

Beating Cancer & Other Major Illnesses The Natural Way

www.wikaniko.com

By Trevor Blake

“For every illness known to man, there is a remedy in nature” Hippocrates

Introduction

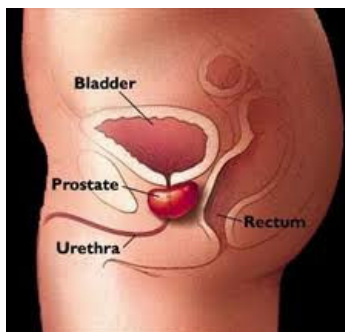
First and foremost, please note that I am NOT medically qualified in any shape or form. What I am about to share with you doesn't need qualifications, and nothing that I suggest will harm you in any way with the proviso that you need to follow stated doses, and be sensible.. My research and advice is borne out of a desire to live a full and happy life, and die of old age – not to be struck down and killed off before it is my time to go.

As with all things – if you are being prescribed medication by a doctor for anything, or are having treatment for something like cancer, diabetes, etc., tell them what you are doing so as not to interfere with any medication or treatment that you are being subscribed.

The book is about how to change your lifestyle to a totally healthy one, by eating the right things. However, it goes much further than that, because we outline the things that you should and shouldn't eat, and we give you a clear plan to help you make that lifestyle change in a way that you would hardly notice. It is totally up to you whether you take this advice, whether it is a starting point on your journey to beating a cancer or other major illness, or whether you simply would like to know how to prevent or stave off the onslaught of such a disease. At the end of the day, we all have a choice.

That choice is to live the life we want, the way we want to.

That was the choice that I was faced with, one fateful summer day. As a result of being on medication for an enlarged prostate, which is a common ailment in men of my age, I was asked to go for a routine blood test, as I had been taking a repeat prescription of Flo Max for 6 months, as I was getting up 4 or 5 times a night for the loo. The very next day, I got a phone call from the surgery asking me to make an appointment to see the doctor as soon as possible. It turned out that my PSA level had doubled in the 6 months since taking the medication.



This is a blood test that measures the total amount of Prostate Specific Antigen (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It is normal for all men to have a small amount of PSA in their blood. However, my PSA level should not have been that of a man in his 70's.

Coupled with other symptoms, the doctor suggested that prostate cancer was a distinct possibility, and that I had to go for an urgent biopsy etc.

(That's not me in the picture by the way – I've got a much nicer bum than that...)

The main reason that I am writing this book is that I want to help as many people as I can, whether they have any type of debilitating illness which they want to change, or whether they haven't, but are looking for a more sensible lifestyle, to help prevent the onset of this type of cancer, and other terrible diseases. So I make no apologies for talking about my body parts or anyone else's for that matter, if it means that even one person benefits from it. So the first thing – if you guys are reading this – is to bloody well get yourself checked out! I put it off through embarrassment, but eventually I came to realise that we all have the same body parts, and if we talked about them openly, a lot of people would not be living in fear, or shame. I particularly like the great strides that the program 'Embarrassing Bodies;' has made in this respect – those doctors have encouraged a lot of people to come forward and get their illnesses or afflictions looked at and treated. So we're getting more used to seeing naked bodies everywhere, even the wobbly bits! By the way, this book isn't just about cancer. It relates to ALL illnesses and ailments. However, please bear with me because it is the only thing I can personally relate to.



All will be revealed, so to speak...

Men – please get yourself checked out, especially if you are over 50, or if you are experiencing problems having a wee. Get yourself checked out if you feel any abnormal lumps in your undercarriage – OR, better still get your partner to check them out. Much more fun, and who knows what might happen? ☺ They will soon tell you if there is anything abnormal, and they will nag you to go and get something done about it.

And ladies, you do the same with all your bits too please, because we rather like you the way you are. From this point on, make a decision not to be shy about showing lady gardens, John Thomas's, or boobs to a doctor. It could save your life.

Don't waste a moment.....

Now that we are a little more relaxed about ourselves, let me relate a story to you. I remember back in the 90's when I realised that I had an unusually big testicle compared to my other one. I eventually plucked up the courage to see a doctor about it. Unfortunately I had a bit of a hang up about it, as I was molested by a housemaster back in the children's home where I was brought up, but the thought of testicular cancer eventually became more powerful than my fear or embarrassment. Not only that, I was starting to walk around like John Wayne, to avoid everything rubbing together!

Luckily, it was a benign growth, which they attempted to cut out. The surgeon took it upon himself to give me a vasectomy at the same time which I knew nothing about until I came round! He assured me that all was good with regard to the growth. It showed me that surgery can help, and in some cases it is vital, (if a growth is restricting someone's airway, or a brain tumour is causing massive seizures, for example).

So if there is anything not right down “there” or anywhere else come to that, get it checked. My recent problems were brought on by a gradual desire to visit the loo more frequently, and then not being able to go properly when I was there. Eventually it was a case of trying to go for a wee before I went out anywhere, in case I had an urgent need to go to the loo when I was out, and there was no loo – because when you’ve got to go, you’ve got to go.....

The worst part about getting checked (and the reason why many men don’t go), is that the doctor sticks their finger up your bum to feel the prostate. This takes two minutes. So if you are embarrassed about this type of thing, just look at it this way – two minutes of slight discomfort could literally save your life. Just get it done.

Whilst we are on this subject, here’s a shameless plug for a brilliant product that we stock in the shop. It’s called Travel John. I would urge you to go and check it out (just type ‘Travel’ in the search bar of the shop, or look in the Travel section) and see how it can help you, your partner, your kids, your elderly relatives, and any disabled or infirm person that you know.

I knew that my condition was getting worse when I found myself trying to go to the loo, and finding it extremely painful. Worst of all, nothing was happening, so I was beginning to blow up like a balloon being filled with water! The doctor was called - (I couldn’t stand, let alone walk) and I was fitted with a catheter. Now **that** is an uncomfortable and unpleasant experience! Furthermore it didn’t work, so before I went back, they whipped me off to hospital and performed several procedures, one involving a great big syringe and a big burly nurse, before I was let out the next day.

From that moment on, the situation didn’t get any better. It really affects your quality of life – wondering whether you are going to be near to a loo, or be sitting in a cinema or theatre dying to go but not daring to disturb everyone else along the row whilst you make a break for the nearest toilet.

So if you have an inkling of a tinkling at the wrong times, nothing coming out, poor flow – **anything** unusual, go and ask for a test. If 50% of men get enlarged prostates in their 50’s and 80% of men have the same problem in their twilight years, the odds are that you are going to get a problem. So if you’ve got a problem, get it checked. If you haven’t, you’re probably going to, so it is a wonderful time to start doing the right things, to ensure that you don’t get it! And that goes for every other ailment, for anyone reading this – breast cancer, Alzheimer’s, Parkinson’s disease, Crohn’s disease, IBS, Diabetes, MS, ME, whatever is likely to hit you. And following the research that we as a family have carried out, it is so very easy to change your lifestyle, whether you have succumbed to illness already or whether you are starting to realise that you are not superman or superwoman and that you are just as susceptible to illness as anyone else.

I am in the process of curing myself as I write this book, and have refused all surgery, chemotherapy, radiation treatment, drugs, etc. I know which path I would rather take, and as I said earlier – I choose to live the way I want to live. I am currently fit and healthy, play badminton regularly, run a busy business, and am living my life to the full. That’s better than lying in an emaciated foetal position in a hospital bed in excruciating pain from being zapped by chemo, waiting for the inevitable date with death.....life is for living, isn’t it?

I look at it this way. I work a lot on my computer, and as I go through the day, I have a lot of files open, programs running, and word documents all over the place. As the day goes on,

the whole system starts to get slower and slower and more clogged up, until eventually, it almost stops functioning. So I shut down all the programs, declutter the PC's desktop, and reboot the system. Everything springs back to life again, and the processors start to function as they should do.

It's the same with your body. You just need a complete reboot!

Before we move on, let's leave this first part by showing you an interview with David Wolfe, who can probably do some things up better than I can – and you can see the passion behind the man.

Copy and paste this video shortcut into your browser: <http://bit.ly/qm931w>

Chapter 1

What I am about to reveal to you to do is not earth shattering, time consuming or expensive – far from it. In fact, it is something that you can do immediately, even before you finish reading this book. I will also be blunt with you during all of this, because you might need something to shock you into making a change. If this may cause offence simply stop reading the book and carry on towards a certain demise, possibly a lot earlier than your body is designed for. Current thinking is that people born in our lifetimes could actually live to 150, and beyond. My thinking is that if they grow up, drink lots of alcohol, smoke fags, eat takeaways regularly and take drugs, there isn't a cat in hell's chance for that person to live to that sort of age – indeed, any sort of old age!

Would you agree with that?

Now let's look at you. Yes, you.

Do you do any of the above? In which case, no matter what we suggest to you is going to work very effectively. However I have some great news. The more you start to travel down the road that we suggest towards a healthier life, the more you will WANT to give up on the things you thought you liked or indeed craved, rather than rebelling against someone telling you that you have to stop. So relax, and carry on doing whatever it is that you are doing. You have my permission!

I used to smoke. As you are aware, I lived in a children's home, and from the age of 8 or 9 years old, I smoked. In my adult years, I smoked 20 – 30 cigarettes a day, and although I knew that I should give up, I didn't really want to give up. They say that smoking is a slow death, and I wasn't in any real hurry....



Then one day, at our home in Spain, our Spanish cleaning lady came in to do her weekly work. After exchanging the usual pleasantries, Carmen explained that the previous Sunday was a special Saint's day, and that she had been to the church and had lit a candle especially for me.

Aaahh...bless, I thought. Carmen then went on to say that she was worried about me, because I had a persistent cough from smoking, which was the same sort of cough that her father had developed, just before he passed away.

I have never smoked since.....at the time of writing this, that incident was over 5 years ago.

You will choose your time to stop smoking, drinking, or doing whatever you currently enjoy doing. There's nothing that I or anyone else can say or do that will change that, so I am not even going to try. Instead, I like to tackle it a different way.

Whether you actually have a life long illness or disease, or whether you are starting to realise that you may be susceptible to a debilitating disease that runs in your family or whether you are beginning to realise that you might be healthy right now and would like to stay that way for a long time, this book is perfect for you. But we will start off with something quite amusing about stopping a habit, or thinking up excuses as to why you can't stop. Take a look at Bob Newhart's sketch at <http://bit.ly/1dfZoc>

Either click on the link or copy and paste it into your internet browser. I know more than one person that has given up a habit simply by watching this bit of comedy!

Understanding Why We Become Unwell

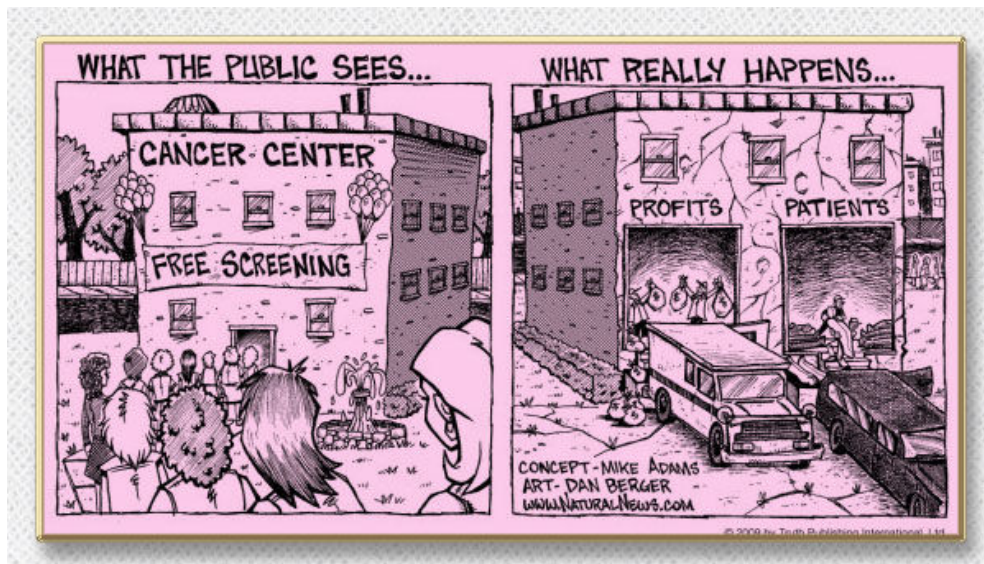
We hinted at what causes a lot of illness and disease earlier on, which was the result of putting objectionable substances into our bodies. For a long time, your body can fight this, but in the end, it loses the will to live – literally – and the noxious substances take over, like marauding invaders. Your body then starts to break down. This is where we go to the doctors, feeling lethargic, unwell, run down, and that nice person prescribes something to help alleviate the symptoms. More often than not, that something is a chemical substance in the shape of a tablet or bottle of medicine, which a drug company has spent hundreds of millions of pounds on to get it to market and therefore needs a lot of sick people to buy it.

After all, people who are well don't need those drugs, do they?

They also need those sick people to keep taking it regularly, so that they can make even more profits.

So do they really want you to get well? You see – if you take the prescribed pills, and you take them for life, you won't actually get better. You will simply remain in that state for the rest of your life, and for as long as the drug companies can keep you alive!

I try to stay away from statistics. However, we can't get away from the fact that in America (home of many big drug companies), they make \$50,000 or more for every patient that is diagnosed with cancer, and who starts on a course of drugs, chemotherapy, etc. It costs, as stated earlier, hundreds of millions of dollars for them to get a drug onto the market, so they need to recoup that investment, and make a profit.



The three trillion dollar medical machine in the United States is impotent against chronic diseases and is responsible itself for much of the horror that is happening.

Armed with this knowledge, do you really believe that they actually want you to get better?

Don't you think that if there was a cheap, simple method of preventing or eradicating illness or disease, these drug giants and other companies would hide it, cover it up, and pretend that it doesn't exist, because they cannot make a profit from it?

I think it is time to get real here, and face up to what is going on around you and what it is doing or could be doing to YOU and your family - your partner, your kids, your relatives, and people you work with. Take a look at what you are eating and drinking. Take a look at what you are buying every week, to see you through to the next time that you shop. Most of what you are enticed to put into your body is so bad for you that if you knew the real extent of it, you would be absolutely horrified!

I recall watching a television documentary recently about how the food companies are cashing in by offering 2 for 1 deals, special offers on cases of drinks, and half price on 'special' products.



It was a cinema in Chicago that first came up with the concept of super-sizing food. In 1967 an area manager for the Balaban movie theatre chain by the name of David Wallerstein was given the task of increasing sales of their soda drinks and popcorn. Realising that consumers wouldn't buy multiple cartons of popcorn, Wallerstein decided to introduce a large size alongside the standard, for which they could then charge considerably more than what it cost them for the extra popcorn. It was an immediate success, and Wallerstein was soon headhunted by McDonald's, where he

applied a similar concept to the burger chain.

Initially Ray Kroc the founder of McDonald's was against the idea, believing that if customers wanted more food they would simply buy more. Wallerstein convinced Mr Kroc that people

were unlikely to buy a second helping as it would look like they were gluttonous. However, if they were given the option of ordering a larger size, they would often take it.

In 1972 McDonald's introduced large fries. Going large was seen as good value for consumers (it did, after all, cost less than buying two portions) yet the cost to the company for the extra food was minimal, considerably less than it would charge the customer. Profits soared and other fast-food outlets soon followed.

By the late Seventies, the food industry had cottoned on to the fact that the foods we found hardest to resist were rich in sugar and fat, and the obese boom began. Us humans have a propensity to overeat foods high in fat and sugar, and so the food companies became our 'feeders'.

The main culprits in our ever expanding portions sizes these days are the supermarkets, which encourage multi-buy promotions on what they call "expandable" foods: snacks, sweets and crisps, as the capacity to consume them is greater. Last year the number of multi-buy promotions offered on crisps, sweets and chocolate rose by 138 per cent, with the supermarkets safe in the knowledge that it will get people through the door.

Now take a look at what you buy these days. Also, when you are in the supermarket, take a look at what other people have in their trolleys - cases of Coke, family size packs of crisps, huge bags of chips from the freezer aisle, big tubs of ice cream. It is easy to see how we are manipulated into buying more food which we don't want, and which is easy to eat more of.

The saddest part of it all though, is the fact that we in the UK throw away 7.2 million tonnes of food and drink from our homes every year, costing us £12bn - most of this could have been eaten. All this wastage, all this obesity, all this ill health – and it all kicked off with a large bucket of popcorn!

I think the good news is that when you start to eat properly and healthily, your weekly food bill goes down, your wastage is reduced to a minimum, and your weight comes off. So with that in mind, let's continue!

So we are beginning to wake up to the dangers of the food that we are encouraged to eat by the big food companies. Most of the products are full of addictive sugar, which is put in the products so that you get hooked on them and continue to buy them! Your kid's cereals in the mornings are designed to get them addicted, so they demand that you keep buying it. Virtually everything else that you buy does the same. Now, are they making this rubbish because they like you and want you to eat healthily, or are they making you addicted so that you will give them more profits? It really doesn't take a genius to work it all out, does it?

It is exactly the same with the meat products that we eat – pumped chock full of chemicals, so that the meat producers can get their products to market quicker and make more profits – irrespective of the fact that you are actually consuming those chemicals every single day!

Now take a look at all the cleaning products that are under your kitchen sink. I mean, actually take a look – don't just nod your head and think 'yes, I know' because if you did do that, you don't really know. You would have thrown them out of your house as fast as possible if you did know what you were harbouring under the sink. These chemicals are so poisonous and dangerous that if certain ones are mixed together, they could prove fatal to a

human. Yes, that's right – put certain loo cleaners together with bleach, and you could die from the toxic fumes. Some people actually have. You wrap your body up in the fluffy towel that has just come out of the wash, yet the supermarket soap powders and fabric conditioners that you use turn your towel into a chemical blanket. And don't even get me started on what you put on your body. These beautiful scented shampoos, the makeup, the toiletries etc. are all chemicals.....I don't know if you are aware for example, that a brand of baby shampoo which is designed to ensure that a baby doesn't cry, actually anaesthetises their eyes so they can't cry?



So it is time to get real. You can pour chemicals all over your house and breathe in the fumes, pour other chemicals over your body or your children's bodies and let them soak it all up, and you can absorb all this rubbish into your bodies, and get ill – very ill. It will happen over a long period of time, but it **will** happen. Put it this way - if I told you to go and stand on a toxic waste dump for an hour, you wouldn't do it because you know what the outcome will be in that time. Yet you carry on living 24 hours a day in a huge toxic waste dump – often with all the windows and doors tightly closed so that no air gets in, and all you are breathing in is fumes from your cleaning, laundry, and personal care products!



All of that is so easy to change. The Wikaniko web site is full of natural eco friendly products that you can exchange for the ones that you are currently using. Whatever you do though, don't get fooled by the hype and commercialism of the so called natural shampoos, and the gorgeous smelling fabric conditioner that you saw on your telly screen in an ad – you know – the ones where someone is bathing in a mountain stream, or skipping through a field full of daisies in the sunshine, with white sheets billowing on a line. If it is made by one of the large companies, it is usually full of chemicals. They simply cannot produce natural products at a price where the public will buy them, and the company will make their fat profits. Things like toothpaste cost pennies to make, and you buy them for pounds, yet the 'zing' that you get in your mouth is actually a chemical reaction, that is your bodies way of warning you not to eat something. Totally natural products cost a lot to make, and as a result are usually more expensive than their chemical counterparts, with less profit in them for everyone. So yes, it

will cost you more, but if it means living longer, is that a good price to pay? Take time to explore our shop, and the wonderful things that are available to you. Of course, as a distributor for Wikaniko you can get all of those products at a wholesale price, so you win all round!

I would urge you to become a distributor, even if it is just to save a lot of money every single week of your life on household, laundry, cleaning, health, toiletries and personal care products. However, by offering others these products to others which are far better for their health, and for the environment, you can receive an extra income. It is a noble and worthwhile cause, and we would love it if you would join in and help us.

Let's now move on to the other ways of improving your health, rapidly and effectively.

Chapter 2

When I received my news about my prostate, it took a couple of days for it to sink in. I expect many people reading this will have had a similar experience, and you can only describe it as devastating. What made it even worse for me was that we had lost our son a couple of months before. He was 25, and at the heart of the family. All I could think about is how my wife Karen would cope if I went too. I then started to think of all of the processes that I was about to go through, such as an endless round of hospital appointments, surgery, chemotherapy, and an untimely demise, with Karen having to look after me throughout. There would be no dignity, no freedom from pain, and months, possibly years of caring for me as a bedridden invalid. The thought was just too much to bear, and I just don't know how many people cope with all of that.

It got me thinking. Does it have to be like that?

As an entrepreneur, business person and motivational writer, I kept going back to the things I always taught others. Things like: 'there is always a better way', 'how to be positive all the time', and 'how you can achieve anything that you want in life'. Funnily enough, I had experienced health problems before, a few years back, which caused me to draw upon those things, and turned my life around at that time. I was living in Spain, as you know, and I had endured increasing back pain for a long while, until it was impossible for me to walk any more than a few steps at a time. My daughter gave me regular injections of something that the Spanish doctor had prescribed to help me get through the day and at least walk a few steps but it wasn't looking good. I had been everywhere and tried everyone and everything, spending fortunes on physiotherapy, chiropractors, etc., to no avail. The pain just got worse and my mobility was virtually nil.

Then by chance I spoke to someone who suggested that I visited a clinic on the coast, where there was a top back surgeon who spoke some English. The long and the short of it was that a couple of months later, I was walking normally again. I was 15,000 Euros lighter, with a tumour removed from my spine and several other major procedures resulting in titanium rods and hooks holding my spine together. I can now play badminton again, which is one of my favourite pastimes, and walk the dogs every day, enjoying freedom from a lot of

excruciating pain and discomfort. If I had left it any longer, I would have been destined to see my time out in a wheelchair.

Now all that recovery came about by refusing to accept that nothing could be done, and allowing the people to come to me who could help, and visualising walking along the beach once more hand in hand with the one I loved. So I set about employing the same tactics with the prostate cancer.

Wow – did I uncover a minefield or what! I can truthfully say that we, the masses, are being taken for an enormous ride for the sake of profit. We are shoved into a system where overworked, underpaid people do their best to help us get well, but can only do what they have been taught to do. They don't have time to step outside the norm, and seek alternative ways of healing. They don't have time to study other methods, and they don't have the will to step outside conventional thinking. Above all else, I would guess that if they did try to heal people via methods other than the ones laid down in their training and it all goes wrong, they, and their medical practice or health authority could be sued. So everyone sticks rigidly to the well trodden path. Diabetics are given insulin, cancer patients are given chemotherapy, and other ailments or illnesses are treated in the same way that everyone else who is suffering from that ailment is treated.

And this is where it all starts to go horribly wrong.....



As we have already discussed, nobody (apart from some very caring people in the medical profession) really wants ill people to get better. Let me show you the simple truth.

The government constantly bleat on about how the ageing population is causing a drain on the economy. Old people do not contribute anything to society. The only thing they do is bleed the Government's coffers dry. So if you think about it logically, they would perhaps want you to depart from this planet. They gain absolutely nothing by keeping you alive and healthy in your old age.

The drug companies surely don't want you to get better, as pointed out earlier. They don't make a profit if you are well, but they rake it in when you fall ill. They spend hundreds of

millions on a medicine to 'cure' people of a certain disease, and they recoup their investment if you have to carry on taking that medicine every single day to stay alive. So they don't want you to get well at all, do they? They will make their profits from the drugs, the medical supplies, and the treatments. Personally – and this is a totally personal point of view - I think in years to come that people will look back at our era, and will be shocked at how barbaric the treatments are for cancer patients in our day and age. Think about it. Their bodies are filled with drugs, their insides are taken out (often including non affected parts in case they get affected, and then they are bombarded with drugs, chemotherapy and radiation, only serving to increase and prolong the terrible agony, misery and pain that these people go through.

The food companies don't want you to be slim and fit. They want you to get hooked on salt and sugar, and become totally obese. The bigger you get, the more you will spend on their food or drink which you have become addicted to. Diet companies don't get rich by attracting slim people. They get wealthy because fat people try to lose the weight that they have put on. Health companies don't get rich if everyone is healthy – they get wealthy from ill people trying to regain their health. No matter where you look, everyone is cashing in on people being ill, obese, or unfit.

So we are in a world that is driven by greed and profit, no matter where you look. And nobody actually cares about YOU, apart from the overworked underpaid people in the health service who have to deal with the fallout, and the people that are close to you who have to nurse you. It is time for you to wake up and start to deal with it personally – to take charge of your future.

Do you agree?

If you are already suffering from some ailment or have succumbed to a disease of the body, it is **not** too late. And if you haven't got anything wrong with you, **now** is the time to take action, to prevent any illnesses. The good news is that I am going to show you how to put the things in place, so that you don't end up as an emaciated, cancer riddled wreck, and instead, enjoy life to the full. You are going to have to spend some money, and you are going to have to change some things that you do. But that is such a tiny price to pay, compared to the alternative. We're going to share what we've learned through research, and trial and error, so you can take the short cut to health.

In order to do this, there are a couple of things that you need to understand, and some things that you need to learn. The road to health is actually as simple as A.B.C.

ABC

A – Attitude

The most amazing thing about things like cancer is that when someone is diagnosed, most people deteriorate extremely rapidly from that point on. Their body degenerates rapidly, and the symptoms increase. If they hadn't been told, they could have carried on for a long time in blissful ignorance, feeling perfectly healthy and enjoying life. So the first thing is to understand that you have to change your attitude towards the illness or disease that you have. Cancer is not a death sentence! It is simply an opportunity to change your lifestyle and put right the balance in your body so that you can get better. We're going to show you how to do that. However, you need to get it into perspective in your mind.

Let's give you an example of how powerful the mind can be, in controlling your body.

In the war, numerous soldiers were captured and sent to Japanese death camps, as you know. It must have been a living hell, and one from which very few survived. However, it is clearly noted in many accounts of life behind the wire that some people decided that the end result was inevitable and they gave up the fight, whereupon they died where they lay. Others fought on by clinging to the hope of being freed, and many of those made it through. So it proves that you can actually tell your mind that you simply don't want to live any more, and your body will shut down accordingly. Taking it further, your mind can decide that your body is either riddled with a disease, or is totally clear of any disease, and you can actually bring this about just by the power of thought, as many have done in the past. These are a couple of extremes, but the main thing is that you should approach it with the right attitude. This leads us on to:

B – Belief

If you have employed the right attitude, you should then start to believe that you are not going to fall ill with whatever your mother died of, or whatever runs in the family, or if you are ill, that you are going to get totally better. I particularly recall the story of one man in America who ended up in hospital, on his death bed, with his body riddled with an apparently incurable disease. At some point, he decided that he wasn't going to give in to death and that he was going to get better. He visualised himself being well, and he believed that he was going to get better. Much to the doctor's amazement that is exactly what happened. A few months later he walked out of that hospital, totally free of illness or disease. I am trying to lay my hands on that story as it is such a powerful one, and when I find it, I will include the actual story in future updates of this book.

So employ the belief that you are not going to get ill, or that you are going to get totally better. Tell your mind, and tell it at every opportunity. Soon, your mind will start to believe that it is true, and will adjust the body accordingly. This leads us on to the last part:

C – Change

As the man said – 'if you want things to change, **you** have to change'. No truer word was spoken. An obese person will not get slimmer by continuing to eat `McDonalds` quarter pounders and swishing it down with a gallon of Coca Cola. To get slim, they have to change their eating habits. An unfit person will not get any fitter by not doing any exercise. A smoker will not make his or her lungs cleaner by continuing to smoke, and a drinker will keep damaging his or her liver if they do not change their drinking habits. And that's where it all falls down! We carry on eating the Chinese or Indian takeaways because we like the

taste. We carry on drinking more than we should or we carry on smoking because it helps us ease the stresses of daily life – or so we think. And we all carry on doing what we've always done, because we've always done it that way, and because it's what we like to do. After all, life should be fun shouldn't it?

We all think that we are fine – and we keep pushing and pushing, until one day, the body rebels. "Enough already" your little cells scream, "We've coped with everything that you have thrown at us, and we're now in overload mode". And your body gets out of sync, with all sorts of problems starting to happen. Then the problems simply compound when we are given chemicals to treat the symptoms. And what do we do? Because the drugs we are given mask our ailments, and ease them, we carry on pushing and pushing!

In order to do anything about this, we have to bring about **CHANGE**. Change in what we eat, drink or put into our bodies. However, the very thought of stopping doing what we enjoy or imbibe is actually quite horrifying, isn't it? I recall the time I smoked. I always knew that I should stop. Quite often, I would stop for a few hours, pat myself on the back, then smoke twice as many cigarettes as I did before, to make up for it. Panic would set in, and fear of being without this crutch drove me to make sure I always had a stack of packets in the house that I could turn to any time I wanted. But when I eventually did make the decision to stop, a wonderful thing happened. My body started to say thank you. My cough disappeared almost immediately, and I started to feel better in myself. Eventually, I wanted to be healthier, and that feeling overtook the desire to smoke. In time, my anxiety disappeared. To this day, I feel like I have lost an old friend after never being without a fag for over 40 years, but boy, am I glad I am still alive and able to breathe without dragging one of those oxygen cylinders around with me! I think it really came home to me when I stopped at a supermarket in Spain one day, and I saw a man standing by his car. He was strapped to an oxygen cylinder, but had taken his mask off so that he could smoke a cigarette.

That could have been me – and I guarantee that man isn't alive today!

So we need to make the decision to Change first of all, and that is helped by your Attitude towards being well, and your Belief that you can make yourself better, or be healthy. The great news is that I am going to show you how to make small but significant changes as you head towards your new lifestyle – so small that you won't notice the change, but your body certainly will. And as you progress, you will start to want to make more changes, overcoming your fears and anxieties. In fact, look upon it as an adventure. From now on, FEAR stands for Face Every Adventure Readily, so instead of being afraid, look forward to the better life that awaits you. And whatever you do, don't be that man in the car park. Let's make his death, and more importantly, the life he chose, count for something, and think of him whenever you want another smoke, or if you are overweight and you want to dive into another huge takeaway, or if you drink heavily and your liver suffers more damage whenever you pour another one down your throat.

Now that you have the A.B.C of health implanted in your brain, are you ready for your new life? Let's do it!

CHAPTER 3

First things first!

In order to understand what you need to do to become healthier, you need to understand why we choose this path. You see – when you do any research into why cancer grows, or why any illness is allowed to take hold, it would appear to be because these diseases are allowed to flourish in the right conditions. First of all, think of it this way – disease is actually dis – ease of the body. Your body is not at ease, therefore we must get it back on an even keel. Secondly, think of cancer as a weed in the ground, scattered there on the wind. Under the right conditions, that seedling will grow to become a huge weed, choking and strangling everything it comes near, until eventually nothing will survive around it, as it gobbles up all the nutrients, and the moisture.

Now – how do we prevent that seed from taking hold and growing? Easy! We starve it of the things it needs to grow – water, air, sunlight. It will try as hard as it can, but it simply cannot survive without those elements.

Now let's take a look at diseases such as cancer. Just like the weed, they will take hold and grow quickly in the right conditions, ravaging the body and killing off everything else in sight. But if we starve it of what it needs in order to grow, it will wither and die. Just like a weed – no matter how big and strong it gets, it will not survive if you take everything from it, and it will shrink, wither, and disappear.

You may have heard of countless stories of people surviving against all odds. This is why they are able to do it – they find the way to starve the cancer of the nutrients that it needs to grow, even though it has gone through the whole of their bodies. They survive, and then thrive – even people with stage IV cancer, people with only a few months to live. Put the ABC in place, and then put the right things in their body and the disease will not be able to take hold, or will not be able to carry on growing. That's pretty logical, isn't it?

Let's look at the conventional route for a moment – and I have to generalise a little here. We've already said that everyone is different (although our bodies all function in the same way) and I have clearly informed you that I am not a medical practitioner.

The conventional route is to get diagnosed with a cancer, perhaps get the tumour cut out, and then perhaps start a course of chemotherapy or radiation, to try and prevent the cancer coming back.

Okay – here we go. The diagnosis, as we said, probably counts for your body deteriorating more rapidly than if you didn't know about it because the mind is a powerful thing. Then, if surgery is advised, the surgeon will attempt to cut out the cancerous tumour from where it has attached itself, like a rampant weed.

Here lies the start of the problems. A billion cancer cells are about the size of an eraser on the end of a pencil. So how on earth can they be sure that, a) when they open up the body they don't immediately spread the cancer cells and b) that they have got all the cancerous cells out? You **cannot** see them!

So the surgeon performs the 'hit and miss' operation, and then advises chemotherapy to kill off any remaining cancer. Chemotherapy is most effective at killing cells that are rapidly dividing. Unfortunately, chemotherapy does not know the difference between cancer cells and the normal cells, and as a result, will also kill normal cells. The "normal" cells will grow back and be healthy but in the meantime, side effects occur. The "normal" cells most commonly affected by chemotherapy are the blood cells, the cells in the mouth, stomach and bowel, and the hair follicles; resulting in low blood counts, mouth sores, nausea, diarrhoea, and/or hair loss. Different drugs may affect different parts of the body.

People are affected in different ways by chemotherapy. Some have few side effects, others spend the rest of whatever time they have left, racked in unbelievable pain and illness. Surgery, chemotherapy etc., I am told, can cause the patient to go into remission for a while, only for the tiny cancer 'seeds' to attach themselves to yet another organ, and advance even more aggressively than they did initially.

According to studies carried out, chemotherapy doesn't actually work! Here is a study which makes interesting reading:

Chemotherapy is one of three main treatment protocols of conventional medicine, one which millions of people worldwide have been put through. In fact, virtually all of us know someone who suffered and finally passed on after a futile course of chemotherapy prescribed by his or her doctor. 'Nothing more could be done anyway', we are often told. Lately, a recent study in Britain has raised serious questions about chemotherapy, in particular the role it plays in *hastening* and even *causing* the death of late-stage cancer sufferers.

Details and Findings of Study

The study had been carried out by the National Confidential Enquiry into Patient Outcome and Deaths in Britain, whose members are mostly taken from British medical royal colleges. It had looked at the cases of 600 cancer sufferers in the country who had passed on within 30 days of treatment. The majority of the said patients had already been declared "incurable" by doctors, and had been put on chemotherapy for palliative purposes.

And the study found that about 1 in every 4 of such deaths had either been **sped up** or even **caused** by chemotherapy. The study's findings also included the discovery that 2 out of every 5 of the patients had suffered significant poisoning from the treatment.

How Effective is Conventional Cancer Treatment?

The findings of this study would be of little surprise to many. In fact, some would even say chemotherapy must surely have caused or hastened more than a quarter of the deaths. Chemotherapy, after all, as virtually everyone knows, is a severely toxic treatment method, and a person has to be strong enough to withstand it, which is extremely strange and illogical considering that cancer patients already have seriously compromised immune systems. There is really nothing intuitively or logically right about the use of chemotherapy to deal with cancer. In fact, many doctors prescribe this form of treatment knowing in their hearts that it simply will not work, and will only lead to dreadful pain and suffering.

But the study's findings do resurface telling questions regarding the efficacy of conventional

cancer treatment. Any discourse on conventional versus alternative cancer treatment can stretch for quite a bit. Well regarded cancer researcher, Lothar Hirneise, in his book *Chemotherapy Heals Cancer and the World is Flat*, puts forth what is perhaps an objective, non-dramatic and measured viewpoint on the lack of success of conventional cancer treatment protocols.

He stated: "I would also like to explain an additional bias at the beginning of the book. I am neither for nor against conventional medicine and I am neither for nor against non-conventional medicine. I am exclusively concerned with people's welfare, and whatever contributes to regaining their health is all the same to me. If I have become more and more interested in non-conventional medicine in recent years, this has nothing to do with any prejudices or personal interests, rather it is due to the results of my own research which have convinced me that conventional medicine is not nearly as successful in treating chronic illnesses like cancer, as many patients, unfortunately, still believe."

Here is a side note - interesting and attention-grabbing though its title may be, the book, according to HealingCancerNaturally.com, is not quite what its name suggests. Instead, it is said to be "an 'encyclopaedic' comparative reference and guide book as well as a fascinating read on both the holistic 'alternative' approaches to healing cancer and the conventional or orthodox allopathic treatment of the variegated forms of this disease".

The (Lack of) Reliability of Conventional Cancer Statistics

When it comes to conventional cancer treatment, another key point to consider is the way its statistics are packaged. In her well-researched and well-written book "Outsmart Your Cancer", Tanya Harter Pierce outlines 6 main ways in which cancer statistics are manipulated to make them look better than they are. She had obtained these findings mainly from the excellent work of Lorraine Day, MD, and Ralph W Moss, PhD.

* "Cure" is defined as being alive 5 years after diagnosis. This means that a person could be very sick with cancer for 5 years and 1 day, after which he or she dies, and still be declared as "cured" by chemotherapy. Isn't this simply playing with words?

* Certain types of cancer and certain groups of people which exhibit poor recovery rates are simply excluded from overall statistics. This artificially raises the average "cure" rate.

* Easily curable cancerous and even pre-cancerous conditions are included in overall statistics. An example for the latter is ductal carcinoma in situ (DCIS), which was included in and now accounts for a significant portion of breast cancer statistics. This move artificially increases the overall recovery rate.

* Earlier detection is taken to mean longer survival time. This means that a person may die at the exact same point of cancer development as another person, but the former is taken to have lived longer simply by virtue of the fact that his tumour was discovered earlier. In other words, different start points are used. Isn't this merely delusional?

* Patients who fail to "complete" conventional treatment protocols are excluded from overall statistics. This means that if a patient prescribed a 10-course chemotherapy protocol dies

after 9 sessions, he is not included as a "failure" case. Control groups, however, play by different rules. This again, artificially raises cure rates for conventional protocols. Isn't this totally unscientific?

* Adjusting for "Relative Survival Rate". This is perhaps best explained by Dr Moss: "Relative survival rates take into account the 'expected mortality figures'. Put simply, this means that if a person hadn't died of cancer he might have been run over by a truck, and that must be factored into the equation". Once again, this artificially raises the success rates of conventional treatment.

.....

Taking into account all the aforementioned, two main questions spring to my mind. Are cancer patients and their families informed of the fine print of cancer statistics when they are advised by their doctors to proceed with conventional cancer treatment, or when they are told that chemotherapy offers a such-and-such percentage of "cure" and is therefore their best (or only) option?

And, if, even after such deliberately deceptive manoeuvres, official conventional cancer statistics still read so poorly, **how bad exactly would the real statistics read without the blatant manipulation?**

Intuitively, we probably know the rough answers.

Ultimately, the choice to go conventional, alternative or a combination of both is a decision which lies and should continue to lie with patients and their families. It will be a sad day when sick people are forced to undergo any particular protocol, especially when, statistically speaking, the method does not even work.

But a fundamental assumption underlying free will is the availability of perfect information, which unfortunately seems far from reality as far as cancer treatment is concerned. In choosing the type of cancer therapy to undergo, the above questions must be seriously considered by those affected. And if certain parties choose to present blinkered perspectives of reality, then it is up to cancer patients and their families to do as much as they can to patch up the remaining portions of that reality which are blocked from their view.

Now here's an interesting thought. If you were a really cynical person, you would probably feel that the drug companies have got an ideal way of making profits out of dying people by filling them full of useless drugs and doing chemotherapy treatments, to squeeze every last penny of profit out of them. Could it really be that the government on the other hand, probably likes the chemotherapy route as it disposes of old, weak and frail people who are no longer useful to society, so they are quite happy to see this method promoted and used as a standard course of action and method of 'treatment'? ***Surely not!***

I am not saying this to frighten you, but to impress upon you that you shouldn't necessarily accept the conventional route of treatment, just because you are told you should. It is your

life, and it is your body. You are entitled to pursue any course of action that you wish to take. So please remember that. There is a multi billion pound industry built up around cancer, from the cancer research people, through to the drugs companies, the medical supply companies, the government, employment or staff, equipping of buildings, etc. You don't have to contribute to their funds!

Here's a clear statement of what I am trying to get across to you:

For people that are currently fit and well:

1 in 3 people will contract cancer in the UK. If it isn't cancer, you could suffer from one of the other ailments in later life, depending on your lifestyle, (Diabetes, Senile Dementia, Alzheimer's, MS, and so on – wonderful, isn't it?). So if you could choose a way of life that could improve your chances of staying healthier for longer, would you give it a try?

For people already ill or diseased: If you opt for the conventional route, there will be considerable pain, discomfort, suffering, hospital visits and possible operations – with absolutely no guarantees that you will become well again.

If there was a simple, cheap alternative to conventional treatment, why not give it a go for 3 to 6 months to see if it does help? If it doesn't, you can then choose the conventional method.

It doesn't matter how sceptical you are – the truth of the matter is, that what you put into your bodies has a direct impact on how healthy you are, or how healthy you stay. And is someone's 'scepticism' simply an excuse for not giving up on the things that they currently eat or drink?

Before we get on to HOW you can get a better lifestyle without breaking into a sweat, let's just go over a couple of things to prove what goes into people's bodies actually determines whether they are going to be affected by it.

If children are given lots of sugar in their diet, and eat lots of junk food, they can become hyper active. Studies have shown that by changing their diet, they can get back on an even keel

A study published in the Public Health Nutrition Journal found that people who regularly eat fast foods such as hamburgers, hotdogs, Factory produced white breads, cakes and pizzas are **51 per cent more likely to develop depression** compared with those who eat little or none. The risk of depression was linked to the amount of junk food consumed.

"The more fast food you consume, the greater the risk of depression," said study leader, Dr Almudena Sánchez-Villegas from the University of Las Palmas de Gran Canaria.

If you smoke, you are far more likely to get lung cancer than if you don't.

If you drink heavily, you are far more likely to get liver disease than a non drinker

Many people have reversed diabetes simply by going on a more healthy diet...and so it goes on. Everything points to the fact that if you continually put rubbish into your body it will eventually be unable to cope, and parts of the body will inevitably break down.

This is not rocket science, is it?

So let's find out what you need to do to become healthy, and whether or not you could do it!

Chapter 4

Do you recall earlier what we said about cancer not being able to survive in certain conditions? This is quite simple to take on board. If your body is acidic, then cancer can grow, and thrive. Conversely, if your body is alkaline, it will have difficulty growing or even surviving, just like the example of the weed.

So the simple task is to ensure that your body has a proper ph balance.

A ph scale goes from 0 to 14. A ph level of 7 is neutral. Below 7 is acidic (great for cancer), above 7 is alkaline. Now some people will understand this, others will be scratching their heads, thinking 'how do I know what my ph is – am I acidic or alkaline?'

It is extremely easy to find out. In our shop, in the Anti Cancer sub section of the Health and Nutrition category, there is a ph test kit for the body. You simply put some saliva into a tablespoon, dip the test strip in the saliva, wait 15 seconds, then pull it out and measure it on the chart. Do it first thing in the morning before you eat or drink anything. Nothing could be easier.

If you eat a lot of the wrong kind of food, and smoke or drink, your ph level is going to be more acidic than someone who has a healthy diet, and who doesn't partake in those guilty pleasures. Those people are going to be more alkaline – which is where everyone needs to aim for.

I think the worst thing about this type of book is the realisation that you have to do something different to change your lifestyle, but you are actually afraid of giving up the things that you love, or you think you love – would that be right?

Don't worry – I am on your wavelength! I love pork pies, cheese, a glass of whisky before I go to bed, and several cups of coffee in the morning to wake me up. Give me fish and chips any day, and don't think about getting me started on Indian curries.....

However, after doing masses of research, I discovered that I could start to change (Remember the ABC – Attitude, Belief, Change?) some things that wouldn't cause me too much of a problem. If you want to take it 'slowly, slowly, catchee monkey', give yourself a plan, and introduce the steps below, easing yourself into it, one week at a time. So on a Monday, you can say to yourself: This week, I am going to implement the following change.

Then the next week, you implement another change, and so on. You really will not notice the changes that you have made, but in 3 months you will have made all the changes that you need to. How easy is that?

However - if, like me, you are in a tearing hurry, make a list of the things that you need to put in place. Then just go for it. Do it all in a day if you want to! You will find that there is an automatic hold up due to having to wait for things to arrive in the post etc., but it will all happen soon enough.

WEEK ONE:



Here is a quote from Dr Robert Young, Author of The pH Miracle:

“The aging and dying process is largely the process of dehydration, and in my 25 plus years of studying nutrition, I have found NOTHING that a person can do that is more important to his or her health than CHANGE THE

KIND OF WATER THAT THEY DRINK”

The first thing I discovered was that the tap water that I was drinking was not good for me. If it was acidic, I needed to make it alkaline, in order for my body to become alkaline. Funnily enough, it is the single most important thing that you can do, and it is the very basis of your change. All the good food that you eat cannot make up for the bad water that you drink!

So I researched and sourced the best alkaline jugs on the market, and you can obtain them from the special section in our shop.

By the way, you might be thinking – ‘aha, this guy is telling me this and that because he wants to make a profit out of me when I buy the stuff from his shop’. Actually, I set this section up solely out of my desire to help other people who find themselves in the kind of situation that I was in, and there is very little profit in it, in comparison to the work that goes into it all. The big problem was that this stuff was scattered all over the internet, and would take forever and a day to track down and buy – let alone incur lots of postage from lots of different sites, (and quite few of these products are actually more expensive on other sites, and they don’t come with this free book either). So please get any thoughts like that out of your head, and use this information to your advantage. Just as we help save the planet with our eco friendly products, we want to help people live better, healthier and happier lives as well. I’ll also give you a lot of free stuff too. Fair enough? Let’s get back to the plot shall we?

So just by changing the water that you drink, you can start to increase your alkaline level. How’s that for simple? You can do this easily, and without interrupting your day, yet it is a massive step forward.

Now here is something that you may not have taken into account.

When you take a shower, did you know that you soak up more chlorine in **one** minute than you get by drinking 2 litres of water? The hot water opens up the pores, and the vapour travels up your nose. So to ensure that you do not undo all the good that you have done by drinking alkaline water, we would suggest that you fit a shower filter. The one we use is excellent, and we would highly recommend it. In fact, it is so good that we now stock it in the

special section of our site. It fits all showers, including electric ones, and it is so easy to fit that even I could do it!

Okay – in this first week, I am going to give you something rather extraordinary, as we are on the subject of making our bodies alkaline. The water will help, and numerous other things will help too. But this will turbo charge the effect and do you so much good that you simply wouldn't believe it. And cost compared to conventional medicine or other treatments?

Pennies.....

In order to believe what I am about to tell you, you first need to understand why it is not widely offered by the medical practice as a brilliant treatment for many major illnesses, especially cancer.

The product is so cheap, and so widely available that there is absolutely no money in it for the drug companies! There is no profit in it for the cancer research organisations, as many are funded to do research by the drug companies. There is no profit in it for the food industry. And there is no profit in it for anyone else associated with, or allied to the burgeoning health industry. Some doctors have attempted to speak out about this atrocity, where people could be given simple, cheap, effective treatments, but instead they are put through the production line of biopsy, operation, chemo, drugs.

One person of note is Dr Tullio Simoncine, an Italian oncologist who was persecuted for stating that **sodium bicarbonate** (also known as baking soda) could be used as a main cancer treatment, as opposed to conventional treatment. He now travels the world, teaching other doctors that there is a better way.

Put in a nutshell, it costs a few pence a day for a 'nothing to lose, everything to gain' cancer treatment. Sodium bicarbonate is as safe as houses (when taken in the right dosage!) and it is probably more effective than any other single element in any cancer protocol. Furthermore, it is easily taken orally, and can be effective very quickly.

How it works is simple to understand – the body has to be alkaline as we now know, for the cancer to shrivel up and simply disappear. By just taking half a teaspoon in alkaline water twice daily, it rapidly helps to make the body alkaline. For many, the results can be immediate, effective, and lifelong. For me, it is a life saver.

There are a couple of things that you need to know about taking sodium bicarbonate. First of all, it has to be the right type, i.e., food grade and aluminium free. Secondly, you need to know the right dosage, and you need to know the contra –indications – i.e., there are some people with some conditions who should not take as much of it.

So here's what to do – purchase the right sodium bicarbonate from the special section in our shop, then send an email to info@wikaniko.com requesting a FREE copy of the book via email, along with the date that you purchased the product. We will verify that you have, and send the book to you immediately. You will be astounded at what you read.....especially when you discover that people like Dr Simoncine view a cancer as a fungus, which starts to grow when the body starts to break down when it is too acidic, in a natural way of beginning the dying and decaying process. If the body is put back into a good alkaline state, it rejuvenates, and the fungus cannot take hold.....

Now there's a point. The body turns acidic. This starts the process of breaking down and ageing. Turn it into an alkaline body, and it rejuvenates. So - ladies, could it be that in order to stay young and beautiful (apart from the health reasons) you simply have to follow what is outlined in this book? A £50 pot of anti ageing cream may treat the **symptoms** – it doesn't treat the cause of premature ageing!

Perhaps you have inadvertently stumbled across the way to seriously delay the wrinkles and lines, on a skin that is ravaged by the toxins from what you have put into and onto your body over the years. You KNOW that is why your skin ages. So from now on simply treat it from the *inside*, and watch the skin start to recover and rejuvenate.....

So far we have discussed water, and a cheap natural product, both of which are possibly far more effective than any conventional treatment that you could undergo. We've also helped save a fortune on anti ageing products! Surely it is all starting to make sense to you? Surely it has got to be worth trying? It's time to put aside any scepticism, and simply start to make your body more alkaline, to right the balance and get it all back in order so that you become well again, no matter what you suffer from? Always, always, clearly state what you are doing to a medical practitioner though, if they are prescribing you drugs for a condition, just to ensure that they are not working against each other.

To help you, I am including a list of things that we eat every day, along with a key so that you can see which foods are alkaline, which are acid, and which are neutral. It is easy to understand. For example, take a look at baking soda (sodium bicarbonate) on the picture below, and then check the colour of its title against the key. Can you work out if it is acid, alkaline, or neutral?

Miscellaneous

			
Apple Cider Vinegar	Baking Soda	Bee Pollen	Canned Foods
			
Cereals (Like Kelloggs)	Hummus	Microwaved Foods	Popcorn
			
Rice Milk	Royal Jelly	Soy Protein Power	Tempeh
			
Whey Protein Powder	Almond Milk	Soy Milk	



I hope you got it. Baking soda (bicarbonate of soda) is almost totally alkaline. However, we really would suggest that you use only the aluminium free and everything else free sodium bicarbonate like the one we supply in the special section of our shop, as baking soda often contains other ingredients which you shouldn't be taking.

Let's take another step forward on our exciting new journey!

WEEK TWO

This week, we are going to introduce smoothies and juices to you, which are full of goodness from start to finish.

The danger of talking about smoothies is that many people think 'yum, yum' as they imagine living on strawberries, raspberries, blueberries, and other delicious fruit. Mind you, if you are anything like I was, eating fruit will seem very alien to you!

Smoothies mean both fruit and vegetable drinks, not just fruit. Unfortunately, vegetable smoothies can taste pretty foul.....however, we have a great way of making them very delicious, so don't panic. What you also need to remember, in order to keep your thinking straight, is that you are either preventing or overcoming an illness or disease. So there is a little pain process to go through. You've had your fun all these years, now it is time to get your body back in order. And if you think it is going to take a while to do, look at the alternative. Death will seem like an eternity.....

Okay, let's do this. First of all we'll start with the nice stuff, then the not so nice stuff, then we'll turn the not so nice stuff into the nice stuff!

We have lots of recipes at the end of this book for you to enjoy.

You can either use a juicer and simply get vegetable or fruit juice, or you can use a smoothie mixer, and have wonderful thick fruit or vegetable shake. With a juicer, you put virtually everything in – fruit, peel, core, seeds – and out comes a nutritious juice, leaving the pulp behind. The juice is quickly digested, and contains lots of nutrients.

If you are going to do juicing, it will cost you about £200 to get the right model of juicer. Anything less will not last very long and is poor economy. The range of Philips juicers at www.philips.co.uk is probably the best range that you can get. For smoothie makers, try Philips as well, and get yourself a good one for £50 - £75. If you have an Argos nearby, go and get one from there. Buy the best one you can afford as it is false economy to buy a cheap one as you will need to replace it really quickly.

SMOOTHIES

Whether you are looking to lose weight, detox your body or build muscle, smoothies can be a nutritious addition to any healthy eating plan. The trick is to stay away from ingredients that turn smoothies into glorified milkshakes and stick with whole, natural ingredients that are low in sugar and saturated fat. This way, you get all of the beneficial vitamins, minerals, antioxidants, fibre and protein without the ingredients that can sabotage your health.



Smoothies require little time to prepare and are packed with ingredients that can help you lose weight. The combination of protein, carbohydrates and healthy fats will keep you full and bubbling with energy while also satisfying your need for something sweet. The key is to keep the ingredients natural; you can add in a few ingredients for added fibre and digestion assistance, such as flax seeds and aloe vera juice.

Smoothies are an efficient and easy way to detox your body. They are a great alternative to harsh, restrictive or difficult to follow detox plans as they contain high fibre, natural

wholesome ingredients that are filling and satisfying. Along with the fibre, the high antioxidant and nutrient contents help to cleanse and repair the body and digestive system, naturally flushing out toxins that have accumulated in your body. Additionally, smoothies are a great way to detox your diet, in that they provide a method for breaking bad eating habits. For example, replace unhealthy breakfasts with a fruit or vegetable smoothie and you will remain satiated while increasing your energy.

Often, people who turn to this type of diet are put off by the thought of having to drink a horrible looking thick green goo, when it comes to vegetable smoothies. The trick is to turn it into a nice drink, and that is easily done. All you need to do is add a couple of fruits to the smoothie! Here is a recipe that is really quite delicious, and ensures that you eat green smoothies regularly, and will even look forward to it. Honest!

How to Make Really Delicious Green Smoothies:

1 banana

Spinach (a couple of good handfuls)

Half a ripe mango, peeled

1 pear (take off stalk and chop into 4)

4 strawberries, or some raspberries or blackberries (whatever you like really)

Either – juice 2 apples if you have a juicer, or a cup full of alkaline water. Add more to make it runny and drinkable, if required

Mix together, and you have a fantastic smoothie, full of greens and tasting like nectar! Even people who can't stand spinach etc. should enjoy this smoothie every day.

If you haven't got spinach, use kale, greens, beet tops, etc.

Enough for one person

Footnote: Don't be concerned if your green smoothie is frothy. There are two main reasons for having froth on top of your smoothie. The first and most common reason is that you are using only fruits that contain insoluble fibre, such as, apples, pineapples, grapes, and citrus. In order to make a smoothie creamy, you need to add some fruits containing soluble fibre, such as bananas, mangos, blueberries, strawberries, peaches, pears, melons and more. If you don't like to add sweet fruit to your smoothie, you can simply add a slice of avocado which also makes a smoothie creamy.

The second common reason for having a frothy smoothie is a weak blender. In this case, adding a cube of ice could help reduce froth.

There is nothing wrong with drinking a green smoothie with froth. Froth only affects the texture and appearance of the smoothie, not its nutritional value.

JUICING









Juicing is such a good way to get more fruits and veggies in your diet. Fresh juices make good meal substitutes, are simple to consume and provide benefits not available from whole fruits and vegetables. Fresh fruits and vegetables contain vitamins, minerals, antioxidants and a host of phytonutrients that help the body to function efficiently. Juice delivers many of the nutrients in fruits and vegetables in a quick, convenient and easy to consume form.

Fruit and vegetable juices may appeal to people who have trouble eating enough fruits and vegetables due to illness. Favourite tastes can be combined with less palatable flavours to increase the variety of fruits and vegetables consumed. A day of juicing can give the body a rest while supplying energy and nutrients and a juicing break might be a healthy way to begin a weight loss diet.

It is easy to juice –you don't really need a recipe book. Just put in any of the fruits that you like. And with vegetable juicing, again add a couple of fruits to make the whole thing more palatable and enjoyable.

Now let's take a look at the picture below for some good alkaline fruits to juice, and avoid some acid ones. It is actually quite surprising. As you can see, the lemons that we think are acidic actually are quite alkaline!

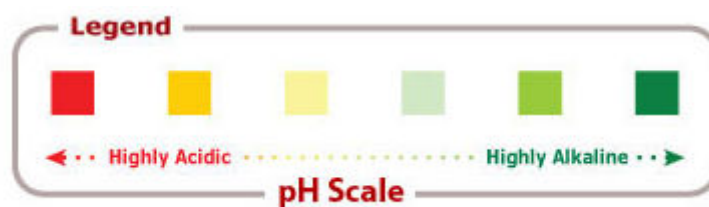
Acidic Fruits & Alkaline Fruits

			
Acai Berry	Apples	Apricot	Apricots
			
Apricots (Dried)	Avocado (Protein)	Banana (Ripe)	Banana (Unripe)
			
Black Currant	Blackberries	Blueberry	Cantaloupe
			
Cherry (Sour)	Cherry (Sweet)	Clementines	Coconut (Fresh)
			
Cranberry	Currant	Dates	Dates (Dried)
			
Fig Juice Powder	Figs (Dried)	Figs (Raw)	Fresh Lemon
			
Goji Berries	Gooseberry (Ripe)	Grapefruit	Grapes (Ripe)



There's more.....

			
Italian Plum	Limes	Mandarin Orange	Mango
			
Nectarine	Orange	Papaya	Peach
			
Pear	Pineapple	Pomegranate	Raspberry
			
Red Currant	Rose Hips	Strawberries	Strawberry
			
Tangerine	Tomato	Watermelon	Yellow Plum



Interesting, isn't it?

WEEK THREE:

The white crystalline substance we know of as sugar is an unnatural substance produced by industrial processes (mostly from sugar cane or sugar beets). It is made by refining it down to pure sucrose (sugar). Interestingly, the raw material that is extracted from the plant does have some vitamins, minerals, proteins, enzymes and other beneficial nutrients. However, during the man-made processing, these are all stripped away to just leave the basic concentrated substance called sucrose. The human body can't easily handle this unnatural substance. This is especially so in the rather large quantities that is now commonly eaten in today's society.



Sugar is so addictive! Did you know that the average American now consumes approximately 115 lbs. of sugar per year? This is every man, woman and child on average. This is quite staggering. A few hundred years ago this product didn't exist and the human body did not come across sucrose in large quantities. It has controversially been stated that the use of sugar in such large quantities has a much bigger impact on more people's lives than harmful drugs. Whilst we think this may have made headline news to create more publicity about the harmful affects of too much sugar, it may have some basis in truth if you look at the big picture.

Here is why reports suggest that sugar does more damage than any other poison or drug:

- (1) It is considered a "food" and it is ingested in such massive quantities.
- (2) The damaging effects begin early, from the day a baby is born and is fed sugar in its formula. Even a mother's milk is contaminated with it if the mother eats sugar.
- (3) Practically 95% of people are addicted to it to some degree or other.

One reason why sugar can be so devastating to our health is that it is a pure chemical and by refining, it has been stripped of all the natural food nutrition that it originally had in the plant itself. Sugar is first pressed as a juice from the cane (or beet) and refined into molasses. Then it is refined into brown sugar, and finally into white crystals (with the chemical formula). At this point it is an alien chemical to the human system.

Another reason that sugar is so harmful is that like heroin it is very addictive. Because it is so delectable and seductive to the taste, it is also habit forming. Unfortunately many people start with sugar in baby formula, and so people not only develop a strong taste for sugar but an insatiable craving for it. So much so, that they never seem to get enough of this poison.

Because sugar supplies so many empty, non-nutritious calories, the body is never really satisfied. So the body never gets the basic all-round nutrition that it needs. So more sugar is craved and consumed!

Even more unfortunate is the fact that a great deal of sugar that people consume is hidden within the foods they eat. Manufacturers add sugar to the most surprising of foods. This makes it taste "nicer" but it often camouflages the fact that the food is often "empty".

A third reason is that the damage sugar does is slow and insidious. It can take years before it ruins your pancreas, your adrenal glands, or throws your whole endocrine system out of kilter. All of these contribute to a long list of damage.

Blood sugar levels get thrown into turmoil and energy levels can become rather chaotic. This in turn can bring about mood swings and can bring about diabetes type 2.

A fourth reason that sugar is so harmful to the world, is the incredible amounts of sugar that civilized nations consume.

Americans in particular are often told how they are the best fed and best nourished people on the face of the earth. If we are talking about processed junk food - this is true.

If you examine the "foods" in any supermarket more closely and start reading labels, you will find a surprising amount of foods that contain sugar - and not just a little bit. Many, many foods are loaded with it - from cereals, to soups, to ketchup, to hotdogs. Some cereals are as much as 50% sugar. Then people go and put sugar on top of the cereal to increase their sugar intake further!

Sugar is by far the leading cause of dental deterioration - cavities in teeth, bleeding gums, failure of bone structure, and loss of teeth.

Sugar is the main cause of diabetes, hyperglycemia and hypoglycemia.

It is either a significant or contributory cause of heart disease, arteriosclerosis, mental illness, depression, senility, hypertension, and cancer.

It has an extremely harmful effect in unbalancing the endocrine system and injuring its component glands such as the adrenal glands, pancreas and liver, causing the blood sugar level to fluctuate widely. It has a number of other extremely damaging effects on the human body.

Some of the other effects of sugar on the body are:

Increases overgrowth of Candida yeast organism (which is responsible for thrush)

Increases chronic fatigue

Can trigger binge eating in those with bulimia

Increases PMS symptoms

Increases hyperactivity in about 50% of children

Increases tooth decay

Increases anxiety and irritability

Can increase or intensify symptoms of anxiety and panic in susceptible women

Can make it difficult to lose weight because of constantly high insulin levels which cause the body to store excess carbohydrates as fat.

So what you really need to do is to reduce your sugar intake. This includes artificial sweeteners! They are not good. Fortunately, there is a natural sweetener that you can use as a replacement for sugar in your coffee and tea. It is called Stevia, which is extracted from a plant, and does you no harm. Cancer cannot feed off it. You will find it in our shop in your special section. Note: Avoid any other type of artificial sweetener.



Stevia is a native shrub, originally found growing wild in the highlands of Paraguay, and has been used for over 1500 years by native Guarani Indians. The stevia leaf contains numerous phytonutrients and trace minerals. It contains Stevisoid, a natural sweetener, which is 300 times sweeter than sugar, yet it is not absorbed by the body and contains practically no calories or carbohydrates, making it a great weight loss aid. Stevia is said to nourish the pancreas and does not raise blood glucose levels making it safe for diabetics. Adding stevia to your diet on a regular basis has been reported to minimize hunger sensations, cravings for sweets or fatty foods, aid in digestion, decrease hypertension without effecting normal blood pressure, stabilize blood glucose levels, shorten recovery time from cold and flu and aid in addictions to tobacco and alcohol. When used in toothpaste or mouthwash, cavities and gum disease are reduced due to its antibacterial properties.

As Dr. Daniel Mowrey reported: "Almost every toxicity test imaginable has been performed on stevia extract (concentrate) or stevioside at one time or another. The results are always negative. No abnormalities in weight change, food intake, cell or membrane characteristics, enzyme and substrate utilization, or chromosome characteristics. No cancer, no birth defects, no acute and no chronic untoward effects. Nothing."

For nearly 20 years, Japanese and Brazilian consumers by the millions have used Stevia extracts as a safe, natural, non-caloric sweetener where it is approved as a food additive. Japan is the largest consumer of Stevia leaves and extracts in the world where it is used to sweeten everything from soy sauce, pickles, and confections to soft drinks. Even multi-national giants like Coca Cola and Beatrice Foods use Stevia extracts to sweeten foods, (as a replacement for Nutra Sweet and saccharin) for sale in Japan, Brazil and other countries where it is approved as a food additive. Not so in the United States however, where Stevia is specifically prohibited to be used as a sweetener or as a food additive. Why?

Noncaloric sweeteners are a big business in the U.S. and the national sweetener giants have been successful in lobbying the FDA to prevent this all natural, inexpensive and non-patentable sweetener from being used to replace their patented, synthetic, more expensive sweetener products. Today, Stevia products and Steviosol extracts may only be sold in the U.S. as foods and food supplements, not as food additives. In fact, in 1991, the FDA had even banned all imports of Stevia into the country and this political move with its obvious monetary ties to the sweetener industries like Nutra Sweet, who stood to lose a lot, created a huge public outcry in the natural products industry. The import ban was lifted in 1995 after much lobbying led by the American Herbal Products Association, which allowed Stevia to be sold as a dietary supplement under new legislation passed called the Dietary Supplement Health and Education Act of 1994.

The FDA, in one of their more politically incorrect debacles of this century, has ruled that Stevia is presumed safe as a dietary supplement, but is considered unsafe as a food additive today, thus continuing to protect profit margins of the sweetener giants like Nutra Sweet. In the words of Rob McCaleb, president of the Herb Research Foundation and a newly appointed member of the President's Commission on Dietary Supplements, "The FDA may have painted itself into a corner on this one. Its policy simply makes no sense."

A total ban here in the UK followed a recent application by a Belgian company to have stevia licensed as a medicine for which you could make health claims. This application was kicked out and the UK ban swiftly followed, amid claims that there is no long-term evidence that the herb is safe.

As a result we can sell you stevia as long as it's not for human consumption despite being considered safe and in use for many years in other countries such as Thailand, China, South Korea, Paraguay and Brazil whose population use stevia as a natural sweetener and in the USA as a dietary supplement. (What you decide to do with once you have it on the other hand, is entirely your choice).

Studies now show that stevia's benefits include: pancreas nourishment, blood sugar regulation, stabilization of high blood pressure, digestive aid, prevention of tooth and gum decay, suppression of cravings, safe for diabetics as it does not raise blood sugar and as a great weight loss aid.

Use stevia instead of sugar or artificial sweeteners!

So cutting out sugar is the next thing to do, on your road to preventing, or beating major illnesses. It's a bit trickier but the rewards are huge, just do it.....

Here is a picture of the sweeteners that we use every day, for your information:

As you can clearly see, Stevia is your best choice!

Get some today, from the special category under Health and Nutrition in our shop.....

Here's your picture for reference (by the way, you can print off individual pages of this book to keep in your kitchen as a handy guide)

Sweets & Sweeteners



Agave Nectar



Alcohol Sugars



Artificial Sweeteners



Barley Malt Syrup



Beet Sugar



Brown Rice Syrup



Chocolates



Dr. Bronner's Barley Malt Sweetener



Dried Sugar Cane Juice



Fructose



Halva (Ground Sesame Seed Sweetener)



Honey



Maple Syrup



Milk Sugar



Molasses



Sugar (White)



Sugarcane



Turbinado Sugar



Xylitol



Stevia

Legend



← • • Highly Acidic • • • • • Highly Alkaline • • →

pH Scale

WEEK FOUR:

Take some supplements to speed up the whole process of getting better or maintaining health. These include:

Vitamin D3 (available in our shop). The following are some of the enormous benefits of taking Vitamin D, (which is actually a hormone) and its usefulness in building up your immune system.



1. Vitamin D helps the intestine absorb nutrients, including calcium and phosphorus. This ensures strong bones and a strong immune system.
2. Vitamin D prevents the diseases Osteomalacia and Rickets. Osteomalacia, which causes weakness of the muscular system and brittle bones, is most prevalent among adults with vitamin D deficiency. Rickets is a skeletal deformity mostly seen in children with vitamin D deficiency.
3. Vitamin D provides calcium balance in the body that prevents osteoporosis or arthritis.
4. Vitamin D regulates blood pressure, reduces stress and tension, relieves body aches and pains by reducing muscle spasms, reduces respiratory infections, helps in differentiation of the cells, aids in insulin secretion, helps fight depression, improves overall skin health by reducing wrinkles, makes skin soft, strong, and smooth, and improves cardiovascular strength by providing a protective lining for the blood vessels.
5. Vitamin D is recommended in the treatment of several diseases. It may prevent Pre-eclampsia by improving kidney function, cancer by controlling abnormal multiplication of cancer cells, diabetes mellitus by controlling insulin production, hyperparathyroidism by reducing parathyroid numbers, osteomalacia by improving bone and muscle strength, hypophosphatemia by controlling the phosphates in the body, hypocalcaemia by preventing abnormal deposition of calcium, and renal osteodystrophy by regulating calcium content and fibromyalgia.

The benefits of vitamin D can be obtained by increasing exposure to sunlight and including vitamin D rich foods into your diet like fish, cod liver oil, and eggs. Fresh fruits and vegetables are also good sources of vitamin D. Personally, I wouldn't be without my couple of drops of sunshine every morning, because I know that I am getting the Vitamin D that my body needs!

When you are starting on your new health program, take 3 times the recommended dose for two weeks, which means 6 drops in a glass of water. Thereafter, reduce it to two drops a day.

Spirulina (available in our shop)

Spirulina is a blue-green algae which is comprised of over 1,500 species of microscopic aquatic plants that appeared on this planet over 3 billion years ago. All forms of life have since evolved from them. They provide 90% of the oxygen for this planet. They have been

responsible for sustaining a multitude of plants and animals. Spirulina is a species of the blue green algae group.

Spirulina is a naturally occurring food which consists of at least 60% vegetable protein. It also contains the most extraordinary concentration of vitamins, minerals, enzymes and nutrients. It contains more functional nutrients than in any other plant, grain, food or herb known to man. As a naturally occurring 'Superfood', Spirulina could be considered the most fully comprehensive insurance policy for any deficiencies found in the diet.

The structure of this plant enables it to be more easily digested than raw fruit and vegetables. Those undertaking weight loss programmes may find it particularly useful as a nutritional building block.

WHY TAKE SPIRULINA BLUE GREEN ALGAE?

We think that Spirulina is a must in anyone's diet! Protein is required by the body for growth and repair. Spirulina offers 60%-70% protein without the fat and cholesterol content of red meat, which contains only 25% protein.

Rich in chlorophyll (a pigment found in green plants which absorbs light and converts it into energy), this naturally occurring plant could be considered as the building block for life itself.

Spirulina's plant structure is easily digested by the body resulting in a faster conversion of food to energy.

It also contains over 100 nutrients including vitamins, minerals, antioxidants, carotenoids, trace elements and all the essential amino acids.

Spirulina also contains:

Enzymes - which play a crucial role in metabolic function and therefore energy levels.

Numerous vitamins - particularly B12, sometimes lacking in strict vegetarian and vegan diets.

Beta carotene – the content is 10 times greater than found in carrots.

Minerals - such as iron and magnesium, which can be easily taken into the cells of the body after digestion and absorption.

Essential Fatty Acids - such as Gamma Linolenic Acid (GLA)

Simply take 3 tablets once per day with food. Do not exceed the recommended intake.

We supply organic Spirulina which is approved by the Soil Association, which is about the best that you can get.



BETA GLUCAN



Beta 1-3, 1-6 Glucan provides a role in activating the immune system, alerting the body to help defend itself against viral and bacterial invaders. Beta 1-3, 1-6 Glucan is a natural form of soluble dietary fibre, derived from the cell wall of baker's yeast.

Beta Glucan supplement is a pure extraction and does not contain enough yeast protein to cause any allergic reactions. Due to its ability to assist in immune response Beta 1-3, 1-6 Glucan is most commonly associated with colds, flu and infections support.

All Beta Glucans are not the same and Beta 1-3, 1-6 Glucan should not be confused with the Beta Glucan found in oats (for example) that seeks to reduce cholesterol

Simply take one every morning to help kick start all the other things that you are doing. Taking the proper dose once a day, on an empty stomach, will DOUBLE the effectiveness of your immune system. Because of the way it acts in your body, taking more will not produce any greater result.

CHIA SEEDS

You really need to try Chia Seeds. Chia is the Mayan word for strength, which pretty well sums it up.

Chia seeds are said to have:

2 times the protein of any other seed or grain

5 times the calcium of milk, plus boron which is a trace mineral that helps transfer calcium into your bones,

2 times the amount of potassium as bananas

3 times the reported antioxidant strength of blueberries

3 times more iron than spinach

Copious amounts of omega 3 and omega 6, which are essential fatty acids...

They are a complete source of protein, providing all the essential amino acids in an easily digestible form. They are also a fabulous source of soluble fibre.



Like flax, Chia is highly 'hydrophilic' - the seeds absorb water and create a mucilaginous gel. They can hold 9-12 times their weight in water and they absorb it very rapidly - in under 10 minutes.

In the special section of our shop, you will find the Chia seeds, plus a downloadable document all about the benefits of Chia. In the next section, we'll also tell you how to use it.

By the way – you can grow Chia seeds and Flaxseeds on your windowsill, just like you would grow cress in a container. In the gift section of our shop, there are some fun clay animals that you can use to sprout the seeds, to put over your salads etc.

Become a kid again!

TURMERIC (CURCUMIN)

A surprising addition to the list is turmeric (the spice that is used in curries). This doesn't mean that you can go to the local Indian takeaway whooping and hollering, saying "give me as much curry as I can eat, I need to get rid of my cancer!"

Turmeric can be used in lots of different ways. First of all, let's see how it can help you.

The active ingredient in turmeric is curcumin. Turmeric has been used for over 2500 years in India, where it was most likely first used as a dye.

The medicinal properties of this spice have been slowly revealing themselves over the centuries. Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease.

Here are 20 reasons to add turmeric to your diet:

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
3. Prevented breast cancer from spreading to the lungs in mice.
4. May prevent melanoma and cause existing melanoma cells to commit suicide.
5. Reduces the risk of childhood leukaemia.
6. Is a natural liver detoxifier.
7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque build up in the brain.
8. May prevent metastases from occurring in many different forms of cancer.
9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
10. Has shown promise in slowing the progression of multiple sclerosis in mice.
11. Is a natural painkiller and cox-2 inhibitor.



12. May aid in fat metabolism and help in weight management.
13. Has long been used in Chinese medicine as a treatment for depression.
14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
16. Promising studies are underway on the effects of turmeric on pancreatic cancer.
17. Studies are ongoing in the positive effects of turmeric on multiple myeloma.
18. Has been shown to stop the growth of new blood vessels in tumours.
19. Speeds up wound healing and assists in remodelling of damaged skin.
20. May help in the treatment of psoriasis and other inflammatory skin conditions.

Contraindications: Turmeric should not be used by people with gallstones or bile obstruction. Though turmeric is often used by pregnant women, it is important to consult with a doctor before doing so as turmeric can be a uterine stimulant.

Now that's pretty good, but here's a way of boosting its exceptional properties even further:

When turmeric and black pepper (piperine) are combined, they make a potent anti-cancer combination. Several studies have found that a compound in black pepper called piperine makes the cancer-fighting curcumin in turmeric as much as **1,000 times more bioavailable**. This is important because when taken on its own, the bioavailability of turmeric is quite low.

In a study at the University of Michigan Comprehensive Cancer Centre that was published in the Breast Cancer Research and Treatment Journal, researchers found that curcumin and piperine, when combined, were able to target cancer stem cells, the original cells in a tumour that the larger tumour "stems" from.

Try adding both black pepper and turmeric to your food to get the cancer preventative and curative benefits. Also, if you want to really boost your turmeric intake (you need to take more turmeric than you can put on your food in a week in order for it to be effective) you can buy Turmeric tablets from the special section in our shop.

GINGER

Ginger, like turmeric is a powerful spice that has been used widely throughout history for both culinary and medical purposes. Although Ginger is used in many different types of cuisines for its spice and flavour, this spice may also provide numerous health benefits.

Ginger and turmeric are both rhizomes in the Zingiberaceae family. According to a 1999 study published in the "British Journal of Cancer" by researchers at the Forest Research Institute of Malaysia, extracts of ginger and turmeric have been found to inhibit the growth of cancerous tumours. In this study of human cancer cells, turmeric was found to completely inhibit further growth of cancer cells. Ginger was also found to inhibit tumour growth. In 2006, an additional study by researchers at the University of Michigan Comprehensive Cancer Centre showed that ginger has further benefits for women suffering from ovarian

cancer, as it kills ovarian cancer cells. According to MayoClinic.com, turmeric and ginger both have antioxidant properties that contribute to their ability to help to prevent cancer.

Ginger, like turmeric, has anti-inflammatory properties. Ginger is also used to decrease inflammation in traditional and herbal medicines. Health care professionals often use ginger to treat inflammatory conditions such as arthritis and ulcerative colitis.



Both turmeric and ginger are used to treat different forms of stomach and digestion-related issues. Ginger has been shown to be effective at reducing symptoms of nausea and vomiting related to chemotherapy. Ginger is also effective at reducing nausea and vomiting from motion sickness.

A lot of people like the taste of Ginger, and the 'kick' that it gives to the back of the throat - in which case use this spice liberally on your cooking. Alternatively, and for a regular daily dose, you will find this in the Anti Cancer/Illnesses section of the Health and Nutrition category in our shop.

Let's move on!

WEEK FIVE

Whilst all of these steps are important, here is a seemingly whacky step to take. Although it might seem weird and far out, I and thousands of others simply would not even begin to start our day without it.



This was created by a lady, (now deceased) by the name of Dr Johanna Budwig. She was a German biochemist, who has helped thousands of people suffering from cancer. During her research, she discovered that if you mix flaxseed with cottage cheese, the mixture helped shrink tumours, etc. in people that had just been diagnosed with cancer.

I and others that I know take it every morning, but with a slight twist. I found it quite unpalatable, with a taste that made me feel quite sick, and as a result it was difficult to force down my throat. However, as a result of trial and error, I have now tweaked it so that I look forward to eating my bowl of goodness every day.

It is interesting to note that the Budwig anti cancer diet has been successfully helping people with not only Cancer but also Arthritis, Asthma, Fibromyalgia, Diabetes, Blood Pressure, Multiple sclerosis, Heart Disease, Psoriasis, Eczema, Acne and other illnesses and conditions.

To start the diet, you will need to have 2 appliances:

- 1) A coffee bean grinder to grind the flaxseeds. You can get them online from Argos or any major electrical store
- 2) An immersion hand-held blender (a stick-shaped mixer). It is important to use an electric mixer rather than stirring by hand.

Flaxseed Oil and Cottage Cheese (or quark) recipe:

Generally, each tablespoon of Flaxseed Oil is blended with 2 or more tablespoons of low-fat organic Cottage Cheese or Quark. You can obtain cottage cheese from any supermarket, and I have seen quark on the shelves in Sainsbury's, although I haven't tried it.

Note: Whenever Tablespoons are mentioned it is the standard US tablespoon which is the equivalent of the British "dessert" spoon. Best to use a proper 15ml measuring cup, from any kitchen shop

1 US Tablespoon = 15 ml and 1 British Tablespoon is 18 ml - 16 tablespoons = cup and 4 tablespoons = 1/4 cup.

To make the Budwig Muesli - blend 3 Tablespoons (British dessert spoons), of flaxseed oil with 6 Tablespoons of low-fat (less than 2%) Quark or Cottage Cheese with a hand-held immersion electric blender for up to a minute. If the mixture is too thick and/or the oil does not disappear, as a last resort you may need to add 2 or 3 Tablespoons of milk (rice milk would be the best option). Do not add water or juices when blending Flaxseed Oil with Cottage Cheese or quark. The mixture should be like rich whipped cream with no separated oil. **Remember - you must mix ONLY the Flaxseed Oil and Cottage Cheese and nothing else at first.** Always use organic food products whenever possible.

Now once the two ingredients are well mixed, grind 2 Tablespoons of whole flaxseeds and 1 tablespoon of Chia seeds together and add to the mixture. Please note that freshly ground flax seeds must be used within 20 minutes after being ground or they will become rancid. Therefore do not grind up flaxseeds ahead of time and store.

For variety you may add other ingredients such as sugar free apple sauce, cinnamon, vanilla, lemon juice, chopped almonds, hazelnuts, walnuts, cashews (no peanuts), pine kernels. For people who find the mixture hard to take these added foods will make the mixture more palatable. Some people have even added a pinch of edible Himalayan salt and others put in a pinch of cayenne pepper for a change. I often add my teaspoon of ginger to my recipe as it is soaked up by the chia, and is tasteless.

(Optional) Dr. Harvey Diamond who wrote a book on the importance of "food combining" and other experts recommend not mixing fruit with other foods. They say to eat fruit on its own or on an empty stomach and wait 10 minutes before eating other foods. If however you do not have any digestion problems you may want to add various fruits, especially berries fresh or frozen. No more than 1 cup of fruit should be added.

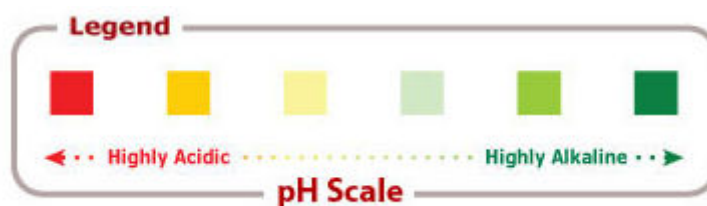
Now, here's what I do to make the whole so much more palatable:

Adding the tablespoon of Chia seeds in with the Flaxseed seeds and grinding them together in your coffee bean grinder, makes a wonderful thing happen when you add the ground seeds to the creamed mixture of cottage cheese and flaxseed oil. The Chia- immediately soaks up the moisture, and turns it into a porridge like consistency (no more than 1 tablespoon or it turns into a cement like consistency!)

Try it. You can obtain the Flaxseeds and the Chia seeds from the special section in our shop.

Also, if you want to see the recipe being made up, copy and paste the following video link into your browser: bit.ly/2l0wj

Now for your reference guide for seeds:



WEEK SIX



This week, we're going to start getting rid of something else that is slowly but surely killing you.

First of all, let's have a look at the table salt that you put on your food, (and don't worry, there is an alternative).

Why is salt so bad for you and harmful to good health? Because it is 100% toxic!

Table salt contains over 30 synthetic chemicals, such as sodium solo-co-aluminate and potassium iodide, which are all chemical additives that simply make the salt flow easily from the box.

On top of that, salt is bleached with Chlorox bleach. That's how it becomes white in colour, although white is not a colour but the absence of colour.

Have you ever got up in the morning after eating out the night before only to find that you have gained a few pounds? Has your face ever looked “puffy” the next morning? Are your lips unusually parched and dry? Have you ever tried to put a ring on your finger in the morning and it won't fit? Chances are that this puffiness is due to fluid retention caused by the table salt in your meal the night before. Your body simply can't handle the volume of “hidden salt” in your food.

Many people say to us “That's not my problem, I don't eat salt.” But that is not true if you eat in restaurants or eat canned, packaged or frozen foods, pre made sauces. Salt is used in the preparation of all food in restaurants including the salting of meats before cooking. It is difficult for most to imagine the amount of table salt used by a restaurant on a daily, weekly and annual basis.

Many people add more table salt when their meal arrives at the table. There are even people who put table salt on almost everything they eat. We've all seen them. They're the ones who reach for the salt the moment their plate is put in front of them. They don't even wait to taste the food first to see if it needs more salt. They simply have to have it.

Sauces, soups and salad dressings use table salt and monosodium glutamate (MSG) combined for flavour and as a preservative, essentially doubling your intake of salt without your knowledge. The same holds true for countless packaged and processed foods.

There may also be other salts added, such as sodium nitrate found in processed meats. Multiply this by the number of different foods on the plate and the salt total increases again. No one knows exactly how much salt they consume because so much of it is hidden in all the different ingredients in packaged foods.

On top of that, if you add table salt to your meal the amount of salt can triple. Or worse, If you eat out two, or sometimes three times a day when you are busy, the amount of table salt in your meals increases exponentially. This is one explanation for the swelling or puffiness that many experience on some mornings and not others.

Humans need only a small amount of sodium, but salt is essential to maintaining the body's homeostasis and normal pH factor. The sodium found in organic fruits and vegetables is mixed with other organic molecules causing their natural sodium to be absorbed slowly. In contrast, table salt is unbuffered and enters quickly through the stomach lining. One ounce of table salt causes the body to hold six pounds of excess water – a sure cause of weight gain that causes other harm to the human body.

When a surplus of table salt enters the bloodstream, the body is forced to store the salt between the cells until the kidneys can filter it. The continuous disruption of the cell's fluid balance can calcify, scar and destroy the muscles, valves and arteries of your entire coronary system culminating in congestive heart failure and cardiovascular disease.

Cardiologists and Internists warn patients about of the dangers of accumulated salt in their arteries, organs and muscles, including the obvious heart disease issues.

If you eat salty foods containing refined salt for a long period of time, the body becomes dependent, much like caffeine, heroin and nicotine. We have met a number of people who admit and sometimes brag about their addiction to salt.

Reducing refined salt intake can create physical withdrawal. Surprising to many, large quantities of salt can be lethal. Historically, a traditional method of suicide in China was drinking water saturated with table salt.

When coupled with other salts such as sodium nitrate, MSG and maltodextrin, your kidneys become overloaded. The increased levels of the various forms of refined salts slow your kidney function at the same time your kidneys are barraged with high fructose corn syrup and the pesticide residues of genetically modified foods. The increased daily burden disrupts your kidneys further. Even minor disruptions in your kidney functions play a role in weight gain and obesity. Unless you are on a salt-free organic diet, there is no way of calculating your daily intake of salt and the damage it causes.

MSG and other excitotoxins in their salt-form interfere with the body's sodium pump, thus allowing excess sodium, and consequently water, into the brain cells. Large amounts of these salts act adversely on the cells. The brain's calcium level becomes too compromised and instantly causes certain brain cells to swell and die. Low doses of MSG and other excitotoxins found in processed and packaged foods, (hot dogs, ham, bacon, Chorizos, etc.) kill cells by a slower but equally deadly method. Initially all will appear fine, but about two hours later certain cells will swell and die.

According to reports presented at the American Society of Nephrology's 2010 annual meeting, individuals who consume a diet high in sodium are more likely to experience a decline in kidney function. The authors found that "in women with well-preserved kidney function, higher dietary sodium intake was associated with greater kidney function decline, which is consistent with experimental animal data that high sodium intake promotes progressive kidney decline."

This is a major contributor to the increase in kidney disease and kidney transplants. The number of people on kidney dialysis and receiving organ transplants has increased dramatically since the increase in refined salt, MSG, Maltodextrin, Sodium Nitrate and other dangerous chemicals that have been added to our food chain since the early 1990s.

Evidence shows that sodium nitrate alone has caused a 67% increase in pancreatic cancer, a 74% higher risk of leukaemia and a 40% higher risk of diabetes.

A new 2010 study published in the journal *Circulation* reveals that eating processed meat products with high levels of sodium nitrate significantly raises the risk of heart disease and diabetes. The report analyzed 20 different studies involving more than 1.2 million people from 10 countries. It found that eating just two ounces of processed meat each day resulted in a 42% increase in the risk of heart disease and a 19% increase in the risk of diabetes.

For every 1.8-ounce serving, the risk for heart disease jumped 42% and the risk for diabetes increased 19%. That equates to one bite of a hot dog at a sporting event or two bites out of a processed meat sandwich from a convenience store.

Studies conducted by the World Cancer Research Fund confirm that sodium nitrate in processed meat increases the risk of colon cancer. The studies found that the high consumption of processed meats led to elevated risks for colorectal, lung, oesophageal and liver cancers, along with borderline higher risks for advanced prostate and bladder cancer. Much of the blame has been placed on the effects of sodium nitrate.

In the 1970s, the USDA tried to ban sodium nitrite from food, but was overruled by the political might of the meat industry which relies upon sodium nitrate to make packaged meat look visually more appealing. According to meat packers, it is necessary to treat meats with sodium nitrate to keep them looking fresh until sold. The industry is afraid that people will not buy meat if it looks grey in colour.

The public remains largely in ignorance because there are no disclosures or warnings on food labels about the accurate amount of salt contained in food items. For example, the listing of salt on the "Ingredients Label" on packaged foods does not include the salt in MSG or Maltodextrin.

This is the primary reason why table salt is so hazardous for people with any form of cardiovascular disease, kidney, liver or weight problems. Yet despite all of the medical warnings about salt consumption, many nutritionists and doctors remain silent on the health differences between table salt and other salts.

But why would you want to eat salt that has been artificially enriched with ONE mineral when you could be eating salt that naturally contains eighty-four minerals?

Himalayan Edible Pink Crystal Salt contains 84 minerals and trace minerals, including iodine!

Beware of the "sea salt" scam

You've probably noticed a lot of processed salt companies now claiming to offer "sea salt." The truth is, virtually all salt is sea salt because it all came from the sea at one time or another in the Earth's history.

The term "sea salt" is essentially meaningless. White processed salt can still be called "sea salt" even though it is devoid of full-spectrum sea minerals.

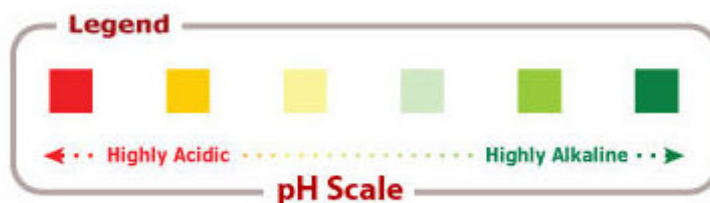


The way to tell if your salt is really full-spectrum salt is to look at the colour. If it's pure white, it's not full-spectrum. White salt is just like white sugar: It's missing the key supporting minerals and nutrients your body needs.

So we suggest that the simplest and safest way to always use the right salt, which has the most benefits, is to buy the EDIBLE Himalayan Salt, (do not confuse this with normal Himalayan Salt), which you can purchase from the special section of our shop.

Summary: Avoid table salt, at all costs. Read labels carefully, avoid processed meats in particular. The next time you go to a supermarket, pick up packs of bacon, ham, luncheon meat, etc, and see if you can spot sodium nitrate or sodium nitrite on the list of ingredients. Do your own research and beware of food manufacturer claims. Also, ask your butcher what they use to prevent botulism etc. on their meat.....and switch to edible Himalayan salt for your cooking.

Here is a picture of some other well known condiments whilst we are on the subject:



WEEK SEVEN

This week, and over the next couple of weeks, we are going to take a look at the meat that we eat. We have already discussed how the producers use chemicals on the meat that we consume to make it look better, but is eating meat good for you in general?

Numerous studies have been carried out about eating meat, and the arguments rage on, so I think the best thing that we can do is take a totally logical look at all aspects of meat eating.

There are 4 main types of meat that we consume – beef, pork, lamb and chicken (yes, there is turkey, duck, goose, etc., but let's stick to the mainstream products). As an aside, we as a human race eat more chicken than we eat pork and beef combined.

Since time began, the human race has, on the whole, been eating meat in order to live. Some sections of the global community (Jewish, vegan, vegetarian, etc.) either choose not to eat meat at all, or only eat it when prepared in a certain way. Other groups of people, tribes or races treat their animals with the highest respect, and ritually sacrifice them before eating them. This goes to show that we are all different, and should all approach the subject of meat eating as individuals according to our beliefs, our religions, our ethics, and our views.

However, in relation to the topic of this book, let's take an overall look at the subject.

Saying that meat is bad for you would be difficult to prove based on the scientific evidence that has been gathered to date. Understanding why requires digging into some of the overall challenges with evidence-based nutrition. For example, if we do a study and find that people who eat lots of meat are more likely to get cancer or be overweight, we still can't know for sure whether it was the large amount of meat, the additives in processed foods or the lack of fruits, vegetables, or grains that made them unwell. Also, we don't know if eating a moderate amount of meat in a single meal is going to cause any problems. If we imagine that we could prove meat causes bad health, we still wouldn't know what makes meat harmful. Is it the meat itself, or just a component of the meat (i.e. saturated fat)? If the culprit was saturated fat, we could get just as sick drinking milk even if we don't eat meat.



So at the end of the day we have to use common sense based on proven nutrition science to understand the role of meat in a healthy diet.

We know that:

Meat has some important nutrients in it like protein, vitamin B12, iron and folate.

Eating too many calories will make you gain weight.

Eating too much saturated fat can cause health problems.

Depending on the type of meat and how you prepare it, the calories and amount of saturated fat in it change.

The Mediterranean diet, for example, includes meat, and at the same time has been linked to improved health and lower risk of disease because it focuses on the lean meats like chicken and fish.

Our suggestion is to severely limit or even eradicate high-fat meats like bacon and beef from your diet. Instead, focus on getting your protein from beans, nuts, etc., at other meals. Meat isn't bad for you; indeed, some studies show that it can be part of your healthy and balanced diet, if eaten in moderation. However, in order to get the most health benefits from your meat, focus on lean meats like chicken and fish and opt for baking or grilling rather than frying.

Some people advocate an 80/20 diet - that is, 20% meat (fish or chicken) and 80% fruits, vegetables etc. This would appear to be a good idea, but we would go a lot further than that, and say that if you really need to eat meat, the best thing seems to be organic skinless

chicken breast, (we cover fish later on) which is grilled or slow cooked, and only perhaps once or twice a week at the very most.

Personally, I feel that the biggest challenge is that most of us do not have the time to mess about preparing fancy meals, which is why ready meals are so popular – we can bung them in a microwave and a couple of minutes later, we can stuff our faces before we rush off to do something else. Furthermore, I think that the majority of people, (mainly because they don't have the time – they are too busy trying to raise a family or are working hard to put food on the table in the first place) cannot cook, or simply don't know how to cook – let alone try to cook vegetarian type meals!

Eventually, you will probably wonder just how, or why you ever ate red meat before, and you will perhaps begin to see a juicy steak or a pork chop as a lump of dead rotting flesh, filled with hormones, covered in sodium nitrates and nitrites, full of fat, sitting staring at you from your plate.....not putting you off, is it? ☺

One question that arises from this is whether you could swap meat for Tofu or Quorn products. Tofu is made from Soybean, Mycoprotein is the ingredient common to all Quorn products. Mycoprotein is a healthy meat-free form of high quality protein and is also a good source of dietary fibre. It is naturally low in fat and saturated fat. By the way - Quorn products contain a small amount of egg white, and most also contain milk ingredients. As such, they are not suitable for vegans. Tofu, on the other hand is suitable for vegetarians and vegans.

As to whether you should use Tofu or Quorn instead of meat, we would suggest that you don't consume too much soy products, especially if you are combating cancer or any other illness, so Tofu might be the best alternative.

Meat, Poultry & Fish



Beef



Buffalo



Chicken



Duck



Fresh Water Fish



Liver



Ocean Fish



Organ Meats



Oysters



Pork



Sardines (Canned)



Tuna (Canned)



Veal



Wild Salmon

Legend



WEEK EIGHT

If you have come this far, you have already travelled down a very long road, and you are on your way to repairing and rejuvenating your body, which hopefully you can now see the sense of doing.

This week, we are going to take a look at dairy products. Now many people will groan, at the thought of having to give up dairy, but it isn't going to be half as bad as you probably imagine! Also, there are some great alternatives.

Let's investigate this.

We've all been brainwashed from an early age that we need to drink our milk for strong bones and a healthy body. Well-intentioned doctors, parents and teachers as well as countless advertisements from the dairy industry have led us to believe that dairy products are an essential part of a healthy diet. Not only are dairy products *NOT* an essential component in our diet, they are associated with many health problems ranging from moderate (gas, bloating, indigestion, discomfort, food sensitivities and allergies), to severe (breast cancer, prostate cancer, ovarian cancer and heart disease).

Let's look at this from a common sense point of view. Human beings are not cows. Our digestive systems were not created to be able to digest the milk from another species. Cow's milk is nature's perfect food for a baby cow just as human breast milk is nature's perfect food for a human baby. Humans are the only species that drinks the milk of another species and continues to drink milk past infancy.

Most adults in other parts of the world do not consume many dairy products. Approximately three quarters of the world's population are lactose intolerant to varying degrees, meaning they lack the digestive enzymes to digest dairy (i.e. we are not cows). Common signs of this are gas, bloating, cramps, indigestion, nausea, diarrhoea and constipation.

Dairy products like cheese and ice cream are also loaded with saturated fat and cholesterol, which can have us headed towards clogged arteries and heart disease, which is not a place we want to go. In infants, colic, food allergies, and constipation have all been linked to dairy consumption (even breastfed infants if their mothers consume dairy products).

Many cows are given growth hormones and these get passed on to us when we consume their products (milk, cheese, yogurt, ice cream, and meat). You don't need to know the science behind this to realise this cannot be healthy to consume.

It isn't just the genetically engineered hormones we need to be concerned about. In order to keep milk production of milking cows at a high level, the cows are kept pregnant all the time. This is good for milk production and for keeping the cost of milk down, but bad for our health. A pregnant cow naturally has very high levels of oestrogen, progestins, androgens, and other hormones, which get passed on through to their milk. It is this high concentration of hormones that is troublesome. Dr. Walter Willet, head of nutrition at Harvard and author of *Eat, Drink and Be Healthy*, cites nine different studies linking prostate cancer with high levels of dairy intake. As an aside, milk is contaminated with all sorts of things from the cow. At one time, milk production averaged 6 litres from a cow. Nowadays, it is 22 litres, causing the

udders to scrape along the ground, with blood, pus, faeces, etc. on the udders, notwithstanding the above mentioned drugs that they give to the cows to produce more milk, which then goes into the milk that you pour over your cereal or splash into your tea!

For those who still choose to drink milk, it really is worth them paying the additional price for organic. At least with organic milk you can be assured that there are no added growth hormones and the cows are supposedly raised grass fed in open pastures as opposed to grain and protein fed in pens.



So what about strong bones? Healthy bones need calcium as well as various minerals and vitamins. In milk products there is an overabundance of calcium but the minerals aren't there. Leafy green vegetables and sea vegetables on the other hand have high levels of calcium as well as magnesium, zinc, and other important minerals allowing for better absorption without the negative side effects you may suffer from dairy products.

Countries with the lowest intake of calcium such as Japan also have the lowest incidence of osteoporosis. The Harvard Nurses Study that followed 75,000 women for 12 years showed that women who drank two or more glasses of milk per day were at least as likely to break a hip as women who drank 1 glass a week or less, contrary to what we have all been led to believe. As Dr. Willet states, "dairy products shouldn't occupy a prominent place in our diet, nor should they be the centrepiece of the national strategy to prevent osteoporosis". If you want to build strong bones there are other preventive measures that are better such as regular exercise (especially weight bearing), and following a diet high in fruits and vegetables (especially leafy greens and sea vegetables).

Try this simple experiment. Remove ALL dairy products from your diet for 30 days. On day 31 go out and have a big glass of milk, a toasted cheese sandwich, big bowl of ice cream...whatever you like. Just load on the dairy and see how you feel. Many people who completely remove dairy for 30 days report a variety of symptoms strangely disappearing. Coughs, stomach distress, migraines, you name it, they seem to melt away... It's certainly worth a try if you have nagging health concerns that you can't seem to shake.

Hopefully, you will understand that you need to remove *all* dairy products from your diet, not just milk. This includes, but is not limited to, milk, butter, cheese, yoghurt, Actimel, cream, custard, goat milk, etc. However, it isn't as tragic as it sounds. Most major supermarkets stock Rice Milk, which is a very pleasant alternative. And there is a range of dairy free cheeses at www.vegusto.co.uk to avail yourself of, if you can't live without cheeses. Check out their cookies too!

If you are in agreement that it is fairly simple to remove dairy products, start it today. You will find an amazing difference in a very short while.

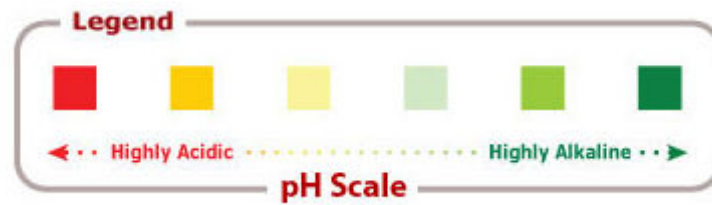
By the way – don't even think about eating margarine or the soft spreads or butters! It's like spreadable edible plastic. It won't rot and bugs, flies, etc. won't touch it. Stop eating it immediately. Throw it away.

Here is your chart for dairy products:

Dairy

			
Buttermilk	Cheese (All)	Cream	Egg Whites
			
Eggs (Whole)	Homogenized Milk	Milk (Not Pasteurized)	Milk (Pasteurized)
	Quark		
Paneer (Cheese)	Quark	Yoghurt (Sweetened)	Yoghurt (Unsweetened)

Beverages & Drinks



WEEK NINE

This week, we are taking a look at general drinking habits. Now I don't know about you, but I love a cup of coffee in the morning, I enjoy a cup of tea in the afternoon, and I like a glass or two of alcohol as a treat for getting through another day.

What's wrong with all of that?

In my personal view - absolutely nothing. There are a few things you can take note of and try, but at the end of the day, this is a personal choice. There are so many studies advocating this and that drink, what you should and shouldn't have, and they seem to contradict each other every time a new report is published. So we are taking a sensible and logical approach. Let's start off in the morning and work our way through the day. Although your routine may be different, I think you will find that it is easy to see what to do.



Mornings: If you drink coffee, why not have ONE cup? It may be bad for you, it may be good for you. Research is inconclusive. So a cup is not going to make a lot of difference either way, and make sure it is made with alkaline water of course. However, if you like it with Coffee Mate or milk, you will need to either change to black coffee, or coffee with Rice Milk – and don't put any sugar or artificial sweeteners in it. Change to Stevia powder. Stevia powder (available from our shop) is a lot sweeter than sugar, so try a very small amount to begin with and see what is good for you.

If you drink tea during the day, try to cut it down to a cup made of alkaline water during the day, if that. Again, use no milk (use rice milk), no sugar. If you like your tea sweet, experiment with almond milk as that is a little sweeter than the other alternatives, and of course use stevia powder. Better still, switch to Green Tea.

Green tea has been used as a medicine for thousands of years, originating in China and widely used throughout Asia. This beverage has a multitude of uses from lowering blood pressure to preventing cancer. The reason that green tea has more health benefits attached to it than black tea is (apparently) due to the processing. Black tea is processed in a way that allows for fermentation whereas green tea's processing avoids the fermentation process. As a result, green tea retains maximum amount of antioxidants and poly-phenols the substances that give green tea its many benefits.

For example: Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories.

Green tea apparently helps regulate glucose levels slowing the rise of blood sugar after eating. This can prevent high insulin spikes and resulting fat storage.

Scientists think that green tea works on the lining of blood vessels, helping to keep them relaxed and better able to withstand changes in blood pressure. It may also protect against the formation of clots, which are the primary cause of heart attacks.

It can reduce the risk of oesophageal cancer, but it is also widely thought to kill cancer cells in general without damaging the healthy tissue around them.

Green tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.

It is said to delay the deterioration caused by Alzheimer's and Parkinson's. Studies carried out on mice showed that green tea protected brain cells from dying and restored damaged brain cells.

Studies suggest that the chemical antioxidant Catechin, found in the tea can destroy bacteria and viruses that cause throat infections, dental cavities and other dental conditions

Regular consumption of green tea is thought to reduce the risk of high blood pressure.

Theanine is an amino acid naturally found in tea leaves. It is this substance that is thought to provide a relaxing and tranquilizing effect and be a great benefit to tea drinkers.

Anti-viral and Anti-bacterial -Tea catechins are strong antibacterial and antiviral agents which make them effective for treating everything from influenza to cancer. In some studies green tea has been shown to inhibit the spread of many diseases.

Green tea can apparently also help with wrinkles and the signs of ageing. This is because of its antioxidant and anti-inflammatory activities. Both animal and human studies have demonstrated that green tea applied topically can reduce sun damage.

These are some of the many benefits but the reality is one cup of green tea a day will not give you all the abundant gains. The jury is out on how many cups are necessary; some say as little as two cups a day while others say five cups — and more still say you can drink up to ten cups a day.

Another thing to point out is that there is caffeine in green tea — so if you are sensitive to caffeine then one cup should be your limit. Green tea also contains tannins (which can decrease the absorption of iron and folic acid), so if you are pregnant or trying to conceive then green tea may not be ideal for you.

Also, there is nothing wrong with drinking your alkaline water throughout the day, to replenish your body's liquids. There is so much talk about how much water you should drink, and again, one study contradicts the other, that all I would do is drink several glasses, spread throughout the day.

Now – the big one for many:

Alcohol

Should I? Shouldn't I? What is safe? I can't do without my tittle.....

Research shows that alcohol consumption is linked to an increased chance of developing certain cancers. The more alcohol a person consumes, the higher their risk of developing some kind of cancer.

The way alcohol causes cancer is not completely understood. It could be that alcohol itself causes cancer by increasing hormone levels or it may be carcinogenic because of the way it is metabolized, which can make cells more vulnerable to other carcinogens (like tobacco).

People who drink heavily and smoke cigarettes or use other kinds of tobacco are at even higher risk for certain types of cancer, and of course, other health problems too.

An excessive amount of alcohol, as we probably all know, is a major cause of liver cancer. Many studies have also found a link between alcohol and the risk of breast cancer, and the risk increases with the amount you drink. Even a few drinks a week may increase a person's risk. Alcohol use has been linked with a higher risk of cancers of the rectum and colon. The evidence for such a link is generally stronger in men than in women, although studies have found the link in both sexes. The studies about alcohol and its relation to pancreatic cancer, is not conclusive.

Current recommendations (they seem to change regularly) are no more than 2 drinks a day for men, and 1 drink a day for women. Women have smaller body sizes, and their bodies break down alcohol more slowly. By the way – it is not wise to save up all your daily limits and go on a drinking session one day a week. This can cause many problems of its own. And a drink a day does not mean a bottle of wine or a gallon of beer!



Although higher levels of alcohol consumption have been associated with some forms of cancer, moderate alcohol may actually decrease the risk of heart attacks and strokes. The cardiovascular benefits of moderate drinking may outweigh the risk of cancer in some men and women, but if you don't drink, for goodness sake, do not start drinking in the hopes of staving off a heart attack!

Do you know what? If you have got this far with your new regime, then you flipping well need some sort of reward, don't you think?

If you are a heavy drinker, then you are on a road to nowhere, and that obviously needs to CHANGE, instantly and without compromise. However, if you just like the odd beer to unwind, or the odd glass of wine, why not? The best thing here is to buy organic beer and organic wine, and I would suggest that you treat it as a reward for the day, by imbibing just TWO glasses a day for the boys, and ONE for the girls.

That's not too bad, is it? Remember the ABC from the beginning? C is for CHANGE. So if you drink a little too much, CHANGE it. If you can't have a glass of wine without consuming the whole bottle, then don't drink at all. Change it for Pomegranate juice so you still have a drink in your hand.

NOTE: A drink = 12 fl oz of beer, 5 fl oz of wine, or 1 1/2 fl oz (a shot and a half) of spirits

Here's the picture that you've been waiting for!

Beverages & Drinks



Beer



Coffee



Coffee Substitute Drinks



Fruit Juice (Natural)



Fruit Juice (Sweetened)



Liquor



Soda / Pop



Tea (Black)



Tea (Herbal, Green)



Water (Fiji, Hawaiian, Evian)



Water (Sparkling)



Water (Spring)



Wine

Legend



← • • Highly Acidic • • • • • Highly Alkaline • • • • • →

pH Scale

WEEK TEN

There is another group of things you eat that we need to focus our attention on this week – bread, cakes, and pastries. I think you know what I am already going to say, don't you?

They're not good.....

The good news is that there are substitutes for these foods, if you feel that you cannot start the day or get through the day without them



If you really want to improve your health, lose some weight and avoid the possibility of ending up with type II diabetes, and other major illnesses then white bread and other products made from refined white flour will simply have to go.

Here's why:

White bread is made from refined white flour containing some unwholesome constituents, and very little in the way of nutrients and dietary fibre, essential for a healthy digestive system and a stable metabolism. Let me explain further:

White flour is made from stripping wheat of everything useful to you, then adding synthetic B vitamins and bleaching it to remove the milled yellow colour and increase the amount of gluten the flour can produce. It is bleached using chemical bleaching agents which contain chlorine and dried in kilns at high temperature to kill any remaining beneficial constituents. This insipid, bland, tasteless powder then has gluten added (numerous people are allergic to gluten), which helps to produce a more evenly risen and air filled loaf. A white loaf also has sugar added to enable the baker's yeast to prove the dough and make it rise. That dreadful ingredient, salt, is also added to check the progress of the yeast and prevent the loaf from rising too much, or over-proving.

Don't get carried away by the smell from small local bakeries, or baking your own bread as opposed to the mass produced white loaves. Unless they are a specialist bakers, virtually everything is still made with refined white flour which is not good for you. To begin with, as with white pasta and other products made from refined white flour, white bread contains carbohydrates which cause sugars to be released into the bloodstream. This causes a rapid rise in blood sugar levels which triggers a similarly rapid release of the body's own sugar regulating hormone, insulin. This hormone is secreted in the pancreas and is responsible for regulating blood sugar levels. Insulin is what people suffering with type 1 diabetes have to inject to regulate their blood sugar levels, because their body does not produce sufficient naturally. Type II diabetes is a rapidly spreading disease brought on by too frequent imbalances in blood sugar levels causing insulin production to become overworked, which eventually leads to the problem and all the negative health aspects associated with it.

Other negative health aspects come in the form of raised levels of bad LDL cholesterol in your bloodstream. This can lead to problems such as heart disease related to the narrowing of the arteries. When levels of LDL cholesterol become too high, the artery walls thicken. Then the artery gets narrower. Blockages can occur, leading to thrombosis (blood clots) as well as high blood pressure.

Another negative effect of eating white bread is on the body's metabolism. This is retarded causing reduced efficiency in digestion and greater fat storage, which is more often than not accumulated around the belly. In fact, this is one of the main reasons why weight loss is so difficult for people who continue to eat white bread. It also makes you feel more sluggish

and less inclined to actually want to exercise. The lack of dietary fibre is a big problem for your digestive tract especially the intestines that finish the job and allow waste to leave the body. When there is little or no dietary fibre present in your diet, your colon will suffer and be unable to effectively remove all waste products from the body. This leads to such diseases as Crohn's Disease, Irritable Bowel Syndrome (IBS) and can lead to cancer of the colon.

So at the end of the day, I think you would agree that you shouldn't, under any circumstances, touch white bread, or white flour products. Fortunately, supermarkets now stock gluten free bread, cakes, and biscuits - so if you need to nibble, or can't do without your toast in the morning (however, you don't eat butter anymore, so why would you want toast?) - get gluten free products.

As we leave this section, I'd like to draw your attention to the wise old saying - *"The whiter the bread, the quicker you're dead!"*

We move on, enlightened.....oh – almost forgot your picture! Here it is:



WEEK ELEVEN

Chocolate.....!

You just have to say that one word, chocolate, and many people start dribbling at the mouth. You could probably take it or leave it, but even if you don't eat it, it might be a good thing to know what you should and shouldn't eat, wouldn't it? I think all of us are tempted at one time or another by one of the chocolate bars that they put near the supermarket checkout to entice you. Oh, go on, one chocolate bar won't hurt, will it?



The 'eat chocolate because it's good for you' versus the 'don't eat chocolate because it's bad for you' debate rages on..... At the end of the day, a little of what you fancy does you good. In respect of chocolate, I think that the safest thing to say is that if you eat too much, it's not good, and if you eat a little when you fancy it, it does you good – even if it is doing you good psychologically.

Chocolate contains large quantities of antioxidants which is good for your body. 40g of chocolate contains more than 300mg of polyphenols - the same type of antioxidants that are found in red wine. And if you can switch to dark chocolate, you will obtain twice as many polyphenols. Polyphenols present in chocolate are of the super-protective variety known as procyanidin flavonoids. While some of these flavonoids contain just one unit and are classed as monomers, the most protective are those containing two, three or more units, known as oligomers. Chocolate is rich in the larger oligomers that can prevent harmful LDL-cholesterol from becoming oxidised and taken up into your artery walls.

Research recently published in the British Medical Journal suggested that a daily meal of seven ingredients, which included 100g of **dark** chocolate (along with fish, fruit, vegetables, almonds, garlic and 150ml wine), could cut the risk of coronary heart disease by a massive 76%. The scientists predicted this could increase average life expectancy by over six years for men and five years for women.

Chocolate is actually quite addictive, as many people will know! Eating it makes you feel good. It melts in the mouth at body temperature, which in itself is a nice feeling, and it contains many chemicals that stimulate the brain and produce mood swings, or feelings of euphoria. Many women crave chocolate particularly just before menstruation.

Although chocolate contains caffeine, it is only 10% of the caffeine that you would find in a cup of coffee. Small amounts of caffeine can actually be beneficial. It can increase alertness, improve fat metabolism, increase alertness and decrease the perception of effort and fatigue. Unfortunately, chocolate contains a lot of calories. Some chocolates contain a lot of sugar, producing glucose swings which, as well as encouraging you to eat more, are increasingly linked with the development of obesity and type 2 diabetes. Dark chocolate, which contains the least sugar, is better for you than milk and white chocolate. Chocolate that contains a lot of sugar can also cause swings in levels of endorphins - brain chemicals that affect mood. This can, in turn, produce mood swings as well as carbohydrate cravings, one reason why women with pre-menstrual syndrome often crave chocolate before menstruation, when their endorphin levels are low. However, as with drugs, brain receptors eventually become desensitised to the mood-lifting effect of chocolate, so you tend to need more and more to get the same endorphin-raising effects.

If you want to eat healthy chocolate, now is the time to switch to raw chocolate.

You may know that dark chocolate is a healthier choice than milk chocolate and that the cocoa in chocolate can offer a wide range of health benefits.

What you may not know is that most chocolate today is so highly processed that it loses most of its nutrient and antioxidant strength and really provides you with nothing more than excess sugar and fat. There is also a very important difference between cacao and cocoa...so let's find out.

Cacao beans are grown on small trees named *Theobroma cacao*, which literally translates to "cacao, the food of the gods" in the Greek language. These trees are native to Mexico,



Central and South America. Each cacao pod that emerges from the tree typically houses between 40 and 60 cacao seeds. After careful harvesting, the pods are opened, the seeds are removed, and they undergo a natural fermentation and drying process. After the drying process is completed in 1-2 weeks, you are left with raw cacao beans.

To make the commercial chocolate that we all know, the cacao beans are then roasted to form cocoa, which is then combined with sugar and fats until the beans are unrecognizable. The high heat during the roasting process reduces the levels of antioxidants in the cacao, minimizing the powerful health benefits found in the unprocessed, raw cacao.

Raw chocolate has been linked to a number of health benefits, including: The lowering of blood pressure & improving circulation, and the promotion of cardiovascular function.

It can improve digestion.

Raw chocolate can protect the body from a build up of free radicals from sun exposure, pollution, cigarette smoking, etc., which may damage healthy body tissue giving rise to cancer and cardiovascular disease.

It can enhance physical and mental well-being, improving your mood and combating depression.

Why not switch to raw chocolate today? You can then have your cake and eat it so to speak! Check it out in the special section of our shop.

Let's move on to the final week of our journey towards a totally different lifestyle, shall we?

WEEK TWELVE

This is the final week of our journey, but it is only the beginning of your journey. If you have come this far, and are implementing the things that I have suggested, you should be starting to feel the amazing, life changing benefits. These will include healthy weight loss, improved energy, better sleep, some light headedness perhaps, and a noticeable difference when you go to the loo, as the toxins are flushed out of your body, and your system starts to work as it was designed to do.

I watched a film recently where 6 Americans (3 of them were grossly overweight) became part of a trial where they spent 30 days in a remote ranch. All of them were on insulin for diabetes, and one of them had been taking it for many years. They were put on a raw food diet. One of the guys had Type 1 Diabetes

Within 4 days, ALL of the trialists, without exception, stopped taking the insulin! This absolutely proves without a shadow of a doubt, that what we put into our mouths has a direct relation to our health.

The 30 days for them were absolute hell. There was a daily sea of emotions, backlash, tantrums and tears as their bodies struggled to cope with eating proper foods, and their brains struggled to cope with their thoughts and feelings. At the end of the 30 days though, they were totally different people. So it is clear that your new regime is life changing, and it is clear that you have to keep in mind the A.B.C that we spoke about – Attitude, Belief, and Change.

By the way, if you would like to watch the film, it is available in the special section of your shop. And if you want to see what it is all about, please watch the trailer here:

<http://bit.ly/fpSCpr>

Copy and paste the link (or type it) into your browser exactly as it is.

Okay - in this last week of the beginning of your personal journey, and before the final Chapter, let's just take a look at some other things that you should take, or shouldn't.

In writing this, please understand that there will be many different types of people reading this book. Some are following raw food diets, others just want to eat more healthily. So if you are on a raw food diet, clearly you are not going to be cooking anything, so some of this does not apply to you, and so on.

If you are still at the stage where you are wondering what on earth you should actually be following – that is a matter of personal choice. If you go all out for raw food, it is a total, drastic change of lifestyle, so you may want to reduce the bad things, as per our 12 week plan, until you are eating a totally healthy diet.

Let's take a look at what the experts say:

EGGS

Question: Are Eggs Considered Dairy?

Answer: Contrary to a somewhat common misconception, eggs are not considered a *dairy product*, which refers to the product of the mammary glands of mammals such as cows, goats, sheep and others, and the products derived thereof. The misconception that eggs are dairy products is often a result of confusion between the terms *dairy product* and *animal byproduct*. While eggs are, indeed, produced by animals and, therefore, an *animal byproduct*, they are not a *dairy product* or a derivative of *dairy products*.

Although many persons who do not consume dairy products also do not consume eggs as a result of allergies, dietary restrictions, ethical beliefs or other reasons, persons who have milk allergies or are lactose intolerant but do not have an allergy to eggs, are able to consume eggs as a part of their diet without the negative results associated with dairy intolerances or allergies.

Two groups that choose to abstain from consuming both eggs and dairy for reasons other than allergies are vegans, or persons who do not consume animal products or byproducts, and some Jewish communities that do not consume eggs with dairy if the egg was found inside the chicken and not laid. (This is because an un-laid egg is considered meat and it is not Kosher to consume dairy with meat, not because eggs are considered dairy).

With regard to the question - are eggs bad for you in the fight against illness, or in order to stay healthy, I think this is one of personal choice, as I can find only weak arguments both for and against. A couple of eggs every now and then are, in my view, acceptable, and the body should be able to cope with it very easily if you really do like your eggs.

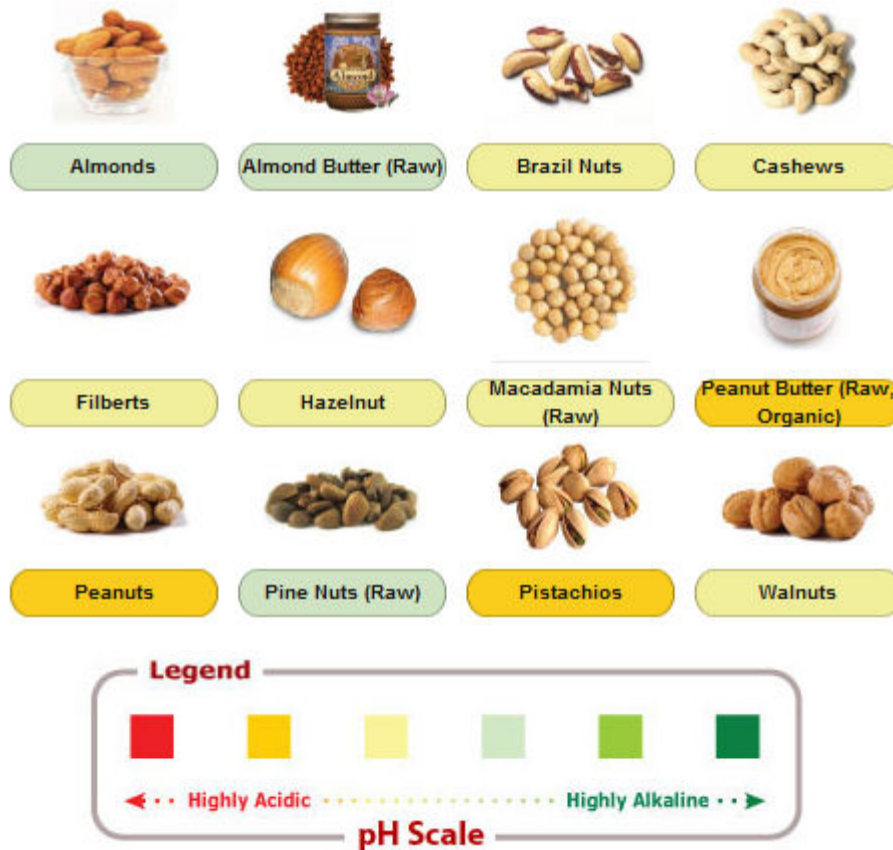
NUTS AND SEEDS

Nuts and seeds contain beneficial fatty acids, vitamin E and fibre. Flax seeds, pumpkin seeds and walnuts are rich in anti-inflammatory Omega 3 fatty acids. Include approximately 2 tablespoons per day of nuts and seeds (raw, unsalted) in your diet unless you are allergic to them. Avoid commercially made nut butters which contain sugar and/or hydrogenated fats. It is obvious that you should not take nuts under any circumstances if you have a nut allergy!

Eat Brazil nuts, pistachio nuts, almonds, etc – any nut, but in moderation. Avoid peanuts. Some experts suggest not including them in your diet, (they are a legume, not a nut, and grow underground as opposed to growing on trees). Peanuts can contain a carcinogenic mould called aflatoxin, and they are notorious for being one of the most pesticide-contaminated crops around.

If you are feeling hungry because you have just started a raw food diet, or you need something to nibble on, have a bowl of mixed nuts next to you.

Nuts



COCONUTS, & COCONUT MILK (UNSWEETENED)

Coconut milk is the ideal replacement for dairy products in the diet. It contains medium chain triglycerides (MCTs) which are easily digested and converted into energy with a minimal strain on the liver, pancreas and digestive system. MCTs are also important in maintaining a healthy immune system. Coconut milk can be used plain, mixed with rice milk, used to make fruit smoothies and included in recipes as a replacement for milk, cream and other dairy products. Unsweetened coconut meat and coconut oil can also be included in the diet.

POTATOES, SWEET POTATOES, YAMS

The starch in potatoes is readily converted into glucose. Therefore it is advisable to severely limit potato consumption and instead favour brown rice and whole grain pastas. Sweet potatoes and yams are not really members of the potato family at all. Due to the high beta carotene (Vitamin A precursor) content of sweet potatoes, limit the number of servings to 2 per week. Yams contain diosgenin, an oestrogen precursor which can play a negative role in some cancers. It is therefore best to avoid yams unless prescribed.

LEGUMES (beans and pulses)

In botany the term legume has two meanings. Legume is a species of plant but the term also refers to any fruit that develops seeds lined up in a pod, (most often the pod splits open down a seam on one side like "peas in a pod"). Legumes are also known as Pulses.

Pulses include beans, lentils and peas. They are a good, low-fat source of protein, fibre, vitamins and minerals. It is particularly important for people who do not get protein by eating meat, fish or dairy products.

A pulse is an edible seed that grows in a pod. Use dried beans and pulses and follow the directions for each, taken from the packet-most need to be soaked overnight before cooking so a little forward planning is necessary when including them in your diet. Avoid baked beans in tins etc., as these are full of hidden sugars and not good for you, if you're fighting disease or illness. Pulses include all beans, peas and lentils, such as:-

red, green, yellow and brown lentils
black-eyed peas
garden peas
chickpeas
broad beans
kidney beans
butter beans

These are an excellent source of protein, fibre, vitamins, minerals and valuable phytonutrients. When combined with grains, they form a complete protein. As with anything – eat in moderation.

The fibre found in pulses may help lower blood cholesterol, and as such they are good for your heart.

It is true that beans do create some wind. This merely shows that friendly bacteria are working to produce substances that help protect against bowel disease. They can't actually do this without producing gas.

It is best to use dried beans and pulses. Beans, such as baked beans, kidney beans in a sauce etc., will no doubt have many other things added to them sugar, preservatives, artificial colourings or flavouring etc.

Hint: Soaking dried beans overnight (not tinned beans) in cool water before cooking, will reduce the gas causing oligosaccharides (discard the soaking water before cooking). Lentils are good because they form less gas than beans, and don't need soaking. Remember to follow the instructions on the packet

Grains & Legumes

			
Basmati Rice	Brown Rice	Buckwheat	Bulgar Rice
			
Couscous	Granulated Soy (Cooked, Ground)	Kamut	Lentils
			
Lima Beans	Oats	Rye Bread	Soy Flour
			
Soy Lecithin (Pure)	Soy Nuts (Soaked Soy Beans, Then Dried)	Soybeans (Fresh)	Spelt
			
Tofu	Wheat	White (Navy) Beans	Millet



AVOCADO

Avocados are brilliant for you. They are rich in vitamins A, C, and E and are full of other nutrients like potassium. They contain folate, monosaturated fats and antioxidants. Here are just some of the amazing benefits:

Avocados have numerous phytonutrients which not only prevent prostate cancer but also repair the damaged cells.

The monosaturated fats in avocados not only help in reducing LDL cholesterol but are also good for the heart. Avocado also lowers the triglycerides in the blood and thus is useful for diabetic patients.

Avocados are a rich source of potassium, containing 30% more potassium than banana. The high potassium content helps in regulating blood pressure and prevents circulatory diseases.

Avocados are very good for pregnant women since the high folate content in them helps in the development of brain and other tissues of the baby. The B6 vitamin in these fruits may help in reducing nausea that is associated with pregnancy.

Avocado contains carotenoid lutein. Lutein keeps the eyes safe from oxidative stress, macular degeneration, and cataracts.

Studies have shown that avocado can inhibit the growth of cancerous cells without damaging the healthy cells. The oleic acid in this fruit is effective in preventing breast cancer.

It is a powerhouse of vitamin E which protects our skin from free radicals.

Avocado is very effective in stopping bad breath. It also reduces the risk of oral cancer.

Being rich in antioxidants, avocado is helpful in preventing aging symptoms. The glutathione in avocado boosts immune systems, slows the aging process, and encourages a healthy nervous system.

The nutrients and enzymes in avocado soothes the condition of inflamed mucous lining in the stomach and small intestines. It also improves the body's ability to absorb carotenoids and nutrients.

Try this great Creamy Avocado Breakfast Juice recipe: (makes 4 cups)

1 English cucumber

2 stalks of celery

1 lemon (peeled)

2 thumbs fresh ginger

1 firm green pear

10 – 12 fresh spinach leaves

Half a crown of broccoli

1 avocado

Quarter teaspoon stevia powder (optional)

Juice the cucumber, celery, lemon, ginger and pear. Pour the juice into a blender with the remaining ingredients and blend until smooth and creamy.

TOMATOES

Tomatoes are native to South America, but they have been grown and enjoyed in Europe for hundreds of years. Recently, they have been linked to all kinds of health benefits.

One US study found that eating tomatoes regularly could reduce the risk of men getting prostate cancer.

The glossy red fruits (which actually come in all kinds of colours, including yellow and deep purple) are packed full of vitamins – including vitamins A, C and E. They also contain flavonoids (natural anti-inflammatories), potassium and other mineral salts. Tomatoes contain a high volume of water, and they're refreshing in salads on hot days. They are low in calories too, with around 14 kilocalories per 100g – which is approximately one and a half classic tomatoes, or five to six cherry tomatoes.

Tomatoes contain Lycopene. It is thought that Lycopene may help to protect against prostate cancer.

Much of the interest in tomatoes has been due to the antioxidant lycopene – which helps to mop up damaging free radicals in the body that can harm our cells. In fact, people living in the West get 85 per cent of this nutrient from tomatoes.

Lycopene may help to ward against:

prostate cancer

breast cancer

stomach cancer

age-related macular degeneration.



Furthermore, it could boost the skin's ability to protect itself against UV rays. Some studies have suggested lycopene may play a role in reducing bad cholesterol too.

Lycopene is even one of the main ingredients in new 'beauty pills'. A study carried out by the dermatology department at Charite University, in Berlin, discovered a link between lycopene based supplements and smoother, less-wrinkled skin.

“The important thing to remember is that you need the whole of the tomato to get its goodness,” says Dr Thomas Stuttford, an expert in prostate cancer and vice-president of Prostate UK. “Lycopene is best when combined with other bioflavonoids in tomatoes, which make the lycopene much more effective.”

Sian Porter, a dietician at the British Dietetic Association, adds, "It's important to remember that lycopene has to be taken as part of a healthy diet and lifestyle. It's not a magic bullet, so you can't drink, smoke and eat saturated fats and say it's OK because I'm eating tomatoes. It's best to eat tomatoes as part of a Mediterranean diet, with plenty of fruits and vegetables"

Which tomatoes are best?

Ripe, red tomatoes are likely to contain more lycopene than paler, watery ones. This is because it's the lycopene that gives them their colour. Gerry Hayman, spokesperson for the British Tomato Growers' Association, has investigated the lycopene content in different varieties.

"Slow-ripening, imported types of tomatoes tend to have lower levels of lycopene," says Gerry Hayman. "They have been bred for long-life, and this interferes with the ripening process he says. The important thing is to enjoy tomatoes – especially when you're trying to encourage children to eat them. Small tomatoes – such as baby plum tomatoes, cherry tomatoes and the piccolo type – tend to be sweeter. Ferrari, cocktail tomatoes and Jack Hawkins tomatoes are also good for lycopene."

Since cooking reduces vitamin C, however, the British Tomato Growers' Association suggest eating a range of fresh and cooked tomatoes.

Tomato based sauces can be eaten as a soup, added to pasta, stews, Bolognese, tomato based curries, used as a pizza topping or made into a spicy sauce to top falafels or meatballs. Fresh tomatoes can be added to salads, sandwiches or as garnishes to a main meal.

COOKING OILS

What oil should you use for cooking, and in dressings?

A vast amount of research confirms the benefits of omega 3 oils. As well as lowering the risk of heart disease and stroke, increasing concentration and helping those suffering from inflammatory conditions, such as rheumatoid arthritis, they may also help prevent Alzheimer's, according to the various studies.

However not all omegas appear to be quite as good for you, regarding dementia.

The researchers also found 'overdosing' on oils rich in omega 6, such as sunflower oil - (omega 6 fats are known to be helpful for keeping blood cholesterol levels down) - could have the reverse effect, possibly doubling the risk of developing dementia.

Omega 3 and 6 belong to the polyunsaturated group of fats, with the other two main types being the monounsaturated and saturated families.

Vegetable oils all contain varying amounts of these types of fat but are generally dominated by one. For example, rapeseed is predominantly a monounsaturated fat; sunflower oil is mainly a polyunsaturated fat and palm oil is largely saturated fat.

Any type of oil or fat will help the body absorb fat-soluble vitamins (A, D, E and K), and make sex hormones. But moderating intake of fat in general, and some types in particular, is extremely important for health.

When saturated fats are eaten to excess, they can raise blood cholesterol levels and increase the risk of heart disease. Moderate amounts of monounsaturated and polyunsaturated fats are beneficial as they lower blood cholesterol.

Polyunsaturated fats help cell membranes remain flexible and porous, allowing nutrients to enter and waste products to leave. But the amount and balance of polyunsaturated fats we eat is important, too.

The trend is for us to eat too high a proportion of omega 6 polyunsaturates, (found in many vegetable oils, chicken and processed foods) and not enough omega 3 polyunsaturates, (found in oily fish, some nuts, seeds and a select few vegetable oils).

Government recommendations suggest a ratio of 5 to 1 for omega 6 and omega 3 fats respectively. Current intake is about 10-20 to 1, which research is beginning to suggest may be increasing our risk of cancer and inflammatory conditions, and, according to the research, possibly Alzheimer's.

The general advice is that fats and oils should make up no more than about 33 per cent of our daily calorie intake. For men, that's 95g, for women 70g. In terms of oil, it's 7 tablespoons for a man, 5 for a woman.

With this warning in mind, and the myriad confusing oils in the supermarket, which ones should we be eating more of - and which should we be keeping a close eye on?

Here they are in order of preference (with Coconut Oil being the most preferred).

Oil type: Coconut

Coconut oil is actually one of the healthiest oils you can consume, especially for cooking. It is nature's richest source of healthy MCFAs. By contrast, most common vegetable or seed oils are comprised of long chain fatty acids (LCFAs), also known as long-chain triglycerides or LCTs. MCFAs (Medium Chain Fatty Acids) are easily absorbed by the body.

Using coconut oil as your primary cooking oil is important because it is the only one that is stable enough to resist heat-induced damage. And polyunsaturated fats, which include common vegetable oils such as corn, soy, safflower, sunflower and canola, are absolutely the worst oils to use in cooking. These omega-6 oils are highly susceptible to heat damage because of their multiple double bonds.

Coconut oil is far superior to any other cooking oil and is loaded with health benefits, not to mention flavour. Make sure you choose an organic coconut oil that is unrefined, unbleached, made without heat processing or chemicals, and does not contain genetically engineered ingredients.

Against: Some people don't like the taste in cooking. But if you do, you will get hooked on it!

Oil type: Olive

Olive oil has been linked to lower risk of heart disease and breast cancer - possibly because of its high monounsaturated fat content, which lowers cholesterol.

Extra virgin oil is rich in natural plant antioxidants that can protect us against damaging free radicals, and is suitable for European dishes.

Against: Reasonably high in saturated fat (two tablespoons provide a fifth of a woman's daily limit) - so don't go overboard. Not a good source of omega 3s.

Extra-virgin olive oil, while great as a salad dressing or for other non-heated uses, should NOT really be used for cooking, except on a low heat. Due to its chemical structure (it's one double carbon bond per fatty acid), heat makes it susceptible to oxidative damage.

Oil type: Rapeseed

A good source of both polyunsaturated and monounsaturated fat - rapeseed has the lowest saturated fat of any oil and ten times as much omega 3 as olive oil. It can be heated to high temperatures without degrading.

Against: None really, although its bland flavour makes it less suitable for salad dressing and dipping.

Oil type: Avocado

This is even higher in monounsaturates - the key fat in a healthy Mediterranean diet - than olive oil. Plus it's a good source of vitamin E. Its` slightly nutty flavour makes it good for drizzling, dipping and dressings. Also has a higher smoking point than many oils, so can be used to grill, sauté or stir-fry.

Against: Expensive and hard to find – its` delicious flavour can make it easy to over-indulge. It is virtually devoid of omega 3s.

Oil type: Linseed

A much richer source of omega 3 than any other oil, and is a great choice for vegetarians, particularly the strict type who need to get omega 3 solely from plant foods. Regular use of linseed oil may help lower cholesterol.

Against: Unsuitable for cooking. It can become oxidised (rancid) if you don't keep it in a cool, dark place, and if this happens the benefits are negated and possibly reversed. There's no need to buy something so expensive to use for cooking. Rapeseed oil will do.

Oil type: Palm

It contains vitamin E and carotenes - which have been shown to help protect the body from free-radical damage.

Against: Palm kernel oil is 85 per cent saturated fat, which means a woman will get more than her daily quota of cholesterol-raising saturated fat in two tablespoons. The demand for palm oil plantations is driving rainforest destruction worldwide.

Oil type: Sunflower

It is relatively inexpensive. Sunflower is a good source of protective antioxidant vitamin E - it contains all of your daily requirements in 1-2 tablespoons - and the polyunsaturates it contains help lower cholesterol. It is suitable oil for frying as it doesn't smoke unpleasantly at high temperatures.

Against: It's largely omega 6 polyunsaturates, so if you use sunflower oil regularly, you need to be sure you're getting enough omega 3s in your diet from other sources to balance it out. Re-using the oil more than a few times for deep-frying could cause the formation of harmful trans fats. Personally, I would not use this oil for cooking at all.

Oil type: Pumpkin

Very low in saturated fat with a good balance of mono and polyunsaturated fats, including the omega 3 type, but less than other specialist oils like hemp and flaxseed. It will stand up to some heating (delicious for roasting vegetables), and its distinctive dark green colour looks great drizzled over food.

Against: Expensive - and available only from specialist shops. The oil doesn't contain the same high levels of zinc, iron or magnesium that the seeds themselves are famed for.

Oil type: Walnut

A mainly monounsaturated fat, walnut oil also provides some omega 3s, but no more than rapeseed oil. Because of its powerful flavour, only a drizzle is needed to flavour food and salad dressings, which makes it easier to save on fat grams and calories.

Against: Expensive. Also, its flavour degrades at high temperatures, so not suitable for cooking. Once opened, it deteriorates rapidly, so keep only in small quantities and store in a cool, dark cupboard.

Heating Oils Up

Each variety of oil has what is called a "smoke point." The smoke point is the specific temperature at which the oil starts to break down...or in more technical terms, its molecular structure begins to change. These molecular changes result in changes in flavour, as well as changes in nutritional value...specifically, the nutritional value of the oil starts to degrade; changing what once may have been considered an especially healthy oil (such as Olive or Flaxseed which is rich in Omega-3s), into one that is actually unhealthy.

The higher an oil's smoke point is, the higher the temperature the oil can withstand. It is best not to heat oil at all, and you really should not be frying food at this stage of the game. If you must heat oil, use a very small amount, and keep it on a low to moderate heat at the most.

Fats & Oils



Borage Oil



Butter



Coconut Oil (Raw)



Cod Liver Oil



Corn Oil



Evening Primrose Oil



Flax Seed Oil



Margarine



Marine Lipids



Olive Oil



Sesame Oil



Sunflower Oil

Legend



← • • Highly Acidic • • • • • Highly Alkaline • • • • • →

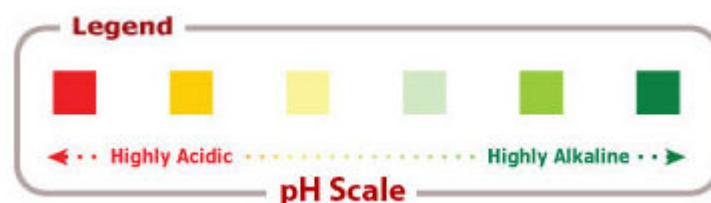
pH Scale

FISH

Fish and shellfish are low in saturated fat and contain high quality protein and other essential nutrients. Salmon, sardines, anchovies, flounder, sablefish, halibut, cod, pollock, shrimp and oysters have been shown to generally contain low levels of mercury. Salmon, sardines, and anchovies are also rich in anti-inflammatory Omega 3 fatty acids. Shark, swordfish, king mackerel, tilefish, and large tuna contain the highest levels of mercury and should therefore be limited unless you have access to a supplier that tests their product for safety.

Most tinned fish is good to eat, but it might be wise to avoid tinned tuna. Certain varieties can contain higher levels of mercury.

Here is the Meat Fish and Poultry picture once more:



STIR FRYING

Stir fry meals are great, quick, cheap, and wonderful. However, use the tiniest amount of oil that you can get away with, and use plenty of vegetables. Breast of chicken is good for stir frying, so are things like shrimps, and mushrooms. And there is always the totally healthy alternative – a vegetable only stir fry. Try one.

SLOW COOKED MEALS

A great thing to invest in is a slow cooker. You can quickly prepare some delicious healthy stews and casseroles at the beginning of the day, and the meal is piping hot and ready for you when you come in at the end of the day. There are dozens of slow cooked meal recipes available, both vegetarian and meat based -Simply wonderful for the busy person.

READY MEALS & TAKEAWAYS

These should not even be considered as part of your diet! Ready meals and takeaways are what got many people into the unhealthy, obese state that many find themselves in today. Along with ready meals and takeaways, fizzy drinks are also out. It doesn't matter whether they are called 'Diet' Coke etc., do not touch them with a barge pole from now on. Then watch your health improve rapidly, and your weight start to reduce as well.

ALOE VERA

Aloe vera is nature's medicine. It is good for you from head to toe!

It is a general medicine, not specifically for cancer, but it's properties as a natural remedy for virtually anything are renowned

Rather than spout on about its qualities and benefits, take a look at both the Aloe capsules and the Health Drink that we supply, in the special section of Health and Nutrition in our shop to find out all about it.

WHITE PASTA

One of the main reasons why you should avoid white pasta in your diet is because this popular staple is made largely from refined white flour. Refined white flour in itself contains almost no dietary goodness and its consumption can have negative effects on health, as we shall see.

Eating white pasta can be likened to eating cardboard, because although it tastes a little better, cardboard probably contains more goodness! The lack of nutrients in white pasta may not make it such a bad thing to eat on its own, but it's the bad constituents of white pasta that make it such a bad deal when it comes to your general health and weight.

First of all, in a similar fashion to white bread, white pasta contains a large amount of high GI (glycemic index) carbohydrates. That means that the carbohydrates contained in pasta made from refined white flour will release sugars into the bloodstream quickly. This causes a steep rise in blood sugar and a similarly steep reactive rise in the body's sugar regulating

hormone, insulin in order to counter its effects. This is something that diabetics must avoid and is something that in itself can trigger type II diabetes to manifest in a person who eats a lot of white pasta a lot of the time.

The effect on the body's metabolism is to slow it down, while inhibiting efficient digestion. The result is more fat storage, with those fat cells generally being deposited around the belly. This, as you have probably already figured out is a leading cause of weight gain in people who eat a lot of refined flour products, not least of those being white pasta.

Eating a lot of white pasta will also raise your blood's levels of the bad LDL cholesterol. This in turn can lead to heart disease, narrowing of, or blockages in the arteries, which can lead to thrombosis (blood clots) and high blood pressure. High blood pressure is a known cause of strokes as well as a plethora of other health problems that need a medical encyclopaedia to do justice to!

Thrombosis can lead to heart attacks if blood clots are allowed to form in the arteries and veins that subsequently become mobile in the bloodstream and find their way into the heart muscles.

As you can see, there are plenty of very good reasons for excluding this type of pasta from your diet, or at least cutting it down to an infrequent treat.

A GREAT ALTERNATIVE

You can replace your unhealthy, refined white flour product with brown pasta. Brown pasta is made from wholegrain (otherwise known as wholewheat, or wholemeal) flour. This is the same ingredient that is used to make wholemeal (brown) bread and it is far better for you in terms of general health and your waistline too. That's because the wholegrain flour that is used to make it, contains far lower levels of high GI carbohydrates than higher levels of low GI carbohydrates, which work in the opposite way to high GI carbohydrates.

In this sense, the low GI carbohydrates contained in wholemeal pasta cause a slow release of sugars into the bloodstream. This avoids the need to release insulin into the bloodstream, meaning you can burn off the sugars at a more leisurely rate. This improves metabolism and stimulates the digestive system, meaning more of what you eat is digested fully leading to less fat being stored. Good news for those trying to lose weight and good news for diabetics or those worried about the potential onset of type II diabetes.

Wholemeal flour products such as brown pasta also contain high levels of dietary fibre, which is essential for the complete digestion of food and waste elimination, meaning it is good for your colon's health too.

Wholemeal flour products also contain much lower levels of bad LDL cholesterol and higher levels of good HDL cholesterol, meaning it helps to keep your arteries clear, reducing the potential for blood clots and heart disease as well as keeping blood pressure at normal levels reducing the chances of strokes and other related illnesses.

Lastly, brown pasta tastes similar to the white variety except it doesn't tend to have that cloying, pasty texture associated with white pasta. When you make the switch to brown pasta, you soon grow accustomed to it and will find yourself preferring it for its better taste, health benefits and overall goodness as part of a healthy diet.

WHITE RICE

If you think white rice is good for your health, think again.

To refine brown rice into white rice, a process known as polishing, producers remove the grain's outer shell, called the bran, as well as the grain's nutrient storehouse, called the germ. All that remains is the endosperm, the starchy part of the grain that is nearly devoid of nutrients other than carbohydrates. After refining, most white rice is enriched to add back in vital nutrients like iron and folic acid.

Because it lacks the bran and the germ, white rice is largely devoid of fibre and deficient in the essential fatty acids, minerals and vitamins found in brown rice. Although it is unclear what precise nutrient deficiency is to blame, there is also evidence that eating less white rice and more brown rice impacts your risk of diabetes. In a 2010 study, researchers from the Harvard School of Public Health found that eating at least five servings of white rice per week corresponded with an increased risk of Type 2 diabetes, while eating at least two servings of brown rice per week corresponded to a lower risk.

All in all, you can easily make the switch to brown rice, and do yourself a power of good.

BROWN RICE

Brown rice is a good source of vitamins, minerals, protein and fibre. It is a valuable gluten free grain which contains important phytonutrients such as lignans which are converted into cancer protective substances by the friendly flora in our intestines. Brown rice also has the beneficial effect of decreasing insulinic reactivity. Eating brown rice helps avoid constipation, unlike white rice which may cause constipation. Brown rice is considered the staple grain for most diets.

Hint: Use a rice cooker with extra water (i.e., 3 cups brown rice to 7 cups water) for easy preparation and soft, palatable rice. The downside is that it takes about 45 minutes to cook.

If you wish to eat wheat and gluten free rice and pasta (which we highly recommend that you do), go to www.dovesfarm.co.uk or look in the gluten free section in your local supermarket

Their rice and pasta really isn't distinguishable from the real thing!

Buy organic when you can. If not, wash fruit and very thoroughly, either with our Fruit and Veggie wash, or the Hydrogen Peroxide that we stock.

Now let's check out an even better alternative to both rice and pasta:

QUINOA (Keen-wah)

We love Quinoa. We use it instead of rice, but it has numerous other uses – as a porridge, in winter soups, or with summer salads for example. Read on to find out why it is so good, so versatile, and just why it is such an amazing supergrain.

Quinoa has been grown for thousands of years, eaten by the Inca tribes, worshipped, destroyed by the Spaniards, and is still a major part of the staple diet for many people around the world today. It looks a bit like couscous, and tastes a bit like rice. It is a wonderful food in so many ways.

Actually, Quinoa (pronounced keen-wah) is not a grain. It is actually a seed and related to the spinach family. When cooked, quinoa is light, fluffy, and slightly crunchy with a subtle flavour. It actually cooks and tastes like a grain, making it an excellent replacement for grains that are difficult to digest and it does not feed fungal and bacterial infections in your body, like candida (a systemic fungal infection).

Quinoa is gluten free.

Quinoa contains all 9 essential amino acids that are required by the body as building blocks for muscles. It is used by vegans to ensure that they get the protein that their body needs.

Quinoa is a wonderful way to ensure that you consume valuable fibre that eases elimination and tones your colon.

Quinoa contains high levels of Magnesium which helps relax your muscles and blood vessels and effects blood pressure.

Quinoa is a good source of Manganese and copper. These act as antioxidants in your body to get rid of dangerous cancer and disease-causing substances.

Compared to other grains, quinoa is higher in calcium, phosphorus, magnesium, potassium, iron, copper, manganese, and zinc than wheat, barley, or corn.²

Studies have shown that Quinoa, in its whole grain form, may be effective in preventing and treating conditions such as Artherosclerosis, Breast cancer, Diabetes, Insulin resistance. Quinoa is close to one of the most complete foods in nature because it contains amino acids, enzymes, vitamins and minerals, fiber, antioxidants, and phytonutrients. Researchers attribute the health benefits of quinoa to its complete nutritional makeup.

Quinoa acts as a prebiotic that feeds the microflora (good bacteria) in your intestines.

It is especially good for those who are trying to reduce their weight.

IMPORTANT:

Rinse quinoa thoroughly and then soak for at least 8 hours to remove the phytic acid that can prevent proper digestion.

Cook quinoa 15 minutes or less, and it's ready to mix with a variety of ingredients to create diverse and delicious meals.

You can of course purchase organic Quinoa (don't purchase anything other than the organic variety) from the special section in our shop which this book relates to.



Grains & Legumes



Basmati Rice



Brown Rice



Buckwheat



Bulgar Rice



Couscous



Granulated Soy
(Cooked, Ground)



Kamut



Lentils



Lima Beans



Oats



Rye Bread



Soy Flour



Soy Lecithin (Pure)



Soy Nuts (Soaked Soy
Beans, Then Dried)



Soybeans (Fresh)



Spelt



Tofu



Wheat



White (Navy) Beans



Millet

Legend



← • • Highly Acidic

Highly Alkaline • • →

pH Scale

VEGETABLES

There is nothing really much to say about vegetables – apart from – EAT THEM!

They should be the mainstay of your new you, not an afterthought on the plate.

The only other tip we can give you before you dive into the pictures is that wherever possible, buy organic, which are free from pesticides, and grown in soil that has not been ruined by chemicals.

Lecture over – here are the pictures:



Vegetables



Alfalfa



Alfalfa Grass



Artichokes



Asparagus



Aubergine / Egg Plant



Barley grass



Basil



Bell Peppers /
Capsicums



Blue-Green Algae



Bok Choy



Brussels Sprouts



Cabbage Lettuce
(Fresh)



Canned Vegetables



Cauliflower



Cayenne Pepper



Celery



Chives



Ciantra



Comfrey



Cooked Vegetables
(All)



Cucumber (Fresh)



Dandelion



Dog Grass



Endive (Fresh)



French Cut (Green)
Beans



Frozen Vegetables



Garlic



Ginger



Ginseng



Green Cabbage
(December Harvest)



Green Cabbage
(March Harvest)



Horse Radish



Jicama








































Kale



Kamut Grass



Lamb's Lettuce

			
Leeks (Bulbs)	Lettuce	Mushrooms	Mustard Greens
			
Onion	Oregano	Parsnips	Peas (Fresh)
			
Peas (Ripe)	Peppers	Pickled Vegetables	Pumpkins (Raw)
			
Raw Onions	Red Cabbage	Rhubarb Stalks	Savoy Cabbage
			
Sea Vegetables	Seaweed (Dulse, Kelp etc.)	Shave Grass	Sorrel
			
Sourkraut	Soy Sprouts	Spinach (March Harvest)	Spinach (Other than March)
			
Sprouted Seeds (All)	Squash (All, Raw)	Straw Grass	Thyme
			
Tomatoes (Puree)	Tomatoes (Raw)	Tomatoes (Sundried)	Watercress
			
Wheat Grass	White Cabbage	Yeast	Zucchini
			
Broccoli			



Chapter 5

The Importance of Proper Breathing

Take a deep breath and let go. Deep, relaxed breathing relieves stress throughout our entire body. However, most people do not breathe correctly. Shallow, restricted breathing robs us of oxygen and increases tension. Take a conscious step and breathe deeply to relieve stress and enhance well-being.

Deep, relaxed breathing is the natural state for our body. But tension causes us to breathe shallowly, causing a vicious cycle as insufficient oxygen intake aggravates the tension that causes it.

Oxygen

Oxygen is the most important element needed to sustain life and breathing is the best way to get it. We can survive for days and weeks without food or water, but only a few minutes without air. Deep and relaxed breathing delivers oxygen to all cells and facilitates efficient clearing of carbon dioxide.

pH

Our lungs are one of our body's primary channels of pH control. Deep breathing introduces alkalizing oxygen and allows our body to eliminate acidic carbon dioxide, a waste product of cellular metabolism. Shallow breathing reduces this exchange, compromising optimal internal pH.

Ideal breath

Watch a sleeping baby breathe and see how its tummy rises and falls. Then observe what happens when that baby is upset. As it cries, its chest and shoulders heave as shallow breaths are drawn from the upper lungs. About 75% of a healthy breath should come from the diaphragm, the muscular band that separates the abdomen from the chest cavity, but many factors affect this.

Posture

Changes in posture will affect breathing as different muscles are utilized. When standing, the intercostal muscles between our ribs are more active and there is less movement in the abdomen. Lying down facilitates abdominal breathing, while sitting brings a balance between the two.

Environment

We are bombarded by unpleasant smells in our city environments. Pollution in its various forms affects our breathing. We are compelled to draw in deep, full breaths when in nature or when we find a nice smell, in traffic or when the rubbish truck drives by we breathe shallowly, trying to avoid those smells.

Mood

Stress affects our breath in a similar manner to that of the baby's. It becomes shallower and rises into our upper lungs. This reduces oxygenation and pH which creates a vicious cycle that contributes to further emotional stress. We are able to relax both physically and emotionally in an alkaline, internal environment. Refocus and take a few deep breaths. The physical benefits will aid the mental shift in reducing tension and restoring a calmer state of mind.

Physical tension

Physical tension, especially in our chest, neck and shoulders reduces our ability to breathe deeply. This tension is further aggravated by our inability to inhale effectively to oxygenate, alkalize and relax. Stretching these areas will help relax the muscles and breathing deeply will improve oxygenation.

How to breathe

Like many things, breathing is a habit. Stress and tension often become the norm and taking the time to focus on breathing more fully will enhance your body's ability to manage these stresses, lift your mood and improve overall health. Take a few minutes each day to practice your breathing.

Find a quiet, comfortable spot and lie down. Placing a book on your tummy will help you focus on deep healthy breathing as you feel it rise and fall.

Natural breath

By practicing this regularly, it will gradually become natural. It is how we were born to breathe.

Inhale slowly, allowing air to flow into your lower lungs, using your diaphragm and expanding the abdomen.

Pause briefly (1-3 seconds) then relax and exhale slowly. Your diaphragm will relax and release your breath naturally, letting the tummy fall. Pause momentarily then continue with this natural breath.

Complete breath

Here we concentrate on filling our lungs to maximum capacity then releasing fully. This enhances oxygenation and flushes acid wastes. It is great for calming the mind and provides a general overall tonic.

Inhale from your lower lungs like the natural breath, and then continue to fill the mid and upper lungs to fully expand your chest.

Pause briefly then release in the opposite manner, from the upper lungs, then the mid and finally the lower. The exhalation is complete when the abdomen pulls in and all air is released. Pause and continue with the complete breath.

Breathe deeply to restore and relax. A few minutes a day will quickly become habit and help your stress and tension melt away.

Chapter 6

Many people eat purely for pleasure and as a social activity by entertaining or dining out, especially in the western world, whilst others around the globe eat just to be able to stay alive. So for us, whilst we need to eat to survive, eating becomes more of a luxury than a necessity. In other words, many of us eat what we like and no thought whatsoever is given to what we eat in terms of our nutrition or how it will affect our bodies in the future. The fact is you can totally change the person you are by changing your diet and as a result, completely alter your physical structure at the cellular level, (If you need proof, type in 'Fat Sick and Nearly Dead' into You Tube. I rented the film from Lovefilm.com – awesome, and life changing. It actually documents someone who changed their whole life around in 60 days – just watch it. You will see what I mean.)

Recent research by Dr. Dean Ornish, head of the Preventive Medicine Research Institute in Sausalito, California, shows not only how men with prostate cancer physically improved when their diet was changed but even changed at the cellular level, lengthening telomeres which directly predict death as they shorten. His latest study shows how diet caused 500 changes to the genes – genes that help to resist cancer were switched on and genes that cause cancer were switched off.

From this point on, you have two options - start living and eating healthily or become a full time chronic patient of orthodox medicine just like the guy in the film was. I have seen far too many people (and I expect that you know some too) go into a spiral of ill health with drugs, radiation and surgery on top of the ailment that they have. In my view that is not really a solution. Orthodox medicine puts you into a dependency that leads you down a path of ever more medical intervention as the quality of your life rapidly disappears.

Don't let that happen to you. CHANGE your future today. Start the 12 week plan – cram it into 12 days if you want, but begin the journey. Take the baby steps, before you tackle the big boys stuff, and you will find that as you progress, you will actually want to eat more healthily. One day, you will probably walk down the meat aisle in a supermarket, where you once pounced on those juicy steaks with all the fat around them, or picked up a packet of pork chops without even thinking – and you will suddenly see it as a pile of rotting, chemical laden dead animals, with their carcasses all chopped up into little bits. You will start to check the labels on ingredients, and realise that the food manufacturers have been duping you all along, every step of the way, trying to get you addicted to sugar in all those fizzy drinks and chemical laden cakes, pastries, pies and other tempting foods. You will realise that they are doing it so that you come back, week after week, buying more and more of the stuff, and getting bigger and bigger in the process until you look like a wobbly man (or woman).

You will also start to realise that a massive industry is built up around cancer, diabetes, MS, Alzheimer's, etc. that actually rely on you being ill, so that you buy the drugs, use the medical supplies, keep lots of people in work. For goodness sake – if diet is the CAUSE of most of our problems, why are the cancer organisations spending fortunes coming up with

drugs to 'fight' the disease? It's because there's absolutely no money in telling people to go away and eat things that nature has given us to keep us healthy, and to cure us.

Ask yourself this. Why is it that we are subjected to the pain, humiliation, degradation and suffering of some of the most barbaric, awful treatments instead of being educated properly, and taught how to eat to stave off the illnesses that await many of us? Why are Diabetics fed with insulin, then having their limbs amputated, when a simple change of diet would almost certainly help them live their lives without the need for drugs?

Why do some farmers in the farming industry inject livestock with drugs that are dangerous to humans to make their animals grow bigger and faster, instead of letting them grow naturally and happily? Why do some agricultural farmers throw chemical fertilizers over their crops which cause our organs to break down, when they can use natural fertilisers to grow the crops organically, and keep us healthy?

Why? Survival of their farm and their livelihood? Greed? Profit? The need to get more yield out of less? And it is to our detriment (along with the pain and suffering of the animals that are being reared for us to eat). Thank god that there are some responsible farmers raising livestock the natural way, and growing food for us to eat, that will not actually harm us. A very special thank you to all of those dedicated, caring, wonderful people from all of us who are trying to be healthy and live the way that we were supposed to.

Do we actually know that the healthy way of treating diseases and illnesses works? Of course we do. Day upon day we hear of stories of miracle cures, where people with stage IV cancer become totally free of the disease. Dr Budwig, who invented the Cottage Cheese and Flaxseed diet used to go to hospices and take people out that were dying, and had been written off by the doctors. Many had after staying in her natural treatment centre, walked out totally FREE of any cancer. Alternative health websites are littered with stories and testimonials about people with all different types of illness and disease, who have recovered fully, without surgery, chemotherapy or radiation. And just look at the numerous celebrities who beat cancer successfully – Kylie Minogue the singer, Lance Armstrong, the cyclist who beat cancer then went back to cycling and won the Tour de France, to name but two that spring to mind. And do you remember the story of Bob Champion, a British steeple chase jockey who, in the late 1970s, was diagnosed with cancer? Rather than succumb to the disease, Bob stages a miraculous recovery and goes on to win the 1981 Grand National steeple chase on the horse Aldaniti. Oh, and yes - there's Rod Stewart, Sheryl Crow, Nelson Mandela, Sharon Osborne, Christina Applegate, Robert de Niro, etc.

(Important note: Not all of the mentioned celebrities used only natural methods to achieve a cure – they are people who spring to mind as having beaten the disease. However, many of them have changed their lifestyles to a healthier one now, and people like Sharon Osborne are doing lots of work for cancer sufferers as a result of her own experience with cancer).

What you must understand from this point on is that any illness or disease is nature's way of telling you that it needs the right things in order to survive. And, as such, it needs you to do the right things. It doesn't have to be a death sentence! The most stupid thing that you can do after reading this book, is to carry on doing what you have always done, in the hope that you can burn the candle both ends with regard to the abuse that you are throwing at your

body. The consequences are too horrific to even contemplate, but some people reading this will still go on doing the exact same thing, and who will disappear down the same black hole that millions of others have before them, and will after them, spiralling into a chasm of surgery, chemotherapy, treatment, radiation, organ removal, amputations, etc.

For god's sake – why not at least try the alternative? A few simple steps to improve your health beyond recognition, could enable you to live a life relatively free from illness. If you are already unwell, why not change to a healthier way of life. It will not do you any harm whatsoever! (Proviso – if you are already on medication etc., remember to consult with your doctor and tell them what you wish to do)

Imagine that – getting better – and within days or weeks.....

The other thing that I need to mention is that if you have been slobbering out, filling your fat torso with anything you can get hold of, changing to a healthier lifestyle will be a major step forward. What you need to add to the mix is - exercise. Walking the dog is good, and if you haven't got a dog, why not pretend that you have? Go for a walk in the woods, the fields, the open air – suck in the fresh air, enjoy the sunshine, take up a sport – even a gentle one like bowls or something if you are not that energetic. I play badminton. Where I play, there is a guy in his 50's, who is short, about 5'6", and who once weighed 25 stone. A builder, who was called round to his house to give him an estimate for some work, got talking to him, and encouraged him to go walking (the builder was also an avid bodybuilder and all round healthy person). So it started with a few simple steps and some words of encouragement, and the guy went on to lose half his body weight. He now plays badminton twice a week and is the picture of health.

Our Finance Director is another brilliant example of what you can achieve. Following back problems, he was confined to his house, where he worked long hours, eating the wrong foods, and his weight went up to a massive 28 stone!

Then one day, he made the decision to CHANGE. Now, he weighs in at less than 14 stone....

In all my research, one form of exercise shines through, time and time again. Anyone can do this at any age, and even if they are weak and unwell, but fit enough to stand or walk. It is very simple to understand why it is so good for you. It is called Rebounding, and is done on a small circular mini trampoline. Rather than me trying to explain it, watch Chris Wark do it. He was diagnosed with colon cancer at the age of 26, had an operation but refused chemotherapy because he knew what it would do to him, like it had done to his relatives.

Rather than me trying to explain all about it, I'll pass you over to Chris, by giving you an excerpt from his site:

“Your lymphatic system is composed of your tonsils, thymus, bone marrow, spleen, lymphatic fluid, vessels, and lymph nodes.

The thymus and bone marrow produce white blood cells called **lymphocytes**.

Your blood vessels deliver oxygen and nutrients to your cells.

Your lymph vessels are like blood vessels except they are full of clear lymphatic fluid that carries white blood cells (B cell and T cell lymphocytes) throughout your body so they can attack invaders and infected cells.

Your lymphatic fluid also carries dead cells, metabolic waste, and toxins away from healthy tissue to be eliminated through sweat, mucus, urine, and liver bile which is carried out in your poop.

Lymph nodes are like holding stations that filter the lymph fluid and capture microbes for B and T cells to deal with. They are located in your armpits, groin, neck and around the blood vessels of your chest and abdomen.

(End of anatomy lesson)

Every day we are bombarded with toxins in our environment and in our food which is why detoxification is such a critical process in your body. If the detox process is hindered, toxins will build up in your body eventually causing **acidity and toxemia**. These are the root causes of nearly all disease.

You have about three times more lymphatic fluid than blood, but here's the catch, there's no pump! Muscle contractions in your body encourage the lymphatic fluid to circulate through a series of one-way valves in your body. So the more you move your body, the more you move your lymphatic fluid.

One of the lesser talked about benefits of exercise is that it moves your lymphatic fluid, which promotes detoxification in your body.

Your skin is the largest detoxification organ and if you exercise vigorously enough to raise your body temperature you will sweat, expelling toxins out through your skin.

The Best Exercise for the Lymph System

Back in 2004 when I first started to research natural therapies I read every natural cancer survival testimony I could find. I found many common threads, and one of them was jumping on a mini trampoline, aka:

Rebounding.

I figured since so many natural survivors and health practitioners were doing it there must be something to it...



Rebounding creates an increased G-force resistance (gravitational load) and positively stresses every cell in your body. As a result, it strengthens your entire musculoskeletal system: your bones, muscles, connective tissue, and even organs. And it promotes lymphatic circulation by stimulating the millions of one-way valves in your lymphatic system. Sounds pretty good right?

In addition, rebounding is very low impact and allows you to do jumping and aerobic exercises for much longer intervals than you could on solid ground without tiring out or creating harmful oxidative and adrenal stress.”

To watch how to do rebounding, copy and paste the following link into your browser:

<http://bit.ly/NdiYu8>

You can buy some really excellent rebounders from places like Argos. Please beware of the very cheap ones – they fall apart very easily, and you can really hurt yourself, especially if the bouncer is of thin material, or stretches so that you feet hit the floor when you are jumping. It really isn't worth it.

I guess you might be saying at this point – “I don't have time for all that exercise malarkey” - is that your excuse?

The truth is, you simply must get your lymph system circulating, but it is difficult in these modern times to find the time to do regular exercise, isn't it? I am actually the same – chained to my desk for hours on end, sometimes doing 12 – 14 hour days. It is virtually impossible to set aside half an hour for exercise. However, I found the perfect answer.

Cycling is very good exercise, and it will help keep your system moving quite happily if you do it regularly. A little while ago, whilst I was looking for exercises to do at my desk, I came across a mini peddle exerciser, which fits under your desk or workstation, and you can pedal away whilst sitting down! I was overjoyed at finding these handy little gadgets, and eventually chose a really sturdy one, complete with a digital display so that you know just how much exercise you are doing. Note: be wary of the cheap imported ones that you can get – they fall apart extremely quickly – sometimes after 30 minutes or so.



The good news is that you can also use it when sitting watching telly, etc. It really is the lazy person's way to get the exercise that they need, and we would urge you to take it up.

They are now available in the special section of our shop.

The Final Word

You **can** change your life around, and you can exchange your body for a really healthy one, no matter how hopeless it seems, or how unwell you feel. Hopefully, this book has encouraged you to start out on your journey. Just start doing what I have outlined, and you can change your body, change your attitude, and change your life around. So many people have done it before you, and together, by inspiring people with your story, so many people will follow in mine, and your footsteps. Wouldn't that be really great?

And never, ever give up or throw in the towel. Life is far too good to waste – and the alternative will seem like an eternity.....

Start your journey today. Let us know how you get on – testimonials please to info@wikaniko.com

It doesn't matter how small or insignificant the change is that you have made - we will publish them in future upgrades to this book. You can be the star of the show!

I would like to leave you with a truly inspiring story about a man called Joe Cross.

100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe is at the end of his rope and the end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well— with one foot already in the grave, the other wasn't far behind.

FAT, SICK & NEARLY DEAD is an inspiring film that chronicles Joe's personal mission to regain his health.

With doctors and conventional medicines unable to help long- term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for the next 60 days. Across 3,000 miles Joe has one goal in mind: To get off his pills and achieve a balanced lifestyle.

While talking to more than 500 Americans about food, health and longevity, it's at a truck stop in Arizona where Joe meets a truck driver who suffers from the same rare condition. Phil Staples is morbidly obese weighing in at 429 lbs; a cheeseburger away from a heart-attack. As Joe is recovering his health, Phil begins his own epic journey to get well.

What emerges is nothing short of amazing – an inspiring tale of healing and human connection.

Part road trip, part self-help manifesto, FAT, SICK & NEARLY DEAD defies the traditional documentary format to present an unconventional and uplifting story of two men from different worlds who each realise that the only person who can save them is themselves.



I would urge you to watch this film as you begin your journey to a new you. If Joe could do it from where he was, then so can you.

This DVD is available in the special section of the Health and Nutrition category in your shop. For a taster, watch the trailer at <http://bit.ly/g4TF0e>

Let Joe be your inspiration too.

Yours, in life

Trevor Blake

www.wikaniko.com

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“The time has come for you to be the hero of your own story”

PS you are very welcome to share this book with anyone that you think it will help, and provided you do not change anything. However, please tell them exactly who you got the book from, so that they benefit too. It's how we work together, helping others.

USEFUL LINKS

Healing Cancer Using Visualization

<http://www.healingcancernaturally.com/cancer-healing-visualizations.html>

Wearing your Bra May Cause Cancer

<http://articles.mercola.com/sites/articles/archive/2009/05/19/Can-Wearing-Your-Bra-Cause-Cancer.aspx>

Rebounding – How the Lymphatic System Moves

<http://www.natural-pain-relief-guide.com/lymphatic-system-diagram.html>

UK Cancer Clinics

[Callebout, M.D.](#) in London, England uses numerous herbs, nutritional supplements, enzymes, and substances uniquely tailored to fight cancer, along with a detoxification regime, an overhaul of the patient's diet, and psychological tips for "health survivorship." 011 44 207 2 55 2232 or Mobile: 44 7930 336348

Dove Clinic for Integrated Medicine in Hants. They tailor their tests and treatments to the individual. They may use Laetrile and Dendritic Cell Therapy to reduce tumor size, C-statin from bindweed for angiogenesis inhibition, homeopathy, diet and nutrition, autohemotherapy or intravenous ozone, acupuncture, whole body negative ionisation, and life style changes/mind/body approaches. They treat late stage cancers and many chronic diseases. Their website is <http://www.doveclinic.com> and they can be reached by phone at 01962 718 000.

The [Issels Cancer Treatment](#) is a 50 year old therapeutic system originating in Europe. Therapy includes: detoxification, nutritional support, supplementation of vitamins, minerals and enzymes, Chelation Therapy, acupuncture, massage therapy, counseling, Oxygen/Ozone Therapy, vaccines, light therapy, and a truly integrated approach to treating cancer.

The Park Attwood Clinic in Worcestershire uses a combination of treatments, including anthroposophical approaches, in conjunction with conventional medication when needed. They treat a wide range of illnesses including cardio-vascular diseases, musculo-skeletal disorders, neurological problems, immunological

disorders, and cancer. Tel: +44 (0) 1299 861444 or Fax: +44 (0) 1299 861375. Full details at their website www.parkattwood.org.