’t feel up to the task, then quit now and save us all some hardship. You see, my mother has no choice. I will do everything I can to help her. But your commitment is up to you. I do not wish to have someone half in the game; that would just make it too difficult for my mom.”

I took a moment in appreciation of the young man’s integrity, then nodded my head and said, “Proceed; you have my commitment.”

Joey continued. “Let me tell you what I discovered about the healthcare system in our country and about the founding of ‘western medicine.’

Then, he said: “I think it is important to review the early days, the birth of western medicine in our country. You’ve

surely heard of John D. Rockefeller? This man founded of Standard Oil and successfully used the media, which he controlled, to push on us an article called the Flexner Report, systematically discrediting all forms of healthcare which did not fit his petrochemical model.

“He first had to rid the country of competitors such as natural, non-allopathic (not drug-oriented) healing modalities like homeopathy, naturopathy, chiropractic, botanical/herbal medicine, and even holistic medicine. Within a few years, with the help of the media, all these other forms of healthcare were either discredited or eliminated from the United States, and all medical schools which were funded by Rockefeller taught a curriculum that represents our Western healthcare system today. How successful has this system been? I guess that depends on how you feel or profit from the state of health of our country.

“Even hemp was a threat to his plans, and since cannabis seems to have tremendous health benefits, it was also mentioned in the Flexner Report. History tells us the story here.

“It suffices to say that the Rockefeller family-run AMA and influence over medical schools and Big Pharma shaped the direction of healthcare to where it is today.

“No doubt,” Joey emphasized, “the United States has the greatest emergency healthcare system in the world, and there have been huge advances in modern medicine. But when it comes to covering up symptoms and allowing the advancement, rather than the correction, of the underlying cause, we fall short of really helping our citizens.

“Let me put it this way,” Joey continued. “Does it make any sense to you at all that our country leads the free world, has the richest economy, put a man on the moon, and gave us tiny computers that we carry around in our

pockets but can't figure out how to keep our bodies healthy? Is there any attempt to teach us about how to eat correctly in school or how the body has the power to heal itself? No! Well, that has to change. For us, it won't be too hard. But for the nation, it will be like trying to turn the Titanic.

"It is time for America to wake up and smell the coffee. The statistics speak for themselves. There is a better path. The words of Robert Frost in his famous poem 'The Road Not Taken' could hold the answers to today's health problems.

*"Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.*

"Which path will you choose?" Joey asked.

"Here is another interesting point. The American Cancer Society was founded in 1913 by ten doctors and five laypeople in New York City. It was originally called the American Society for the Control of Cancer. 'Control' – not 'cure' or 'prevention!' Today, that organization is 106 years old. Did they achieve their mission? You tell me.

"The joke or presumption is that the 'powers that be' are bent on the improbable task of 'looking for a cure' for everything, when we should be focused on creating and teaching optimum health and disease prevention."

Then, he said something that hit me like a ton of bricks. He said,

"If you were in the 'healthcare' industry and you could create a drug that never killed anybody but didn't cure them either, how long would someone need that medication? How long would they be a customer? So, the bigger question is

now how many drugs you could put on the market to handle the symptoms of how many diseases.”

“Boom! There you have it – *‘disease care or sickness care,’* the current pharmaceutical industry’s purpose for existence! This is *big business*.

“Sorry,” Joey added. “You asked about fasting, and I hit you with both barrels,” he laughed. “Fasting is just one aspect of what you need to learn about and implement into your lives if you want to take your health into your own hands, get healthy, and get your life back.”

With that, Joey stopped and looked at both of us with a look in his eye that seemed ask the question, “So, what do you want to do?”

I was stunned. As I lay there in my hospital bed – obese, diabetic, asthma ridden and minus my right foot – I was pissed. How did I let myself fall prey to this predatory system?

I started counting the number of pharmaceuticals I was prescribed over the past thirty odd years. I counted eighteen! All of them were designed to manage my symptoms. No one ever talked to me, other than in a passing suggestion, that there may be a way to reverse these conditions. It was implied by tacit silence that I just continue to fill the prescription until such time that the dose could be altered based on my worsening condition.

How could the government, whose job it is to protect the citizens, allow this to happen? Didn’t they have agencies for this? What about the CDC and the FDA? Were they in bed with the pharmaceutical industry? Certainly not! This couldn’t be!

Something started to stir inside of me – something I had not felt in a longtime. I was angry, but it was a vaguely familiar type of anger, one that I hadn’t felt in years, perhaps

decades. I started getting memories of what my mom called “my ill-spent youth.” Yes, that was it – that youthful anger when you feel like you are a small pebble on an elephant’s ass. Nothing you could do could alter the path of the elephant.

Looking back now, I wondered when we changed. When did we decide to conform? Oh, you may think you haven’t, but look again. Television, newspaper, and magazine advertisements slowly brainwashed us to believe that our bodies have no ability to heal themselves whatsoever and that we are basically helpless when it comes to surviving without medication. Is the media of today a mirror Rockefeller’s ploy of a hundred years ago? Was the media being used to control our thinking? Certainly not! Were we duped?

Einstein is often credited with that definition of crazy. It’s something to the effect of, “If you keep doing the same thing and expect a different result, you are crazy.” Or maybe you’ve got the result you are looking for.

Either way, I was done! I decided right then and there to take my health into my own hands. I decided to become a “*Health Rebel*.” And you know what, it felt good!

For the first time since I could remember I felt like I could make a difference, that I could change the world.

And so, a small band of health rebels, Joey, Judy, and myself set a course to make a difference. But first, we had to heal ourselves.

THE PATH LESS TRAVELED

Our first official meeting took place in a little beach house near Monterey California. Judy invited me to drive down Friday night and I was happy to spend the weekend as a guest in her beautiful Carmel home. It was up on a bluff overlooking Carmel's beautiful white sand beach. Judy lived there for years; in fact, her family settled in Salinas in the 1800s. The home was wheelchair-adapted, which helped me get around while I still recovered from my surgery.

It was a beautiful Saturday morning. I spent most of the evening lying awake in my bed, listening to the ocean noisily meeting the shore, anxiously anticipating tomorrow's meeting. No one ever spent time focusing on health in my circle – just hard work, booze, and fast food.

I was up early, and as I found my way to the kitchen, I was pleased to see Judy already up, just pouring herself a cup of coffee. She said good morning and gestured the coffee cup to me. I gratefully accepted. We both added our cream and sugar and made our way to a little sitting nook, which over-

looked her garden. We visited for a while, making small talk and getting comfortable being so close together and alone.

Shortly after, Joey appeared, then Alice. Joey seemed to be the cook of the family and made poached eggs for us. I noticed that there was no toast and decided to be polite and not mention it. There was a small bowl of blueberries and blackberries for us, though. As we made our way into the den, where Joey was set up, I wondered how I would keep my stomach from growling during the class.

Joey set up a white board, a white screen, and a Power-Point projector; and set down a stack of what looked like handouts for us to study from. Judy and I then sat captivated as Joey began to explain what would happen for the next several weeks. Then, at the top of the white board, he wrote these words:

The power that made the body can heal the body.

“So, Fred,” Joey began. “Before we get started, I want you to know a bit about me, my family, and our health history. This will help you understand why I am so bent on helping my mom get healthy, and I’m hoping it may help you make a decision to do what it takes to get your own life back.

“The Joey you see in front of you today is a completely different Joey you would have seen five years ago. You see, I grew up in a world of fast foods, alcohol, some street drugs, and no real goal in life. I was easily fifty pounds overweight, and I lacked energy and drive. One day, I drove my father to his doctor’s appointment. As I rolled his wheelchair and him into the sterol office, I began to get sick to my stomach. There were at least ten other patients waiting to be seen, and not one of them was there for a ‘wellness check-up.’ Every one of them was overweight, their skin looked greyish, and they all had some sort of forlorn look in their eyes. At that moment, my life changed forever. You see, I saw myself

sitting there in the near future. I was going down the same path, destined to a life of disease.

“I watched my father go from being a healthy young man teaching me to throw a curve ball to being a wheelchair-bound amputee in a little over twenty years. Nothing happened fast; it just snuck up on him. I recall hearing him tell my mom years ago that the doctor wanted him on some kind of medication for his heart. His blood pressure was too high. I remember mom asking him if the doctor made any recommendations. ‘Yes,’ Dad said, ‘he told me to watch my salt intake. Oh, and to stay away from fatty foods. That was about it.’ Dad did neither. I recall a feeling of fear at the time and also remember thinking, *Why can’t they just fix it?* Doctors were supposed to fix things, weren’t they?

“And so, standing in that doctor’s office, looking at all those sick people – that was the turning point for me. I started working out, determined to lose weight and get healthy. I was not going down that road.

“I’ve been suffering from lower back pain since I was a kid. I am very familiar with the pain or symptom-management sickness-care system extant in this country.

“At the early age of twelve, I injured my lower back falling out of a tree on Tight Wad Hill, the famous hill that stands above the Cal Berkeley Memorial Football Stadium. I still remember my two best friends Billy and Andy carrying me all the way home. The doctor told my parents that I had a bad sprain, prescribing pain killers to mitigate the pain. The pain never really went away, but I just figured it was normal to be in constant pain. Nobody paid attention. I would ‘reinjure’ my back periodically by overdoing some physical activity or even just sitting wrong, just to be told that I was experiencing ‘growing pains’ and that nothing was wrong. So, when I started lifting weights, running, or some other

activity to try to get in shape, I would inevitably reinjure my lower back and be forced to stop. Growing up, I often felt anxiety, grief, or insecurity at not being able to do the physical things my friends could do without suffering flareups anyway.

“This became a pattern in my life. Finally, I just loaded up on ibuprofen, Advil, or whatever kind of drug or medication I could get a hold of. Foolishly, I continued to work out anyway. Then, one day, after a bout at the gym, I woke up in severe pain and couldn’t get out of bed. Finally, my doctor ordered an MRI and told me I ruptured a disk and needed immediate surgery. My father just passed away, and all I could think about were his operations: first one leg, then a year later the other. The wounds never healed correctly, and the blood poisoning eventually got him. When my surgeon ensured me that the surgery was safe – that he did dozens of low back operations and had a good success rate – I started wondering what success meant. After all, they successfully removed my dad’s left foot – that was what they intended. What they didn’t take into account was the blood poisoning that developed from the wound. It killed him three weeks after the surgery.

“I started researching low back surgeries and found this statistic. 30 percent of the time, the pain resolved; 30 percent of the time, it remained the same; and 30 percent of the time, it got worse. There was a 10 percent variable. When I asked the doctor, he confirmed there was no guarantee. In my mind, I figured I had 60 to 70 percent chance of being the same or even worse. Therefore, surgery was not an option for me. I had to find a better way.

“I still could not stand or hold myself up and remained flat on my back. No painkillers touched the pain. My friends had to help me with bed pans; if I could eat anything, they

spoon-fed me. I have to tell you, I almost gave up. I was seriously thinking of ending it all. I watched my father suffer so, and I could not see myself going down that road.

“Then, one day, two friends came in and said they were going to take me to a chiropractor. ‘*What?*’ I said. Even talking caused pain.

‘No way. I am not going.’

‘Sorry,’ they said, ‘you have no say in the matter.’

Then, they picked up an old green couch I had in the living room, put it in the back of my own pickup, lifted me up, put me on the couch, and drove me to the chiropractor’s office.

I remember them carrying me in. I was scared to death. But then, my eyes landed on the beautiful receptionist. Her name was Patty. She reminded me of Snow White. Her lovely pale skin, perfect complexion, and angelic mannerisms seemed to calm my nerves. She welcomed me into her office and even filled out the paperwork for me. I remember her putting her hand on mine, calmly looking into my eyes and saying, ‘You’re safe here. The doctor will help you.’ Somehow, I believed her, or wanted to. I wanted to live.

“What happened next was nothing short of miraculous. Dr. Anthony York came to greet me and, seeing that I could not walk, asked my two friends to assist him in carrying me to the exam room. He questioned me about my back, my general health, my family history, and more. I listened to his sincerity and began to have hope. This man really seemed to care. Next, he said he needed an x-ray, explaining that the MRI being taken while I was laying down would not give him the information he needed. Seeing again that I could not walk let alone stand, he asked my two friends if they would be willing to hold me up in front of the x-ray machine. They agreed.

“I remember lying on Dr. York’s chiropractic table thinking that my life was over when he finally came out of the dark room and put my x-ray up on the view box. Then, he pointed to a spot on the x-ray and said these words: ‘When did you break your back?’

“I felt like I was hit with a ton of bricks! I could see the bone in my lower back was misshaped; it looked crushed. That was when I told Dr. York about the fall from the tree. In all the years of back pain, no one took an x-ray! Anyone could see the broken vertebra, though. I guess I was lucky they did not discover this when I was younger because they may have done surgery earlier, and who knows where I’d be now?!

“So, Dr. York said he thought he could help, but wanted me to know that if he couldn’t, he would recommend I go talk to the surgeon again. I consented to his care.

“What he did next was amazing. He helped me lay on my right side, putting me into some weird position, then gave me my first chiropractic adjustment ever. *Wow* – there was a big pop in my back, which made my heart race and my body sweat, but what was amazing is that I felt immediate relief. I was still in pain, but I was able to stand on my own two feet and, for the first time in three weeks, walk by myself.

“And that was just the beginning. Dr. York continued to adjust my back and also started working with me to lose weight. He said that I was prediabetic and that I better take my health seriously or I’d follow in the steps of my father. That did it.

“You see, Fred, that is why I am here today. I worked on learning about health these last five years, and I feel better now than I have since I was a kid.”

“Here is the million-dollar question,” Joey announced. “If it is possible to recover your health while, at the same time,

turn back your biological clock, is now a time in your life that you will do whatever it takes to make this happen?

“If your answer is yes, then for the next several weeks, we will not only be discussing how to do this but also start implementing the process of turn back your biological clocks. If you agree, that process starts right now!”

As I voiced my agreement Joey passed out a couple sheets of paper. One was titled “Keto-Friendly Shopping List,” the other was “Goals.” He said that we should take a minute to peruse the food list and that we would go over the goals section after lunch.

Right about then, Judy’s daughter showed up with a tray of coffee that looked like it came from the corner gas station and a box of doughnuts! She heard about the meeting from her mom and apparently wanted to make sure we were not being misled by her “system-bucking” little brother, Joey!

Alice was introduced to me officially by Joey, then with the caveat of, “What the hell are you doing here? And what do you have in that box?”

“Mom invited me; she thought I’d be interested. Oh, this box?” she said, indicating the box in her hand. “Just some snacks. I stopped by Dream Fluff Donuts on my way down. Mom loves the jelly-filled!”

Now that got my attention. I grew up in Berkeley, and Dream Fluff’s was just down the block from where I lived. In fact, I say much of my acquired tonnage as a young lad could be attributed to the famous donut holes mom would bring home frequently. Seeing the white box labeled Dream Puff was almost a deal breaker – that was, until Joey interrupted.

“Damn it Alice, I think you are trying to kill her! Get those disgusting things out of the house now!”

The conversation that ensued was fairly explosive and filled with expletives that I’d rather not repeat. At any rate,

they finally calmed down with a little help from Judy's long-practiced mediation skills.

The final verdict was that Alice could stay so long as she didn't interrupt the meeting. The donuts? They went to the kitchen. The coffee was allowed, but either black or with whole whipping cream – no sweetener.

What amazed me was the fact that just a weeks ago, I would not have thought twice about helping myself to two or three donuts. Even at that time, I was somewhat tempted. Besides that, during the confrontation, I secretly reviewed the list of approved foods Joey passed out. Sadly enough, donuts were not to be found!

After things calmed down a bit, Joey started out again, opening up the PowerPoint which projected on the white screen.

Joey looked at us for a moment as if in reflection. Then, taking a big breath and letting it out, he began.

“Look, I am glad you are here, Fred. Please excuse my sister for her interruption and our emotional outbreak. As siblings, we've been at it for years. I hope you are able to take in the information I will go over these next several weeks and use it to change your health without more misguided disturbances by my family.”

Clearing his throat as he looked quizzically at his sister, he said, “Now if you don't mind, Alice, I am going to continue my class.”

As all eyes turned to Alice, she acquiesced – her body language suggested she would remain quiet.

Looking right at me, he said, “I really need to know your commitment level. I will ask you throughout the program if you are still in. Primarily, I'm here for my mom, but I am willing to have you tag along. What are your thoughts, Fred?”

I was amazed. How could the average American barely

know anything about what he just covered? We were all so busy raising families, trying to make ends meet, keeping up with the Joneses ... wait a minute, these are the Joneses. I laughed out loud. Judy, Alice, and Joey Jones – how ironic.

“I’m in, Joey,” I said. “Besides, what options do I have? I looked down the path I’ve been traveling on, and I don’t like what I see. I feel like this is exactly where I need to be. This is so interesting and exciting. You lead the way, my friend. I’ll follow the path less traveled.”

“Okay,” Joey replied. “So, here’s the deal. Before you say yes for sure, I want you to know that each week for the next seven weeks, we will be meeting to go over key information that will lead you through what’s called a Cellular Healing Lifestyle Program. I propose that we meet here at my mom’s house on the weekends to review the previous week’s progress and to study and prepare for the next week’s lesson. Are you up for that?”

Whoa. I had not really committed to much in the last several years. I felt a bit of fear well up inside of me. I was wondering if I could do it. Could I make the commitment? Something inside of me told me that this was the one, perhaps last, chance that I would have. Who else would be willing to do this for me ... and with me? I sat deep in thought, again contemplating what Joey said, unaware of the time passing. As I precipitously came out of my state of introspection, I looked over to Judy. She was sitting quietly, looking into my eyes. She must have sensed my embarrassment and internal struggle, and her glance seemed to tell me, “Yes, you can do it.” There was more to it, though. I felt needed; I felt we were in it this together. “Please, come on this journey with me.” Her eyes were nudging me on.

I suddenly felt like that character Clark Kent, who just walked into a phonebooth and tore off his 1950s style suit

only to emerge as *Superman*. “Faster than a speedy bullet, more powerful than a locomotive, and able to leap tall buildings at a single bound.”

Not only was I ready for the task, but I was also willing and felt as able as I ever had. I was excited and, for a moment, felt like a kid again. This was going to be a fun and rewarding adventure. Besides that, I had Judy to do it with!

“Let’s get started, Joey,” I almost demanded. “I’m ready to go. I’ll stick with it and see it through to the end. You have my word on that. And besides,” I said as I looked over to Judy’s beautiful smile beaming at me, “I wouldn’t want to let your mom go through this alone. I think she needs my moral support.”

With that, we all laughed, breaking the tension of the moment and clearing the way to our new beginning.

“Fantastic,” Joey remarked. “Let’s get going!”

CELLULAR HEALING LIFESTYLE

“Okay,” Joey said, “Now I’m going to explain what the seven-week Cellular Healing Diet is all about. In fact, in just this seven-week period, we are going to change the way your body burns fuel, what fuel it burns, and when. We will heal the damage done to your digestive system and begin the reduction of inflammation to your body. We will help your body begin to break down old (senile or senescent) or otherwise damaged cells and tissues and begin to rebuild your body with an increased production of your own stem cells. The cool thing is that you should start to feel better in a few weeks if not a few days.

“There are a few terms and concepts that I want to review with you now, but rest assured that we will go over them in more detail as time goes on. First of all, let’s look at what

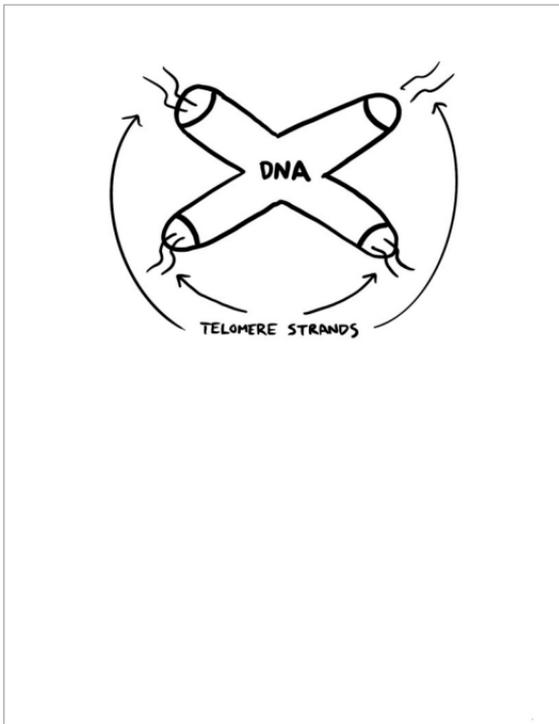
stem cells are and understand that they are newly created cells that can become any of the 200 different types of cells in your body.” Joey went on to explain, “These stem cells lay dormant in your bones, waiting to be called up as needed.

“The older you get, the fewer you have and the slower they are to respond to the demands of your body for repair. But the good news is that you can induce the production of them through fasting. You can actually break down old and damaged cells through a process called *autophagy*, which means ‘self-eating.’ The process of autophagy is always happening, but you can speed it up, causing the body to take the broken-down cells and rebuild new cells out of the recycled cellular waste,” Joey continued. “A Noble Prize winner named Dr. Yoshinori Ohsumi won his award for the discovery that your body breaks down your cells at a rapid pace after a three-day fast. This is important because those old, tired, dysfunctional, or mutated cells cause disease.

“Another scientist named Dr. Valter Longo from USC had discovered that stem cell production was at its highest after a three-day water fast. This is another reason for you to learn to fast: so your body can create many more stem cells, which replace your old, tired, sick, or worn-out cells with new ones.

“So,” Joey said, “fasting or not eating for a set period of time will not only help you break down old cells more rapidly but also prompt your body to replace them with new, young, healthy cells. This is cool.” He also said, “There are these things called *telomeres* that are found on the end of your strands of DNA. These telomeres are kind of like those horsetails that you find down by a pond. You know, the one you pull apart section by section until there is nothing left. Well, these telomeres are kind of like those. Each time a cell in your body divides, the telomere gets a section shorter.

Once the telomere is gone or there are no longer any sections to divide off, the cell will no longer replicate and either dies or becomes senescent or senile. These cells are not healthy and can mutate and cause disease. So, you see, you want to break down and recycle these old cells as rapidly as possible. By doing so, your body can actually get biologically younger.



Picture 2: Telomeres

“You see,” Joey said, “research proved that by fasting correctly, your telomeres can lengthen or become longer. Fasting, along with other practices we will go over, can actually reverse or turn back your biological clock! Isn’t that way cool?”

I was excited and ready to go.

Joey said that we could order a kit to get our biological age tested. There was a site offering them called *telyears.com*, and it cost about \$100 to get them tested. We all agreed that it would be fun to do, so on the next break, Alice went ahead and got them ordered for us. Why not, right?

SEVEN-WEEK PLAN

Now Joey was ready to give us the plan.

“In this first week, you will make great strides. All three of you are now in the beginning phases of converting your body into fat- or ketone-burners – this is very cool. In this first week, our goal is to get off of what has been termed the Blood Sugar Rollercoaster. You see, rather than explain it to begin with, I just want to get started and explain as you go. As you learn to implement more of a ketogenic diet, you will start to feel less irritable, calmer, and more stable mood-wise.

“Starting today, you will learn to keep track of the amounts of each food type you are consuming,” Joey continued. “A ketogenic diet done right, I must state, is high in healthy fats and oils, moderate in protein, and lower in carbohydrates. This combination will slowly convert your body into an efficient fat burner. This will lay down the foundation and prepare your body to lose the weight you’ve been accumulating for years. Basically, your diet will consist of 60 percent fats, 50 net grams of carbs, and low to moderate amounts of protein.

“Now I want to introduce to you what’s known as the 2-2-2 Rule. This is where we consume six tablespoons of fat or healthy oils a day and two teaspoons of sea salt.”

Joey could see the shock in my eyes. My doctors told me

fats were bad and that I should eat small portions of carbohydrates a day. This was a completely different story. I mentioned as much.

“I totally understand,” Joey said. Then he asked, “How long have you been following those directions? And did your health get any better?”

“For years,” I said, “And no, my health got worse. Look, I’m even minus a foot to boot –no pun intended.”

“Right,” Joey said. “My dad listened to the same advice, and look where it got him. Look Fred, you already lost ten pounds in about a week. That is pretty amazing, wouldn’t you say?”

I had to agree.

“Okay,” Joey said, “let’s go over healthy oils and fats. So, we want to consume six tablespoons of any of these healthy oils daily: olive oil, coconut oil, ghee, avocado oil, grass-fed butter, whipped cream or *MCT oil (medium chain triglycerides).*”

(You will find a list of healthy oils and fats in the appendix.)

Joey went on to explain what an MCT was: coconut oil with one fatty acid, lauric acid, removed. That is the one which made coconut oil hard at room temperature. He said that MCT oil could cross right into the cell and into the *mitochondria*, the powerplants of the cell. He said that not only would this diet get my body into ketosis quicker but that it would also keep me feeling full and energized as my body became accustomed to a low-carb diet.

Joey passed out another chart and told us he wanted us to start tracking our oil consumption every day for the next week. He also wanted us to mark down how many times we put any foodstuff in our mouth.

“Today, as we start Week 1 of the Seven-Week Cellular

Healing Lifestyle course, I will be giving you everything you need to understand so that you can take control of your own health. The course itself was developed by Dr. Daniel Pompa, who is one of the world's foremost leaders in cellular healing. It is exactly what I followed to turn myself around. You will learn a lot about how your body works so you can make good dietary decisions now and in the future.

"Each week, we will learn steps toward implementing dietary and lifestyle changes designed to walk us back up the path freedom. I say freedom because, looking at both of you, I see two beautiful souls trapped in aging and ailing body, waiting for the other foot to drop ... oops." Joey looked at me and said, "Sorry Fred, maybe that wasn't the best metaphor."

I laughed and told him that it was a completely accurate and appropriate statement, to worry not, and to carry on.

He passed out a couple of lists, then said, "Starting today, we are going to eat only foods off of this list. These will help get us off of the already mentioned blood sugar rollercoaster that is basically killing our fellow citizens.

"Here are some of the rewards you will reap by implementing the ketogenic diet:

- Weight loss
- Mental clarity
- Calmness
- Reduction of food craving
- More energy
- Stronger immune system

- Reduction of brain fog

“And possibly the most important, hormone optimization. Hormones control your body by responding to information sent to the hypothalamus, the master gland of the endocrine system. When your bodies are inflamed, hormones have a hard time acting on the cell, which is their soul duty, your body struggles to function correctly.

“So, now I want to go over how eating a high-fat, moderate-protein, and low-carb diet will not only make your body a better fat burner, which it looks like both of you could use – but also help rebuild your immune system, repair your digestive system, and start turning back your biological clock. That’s something all of you could use!”

Joey purposely looked at his sister, who let out a guttural, “Harrumph!”

Again, that drew laughter from the group.

Getting our attention again, Joey said, “For this first week, we will be concentrating on eating what is termed a Keto-Friendly Diet. This will consist of no simple carbs – that is, no grains, breads, sugars, potatoes, etc. We will focus on eating complex carbs (basically live vegetables), healthy unprocessed meats, and healthy oils and fats. All of this will be organically grown or, in the case of meats, organically fed, and you will consume no GMO foods.”

There was a knock on the door. As we looked up, Joey announced, “In fact, perfect timing. It’s time for lunch. On today’s menu is fresh baked Monterey Bay sea bass and butter lettuce salad with plenty of avocado oil; smothered in a blue cheese sauce; and topped with toasted pecans, blueberries, fresh basil, and ground pepper. After lunch, we can spend some time answering your questions and reviewing your health goals. Thank you very much for allowing me to

help you. I must say, it is encouraging to see you so engaged!”

Lunch was served in a small dining room that overlooked a beautiful garden shaded by coastal oaks. I recognized the rhododendrons, azaleas, and jasmines intermingled with cyclamen and primrose. I felt a bit nostalgic as I recalled a time long ago when my wife and I spent time in our garden. But that was long ago and far away. I mentioned to Judy that I used to love gardening in another lifetime. She touched my hand and offered me to help her pull weeds anytime. There was a chuckle from around the table. Alice confirmed that her mom made her the same offer many times and tried to explain to me how fun it could be. Somehow, I felt like Tom Sawyer was talking me into whitewashing a fence somewhere. I mentioned as much, which got another chuckle.

As we enjoyed the amazing meal Joey provided, I perused the shopping list he passed out as well as a list of approved foods. It looked fairly doable, but no bread? I thought to myself, *This is going to be tough*. I loved bread! Thankfully, the meal was fantastic, and I thought, *Well, if all the food is this good, I can get used to this*. But I was sad to see that donuts were not on the approved list.

I must say, I could get used to this! The food was delicious and the conversation easy. I felt comfortable and somehow felt a happiness arise in me that I had not felt in years.

Following an incredible lunch, Joey directed us back to our studies and started by asking if there were any questions.

I brought up the concept of not eating bread and how difficult that might be. I could feel a heavy weight lift as I did so – no doubt both Judy and Alice were having similar thoughts.

“This is a common concern,” Joey remarked. “I had the same feeling and concern myself, but what I found was that

after the first day or two, I didn't really miss it. You'll see, I'm sure it will go that way with you too.

"Now," Joey said, "another assignment for the week is to stay away from snacks. Studies show that the average American puts some kind of food stuff in his or her mouth up to seventeen times a day. This could be a sip of soda, an apple, gum, a candy bar, beer, or wine. Anything other than water will spike your own body's insulin level as these foods turn to sugar or glucose in the body. I'll explain more about this as we go along, but for now, just go with me here. You will understand more about it later."

"Gum?" I asked. "Why is that?"

"That's a fair question, Fred," Joey remarked. "You see, the flavor of the gum, whether sugar-free or not, has a sweetness to it. This sweetness can trigger the brain to think that you are consuming something that would burn as glucose. This, again, can trigger the release of insulin by the pancreas. One of our goals is to reduce your body's dependency on glucose-producing foods. You will understand more as we go. Trust me for now, you can thank me later."

"Now that you've consumed your first keto-friendly meal, I want you to turn to the page the is titled, 'Keto Friendly Shopping List.' Take a minute to read down it just so you can familiarize yourself with your new favorite foods."

Alice looked up and announced, "There are no donuts listed here!"

I mentioned that I noticed the same thing, which drew a big laugh from the room. I was beginning to like her.

Next, Joey directed us to the page entitled, "Your Health Goals," and asked to please take a minute or two and write down what we would like to see health-wise in six months.

"Pretend you have a magic wand and forget everything you 'think' can't happen. Just get creative!"

“Great. Now, everyone open the camera on your phone and hand it to me.” When we all looked a bit confused, Joey said, “I am going to take a picture of you, full body and a close-up of your face. Don’t worry, I’m not going to post it on Facebook. But you will be very happy when we compare photos in a few weeks.”

After our photoshoot, Joey said that next we were next to calculate our body mass index.

“Your body mass index – or BMI for short – can be measured with a fairly simple math equation,” he explained. “It is a measure of our body fat based on height and weight. It’s easy to calculate and helps us gauge your general health risks and susceptibility to disease. Everybody, pull out your cell phones and let’s do it together right now!” Joey suggested.

We all scrambled for our phones as Joey wrote the equation on the whiteboard.

BODY MASS INDEX CALCULATOR

Body weight in pounds multiplied by 703, divided by the square of your height in inches.

Joey’s numbers: 703 times 170 pounds divided by 70 inches squared (70 x 70).

119,510 divided by 4900 = a BMI of 24.4

BMI Categories

- Underweight = < 18.5
- Normal weight = 18.5 – 24.9
- Overweight = 25-29.9

- Obesity = BMI of 30 or over

I did my calculation and measured way over the 30 mark. I didn't ask Judy or Alice what theirs were, knowing that I was clearly the winner.

"Don't despair," Joey said encouragingly. "This is a starting point; it's going to change. You'll see.

"Imagine driving a Volkswagen up a steep hill," Joey offered. "Also imagine that you have the truck filled with old library books and that the motor was a quart low of oil. How easily do you think that bug would get up the hill? Not very easily. Especially if it was a hot summer day and you tried to floor it! It would probably blow up, right?"

"Now, imagine a Ferrari, well-tuned up with nothing in the truck. It doesn't matter the time of year or anything. If you put the pedal to the metal on that thing, it would fly up the hill.

"Having a lean body mass below 40 percent from the machine's calculations or a BMI over 30 from the math equation we just solved indicates that you have inflammation in your body and likely a weak digestive system. You are probably suffering from one or more chronic disease processes at any stage of development. Your bodies are like that old Volkswagen struggling to get up the hill.

"Over the next few months, we are going to overhaul your health and get you burning clean fuel like ketones rather than chugging along on the cheaper, dirty burning gas known as glucose."

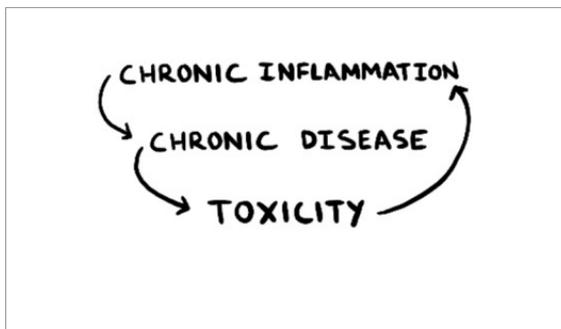
CHRONIC INFLAMMATION

Clicking the remote to the projector, Joey revealed a picture of the cover of *Time Magazine*. On it was a surreal picture of a human body. The title was, “Inflammation: The Silent Killer.”

“In order to reverse the effects of chronic inflammation on your body and its path to chronic disease, we need to first understand where inflammation comes from. Almost every magazine and scientific health article you pick up today will say something to the effect of, ‘Chronic inflammation is the cause of chronic disease.’ So, it makes sense that if we wanted to tackle chronic disease, then we first must handle chronic inflammation, right?” Joey stopped and looked for our agreement. “That,” he said, “is our objective!

“And if we are going to handle chronic inflammation, we need to understand what causes it. Well, that cat’s out of the bag on this, as I will be going over this whole subject thoroughly in the following weeks. You too will understand that it is toxins in and around our body that are the culprits.

“*Toxins, toxicity!*” He repeated as he wrote the word at the bottom of the board. “If we can remove toxins from the body, we can handle chronic inflammation. If we can handle chronic inflammation, we can handle chronic disease!



Picture 3

“For the next several weeks, we will be discussing exactly what these toxins are; where they come from; why our bodies can no longer eliminate them; what they have been doing to our health; and how, by removing them, we can regain our vitality health and longevity.”

Judy and I wiggled in our chairs as we exchanged glances. This guy was good. He was so passionate in his delivery that I figured he could singlehandedly save the world. And I was in – I had not felt this excited about anything for years, if ever. This made total sense, and I was on the edge of my seat waiting for more.

“Not more than five years ago,” Joey began, “my father sat in the exact space you are sitting in today. He too was wheelchair-bound but recovering from his second limb amputation. I watched for ten years as his health failed. Diabetes is what took him, and there was nothing Western medicine had to offer him but drugs, more drugs, then finally surgeries to keep the gangrene away. It finally got him, though – blood poisoning in the night.

“They said it was a fluke, that they usually catch it soon enough. The bed sores did their share in disguising it.

“I’m sorry to get so graphic, but it is my thought that if you don’t take this seriously and dramatically change your life, your time will be short on this planet. All I can do is give you all I have; it’s up to you to make the change. I’m determined to help my mom, even if I have to fight Alice the whole time.”

I looked at Joey and then at Judy and felt a wave of emotions I had not felt in years. I felt that I was part of something. I had been alone for so long, sitting in quiet desperation, allowing the health of my body to slowly decline. Again, I felt a wave of hope surge through me as I looked at my new friends and realized that for the first time in many years, I had hope.

I looked at Joey and said, with all the gratitude I could muster, “Thank you, Joey.”

With that, Joey continued. “What I am going to tell you is so current in the health science field that it will be years before traditional medicine catches on – even longer if the pharmaceuticals have anything to say about it.

“I was fortunate enough to accompany my chiropractor to a seminar put on by a group of doctors called Health Centers of the Future. At that seminar, I was introduced to several health care practitioners who were studying and implementing the techniques I am teaching you today: Dr. Dan Pompa, who you will hear quite a bit about; a biochemist named Dr. Sean Morris; and a nephrologist named Dr. Jason Fung. These guys blew my mind. They talked about ‘turning back your own biological clock’ – how you could actually reverse the aging process by removing the cause of chronic inflammation from the body. They drove home the concept that chronic inflammation was at the core of chronic disease and that the cause of chronic inflammation was exposure and absorption of toxins, whether environmental or created as biological end-products of your own body’s metabolism.”

I guess Joey could see my eyes begin to roll back in my head as my mind started to wander.

“Hang in there, guys,” he remarked. “This sounds crazy, but I promise you, it will make sense to you in a few minutes.”

He handed out a sheet of paper titled, “Glossary of Terms.” As he erased the whiteboard, he stated,

“I’ll be going over a lot of new concepts, so this glossary will be helpful for you to refer to as we work out way through the class.”

(The glossary of terms is located in the back of the book for your benefit.)

“We need to understand why so many American are sick. Eighty million Americans are said to have multiple chronic diseases, according to an article coming from Michigan State University. How many may have just one chronic disease? Fifty percent of our children are now diagnosed with some sort of chronic disease. Almost any magazine article or study you pick up talks about chronic disease and how at the heart of it is chronic inflammation. Chronic inflammation is the villain, yet the lion’s share of the medical model’s focus is on covering up symptoms. Wouldn’t it make sense to find out what is causing all this chronic inflammation? If we could find the source of chronic inflammation and remove it, would that help reverse the epidemic of chronic disease we see in this country?”

With that Joey brought our attention back to the whiteboard and said, “So, let me rewrite these words to make more sense.”



Picture 4

“I want to get right to the point and explain how chronic inflammation occurs and how it affects your health.”

He looked at us and said, “Now, you are going to get an

understand what true health is all about and what needs to happen to in order to restore your own health. There are a few premises that we need to discuss, understand, and embrace in order to take charge of your own health.”

He asked us to follow along on the handouts he gave, then he began to read down the list.

“That power that made the body can heal the body. This basic chiropractic philosophy – that the body has a built-in innate intelligence – goes back to D.D. Palmer, who discovered chiropractic back in 1895. However, we hear these words echoed down through the ages all the way back to Socrates and Hippocrates. These thoughts were voiced by such greats as Thomas Edison and even Benjamin Franklin.

1. *The body needs no help; it just needs no interference.* The late, great Reggie Gold was a chiropractor who taught others in his profession the concept of, “The body needs no help; it just needs no interference.” He suggested that by removing interference from the body – be it nerve interference; chemical imbalances and/ or toxicity; or even mental, emotional, or spiritual imbalances – we allow for healing to happen.

2. *Fix the cell to get well.* This is a phrase coined by Dr. Dan Pompa. With the advances in science, the healthcare industry discovered that this premise reigns supreme. By the time we are done, you will have a good understanding of the human cell, how the mapping of the human DNA and its genes changed healthcare forever, and how environmental factors both in and around our bodies influence our overall health and wellbeing.

“Okay, everybody, I think that is enough information for one day. Tonight, I want to prepare a nice, organic, keto-friendly dinner. Let’s take a break to go get freshened up and meet back in the kitchen in an hour, and I will demonstrate how to make killer chicken curry. Does that sound good to everyone?”

We all agreed happily. It was quite a first day – lots of information. This would require a major shift in my thinking, but Joey seemed to understand that and was taking us through it step by step and didn’t seem to mind us coming up to speed.

We all assembled in the kitchen about an hour later and helped Joey chop up the ingredients to the chicken curry dish. I must say, it was amazing. He had all these great condiments to add on top of each bite – things like organic shredded coconut, chopped cashews and almonds, diced jalapenos, green onions, and even a few cranberries. It was delicious.

The next morning, we all worked our way into the kitchen for what we learned was a keto-friendly breakfast. It consisted of poached eggs on half an avocado, and there was organic, sulfite-free bacon as well.

I was also handed a cup of what Joey called “keto coffee.” He explained that it was brewed from organic, shade-grown coffee beans and topped off with organic whipping cream. Hum ... It actually tasted great!

We all visited and discussed what we went over the day before. Joey said that we should take the rest of the day and just absorb what we learned and meet up next week. That sounded good to me. I actually wanted to spend some time with Judy anyway.

At her suggestion, we took a drive down the Big Sur coast. It was a beautiful day. We stopped along the way,

parking the car off the road and enjoying a picnic lunch Joey prepared.

It was nice to just talk and get to know her. She asked about my family. I felt comfortable enough to tell her that I hadn't seen them in years and hoped to maybe see them again someday. She reached out and touched my hand saying that she would love to see that happen and was sure it would one day.

WHO'S SITTING ON THE THREE-
LEGGED STOOL

Judy again graciously offered to come on Friday night so that I was well rested for Saturday's class. When I arrived at Judy's house, Alice and Joey were already there, sitting with their mom in the garden. It was a pleasant midsummer afternoon, and the warm air spoke of the Pacific Ocean, which I could hear making itself known on the white sands of Carmel Beach.

That evening, Judy arranged for us to eat on the Monterey Wharf. Joey approved of the venue but did advise us on what choices we had off the menu. Never the least, it was a pleasant evening listening to the kids banter back and forth about growing up together. I must say, though, that it did make me a bit homesick for my own family, wherever they may be.

I had a great night's sleep. As I found my way to the kitchen area that next morning, anticipating a nice breakfast, I was met by Joey, who had what I recognized to be a glucose meter in his hand. He told me to stick out my finger so he could prick to get a blood sample and that he was going to

check my blood glucose and my ketones (*Whatever ketones are*, I thought).

He said that this was breakfast – today, we would have our first meal about 12:00 p.m. Now, we ate dinner at 6:00 p.m. the night before. I'd not skipped a meal that I could remember since I was a kid.

When I suggested to Joey I was going to starve to death, he paused, looking at my large belly, and said, "I think you will live, my friend!" I heard Judy stifle a chuckle as she descended the stairs from her bedroom.

As we settled in for our lesson of the day, savoring our "breakfast," Joey scribbled something on the white board.

Joey began to explain that today, we were beginning on a seven-week fasting journey. He called this the Cellular Healing Lifestyle Diet. He said that it was a course in itself and that we were going to be incorporating it into our class, along with other principles he would introduce us to.

He mentioned that the whipping cream is all fat and that we are going to teach our body how to use fat as fuel. By teaching it to burn ketones, our body would start to burn our own stored fat for fuel. He said that ketones burn very clean, like a gas stove, and that glucose burns very dirty, like a fire-place filled with wet pine wood. That because glucose burned so dirty, it was causing our body to become inflamed and contributing to the terrible health of the population. "So, hang in there," he said.

As he passed out the worksheet for today, he asked how we all did that week. He wanted us to report on how many times we put food in our mouths and how we did with eating off of the keto shopping list.

We all gave our wins on how it went. It seemed that I was not the only one who struggled a bit with no bread, but Judy

and I had talked on the phone quite a bit and helped each other through the hard times.

I could see Alice and Joey glance at each other with a fun and knowing look on their faces, I was a bit embarrassed yet happy at the same time.

Joey began. "As I mentioned last week, each week we meet, I will start by introducing another step in the Cellular Healing Lifestyle course. This will help your body convert to burning ketones easily, which will help your body burn your fat stores and so start detoxing your body.

"This week," Joey continued, "the magic begins. Your body will begin to become fat-adapted! The main thing here is we are going to train your body to eat less often. When you eat less often your body become comfortable with less food.

"Studies show people who eat less live longer! People learn to eat less by eating less often. Eating less often allows your body to become more keto-adapted and to conserve energy. Did you know that up to 60 percent of your body's energy is used to digest your food? When you don't eat all the time – like most Americans with their six meals a day plus snacks – your body can spend that unspent energy on important things, such as healing your gut, detoxifying your liver, or healing your brain.

"Just imagine if you made a habit of eating less often, which meant you also eat less, how much more energy your body would have to heal things in your body! Plus, you'd have less brain fog and more clear focus, and you'd get more done!" Wow, what a cool concept.

"Have you ever heard this before?" Joey asked rhetorically. "Neither had I," he said, answering his own question.

"Sign me up," I volunteered excitedly. "I need all of those things."

There was a bit of laughter, but I could tell everyone was thinking the same as me.

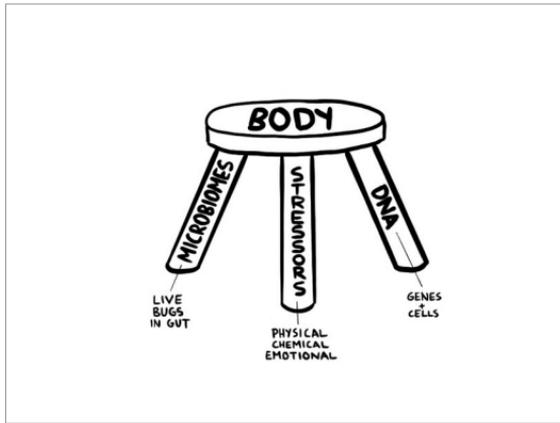
“You are worth it,” Joey said, “and with guided support during the Cellular Healing Lifestyle program, you will find it is easy to adopt these changes! Sometimes, you just need to see how.

“Today,” Joey continued, “I will cover what Dr. Dan Pompa calls the three-legged stool and how your body survives in the world you live in. I will also cover the three major causes of stress in your body. I like to refer to them as stressors, just so you know. These stressors act in and around your body, affecting what’s called your microbiome, intestinal flora, and other bacteria which covers your body. We have something like 75 trillion human cells in our body. These all work in coordination with each other, sustaining life while existing in an environment that can be both nurturing and hostile. Yet homo sapiens have survived the test of time. You will understand what microbiomes are and that 100 trillion of them live in our gut alone (yes, there are more bugs in our gut than human cells in our body). These microbiomes digest our food for us and produce nutrients that can be absorbed into our bodies to sustain and forward life. We will explore how these microorganisms living in and around us, both friendly and hostile, can either enhance or threaten our survival by promoting the expression of both ‘good’ and ‘bad’ genes. I will explain to you how the expression of these genes results in the turning on or off of many disease processes. The stressors can affect the direction of the actions in your cells that can have adverse effects on your gene expression, resulting in turning on bad genes and creating disease.”

With that, Joey drew the stool out on the white board.

“This is Dr. Pompa’s three-legged stool. By understanding

this stool, you will begin to understand how and why the health of this country – your health included – has gone on the decline. As we look to each leg, we will learn how to improve the quality of each, culminating in a much better understanding of how to be and stay healthy.”



Picture 5: The three-legged stool

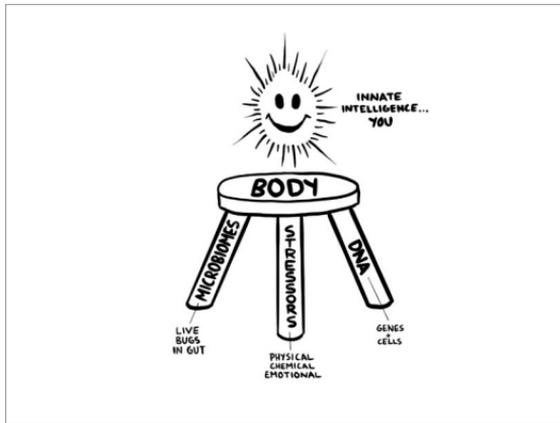
“So, there is life – let’s call it innate intelligence. It’s still debatable as far as what life is. We can say for sure that some kind of life essence seems to animate the body as long as it is inhabitable. Of course, once the body ceases to be livable, for whatever reason, this innate intelligence leaves the body and goes ... who knows where.

“This life essence seems to think a thought. Then, by enlisting emotion, it puts the game of life into actual motion. The most primitive example of turning emotion into motion is the ‘fight or flight’ mechanism we will discuss in detail shortly. But for now, I’ll give the example of being startled. This creates an endocrine/ hormone response as adrenaline pours into your blood stream from your adrenal glands, allowing for superhuman strength. On a higher level of survival, someone can have a dream to be or do something;

the emotions involved with even the hope or the actual attainment of that dream can be very powerful. Only 'you' hold the power of choice, of goal setting, of attaining of that goal, of determination, and of the ability to reach for the stars or decay into dust. Whatever drives you to greatness or mediocrity seems to exist in the realm of create, exist, decay. Many decisions you made along the way put you exactly where you are and in the condition you are in today. There are, of course, many outside influences: toxins, anaerobes, climates, neighbors, and governments, including their agencies, which also affect our state of health and push us toward prosperity or poverty.

"Logic tells us that if we want to enjoy our time on this planet, we should keep this vehicle called the body running as smoothly and efficiently as we can for as long as can, keeping all of its parts well maintained. Even though this may seem logical as it also seems logical to keep your car well maintained or your home clean and safe, many don't heed the call and so let any or all of these possessions go to Hell.

"Many people won't be able to see these things clearly enough to make a decision to thrive but, rather, continue stuck somewhere between boredom, playing the victim, or sheer apathy. For me, I'd rather die trying to shoot for the stars than roll over in defeat. How about you? What is it about one person versus another that allows each individual to survive, and to what level? What drives each one of us toward our dreams and goals or, maybe too often, holds us back from even dreaming them in the first place?"



Picture 6: Innate intelligence and the three-legged stool

Joey then added a smiley face on top of the three-legged stool, indicating it to represent innate intelligence or life itself.“

At the end of the day, the choice is only yours to make. If ‘you’ don’t make the decision to change, no drug, vitamin, surgery, potion, or snake oil in the world is going to help!

“I am really pushing this concept here because I want to see you succeed or die in the attempt.”

Joey walked over the table, unscrewed the top of his water bottle, and proceeded to guzzle all its contents.

“Sorry, I didn’t mean to climb up on my soap box. But there you go: emotion being converted into action!

“Okay, so now that we know who’s sitting on it, let’s break down the three-legged stool. At the top of the stool is considered the body, and each leg represents one of three major aspects of your health. Each leg interplays with the others. If one side goes down or becomes unhealthy or damaged, it will have an adverse effect on the others. Conversely, by strengthening any of the legs we can improve the overall health of the body.

“Let’s take a look at each of these three legs and see what they are and how we can optimize each.

“The left leg represents the microbiome or bugs (bacteria, viruses, microbes, parasites, molds, etc.) that exist in and around us. As I said, they either work with us to help us survive or work against us to make us sick.

“The middle leg represents the three major stressors: physical, chemical, and mental. We will go over them in detail a bit later.

“The right leg represents our human DNA and the genes that express life. Genes are units of heredity passed on from your parents; they express your characteristics. They also can dictate the expression of genetic disease should they be ‘turned on,’ thus threatening your survival.

“This is as simple as it gets,” Joey continued. “If you get this concept and apply it, you will have a very good understanding of what you need to know to overcome the chronic or age-related disease that is plaguing you and, quite honestly, our nation.”

“But for now,” Joey paused, “I think we need to feed our brains. It’s time for lunch!”

Hurrays and yays erupted from the group. And I realized that I was starving.

Lucky for us, Joey anticipated our empty stomach and prepared broiled chicken breasts dusted with salt and pepper and a touch of cumin and chili powder. They were delicious. They were served with an arugula salad topped with roasted pecans and sliced Granny Smith apples on it. He also allowed for a smallish portion of baked sweet potato. What I loved is that he said that we could use all the butter we wanted and recommended that we be liberal with the olive oil on our salad.

After our lunch, we visited for a few minutes before

getting back to work. It felt so nice to be part of a family again. After my wife died, I just seemed to drift into being a hermit. Wow, it's hard to see how people just let life happen and end up sick and unhappy.

THE LEFT LEG, THE MICROBIOME

After a nice break to get some fresh air, Joey beckoned us back to class.

“So, the left leg of the stool represents not only all the 100,000 microbiome or live bugs that live within our digestive system – specifically our intestines – but also the exponential number of microbiomes that live on this planet. We are surrounded by them. We can't live without them. What is so amazing and only recently understood is that the health of our intestinal friends directly effects the health of our body. If our intestinal microbiome or bacteria are unbalanced or sick, we are too. If they are healthy, we have a chance.

“The microbiome can generally be divided into three classes: those that digest carbohydrates, those that digest protein, and those that digest fats.

“In the digestive track of today's average American, there is a plethora of each – some healthy, some not so healthy. As I mentioned the other day, various lifestyles, diets, habits, medications, illnesses, etc. stress the good bacteria. The careless use of antibiotics over the years not only weakened our immune system by wiping out the majority of healthy microbiome but also created resistant strains of bad bacteria. These bacteria are smart, and just like us, they have the goal to survive so they mutate and adapt. Today, because of these microbiome's ability to adapt, a lot of the antibiotics don't even work. There are resistant strains of bacteria that can't be touched, especially in the hospitals.

“Currently and quite honestly, since the Second World War, we have seemingly unlimited food resources. In other words, we could basically eat what we want, when we want, wherever we want, with whomever we want, and as much as we want with little scrutiny.

“This ‘freedom’ based on the world climate variations allowed us to have ripe melon from South America in the dead of winter or fresh spinach in January. On the surface, this seems like a good thing, but really, it never allows for a challenge of your digestive system or a stress to the microbiome in our gut. As a result, our microbiome becomes lazy and doesn’t have to adapt to the season. Our defenses go down, and so does our body’s ability to handle stress.

“Since approximately 70 percent of our immune system is found in our digestive track, an unhealthy GI track can lower the immune response dramatically and can be quite devastating health-wise.

“So, by practicing the cellular healing lifestyle including all the five steps or components we teach – *intermittent fasting, ketogenic diet, diet variation, ancient healing strategies, and cellular detoxification* – you can expect to see your health improve rapidly and systematically.

“These five aspects to your Cellular Healing Lifestyle program will help to reset your intestinal microbiome, establishing a healthy environment and a healthier proportion of the different types of microbiome. It will help your body’s immune system knock out the interlopers, the invaders, the opportunistic anaerobes, or any other weakened gut occupants which only further disease and ill-health.

“As this happens, your intestinal wall will heal, and the chronic inflammation throughout your body will begin to subside. Then, your body can begin to heal itself.

“Now, remember when I mentioned autophagy? By inter-

mittent fasting, which I will explain in detail as we go, your body will begin to starve out the unhealthy microbiome. There is less food to go around, so only the strong survive. The good news is the strong, healthy microbiomes, along with your strengthening immune system, will target the bad microbiome and begin to wipe them out. By not consuming 'enough' foodstuff while doing a fast, your body will actually target these bad guys and eat them for fuel. Pretty cool, yes?

"Now, as we shift from one food type to the other (carbs, protein, or fat), your body breaks down the type not getting fed. For example, if we are on a high-fat diet – as in keto – the carb-loving, as well as the protein-loving, microbiomes don't get enough to eat, and the weak ones fade while the strong ones survive. As we apply *diet variation* and shift to a high-protein diet – as in, say, paleo, which we won't go into at this point because I'm mentioning it as an example – and if we shift the foods to high-protein, low fat, and lower carbs, the same thing happens. The weaker ones fade in the food-deprived group, and the strong survive.

"So, diet variation is important, and we will be discussing this more later. What I want you to understand here is, as we reestablish healthy microbiome in our gut, they will digest our food and make healthy byproducts that pass through the wall of our intestinal track into our blood stream and into our cells to create life.

"By the way, the unhealthy bacteria that has accumulated in our digestive track and throughout our body over time eat our foodstuff and poop toxins known as mycotoxins. These things are deadly over time because they cause chronic inflammation and chronic disease.

"This bad microbiome can take up residence in many dark areas of our body; stay hidden; and slowly secrete their poop, excrement, or mycotoxins insidiously into our body.

Here, we have and will discuss the source of *hidden infections*, which can be difficult to detect or locate. Mainstream medicine does not look for these, and some philosophies argue their existence. A large portion of these bad guys can be hidden in the root canals, jaw bones, or gums. If they go undetected, it can be close to impossible to heal from some of the plethora of *autoimmune* diseases America suffers from, many of which are often brushed off as ‘all in your head’ by some doctors. But worry not. There is hope and in the hands of people who know their signs and symptoms and how to locate and remove them. You can be helped. These bad guys can be located anywhere in the body and may exist as a fungus in your toes to a cavitation in a root canal to an infection in your elbow.”

MIDDLE LEG STRESSORS (PHYSICAL, CHEMICAL, EMOTIONAL/ MENTAL)

“These three stressors create both good and harmful effects on your body. When they become overwhelming or chronic, they can produce the ‘fight or flight’ mechanism, which automatically shuts down or lowers your digestive function. So, the middle leg of this three-legged stool messes up your digestion and allows bad microbiomes or bacteria (and other bad guys) to grow in our intestine. This allows bad things to get into our body and into our cells.

1. You can have nerve interruption (subluxation or pinched nerve) to the organs or systems involved in the detox pathways, such as the lymphatic, circulatory, or digestive (liver – major detox organ) system.
2. You can have chemical stressors created by your

body's own systems or from exposures to the tremendous amount of toxins in our environment.

3. You can have mental/ emotional stressors created either by your own mind or by the challenges of life itself.

“Any and all of these three stressors can shut down your digestive, immune, and other systems in your body.

“I will cover these thoroughly in another lesson, so for now, just understand what they are.”

RIGHT LEG DNA (AND YOUR GENES)

“So, now you can see that you have several things affecting your body and your wellbeing. You will learn about the stored toxins (heavy metals, molds, biochemical) you accumulated over your lifetime as well as the toxic load your mother unknowingly passed on to you during her pregnancy. All of these toxins are predominantly stored in your fat cells. On top of that, you most likely have sluggish organs, kind of like a dirty vacuum filter, clogged oil or air filter, or even like a full lint catcher on your dryer. Any and all of these play a role in your detox pathways and your overall health.

“All of the above stressors add fuel to the inflammatory fire, impacting our survival.

“I want you to know that something can be done about it. There are many different approaches to getting your health back. We will be implementing many of them as we go along. Others we will implement later as they apply to you each individually.

“Today, there are so many amazing technologies, thera-

pies, and treatments, from corrective chiropractic care to stem cell machines, stem cell injection, cellular healing diets, cellular detoxification, and more. So, with dedication, a desire to change, and a bit of hard work, you have a tremendous opportunity to get your health and, thus, your life back!

“The next subject I want to go over with you will be how stress affects cell function and how when the cells become inflamed and cease to function correctly. This is a big subject so I want to make sure we are fresh when we go over it. Just so you are prepared, we will be discussing the cell wall and cell function in detail what needs to be done to ensure that the existence of any of these are not causing you to stay ill. We will come up with solutions once these are uncovered, so hang in there we have a lot to do!”

“But for today, that’s all I have. Let’s go enjoy ourselves and see what dinner brings.

“By the way, I just want to congratulate you on your first day of intermittent fasting. Since we ate last night at 6:00 p.m. and we did not have lunch until 12:00 p.m. today, you completed a twelve-hour intermittent fast! And what is cool is that you didn’t even realize it!”

Joey was right. Somehow, I didn’t get very hungry before lunch and then lunch seemed to fill me up and hold me over pretty well. When I mentioned that, both Judy and Alice spoke up as well confirming similar experiences to me.

“This is great,” Joey said. “You all spent the last seven days eating only three meals a day and as close to keto-friendly as you could. This tells me that all of you are already converting over to burning ketones. It will be fun to check in the morning and see what your readings are. I’m proud of all of you!”

When we all assembled in the kitchen after taking some time to enjoy the garden, rest, do or whatever seemed right,

Joey was already pulling dinner out of the fridge. On tonight's menu was braised skirt steak; steamed asparagus (lathered in butter); portabella mushrooms sautéed in coconut oil and ghee and seasoned with a dash of cumin; ground-roasted fennel seeds; and a butter lettuce salad sprinkled with goat cheese, avocado oil, and red wine vinegar.

It was amazing, filling, and quite satisfying. That evening, we all chose to watch an old movie and hit the hay early. That was quite a bit of information to be taken in by our nonscientific minds.

FIX THE CELL TO GET WELL

When I woke up Sunday morning, I realized that I was feeling better than I had for years. I completely transitioned out of the wheelchair mid-last week and was beginning to master the crutches. I decided to see if I could get by on one today. Moving around a bit in my bedroom gave me the confidence I needed. It felt good to move around a bit, and I didn't feel quite so helpless.

As I worked my way into the kitchen, I could see that I was the late arrival. Joey met me with what he called his Keto Mojo Meter to test my glucose and ketones. I was used to testing my own glucose, being a diabetic and all, but never knew anything about testing for ketones. After pricking my finger – bloodletting, I called it – he took my readings. He got excited, saying that my glucose was still high but in a much better range. But what really got him going was that my ketone reading was at 2.0. He said that it was a good number, that I was already in ketosis, and that my body was becoming a good fat burner. Judy's test showed her at 0.5 and Alice at 0.4. Joey said that I got the gold star for the day! This, of course, drew a laugh from the group. He said that we

would learn more about ketosis as we progressed in the course.

As I sipped on my morning breakfast of organic, shade-grown, freshly ground French roasted coffee with a half inch of organic whipping cream in it, I reflected on the events of the last three weeks. I wondered how luck landed me in a hospital room with Judy. I felt so fortunate and wondered what my life would have been like if I didn't meet her and her family. I'd probably be back in my own apartment alone, watching some stupid TV show, eating pizza, and drinking beer against doctor's orders.

We were beginning to settle in when Alice approached me. "Fred," she somewhat whispered, "I just want to thank you for being here. Your friendship with my mom really affected her outlook on life. Since you two met in the hospital room, my mom changed. I see a spark in her that has not been there for years, even since before my father died. I love my mother, Fred, and if there is anything I can do to make her happy for the rest of her life, I'd do it, even if it means following my little brother's stupid diet!" She winked. "Thank you for being here!"

Judy was just approaching the chair next to mine; as she began to sit, I could feel that she scooted her chair over a bit so that our hands were almost touching. I could feel the excitement of new love in the air. Finally, Judy placed her hand on top of mine and then, looking into my eyes, she mouthed, "Thank you."

I could feel a glow of excitement as she did so. Life seemed to say, "I'm yours for the taking; come and get me," yet there was also a tiny whisper of a voice that said, "Forget it, Fred. Just give up. What are you thinking anyway?" Yet I could not remember feeling so excited about my life for many years. I felt like a kid in class waiting for the school bell

to ring so I could go ask Judy for a date. I could not believe my good fortune. As I could feel the warmth coming off of Judy's hand so close to mine, I could not help but to reach over and gently clasp it. I could feel a pulse in her as she gently ensured me by her touch that she welcomed it.

Joey stepped up to the board, clearing his throat as if ringing the school bell and announcing that class was about to begin.

"Okay," Joey stated, "are we ready to get going?"

We all agreed we were, and he wasted no time jumping back into it.

"So, based on the three-legged model we covered yesterday," Joey proclaimed, "the middle leg consists of the stressors. There are three of them – physical, chemical, and emotional/ spiritual –and they have a huge effect on the microbiome inside your body, specifically your gut but around your body as well. These three stressors have a huge effect on the cells of your body that, of course, house your DNA and your genes.

"Thus, as a consequence and adverse effect of this overload of stressors, 'bad' genes are activated, expressing themselves in your body as chronic, genetics-related diseases.

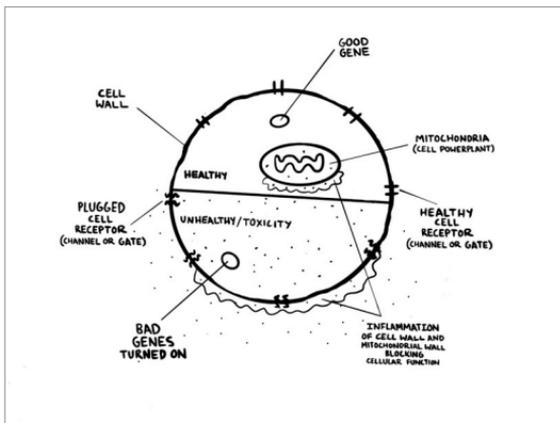
"By following this logic, then, through the 'reverse engineering' of this process, we should be able to heal the cell walls by removing or reducing the toxic build-up they accumulated from the three stressors and, while consuming healthy foods and nutrients, repair the damaged to the cell walls, thus allowing for the propagation of new healthier cells. Then, based on earlier expressed statements from some leaders in healthcare, going as far back as Hippocrates and Socrates – let alone B.J. Palmer, Dr. Dan Pompa, and Dr Reggie Gold – the body should do what it does best: heal itself!

“Remember, your body has an innate intelligence designed to be and stay healthy and to survive. And so, having survived for the millennia, this innate intelligence might yet have the ability to help us heal and survive again – that is, as long as we can remove enough toxins from it and from its environment while, at the same time, feeding it the right nutrients and fuel.”

With that, Joey drew a big round circle on the whiteboard.

“This is where Dr. Dan Pompa comes in.

“Let’s say this is a human cell. We have something like seventy-five trillion of them. They are the only live part of our body. Think of the line of the circle as the cell border or cell wall. This is the cellular membrane which allows or prohibits things like hormones, vitamins, minerals, enzymes, toxins, and other substances from entering, exiting, or acting on the cell. These cell membranes, according to Dr. Bruce Lipton, are the most intelligent part of the human body.”



Picture 7: The cell

As your cells still attempt to convert fuel (glucose and ketones) into energy, the cells continue to create their own

exhaust or cellular energy production byproducts. All these things – combined with all the external toxins that accumulate in your body – culminate in plugged cell receptors on the cell walls, making it difficult for the body to utilize hormones, neurotransmitters, vitamins, and minerals or burn clean energy. So, as the body struggles to keep up with the demand of living, organs and systems start to fail – usually the least life-threatening first. These usually appear as mild to moderate symptoms, typically ‘handled’ with a drug, herb, medication, or supplement in an attempt to make the symptoms go away. When the body’s detoxification functions or systems become overly stressed and are unable to sufficiently clean these toxins out of your cells and body, more chronic inflammation occurs. Eventually, if not corrected, this causes more serious chronic disease. These are not limited to genetic diseases as a result of ‘bad’ genes.

“Eventually, the body can’t handle it anymore, and one or more disease processes begin the demise of the organism.

“What happened at a toxic cellular level is that the toxins inside the cell that could not get out, acted on the genes that comprise our DNA, and turned the ‘bad’ genes on. Genes causing diseases such as Alzheimer’s, multiple sclerosis, Parkinson’s, rheumatoid or any of the arthritides – you name it, you’ve got them.

“So, do you remember earlier when I said that the major scientific data today states that chronic disease has, at its source, chronic inflammation? Well, there you go. And at the source of chronic inflammation is toxicity – either an accumulation of external or internal toxins.

“If you go to the medical doctor, you will probably end up with a nice diagnosis and a prescription to cover up the symptoms or manage the disease, but rarely a solution.

“Something *can* be done about it. Now, several questions may arise:

1. Where do these toxins come from?
2. How do we prevent or minimize further exposure to them?
3. How do we repair the damage done?
4. How do we prevent this from happening in the future?
5. How can we reestablish proper cellular energy and organ function?

“We will spend the next several days working on various aspects of handling these questions.

“In the meantime, let’s take a break. When we come back, we will break down the three stressors and the middle leg of the stool!

“But first,” Joey said, “it’s time to open up our eating window. Let’s eat.”

You never had to say that phrase twice around this group. We were up and at ‘em, almost before he finished his sentence.

Lunch was a beautiful salad from a local organic restaurant. It consisted of roasted chicken breasts cooked in olive oil and rosemary, and veggies – carrots, yellow squash of some kind, and yellow onions – sautéed in butter and coconut oil and seasoned with sage and thyme. For dessert, we had a small bowl of coconut yogurt with a few organic local blackberries on top.

THE THREE STRESSORS

We eagerly gathered back to the den after lunch. I was noticing that rather than being hit with the after-meal drowsiness I thought was normal, that I actually felt energized. I mentioned as much to Joey and Judy and Alice immediately concurred.

“That is what happens when you feed your body brain food rather than the standard American diet most people eat on a regular basis. That diet is typically filled with toxic grains and all the pesticides, herbicides, additives, and fillers our food industry shoves down our throats. We have been programmed by TV and all forms of media that this stuff is healthy. Well, look at the results! This inflammatory diet contributed so much to the disease state of our country that it almost seems criminal. I am so happy you are all feeling so much better. And we are only three weeks into it!”

“You know what else is pretty cool, Joey?” I asked, getting everyone’s attention.

“What’s that?” he asked.

“I got on the scale this morning and actually lost fifteen pounds since we started,” I said.

There was a cacophony of hurrahs that I had to interrupt by saying, “And that’s not all ... I have not had to take a pain pill for two days!”

This was met with even more enthusiasm.

I was taking Norco since the surgery and usually topped it off with 800 mg of Ibuprofen twice a day, and sometimes that did not even touch the pain. So, to be off of it completely ... wow.

“This is perfect timing, Fred,” Joey said, “because this afternoon we are going to break down the three stressors that are affecting you and causing the chronic inflammation that has been clogging and poisoning your cells and organs and causing you to be in a chronic diseased state.”

I was at the edge of my seat and I could feel the energy in the room. This was not just good information, but life-changing information. I knew it and I knew Judy and Alice were feeling it too.

“Okay,” Joey said, “and in the words of the late Jackie Gleason, ‘And away we go!’ Now that you have a better understanding of how the body manages to survive on this planet, let’s look at what we can do to help it along. We are about to jump into what Dr. Dan Pompa has coined as ‘fix the cell to get well.’ With that, I will introduce you to what Dr. Bruce Lipton describes as to the most intelligent part of the human body: the cell wall. Everything we talked about so far has to do with what is happening at a cellular level.

“You heard the phrase ‘the stress is killing me’ before, right?” Joey asked. “Well, let me tell you, it literally is. But we need to understand that stress is a good thing – that is, until it overwhelms us, at which point our body and even our minds start to break down.

“Stress,” Joey began, “is part of life. We need it to keep our body vibrant and to keep its defense systems strong. Stress

on our muscles, like in a workout, builds up strength; stress on the immune system builds up immunity. But when one or more of the three major stressor becomes overwhelming and weakens some part of our body, we become sick, diseased, immobile, and/ or mentally challenged. When stress becomes too overpowering, we die.

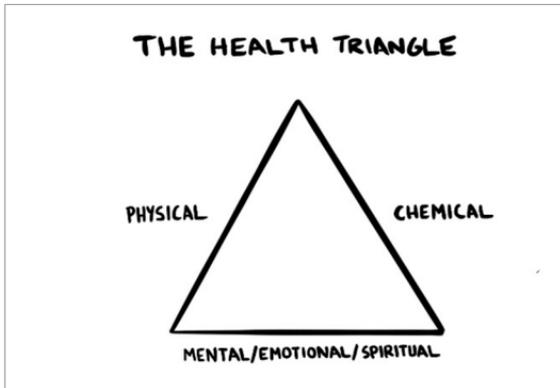
“As I mentioned earlier, stress comes in three forms: physical, chemical and mental/ emotional/ spiritual. Stress shapes our lives and, even from the beginning of time, works to help us develop into the beings and bodies that we are and have, the groups that we hang out with, and even the immune system we developed.

“Physical stressors allowed for the creation of strong bones, ligaments, and muscles, as well as a durable outer layer of skin to protect us from the environment.

“Chemical stressors allowed for our amazing digestive and detoxification system so that we can consume things from the environment to burn as fuel and then eliminate the toxic byproducts.

“Mental stressors allowed for cognitive thought so that we might survive our predators, overcome the immediate problems of life, and learn to work with others to build communities, which not only protects us but also allows for a higher quality of existence.”

He drew a triangle on the white board and labeled the sides.



Picture 8: The health triangle

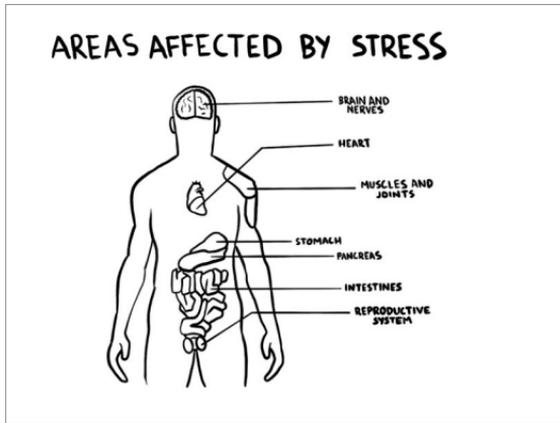
“The combination of these stressors can either work with you or against you. You can use your control over these stressors to enhance your body and forward your goals and desires. But if any or all of them become too much or overwhelming, they can have adverse effects on you and culminate in disease and infirmity visits. You see,” Joey continued, “if we can determine to what degree each of these three stressors are adversely affecting your current state of health and reduce or eliminate them, your body’s innate intelligence – its ability to adapt to its environment and become healthy and survive – can take over and give you your life back!

“Now, I want to look at each of these three stressors and discuss what each of you can do to overcome any challenges your body has. These challenges are blocking your body’s innate ability to heal.”

I was becoming excited at the prospect of taking control of my life. I could feel it in Judy as well, and I could also feel a deeper connection growing as our vitality was stirred to some new excitement as I felt a stronger connection growing between us. I was feeling that I had a new lease on life and

was looking forward to creating a future with Judy in it. I glanced at Alice sitting quietly and taking in everything her brother was saying. I could tell that even she was ready for the challenge.

“These stressors accumulate in, on, and around our body and alter the functions of many systems in the body. If they accrue in too large a number, they can damage the actual organs and tissues in the body, including our brain. This particular type of stress will be a big part of what we will address to remove chronic inflammation from our body in order to allow the body to heal itself.”



Picture 9: Areas of the body affected by stress

PHYSICAL STRESSORS

“Even though we will spend the lion’s share of the time discussing chemical and biochemical stressors and how they contributed majorly to your current state of health, I want to start with the physical stressors and how they impact us.

“Our lives outside of the womb begin with the journey down the birth canal, a process which, in itself, can be quite challenging for both the mother and child. Often times, espe-

cially in the days of forceps birth, suction or even just difficult births alone can cause physical trauma to the child, which can affect the child's proper development. This journey, though, is a natural phenomenon which not only inoculates the infant with the healthy bacteria in mom's birth canal boosting the child's immune system but also creates stress on the skull, body, and spinal cord, which has been said to help infuse the child with adaptation reflexes. Unfortunately, today, up to 25 to 30 percent of all hospital births in the U.S. are cesarean, which deprives the child of mom's natural immunity. Instead of the birth canal bacteria, the child is first exposed to pathogens hanging around the hospital. One could argue that the children of cesarean birth have a weakened immune system to those of vaginal births.

"Of course, then we have slips, falls, accident, and injuries from sports, work, play, or just plain living. Damage to bones, muscle, tissue, organs, and even the brain (as in concussion) – even if treated to the best of our current medical system's ability – have lasting deleterious effect on the body.

"Our nervous system exits our brain as the central nervous system. It travels down the center of our spinal canal and exits as thirty-one pairs of spinal nerves. Once the nerves exit the spine, they are deemed the peripheral nervous system – basically because it is in the periphery to the spine. These thirty-one pairs of nerves split and split until they communicate with the 75 trillion human cells we are composed of. As long as this communication is intact, our body can read and adapt to the environment as information travels up and down the central nervous system and in and out of the spine via the peripheral nervous system. This is so the brain can dictate the body's safest and most pro-survival course of action to flourish and prosper. B.J. Palmer, son of

D.D. Palmer, is known as the developer of chiropractic. After taking the reins from his father D.D., B.J.'s most basic tenet – the life blood of true chiropractic today – states that ‘the body heals from above-down inside-out,’ basically saying that the body has an innate intelligence to heal.”

Joey continued, “When our bodies come in contact with the physical environment too fast – as in a whiplash, sports activity, or fall – the spinal bones can become misaligned, putting pressure on the spinal nerves and interrupting proper communication.

“Each of the spinal nerves go to different organ, muscle tissue, and system in the body. Pressure on just one of the sixty-two spinal nerves (thirty-one on each side) can create a myriad of effects. The presences or absence of pain is not a true indicator of nerve pressure or spinal misalignment. Sometimes, the pressure exerted on a nerve can only affect an organ it innervates or muscle strength and have no pain associated with it at all. Sometimes, it remains silent and insidiously progresses to eventually cause a symptom. This is kind of like a cavity in your tooth – it can go undetected for years before it erupts into a wild toothache. This pain or symptom model has been responsible, to a large degree, for the rampant diseases our country suffers from.

“We’ve been taught from the get-go to eat Tums, Advil, Aspirin, Tylenol, Nexium, high-blood-pressure or cholesterol meds, metformin, asthma drugs, and more to control our symptoms without any regard to what might be at the source of the problem. This is like continuing to put air in the tire of your car without looking for the nail which is causing the air to leak out. Yet when it comes to our health, this is the norm – cover up the symptoms and move on. It’s no wonder we take more pharmaceutical drugs than any other country in the world. Remember, we are only 4

percent of the world. So, if more drugs was the answer, we should be healthy as an ox, as the old saying goes.

“Another example – and sorry, but I really want to make sure you get this, so I want to spend a bit more time on this. If you have a cavity in your tooth which was small and asymptomatic and you ignored it, then one day it started to get sore occasionally and you just took aspirin and went about your day, I don’t think you would be surprised if one day you woke up with a whopping tooth ache. I’m sure you would wish at the time that you did something sooner. Well, it is that way with our health in general. Symptoms are there to tell us something is wrong; don’t ignore them.

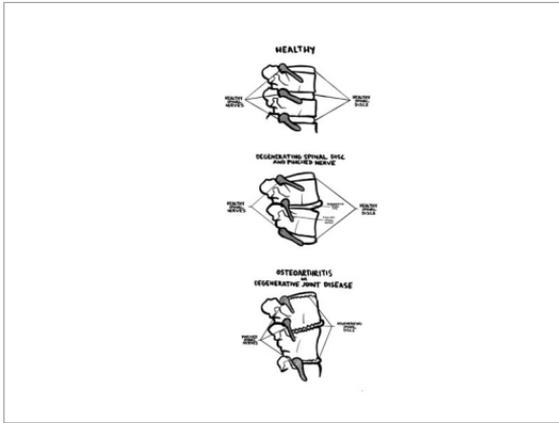
“However, I want to make it clear here so that there is no misunderstanding: a lack of symptoms does not mean that you are healthy either. How often do we hear a story about someone’s poor old Uncle Joe who was ‘as healthy as an ox’ – a young man in his fifties, no symptoms at all – then one day, *bam!* He died of a heart attack. Was he 100 percent healthy the day before the heart attack? Or did he just have no symptoms? In our country, 50 percent of the time, the first sign of heart disease is death!

“At any rate, my point here is that having as close to 100 percent functional communication from the brain to the body and vice versa is essential to proper health.

People I talked to often said, ‘Oh, my doctor told me I have arthritis in my spine; that’s why I’m in pain.’ I want to tell you right now the term ‘arthritis’ is a wastebasket term. There are many types of arthritis – some are inflammatory, such as rheumatoid arthritis or psoriatic arthritis. Some are basically wear-and-tear from misaligned vertebra or other structural bones; this is called osteo or degenerative arthritis. So, the diagnosis of arthritis may be a diagnosis of elimination, which means nothing in some cases. Here is an example

I think you can relate to. If you bought a brand-new set of tires for your car, the moment you drove out of the shop, you have tire wear. Are they bald or just slightly worn? Dr. York showed me many sets of x-rays; there were examples of perfect looking spines where the person could not walk, and some of spines that looked completely fused yet the person had no symptoms. All I am saying is, since this is the only body you got right now, let's make sure it is as healthy as can be. Get your spine checked, and I recommend you do so with a corrective care chiropractor – if you are interested in longevity, that is.

“You see, when bones of the spine called vertebra get knocked out of place – and this can happen from anything: a fall, mental stress, food poisoning or sleeping wrong – 99.9 percent of the time, they fix themselves within two or three days without chiropractic, drugs, medicine, physical therapy, surgery, or whisky. The problem is that maybe one in a thousand times, it does not self-correct 100 percent. Then, just like a tiny cavity in your tooth or a misaligned front end of your car, the condition escalates into advanced spinal degeneration (arthritis), which can be devastating not only in terms of pain but also by shutting of the proper nerve control to organs and systems in the body which that affected nerve innervates.



Picture 10: Degenerating spinal disc

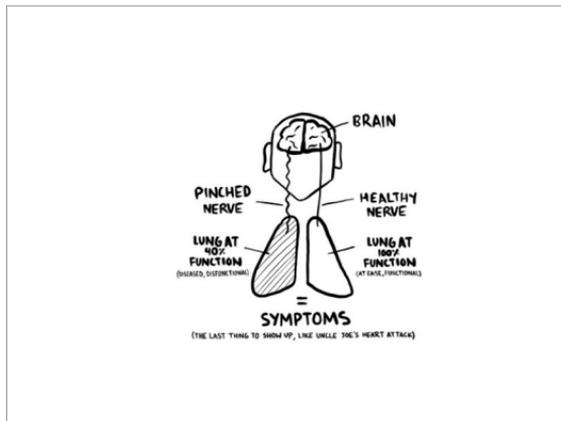
“An example would be a pinched, misaligned, or *subluxated* (chiropractic term for such) bone in the neck, which can cause headaches, numbness, pain, or weakness in the neck, shoulder, arm, elbow, wrist, and hands. Also note that if this same nerve goes to the thyroid, heart, and lungs, it would make sense that pressure on this nerve could also cause disfunction of these organs, such as hyper or hypothyroid conditions, asthmas, allergies, or even heart palpitations. As a caveat, if we corrected the spinal subluxation and it caused the organic symptoms (by organic, I mean asthma, hypothyroid, etc.) to subside, it would make sense that the nerve pressure or subluxation was, in some part, responsible for the organic condition. On the other hand, if we corrected the subluxation and, in doing so, did not correct the organic condition, then it is important to look to other ‘upstream’ causes.

“The nerves between the shoulders innervate the stomach, gallbladder, pancreas, spleen, and other organs in the area, while the lower back is responsible for bowel function as well as that of the bladder, prostate (for men), and reproductive organs (for both sexes). Remember, though, again,

you don't have to have pain in your back to think that the nerve must be affecting the organs. You could have something like colitis, Crohn's Disease, infertility or erectile dysfunction, painful periods, or frequent bladder issues with absolutely no back pain. Oh, and by the way, the lower back nerves also extend down the legs to the foot and tips of your toes, so any symptoms of the lower extremities – sciatica, muscle weakness, numbness, neuropathy or things like RLS (Restless Leg Syndrome) – should be suspect to subluxations or nerve impingement in that area. *People love a diagnosis.*

“In wrapping up the physical component of stress – at least for now – just remember that the nervous system is the number one communication system in the body. Any malfunctions in it can and usually do end up as a major factor in disfunction and disease. Don't overlook this if you are looking to turn back your biological clock.

“Don't get caught up in the medical model of covering up your symptoms.



Picture 11: Brain-Body Diagram

“Get to the source of the problem! Fix the subluxation

and restore proper nerve function so that the body can do what it does best: heal!

“Remember B.J. Palmer’s words: ‘The body heals from above down, inside-out!’

“Before we end for today, I want to mention some miraculous changes that occurred in my body after receiving chiropractic for the last five years. Ever since I fell from the tree so many years ago – and I must say, it took a bit for me to put two and two together – I developed asthma and pretty bad allergies. I seemed to catch every seasonal cold, had constant sinusitis with a persistent cough, and also had a pretty severe case of dyslexia (or ADD, if you wish). Although I was diagnosed with dyslexia in first grade, in retrospect, it is easy to understand that the pain-killing drugs – whether provided by Big Pharma or the dealer in the park – only furthered my inability to read and comprehend. But prior to the fall causing a compression fracture of the bottom vertebra in my back, I did not suffer any asthma or allergy symptoms in my life. I now understand that an impact strong enough to fracture a vertebra in my back could easily have caused other damage to different areas of the spine with maybe more subtle insidious onsets of symptoms. I can tell you that after being under chiropractic care for several years, those other symptoms, such as asthmas, etc., just disappeared. What’s more, I have not been sick in many years. What other nerve disruptions were corrected, and what other disease processes were helped? I guess I will never know. But I’m glad they are handled!”

Joey seemed to be contemplating something then cleared his throat and said.

“You all have done so well; I’m proud of you all. The next bit of information is quite a lot and very important. It’s too late in the day to go into it, so I say we all get in the car and

drive down the coast to the Big Sur inn. They have an amazing organic menu there. Let's go celebrate!"

There was no argument among us – as much as we wanted more, we too knew we were filled up for the day.

It was a beautiful day in Carmel, and as we drove down the coast highway, I think all of us were feeling grateful – grateful to Joey and grateful for each other's support and growing friendship.

I should mention that while Alice grabbed shotgun, Judy and I were content in holding hands and rubbing elbows.

MENTAL/ EMOTIONAL/ SPIRITUAL STRESSORS

I must say, it was a struggle being on my own for a week. Trying to stick to the diet was a bit of a struggle, and I admit I did cheat a bit. And for some reason, I had a hard time not thinking about Judy. Nevertheless, I was committed, and when I arrived to Judy's house at about 5:30 p.m. Friday, I was just in time for a nice dinner. It was, of course, keto-friendly: baked salmon and sweet potato and romaine salad with avocado, pecans, and blueberries dressed with red wine vinegar and avocado oil. It was amazing!

As I awoke early Saturday morning, I felt more energy than I had in years, and my mind seemed to be moving a mile a minute. So much happened in the last few days. My right leg, which was minus the foot, was healing quicker than expected. I saw the doc yesterday afternoon, and as he was examining the area, he commented that he was happy with what he saw. He said he didn't usually see this type of procedure heal so fast. He also commented on the fact that I had lost 18 pounds since I was released from the hospital. I hadn't even thought about it, although Joey did weigh us in on Day 1. I started at 264 and was now at 254 – pretty good!

He was happy and said that he was sure that the prescribed diabetic-related diet was helping. *I had to bite my tongue before I spilled the beans about my new health coach, Joey, and how he was starving me to death*, I thought with a silent chuckle.

When I got to the kitchen, I realized that I was the first one up. I saw the keto meter sitting on the counter, so I took my readings. To my surprise, my ketones were at 1.0! Joey would approve. My glucose was still high at 154 but was still down from the 190 range it liked to stay in even with the drugs I used to take for it.

I was just sipping my coffee when Joey made his way into the kitchen. I bid him good morning and then mentioned my numbers. He was pleased and said that I was getting younger every day!

I laughed and said rhetorically, “That that would be great if I actually could get my youth back.”

As I looked Joey in the eye, he said, “That is exactly what we are going to do, Fred: *turn back your biological clock*. You we’ll be younger by the time we’re done with this process.” Then he added, “If you are going to continue to court my mom – and you have my permission – I want to make sure you are not only around but that you are healthy too.”

I could see that Joey saw the doubt in my eyes, so he decided to fill in the blanks. About that time, my beautiful new girlfriend came down the stairs. She looked prettier every time I saw her, and I told her so on the stoop.

Saturday morning, for our fourth week of class, Joey was already set up, and everyone was in the kitchen drinking their keto coffee and visiting. I offered Judy a cup and went through the process preparing the whipped cream prior to dripping the coffee. This ritual became such a favorite part of

my day. I never would have guessed that coffee could taste so good.

TWENTY-FOUR-HOUR FAST

Joey was excited about my testing results and said that was a perfect way to start this week's class. He said that today, we were going to expand our fasting window to a twenty-four-hour fast. We all ate last night at about 6:00 p.m., and we would make today a fast day. This meant that we would not have our next meal until 6:00 p.m. tonight.

This would drive us even more into ketosis and get the body reaching deep down into the fat stores. This was how we became "metabolically flexible." This is when our body becomes able to switch between the two fuels, glucose and ketones, easily. This, he said, is what we want to accomplish: metabolic flexibility.

He said that coffee was available and that we could consume coffee and whipping cream, MTC oil, ghee, or whatever suited us. He said that as long as we were just consuming oils, we would be feeding ketosis and not spiking insulin. This was going to help our body become a better fat burner. He did say that if for any reason during the twenty-four-hour fast, we didn't feel like continuing and needed to eat, go ahead. Sometimes, your body needed to work up to it, and we had plenty of time to convert to fat burning. He mentioned that we had the rest of our lives to get healthy.

Next, Joey got started on the lesson for the day. He began by giving a short recap of how physical stressors affected our health, then said that we were going to cover the other two stressors – mental/ emotional/ spiritual stressors.

"Okay," Joey said, "let's get started!"

"Take this as you will," Joey started, "but do you

remember when I drew the three-legged stool, then a bit later I added 'innate intelligence' in the guise of a smiley face on top? It became obvious to me that this innate intelligence is not given enough credit in the world Western medicine. Even though the third side of the health triangle represents mental/ emotional health, I believe the spiritual element or innate intelligence is underestimated.

"I'm not going to get up on a soap box here, but I believe that for anything to happen regarding us and our lives, a decision comes first. How did Shakespeare say it? 'To be or not to be' – I believe that still is the question. So, even though we are now going to discuss how the mental/ emotional side of the health pyramid affects our health, I believe we must look also to who is making the decisions about what, when, and how come. You know that statement, 'If it's to be, it's up to me?' Well, I agree. I'm not going to go much farther on this line right now, as the purpose of our meeting is to help you handle your current state of health based on the most current understanding and discoveries in the field of natural healing."

As Joey walked to the table and took a sip from his water bottle, I looked inward. I was astonished at how little attention I was giving to who I really was and what motivated me to. As so much of this information was new and fresh, I decided to just let Joey lead onward. This was turning into an adventure, and I liked the feel of it. Something inside of me was igniting, and it gave me a surge of energy, but it was different than what I remember feeling in a long time, if ever. I was ready to change and ready for the world.

After a few moments, Joey walked over to the whiteboard and wrote the phrase, "What your mind is doing to your body." I could feel a well of emotion build up inside me. He really didn't have to explain much, but I was amazed how

just a few words could throw me onto a mental rollercoaster. Right then, the loss of my dear wife, the alienation from my kids, and my failing health hit me like a ton of bricks. I suddenly felt that empty feeling I got so often that made me want to indulge in alcohol, ice cream, or eat whatever there was in the cupboard. I suddenly felt tired and sad. I looked at my breakfast, which was a cup of organic shade grown coffee with organic whipping cream in it, and thought to myself, *I'll never make it*. I must say that I came moments away from deciding to pack up my things, head to the nearest liquor store, and buy myself a gallon of cheap gin and sail off into the sunset. And I almost did.

Judy sensed what was up, slid her chair closer to me, and put her hand on top of mine. I didn't even realize how tightly I was gripping the arm of the wheelchair. But when I felt her warm, soft, loving hand touch mine, a wave of tension seemed to just evaporate. Then, for the first time in years, I felt loved. Joey came over and put his hand on my shoulder, saying nothing but knowing all. Even Alice seemed moved – I could see it in her eyes. These guys cared, and for the second time in the last few days, I had hope.

"We're all glad you're here, Fred," Joey started. "You have obviously suffered more than your fair share of losses. I want to let you know that you are safe here. You don't have to hide your emotions; we are all here to support each other. Are you okay with that?"

Judy's gentle squeeze of my hand ensured me that I was okay, that I was in the right place. For the first time since the death of my dear wife, I cried. After a minute, I composed myself; I could feel the calmness of Judy's touch unwavering through my emotions. I felt a bit of embarrassment but, at the same time, a tremendous amount of relief.

"Thank you," was all I could muster at first. Then, after a

bit of time, I addressed the group – my group, my new family. “Joey, thank you so much for caring and for taking time out of your life to help me. When I first woke up in that hospital bed minus my leg, I thought my life was over, and I really didn’t care. I was alone – my family was gone or distanced themselves from me. For a moment, I lost all hope. But then, after awakening from a drug-induced night sleep, I heard the bantering and arguing of your sister and mother on the other side of the dividing curtain. I must say, Alice, that through it all and as unpleasant as it seemed, it was apparent how much you love your mother. I was envious of both of you. I’m not even sure if any of my kids know where I am. I left a message for my daughter to call me before I was admitted to the hospital, but as of today, I still have not heard back from her.

“I think that mentally and emotionally – even spiritually – I gave up. So, if you are suggesting that my thought could have an effect my health, I think you made your point simply by writing those words on the board. Thank you so much, but what can I do? How do I fix this?”

“That’s a great question, and thanks for asking,” Joey replied. “This is a big subject, and we can discuss it in more detail later. But I do want to bring up a couple thoughts and a couple suggestions. In fact, let’s do this now.

“For now, I want to go over a few things that I incorporated into my life and daily routine that help me stay on track. Some of it comes from Dr. York and some other friends as well as mentors I met on my journey.

“First off, Dr. York taught me several phases that finally kicked in and became part of my thought process.

“The first thing he taught me was, *‘What you think about, you talk about; what you talk about, you bring about.’* He told me this over and over again until one day, I caught myself

dwelling on things I did not like or want to have happen and started to practice putting my attention on the things I wanted, appreciated, or found pleasing. This has been a process, but it grows on you. And you know what? I find it works.

“The other thing he told me repeatedly was, ‘99.99 percent of the things you worry about never happen.’ Again, this took months, if not years, for me to realize the truth of that statement. And just think of all the stress hormones that are released when you worry. Remember, those stress hormones can become inflammatory over time.

“Also, I wanted to tell you about an amazing lady who taught me many valuable techniques to reframe my life, but I want to go over one right now that I use to start my day. Now, this is not the first time I’ve heard this, but as I was getting to know her, I could see how she used it, and it became part of my morning ritual. Basically, get yourself a journal and start writing everything you want to see happen. Only write it as if it were the way it was right then in the present moment. You can write about how good it feels to be healthy; how rewarding it is to help people; how stabilizing it is to have no debt, plenty of savings, and a great income source; how much you love your family, how well they are doing, how much you love to spend time with them, how proud you are of them; how happy you are with your present love interest; and how much fun you have together.”

Joey paused, looked at us, and said, “You see how this goes? It may not all come to fruition at once, but as you continue to do this every day, your life will change because you are willing it to change.”

At that point, Joey reached into his brief case and pulled out several notebooks. He walked over and handed one to each of us, including Alice, who seemed happy to receive it.

“Okay,” Joey said, “here is the exercise I want you to do every day every morning. Take a pen and start writing. Go ahead – I want you to do this right now.”

Joey passed out a sheet of paper with a list of questions that would help us write out some goals. He said that it may seem difficult at first and that he would give us twenty minutes to get it done.

As I looked at the list, I realized that I had not given many of these subjects the time of day for many years, if not ever.

At the top of the paper were simple directions.

Write out a thought regarding each of the following subjects. Write them in present time, as though they are happening right now in your life. See if you can get the senses to go along with each. For instance, the smell of the air, the climate, the position of your body, and the emotions that accompany each. The more detailed you can be, the better. Repeat this exercise daily and modify as you desire. Here are some examples, but you can get creative as you go along.

- How do you see your health and your physical activity?
- How is your family/ love relationship doing?
- How is your work and your professional life?
- What does your financial situation look like?
- What hobbies, sports, traveling, etc. would you like to do?

Joey interjected, “This exercise may seem tough at first; it

was for me. But the more you do it, the better it gets and the more the good things come true in your life.”

“I recommend doing this for ninety days. Only do those that you feel comfortable with. If at the end of ninety days, you feel that this exercise has been useful, then continue at will.

“Go ahead and start. You have twenty minutes.”

After twenty minutes, he restarted us by saying, “Okay, so for your homework, I would like you to spend ten to twenty minutes each morning writing out how you see your life. This is a great process to help you keep on track and also reduce some of the mental stress we seem to put on ourselves.

At that, we took a twenty-minute bathroom break.

CHEMICAL STRESSORS

“Next, we are going to talk about the chemical stressors affecting our health.” He said this is a big subject and that once we understand it, we can’t help but make better decisions regarding our health and lifestyle.

“We are now going to explore what is probably the biggest cause of chronic inflammation in your body and what to do about it. Remember the statement by Dr. Dan Pompa? ‘Fix the cell to get well?’ Well, today, you will understand what this means.

“But before we delve into this concept, I want to say a few more words about stress and how it affects both our body and our mind. There is this thing called the ‘fight or flight’ mechanism – I’m sure you heard about it. It is important that we acquire a good working understanding of this now because it is really at the core of our ability to survive.

“So, let me start with a brief explanation of something

called the autonomic nervous system. It's basically a part of the nervous system that works automatically or unconsciously and influences our internal organs – you know, keeping our heart beating, our lungs working, and our gut digesting and eliminating, as well as influencing sexual arousal. You don't have to think about it; it just keeps on keeping on. Well," Joey paused, "sexual arousal may be the exception." This caused a giggle from Judy. Slightly embarrassed, I remained quiet.

"The autonomic nervous system," Joey continued, "is divided into two parts: the sympathetic and parasympathetic nervous. Without getting too involved here, the parasympathetic nervous system can be considered the 'rest and digest' system while the sympathetic nervous system can be considered the 'fight or flight' system.

"Today, we are going to focus on the sympathetic 'fight or flight' system so we can better understand how stress, whether acute or chronic, impacts our health. Interestingly enough, this system is a chemically driven system, albeit driven by chemicals that our own body makes.

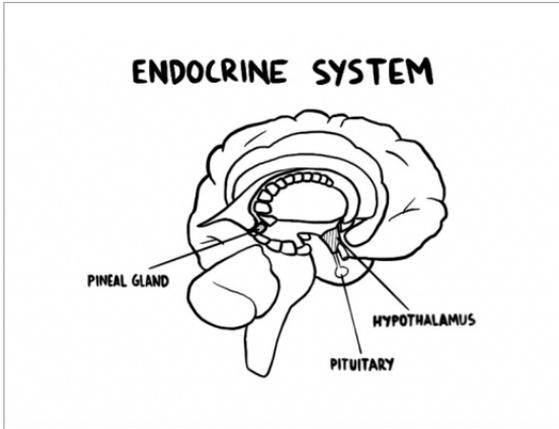
"Here's how the sympathetic nervous system works. Any time we are threatened with a loss of survival, whether real or imagined, a stimulus response mechanism goes into play to help ensure survival. For example, when you burn your hand on a stove, your reflexes prompt you to pull it away. If you smell smoke or something caustic, your first response could be fear with a heightened heartbeat. Then, you might hold your breath and seek fresh air. If you are driving a car and need to swerve quickly to avoid an accident, you startle, snap back into present time, and acutely take in the environment and any perceived danger in it. If someone or something threatens you or your loved ones verbally or even

physically, you rise to the occasion by either fighting, fleeing, or potentially using reason to settle the situation.

In all of these cases, there is a chemical response which occurs in your body through the endocrine system or hormone system. Your brain perceives the danger through any or all of your senses and transfers the data to the endocrine system, which begins at the hypothalamus and pituitary glands in your brain. These glands secrete chemicals into your blood stream, which travel to targeted endocrine organs in your body to trigger a response. And it all happens in a nanosecond.

“So, basically, your nerves send electrical messages to your brain targeting something called the ‘master gland’ or hypothalamus gland located in the center of your brain. This, in turn, now sends chemical messengers down to the pituitary gland, which sits right below the hypothalamus. The pituitary gland then squirts chemical hormones into the blood stream. These hormones reach targeted endocrine glands through the blood and deliver a message, which tells that gland to squirt different hormones into the blood stream that travel to hormone receptor sites located on the cells walls in different organs so that the message can be received and acted upon by the cells. Whew! Bodies are pretty amazing!

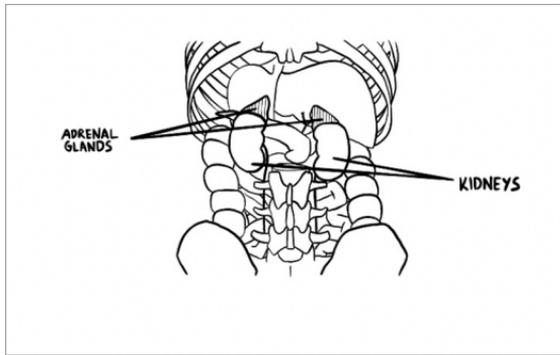
“Just to help with any confusion: endocrine glands are things like your thyroid, parathyroid, thymus, pancreas, adrenals, and testes. These all respond to hormone messengers they receive from the pituitary gland.”



Picture 12: Endocrine or Hormone Control Center

“All right, let’s get back to the ‘fight or flight’ part of the endocrine system, which is part of the sympathetic nervous system.

“The main pair of glands targeted in this ‘fight or flight’ response are your adrenal glands. ‘Adrenal’ literally translates to ‘on top of kidneys.’ They are almond sized glands which produce a huge amount of different hormones. In the case of ‘fight or flight,’ they produce the hormones adrenaline and norepinephrine. These increase your heart and respirator rate, pushing blood and oxygen to your muscles for ‘fight or flight’ while, at the same time, constricting the blood vessels going to systems like your immune system, digestive system, and brain. This allows for superhuman strength at a primordial survival level so that your survival instinct can better react to the perceived emergency. Have you ever heard of a mom picking up a car to get her child out from under it? There are many examples of how the adrenal glands and this superhuman strength thing works.”



Picture 13: Adrenal Glands

“Once the emergency is over, the autonomic nervous system is supposed to balance back out for everyday operation. The sympathetic ‘fight or flight’ and the parasympathetic ‘rest and digest’ systems ebb and flow appropriately.

“Herein lies the problem. Today, we are faced with a tremendous amount of stress, real or imagined. Not only is the media filled with constant negative news but also people are faced with threats to survival from everything from financial burdens, family breakups, political unrest, planetary disasters, and – of course, the main reason I am telling you all this – the terrible state and continuing decline of health in our country. Again, we are rated forty-seventh in the world for health.

“Acute stress has immediate effects, and our bodies have been programmed to respond to this throughout eternity. But the chronic stress that so many people are under today is creating a myriad of tremendous, life-threatening health conditions. Chronic stress, by definition, tells us that we have a chronically lower immune response, a chronically lower digestive function, and even a chronically lower mental emotional tone. Many who are suffering from chronic stress are living in fear and experiencing chronic

anxiety, depression, and other devastating and even debilitating emotions.

“One of the big problems with chronic stress – be it physical, chemical, emotional, or a combination of all three – is that many vitally important systems in our bodies are chronically shut down. This causes a breakdown of our organs and a buildup of toxins as our digestive and elimination systems are not working well. We now have millions of Americans suffering from the consequences of something called leaky gut syndrome, where the intestinal walls become inflamed. This inflammation opens up spaces between the intestinal cell walls, allowing unhealthy particles to move across our intestinal walls, transporting toxins and even undigested food particles from the colon into the blood stream and then to the actual cells and organs in our body. This causes inflammation at a cellular level and is at the heart of the beginning of autoimmune disease, which means the body starts attacking itself. This, by the way, includes inflammation and toxification of the brain.

“And this, my friends, is one major reason our bodies become toxic and then diseased. When this chronic inflammation remains in and around our cells and organs, accumulated toxins inside the cells turn on bad genes, which triggers the expression of those bad genes, resulting in chronic disease.

“So, now you may have a better understand about how chronic disease is caused by chronic inflammation and that chronic inflammation is caused by toxins. Yes?



“Now, it is important to understand that we are surrounded by an ever-growing world of toxicity. There have been over 87,000 chemicals and industrial byproducts dumped into our air, water, and soil since the industrial revolution. Many of these substances combined together create yet even more different and toxic substances. More and more radioactive and electromagnetic exposure only add to the fray.

“Sorry to paint such a gloomy picture, but I must add that our soils have been systematically depleted of minerals and other nutrients due to the large commercial farm industry and their lack of understanding of sustainable farming, let alone their usage of toxic herbicides, pesticides, and commercial chemical fertilizers.

“Okay, so we are surrounded by toxins, whether our own or from the environment. These are affecting our health, and the more susceptible each of us are genetically (meaning that when bad genes turn on so do bad diseases), the more likely the presence of these toxins in and around our body is going to result in chronic disease.

“So, since we can’t magically clean up the whole world’s toxic load, the next best option is to get our immune system as strong as possible while we, at the same time, work to eliminate as much of the toxic buildup in our bodies as

possible. This may seem ominous, but it is doable and rewarding.

“So again, how do you handle chronic disease? Of course, remove the toxins from your environment and from your body and then repair any damage done to all the systems and organ of the body. And this needs to be addressed all the way down to the cellular level.

“This starts by consuming only healthy oils and eating only organically grown foods. Of course, this means staying away from all commercially grown and/ or GMO foods which, if not eliminated, would sabotage any attempts to repair or correct the damage done.

“This is the subject of what we will be working on for the next several weeks. It is going to be exciting to watch the transformation of your bodies. In fact, today I want us all to get pictures of our faces and of our profiles; it’s fun to watch the transformation.

“Let’s take a break, and when we come back, I’m going to have you watch a three-minute video by Dr. Bruce Lipton. I mentioned him already. This video will really emphasize the concept of how toxins affect the cell’s health and drive home the concept of fix the cell to get well.”

(Video can be found at <https://www.youtube.com/watch?v=5e8vB7AdcWI>)

Now, I’m not much of a scientist, but the video Joey just played for us made a lot of sense to me and, again, had me on the edge of my seat. What this guy Bruce Lipton was saying was, my current health condition is a reflection of the unhealthy choices I made along the way, coupled with the toxic environment I lived in and was exposed to. But he also alluded to the fact that if I change my environment – in this case, what I put into my body – while eliminating the acquired and stored

toxins out of my body, I could change the future of my health. Humm!

Basically, what Dr. Lipton was saying was that the cell and its wall is probably the most intelligent part of life. It constantly reads the environment and adapts. He likened the cell wall to a computer chip. In his words, it is “a liquid crystal semiconductor with gates and channels with a read/write mechanism.” What he was basically saying is that each cell in our body, being alive, is like a minicomputer that can think for itself. Each cell, having once been a stem cell and converting to the particular cell it became – a liver, kidney, heart, or finger cell – has its own program to follow, but it will read the environment and adapt. Each cell is even programmed to last a certain length of time and then self-destruct. This is a term called *apoptosis*, or “programmed cell death.” What happens to the cells and these programs when confronted with the three causes of stress, especially the chemical one, is that they either mutate into bad cells, become senile and useless, cause disease, or die prematurely.

What struck me most was the part about how if you put a bunch of live cells in a toxic environment, they would start to get sick and die, but if you took them out of that dirty environment and put them in a healthy one, they would immediately start to become healthier.

This was pretty amazing. So that is how “Fix the Cell to Get Well” fits into the equation. I was actually starting to get this stuff.

The funny thing was, I wanted to be mad at somebody and blame someone, but all I could do at that moment is look inward. What was happening? I was warm; I could feel my heart beating, like it was trying to get out of my chest. My emphysema was causing me to gasp for air a bit, and I wanted to scream. I want to live!

I looked at Judy, who was deep in her own thoughts, then asked the question.

“Joey, what can we do? How do we get our health back?”

Even Alice was quiet; I think Joey was beginning to win her over.

“First of all,” Joey started, “I want to go over what Dr. Lipton was saying. It is important to understand what is happening in the cells of our bodies that is making us sick. We can no longer walk into a doctor’s office and drop the body off to get fixed like we would our car. We need to be the ones making the decisions regarding what should happen.

“So, Dr. Lipton was saying that these cell walls allow things in and out of the cells. They are liquid crystal semi-conductors with gates and channels. When they are in a healthy environment, they work; when they are exposed to toxic environments, they get sick.

“The cells are life, right?”

“So, this is where Dr. Dan Pompa’s simple phrase ‘fix the cell to get well’ comes in. And that is the magic. If we can change the environment – not only around where we live but also the environment around the cells – we can get well.

“Let’s look at it. Toxins are produced in our cells as we burn fuel such as glucose or ketones (fat) for energy. Any fuel being burned has a byproduct, just like the exhaust that comes out of your car. This, as we know, is usually toxic. This is true in the cell as well. So, those gates and channels Dr. Lipton was talking about are designed to eliminate toxins from the cells. They also allow fuel into the cells. In fact, as he said, the cells read the environment and adapt. Hormones, vitamins, minerals, and many other substances also act in and communicate with the cells. The cell membrane acts as the gate keeper, making sure that only good stuff gets

through and bad stuff gets out – well, at least until toxins enter into the equation. That is when inflammation can occur, and if the body's systems can't correct this, a disease state can begin.

“Now, the body was designed to survive through all sorts of adverse circumstances. And it has done pretty well over the eons. The problems are several. For one, man has created over 80,000 chemicals in the last couple hundred years. Most of them are harmful, carcinogenic, neurotoxic, or just plain deadly. The powers that be, such as the CDC, FDA and NIH, turned the other cheek, you might say, allowing these to be dumped into our food, water, air, and even into the clothes we wear. Most of us have more than one environmental waste dump in our own homes. Just look under your sink, your medicine cabinet, or the garage. They are filled with the things Dr. Lipton was talking about – the *adverse environment*, I think he calls it.

“Our bodies are built to last; they are a self-sustaining organism designed to survive. They do well, especially when they are challenged. They like diversity and thrive to survive under the wildest conditions. But our livers were not designed with the understanding that so many toxic substances would ever be imagined. The foods we eat is processed, altered, and bastardized. Pharmaceuticals, sugar, and white processed flour – now mostly genetically modified (GMO) – were pushed on us. Eventually, depending on many factors, our body loses the ability to detoxify all this stuff, kind of like a clogged oil filter in your car or a clogged filter on a vacuum cleaner. It stops working, and toxins build up in our bodies. These toxins damage the cells, block the gates and channels, and even eat away the cell wall. This lowers our resistance to the environment, causing a weakened immune system and weakened cellular response.

“All these toxins culminate in one thing: cellular inflammation. When this becomes chronic, we become ill; left unchecked, we end up dying of some terrible disease. No one dies of ‘old age’ anymore. What causes chronic disease? Chronic inflammation. What causes chronic inflammation? Toxins.”

Joey stopped talking for a minute and, taking a big breath, looked each of us in the eye. I believe what he saw gave him hope. We were stunned, transfixed in our own thoughts.

“Okay you all,” Joey said, “guess what? It’s 5:30 p.m.! You just finished a twenty-four-hour fast. Congratulations! That it for today. Let’s eat!”

Boy, I could hardly believe it. The day went by so quickly that I wasn’t even hungry. When I mentioned it to Joey, he said that my body was doing really well at fat adapting. We checked my ketones and found that they were at 2.5, which Joey said was a great range. Both Judy and Alice we also in ketosis. They, too, did not feel hungry all day. This was getting fun.

We had an amazing meal, as usual. This cellular healing lifestyle was growing on me.

Joey preset the oven to start a few hours earlier and had a beef brisket cooking on low heat. It smelled amazing. When he pulled it out of the oven, the aroma almost knocked me over. I could see that there were yellow onions and carrots in the pot, which were stewing along with the beef.

Judy’s kitchen was pretty well set up. I didn’t realize that there were two ovens until Joey opened the second one and removed a tray of roasted vegetables. There were carrots, red onions, some yellow and green squash, and red bell peppers. The cloves of roasted garlic mixed with the rosemary well.

We enjoyed some of the most tender beef I ever had,

smothered in its own juices. The veggies were just right, not overcooked; again, I could use all the butter I wanted.

Later, we all gathered in the living room and watched a couple old movies. It was so comfortable and, again, made me miss my own family some.

YOU ARE WHAT YOU ATE!

I woke up Sunday morning to the smell of bacon cooking. I thought I must be dreaming and lay in bed for a minute, making sure I was actually awake. Once I was certain I was and that it actually was bacon I was smelling, I decided that I better go investigate.

After putting myself together, I made my way into the kitchen, now using only one crutch. I was surprised to see Joey at the stove with a chef hat on.

“Good morning,” he said without so much of a hint of recognition that I was confused.

“What are you doing, Joey?” I asked sincerely.

“What does it look like? I’m cooking bacon.”

“I can see that; I’m not blind and I can still smell. But I don’t get it. What happened to the starvation diet?”

He laughed and said, “Today –” He was interrupted by his mom’s voice.

Judy was just making her way down the stairs, and I lost all consciousness, at least regarding food. She looked exceptionally beautiful this morning, and I swore she looked twenty years younger than when I met her in the hospital. I

said as much, and I could see her face flush as I did so. How did I get so lucky? I wondered to myself.

“Good morning, Fred. You look handsome today yourself,” Judy said.

I felt pleased. Even though I wanted to find out what it was that smelled like bacon, I made sure to freshen up before I made my way into the kitchen. So, I pulled a fresh shirt from the closet – I had a few I brought with me. I felt good this morning, full of energy, and when I saw Judy, I actually felt a bit of excitement in my groin. A stir of testosterone, perhaps. I hadn’t really felt that for years.

“What are you cooking, Joey?” Judy said as though she suddenly noticed him and the wonderful smell for the first time.

“Bacon,” he retorted. “What’s with you two? Haven’t you ever eaten bacon before?”

His comment seemed to fall on deaf ears because Judy and I were in a deep conversation about the orchids I had delivered yesterday and how much they brought out the color of her skin. She was giggling and telling me that I was being silly but that she loved orchids and was surprised to receive them. They were delivered about the time we stopped class for the day. I was recalling how happy she was and that she and I walked into her garden to enjoy some time to ourselves. I reminisced on how nice it was to sit on her little cement bench nestled among the prime roses and cyclamen, which grew under a beautifully trimmed oak tree. We talked about many things. She started to ask about my family and could see the sadness in my eyes. She said she understood. She paused for a moment, then mentioned that maybe someday, she and I could go visit them. The tears came silently down my cheeks. She reached up and touched them with her hand. After a moment, she said,

“Fred, you are such a sweet man. I am so happy to have met you.”

Alice’s voice once again disrupted my reverie. “Good morning all. What smells so good?” she asked no one in particular.

“Bacon,” we all said at once with a little volume added.

Judy, Joey, and I all looked at each other and burst out laughing hysterically.

“What’s so funny?” she asked somewhat defensively.

That only made us laugh harder. I had to find a chair and sit down before I fell off of my one good leg.

When we finally settled down and had explained to Alice why her question was met with such a reaction, almost simultaneously, we three looked at Joey and said, “What’s with bacon anyway?” which sent all of us onto another fit of laughter.

“What’s going on?” I finally managed to ask Joey between explosive giggles.

“Hormones,” Joey replied. “Your bodies are starting to work again. By changing the foods you’re been eating and varying how much and when you eat them, we are ‘bio-hacking’ your endocrine system into working again.”

“You see, we’ve been forcing your bodies to stop the old paradigm of constantly snacking on or feasting on crappy foods that require all the energy you can muster to digest. We’ve also eliminated many inflammatory foods, so your physiology is changing. In other words, you have a different body today than you had just a few weeks ago.

“Fred, you actually look years younger already. The swelling is gone under your eyes and your whole body looks fitter.”

“He’s right,” Alice piped in. “I’ve been noticing that myself. I would have never imagined that just changing foods could

make such a difference. I just weighed myself this morning and I have lost 5 pounds. This is amazing, I've been trying to get below 140 for years, and today I weighed in at 138!"

"Yessssss!" we all yelled.

"So, what's with the bacon?" I asked again as I felt my stomach growling. I couldn't believe that he was going to feed us an actual breakfast.

"Today is a *feast day*. Today, we get to eat all day!"

So, Joey began to explain. "Our bodies love change. Change challenges our bodies and makes all the system have to come into play. Imagine having once been an athlete but then spending ten years sitting at a desk, never exercising. Then, one day, an old buddy comes to town and says, 'Come on, Fred, let's go hit some balls.' The next thing you know you're out there on the court playing tennis with your old college roommates in the heat of battle. You are likely to either pull a muscle or be sore as hell the next day. It's a bit too steep of a gradient. You'd have been better off working your body up to the challenge.

"Well, that is what we've been doing with *diet variation*. You see, Dr Dan Pompa really mastered this thing. By engaging in feast and famine cycles, we are actually biohacking our endocrine system to start working again on all cylinders. Today, we will eat three keto meals. This is a way of making sure your body doesn't think it is starving and will continue to shed weight! Let's eat!"

Since we were all so engaged in conversation – and quite honestly, since I was focusing all my attention on Judy – we didn't pay attention to what Joey was cooking. So, when he brought over the most beautiful stir-fry omelet I ever saw, I must have gasped for air, because everyone looked at me at once. I reflected on the fact that for the last several days, we were restricted to just two meals. I decided

that this was a fun and always surprising way to get healthier.

I laughed and said, “I never thought I’d be so happy to see food. I just took for granted that it would always be there. Not eating has been such a challenge.”

I thought about my words as I heaped a huge portion of food on my plate. I was a bit dismayed that Joey had not provided biscuits and gravy, or at least toast. I said as much. It was, of course, met with a giggle from Judy, as her foot reached out to find the only one I had. When she touched me, I was filled with goosebumps.

As we started to eat, Joey began to explain *biohacking* via *intermittent fasting*, the *ketogenic diet* along with the added benefits of *diet variation*, and something called *ancient healing strategies* would not only help reduce inflammation in our body but also help us burn our own stored fat. That as a result of these *bio hacks* we would begin to detoxify our body at a cellular level. This, he said, created an environment where our cell walls could heal and become more permeable or biologically flexible. He reminded us of what Dr. Bruce Lipton said about cells in a favorable environment immediately starting to get well and thrive. “So,” Joey continued, “in just these last few days, your bodies are actually reading the environment better and more able to absorb the hormone that attach to the receptor sites on the cell.”

He said the cleaner the internal environment, the less hormones are needed to get the job done. Then he asked a great question.

“If you had the choice of allowing your body to be toxic and inflamed by the myriad of chemicals, heavy metals, molds, and unfriendly opportunist bugs we accumulated all these years – which meant we needed to dump gobs of synthetic or animal hormones into your bodies in the hopes

that they could find their way to an available unclogged cell receptor – or you had the chance to clean up your body’s environment, repair the cells, organs, tissue, and even your brain by removing inflammation; learn how not to re-pollute it; restore proper nutrition; and promote proper nerve and hormone function, which would you choose?”

Wow – the million-dollar question. I felt so lucky to meet this family. I was getting more excited about my future every second of every day.

I wondered what would have happened if I learned this information earlier. Would I have changed or would I have still waited until it was almost too late, continuing to eat, drink, and be merry all the way to my grave? Something was beginning to stir in me; I felt motivated. I wanted to get myself as healthy as I could and then go tell the world about what happened. People needed to get this information before it was too late.

I said, out loud and to no one in particular, “This is so amazing! I want to tell my family, my friends – anyone who will listen. Thank you. I think I just found my new purpose in life.

I looked at Judy and could see the tears in her eyes. Even Alice was resolute; she shook her head and said, “This is amazing information, Joey. Thank you for allowing me, your big sister, to be a part of this. I think you just saved me from a miserable life. I didn’t say anything before, but at my last doctor check-up, she told me I was pre-diabetic. I didn’t want to hear it, not after what happened to Dad and especially after Mom was admitted for the kidney infection.”

Joey looked at us all as if he was a proud father; he even said he was proud of us all.

Then he looked at me and said, “Fred, you barely touched your food. What’s up?”

I looked at him with embarrassment and said, "I'm full. I can't eat any more." Then, I thought for a minute about the servings or helpings I used to consume. I was sure when I loaded my plate this morning I was going to go back for seconds. I even remarked on that.

"Your body is adapting, Fred," Joey said. "You never needed to eat as much as you have all these years. Your body has been storing away as much extra fuel as it could in the form of fat, waiting for a long winter where there was no food available. Then, as with the hibernating bear, your body began the process of going into ketosis to burn all that stored fuel. This is the reason our country is the most obese nation in the industrialized world, and the sickest. I'm happy that you are excited about this, Fred. Let's get you healthy and on your feet as fast as we can." When Joey perceived the awkward silence in the room, he realized his mistake. "I'm sorry, Fred. I wasn't thinking!"

I laughed out loud and said, "Don't worry at all, Joey. My doctor told me that since I was healing so fast he thought he could fit me with a new and improved model within a couple of weeks. I'm looking forward to throwing away this crutch."

There was a perceivable sigh of relief in the room.

As we assembled in the den for class, Joey started talking.

"Today's subject will be about food," he said. "I'm sure that Fred and Mother will remember a popular book published back in the 1940s by an osteopath and radio talk show host named Victor Lindlahr. The book was titled *You Are What You Eat*. As it turns out, this idea has been around for a few centuries. I did a little research and found a paper dating back to 1826 by a French physician named Anthelme Brillat-Savarin, who is considered the father of the Paleo and low-carb diet.

"He wrote: '*Dis-moi ce que tu manges, je te dirai ce que tu es,*'

which literally translates to, 'Tell me what you eat, I'll tell you what you are.' This phrase is cited as the origin of the phrase and title of Victor's 1940 book, *You Are What You Eat*.

"What is interesting is that Victor Lindlahr started selling a weight loss and diet plan based on this premise even as early as the 1920s.

Well, food changed dramatically since the 1940s. The industrial age and the petrochemical age created a stockpile of deadly chemicals and toxins that poisoned our food supply as well as our waters and air, while the commercial farming industry depleted our soils of nutrients through the mass usage of pesticides and herbicides along with the continued commercial cultivation of the land, which we now understand destroys the 'microbiome' of molds, yeasts, bacteria, etc. that live in the soil and help the roots of the plants convert nutrients from the soil into absorbable substances to feed the plants.

"As a result, the food industry was forced to 'fortify' the food stuff they sell us. The joke is they used this as a promotional selling point, such as in the old commercial, 'Wonder Bread helps build strong bodies in twelve ways,' or, 'Wheaties, the breakfast of champions.' The truth is that they had to fortify the dead, nutrient-depleted food to prevent conditions like scurvy. The FDA allowed over 1,300 additives, preservatives, and stabilizers to be added to or processed foods.

"Fast forward to today. So many people tell me, 'Oh, I eat very healthy. I only eat organic,' or, 'Oh, I drink tons of water and don't eat junk food, and I have for years.' Yet these same people are sick. They are part of the nation that has the most obese population in the industrialized world, which takes 50 percent of the world's drugs yet is only 4 percent of the world population.

“With all this in mind, I would like to suggest that it is no longer ‘you are what you eat’ but rather ‘you are what you ate.’ You see, the American population has bodies so loaded up with toxins in the way of biochemicals, heavy metals, molds, hidden infections, and pathogens that just eating well today cannot get you healthy. We must pull the toxic load out of your bodies first. And this must be done systematically and carefully. What we have been exposed to through food, water, air, etc. over the years and down through the generation is killing us. It’s a slow, painful, disease-ridden path to our demise. But something can be done about it.”

Joey paused looking at the three of us. The pause was deafening. Judy gave my hand a gentle squeeze, as if knowing what I was thinking. I was anxious to get healthy now; I was ready to do whatever it took to claim my life back. I spoke up and told Joey and the group just that.

“Good,” Joey replied, then shifted his attention to his mom and Alice. They both were in agreement. I felt a warm connection between Judy and myself, we were going to go on this journey together. “Okay,” Joey said, “I appreciate the commitment from all of you. Let’s continue.”

GLUCOSE AND KETONES

“Okay, for the last few weeks, you collected and charted the reading of our glucose and ketones throughout the day. These numbers allow us to determine how well your body is burning these two types of fuel. I want to go over how each of the fuels burn.

“First, let’s talk about glucose. Glucose is produced from carbohydrates and proteins.” Joey must have seen the funny look on my face. “Yes, I didn’t know that either. All proteins, either animal- or plant-based, ultimately burn as sugar or

glucose. And just to be clear, when I mention carbohydrates, I mean everything from French fries to broccoli! I don't think people realize this fact.

"*Glucose*, as it turns out, is a very inflammatory fuel. It burns dirty and has a lot of toxic byproducts that must be eliminated out of the cell and then out of the body. It kind of burns like wet pine in a fireplace – very smoky. If you shut the flue or allow smoke in the room, it would create a problem, just like if you had a hose stuck in the exhaust pipe of your car running into your car window. If this did not get corrected, you'd get sick and then eventually die.

"*Ketones*, on the other hand, are a clean-burning fuel. They burn like the blue flame on your gas stove – very clean. Ketones are not inflammatory. They come from the breakdown of fats and oils. We will talk about good fats and oils later, but for now, let's just consider these two fuels. One thing to know here is that your brains love to burn ketones! In fact, your brain is mainly made up of fats! Did anyone ever call you 'fat head?' Well, they weren't far from the truth."

That drew a chuckle, and it was nice that Joey was attempting to keep this light.

"Once we understand how these two fuels burn, we can make a conscious decision on which food to consume. We will have to figure out the correct ratio. But first and foremost, we have to teach our bodies to burn ketones."

"So, how do I know how much fat I'm burning and how can I speed it up?" I was anxious to get rid of all this stored fat.

"Great question, Fred. So, again, you are considered in ketosis when your readings are 0.5 and above. When you get to a five-day water fast, your ketones can go all the way up to even 5.0 or 6.0. Since you are not putting any carbs in your bodies during a fast (no meals or snacks), the only fuel source

available is your stored fat! Well, there's also a bit of something called glycogen, which is stored sugar in your liver, but your body will be living predominantly off of your fat."

"Five-day fast," I proclaimed. "You've got to be kidding!" Everyone laughed in the room, and I'm sure Judy and Alice were thinking the same thing. We all stared at Joey waiting for his reply.

"Calm down, everyone. We will work up to it. Don't worry, you can do it. This is how you are going to get your life back!"

"And by the way, I just learned last week that there are ways to increase autophagy and stem cell production in as little as 24 to 48 hours. This is new stuff. I'm not completely hatted up on it yet. The cool thing about this field of regenerative medicine is that new discoveries and breakthroughs are being discovered and made almost daily. This is a very exciting it. I feel very fortunate to be getting this information firsthand and well before 99.9 percent of others. This is why I tune into what Dr. Pompa presents to an elite group of practitioners weekly. I love staying up on this information.

"The predominate American diet is glucose-based," Joey continued. "You don't have to wonder why almost half of the population is diabetic or pre-diabetic. In fact, half of the people in this room are diabetic."

Well, there was no denying that, I thought as Judy's eyes and mine met. But it went deeper than that. I could feel that we were looking all the way to our souls. There was a knowing moment when it seemed time stood still.

We were brought back to reality as Joey said, "If you two lovebirds, are ready we'll continue."

Wow, that was embarrassing. I could feel the heat running through my whole body, through Judy's hand,

through her body, and back again. We looked at each other and chuckled.

“Okay, so now,” Joey began, “you will embrace the task of first understanding the damage done to the cells, cell membranes, organs, and the multitude of different systems in your body. You will also understand what you have been doing these past several weeks that is helping to heal your digestive system, which is necessary to allow you to repair your body.

“This is a list of the 5 Rs discovered by Dr. Dan Pompa. This is the sequence:

- Removing the Sources of Toxic Exposures

- Repair and Regenerate the Cell Membrane
 - This includes repairing damage done to the gut or digestive system cell walls.

- Restoring Cellular Energy

- Reducing Inflammation

- Reestablishing something called “methylation,” proper detox pathway function, and healthy gene expression.

This helps turn on good genes and turn off bad genes, detox your body at a cellular level, and help optimize hormone function.

“But first,” Joey announced, “lunch break!”

HEAL THY GUT, HEAL THY SELF

After we were all settled in, Joey brought up the topic for the afternoon. He started by recapping our conversation earlier in the morning and said he was going to expound on the concept of turning back the biological clock.

“Okay,” Joey started, “I am very proud of all three of you – yes, even you, Alice,” he said addressing his older sister. “It seems that you are taking this all in and managing to not bully me too much.” We all laughed. “Is this making sense?”

“Yes, Joey,” Alice said. “I didn’t realize that somewhere along the line you got smart!” She smiled. I could see that some old operating bases that was slowly starting to diffuse.

LEAKY GUT SYNDROME

“Alright,” Joey continued, “so I want to talk about something called ‘Leaky Gut Syndrome.’ Basically, the lining of your intestines has been damaged over the years because of several factors: bad diet (e.g., sugars, white flours, food additive, preservatives, added hormones, drugs, antibiotics,

antacids, alcohol), prolonged mental stress, and various other stressors or toxins we pick up in the environment or consume along with the food it is attached to. The widening of the intercellular junctions allows large undigested food particles, microbes, and other substances to enter our blood stream rather than remain inside the intestinal track where they belong.

“The biggest culprit responsible for causing this damage comes from a company called Monsanto and the widespread usage of its product called Round-Up, or glyphosate. This product has not only been sprayed liberally on our gardens; fields; and around our schools, parks and roadsides but also actually directly on much our food supply, especially the GMO grains grown in America. We now know that this poison is responsible from many deaths and diseases.

“Monsanto distributed over 19 billion pounds of the poison around the world since its creation in 1974. This tonnage has, of course, been sprayed on our poor planet. Glyphosate, by the way, is a major cause of intestinal damage and even weakens the blood-brain barrier, allowing dangerous substances access to our delicate brain.

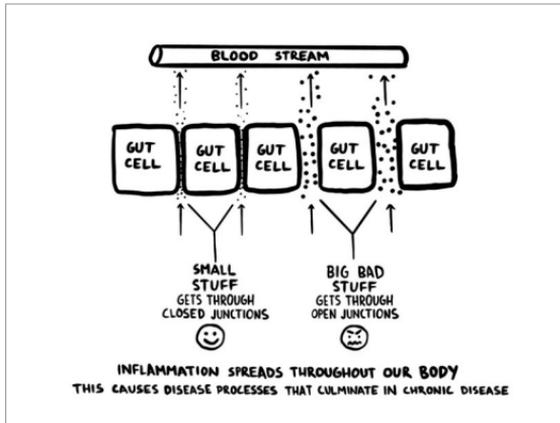
“When you have a minute, look up Dr. Stephanie Seneff of MIT and her testimony in front of a U.S. Senate subcommittee hearing if you want more information about glyphosate and its effects on the decline of our health. Processes such as Non-Hodgkin’s Lymphoma as well as many other diseases.

“Finally, a court case was won, and Monsanto was caught in the lie. They knew all along that glyphosate caused cancer; they just covered it up.

“It’s not just glyphosate. So many toxins and chemicals add to the problem, and now it is thought that up to 95

percent of Americans have some degree of leaky gut or intestinal permeability.

Conditions that suggest someone might have leaky gut are vast: anything from colitis to chronic fatigue syndrome, fibromyalgia, anxiety, and depression.”



Picture 15: Leaky gut syndrome

“So, what do we do about it?

“Heal the gut! The anti-inflammatory diet we embarked on will go a long way to repair the damage done to our gut. Not only will it tighten up the junctions between the cells, but it will also allow the body to begin to heal as only the right nutrients get into the bloodstream through the intestinal walls rather than the myriad of toxins and opportunistic bugs that wreaked havoc on our health. Nearly 2,000 years ago, Hippocrates said, ‘All disease begins in the gut.’ Apparently, he was right!

“So, as we continue our Cellular Healing Diet, which is heavy on the fats and oils, the digestive system will become less inflamed and begin to heal.

“One other point I want to make here – and this is important – is that 60 percent of your body’s energy is used to

digest your food. So, if we follow the standard American diet or the prescribed diabetic diet and eat constantly throughout the day, not only are we using up valuable energy, but we are also not allowing the digestive track to heal. Think about it: if you did pushups all day every day, your arm muscle would become damaged and eventually cause irreparable damage.

“This coming week, you are going to give your digestive track a break. You proved to yourselves that you can stop eating for twenty-four hours, and it didn’t kill you. Now you are going to endeavor into a three-day bone broth fast.

“Don’t worry. If, for some reason, you only make it a day or two, this is just the beginning of teaching your body not to depend so much on those predictable meals. Also, and very important, the bone broth is going to start healing your gut.

“If you are having trouble, I’m just a phone call away.

“During this bone-broth fast, your body will become less inflamed, and the gut wall can start to repair and regenerate. That is exactly what you are going to do this coming week. In fact, I believe that just fasting by itself, done correctly – which is what I am teaching you – will go a long way to healing your body. Why? Bone broth is not only loaded with several essential and non-essential amino acids such as glycine, glutamine, proline, and but it is also full of several minerals and vitamins to help nourish and heal the gut.

“Remember that 60 percent of the body’s energy goes to digesting food. Since you will be fasting, that energy can be used to go fix things in your body allowing it to heal at the cellular level.

“Guess what’s for dinner?” Joey asked. “Bone broth.” We all moaned at once.

Of course, Joey cooked his own bone broth for us. He explained all the different types of bones you could use. It was important he said to make sure the bones came from

organically fed animals so we could minimize exposure to more toxins.

The bone broth was tasty, and I was impressed. He actually bottled up two quarts for each of us to take with us. He wanted us to continue tomorrow and up through Wednesday if possible.

He did say that we could have the keto coffee in the morning and fast until our noon meal.

Joey passed out a list of the different bone broths he recommended. He also pointed to the paragraph that allowed for different additives and spices to make the bone broth taste better.

There was also a paragraph on breaking the fast. He suggested fermented food, like sauerkraut, kimchi and yogurt, as well as steamed vegetable salads.

As usual, the following week, I arrived Friday in time for dinner. We spent about thirty minutes going over our last week's endeavors. It was quite fun to hear everyone's struggles to not eat, but all three of us made it for the whole three days. I actually lost another eight pounds and was still not taking any pain meds. I was also sleeping well and noticed that my memory was improving. I could walk from one room to the other in my house and still remember what I did it for. This was important, especially when I was missing a foot!

That evening, Joey prepared a nice meal of a light chicken sausage spaghetti sauce. He served it on fresh squash, which he ran through a spaghetti-type grinder. Then he placed the raw yellow and green "spaghetti" in the bottom of a shallow bowl and covered it with the savory sauce he made. He even had some fresh parmesan cheese to grate on it.

I had to ask him how he made the sauce; it was so good. He said that he started with a yellow onion that he chopped

and sautéed in coconut oil and some ghee, then added the fresh organic Italian sausage, carrots, and some chopped portobello mushrooms. As they were cooking, he chopped some bok choy and red bell pepper. He added a sixteen-ounce can of organic, whole, peeled tomatoes near the end, then seasoned to taste. I found out that he used chili powder in a lot of his cooking – not a lot, but he felt that it added an underlying flavor that helped carry this dish. He also added oregano and thyme to taste. One other ingredient was roasted fennel seeds. He would roast them first in a hot pan, then grind them a bit with a mortar and pestle. All I can tell you was that it was amazing.

He didn't even have to precook the mock spaghetti – the heat of the sauce cooked it well enough.

OUR TOXIC ENVIRONMENT AND
THE DEADLY TRIO – HEAVY METALS,
MOLDS, AND HIDDEN INFECTIONS

I was happy. I sat up in bed and wrote in the journal Joey provided. Following his instructions, I composed my new life on the page in front of me. I wrote about how happy I was to meet Judy, Joey, and even Alice. I wrote about how Judy and I seemed to be falling for each other and how that made my blood boil, about how good it felt to be alive, about how much fun it was to see my family again, and about the grandchildren that loved to sit on my lap as I told them stories I heard about my family as pioneers. I was creating my future life on that page, and I liked it.

When I got to the kitchen, I checked my numbers. Glucose was better, but still high. Ketones were 1.0. I was just sipping my coffee when Joey made his way into the kitchen. I bid him good morning and then mentioned my numbers. He was pleased and said that I was getting younger every day!

As soon as the group gathered and we all had our coffee in hand, Joey was eager to start today's class.

“Thus far, we talked about how to reduce inflammation through diet. We discussed how to repair our gut so we can

stop the continued damage to our intestines and how we can allow then to begin to heal.

“This next section, the deadly trio is a bit involved as they all hang out together in the darker, danker spots of your body. In other words, they reside in places they should not be. I think it will be best to just go through them and then talk about what to do about the three, as they need to be addressed as a group.

“Today, we need to address the damage done by the accumulation of toxins in our brain and body. There are three major factors to understand and then work to eliminate from our bodies. It’s not enough just to change our diet. We have to detox and pull these harmful substances from our body. But it is important that we do it in a way that is safe. So many popular ‘cleanses’ on the market are either ineffective or even damaging to the body. It is important to have a thorough understanding of what we need to do. We can start by understanding what the deadly trio consists of and how to test for each. Only then can we intelligently move forward to remove as much as we can, again in a safe manner.”

I looked at Judy and said something to the effect that it sounded like we were filled up with nitroglycerine and about to explode.

Joey, hearing my remark, commented, “Yes, it is true, Fred. This stuff is dangerous. Most of these toxins are stored in our fat cells. There, they are shielded away from the bloodstream and kept away from our cells and brain. So, when we detox and burn our stored fat, these toxins are released back into our blood stream and can damage our cells. When we accumulate too many toxins inside our cells, bad genes can get turned on, causing genetic disease processes to begin.

“These toxins can cause conditions in which the body

starts to attack itself. This caused an 'autoimmune response.' This is where the body literally thinks it is the enemy. The National Institute for Health stated that there are over eighty chronic, often debilitating, and in some cases life threatening illnesses which are considered autoimmune. They state the 23,500,000 Americans suffer from such, but in some circles, the number is considered to be much higher.

HEAVY METALS

"Heavy metals such as lead, mercury, aluminum, cesium, arsenic, and others are abundant in our current environment. The Industrial Revolution is responsible for a massive dumping of these toxic metals into the water we drink and bath in, as well as our precious oceans, the air we breathe, and the land which grows our crops. We are exposed to many of them each day in staggering doses. If that isn't bad enough, Dr. Michael Skinner, an epidemiologist, says the lion's share (over four generations' worth) of heavy metals are actually passed down to us through our mothers' umbilical blood. In fact, the number one source of lead is Mom – thanks, Mom. Lead is attracted to, and stored in, our bones.

"Lead actually competes with calcium and has a stronger binding capacity than calcium, so it often displaces calcium in the body. Lead accumulates in your body where calcium is usually stored, such as your bones. Lead has deleterious effects on the brain and nervous system. It also affects the heart and blood vessels adversely. The kidneys and the digestive and reproductive systems are also damaged by lead. A list of symptoms such as depression, anxiety, and certain organ failure can all be linked to the accumulation of lead in your system.

The point here is that when Mom incubates her baby, all

of the best parts of her are sacrificed for the development of the fetus. Since lead is stored in Mom's bones, when calcium is being called up for transfer, so is lead. The most obvious mental symptoms of lead poisoning are depression and anxiety. Not only do we get this lead dosage from Mom, but we are also bombarded with it in today's toxic world.

"The second most abundant toxic metal –in fact, probably the most toxic of all – is mercury. We get this from so many sources, and for years, our exposure to this extremely toxic substance went unchecked. Silver fillings are 50 percent mercury, and for a long time, the dental industry stuck this within inches of our brains. We were told, and still are, that it is safe, but I recommend you start looking at the real facts. Mercury has been used for 150 years in dental fillings, so what this means is that the majority of our mercury is because of good old Mom. Again, thanks, Mom!

"The controversy goes on and on, but I'll tell you this: if you look up the top symptoms of mercury toxicity, you'll find symptoms such as anxiety, nervousness, irritability or mood swings, memory problems, depression, numbness, and even physical tremors. I think it is terrible that a majority of our children are receiving mind-altering medications for things like depression, anxiety, ADD, or ADHD without any investigation into the exposure and accumulation of these harmful substances in their bodies. I believe this oversight smacks of negligence.

"The deal with heavy metals in your body is that they love to accumulate in the worst of all places. Heavy metals love the brain, especially the endocrine system and specifically the hypothalamus and pituitary glands. These heavy metals also hang out in major organs, such as the liver and kidneys. Even worse is that they cross through the cell wall and enter into the cell body and even the mitochondria.

“If we were only worried about the heavy metals, it would be one thing, but it’s not. Heavy metals make the bed for other dangerous neuropathologic opportunists, changing the pH of our tissue and making a more welcoming environment for pathogens, such as molds, viruses, bacteria, and even parasites to nest and multiply.

“Well, remember that favorite villain, chronic inflammation? Well, that is the result of these unwelcome guests in our bodies’ tissue. Now, a lot of us no longer possess a strong immune system, but even if we did, these bad guys are hard at work to create that dreaded phrase, ‘age-related disease.’ This dictates localized inflammation over and around an already inflamed area. The more inflamed our body is, the worse any problem will manifest.

OUR TOXIC ENVIRONMENT

As we all sat and enjoyed our wonderful bone broth lunch and reiterated how healing the broth was to our digestive system because it was filled with essential amino acids, which actually work to repair damage to the intestinal lining, Joey steered the conversation to other toxins we are exposed to. He said that the lion’s share of them can even come from our own home. As he went through the list of different toxic products, I began to get sick to my stomach. He listed off so many products that I not only grew up with but also still stored under the sink and in the medicine cabinet in my house. Raid, deodorants with aluminum, oven cleaners, disinfectants, laundry detergents – he said that even the fluoride in my toothpaste was toxic.

When Alice scoffed, Joey turned his attention to her and told her that all that makeup she was wearing was loaded with toxins. Again, she scoffed. Joey calmly

explained that the FDA does not require the cosmetic companies to disclose what they put in their products – since it only goes on the skin and not in the body that they didn't need to. He told her to pull out any of her cosmetics and see for herself. Joey wanted to make a point. He said that even diabetics know that you can put an insulin patch on your arm and have it absorbed into your body. So, why were cosmetics exempt? Alice defiantly stomped off toward her bedroom as we sipped our bone broth.

“Some other things to be aware of are the industrial toxins used in furniture and clothing – not only formaldehyde but also the other 8,000 synthetic chemicals used in fashion manufacturing, most of which contain hormone disruptors and carcinogens. These facts are not included on any labels and hidden from view in a sea of undisclosed pathogens.

“In order for me to help you truly reverse your biological clock, you will have to not only decide to minimize or eliminate these toxic substances from your world but also be willing to dig deep into your tissues at a cellular level to pull out the deadly trio.”

About that time, Alice reappeared. She sat down looking at us and then her brother saying, “You are right, Joey. There is nothing on the bottle explaining what is in it. I had no idea.”

“Most people don't, Alice,” Joey replied. “That is one reason we are so sick: we have no idea what has been dumped into our environment. There have been upwards to 87,000 toxins dumped into our environment since the turn of the 1900s. And what is worse is that few were ever tested for their toxicity load. So, today, the consumer must become aware and ask questions or suffer the consequences. It's clear

the FDA and CDC and even the NIH are not looking out for us.

“There is hope, though,” Joey said. “Pull out your cell-phones and go to the App Store.”

Great, just what I needed. “I can barely turn the damn thing on,” I retorted.

“No worries, Fred,” Joey said. “Let me see it”

Before I knew it, Joey instructed the others and actually installed an app on my phone called “Think Dirty.”

After recovering from the embarrassing name, I was able to pay attention to what he was saying.

“All you have to do,” he was saying, “is put your camera phone over the bar code on the product you are interest in and – boom – up comes a rating on how toxic the product is or isn’t. So, from this point forward – or until I release you back into the world – it is important that you use this while shopping. You can find out on the spot if buying that product is going to help you or kill you! Pretty cool, yes?”

Joey asked Alice to go get the toothpaste in her mom’s bathroom. When she returned with a tube of her favorite brand of toothpaste, one that promises whiter teeth and less cavities, Joey demonstrated the process of checking it for toxins. Voilà – it was loaded with them.



Picture 16a: Toothpaste ; Picture 16b: Hair product;
Picture 16c: Lipstick

We all looked at the results; I must say, I was blown away

to see that the CDC and FDA would allow us to be exposed to all these chemicals and other toxins.

OF MOLDS AND HIDDEN INFECTIONS

“Molds and hidden infections are two more of the most important issues to review; if they’re not known about, searched for, and handled, they could leave you suffering needlessly into the future. Mold is everywhere, and when someone is exposed to it, he or she can have a boatload of trouble getting rid of it. When mold takes hold, it won’t let go. The other issue: hidden infections are so insidious that they can go undetected for years, wreaking havoc on the systems, organs, and cells of your body.

These three issues – heavy metals, molds, and hidden infections – are most likely at the core of the plethora of disease in our country. Some empirical evidence is the fact that we have more available drugs than any other industrialized nation in the world but are the sickest of all nations in the industrialized world.

“It is important,” Joey continued, “to understand that the more you are exposed to these environmental chemicals, heavy metals, molds, and hidden infections, the more they are absorbed into your tissues, cells, and even your brain. Understand that it is not just these chemicals and metals you need to be concerned with; their presences in your body exposes you to a much greater threat. You see, they not only set up your body’s biological environment to welcome in the deadly molds that surround us but also create a breeding ground for bacteria, viruses, and other microbes to take hold and establish infections. These infections lay concealed deep in your mouths, organs, and nervous system. They leak mycotoxins, their excrement, into your circulatory and

lymphatic systems. Eventually, they permeate your organs, brain, and tissues down to a cellular level and contribute to the expression of 'bad genes,' culminating in the failing health of our nation."

"Mold even has its own passage in the Bible. In Leviticus 14, God told Moses to inspect the house for mildew. If he found it, he was to get a priest to come and inspect it. If the priest suspected bad mold, he would have Moses get it removed and disposed. God was clear that after seven days, the priest was to reinspect for mildew. If he found the mildew again, the house was to be torn down, the timbers and any furniture or clothing in the house were to be burned, and any stones were to be buried deep and away from town. Mold is tenacious and takes a strong hold in and on the body.

Mold is dangerous because it hides out in dark corners of your body and excretes mycotoxins. These are like the excrement of these little life colonies. They are toxic and insidious. They are the source of so many illusive symptoms and chronic diseases yet go untested for and undiscovered by many practitioners. I'm not sure why they are so overlooked; they just are."

"For now," Joey said, "the best thing to do is inspect your homes for hidden molds. We can even have your house tested to see if there are spores in your home, what kind they are, how toxic they are, and at what level they are. We can test you as well. There are many tests out there – some are kind of expensive, so let's not jump to the gun yet. We can figure out what testing, if any, to do as we progress."

(See appendix for recommended tests.)

Joey continued. "Hidden infections are an amazingly overlooked condition across the board when one suffers from a chronic disease. The source of these hidden infections

could fool you. A friend of mine named Laura was suffering with some chronic condition for quite a while; she was not in good shape. She worked on everything from dieting to heavy metal detoxification, intermittent fasting, and the ketogenic diet. She even had a kidney infection that would not respond to nutrition or antibiotics, so she had to have surgical intervention. Finally, her chiropractor introduced her to a biological dentist in town, recommending she get what is called a cone-beam or three-dimensional x-ray of her mouth, which is essentially a CAT scan of her jaw. As was suspected, she had a terrible hidden infection deep in her jawbone at the spot of extraction of one of her wisdom teeth, which was pulled many years earlier. Cavitation is more common than one might think and can develop in root canals or even, as in her case, at the site of old tooth extractions.

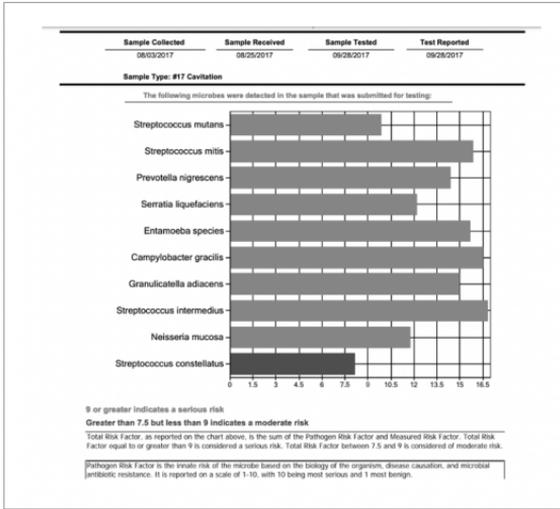
“There is a ligament that holds the tooth in its socket called the periodontal ligament. Often times, when there is an extraction, this ligament is neglected. As the gum heals over, this ligament dies in the wound and then basically rots or necroses buried deep in the jawbone. This creates an unhealthy environment perfect for those opportunistic pathogens to make their beds, and they do. Recently, I saw the pathology reports of two patients; one was the woman I was just speaking of, and the other was of a colleague who was having health issues. Both of them had at least eight highly dangerous bacteria well above the ‘safe’ level that took up residence in these lesions.

“The cavitation and its occupants start to create a manufacturing plant of ‘mycotoxins,’ which are slowly and clandestinely excreted into your body’s lymph system. These toxins amplify any condition you have and even work to alter the genes in your cells turning, on bad things such as

cancers, Alzheimer's disease, and Parkinson's disease, to name a few. When our genes get altered, a myriad of 'age-related diseases' can develop. To the point of this subject of sciatica, any of these inflammatory situations will increase the symptoms of pain due to the irritability of the toxin on the body's tissue.

"I'm going to recommend that all three of you get a cone beam X-ray done, especially Mom and Fred. You both have diabetes at the very least, and I suspect you might have cavitation as well. Let's rule that out. The worst thing you could do is try to correct them without first dumping a huge amount of the toxins out of your bucket first. It is imperative that you detox correctly and thoroughly before adding more toxins into your circulatory system. Because of the viruses, bacteria, molds, Lyme disease, and other pests that reside in your mouth, cavitation can be virulent. You must take precautions. Imagine finding a mouse nest in your garage. If you disturb it, the mice scurry away to the next best hiding place until they feel safe enough to emerge. This is exactly what these pathogens do once evicted from their comfortable home. And believe me, these things can make you sick. And if you are already in a bad way, this could push you over the edge."

Bacteria found in the cavitation ("hidden infection") of my friend's jaw. This was a failed root canal. Notice anything above 9 is pathological and dangerous.



Picture 17: Cavitation from Failed Root Canal

With that, Joey announced it was time for lunch. When I asked somewhat hesitantly what was on the menu, he replied with enthusiasm, “Why, beef bone broth. I’m sure you will love it!”

Judy looked at me and said, “Sounds appetizing.” We all laughed.

“So, you see,” Joey concluded, “if you are to regain our health, we must eliminate the deadly trio from our bodies and restore proper function once again. But worry not, this may seem too ominous an ordeal be it not for our body’s innate intelligence. Remember what B.J. Palmer said, “The body heals from above down inside-out.”

With that, we adjourned for the evening. I think we were all exhausted. I personally felt like I was fighting an overwhelming battle with an unseen and hitherto unknown foe. And yet, today, I had hope. Joey ignited in me a great desire – a desire to live and to love – and I knew at that moment that it was possible. I knew, for sure, I could do it. I could get my

life back and that it was possible for me to turn back my biological clock!

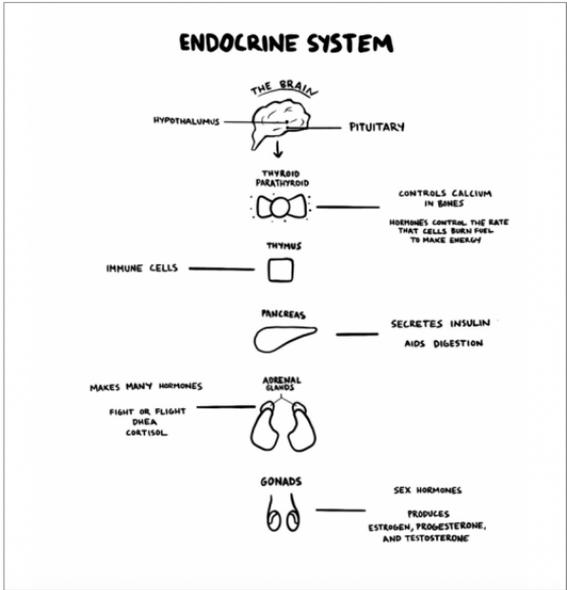
That evening, we dined on roast chicken, a vegetable-ridden salad, and a butter-laden sweet potato. It was a quite meal, I think we all were exhausted, yet somehow, we all felt the comfort of each other's company.

HORMONES OPTIMIZATION – THE ULTIMATE GOAL

I continued to sleep better than I had in years. I was excited to know that the cleaner my body became, the less toxic it was and the more able it was to burn ketones as I became healthier.

Joey reiterated that by eating non-inflammatory foods and the right proportions of fats, carbs, and protein, my body was more likely to function better. This indicated that the hormones were getting to the cells and doing their job.

“Okay class, let’s go learn about hormones!” Joey said. Off we went, back to the living room for another day of learning.



Picture 18: Endocrine system

Joey started to draw this diagram on the board so he could help us understand a bit about hormones and the endocrine system.

“Hormone optimization is the key,” he began. “In fact, the main reason you all are feeling better is because we were able to reduce inflammation in your body simply by changing the foods you eat and how often you eat them. The change can happen that fast.

“By reducing the inflammatory foods, chemical toxins, and even the mental stress in your lives and bodies, your digestive or elimination system can do its job and clean up the environment.

“Do you remember the drawing of the cell I did the other day, or better yet, the video by Dr. Bruce Lipton I played? Well, that is exactly what we did and will continue to do: clean up your environment and detoxify your body.

“As your liver and kidneys and even your lungs and skin continue to dump toxins, and as we continue to put only good stuff in, our bodies will become cleaner and healthier. Imagine a bucket of dirty water. Let’s say you put a garden hose in and turned it on at a slow stream. Eventually, enough water would flow through the hose, into the bucket, and over the side that the water in the bucket would become clean. This is how the detox works. By doing this through the different methods I will teach you, and based on your individual needs, we can help your body do what it does best: heal.”

HOW FULL IS YOUR CUP?

“Imagine three glasses of water: one half-full, one full, and the other overflowing. Let’s say the full one represents your body full of toxins – a high toxic load. Your body is at the breaking point. One more drip of toxin and you are over the top – disease! These toxins create chronic inflammation, which create chronic disease. The toxins in the cell and the cell power plant (the mitochondria) get poisoned and bad genes can get turned on in the cells, resulting in genetic disease. These diseases are not inevitable; the genes have to be ‘expressed’ or turned on.

“People in this scenario make up over 50 percent of our population.

“On the other hand, people with their cup half-full (or empty) can handle environmental toxins and stressors much easier. Their body’s detox systems are in much better shape, and they typically do not have a tremendous amount of chronic inflammation going on. And even if they do have some issues or get exposed to some stressors, like a virus, bacteria, or environmental toxin, the body can handle it. This

is called survival. Our bodies have been doing a pretty good job of it over the years.

“Our bodies do have limitations, though. If you bury them too deep, throw them too high up in the atmosphere, get them too hot or cold, take away their oxygen, or hold them under water too long, they die. Even too much mental anguish, one of the three major stressors, can kill you.”

The story of the full versus half full glass and the vitality of disease!



Picture 20: What's your toxic load?

“Whether you have good genes or bad genes, you are still better off getting your body healthy.

“As I mentioned previously, toxins can come down through four generations through mom’s umbilical blood. The Environmental Working Group is an organization that tested the umbilical blood of babies who had not yet lived outside of the womb. They reportedly found something like 278 chemicals and toxins in that blood. Each generation not only gets their own lifetime exposure but also comes into this life with a boatload of their mother’s toxins. Pretty crazy, no?

“So, Fred, Mom, Alice, all three of you stated that you are already feeling better in just the few weeks of changing your

diets. We are eating less often and eating foods that are anti-inflammatory. We are also eating a lot of healthy fats and oils. In fact, I ensured that each of you are consuming at least six tablespoons of healthy oils a day.

“So, we started to clean up your internal environment and cleaned up the areas around your cells. This allowed your cell receptor site to free up so that the hormones your own body make are enough to act on the cells and create a desired result. Doesn’t this make a lot more sense than ignoring the toxic build-up or, through a ton of medications aimed at fixing the symptoms, dumping manmade hormones into the body to hopefully overpower the receptor sites so the hormones can act on the cell? I get tired even thinking about how hard the body has to work to do this.

“Imagine if every time your car had something go wrong, you just jury-rigged it. You know, if there is a leak in the window, you put duct tape; a leak in the radiator, you get some of that stuff that will plug the leak; your seats wear out, you put seat covers on them; your engine leaks oil, you just check your gas and fill the oil at the gas station; your car blows blue smoke, you drive the back roads; your windshield wipers are worn, you hope it doesn’t rain. You get the point. This is how at least half of the people in this country are living their lives. It’s terrible.

“The truth is, nobody is telling them about this. The CDC, FDA, and NIH – all the powers that be – seem to have a vested interest in our country being sick.

“I’ll tell you what I decided five years ago while standing in that stinky doctor’s office with my dad and all those other sick people: ‘If it’s to be, it’s up to me.’ And I’ll tell you what, it’s up to you too!”

Wow, I thought, *what a morning*. I was beginning to get this. It all made so much sense. But I felt a bit pissed off. Here

I am, sixty-three years old, minus a foot, overweight, toxic, prescribed six different medications, and this was the first time in all these years I even heard about this. Why don't they teach this in school, or why didn't my medical doctor insist I learn this before I opt to take drugs?

When I said as much to the group, they all expressed their own protests and frustration as well, after Judy's first husband and her kids' father succumbed from this very thing. At the same time, I realized that even this information may not be enough to persuade people to change. They will usually just go along in life thinking, "It won't happen to me."

Joey said, "You know, it's kind of like when there is an accident on the freeway. Everyone slows down to look, everyone is effected by the slowed traffic, and it could take hours to get through. But regardless, probably not one person passing by thinks about the fact that it could have been them in that accident. Until some get ill or get some dreaded disease, they typically don't pay attention."

He was right! I didn't! Too many Americans are walking around so toxic with hormone dysregulation and nutritional deficiencies that it is amazing that we are alive at all!

WHERE DO WE GO FROM HERE?

I woke up early again, and my mind was running wild. Not only was I excited about the prospect of living again but also I was happy about living with Judy. After class last night, we made our way to the little cement bench surrounded by prime roses and cyclamen. There was an amazing flower scent, and Judy said it was a night-blooming jasmine. It was enchanting. I must say, it had been years since I enjoyed a garden. My first wife Sara and I loved to garden and would spend weekends playing in the dirt. Somehow, being with Judy alone made me feel young again. I felt like Sara was looking down with approval.

Sara told me on her death bed to find someone to be with, but by that time, I enjoyed alcohol too much and never felt social. Thinking back now, I wondered how many people my age just faded into the sunset, dreams never imagined, lonely days following them to a lonely grave.

Judy ignited a new fire in me, and I felt like living. It seemed funny that I had to fall so low to actually find freedom.

Judy and I talked until after midnight. Then, I told her

how much I loved being with her, but that I wanted to be the responsible party and get us to bed.

“We have class tomorrow, and I need my beauty sleep,” I said.

She chuckled, and as we made our way back to the house, she put her arm through mine. It was a special moment; I don’t think I’ll ever forget it.

She stopped our forward progress by pulling my arm back. She turned, facing me. She looked up and told me that she had not been this happy since she could remember. I felt weak in the knees but pulled myself together. I looked her first in the left eye, then the right, then my eyes looked down to find her parted lips. We kissed, and time stood still.

Coming back to my senses, I focused on the morning, halfway hoping to smell that beautiful smell of bacon as it sizzled away in the pan. My bedroom was right off the kitchen, I could hear that someone was up, but there was no evidence of breakfast being prepared.

Reluctantly, I pulled myself up and hit my bathroom. As I splashed water on my face, I became happier. Even though I didn’t smell bacon, I knew that within the next half hour, I would be sitting next to Judy, and that was exciting.

And so, it came to pass. Shortly, we were sitting side-by-side, hand-in-hand, ready for our new lesson on creating a new life. That is what it seemed to be anyway.

When Joey appeared, he carried a box containing several smaller boxes.

“Today,” he began, “we are going to start the process which will tell us just how far south we each are and what we need to do about it.

“These –” Joey indicated to what was in his arms “– are some of the tests you should consider taking so that we can

determine the best way to move forward on your individual health program.”

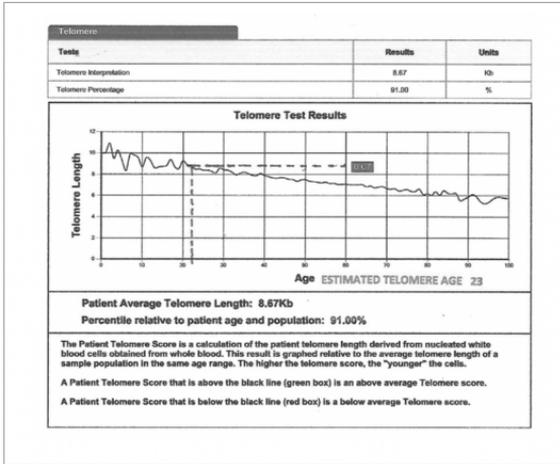
TELOMERES – THE LONG AND SHORT OF IT!

“We already sent in our ‘telomere test’ to find out how old our bodies perceived themselves to be. You will find that your chronological age and your biological age will differ. This is one reason why some people age so much faster or still appear young.

“The other major factor of this aging process is how the environment (stress) is affecting the body – all three types of stress: physical, chemical, and emotional/ mental.

“These three stressors, once identified, can be altered, removed, or reduced with various techniques. As you reduce or remove them, the body – which is constantly regenerating itself – will get younger. You know that your telomeres – the things that dictate cell life – can be lengthened through intermittent fasting and the ketogenic diet. When you add in all the other bio-hacks, diet variation, ancient healing strategies, and cellular detoxification, you can not only turn back your biological clock but also improve your cellular energy, overall health, and quality of life.

“Wouldn’t it be cool if more people knew about this? I would love to help more people turn back their biological clock!



“Here is a telomere test result.

“... Attached is your recent SpectraCell (SC) telomere test (blood sample collected on 12/26/2019). As you are aware, telomere testing compares our chronological age to our average cellular age. Compared to our same-age peers, are we aging about the same, faster, or slower?

“At the time of the blood sample, you were chronologically sixty-64. The SC test indicates your cellular age (average) is twenty-three (estimated). This ‘telomere,’ or cellular age places you in the 91st percentile compared to your same-age peers. Thus, your telomeres are longer than 90 percent of your peers. That is, your telomere age of twenty-three is the same as the average male in his early twenties!. Based on cell replication, you are aging significantly slower than your age-related peers.

“At birth, we all have about the same length of telomeres (protective end caps on our chromosomes). As we age, our telomeres shorten at different rates. Telomere shortening is one of the primary causes of the aging process (damage and age-related breakdown of our cells and organs).”

HEAVY METAL TEST

“We are also going to test for heavy metals. It’s a urine test. Notice these mother-daughter heavy metal tests. Do you see how similar they are in lead and mercury? Even the cesium is similar. The mother was born in Pennsylvania and was there when the nuclear reactor at Three Mile Island melted down. The cesium is a by-product of that. You can see that the daughter’s cesium level is remarkably similar. This is what Dr. Michael Skinner was talking about: toxins passed down through the mother’s umbilical blood. And remember, this goes back at least four generations, if not more.

This is why it is so important for young women who want to become pregnant to be tested for their toxic load before they become pregnant. Do you know that lead and mercury together is much greater than the sum of the total? What I mean by that is that the combined accumulation of these two metals can be dangerous and toxic.

“We will do a Gut Zoomer stool analysis. This test looks for the variety of microbiome in our gut. Today, with all the stressors mentioned before – especially the antibiotics, medications, glyphosate, street drugs, alcohol, and generally nutrient-depleted foods we consume – the wide spectrum of healthy bacteria has been depleted and replaced by a wide variety of disease-causing microbiomes. It is important for us to determine where your GI track stands regarding these bugs. This way, we can decide what to do to enhance the good guys while depleting the bad guys.

“A lot of people take a probiotic and have taken the same one for years. Unfortunately, this often creates a long chain of only a few varieties rather than a broad spectrum of different bacteria. An imbalance of the various bacteria or microbiome in our gut can be responsible for the develop-

ment of many disease processes. So, if you are taking a medication to mask or mitigate some symptoms or named disease processes without assessing the spectrum of microbiome in your gut, you are more than likely just holding the symptoms down while the disease process advances. Eventually, you end up like one of the eighty million Americans diagnosed with multiple chronic diseases with no solution in sight.

“And, of course, we will get a complete blood panel, including all thyroid function and inflammatory markers.

“With all these test results, we will have a pretty good idea where you are at and what it will take to get your health moving in the right direction.”

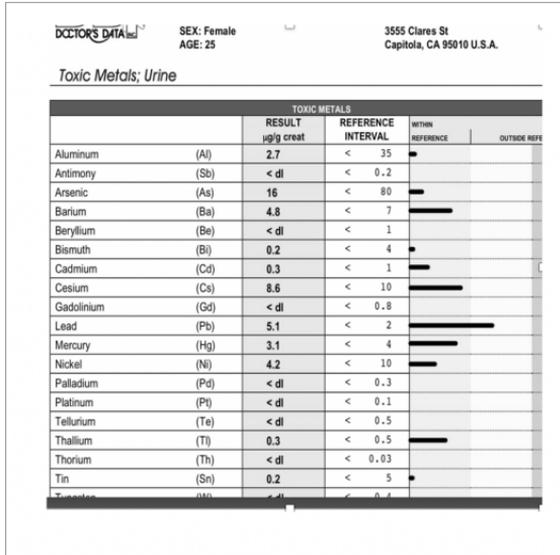
He explained the “provoked urine test” and said that since we had fish the other night, we would have to wait a week to do that test. He said the mercury in the salmon would give a false reading.

DOCTORS DATA^{lab} NAME: FERRINE 3200 LAFAYETTE
 AGE: 62 Capitol, CA 95010 U.S.A.

Toxic Metals; Urine

		TOXIC METALS		REFERENCE	OUTSIDE REFERENCE
		RESULT	REFERENCE		
		ug/g creat	INTERVAL		
Aluminum (Al)	7.3	< 35			
Antimony (Sb)	< dl	< 0.2			
Arsenic (As)	18	< 80			
Barium (Ba)	2.3	< 7			
Beryllium (Be)	< dl	< 1			
Bismuth (Bi)	< dl	< 4			
Cadmium (Cd)	0.5	< 1			
Cesium (Cs)	10	< 10			
Gadolinium (Gd)	< dl	< 0.8			
Lead (Pb)	5.4	< 2			
Mercury (Hg)	4.2	< 4			
Nickel (Ni)	3.6	< 10			
Palladium (Pd)	< dl	< 0.3			
Platinum (Pt)	< dl	< 0.1			
Tellurium (Te)	< dl	< 0.5			
Thallium (Tl)	0.2	< 0.5			
Thorium (Th)	< dl	< 0.03			
Tin (Sn)	0.4	< 5			
Tungsten (W)	< dl	< 0.4			
Uranium (U)	< dl	< 0.04			

Picture 21: Heavy metal test (sixty-two-year-old woman, mom)



Picture 22: Heavy metal test (twenty-three-year-old woman, daughter)

“So, here is our plan,” Joey stated. “Once we know what specific issues to address with you, we will devise a protocol that will bring your body back up the line to health. There will be road bumps, no doubt. But we know what to do each step of the way.”

TRUE CELLULAR DETOX PROGRAM

“All three of you are currently on a cellular healing, more specifically a gut healing diet. We call this the *Prep Phase*. It is designed to help all the organs, systems, and cells in your body to heal. We’ll begin to heal.

“The idea of the Prep Phase is to clean up our diet and any organ dysfunction as much as we can. The supplements provided are designed to target things like your liver, kidneys, brain, and elimination system. By working on the

intermittent fasting and eating a diet high in ketones, we will assist the gut and organs to heal, as well as the brain.

“Based on your test findings, you may be on the Prep Phase for a month or two. Mom, you and Fred should plan on two months. Alice, we’ll see where you are in a month. If we move to the Body Phase too quickly, this is where we start to pull toxins out of your body. You could have reactions to the detox. We want to keep these to a minimum.

The *Body Phase* consists of supplements that will strengthen the power in the cells and the mitochondria, help re-establish healthier cell walls, and detox pathways. During this phase, we actually begin to pull toxins that are seated deeply in your tissues, cells, and organs out. There is a product called CytoDetox, which is a specialized zeolite clay product. It is carefully formulated to absorb toxins out of the body. Here, they are downed into the elimination system, where they are grabbed by a charcoal called BIND and pulled completely out of the body.

“This phase can cause some reactions called Herxheimer (Herx) reaction. This is when, as your body is healing, we come across some hidden infections, viruses, parasites, molds, or bacteria that are hiding in your body. Don’t despair – we want these out of your body. They are dangerous when laying hidden. These bad guys are excreting mycotoxins (their own waste) into your system, causing chronic inflammation and a myriad of complications regarding your health.

“During this phase, we will be observing the intermittent fast and ketogenic diet program. We will modify it based on your individual needs. The Body Phase will last between two and three months. For health people just wanting to improve their health, it might be a month.

The purpose of the Body Phase is to pull as many hidden pathogens out of your body as possible. There is a particular

product called CytoDetox specifically designed to pull the heavy metals out of your body. We want these as low as possible because their presence in your tissue and organs lay the breeding ground for other pathogens to hand out in.

For instance, molds take hold in the body when there is a welcome environment; heavy metals set the stage. This is also a happy breeding ground for unfriendly bacteria and viruses – think Lyme spirochetes and other bad guys – to hide.

“Once we lower the concentration in the body, we can move on to the Brain Phase. This is where the magic begins. Now, in the brain phase, we introduce something called Alpha Lipoic Acid (ALA). The beauty of this is that ALA crosses the blood-brain barrier (BBB). ALA takes CytoDetox with it across the BBB so that the CytoDetox can suck up toxins in the brain. This is where a huge amount of the heavy metals are lodged – mercury especially.

“Glyphosate – you know, that poison from Monsanto I mentioned earlier – also crosses the BBB and, in fact, weakens and damages it, allowing other bad things to enter the brain.

Once we have a lower concentration of toxins in the body, it is safe to pull them out of the brain. Since the concentration gradient is lower now in the body than it is in the brain, the toxins flow ‘downstream’ so that they can get eliminated out of the body.

“You will notice during the Body Phase that you’ve been taking a supplement called BIND. BIND is a combination of proprietary charcoals which absorb heavy metals and other bad substances that are being pulled out of the body and brain by the CytoDetox. We take the BIND at bedtime so that the bad stuff is absorbed out of our intestines and then eliminated out of the body completely.

“It is important to note that the hypothalamus and pituitary glands, which are located in the skull, are actually not protected by the BBB. What this means is that they are heavily exposed to the toxins and metals throughout our lifetimes. The toxic build-up in these glands act as hormone disruptors and wreak havoc on the endocrine system. This is one major reason people are so sick. Not only are they suffering from cellular inflammation damaging the cell walls, inability of cellular function, mitochondrial compromise, genetic mutation, and all that we discussed concerning this, but now their endocrine system is also affected. These toxins disrupt normal endocrine function, which can cause so many disease processes to occur.

The heavy metal and toxic load in the hypothalamus and pituitary disrupt their signaling hormones, creating effects downstream. These can include any hormone-related issues, such as thyroid dysfunction (whether hypo or hyperthyroidism), autoimmune thyroid dysfunction, or even death of the gland itself; sex hormone dysregulation causes infertility; lack of menses, dysmenorrhea, painful periods, and endometriosis in women; and prostate issue infertility and erectile issues with men.”

“Other endocrine glands, such as the pancreas, can be affected, furthering insulin dependency and other diabetic-related issues. This goes on and on. So, the point is, let’s get you through this True Cellular Detox program so that the healing can occur and we can get your health back.

This program was put together by Dr. Dan Pompa. I actually met him and did some training with him on this very thing. The results have been amazing. All of you already look better and happier and lost weight, and at least two of you seem to be falling in love.” *Boom*. Busted. We all laughed, and Judy squeezed my hand reassuring me.”

(More on the True Cellular Detox program can be found at www.McCollumWellness.com)

A TRIP TO THE CHIROPRACTOR

“By the way, if you are wondering about breakfast or lunch today, forget it! We are doing a twenty-four-hour fast. This means that since our last meal was at 6:00 p.m., we can eat tonight at 6:00 p.m. To keep our minds occupied, I planned a field trip! We are all going for a drive.”

As we willfully piled into Joey’s 1962 Volkswagen van – which was a beautiful thing – he informed us that we were heading to his chiropractor’s office. Joey took the liberty of setting us all up for appointments, in which we would get a complete consultation of our health history, an examination, and a complete set of spinal x-rays. At that point, we would be done for the day while the chiropractor evaluated what was up with our nervous system and made any recommendations.

Now, I never went to a chiropractor; in fact, neither did Alice or Judy. But at this point, we were all game. This was a complete eye-opener, and why should we start doubting Joey now?

The office was located in an upscale shopping mall in Monterey. Dr. Duncan McCollum met us when we walked in, embracing Joey and welcoming us to his office. The office was beautiful, clean, and elegant. His staff member, Jakki, was friendly and gave us the paperwork, instructing us on what to pay attention to.

Once we were done with the paperwork, we were escorted to a large room with a TV. Jakki explained that the short video would explain what we could expect for the day.

The video was informative and explained the difference

between pain relief, types of chiropractic care, and corrective chiropractic care. This was interesting, and I was fascinated on how the brain and nervous system worked. There I was, almost sixty-four years old without a clue on how the body's nervous system worked.

Once the doctor finished with our consultation, I was amazed at how many injuries he helped me remember and how many times I was actually laid up for a few days in pain just to have it go away and never think about it again. In fact, he had a poster in his office that said, "The six most common words I hear in my office are 'I thought it would go away.'" I thought that was pretty funny because I had that thought so many times regarding my diabetes, weight gain, and many other health issues throughout the years.

The examination was revealing. Every time the doctor touched a sore spot on my spine –I don't know how he found them and even knew they were sore – he said, "Hum, isn't that interesting? When somebody has pain on palpation here, it indicates a pinched nerve or 'subluxation' at this level. This nerve goes here," he said, indicating a spot that I would have pain, like my chronic shoulder strain. Then he said, "Oftentimes, when a patient has a problem here, they could suffer from something like ...". Then he listed off three or four other things that, invariably, I suffered from and asked if I had any of those. When I said yes, he said, "Well, that would make sense, because the same nerve that goes to your shoulder goes to your lungs. If you had pressure on the nerve that controls your lungs, do you think it could contribute to things like asthma?"

Man, this guy was good. By the time he went through my whole spine, I was amazed that I was even alive. There was so much correlation with my symptoms. In fact, even the

chronic pain I just thought was normal that was in my mid-back correlated with the nerve that goes to my pancreas.

Dr. McCollum finished the examination on all of us, and as we compared notes, we all agreed that it was the most thorough workup we ever had.

Jakki scheduled us all to come back the next day to review our x-rays and get our verdict! I was looking forward to seeing my x-rays and what Dr. McCollum had to say.

Again, I never went to a chiropractor, and the experience I had was nothing like I envisioned.

When we got back to the house, Joey announced that we could now eat our one meal of the day. He said that we completed a twenty-four-hour fast and asked that each of us comment on how we were feeling.

I realized how good I felt. First of all, I wasn't been hungry all day, and when I checked, my ketones were happy to report that they were at 3.5. Joey said that was amazing. Also, I felt more energetic than I had for years, and my mind seemed sharp. In fact, I was amazed at how good I felt. Even the dull itching that I felt in my missing foot subsided.

Judy and Alice both expressed similar wins and we all celebrated with a beautiful salad covered with chopped flank steak, roasted pecans, blue cheese and a few blueberries. It was amazing.

We all took a break that evening and watched *White Christmas* with Bing Crosby and Danny Kay. It was one of my favorite movies back in the day. I had not seen it in years, and it made me homesick to see my kids. Judy must have picked up on it, for she snuggled close to me and put her hand in mine. It was a pleasant evening.

The next day, we were all up early and seemingly excited to return to the chiropractor's office.

Jakki greeted us as we walked in. She was so friendly; I

rarely experienced that in any doctor's office before. She escorted us back to the office and explained that we would watch another short video so that we could better understand what was going to happen today.

Once that was over, Dr. McCollum came in and explained that he was going to go over our x-rays and compare them to our history and exam. He started with Judy, then Alice. By the time he got to me, I think all three of us were becoming an expert at the spine and nervous system.

He showed us what a normal spine should look like and then what ours looked like. I was blown away. The bones of my spine in my lower back were almost touching. What he called the disc between fifth lumbar vertebra and my tailbone or sacrum was so close to being fused that the hole the nerves came out of was next to nothing. He showed me on a chart that that nerve not only went to my lower back but also to my prostate. What really got me that the nerve also went all the way down to my feet. He touched a button on a wall chart that lit up the whole pathway from my back to my toes.

When I asked him if that could have been what had caused me to have sciatic pain all those years, he asked me what I thought. I liked this about him; rather than just dictate out information, he consulted my understanding. This was refreshing and in-line with what Joey was teaching us. It was time that we took control over our health. To do that, we had to develop an understanding of how our bodies worked.

By the time Dr. McCollum finished reviewing my x-rays, I was not only thoroughly impressed but I also totally understood that the subluxations (pinched nerves) and the degree to which the bones improperly wore due to prolonged misalignment that caused the spinal degeneration or "osteoarthritis" I had in my spine. I also understood that these conditions developed over many years, that a minor or

major injury to the spine that never healed right would cause the spine to wear at that level much like a tire that hit a curb on your car. Slowly but surely, it would wear out faster than the rest. He mentioned that like a cavity in a tooth, you may not notice it until it's bad enough that it hits the nerve; then you know, with no uncertain terms, that you have a tooth problem. He said that because there are only thirty-one spinal nerves exiting each side of the body and that they go to the seventy-five trillion cells, sometimes the symptoms seem unrelated to the nerves and show up as organic issues, such as heart burn, gastritis, asthma, bladder issues, etc. He demonstrated this pretty well the day before when on examination he touched a place on my spine and then asked me to read a chart of symptoms which correlated to the area. It was amazingly accurate, and I wondered why my medical doctors were never so thorough.

So began my journey through corrective chiropractic care. I receive my first adjustment that day. To my surprise, it felt amazing, and I immediately felt more motion in my spine. Having lost my foot, I had to adapt to a whole new posture. I didn't even realize how much chronic pain I was in until it actually wasn't there. Dr. McCollum laughed and said it was common for people to live in so much pain that it just became background noise, that the pain just became part of life.

That evening, as we were comparing notes, we all were amazed at how we felt. Alice commented that she experience low-grade headaches for years but never thought twice about them – just took Tylenol when that got too bad. She said that during the exam Dr. McCollum, touched her neck just below her right ear. She couldn't believe how sore it was. But when Dr. McCollum asked if she had headaches behind her right eye, she was amazed.

“How did you know?” she asked. Then, Alice explained the same thing we experienced. “Dr. McCollum said, ‘Often-times, when you have pressure on a nerve right here, it can cause pain right here,’ pointing to the exact spot of my headache.” She said something that I was thinking myself: “It was almost like magic.”

Then, she said something cool. “When he adjusted that bone, it made a loud pop that scared me a second. Then, I felt a huge surge of energy into my brain – and my whole body, really – but what was really amazing is that my constant chronic headache that I had for years just went away. And you know what? It’s still gone!”

And so, we were sold. It was apparent that if we were going to succeed in turning back our biological clock, then chiropractic and a sound nervous system was definitely part of the equation.

We all started our journey to spinal health together and for the next several weeks visited Jakki and Dr. McCollum for corrective chiropractic care. We were all looking forward to our follow-up x-rays so that we could see just how good our body could get. Dr. McCollum reminded us, though, that at this point it was mainly about function and 100 percent communication up and down the spinal nerves.

He also mentioned that the nervous system was responsible for reading the environment and sending signals to the brain. The brain interprets the incoming info and sends signals to the hypothalamus, which, in turn, sends signals to the pituitary through chemical messengers, which then sends out hormone messages to all the appropriate endocrine glands via hormones injected into the blood stream. He reiterated what Joey was teaching us: toxins build-up in our brain, hypothalamus, pituitary gland, and any other cells or organs in our body was a recipe for disaster.

He commented on the fact that Joey was well-trained in the Cellular Healing lifestyle, as well as in the True Cellular Detox programs, and that we were in great hands. He encouraged us to stick with it. He said that with chiropractic freeing up the nerves, with the cellular healing lifestyle helping us burn our stored fat, and with the True Cellular Detox program pulling all the harmful toxins out of our bodies, we were on the right track and would be living in completely different bodies within a few months' time.

This would have been hard for me to imagine a few months ago; but now, understand as much as I did, it seemed possible.

I commented to my group and got agreement. "Why is this the first time we ever heard of this? And better yet, how do we help others learn what we now know? I want to scream this from the rooftops or even the mountaintops." I looked at Joey and asked him, "Joey what can we do to help?" And so it began ...

Just when I thought we learned enough, Dr. McCollum insisted that we attend his orientation class. It was on a Tuesday night, so after we enjoyed a meal of straight bone broth – we were just finishing our third day of a three-day bone broth fast, which I will tell you more about later – we attended his class.

The main topic is one that moms across America would be happy about. It was all about proper posture. But where my mom wanted me to sit up straight so not to be a slouch – and I still had bumps on my head from her reminders – Dr. McCollum related posture to the proper function of the nerves. This made so much more sense now. He showed how much pressure was put on the nerves of the upper spine if you slouched your upper back. He asked us all to look at the other attendees. There were about twenty of us in the room.

He asked if we minded him using each of us for a teaching moment. Then, he proceeded to evaluate each of our postures, both sitting and standing. This was such an amazing teaching moment. By the end of the meeting, we all understood what proper posture looked like. We all had a good idea of what muscle we needed to use to achieve optimum posture ourselves.

Dr. McCollum gave us all a couple of homework assignments:

- For the next forty-eight hours, no matter where we went, observe the posture of people around us.
- Every time we saw one of us slouching or displaying poor posture, say, “Thank you for reminding me to have better posture.”

I loved this idea! Rather than try to correct each other, we simply thanked them for reminding us. It was a good trick and stopped us from harassing each other.

Dr. McCollum also gave us a link to his website, www.mccollumwellness.com, where we could find different videos and pictures instructing us on posture.

ONE YEAR LATER

As we pulled up to the house, Judy reached over and touched my leg. “It’s going to be fine, Fred. I promise,” she reassured me.

We were talking about this moment many times throughout the year. Even though I was hesitant, Judy insisted we went.

I put the car in park, placed my hands on the steering wheel, and took a big breath. “I hope you are right, Judy. I’m a bit scared,” I said.

“Don’t be. Everything will be fine.”

As I looked at myself in the rearview mirror, I saw a younger man, happy and healthy – a vast contrast to a year ago. The program Joey put us through was successful and became a lifestyle for us. I would never go back to the way I used to be: eating and drinking with no regard, with no understanding of how to take care of my body.

I was so happy. Having lost 80 pounds, I was hovering about 190. I hadn’t weighed this little since college. The prosthetic worked amazingly well; Judy said I barely limped

anymore. There were a couple different attachments for hiking or jogging.

I reflected back to waking up in that hospital bed so many months ago: diseased, alone, and minus a foot. Who would have known that only a bit over a year later, I would be so happy? I'm off all medications, have no signs of diabetes, have no high blood pressure, and have cholesterol and blood sugar within range.

I opened the passenger door for Judy, and as she emerged from the car, I was stunned at how radiant she looked. She, too, transformed. She was lovely: her long, silver blond hair rolled up in a bun; a beautiful Japanese-style dinner dress with cranes and bamboo decorating the material; and her soft, loving smile showing me that all would be well.

As we approached the front door, she put her arm in mine and gave me a nudge. "Have fun with it, Fred".

The door opened before I could knock, and standing there were my three kids, all together, ready to welcome me. Behind them were their husbands and wives; interspersed between legs and arms were my six grandkids.

"Hello, father," Sally, my oldest, said. "You must be Judy. We finally get to meet in person. Please come in."

My life changed so dramatically by just changing the foods I ate and when I ate them. I did have high heavy metals, especially lead and mercury. We worked to lower them by utilizing the True Cellular Detox Program and the Cellular Healing Lifestyle Diet, both designed by Dr. Dan Pompa.

My microbiomes were now in good shape. The first Gut Zoomer test I did was terrible. I was loaded with bad microbiomes. But through the process of first fixing the gut (leaky gut) by eliminating foods, drugs, and other things that continuously toxified my digestive system, and by taking certain supplements to help heal the cell walls and reduce

inflammation, I was able to reverse much of the damage done by my past lifestyle.

My telomere test showed my biological age at seventy years old, six years older than my chronological age. This meant that my cells were wearing out faster than my actual age. This was still an improvement, because the first measurement I did my telomeres were at seventy-seven. So, in a little over a year, I decreased my biological age by seven years, and I wasn't done yet!

This was a wake-up call, and I was using everything I learned and was still learning to reverse this trend. Before today, I was driven by a huge purpose – well, two purposes: one, my new desire to live; and two, my desire to enjoy my life. I did not realize how far down I went. For the longest time, I was barely operating in survival mode and barely aware I was alive.

The truth is, now that I look around, I'm amazed at how "asleep" people are. They just seem to be walking around in a trance, following the AMA guidelines, and medicating their symptoms away until their final stop. Their symptoms, that is. Unfortunately, the majority of the time, when their symptoms stop, it is accompanied by the stopping of their heart. It was sad to see, especially when you know a way out. I felt determined to get my story out for others to read and know about. I just felt too good to not share it.

The other major purpose was, of course, Judy. We were so in love. I never could have conceived it possible at this point in my life. She was wonderful and truly cared about me. We had an amazing connection, spiritually. Funny, I would have never said something like "spiritually" before. But going through this process together – both nearly on our deathbeds; slowly pulling ourselves literally out of the muck and mire, drugs, and toxins; healing our damaged bodies;

then emerging hand in hand as a strong, loving, and determined couple ready to save the world.

But then, today my world exploded. As that door opened and I saw my three children standing there, surrounded by their lovely families, my heart melted. In their eyes, I could see all of life, and in that brief nanosecond, I felt my whole world meld with theirs. It was going to be okay; they were there to share their love. A vast wave of emotion swarmed my body as I was embraced by my family one by one, tears rolling down my cheeks and my body becoming warm with love. As we hugged, I could feel the hearts of each of my children as we embraced – first Sally, then Mike, and finally Sara, who was my youngest and named after her mom.

“I’ve missed you, Daddy.” The words slipped out of her lips, and I could feel our tears intermingle as they freely rolled down our cheeks. “She’s lovely, Daddy. Mom would approve.”

As I introduced Judy to my family, genuine love and appreciation poured out of all who were present. I was so grateful. Judy contacted Sally behind my back and started a dialogue with her. I guess she was at it for months and finally convinced her to gather the family to meet. She worked a miracle, because they were ignoring my occasional call for years. I alienated them so badly.

There was a cacophony of hellos and welcomes.

We had a wonderful visit. I got to meet my youngest three grandkids for the first time and caught up with the other three and what their interests were.

Everyone seemed to love Judy, who wouldn’t, and she showed them some pictures of our wedding. We were married four months earlier. We had a small ceremony with Joey and Alice as the best man and the maid of honor. We held the ceremony in a beautiful state park called Point

Lobos. It is located right on the coast south of Carmel and north of Big Sur. It was one of the happiest days of my life.

But now, there they were in front of me. Sally invited us in; her house was warm and decorated, and there was a huge sign that read, "Welcome Newlyweds." It was truly the best day of my life.

APPENDIX: GLOSSARY OF TERMS

1. *What is fasting?* Fasting is an ancient practice of used by almost every ancient culture in the world. There are several types of fasting. Today, it is used as a weight loss tool as well as a way of healing the body by reducing chronic inflammation and, thus, chronic disease. When done correctly, it can be quite effective. It is best to follow guidelines on how to fast or, if you are suffering from some chronic condition, do it under the supervision of a healthcare provider.

- Intermittent fasting, where you develop an eating window and a fasting window. This is usually an eight-hour eating window and a sixteen-hour fasting window. This allows the digestive system to rest and repair.
- Block fasts. This may be a five-day water fast or a three-day bone broth fast. These timeframes may vary depending on the individual.
- Fasting-mimicking diet. This is a way of consuming

certain foods each day in a way that tricks the body into going into ketosis.

The three above-mentioned fasts allow you to drink water.

- **Dry fast.** This is a fast where you don't consume anything, not even water, for a day or longer.

There are other fasts, but these are the main ones.

How does fasting work? Fasting, done correctly, allows your body to start burning ketones fuel from fat or oils. With fasting, your body does not have a plethora of glucose-producing foods (protein and carbohydrates) and, therefore, converts to burning ketones. This is what we are looking to achieve in the Cellular Healing Diet. Ketones burn clean, with few toxins. The brain loves burning ketones, and the anti-inflammatory quality of burning ketones allows the body to begin to heal.

2. *Glucose*, as it turns out, is an inflammatory fuel. It burns dirty and has a lot of toxic byproducts that must be eliminated out of the cell and then out of the body. It kind of burns like wet pine in a fireplace – very smoky. If you shut the flue or allow smoke in the room, it creates a problem, just like if you had a hose stuck in the exhaust pipe of your car running into your car window. If this did not get corrected, you'd get sick and then, eventually, die.

3. *Ketones* are a clean-burning fuel. They burn like the blue flame on your gas stove – very clean. Ketones are not inflammatory. They come from fats and oils.

4. *What is ketosis?* It is a state where your body is burning ketones for fuel. To monitor the degree of ketosis, you use a keto meter. Anywhere between 0.5 to 6.0 represents ketosis.

You don't reach the higher number without a prolonged fast three to five days. This is a healing moment.

How does it work? Every cell in our body – except maybe red blood cells – has the ability of burning ketones. When you are in ketosis, you reduce the carbs and protein gradually and safely to a point that the “old ketone burners,” which are packed away in a shed on the South 40, start to kick in. It is like working a muscle: easy does it.

Once your body becomes keto-adapted – this may take some time based on the individual's body type, health condition, toxicity level, and determination – your body will effectively burn your own stored fat. This is cool and can happen fast. There are five to six reasons the body has difficulty getting into ketosis; we will discuss those a bit later.

5. *What is autophagy?* Autophagy literally translates to “eat thyself.” Our bodies are constantly breaking down old, worn-out, weak, mutating, or senescent (senile) cells. This is a self-sustaining and cleaning mechanism. The broken-down cells are then recycled for usable parts to make new cells: stem cells. Dr. Yoshinori Ohsumi won the Nobel prize in 2016 for his work on autophagy. His discovery was, in part, that you could maximize autophagy by fasting and that by Day 3, your body was breaking down these old cells at a rapid rate. This means that we can speed up the regeneration process with fasting.

This discovery was groundbreaking in the fasting world and proved why fasting was effective.

How does it work? Under times of stress –in this case, the stress of not having enough food in your body – your body, in its attempt, to survive will look for fuel to burn inside your body. This could be likened to a bear hibernating – it's not consuming fuel, it's just burning its stored fat.

The good news is that under times of autophagy, when

brought on correctly, the body will look for the weakest, oldest, worn out, and mutating cells and break them down. Autophagy does not mean you are breaking down healthy cells.

Also, another good point is that autophagy does not just break down human cells but also breaks down the weaker and invading microbiomes.

Autophagy allows the old cells to die and new Stem Cells to be born.

6. *Apoptosis*. This is programmed cell death. Our cells all have a life expectancy. Once they reach the point of no return, they are programmed to self-destruct.

7. *What are Stem Cells?* Stem Cells are the rudimentary cells in our body. In fact, when an egg and a sperm come together, that creates a Stem Cell. That one cell divides and divides and divides while differentiating or changing into every type of cell necessary to make a body. There are over 200 different cell types that a stem cell can turn into based on innate intelligence and the area of the body it is working to heal.

Valter Longo, a scientist at USC, discovered (about the same time as Dr. Ohsumi) research that Stem Cell production – your own body’s ability to create new stem cells – was dramatically enhanced by fasting. In fact, his research indicated that stem cell production is at its highest during a five-day fast. After Day 3, the stem cells top out and stay in high production for several days.

8. *Autoimmune* – “Autoimmune simply” means your body is attacking itself. An *autoimmune* disease is a condition in which your immune system mistakenly attacks your body. The immune system normally guards against germs like bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them. Normally,

the immune system can tell the difference between foreign cells and your own cells. In an autoimmune disease, the immune system mistakes part of your body, like your joints or skin, as foreign. It releases proteins called autoantibodies that attack healthy cells. Some autoimmune diseases target only one organ – Type 1 diabetes damages the pancreas. Other diseases, like systemic lupus erythematosus (SLE), affect the whole body.

9. *What are telomeres?* Telomeres are little protein strands that are located at the end of your chromosomes. Telomeres get shorter each time a cell copies itself. Eventually, the telomeres get too short and can no longer do their job, and the cells can no longer duplicate. This causes the cell to stop functioning. They act as an aging clock. These cells can mutate, become sick, or just take up space. They are dangerous, and our body should eliminate them.

But the cool thing discovered about fasting and the ketogenic diet is, done correctly, this process can actually lengthen your telomeres, thus reversing your biological clock.

This, along with detoxifying your body of things like heavy metal, mold, and hidden infection, takes a huge load off of your body and reverses chronic disease processes by decreasing chronic inflammation.

It's like getting a new lease on life.

10. *What is diet variation?* Diet variation played a big part in understanding the art of fasting. We have to go back to the early days of man: the hunters and gatherers. They based their meals on what was available and what they could hunt or gather. They didn't have a grocery store loaded with every type of food 24/7/365. They ate what was available, if it was available.

First, they chased down a mammoth, then feasted on

mammoth meat as their predominate food. They rendered the fat and kept it for winter, along with the nuts and roots they found. Then, when spring came, often, the land was barren, with little food stuffs available. This has been known as Starvation Spring. Once summer hit, there was plenty of variation and game to eat.

This gives us an understanding of diet variation. What was cool for these guys is that the body was constantly cleaning house, eliminating weak cells and useless or trouble-causing microbiome.

So, by adding diet variation into the mix, we can help the body become more efficient and healthier. In the ancient times, the variation came with the season simply based on what food is available. Today, we can intersperse diet variation into our health regimen to improve our body's health. We will employ diet variation throughout our fasting. In fact, feast day (three meals a day) and famine days (twenty-four-hour fasts) are a type of diet variation.

In the bigger picture, once you reach your health goals, you may be completely out of ketosis and on a different diet for some time.

11. What are ancient healing strategies? Ancient healing strategies are the undertaking of the understanding we have on feast and famine and on the different food types available. This way, we can challenge the body so that it is more able to handle the stresses (physical, chemical, and mental) it is confronted with.

Only the strong survive. By getting our bodies into good shape and removing toxins, such as molds, heavy metals, and hidden infections, we can boost our immune system; increase organ function; restore brains and endocrine function; and thus be ready for any flu, virus, bacteria, or other stressors we may be hit with.

12. Metabolic Flexibility. As we teach our body to alternate between two fuels easily, we become what is called metabolically flexible. This is a desirable state because it means that your body is not stuck at a glucose burner anymore and can and will use up your stored fat fuel easily, converting to a keto-burning engine on a dime to sustain energy and health. It also means that your brain is enjoying the benefits of having ketones to burn, which it loves. Another huge benefit is that you are not constantly burning inflammatory fuels like glucose to keep your body choking.

Being metabolically flexible also implies that you are not addicted to the idea that you must eat three to six meals a day, as with Western medical thinking. Rather you are more likely to eat one to two meals a day with a feast thrown in once a week to keep your body metabolically flexible.

A lot of people become part of the OMD club, which means they predominantly consume one meal a day.

I think about this as if I were a wild animal. You don't see fat wild animals; mostly, they eat as necessary to keep the body as healthy and as fit as possible. The deer has to outrun the lion, and the lion must outrun the deer. Neither can afford to be overweight or of ill health.

When you think about some of the ancient cultures, like the great Pima Indians of the American Southwest or even some of the remote tribes in Africa today, they had/ have a diet based on what is available. They only eat what they can hunt grow or gather. Their bodies were/ are strong, and they had/ have a strong immune system. For the Pimas, as with most all American indigenous people, sugar, alcohol, and processed food are what did them in. As long as the tribes of Africa stay wild – the few that are – they will continue to thrive as a people.

Thus, becoming metabolically flexible is our goal.

13. *What is optimum health in this model?* This would imply the reduction in exposure to the three major causes of stress to our self and body and the correction or normalization of the population of our microbiome.

This would also include the correct function and expression of our genes, meaning that our DNA is expressed optimally.

Once we determine the damage done generally and to the specific organs and systems in our body, and once we correct them as much as possible, then we can maintain this state of optimum health.

14. *The Five Rs: The Road Map to Optimum Health*

The five Rs show us a map guiding us to better health.

Remember the story of King Sisyphus? He was king of Corinth in Greek Lore. Because of his hubristic (excessively proud or self-confident) belief that his cleverness surpassed that of Zeus himself, Hades made him push a huge boulder endlessly up a hill. Once it rolled all the way down, Sisyphus would have to push it back up again.

Western medicine can be likened to Sisyphus today. Although we have the best emergency health system in the world, our “sickness care” system is only designed to chase and mitigate symptoms until the day we die. Thus, growing old in this country can resemble a miserably painful state of existence. Constantly taking a drug to cover up another symptom, suffering yet until we die – Sisyphus in the modern world.

The Five Rs

- Removing the Sources of Toxic Exposures

- Repairing and Regenerating the Cell Membrane

(This includes repairing damage done to the gut or digestive system cell walls)

- Restoring Cellular Energy

- Reducing Inflammation

- Reestablishing something called methylation, proper detox pathway function, and healthy gene expression.
 - Turn on good genes
 - Turn off bad genes
 - Detoxing cells
 - Getting rid of toxic hormones

EPILOGUE

I hope that you found this a fun and informative way of learning about your health. The journey to better health can be a rocky road at times, but it is good to know that there is a road.

I traveled this road myself. Breaking my back in that fall from a tree at age twelve set me up for a journey down a painful, drug-ridden path for the first many years of my life. It was a path full of years of self-medicating with anything from pharmaceuticals to street drugs and alcohol. It nearly killed me. I am so thankful for the two friends who carried me into Dr. Anthony York's office almost forty-five years ago. If it was not for them, I probably would not be here today. The sad thing is, I don't even remember their names, but they saved my life.

The information in this book is a part of what is available to you. Each individual will have their own unique circumstances, which can require reaching deep into my bag of tricks. Oftentimes, during a detox, different situations come up; for instance, viruses, bacteria, parasites, conditions like

Lyme disease, mold, and more can show their ugly head. Fear not, though. I can help with these conditions

The path is paved; all you have to do is get on the path and let me lead you through, teaching you how to take your life back by taking your health back. You can do this!

By the way, I work with patients both in-office and virtually. I included references and links to many of the sites you will need to study if you decide to embark on this journey.

Some of you will get through the book and find it interesting but may not relate to it or believe it is something you believe is possible or for you. Thank you for your thoughts. I respect you for your decision.

Others will find it interesting and go about it themselves, learning and studying as they can. Very well – please feel free to look into all the links I provided. You are welcome to follow me at any of the below links. There are groups you can join where we have free information and even group challenges that you can participate in. I look forward to getting to know you.

There are a lot of people how like to learn as they go and may not have the time or the urgency to delve into this as fully as others.

Then, there are those of you that need and want help now! This is where I come in. I can help you!

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You can find all the menus, shopping lists, worksheets, and much more at www.mccollumwellness.com

The Cellular Healing Lifestyle seven-week course can be found at McCollumWellness.com.

Join the McCollum Wellness Academy for ongoing support and classes.

Your first step is to go online at www.mccollumwellness.com, download and fill out the Neuro Toxic Questionnaire, and send it in. Mention that you read this book, and I will offer you a complimentary consultation to go over the results of your test and see if any part of this program is right for you.

If I think I can help you, I will make any next-step recommendations, which may include testing or further evaluation.

I promise you this: I will help you. I will either offer you what I can to help or, if I don't believe I can help you, I will refer you to a more appropriate healthcare practitioner based on your condition.

Please note that the information in this book is given as

suggestions to help you understand how to get your health back or just stay healthy. I have no intention of treating any kind of disease or health condition and recommend that you always pass any information past your medical doctor before attempting any lifestyle change, be it information in this book or information found on the internet or elsewhere.

Did you know that most people won't act? They will sit back and wonder what's happening. The magic number is 3 percent. History and statistics show that 3 percent of the people will act on any situation; the other 97 percent sit and wait to see what happens. I encourage you not to be in the 97 percent. Just look at the health statistics in our country. You can do something about it.

However, whether you decide to do nothing, peruse this on your own, or reach out so that I can help you, you have my respect and gratitude.

If you can do me one favor, please, if you know anybody who you think could benefit from this book, please get it in their hands. It could make all the difference in the world to them.

Much Love,

Dr. Duncan McCollum, chiropractor

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My sister Sudi, who pulled me up when I most needed it.

ABOUT THE AUTHOR



Dr. Duncan McCollum graduated from Palmer College of Chiropractic-West in 1989. He opened his practice that same year and loves serving the Santa Cruz community and now, through the internet, the world. With a strong interest in regenerative health, he continually strives to improve his knowledge on current natural health trends. Dr. McCollum is a sought-after speaker, radio talk show host, best-selling author, and, for several years, a regenerative and cellular healing teacher.

Three principles in natural healing compel Dr. McCollum to stay on the cutting edge of emerging health science. Those principles are Dr. B.J. Palmer's belief that the body has an

innate ability to heal itself from “above, down, inside out;” Dr. Reggie Gold’s thought “the body needs no help, it just needs no interference;” and Dr. Dan Pompa’s statement of “fix the cell to get well.” As an early adapter of cellular healing Dr. McCollum finds himself closely aligned with Dr. Dan Pompa, who is considered the world leader in cellular healing Dr. McCollum teaches the Cellular Healing Lifestyle and has become an expert in the art of cellular detoxification. By combining these principles with his thirty years in the chiropractic field, he has developed remarkable protocols which yield amazing results

Dr. McCollum understands that the way to a healthy body is through understanding, and he lives by and loves the old adage “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”

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