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“Words exist for meaning, but once you
understand the meaning, you can
throw away the words.”

Chuang-tzu, a 4th century Taoist sage

1.

First.....

Well done!

You have achieved one of the most important goals in your life.



You have become a non-smoker.

In this book, I want to show you how you can now repair your body from the years of smoking and start to cleanse it naturally from your years of smoking.

We want to rid your body of all the toxins that have built up in your body through years of smoking.

And it CAN be done.

You can repair your body!

Yes, you have done serious damage to your body by smokingbut the body is an extremely resilient creation.....in fact, most of us **have NO IDEA how strong our bodies are andand how capable they are of self-repairing and self-regenerating themselves!**

The **Miracle** of Your Body

By providing the right conditions - good, natural, healthy superfoods, water and exercise, your body has an EXTRAORDINARY capacity to renew and repair itself.

In fact, your body's natural intelligence will effortlessly heal and repair anything that is hindering it's natural functioning – if you provide the right conditions.

*Again, MOST OF US HAVE NO IDEA of the body's..... **extraordinary** ability to change and RENEW itself!*

As **Dr. Deepak Chopra** writes in '**Magical Mind Magical Body**':

'Our bodies are extraordinary: we make a skeleton every year, new skin every month. We are easily capable of renewing and repairing ourselves.'

Most of us have read about these things – but we all tend to dismiss how our body is constantly RENEWING itself- perfectly.

Why?

Because it just doesn't **APPEAR** to be true – so we don't really grasp it's full implications.



When we look in the mirror every morning, it **SEEMS** we have the same skin, the same bones and the same skeleton all the time.

Yet – we don't.

It's an incredible illusion.

Every micro-second, extraordinary changes are occurring in every cell and organ of our bodies, at a subatomic level.

We are being....

- **Remade**
- **Renewed**
- **Regenerated**
- **And recreated.....**

BEFORE our very eyes!

But because it all happens so seamlessly, so naturally, so effortlessly, all in less than the 'blink of an eye', we 'miss' it and assume nothing changes. In fact, you're not.....

You're NOT the age you think you are!

In fact, we are all much younger than we think.

The constant regeneration of cells and tissues means much of our body is weeks, years and even decades younger than our actual age.

For example, your birth certificate might say you are in your late forties, but your muscles and bones will be only around 10 years old!

It's true.

Other parts of your body will be even younger with red blood cells having a span of just four months and the cells on your skin been replaced every **two weeks**.

So every **two weeks**, you have brand new skin!

So the next time someone asks what age you are – it's actually an impossible question to answer!

“Well, my skin is ten day old, my red blood cells about 3 months old, and my bones 10 years old!! It that any help?”

In fact, in a recent article, New Scientist asked this question: “Do you eventually renew your entire body? If so, how many do you go through in a life? If you live to old age, is there anything left of the old you? ”

And listen to how **Dermot O'Connor**, the Irish author who used the body's natural healing intelligence to recover from an aggressive form of multiple sclerosis (MS) after doctors told him it was incurable, sums it perfectly in his excellent book, **“The Healing Code”**:

This natural intelligence or what psychologists refer to as the subconscious mind is responsible 24 hours a day, 7 days a week for maintaining your heartbeat, breathing, digestion, repairing damage to your body, growing your hair and your nails, as well as regulating your body's temperature, water content and sugar levels.

And as we have seen, it also has control of your body's regeneration, including.....

- *Growing a new skeleton every year*
- *Brand-new soft tissue every three months*
- *A **new liver** every six weeks*
- *Eight square meters of new skin every four weeks*
- *And a new stomach lining every five days!*

In fact, **98%** of your cells in your body are replaced every year.

The fact is:

YOUR body is a magnificent, self-healing, self-repairing system and organic wonder that you have yet to fully appreciate.

So even though you have done much damage to your body by smoking all these yearsthere is still a way you can help to repair and undo a lot of the damage you have done to yourself.

However, before I show you our simple program to help you to repair and detox your body.....I want you first to APPRECIATE all the great health benefits you will now enjoy as a non-smoker.




Remember you have achieved one of the most important goals in your life.

You have become a non-smoker.

This is a great – a tremendous achievement and one that will bestow immediate benefits on you!

Advertisement

STOP SMOKING START REPAIRING



In 1 week
your sense of taste
and smell improves

In 1 month
better blood flow is
improving your skin

In 5 days
most nicotine is
out of your body

In 3 months
your lung function
begins to improve

In 12 months
your risk of heart
disease has halved

In 8 hours
excess carbon
monoxide is out
of your blood


In 9 months
your risk of
pregnancy
complications
is the same
as a non-smoker

In 1 year
a pack-a-day
smoker will save
over \$4,000

**EVERY CIGARETTE YOU DON'T SMOKE
IS DOING YOU GOOD**

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In 5 days
most nicotine is out of your body

In 12 weeks
your lungs regain the ability to clean themselves

In 12 months
your risk of heart disease has halved

In 5 years
your risk of a stroke has dramatically decreased

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How Does Your Health **Improve** After You Quit Smoking?

The Evidence for Quitting Smoking

Quitting smoking is the most effective way to prevent heart disease and can reduce your incidence for lung disease by eliminating cyanide, benzene, formaldehyde, methanol, acetylene and ammonia.

It is also directly responsible for over 87 percent of lung cancer deaths and has been directly linked to cancers of the pancreas, cervix, kidney and stomach.

From the first day you quit, your body will begin to heal itself and, eventually, function like someone who's never smoked.

Over the course of months or years, quitting smoking can return your lungs to their original condition, returning their ability to transport oxygen to the tissues and reduce your chances of getting pulmonary disease and lung cancer.

It will also significantly reduce your chances of getting bronchitis and other types of cancer not normally associated with cigarette smoking.

It starts the first day you stop smoking.

Immediate Effects

Even if you have smoked for most of your life, there are a number of immediate improvements you'll notice as soon as you quit smoking.

People who quit notice that their food instantly begins to taste better and they can smell things they never used to smell due to changes in the delicate cilia and mucous membranes of the mouth and nose.

Besides improvements in appetite, longtime smokers notice a long list of improvements over the course of the following years after quitting smoking.

Twenty minutes after quitting, smokers' blood pressure returns to normal and circulation of the hands and feet begin to return to normal.

Within eight hours after quitting, carbon monoxide levels in the lungs decline to normal levels and within 24 hours, the risk for having a heart attack is similar to non-smokers.

Two weeks to three months after smoking cessation, pulmonary functions improve by 30 percent and annoying symptoms like coughing, sinus congestion and shortness of breath begin to return to normal. Both your

teeth and fingernails no longer look yellow and even things like climbing a flight of stairs becomes easier.

Here are more **benefits** that you will now enjoy.....



Better sex

Stopping smoking improves the body's bloodflow, so improves sensitivity. Men who stop smoking may get better erections. Women may find that their orgasms improve and they become aroused more easily. It's also been found that non-smokers are three times more appealing to prospective partners than smokers (one of the advantages, perhaps, of smelling fresh).

Improved fertility

Non-smokers find it easier to get pregnant. Quitting smoking improves the lining of the womb and can make men's sperm more potent. Becoming a non-smoker increases the possibility of conceiving through IVF and reduces the likelihood of having a miscarriage. Most importantly, it improves the chances of giving birth to a healthy baby.



Younger looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. The skin of a non-smoker gets more nutrients, including oxygen, and can reverse the sallow, lined complexion that smokers often have.

Watch this video to find out how [smoking can ruin your looks](#).

Whiter teeth

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are less likely than smokers to get gum disease and lose their teeth prematurely.

Better breathing

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within nine months. In your 20s and 30s, the effect of smoking on your lung capacity may not be noticeable until you go for a run, but lung capacity naturally diminishes with age. In later years, having maximum lung capacity can mean the difference between having an active, healthy old age and wheezing when going for a walk or climbing the stairs.

Longer life

Half of all long-term smokers die early from smoking-related diseases, including heart disease and lung cancer who quit smoking by 30 add 10 years to their life. People who kick the habit at 60 add three years to their life. In other words, it's never too late to benefit from stopping. Quitting not only adds years to your life, but it also greatly improves the chance of a disease-free, mobile, happier old age.

Less stress

Scientific studies show that people's stress levels are lower after they stop smoking. Nicotine addiction makes smokers stressed from the 'withdrawal' between cigarettes. The pleasant feeling of satisfying that craving is only temporary and is not a real cure for stress. Also, the improved levels of oxygen in the body means that ex-smokers can concentrate better and have increased mental wellbeing.

Improved smell and taste

Kicking the smoking habit gives your senses of smell and taste a boost. The body is recovering from being dulled by the hundreds of toxic chemicals found in cigarettes.

More energy

Within 2 to 12 weeks of stopping smoking, your circulation improves. This makes all physical activity, including walking and running, much easier.

Quitting also boosts your immune system, making it easier to fight off colds and flu. The increase in oxygen in the body makes ex-smokers less tired and less likely to have headaches.

Healthier loved ones

By stopping smoking you'll be protecting the health of your non-smoking friends and family.

Passive smoking increases a non-smoker's risk of lung cancer, heart disease and stroke. Second-hand smoke makes children twice at risk of chest illnesses, including pneumonia, croup (swollen airways in the lungs) and bronchitis, and asthma. They also have three times the risk of getting lung cancer in later life compared with children who live with non-smokers.



And here are **more benefits** you will enjoy.....



As I have said again and again, the **human body is an amazing creation**. It is a creation that makes out the difference within matter of hours.

When you **quit smoking**, the body realize that the **smoking timetable** has been changed and it starts altering the body on it's own from the inside.

Within **12 hours of quitting smoking** or having your last cigarette the **withdrawal symptoms** begin.

The lungs and the heart have their own mechanisms and they start cleaning the body from the inside removing the adverse damage caused by years of smoking!

The **heart rate and pulse rate** which in smokers is very high start coming down to normal. Wow, the human body has its own clock which works!

The lung clears the air sacs clogged due to the dust particles of cigarette and tobacco and voila! you are breathing easy now. Your Wheezing and cough seem to have disappeared.

Improved skin, eyesight and sense of smell:



Well if the inner parts of the body are improving the external part that is exposed to sunlight, rain and cold be left behind? No!

The human body is like a self taught physician.

As the internal body organs start **recuperating and rejuvenating**, the outer body parts like the **hair, skin, teeth, eyes, and nose** seem to improve too!

Your **sense of taste and smell** improves considerably. Studies have revealed that after **quitting smoking the eyesight** of smokers **improves by 15 – 20 %**.

The **skin benefits of smoking** too are wonderful. Skin feels tight and fresh and the wrinkles that are caused by smoking seem to disappear. With the bad taste of tobacco gone, the sense of taste improves and people tend to relish on foods which they once thought was bland!

Reduced threat of cancer:

Though cigarette may not be the only cause for cancer, it is surely one of the causes. Smoking or tobacco causes **cancer of the lungs and throat cancer**. Quitting smoking naturally **reduces chances of cancer** and also helps in living a **healthy and prolonged life**. It may also be noted if people having cancer quit smoking they have higher chances of preventing its growth and in some cases also cured cancer!

Diabetes, blood circulation, stroke reduced:

Smoking is the **cause for diabetes** in most cases and also **prevents blood coagulation** which results in hemorrhage . Improper blood circulation **causes stroke in the human body** which is caused due to the **lack of oxygen and blood to the brain cells**. Quitting smoking helps prevent diabetes due to smoking and the blood circulation in the body. The brain cells get sufficient oxygen and blood and this **reduces risk of stroke**.

Benefits of Quitting Smoking for the Skin

Smoking is the number one cause of premature, preventable death in the United States, according to the National Cancer Institute. While everybody knows the health problems that smoking causes--heart disease, cancer, stroke, lung disease--smoking also damages your skin. Quitting smoking can make your skin look younger and more vibrant.

Preventing Wrinkles

Smokers have more wrinkles on their face, especially around their eyes and mouths. This is in part because they tighten their lips around their cigarette, pursing their lips when inhaling and squinting their eyes to keep out smoke. But some of the damage is internal. The nicotine in cigarettes causes the blood vessels in your outer layer of skin to narrow, impairing blood flow so that you don't get enough oxygen, vitamin A and other important nutrients.

Reducing Elastin and Collagen Damage

Quitting smoking may be the best decision you ever made if you want to have younger looking skin. In fact, every decade of smoking results in a perceived additional 2.5 years added to your age, according to "Allure Magazine." Smoking destroys collagen and elastin, which are necessary to keep skin firm, young and supple. According to the Mayo Clinic, there are over 4,000 chemicals in tobacco smoke, many of which damage your skin's collagen and elastin. As a result, your skin loses its strength and elasticity and begins to sag and wrinkle prematurely.

Decreasing Risk of Lip and Mouth Cancer

This year, over 8,000 people will die from oral cancers, according to the Oral Cancer Organization. One of the primary contributors to the development of oral cancers is the use of tobacco. In fact, according to the American Association of Oral and Maxillofacial Surgery, studies have shown that the death rate from oral cancer is four times higher for smokers than for nonsmokers. Quitting smoking will help reduce the risk of developing lip or mouth cancer.

Increasing Estrogen Levels

Smoking decreases the level of estrogen in your body, so quitting smoking helps to regulate your estrogen levels. Estrogen is necessary to keep skin firm. According to research published by the National Institute of Health, estrogen prevents dry skin and skin wrinkling.

Restoring Skin Color

Quitting smoking can help reduce the appearance of yellowish, gray or pale skin. Yellow nicotine stains on your fingers and fingernails will begin to disappear shortly after quitting smoking. Additionally, the lung disease emphysema can be caused by smoking. Emphysema causes shortness of breath, making the skin pale from lack of oxygen.

The poisons contained in cigarettes cause the liver to work harder to expel chemicals. This can make the skin turn an unhealthy yellowish-gray. By quitting smoking, your skin will begin to return to normal. In fact, 12 hours

after quitting, the carbon monoxide levels in your blood will return to normal, and two weeks after quitting, your lung function will begin to increase.



2.

Our Simple 4-Step Program!



To help repair your body from your time as a smoker, I want you to follow our simple 4- point program.

But to reap the most benefits from this program, it must become a way of life.

But the good news is that when you do that, your overall health will also be totally transformed!

Our program comes from the work and insights of four experts in their field. We have brought their ideas and programs together for you to create a helpful, healing and detoxing program that will begin the work of repairing your body.

Here's are the 4 steps I want you to follow every day.

1. Drink at least 2 Litres of pure water a day

This is one of the key methods in helping you to remove toxins and nicotine that had accumulated in your body after years of smoking.

2. Introduce the super foods -Spirulina and chlorella into your diet to help de-tox and dramatically repair your body.

3. Increase the amount of raw living food into your diet to further detox and repair your body.

4. Strengthen and detox your lungs and body by doing special breathing exercises every day.

Step 1

Water

The first step to repairing your body is to discover the healing miracle that is pure water.

And our first expert who will introduce this miracle substance to you is Bob McCauley.

First, let's tell you a little bit about Bob!

My Story of How I Achieved Great Health

by Bob McCauley

"I got my first warning sign that I was heading for physical ruin in 1992 after a stressful move from New Jersey to Michigan. I became quite ill over a 12 hour period and had to be taken to the hospital. The stabbing pain in my side was likely a kidney or gall stone, but the doctors never determined exactly what the problem was. Then it happened again one year later. I was on the road to the demise of my health.

Back then, I was a lacto-vegetarian. I consumed dairy products, but no meat at all. Even though I'd lived on a meatless diet for 12 years, I had acidified my body and laid myself wide-open to disease. I was in my thirties and wondered how I could have lived without meat for so long and still get sick. I got at least one cold or flu annually. One year, I had a chronic cough that



lasted six weeks and I was never so miserable in my life. I knew something was still missing in my health picture, but I didn't know what it was. I learned later that the foods I was eating were killing me because they were not raw.

I was a vegetarian for 18 years before I discovered Spirulina and Chlorella . I became a vegetarian while traveling through India in 1980 and always considered myself to be quite healthy. Becoming a cooked-food vegetarian is a small step toward health. Becoming a raw foodist is ten giant leaps. People take tiny steps toward health, which is good, but they wonder why they still get sick.

Around that same time I was introduced to **Ionized Water**.. I immediately realized that here was one of the most incredible things I had ever seen in my life.

There is nothing more important for the body than water and there is no better water than Ionized Water. No other water even comes close. The first line of defense against disease is a properly hydrated body. Learning that and discovering Ionized Water are the best lessons I have ever learned about health.

I became first a lacto-vegetarian, then vegan and now a raw-food vegan. Many people change to the raw lifestyle because of a health challenge, but I am not one of them. I slowly changed to the raw food lifestyle and now feel as healthy as I did when I was in my twenties.

Over the last six years I have learned that the body can cure itself of any disease. Therefore, if you are sick, it is because you allow yourself to remain sick. It is not the foods we eat, but rather what the body does with the nutrients from those foods that it uses to heal itself. The source of all disease comes from our diet.

I am the author of three books on health. My first book, Confessions of a Body Builder, is the only book explaining ionized water for the layman. The second one, Achieving Great Health in 90 Days or Less, first published in 2005 outlines my entire health protocol. My most recent book, The Miraculous Properties of Ionized Water was published in 2006. It is the only book written exclusively on the topic of Ionized Water.

As far as medical advice, I can offer none whatsoever. Anything regarding medicine should be between you and your doctor.

I am not a formally trained medical, health or nutritional professional in any way. What I know of health is what I have read, experienced and spoken with others about.. The reason I know almost nothing about medicine is because medicine does not lead to health. This book is essentially one person's opinion, that of my own. However, I challenge anyone to find flaw with the basic tenets of my health philosophy, which is that water and raw foods rule . What does it take to understand how to Achieve Great Health, a doctorate or a few letters behind your name? More than anything it takes understanding through experience and that is what I have done. This website provides the information of tools that I used to become truly healthy. I have reversed my aging process, rejuvenated my body at a cellular level. I am able to run six minute miles as I did when I was in my twenties because I have the body I had when I was in my twenties at a cellular level . I am in the best shape of my life, including my college days of track and cross country, although I don't train as hard as I did back then.

The human body is capable of curing itself of any disease. **All we need to do is hydrate the body, alkalize the body and detoxify the body.** The question is how can we do this. The protocol is simple: Ionized Water, Spirulina, Chlorella, Raw Foods, Exercise & Maintain Positive Mental Attitude. And it works each and every time it is tried, meaning that when my health protocol is followed, Great Health will result.

~ Bob McCauley

Step 1

Drink at least 3 litres of pure **water** a day

"The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality."

-- Herbert Spencer

Water: The Beginning of Life

Water is the universal solvent. Without it, life could not exist.

It assures the wheel of life continues: birth, death and renewal. It is the most common substance found on Earth. Water covers 80% of our planet, but only 3% is fresh water, most of it stored frozen in glaciers.

Algae, the first food on the planet billions of years ago, could not exist till there was water. Bacteria, the most primordial life form, cannot exist without water.

The human body is 69% water, the human brain 85% water, human bones 25% water and human blood 83% water.

Water is the body's most vital need, yet it is entirely ignored by scores of people who couldn't begin to tell you when they last drank a glass of water.

When the sun is high and hot, they reach for a soft drink to quench their thirst and end up dramatically dehydrating themselves and leaching out vital electrolytes, sometimes to dangerous levels.

The human body can only survive three days without water.

The average person loses nearly 2.5 liters of water every day due to perspiration, respiration, urination and defecation.

This must be replaced on a continuous basis.

Failure to do so results in an imbalance of vital fluids as well as a host of other bodily disparities, biases and deterioration.

"The role of water itself in the body of living species, mankind included, has not changed since the first creation of life from salt water and its subsequent adaptation to fresh water."

The human body craves water.

It is our body's solvent, something akin to what grease is to a machine. It lubricates our joints and organs. Water assists our muscles, heart, tissue, every cell and organ of the body to function optimally.



It is our greatest cleanser and detoxifier, carrying away poisons and toxins of all kinds. It prevents premature aging of the skin and internal body tissue. It is the primary ingredient in our blood.

When the optimal blood volume is reached through adequate intake of water, nutrients we consume are properly transported to every part of the body.

The brain uses 80% of the water we drink.

Consuming too much alcohol gives people a headache the following morning because it drastically dehydrates the fluids around the brain, sometimes to the point that the brain itself is resting against the skull.

Not drinking enough water will cause the body to actually retain water! Many people, even doctors, recommend that people stop drinking water to curb its retention, but no prescription could be worse.

Water becomes stored in extracellular areas, outside the cells, which manifests itself as swollen legs, hands and feet. Diuretics offer temporary relief at best, but as the water is driven out of these areas, essential minerals are lost with it. The body reacts by replacing the lost water at its first opportunity and the condition of bloating soon returns. The only way to rid the body of retained water is to drink plenty of water.

Sometimes water retention is caused by excess sodium (salt). The body retains water in order to dilute the high sodium concentration in the body. The only way to rid the body of the excess sodium is to force it out through the kidneys by drinking more water.

Water regulates our body's optimal weight by helping it to properly digest the food we eat, and to eliminate the waste.

Drinking adequate amounts of water naturally suppresses the appetite while helping to decrease fat deposits by metabolizing them.

Without enough water, the food we eat is not properly hydrated, therefore it does not pass through the body as quickly nor have its nutrients absorbed as readily by the body during the digestive process. This condition can lead to constipation, which can in turn lead to hemorrhoids. A slow moving digestive system is also associated with some types of cancer.

*"Chronic and **persistently increasing dehydration is the root cause of almost all currently encountered major disease of the human body.**"*

Dehydration can seriously impair kidney function.

The kidneys produce urine that carries away toxins from the body. If this condition becomes chronic, the body will retain water as a natural defense against dehydration, which can cause bloating and other maladies.

Any weight-loss diet should be accompanied by consuming large amounts of water.

In fact, weight loss cannot be accomplished in a healthful way if the body is not sufficiently hydrated.

If water is not present in the body, stored fat cells cannot be properly **metabolized**, or used up as fuel by the body.

Water provides tone to the muscles and prevents wrinkled, sagging skin that often appears after weight loss.

Drinking cold water can lead to weight loss because it causes the body to raise its metabolism in order to produce heat and maintain an internal body temperature of 98.6° F. This process is known as thermogenesis. It is this state of increased metabolism, which causes the body to expend energy and burn fat.

"High blood pressure, hypertension, is a result of an adaptive process to a gross body water deficiency."

Years of reaching for something to drink other than water has unfortunately trained many people not to drink water when they most need it.

When the body is receiving enough water, our natural thirst urge returns. People who rarely drink enough water have suppressed the urge of thirst to the point that they no longer realize their body is crying out every moment of every day for more water.

"Chronic cellular dehydration painfully and prematurely kills. Its initial outward manifestations have until now been labeled as diseases of unknown origin."

In his book, ***Your Body's Many Cries For Water***, **F. Batmanghelidj** contends that many diseases can be traced to dehydration at a cellular level where the body's cells are only hydrated from 70% - 90% of their total requirements, which leaves them in a perpetually weakened and defensive posture.

Given this kind of **chronically dehydrated state**, the cell can never function as it was designed to.

Almost all liquids other than water itself do not actually provide the body with much water at all. The reason is because it takes water for the body to process liquids such as juice, milk, coffee, tea, caffeinated drinks, alcohol and especially carbonated soft drinks, which significantly dehydrate the body.

*"In advanced societies, thinking that tea, coffee, alcohol and manufactured beverages are desirable substitutes for the purely natural needs of the daily "stressed" body **is an elementary but catastrophic mistake**. It is true that these beverages contain water, but what else they contain are dehydrating agents."*

We do not educate our children to drink water, but rather accustom them to consume soft drinks, processed juices, milk and ultra-sweet juice drinks.

Water is not typically a part of a child's routine in any way.

For instance, **children are not taught to drink a large glass of water just after waking in the morning.**

However, you will find that if you put a water cooler in your house, children will go for the water and leave the soft drinks and other beverages in the fridge. This is ***because the human body naturally, as well as subconsciously, tells us which substances it needs, which substances are good for it and what we should be drinking.***

"The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from purified water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine.

The more mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging."

There is a right time and a wrong time to drink water. **Any time is the right time except 30 minutes before a meal, during a meal and at least 30 minutes after a meal.** Drinking any liquid during mealtime is highly inadvisable because it impedes the digestive process.

Drinking any liquids during mealtime, including water, serves only to dilute digestion and leave food to rot in the gut instead of being properly digested. It is true that water is used abundantly in the digestive process, but it needs to be there well before the food is eaten. Not drinking any liquids just before, during and after a meal may take a little getting use to, but the benefits of great digestion, not artificially induced by some drug, are well worth it.

Always drink water before you are thirsty, especially now that you are have quit smoking.

By doing this, you will always remain hydrated.

Disease – and all the toxins in your body have a tougher time getting a foothold in the body because when it is well hydrated its organs, tissue and cells will have their best opportunity to fight disease. Athletic performance is also at its peak when the body is well hydrated and hampered when it is not.

So our first step in helping you to detox your body from years of smoking is to drink at least three litres of ionised water a day.

As with breathing, water is one of those obvious health enhancers that many people, including health professionals, overlook.

While researching material for this e-book, I was very surprised to find that only one out of every four health books mentioned water.

Water is vital to life, and it is cooling, soothing, refreshing, healing, detoxifying and tasty as well!

There are many good reasons to drink water, and many different ways to use water for self-help. Water is a miraculous compound of hydrogen and oxygen molecules that helps to make life possible on this planet. All living things rely on it.

Again and again remember:

Our bodies are composed of 65 percent to 70 percent water, with women having less water and more fat in their bodies. Every cell and every system in the body is dependent on water for healthy functioning. Without water, we will quickly become dehydrated and die, usually within seven days.

Always think in terms of "preventing thirst," rather than drinking water "in response to thirst."

Thirst can be an unreliable signal in the early stages of dehydration.

If you are thirsty, you are already dehydrated. Common signs of dehydration are fatigue, headaches, dryness of the eyes or nasal passages, inability to concentrate, dryness of the mouth, and dizziness. These symptoms, which many people experience daily and may believe are from other causes, may really be the result of lack of water.

When you do not drink enough water, your body tends to hold on to the water that it does have, thus reducing kidney function and the elimination of waste products. When this happens, your liver must flush out the impurities in your body, which hampers its ability to perform one of its main functions -- metabolizing stored fat into usable energy.

" Water not only cleanses inside the body, it cleanses the outside of the body and it can be a soothing therapy for the cravings and irritability that often accompany changes in your tobacco habit.

Soaking in warm or hot showers and baths, swimming in cool natural springs or hot spas, splashing your face with cool water, and soaking your feet in warm water are all recognized as effective tools for reducing stress and cravings.

Water simply has the magical ability to make us feel better, inside and out.

Let's review again the role of water in human body.

Functions of Water in The Body



Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid.

Take for example, brain consists of 85% water, if you do not supply enough water to your body, your brain cannot function well, and you will get headache or migraine. Hence, next time, if you feel fatigue and headache, it may be the sign of dehydration.

Symptoms of Dehydration, lack of water

Here are some of the symptoms that you need more water:

- **Dark Urine – Dark Yellow or Orange in Color:** Urine is generally pale yellow to clear when you have sufficient water intake. Dark color or strong smell indicates that you need to drink more water.
 - **Dry Skin:** Skin is the largest body organ and requires its share of water.
 - **Thirst:** Thirst is the most obvious sign that you're already dehydrated. It is always a good practice to drink more water when your are not thirsty, don't wait until you're thirsty.
 - **Hunger:** Most people mistake hunger for the indication to eat more, whereas in actual fact, they may be dehydrated. So before you have your meal, grab a glass of water.
 - **Fatigue:** Water is a source of energy and gives you a boost in energy.
-

Top 11 Health Benefits of Drinking Water

You will be amazed of the benefits of drinking water as follow: Apart from helping you now to heal and repair your body from the harm of smoking by cleansing and flushing out years of toxins.....

1. **Lose weight:** Drinking water helps you lose weight because it flushes down the by-products of fat breakdown. Drinking water reduces hunger, it's an effective appetite suppressant so you'll eat less. Plus, water has zero calories. [_](#)
2. **Natural Remedy for Headache:** Helps to relieve headache and back pains due to dehydration. Although many reasons contribute to headache, dehydration is the common one.
3. **Look Younger with Healthier Skin:** You'll look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturizes skin and increases skin elasticity.



4. **Better Productivity at Work:** Your brain is mostly made up of water, thus drinking water helps you think better, be more alert and more concentrated.
5. **Better Exercise:** Drinking water regulates your body temperature. That means you'll feel more energetic when doing exercises. Water also helps to fuel your muscle.
6. **Helps in Digestion and Constipation:** Drinking water raises your metabolism because it helps in digestion. Fiber and water goes hand in hand so that you can have your daily bowel movement.
7. **Less Cramps and Sprains:** Proper hydration helps keep your joints and muscles lubricated, so you'll less likely get cramps and sprains.
8. **Less Likely to Get Sick and Feel Healthy:** Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water adds with lemon is used for ailments like respiratory disease, intestinal problems, rheumatism and arthritis etc. In another words one of the benefits of drinking water is that it can improve your immune system.
9. **Relieves Fatigue:** Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, needs to work harder to pump out the oxygenated blood to all cells, so are the rest of the vital organs, your organs will be exhausted and so will you.
10. **Good Mood:** Your body feels very good and that's why you feel happy.
11. **Reduce the Risk of Cancer:** Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.

Can you see the importance of water to your body after understanding the above benefits of drinking water?

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H2O: The Toxic Avenger

Without enough water flowing through our systems to carry out wastes and toxins, we would literally drown in our own poisonous metabolic wastes.

I don't mean to sound alarmist, but this is no exaggeration. Even slight dehydration can wear down our systems in ways that seriously compromise our overall quality of life.

Just as the liver is crucial to the digestive process, **the kidneys are necessary for helping the body remove water and waste.**

The kidneys are a pair of small organs that are located near the spine at the small of the back. They take in about 20 percent of the body's blood each time the heart beats, cleans it of unwanted substances and then produce urine, the fluid by which these wastes are eliminated from the body.

Normal-functioning kidneys also control the concentration levels of body fluids. If body fluids are too dilute, the kidneys expel excess water via urine. If body fluids are too concentrated, the kidneys excrete the excess solutes and hang on to the water. In short, the kidneys are all about balancing the fluids and electrolytes in our bodies so that our systems run smoothly.

If the kidneys don't get the water they need to perform these filtering functions, our health deteriorates rapidly.

Here are the tips I share with my clients on how to get enough water in their diets.

- Drink one to two glasses of water as soon as you get up in the morning. You have been asleep for 6 to 10 hours, and that's a long time to go without any liquids. (This often helps people overcome their addictions to caffeine, as rehydrating the body and brain lead to clearer thinking and better energy.)
- Keep a beautiful pitcher of filtered water near your work space so that you are constantly reminded to drink during the day. Fill up the pitcher with the amount of water you want to consume in the day.
- Drink a glass of water before exercise.
- During exercise, drink about 8 ounces of fluid every 15 to 20 minutes.
- Avoid drinks with caffeine or alcohol, which have a dehydrating effect.
- Never restrict the amount of water you crave during regular exercise.
- Always make fluids a part of your exercise routine.
- Bottles, bottles everywhere! Keep bottles of water in your car, at the office, or around your work areas. One client of mine bought a whole case and kept it in the trunk of her car! Note 1

So as a non-smoker, I want you to drink at least 3 litres of pure water every day – but I want you to do it in a special way.

Instead of usually smoking, which you did in the past, I want you to drink your pure water instead -but I want you to drink it in a special way.

Pour out the water slowly slowly andas you are doing that, realize the GREAT CHANGE you have made in your life.

In the past you were putting.....

- DEATH
- SICKNESS
- DECAY
- And AGING.....into your body

You were killing yourself.

NOW, you will be enjoying the EXACT opposite.

Now, slowly start to drink the waterand as you do, celebrate this huge difference you have made to your life.

Now imagine this.....really visualise this.....

Clean, pure, life-giving WATER..... washing through your body..... CLEANING away and.....**DISSOLVING ALL the damage you have done to your body.**

Imagine it **WASHING** away the **FALSE** belief that you think that you **NEED** to smoke **TO BE HAPPY.**

Let it wash away the false idea that you need cigarettes to cope.

You don't.

You got on perfectly fine **BEFORE** you started to smoke.

Didn't you??

Really imagine.....

Now take the next step.

And start to **F-E-E-L** the goodness of the water, the **PURE ENERGY** of the water adding real sparkle, vitality, renewal and **LIFE** to your whole body...

- To your eyes
- Your skin
- Your hair
- Your bones
- Your muscles
-To your entire body.

Simply enjoy this everyday!

A **Special** Bath/ Shower!

As well as drinking lots of water, try to take a 'special' bath or shower everyday.

When you're relaxing in the bath, imagine the water of the bath achieving all the same results.....

Imagine the water seeping deep into every cell and organ of your body.....

DISSOLVING

CLEANING.....

CLEANSING.....

HEALING.....

AND RENEWING..... your body.....

Literally restoring it to the condition it was before you started to smoke!

Really imagine this.

Imagine the old, black, tarry decaying color of your old smoking addiction being dislodged and released from every part of your bodyand being sucked away forever into the plughole.

2.

Superfoods for Optimum Health..... Chlorella and Spirulina by Mike Adams



First, a little bit about Mike.

About the Author

The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *Health Seduction*, and many other books available at <http://www.TruthPublishing.com>. Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at <http://www.HonestFoodGuide.org>. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at <http://www.NewsTarget.com>.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.NewsTarget.com/AdamsHealthStats.html>.

Other books by the Health Ranger

Learn how to prevent chronic diseases like cancer, heart disease, obesity
For more information visit <http://www.TruthPublishing.com/7Laws.html>
Take Back Your Health Power!

Would you like to change your health outcome? Would you like to live the rest of your life in a pain-free body, free from disease, full of energy, blessed with lucidity and vibrancy? Thousands of other people are achieving this right now by applying the information revealed in this manual...

For more information visit

<http://www.TruthPublishing.com/TakeBackHealthPower.html>

The Most **Exciting Nutritional Discovery** on Planet Earth

Chlorella and spirulina are truly the most astounding food sources on planet Earth.

In this book, John has asked me to tell you all about the astonishing health benefits and nutritional achievements of these two foods, and you'll see why you need to get these into your diet immediately.

Most people have heard of chlorella and spirulina, but they don't really know the details of why these are truly the best food sources on the planet.

For example, did you know that, ounce per ounce, spirulina contains twelve times the digestible protein of beef?

It's a far better protein than beef, and it contains a much healthier mineral balance (such as magnesium) that just isn't found in beef.

Did you know that a phytochemical found in chlorella can actually rebuild nerve damage in the brain and nervous system? That's why chlorella is being used in the recovery of patients with Alzheimer's and Parkinson's disease.

Were you aware that both chlorella and spirulina can actually help to reverse cancer in the human body?

Both of these superfoods have been clinically shown to demonstrate stunning preventive and curative properties when it comes to all sorts of cancers.

And when you have given up smoking, they can play a vital role in repairing and re-doing the damage you did to your body through smoking.

That's just a taste of what these superfoods really have to offer.

These foods are so packed with healing properties that if pharmaceutical companies could patent them and sell them as drugs, they would cost \$100 a gram and be front page news all over the world.

Their ability to halt cancers would be heralded as a “medical breakthrough” and doctors everywhere would be urged to prescribe these substances to every one of their patients. It would be nothing less than a blockbuster, multi billion dollar pharmaceutical achievement.

But it isn't a drug, it isn't manufactured in a drug lab, and it doesn't cost \$100 a gram. In fact, it costs around 11 cents a gram from the sources I mention in this report, **and nature makes it for free.**

Why I'm So **Inspired** to Write About Chlorella & Spirulina

I'm also the editor of a variety of health websites, including MadCowNews.org (which covers mad cow disease, of course), FitnessHeadlines.com (fitness & strength training news) and HealthFactor.info (a site covering a wide variety of health topics). I've studied hundreds of books on health and nutrition, and I've invested over 4,000 hours in researching the links between foods and health.

I've also applied this information in my own life: I lost 50 pounds of body fat, took up strength training, shifted to a diet of 100% healthy, natural foods, and basically transformed my own health. So I'm not just a nutrition geek who writes about foods but doesn't have the experience it takes to really master the subject.

I live this stuff.

Finally, I consume both chlorella and spirulina every day. I eat them as foods, not as vitamins, which means I actually “eat” this stuff. And my health has never been better.

I use spirulina as my primary source of protein, since I rarely eat animal products, and I use chlorella for its astounding disease prevention and health enhancing properties, many of which I will share with you in this report.

Both chlorella and spirulina are foods that I believe in and that I strongly recommend to friends, family members, and anyone who wants to get healthier.

With that out of the way, let's get down to business and take a closer look at these amazing superfoods.

One of the first things people ask me about chlorella and spirulina is, “What are they made of anyway?”

Where Do Chlorella & Spirulina Come From?

Both chlorella and spirulina are microscopic plants that grow in fresh water.

They're actually called micro-algae, since they are microscopic forms of algae. And they've been around for quite some time: a few billion years, actually.

These are some of the earliest and simplest life forms on the planet, appearing way before animals roamed these lands.

These micro-algae contain an astounding array of nutritional elements: vitamins, macrominerals, trace minerals, essential fatty acids, protein, nucleic acids (RNA and DNA), chlorophyll, and a vast spectrum of phytochemicals. *They are thought to contain every nutrient required by the human body.*

Yes, you could literally live off these micro-algae.

You wouldn't need to eat much, either, since they are so nutritionally dense.

The "micro" part of their name is no joke: these superfoods range in size from 2 to 8 microns, which is about the same size as a human blood cell.

They appear green due to their chlorophyll content. Harvesting them requires special centrifuge equipment, which is one reason why individuals don't grow their own micro-algae for consumption. You have to get it from commercial processors who grow these superfoods in vast water farms located in regions of the world where the climate permits (the closer to the equator, the better, since there's more sunlight).

If chlorella and spirulina were sold with "Nutrition Facts" labels, those labels would be impressive indeed: zero refined carbohydrates, high in digestible protein, high in essential fatty acids, no "bad" fats, high in chlorophyll, and so on.

I'll list some of the known properties below. But it's also important to recognize that much of the healing phytochemical content in these superfoods is simply unknown. Scientists haven't isolated and named all the nutrients found in these plants. So it doesn't render a complete picture to just list all the vitamins and minerals found in powdered chlorella, for example. The vitamins and minerals that we know of are not the only ones that matter.

For example, in the early 1900's, doctors thought there were only four vitamins needed by the human body. Now we know of over a hundred vitamins, minerals, amino acids, and other substances that are necessary for optimum health. In the years ahead, we'll certainly find even more. And when we do, chances will be that they are already found in micro-algae.

Of the nutritive substances we know about, however, here's what you find in chlorella and spirulina:

- High-quality complete protein that is more dense and more digestible than any animal-derived protein. (Chlorella is 58% protein.)
- All the known B vitamins, including vitamin B12 which is almost never found in plants.
- Vitamin C
- Vitamin E
- Macrominerals: calcium, magnesium, zinc, potassium and many more
- Trace minerals
- Omega-3 fatty acids including GLA
- Mucopolysaccharides
- Beta-carotene
- Nucleic acids (RNA & DNA)
- Chlorophyll

Looking at the nutrients it provides, a well-informed nutritionist can only stare in awe: these are many of the nutrients needed by every human body, in near-perfect ratios! It's almost as if Mother Nature herself reached down from the heavens and said, "Here's the perfect food for all human beings..." and gave us micro-algae. They're that impressive.

The only thing that's not impressive about these superfoods is their publicity: thanks to the fact that **pharmaceutical companies can't profit from them, the true healing benefits of these superfoods are virtually unknown by Western medical professionals.**

As you'll see in the sections that follow, this is an extremely unfortunate situation, since the use of chlorella and spirulina in patients can not only prevent millions of cases of serious disease each year, it can actually help to reverse conditions like cancer.

It can even be used as an adjunct "complementary" therapy to help those who choose the Western medicine route and allow themselves to be subjected to chemotherapy, for example. But before we get into the medicinal uses, let's take a look at how it is being used around the world right now.

Are Chlorella & Spirulina the Answers to **Global Malnutrition?**

'The micro-algae have been a relatively new source of nutrition in the mainstream of industrial civilization during the last thirty years, although they have been used by certain traditional peoples in Latin America, Africa, and elsewhere for millennia. They will become increasingly important throughout the planet if other food supplies dwindle. Already spirulina cultivation projects are underway in various parts of the world, particularly where there is malnutrition.'

- Healing With Whole Foods by Paul Pitchford

Spirulina is more than just a superfood to help people prevent and reverse disease: it's an answer to global malnutrition and food shortages.

It can be grown in hot, sunny climates, which is exactly where much of the current malnutrition exists. It reportedly produces twenty times as much protein as soybeans when grown on equal-sized areas. And since soybeans already produce ten times as much protein as cows on a patch of land, it's easy to do the math and conclude that spirulina produces two hundred times as much usable protein as cattle ranching, acre per acre.

That's a profound comparison, especially when considering the continued rise in the global population and vanishing land resources. If we want to feed ourselves and our neighbors in the coming years, spirulina may be one of the most viable ways to do it.

Most people in developed countries like the United States are also malnourished, although you wouldn't know it from looking solely at the rising rates of obesity. Although we tend to have far too much body fat, we also suffer from alarming nutritional deficiencies. **Nearly all Americans are deficient in magnesium, zinc, calcium, the B vitamins, and omega-3 fatty acids.**

And as smokers who have damaged your health by smoking, your body will now be screaming out for all these vitamins and minerals so that it can heal and regenerate itself.

Worse yet, few people in developed countries intake adequate daily levels of phytochemicals (like chlorophyll) that demonstrate remarkable healing abilities such as destroying cancer tumors, rebuilding damaged nerve tissue, enhancing brain function, and so on.

In this way, most Americans are, themselves, quite malnourished, even as they suffer from being overweight.

That weight has come **primarily from consuming massive quantities of refined carbohydrates that lack any notable nutritional content.**

That's how this seeming contradiction exists: **we are overfed, but undernourished.**

That's why getting chlorella and spirulina into the diet can have such astonishing health benefits!

It's like delivering a windfall of nutrition that the body has been craving for years. Let's take a closer look at how chlorella and spirulina actually transform your health.

The **Astounding Health Benefits** of Chlorella & Spirulina

What can these two superfoods really do for your health? They offer a stunning array of health benefits.

Chlorella and spirulina have been shown to be effective in treating and even helping to reverse the following conditions:

- Cancers (all types)
- Obesity
- Diabetes
- Hypoglycemia
- Arthritis
- Depression
- Severe liver damage and liver disorders
- Intestinal ulcers
- Hemorrhoids
- Asthma
- High blood pressure
- Constipation
- Bleeding gums
- Infections
- Inflammation of joints and tissues
- Body odor / breath odor
- Various degenerative diseases
- Essential fatty acid deficiencies
- Mineral deficiencies
(magnesium is a common deficiency)

Both chlorella and spirulina are particularly useful for:

- People with poor digestion and assimilation (these micro-algae are easy to digest and absorb)
- People with poor vitality and anemia
- Individuals who consume large quantities of animal protein (the micro-algae protein, in contrast, is easier to digest and offers a far healthier balance of minerals)
- People who eat refined or processed foods
- People who take prescription drugs (spirulina protects the kidneys and liver)
- People who are overweight or obese
- People who engage in physical exercise and / or strength training
- People with low energy levels (feeling depleted, exhausted, etc.)

In fact, both chlorella and spirulina have been described as “the perfect food:”

Chlorella:

“Chlorella has been touted as the perfect whole food.

Aside from being a complete protein and containing all the B vitamins, vitamin C, vitamin E, and the major minerals (with zinc and iron in amounts large enough to be considered supplementary), it has been found to improve the immune system, improve digestion, detoxify the body, accelerate healing, protect against radiation, aid in the prevention of degenerative diseases, help in treatment of *Candida albicans*, relieve arthritis pain and, because of its nutritional content, aid in the success of numerous weight loss programs.

- **Earl Mindell's Vitamin Bible**

Spirulina:

“Spirulina's predigested protein provides building material soon after ingestion, without the energy-draining side effects of meat protein; its mucopolysaccharides relax and strengthen connective tissue while reducing the possibility of inflammation; its simple carbohydrates yield immediate yet sustained energy; its GLA fatty acids improve hormonal balance; and its protein-bonded vitamins and minerals, as found in all whole foods, assimilate better than the synthetic variety. Spirulina can generally be considered an appropriate food for those who exercise vigorously, as evidenced by the many world-class athletes who use it.”

- **Healing With Whole Foods by Paul Pitchford**

Chlorella and spirulina have such strong health benefits that even well-known doctors and authors use these products and note their benefits:

It is possible that the GLA found in spirulina and possibly these other products accounts for some of the positive effects that people experience when using them, including decreased appetite, weight loss, and improved energy levels, especially mental energy. I personally have used all of these products and must say I have experienced a subtle increase in mental clarity and alertness (not like a nervous, caffeine-type stimulation). These algae must subtly stimulate our nervous systems or release certain internal neurochemicals that create this “up” feeling.

- Staying Healthy With Nutrition by Elson Haas, M.D.

In all, these two superfoods are effective in not just reversing a long list of serious diseases (discuss in far more detail below), they are powerful health enhancers that demonstrate phenomenal benefits even to people who are in “good” health!

The Treasure Inside: Chlorella & Spirulina

Both chlorella and spirulina are packed with nutrients and phytochemicals that boost health and fight disease.

In this section, we'll take a closer look at their major nutritional components and see just what these superfoods have to offer.

Chlorella is a tiny, single-celled water-grown alga containing a nucleus and an enormous amount of readily available chlorophyll. It also contains protein (approximately 58 percent), carbohydrates, all of the B vitamins, vitamins C and E, amino acids, and rare trace minerals.

In fact, it is virtually a complete food. It contains more vitamin B12 than liver does, plus a considerable amount of beta-carotene.

- A-to-Z Guide To Supplements, James F. Balch M.D.

Protein

Spirulina is simply the world's most digestible natural source of high quality protein, far surpassing the protein **bioavailability of even beef (which most people consider to be the #1 source of protein)**.

The digestive absorption of each gram of protein in spirulina is four times greater than the same gram of protein in beef. And since spirulina already contains three times more protein (by weight) to begin with, the net result is

that, ounce for ounce, spirulina offers twelve times more digestible protein than beef. That's an astounding difference.

It means that spirulina is the ideal food source for people working to get more protein into their diets:

- People on low-carb, high-protein diets like the Atkins Diet or the South Beach Diet.
- People who exercise vigorously or engage in strength training.
- People who are frail, who have trouble gaining weight, or who are malnourished.

In fact, there's probably no better single food source on the planet than spirulina for these people. The protein found in spirulina is also a complete protein, meaning that it contains all eight essential amino acids, unlike beans, whole grains and other plant-based foods that typically lack one or more amino acids.

Personally, I've found spirulina to be the perfect replacement for meat in my own diet. For a variety of reasons that I don't have the space to write about here, I prefer to avoid animal meats in my diet. But tofu and soy products have never given me the "fullness" feeling of animal proteins.

Spirulina is the only plant I've ever found that gives me as much protein as eating animal products.

And I only need a few grams of spirulina to get the job done: I frequently take 5 grams with each meal, and I find it does the job of eating an entire serving of animal meat.

When it comes to protein, the bottom line is that spirulina is the world's best source for it. You can't grill it like a steak, but if you really want the best protein nutrition you can get, spirulina can't be beat.

The Vitamin & Mineral Content of Chlorella & Spirulina

I've already mentioned many of the vitamins found in these micro-algae: all of the B vitamins, Vitamin C, Vitamin E, provitamin A, and so on. But what's important about these vitamins isn't just that they are present: *it's the fact that they are found in their natural forms in these micro-algae.*

In other words, if you take "bulk" vitamin supplements, you are often taking synthetic vitamins that have been manufactured in a chemical plant from ingredients that you'd never normally eat.

These synthetic vitamins may be molecularly similar to the vitamins found in plants, but clinical trial show that they aren't the same in effect. There's something almost magical about vitamins found in plants: they're simply more healthful, more absorbable, and more effective at getting the job done.

That's why I never recommend people take isolated vitamins in pill form. There's simply no need to. The best way to take vitamins is to eat vitamin-rich superfoods like chlorella and spirulina. In this way, you get all the vitamins you need, in the proper natural form that the human body was meant to digest.

And you don't have to worry about dosages, either. If you take both chlorella and spirulina, you automatically get near-perfect ratios of the most important vitamins and nutrients your body needs.

That's one reason why these superfoods are called "perfect foods."

In fact, you can eat these in large quantities without any worry of overdosing on individual vitamins. Whatever vitamin you need: C, E, B, A, and so on, chances are that it's found in either chlorella or spirulina.

Minerals

Virtually all Americans are deficient in certain minerals like magnesium and zinc. That's because all refined foods have had their mineral content stripped. When a food processing plant refines wheat berries to make white flour, it removes as much as 98% of some minerals.

The resulting powdery substance -- white flour -- is technically unfit for human consumption because it is nutritionally deficient and simply cannot sustain human life.

That's why they have to "enrich" these flours: by law, certain vitamins have to be put back in just to prevent the more obvious nutritional deficiency diseases like beriberi and ricketts!

By eating these processed foods, and by smoking, and by not getting enough "natural" foods like chlorella and spirulina, most Americans simply don't get enough magnesium and zinc in their diets, not to mention trace minerals and other macrominerals.

Worse, yet, virtually all low-carb dieters are calcium deficient due to the high acidity of their diets and their near-complete lack of dietary magnesium thanks to eating animal meats and dairy products. Although they are technically eating moderate amounts of calcium found in meats and dairy

products, their bodies can't use it because they don't have the magnesium and Vitamin D necessary to turn calcium into strong bones.

What all these people have in common, and especially people who have quit smokingis a serious need for mineral balance in their bodies.

They need more magnesium, more zinc, more trace minerals, and better sources of potassium and calcium, just to name a few. Truly, this need is present across the board. Hardly a person can be found who isn't deficient in one or more of these minerals.

With chlorella and spirulina, however, you can reverse your mineral deficiencies because these superfoods are rich in minerals!

An ounce of chlorella, for example, contains far more calcium than an ounce of milk.

So much for the "milk builds strong bones" hype: chlorella's calcium and magnesium content far surpasses milk in building strong bones.

Many people, in trying to deal with calcium deficiencies, take calcium supplements containing calcium carbonate. That's made primarily from ground up seashells, and this brings up a question: do people really need to be eating ground up seashells?

Of course not.

The idea of eating seashells is absurd, yet that's exactly what people are doing when they take common calcium supplements. Sure, you're "taking" the calcium, but are you absorbing it?

Probably not.

Similarly, many people take coral calcium supplements, which are made from ground up coral reefs instead of ground up seashells. Once again, it's probably better than taking nothing at all, but were human beings really meant to eat coral reefs? Of course not! Scuba divers like to observe coral reefs, but you never find them chewing on reefs. This is not a food source intended for human beings. In fact, no animal on planet Earth eats coral reefs!

Plants, on the other hand, are fully intended for human consumption. The human digestive system reveals this truth in rather obvious ways, such as the need for dietary fiber in order to support healthy bowel movements, not to mention the existence of certain vegetable-grinding instruments found in the mouths of every human being: they're known as "molar teeth."

Clearly, our bodies were designed to chew vegetables, not seashells or coral reefs.

Not surprisingly, then, it's **plants that offer the healthiest sources of the vitamins and minerals our bodies really need -- in the form we need.**

Put simply, the minerals in micro-algae are easily absorbable by the human body. If you experienced some health benefits from taking coral calcium, you'll be stunned at the much stronger benefits from consuming micro-algae.

The plants richest in chlorophyll—the micro-algae and cereal grasses—were cited earlier as good sources of magnesium. Green plants also have the greatest concentration of calcium of any food; because of their magnesium, chlorophyll, and other calcium cofactors, increasing the consumption of green plants often is a simple solution to calcium problems.

- Healing With Whole Foods by Paul Pitchford

The **Essential Fatty Acids** Found in Chlorella & Spirulina

Essential Fatty Acids (EFAs) are the “good” fats you've been increasingly hearing about in recent years.

Your body can't live without them. They're needed for a healthy heart, a healthy nervous system, and especially a healthy brain (the human brain is around 80% fat).

You've no doubt heard about omega-3 EFAs. Perhaps you've also heard of GLA (gamma-linolenic acid, found in borage oil) and DHA (docosahexaenoic acid, found in many fish oils). If you've read anything about low-carb dieting or the “Mediterranean Diet,” you know that the consumption of these healthy oils, from sources such as flax oil, produces astounding health benefits in the human body. Heart disease and various cardiovascular disorders respond quickly and positively.

Brain function is improved, diabetes is brought under control, blood sugar is regulated, and cancer risk soon plummets.

Most of us think of these oils coming from fish or seeds. That's why I was pleasantly surprised to learn *that chlorella and spirulina contain these essential fatty acids!*

I was stunned to learn that Spirulina contains a sizable dose of GLA and omega-3 fatty acids. It is especially high in GLA, which is something that is almost universally lacking in the American diet. Human breast milk is high in GLA, probably due to the infant child's need for brain-building fats.

And since many infants never gained the important nutritional benefits of their mothers' milk, they've been GLA-deficient for their entire lives. The American diet of processed foods contains virtually no GLA whatsoever. And low-carb dieters aren't getting any either, unless they specifically supplement it.

But you can get it from spirulina: The richest whole-food sources of GLA are mother's milk, spirulina micro-algae, and the seeds of borage, black currant, and evening primrose. GLA is important for growth and development, and is found most abundantly in mother's milk; spirulina is the next-highest whole-food source.

We often recommend spirulina for people who were never breast-fed, in order to foster the hormonal and mental development that may never have occurred because of lack of proper nutrition in infancy. The dosage is the amount of oil that provides 150-350 mg GLA daily. A standard 10-gram dosage of spirulina provides 131 mg of GLA.

- Healing With Whole Foods by Paul Pitchford

I'd like to note the last sentence of the quote mentioned above: a standard 10-gram dosage of spirulina provides 131mg of GLA. This is important to understand, because almost everyone who takes spirulina or chlorella takes far too little to be effective. They frequently make the mistake of thinking these superfoods are medicines or drugs, and they take one or two tablets at a time.

That provides only one gram of spirulina, which is 1/10th the recommended standard dosage. You can't get much benefit from just one gram. These superfoods aren't drugs. They aren't medications.

They are foods. You can eat them like you eat a salad or a steak. You can eat a hundred grams a day and be all the better for it.

I discuss this in more detail in a later section, but the important point here is that most people take far too little to be of much help! If you really want to get well on these superfoods, you've got to take large quantities. These are foods, remember, not pills. As I mentioned earlier, I take 5 grams at each meal, and even that dose is considered only half of a "standard" dosage.

The Astounding Chlorophyll Content of Chlorella & Spirulina

Chlorella is the richest source of chlorophyll on planet Earth. What's so good about chlorophyll?

There's nothing more cleansing and detoxifying than chlorophyll.

And people who follow Western diets (high in processed foods and animal foods) and especially for you ex-smokers are in desperate need of cleansing and detoxifying.

Here's something interesting: chlorophyll actually helps remove heavy metals from your body that have accumulated due to the ingestion of contaminated food products.

Certain sea foods are especially known to contain dangerous levels of heavy metals like mercury, but these contaminants are also found in animal products and even non-organic crops. If you've been eating refined foods, you undoubtedly have mercury, cadmium, arsenic, lead, PCBs and other contaminants in your body. The chlorophyll in chlorella actually helps remove those heavy metals from your body, which can have seemingly miraculous benefits to your health.

Chlorophyll is also a general detoxifier that supports liver function so that your lives can do a better job of eliminating toxins from your system.

Chlorella vs. Spirulina

In this section, I've talked about chlorella and spirulina as if they were twins. But they aren't: each has a unique nutritional profile. Although I strongly recommend using them both as part of every meal (I do), you may find yourself needing one or the other based on certain circumstances.

So here's the score:

Chlorella:

- A better source of chlorophyll, which makes it more detoxifying and cleansing.
- It is especially good for people with liver disorders or people who drink or smoke.
- It is very helpful for people with dry stools who suffer from constipation.
- It is especially good for people who need “rebuilding” -- people who suffer from degenerative diseases (muscle, nervous system, etc.) or people who are frail.
- Contains Chlorella Growth Factor (CGF), which boosts the immune system, reverses cancer, and offers other health benefits.
- CGF also helps repair nerve tissues throughout the body and is excellent for treating degenerative brain and nerve disorders.

Spirulina:

- A superior source of digestible protein. Contains 12 times the protein of beef.
- Easier on the digestive system than chlorella, which can cause diarrhea in sensitive individuals.
- The best source of gamma-linolenic acid (GLA), a “good” fat necessary for the human brain, proper heart function, and other body systems.
- Contains phycocyanin, a potent anti-cancer phytochemical that also gives spirulina its characteristic blue hue.

As you can see, both chlorella and spirulina offer a vast range of health benefits, and many of their strengths overlap. That's why I generally recommend that people consume both in substantial quantities. As a general rule, you should consume spirulina and chlorella in a 2:1 ratio. In other words, if you take 10 grams of spirulina a day, take 5 grams of chlorella, too.

Chlorella & Spirulina for **Preventing & Reversing Cancer**

Some micro-algae have very favorable nutritional profiles for cancer and immune therapies.

Spirulina, chlorella, and wild blue-green provide cellular protection with exceptional amounts of beta carotene (provitamin A) and chlorophyll.

Chlorella, the algae to emphasize in those with the greatest deficiency, stimulates immunity in the treatment of all degenerative diseases by means of the “Chlorella Growth Factor” (CGF). Spirulina is rich in phycocyanin, a pigment with anti-cancer properties. Spirulina is also the highest plant source of gamma-linolenic acid (GLA), a fatty acid which strengthens immunity and inhibits excessive cell division.

- Healing With Whole Foods

As you can see from the quote above, the anti-cancer properties of both chlorella and spirulina are rather remarkable. Of the few key phytochemicals that have been identified in these micro algae, their known anti-cancer properties are nothing less than astonishing. And yet these foods probably work on many levels to combat cancer, going far beyond the handful of phytochemicals that have been identified. Remember: chlorella and spirulina contain hundreds or thousands of phytochemicals, and very few of those have been identified or clinically tested.

Overall, however, micro-algae have been subjected to a fair amount of anti-cancer testing. The results of those tests have earned chlorella a rather impressive mention in the book *Herbal Medicine, Healing & Cancer* by Donald R. Yance:

Chlorella is a one-cell blue-green alga that is highly nutritive as a food and also stimulates the immune system. It increases macrophage activity and has shown antitumor effects. Chlorellan is a substance found in chlorella that stimulates interferon production. There are several papers on the prevention and/or inhibition of cancer using chlorella as well as documentation of its DNA repair mechanism. Of all the super green foods, chlorella is the one that impresses me the most. Chlorella's anti-cancer reputation is well, earned, too. Dozens of studies have shown it to exhibit truly miraculous anti-cancer effects. At risk of wearing out this metaphor, I have to say once again that if the pharmaceutical companies had a name-brand drug that demonstrated the same effects as chlorella, it would be heralded as a "cure for cancer" and would undoubtedly receive an endless parade of positive press on all the news networks. When it comes to cancer, chlorella is truly that good.

More Studies Showing How Chlorella Prevents & Reverses Cancer.

There have been dozens of animal studies on chlorella and chlorella extracts involving immune response to cancer. One such study involved mice given chlorella prior to transplantation of mammary carcinoma. The results were a 70 percent sixty-day survival of the chlorella group versus no survival in the control group. Mice in the control group were also transplanted with tumors but did not receive chlorella.

In 1990, a study on chlorella was performed at the Medical College of Virginia. Fifteen glioblastoma patients were administered 20 grams of powdered chlorella and 150 ml of liquid chlorella, in some cases combined with standard chemotherapy and/or radiation therapy. There was a significant increase in health and immune status immediately, and a striking 40 percent two-year survival rate was reflected in follow-up studies.

This is extremely rare for this type of tumor, which normally might yield a 10 percent survival rate after two years.

There are other beneficial algae, such as spirulina, a blue-green alga, and other super green foods, but I believe chlorella is the best, particularly for people with cancer and/or a weak constitution.

- Healing With Whole Foods by Paul Pitchford

Note that in one of the studies mentioned above, chlorella was used in conjunction with chemotherapy and radiation therapy and still managed to achieve stunning improvements in the survival rates of cancer patients who would have normally died within two years. And note that the patients were administered a mere 20 grams of chlorella, which is a small dose. I eat half that much chlorella every day, so in a week's time, I'm eating perhaps 70 grams of chlorella, or more than three times the dose received by these cancer patients.

With this, I think you can begin to see the anti-cancer healing power of chlorella. Its results can only be described as stunning:

Chlorella helps protect the body in its fight against both viruses and cancer.

A series of studies during the 1980s showed that tumor growth in mice could be reduced or stopped by injecting a water solution of chlorella around the neoplastic growth. Even tumor regrowth was cut down significantly. In another study by the same researchers, tumor cells were killed completely by the chlorella injection. The researchers then began to give chlorella in oral form, and the antitumor effect was still significant.

- Herbal Medicine, Healing & Cancer by Donald R. Yance

I'm not sure if you share the same excitement about chlorella that I do, but if you take a closer look at the study mentioned above, it basically reveals a potential cure for cancer. Simply inject chlorella into the tumors, and they are "killed completely." The study, entitled, "Augmentation of Antitumor Resistance by a Strain of Unicellular Green Algae, Chlorella Vulgaris," was published in 1984 in Cancer Immunology and Immunotherapy.

With a finding this astounding, you would think that every doctor, medical researcher, and government health official would be intent on learning how to apply this knowledge to healing cancers all around the world. Chlorella is dirt-cheap from a medical point of view, and by simply injecting it into breast cancer tumors, those tumors are killed. But therein lies the problem: chlorella is dirtcheap!

There's no real money in chlorella injections, regardless of how well they work!

Yet More Clinical Evidence That Chlorella Fights and **Prevents** Cancer

Yet the anti-cancer properties of chlorella are hard to argue with. There have been a number of studies demonstrating similar anti-cancer properties for chlorella:

A study on chlorella published in Japan in 1992 showed that chlorella has impressive effects on blood chemistry. It increased red blood cells, white blood cells, platelets, and albumin. The ability of chlorella to increase albumin is vitally important because so many people with cancer have a decreased level of albumin. This decreased level correlates with a poor prognosis; chlorella is a truly important supplement for anyone whose albumin level is low.

- Herbal Medicine, Healing & Cancer by Donald R. Yance

The healing properties of these micro-algae are, of course, only available from the whole food, not isolated or extracted chemicals:

Animal studies have shown that mixed carotenoids, such as Spirulina and Dunaliella species of algae, have significantly greater tumor-killing ability than beta-carotene alone. No antioxidant vitamin or flavonoid should be taken alone.

- Health And Nutrition Secrets by Russell Blaylock, M.D.

One of those anti-cancer phytochemicals has been mentioned: phycocyanin. This phytochemical found in spirulina is what gives it a dark blue / green hue. It also probably contributes to the unique taste of spirulina, which some people find somewhat pleasant, or at least tolerable. Interestingly, the pigmentation of phycocyanins makes them ideal for coloring foods, beverages and cosmetics. Instead of using artificial colors derived from coal tars, manufacturers can use plant-derived pigments to add color to their products. What they probably don't realize, however, is that by doing so, they are also adding anti-cancer properties to their products!

Spirulina contains the blue pigment phycocyanin, a biliprotein that has been shown to inhibit cancer colony formation.

- Herbal Medicine, Healing & Cancer by Donald R. Yance

This phycocyanin has been shown to be effective against liver cancer as well: Spirulina contains concentrations of nutrients unlike any other single grain, herb, or plant. It contains gamma-linolenic acid (GLA), linoleic and arachidonic acids, vitamin B12 (needed, especially by vegetarians, for healthy red blood cells), iron, a high level of protein (60 to 70 percent), essential amino acids, the nucleic acids RNA and DNA, chlorophyll, and phycocyanin, a blue pigment that is found only in blue-green algae and that

has increased the survival rate of mice with liver cancer in laboratory experiments.

- A-to-Z Guide To Supplements by James F. Balch, M.D.

In all, the anti-cancer properties of both chlorella and spirulina make these superfoods absolutely necessary dietary supplements for anyone battling cancer or who may be at risk for cancer.

And as ex-smoker, this does NOT mean that you will necessarily get cancer - but if you eat processed foods or follow the standard American diet, you are definitely "at risk" for cancer, since so many of the foods that make up the American diet are, themselves, promoters of cancer.

Every doctor should be aware of the anti-cancer properties of chlorella and spirulina, and these superfoods should be "prescribed" as both **cancer prevention foods** and cancer therapy for patients currently battling the disease. In my opinion, any person suffering from cancer should immediately begin introducing both chlorella and spirulina into their diets, even if they choose to undergo "Western" anti-cancer procedures like chemotherapy and radiation.

Furthermore, any person who knows someone with cancer has, I believe, a social responsibility to at least make them aware of this information so that they can make their own informed decisions about how to reverse their cancer, if they so desire.

Chlorella is one of those things that falls into the "can't hurt" category when it comes to battling cancer.

No matter what form of therapy you choose to undergo -- radiation, chemotherapy, surgery, or something more holistic -- chlorella can only improve your results. If it were me, I would absolutely not undergo any radical therapy like radiation or chemotherapy. I would ingest large doses of chlorella at every meal and pursue other anti-cancer strategies that have been proven far more effective, such as taking graviola tincture, eating apricot kernels, consuming large quantities of raw broccoli sprouts, eating as much garlic as I could stand, and so on. There are many natural therapies that reverse cancer.

We have way too much cancer in the world, and the answer to many cancers is available right now in the form of these remarkable water plants. It is time that we put nature's gift to work in healing diseases like cancer that are ravaging our population.

And yet, these are just a few of the many clinically researched health benefits demonstrated by chlorella. Are you beginning to see just how

miraculous this food really is? There's probably not a person on the planet who couldn't benefit from chlorella.

The cleansing effect of chlorella and spirulina isn't limited to only those who engage in substance abuse. Thanks to environmental toxins, air pollution, water pollution and other contaminants, we are all exposed to toxic substances, even if we avoid the worst habits like smoking. As a result, we can all benefit from the cleansing and detoxifying effects of chlorella and spirulina.

How to Take Chlorella & Spirulina

Let's talk about how much chlorella and spirulina you should actually take. The following figures are based on an average 150-pound adult. Adjust proportionally to your own body weight.

Spirulina

- Disease-fighting dose: 20 grams / day
- Maintenance dose: 10 grams / day
- Athlete dose: as much as 60 grams / day
- Upper limit: there is no upper limit. You can eat spirulina like food. If you eat "too much," you will simply get full.

Chlorella

- Disease-fighting dose: 10 grams / day
- Maintenance dose: 5 grams / day
- Upper limit: there is no upper limit, but introduce chlorella into your diet gradually and monitor your stools. Since chlorella can result in mild diarrhea in some persons, introduce it slowly. (Your body will adapt over a period of a few weeks, allowing you to take more.)

Once again, most people take far too little of these foods. I've seen people take two tiny tablets of chlorella -- about 300mg -- and declare they've "taken my chlorella for the day!" That's like eating one bite of broccoli and expecting to receive the full health benefits of broccoli.

In order to be effective, you've got to take the much larger doses mentioned above. If you buy chlorella in tiny tablets, as it is often sold, that means taking a handful of tablets with each meal.

Here's a tip: don't count out the tablets every single time. Count them once so you know what five grams looks like. After that, just grab a handful and toss it down your throat. It doesn't matter if it's off by a few tablets.

Remember: these aren't drugs. You don't have to be exact about it, just make sure you're getting at least the doses mentioned above.

There's no harm in taking more, of course. Aside from the health benefits I've described here, the main thing you'll notice is that your stools will turn green. This is an indication that you're getting a good dose of chlorella and spirulina into your diet. If your stools aren't green, you aren't taking enough.

Frequently Asked Questions About Chlorella & Spirulina

How frequently should I take chlorella and spirulina?

With every meal, every single day. You do not need to "cycle off" these superfoods. You can eat them every single day for the rest of your life.

For how many weeks or months should I take them?

Only take chlorella and spirulina for as long as you wish to be healthy. Plan on taking them for at least one year in order to experience their full health benefits, since it may take time for these superfoods to detoxify your system, remove heavy metals, support immune function, fight precancerous cells, improve digestion, regular blood sugar, and so on.

Will eating these superfoods turn my stools green?

Yes. It's totally normal. If your stools aren't green, you probably aren't eating enough.

What's the best form for taking chlorella / spirulina supplements?

Many of the "popular" chlorella supplements are made into small compressed tablets. This form is fine, but I personally prefer capsules, since they are easier to swallow and disintegrate more quickly in the stomach. If you can handle the taste, using these micro-algae in powder form is also a good way to increase your daily intake. You can blend them into drinks (soymilk + flax oil + banana + unsweetened cocoa powder + stevia + spirulina makes a highly nutritious drink), or mix them into soups, cereals, or various recipes. Get creative, and get used to your food looking green. Green is good.

Step 3

Increase the **Amount Of Raw Food** in your Diet!

Please **read** the following.

The following is an account of an extraordinary three-part experiment comparing the effects of **raw foods versus cooked foods in rats**.

This account is taken from a book titled Goldot, by Lewis E. Cook, Jr. and Junko Yasui:

Group 1

"It has been found that a group of rats who were fed diets of raw vegetables, fruits, nuts and grains from birth grew into completely healthy specimens and never suffered from any disease. They were never ill. They grew rapidly, but never became fat, mated with enthusiasm, and had healthy offspring. They were always gently affectionate and playful and lived in perfect harmony with each other. Upon reaching an old age, equivalent to 80 years in humans, these rats were put to death and autopsied. At that advanced age, their organs, glands, tissues and all body processes appeared to be in perfect condition without any sign of aging or deterioration.

Group 2

A companion group of rats were fed a diet comparable to that of the average American and included white bread, cooked foods, meats, milk, salt, soft drinks, candies, cakes, vitamins and other supplements, medicines for their ailments, etc. **During their lifetime, these rats became fat and from the earliest age, contracted most of the diseases of modern American society including colds, fever, pneumonia, poor vision, cataracts, heart disease, arthritis, cancer, and many more.**

Most of this group died prematurely at early ages, but during their lifetime, most of them were vicious, snarling beasts, fighting with one another,

stealing one another's food and attempting to kill each other. They had to be kept apart to prevent total destruction of the entire group. Their offspring were all sick and exhibited the same general characteristics as the parents.

As this group of rats died one by one or in epidemics of various diseases, autopsies were performed revealing extensive degenerative conditions in every part of their bodies. All organs, glands, and tissues were affected, as were the skin, hair, blood, and nervous system. They were all truly total physical and nervous wrecks. The same conditions existed in the few which survived the full duration of the experiment.

Group 3

A third companion group of rats was fed the same diet as the second group to an age equivalent to about forty years in humans.

They displayed the same general symptoms as the second group. They were sick and vicious so that they had to be separated to prevent them from killing each other and stealing one another's food.

At the end of this initial period, all rats in this group then received the natural (raw) diet of the first group of rats.

Within one month, the behavioral pattern had changed completely so that the now docile, affectionate, playful creatures were once again able to live together in a harmonious society and from this point on never suffered any illness.

Several rats were put to death and autopsied at the end of the initial period revealing the same general deterioration as that exhibited in the second group of rats.

However, the remaining rats lived out the full duration of the experiment, to the equivalent of 80 years in humans, and when they were autopsied there were no signs of aging or deterioration or disease just as those in the first group. The obvious disease, degeneration, and deterioration of body parts evident in their first half of life had been completely reversed and excellent health restored.

The author then ends with this comment: "The same principles apply to human life as there is only one Truth! Thus, it may be concluded that sick people may be restored to health simply by choosing the proper diet and observing the other rules of health. There is no mystery. There is no external force that will help -- all healing is accomplished within the body, by the body, in accordance with the laws of organic life and health."

Why Eat Raw Food?

Raw Foods Diet and its Health Benefits

Yes, I know it is a big one!

Eat more and more raw living food in your diet. In fact I'm going to ask you, over time to make 50-75% of your diet raw.

And if you do- I'll tell you one thing – it will literally change your health forever.

And after about 99 days you will be utterly AMAZED at the incredible difference not only to the health of your body – but to how you feel?

When I was first asked to go 50-75% raw – I thought this was total nonsense.

Crap.

No-way.

Not a hope.

Not a chance!

I thought it was just another meaningless fad diet idea that comes and goes and is never heard of again.

But today, I can tell you IT HAS CHANGED MY LIFE.

It is by far one of the most important changes I have ever made to my life.

And ever will.

So I want you to consider radically **increasing** the amount of whole RAW LIVING food you eat in your diet.

And remember you have already started the process by adding the superfoods **chlorella and spirulina** to your diet!

They are the best, most nutritional, rejuvenating whole raw foods in the world.....

As an ex-smoker, right now in your life you need to radically improve the health of all the organs of your body, especially your immune system.....and a healthy, life-abundant raw food diet is probably the most powerful and the quickest ways to do this.

Raw Living Food

Most people have heard of the Raw Foods Diet, also known as a **living foods diet**, or the raw vegan diet.

When you heard of it in the past, you may have passed it off as just another fad diet, one that doesn't really work due to the perceived deprivation involved.

Believe it or not, this health giving diet is not a fad diet. It has been around for years, even centuries.

One may even say that it is the original diet.

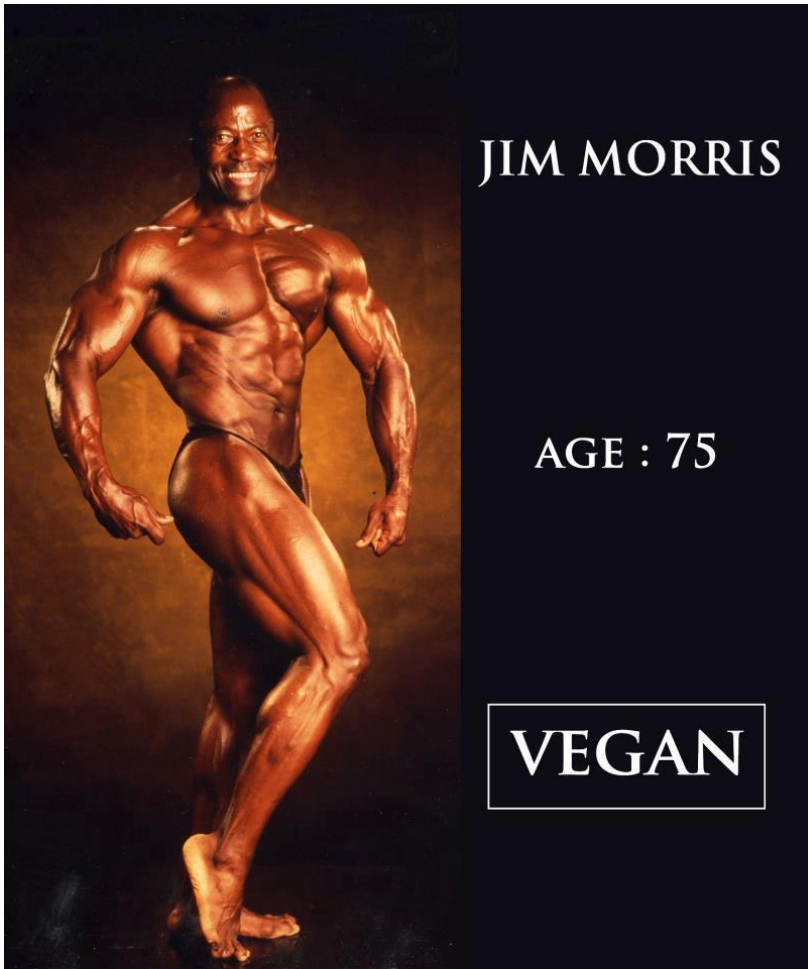
The reason it has been around for so long is not only because it works, but it offers a number of incredible health benefits as well.



People have been eating raw foods since, well, since the beginning of time. ***Back before obesity, cancer, and heart disease were claiming the lives of millions.*** From the structure of our jaw and teeth, saliva profile, the design of our digestive system, enzyme make up, and the pH of our stomach, it's **clear that humans were designed to eat raw**

plant foods from the get go.

What Is It?



*Most people still believe the old **myth** that you must eat red meat and processed foods in order to get enough protein. As Jim shows above, that's total nonsense!*

Briefly, a raw foods diet is a style of eating where the majority of your dietary intake is uncooked fruits and vegetables, along with some nuts, seeds, and perhaps some sprouted grains.

It is important that you also understand a food is considered raw if it is prepared below 108 degrees Fahrenheit, or it is completely uncooked. The benefit of the foods **natural vital life force** is intact as long it is consumed raw and as fresh as possible.

Benefits

As you begin to eat a raw diet, one of the very first health benefits that you will notice is the increase in your energy levels and better sleep.

You will also most likely notice that you are starting to look more youthful and are shedding a few pounds. These days our lives are busy, and having a completely natural way to feel better and enjoy life is priceless.

Other health benefits that you are likely to notice are an improved skin appearance and digestion. This diet has also been shown to help people reduce the risk of certain life threatening conditions such as heart disease, diabetes and cancer.

There are many amazing benefits to be realized by following a raw food diet, but to be honest, for some it can take a little longer depending what their current state of dis-ease is.

Most people have been eating poorly for years before they find the raw diet and have accumulated a number of health issues, which may require a little time to sort out.

When given the correct fuel the body's innate intelligence knows exactly what needs to be done to return the body to optimal health.



Most people would be utterly amazed at how delicious raw meals can be!

What You Leave Out – or cut down to moderation!

We know what the healthy raw diet is comprised of now, but one reason it's so beneficial to your health is because of what it leaves out.

That would be all animal products, all flour products, sugar, processed foods, junk food, soda pop, caffeine, alcohol etc. These foods put an extreme burden on our digestive systems and our health in general. It's recently been discovered that most forms of cooking create toxins that become very harmful once ingested.

Raw foods, on the other hand, contain plenty of protein, carbohydrates, and healthy fats, and are scientifically shown to provide all the nutrients needed by humans to not only survive, but thrive. Let's look at some of the individual components that make this diet so desirable for health seekers.

Alkaline Diet



The raw foods diet is an alkaline diet, which helps create balance within our bodies by facilitating the uptake and utilization of nutrients and oxygen from the blood, the release of waste products from the cells, and many other processes on the cellular level including bone mineralization. As you can see keeping the correct pH balance in the body is critical to enjoying good health.

A healthy raw vegan diet is comprised of high water content foods which are not calorically dense.

In other words we can fill up on these foods and not take in nearly the amount of calories we would with a more calorie dense cooked food meal. These foods also contain loads of fiber which act like a broom to keep our digestive tracks clean and moving along.

A raw diet is loaded with antioxidants that protect our cells from the ravages of free radicals. Free radicals are created by toxins and normal metabolic processes and quite simply damage healthy cells that eventually die or mutate. Cancer is one condition that comes from mutation of the cells. And when too many cells die with no replacement, aging takes place. When we have abundant antioxidants in our systems they sacrifice themselves so our healthy cells are spared.

Benefits of Cucumbers!



1. Relieves joint pain (arthritis/gout)
2. Reduces Cholesterol
3. Aids in Weightloss
4. Promotes Digestion
5. Prevents Headaches
6. Fights Cancer
7. Rehydrates & Remineralizes the body
8. High silica content for silky hair
9. Cures Diabetes
10. Controls blood pressure



Even a simple raw food like the cucumber has all these benefits.....

Enzymes

All fresh ripe raw plant based foods contain the necessary **enzymes** required for their complete digestion so that the body does not have to use its enzymes which can then be delegated to other tasks.

Enzymes are required for every single reaction in the body. They unlock the nutrients in foods to allow for the chemical reactions that enable you to do everything from digest and metabolize your foods to regulating hormone

production. *Enzymes contain life force and are only present in raw living foods, as cooking degrades and then kills them.*

"NOTHING WILL BENEFIT HUMAN HEALTH AND INCREASE THE CHANCES FOR SURVIVAL OF LIFE ON EARTH AS MUCH AS THE EVOLUTION TO A VEGETARIAN DIET."

—*Albert Einstein*

Phytonutrients

Raw foods are FULL of vitamins, minerals, and phytonutrients.

Most of us realize the importance of vitamins and minerals, but may not realize that phytonutrients provide additional support to vitamins. Scientists now realize the importance of these trace elements to good health. Many of them act as catalysts for the proper functioning of cells, strengthen the immune system and slow the aging process.

It seems as though every year or so scientists discover another micro nutrient that plays a vital role in maintaining good health. When we eat living foods we receive the benefits of all the known nutrients as well as the unknown ones yet to be discovered.

Bio-Photons

Living foods like sprouts or those foods eaten fresh from the garden or orchard contain *bio-photons which have incredible life force.*

When one eats almost exclusively fresh from the garden one can feel the difference **in their personal life-force**. The life of the bio-photons begins to fade from harvest and is completely gone in about 3 hours.

Sprouting is a wonderful way to get living foods into your body, and can be done almost anywhere. And if you're able to start a garden or even a few plants in pots then you're that much more ahead of the game.

*It's important to note that this diet is not an all or nothing diet, so start where you are and move into it at your own pace. **With your diet comprised of at least 50% raw food you will see very noticeable benefits, and at 75%-100% you will enjoy superior health.***

The raw food diet is based on the belief that the most healthful food for the body is uncooked. Although most food is eaten raw, heating food is acceptable as long as the temperature stays below 104 to 118 degrees Fahrenheit (the cutoff temperature varies among those in the raw food community).

Cooking is thought to denature the enzymes naturally present in food. According to raw foodists, **enzymes are the life force of a food, helping us to digest food and absorb nutrients.** If we overconsume cooked food, our bodies are forced to work harder by producing more enzymes. *Over time, a lack of enzymes from food is thought to lead to digestive problems, nutrient deficiency, accelerated aging, and weight gain.*

Cooking food destroys its nutritional value.

For example, the cancer-fighting compounds in broccoli, sulforaphanes, are greatly reduced when broccoli is cooked.

Certain vitamins, such as vitamin C and folate, are destroyed by heat. Other foods, however, become more healthful after cooking, because the fibrous portion is broken down. For example, cooked tomatoes contain three to four times more lycopene than raw tomatoes.

Cooking also promotes the formation of potentially harmful compounds in food during high heat cooking, such as advanced glycation end products and heterocyclic amines.

When the average person hears eating raw food a myriad of thoughts and questions go through their mind.

Does that mean eating only raw food? Who could do that? Who would want to do that? Can you survive by only eating raw foods?

I've heard just about all the comments and questions by now and it never fails to bring a smile to my face. After a brief explanation most people find it makes sense even if the idea does bump rather solidly up against their beliefs around food and diet.

For many people eating raw food is a completely new concept, but people have been doing it for years. As a matter of fact, humans have been eating raw foods since the beginning of time. And today it's quite popular with a growing number of people, including movie stars like Demi Moore and Woody Harrelson, and super model Carol Alt, who are following a raw food diet.

Many cities across the country have a raw food restaurant now, or at least a restaurant that serves a raw dish or two. You only have to check the shelves at your local bookstore to see the many books touting the diet and offering tasty recipes to their readers.

Let's take a closer look at eating raw food and see what the excitement is all about.

- The first thing that's really important to know is that eating raw isn't an all or nothing proposition. Many people eat around 70% to 80% raw food and are still considered to be following a raw food diet. Being 100% raw takes dedication, perseverance, and perhaps a little luck in finding the right raw diet and a mentor to help you through the tricky parts.



- Many people are drawn to the raw diet with the hopes of finally getting some relief from health conditions that haven't been helped by other diets or healing modalities. The opportunity to feel good and have energy on a daily basis is huge for these people. Some people want to lose weight and keep it off permanently, while others just want to take their health to the next level.

- There are a number of raw fooders who have been following a raw food diet for 20, 30, and even 40 years, and they are not only surviving, but thriving on the diet. Most people who have been successful with the diet will probably tell you it's not a diet at all, **but a lifestyle change.**

- And yes, there are those who are unsuccessful with the diet. Generally because they don't eat a balanced diet, eat too many raw food treats and junk food, or succumb to social pressure. This brings us to a very important point; no matter what diet you follow, *if you leave out the junk and eat healthy foods you can enjoy relatively good health.* The key of course is knowing what constitutes junk food and which foods really are healthy foods.

- A healthy raw food diet is based on fresh fruits and vegetables accompanied by nuts, seeds and sea vegetables. Freshness is key, with minimal processing, not over eating, and allowing each meal to fully digest before eating again.

Finding which combination of raw foods will work best for you can be a little challenging at times, but the results are totally worth the effort.

Doing a little homework first will make for smoother sailing in the long run. Although many times a raw meal may be comprised of a simple salad there are plenty of tasty recipes that will leave you longing for more.

Taking some of your favorite recipes and using your imagination can yield some tasty raw recipes that will make you forget all about cooked food. If you need some ideas take a look at all the great new websites on the net.

Remember, right now, as an ex-smoker I just want you to add more raw foods to your diet and this will help you create a healthier diet overall, you don't have to jump in with both feet; all you need do is ease in at a comfortable pace.

Benefits of the Raw Food Diet



Here's a great natural raw food start to any day.

Instead of a life-destroying cigarette as in the bad old days, today, instead drink a beautiful and delicious, Green Ginger Ale drink instead.

Simply juice.....
3 green apples

- 2 celery sticks
- 1 large cucumber

People who follow a raw food diet will experience all the following health benefits, including:

- Increased energy
- Clearer skin
- Weight loss
- Reduced risk of disease



The raw food diet contains fewer trans fats and saturated fat than the typical Western diet.

It is also low in sodium and sugar and high in potassium, magnesium, folate, fiber, vitamin A, and health-promoting antioxidants. These properties are associated with a reduced risk of diseases such as heart disease, diabetes, and cancer.

For example, a study published in the Journal of Nutrition found that consumption of a raw food diet lowered plasma total cholesterol and triglyceride concentrations.

The raw food diet is also thought to have a favorable acid-alkaline balance, being low in acid-forming food. Too much acidity in the body is thought to result in disease.

Besides the immediate benefits, the raw food diet also slows the aging process and reduce inflammation, because it contains fewer advanced glycation end products and other potentially damaging compounds.

Tips

- Ease into the diet. Start with 50 percent raw and go from there. Don't be focused on going 100 percent raw. Instead, find the balance that works best with your lifestyle and consider it an evolving process.
- Make sure to eat a variety of foods.



As an ex-smoker, I want to get you to the stage where every day, you are taking at least 10-15 grams of chlorella and spirulina a day!

I also want you to be eating plenty of LIVING sprouted foods every day. These foods are very easy to sprout and very economical.

Add to that..... eating lots of different fruits, all the different types of nuts, berries and seeds that are now widely available.....and you will see it is quite easy and enjoyable to get 75% of your diet from good healthy raw food.

Then at nightyou can look forward to enjoying some of your favourite cooked meals.

Balance is the key here.....and the best way to go.

The **WONDERFUL WORLD** of Sprouting!



Whilst it is becoming more apparent that today we are re-examining the foods we eat and revert back to the ancient truths of proper diet through living food, **sprouted foods boast many health benefits, are inexpensive, abundant and nutritious**, and the ideal way to combat the modern day problems of dietary deficiency.

Some even claim sprouting may be the only way to combat world hunger for the long term- how's that for a statement!

There's a lot to be said for such a simple do-it-yourself in-home activity - and what a fun one it is too!

Sprouting offers the most **concentrated and truly natural sources of vitamins, chelated minerals, enzymes, and amino acids (protein) known to the human race.**

READ THAT AGAIN!

Sprouting offers the most concentrated **and truly natural sources of vitamins, chelated minerals, enzymes, and amino acids (protein) known to the human race.**

Sprouting is therefore to be taken seriously if you quest for perfect health and wellbeing.

The use of sprouted seeds for food and medicine is more than twice as old as the Great Wall of China and is even noted in Chinese historical records.

Ancient manuscripts have shown that by about 3000 B.C., the Chinese were eating bean sprouts on a regular basis to cure such diverse problems as bloating, loss of nerve sensation, muscular cramps, digestive disorders, and weakness of the lungs.

The Emperor of China at the time (3000 B.C.) recorded these therapeutic uses of sprouts in a book about medicinal herbs. To this day the Chinese and other Far Eastern cultures continue to use mung, adzuki, soy, wheat, and barley for sprouting as a part of their daily diet.



The **Hunza's** for example, a long-lived population in Pakistan, has been cancer free for over 900 years of its existence and base much of their diet around sprouted foods- 900 years! Hunza's have very efficient digestive systems, and not only do these people of the Himalayas have one of the highest percentages of centenarians on the

planet, they are also very active right up until the time they pass, especially sexually!

With many media streams increasingly scaremongering the potential and predicted food shortages (currently wheat, cocoa, coffee, meat), there is no better time for you to make sprouts your number one superfood.

With a fortune to be saved by sprouting living foods, and at an average cost of 30p per day, what are you waiting for! You can load up your cupboards with an abundance of organic seeds and dry beans, purchased inexpensively, and turn your windowsill into a nutritional goldmine. Sprouts grow in any season, are simple to harvest - you will have a harvest every few days - and when you decide they are ready to eat, you can do so immediately, or sprouts will store in the fridge for 5-7 days. Pound for pound you won't find a cheaper food on the planet - guaranteed!

So Simple To Sprout!

Sprouting is that simple, I even suggest young children be given the task of sprouting at home (with the honourable title of 'Head-Sprouter' of course) - and such a brilliant and fun way to get little-ones involved in the kitchen activities and running of the home from a young age. Children love the task of sprouting and will lap up the praise and attention at meal times as you congratulate and commend their efforts, just you wait and see!

For your home sprouting needs I suggest either a three-tier manual sprouter such as the Biosnacky or GEO (around £20).

The absolute cheapest method of sprouting would be the jar method - quite simply a one litre glass jar (preserving jar), a plastic screen mesh, and a rubber band are all you need (see below for more detailed instructions of each sprouting method).

So what makes sprouted beans true magic?

Pound for pound sprouted lentils and bean sprouts contain as much protein as red meat, yet in a digestible form without the fat, cholesterol, hormones, and antibiotics that are found in meat. As well as an abundance of hunger-cutting protein, sprouted beans also replace calcium that is often lost through diets high in animal protein.

For example.....look at the sprouted mung bean.....

Looking closely at mung bean sprouts, a superfood that surpasses any fruit in existence, they increase in water content from 10.7 percent found in the seed to 88.8 percent in the sprout. The protein content is similar to that found in a dry fig, whilst its calorie content is similar to that of a papaya or honeydew melon. Mung sprouts also have a vitamin C content similar to that found in a pineapple, vitamin A content of a lemon, vitamin B1 (thiamine) content of an avocado, vitamin B2 (riboflavin) content of an apple, vitamin B3 (niacin) content of a banana, calcium content of damson plums, potassium level of papaya and an iron percentage of a logan berry. Also a good source of the iron needed for red blood cell formation and the transport of oxygen from the lungs to the cells, as well as being high in B17 (laetrile), a powerful nutrient that selectively destroys cancer cells, leaving non-

cancerous ones alone. And unlike most fruit found in today's supermarkets, mung beans can't result in a sugar high.

Next up, **alfalfa sprouts**, one of the most nutritionally rich foods you'll ever eat.....

Alfalfa sprouts boast 40 percent protein and contain every amino acid. They provide an excellent calcium-phosphorous ratio (2:1), and supply the body with a large quantity of low calorie liquid nourishment that is easily digested and used as fuel. In addition, this liquid helps to flush toxins out of the body and is an excellent source of trace elements such as iodine, zinc, selenium, chromium, cobalt, and silicon. Alfalfa sprouts and sprouted pumpkin seeds are especially potent sources of zinc, a mineral necessary for all sexual functions, the healing response, protein synthesis, and liver functions.

It has also been found that beans contain high levels of the amino acid tyrosine - a critical amino acid necessary for the synthesis of the neurotransmitter dopamine. Sparking the fire of your brains dopamine receptors, your outlook on the world will become ferocious, you'll feel more energy and vigour, cut stress and develop razor like concentration, all whilst feeling more lively and buoyant. Dopamine will also help your exercise become more explosive in the gym, as well as in the bedroom!

Some Other Supportive Research...

As many ancient cultures have known and utilised the value of germinating and sprouting beans, seeds, grains, and nuts, present day research is ongoing regarding the amazing nutritional value of sprouting. Here, in brief, is what some studies have concluded as to why **sprouts are considered one of the most perfect foods known to humankind...**

In 1978, Dr. Charles Shaw and Dr. Chiu-Nan at the University of Texas Cancer Centre tested a variety of foods to determine whether they had any anti-cancer properties. The chosen foods included lentil sprouts, mung bean sprouts, wheat sprouts, as well as carrots and parsley. The foods were then tested on mice inoculated with carcinogens (cancer causing substances). Although the carrots and parsley did show an inhibitory effect on carcinogens, *the true heroes of the experiment were the sprouts, as they inhibited the activity of carcinogens, even when only small dosages of the sprout extracts were used.*

Researchers at Purdue University found that bean sprouts contain extraordinarily high levels of good quality protein. Mung bean sprouts for example, contain more than **25 percent of their calories as protein, which is a higher proportion than in a T-bone steak.**

In another protein based research study, in the late 1970s at the University of Puget Sound, it was found *that six cups of sprouted lentils contain the full recommended daily allowance of protein (about 60 grams) in a fully digestible form. Scientists concluded that lentil sprouts could provide a significant portion of daily protein needs in a safe and inexpensive form.*

So much for the idea that humans need meat to survive!!

Dr. P. R. Burkholder of Yale University showed that when oats are sprouted, the vitamin B2 (riboflavin) content increases by 1300 percent, vitamin B6 (pyridoxine) by 500 percent, and folic acid by 600 percent. Because of these enormous increases over the vitamin content of dried grains and seeds, Dr. Burkholder recommended the wide-scale use of sprouts as food in the West.

Dr. C McCay of Cornell University School of Nutrition was hired by the U.S. Government during the Second World War to find suitable protein substitutes for meat, poultry, and dairy foods because of expected wartime shortages. After months of research, Dr. McCay concluded that sprouted beans would fill the need rather well. He wrote several articles, including instructions and recipes that were available through the U.S. Government Printing Office, but **since the protein shortages never came, the campaign to educate Americans about the nutritional value of sprouts was dropped.**

Nothing to do, no doubt with influence from the billion-dollar meat industry that such knowledge should not be widely available.

And it still isn't even today.

Other long term studies have been carried out by Dr. James W. Anderson at the University of Kentucky showing that as little as 50 grams of beans per day can reduce serum cholesterol levels and actually increase serum HDL cholesterol levels. Another of the many reasons to forget cooking beans altogether, and start sprouting today!

Research studies will continue to *conclude that because of their high levels of amino acids (the building blocks of protein), vitamins, and minerals, sprouts are one of the most perfect foods known to humankind.*

We can see that pound for pound, lentils and other sprouted beans contain as much protein as red meat, yet are totally digestible and have none of the fat, cholesterol, hormones, or antibiotics found in most present day meats.

What to Sprout

Almost all seeds, beans, nuts and grains can be sprouted, offering a wide variety of quick and easy edibles. Below is a list of some of the most common sprouted foods (there are many more)...

- Beans (pulse's): Adzuki beans, chickpeas, lentils, mung beans.
- Seeds: Alfalfa, buckwheat, chia, fenugreek, mustard, pumpkin, radish, sesame, sunflower, sesame.
- Nuts: Almonds.
- Grains: Barley, millet, oats, quinoa, rice (brown), rye, wheat.

Here are some of the best sprouts, nuts, seeds and berries that you can now enjoy.

Fro more information go to : <http://sproutpeople.org/seeds.html>

Sometimes people joke about those who eat a lot of sprouts (“It’s rabbit food!”), but the science behind sprouting is no joke.

Again, remember scientifically speaking.....:

- Sprouts synthesize their own natural VITAMINS.
- Sprouts are high in blood-cleansing CHLOROPHYLL.
- When grown in the right water, sprouts absorb numerous MINERALS and convert them into organic, bioavailable forms for safe human consumption.
- Sprouts are LIVING food that provide enzymes and other supportive benefits to human health.
- Sprouts are HIGH PROTEIN foods that can also help maintain or even build muscle mass.

- Some types of sprouts contain ANTI-CANCER nutrients such as I3C, which are widely documented and also common in cruciferous vegetables.

The bottom line is that sprouts can give you living vitamins from plants — and this is something you can enjoy on a daily basis or during a food crisis, if that's what you reserve it for.

How to sprout for (almost) FREE

Sprouting can be as easy as placing seeds in a nut milk bag (or a sprouting bag) and soaking them every few hours to maintain their moisture. This approach, of course, requires a lot of attention to keep the seeds moist but not overly moist to the point where they start to grow mold. But it's the most affordable way to start sprouting.

Video teaches you how to sprout for nearly FREE

Check out this awesome video on NaturalNews.TV by *Jamison*, who shows you how to sprout for (nearly) free:

<http://www.naturalnews.tv/v.asp?v=66095ABDE53CD5AC994E73DBFE3EEF0B>

Here's also another interesting video from YogaBodyNaturals.com showing "soil-free wheatgrass sprouting"

<http://www.naturalnews.tv/v.asp?v=88E6C66F15E7FFFE65CE4B0E04507E56>

Learn more:

http://www.naturalnews.com/034159_EasyGreen_sprouters_living_foods.html#ixzz2RUoiHxZl

If a drug company finds out that celery juice lowers blood pressure and if they tell it to people, they can't sell their drugs. They get three bucks for a pill. Why should they tell you to use celery juice?

- Jacque Fresco



Source: The Venus Project

And finally **this new living-food diet seems to work.....**

'My fountain of youth': Incredible 70-year-old who defies ageing process with vegan diet of home-grown vegetables and rainwater

By [Victoria Wellman](#)

UPDATED: 08:20 GMT, 2 March 2012

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When Annette Larkins goes out with her husband of 54 years, people assume she is his daughter.

The image of health, vitality and youth with a petite size four frame and a line-free face, Mrs Larkins is in fact 70 years old.

The resident of Miami-Dade County, Florida, attributes her youthful looks to her raw vegan diet and grows almost everything she eats in the garden she refers to as her 'fountain of youth'.



Fountain of youth: Annette Larkin looks at least 20 years younger than her 70 years which she credits to eating a completely raw, vegan diet and growing all the food in her garden

During a visit to her home, ABC News reporters explored the back yard,

every of inch of which is covered in plants and trees that grow the fruits and vegetables Mrs Larkins eats.

She told reporters: 'My diet consists of fruits, nuts, vegetables and seeds. I do a lot of sprouting of seeds and as you can see from my garden and of course, these are the raw foods that I eat.'

The sprightly septuagenarian did not always eat this way. Husband of 54 years, Amos, owned a meat factory in the 1960's and it was around this time that his wife decided to go vegetarian.

27 years ago she went one step further by turning vegan and now everything she eats is raw. Nothing cooked or processed every passes her lips.





Home grown: The Miami-Dade resident grows all her own food and collects rainwater that she drinks and water the plants with. She also juices all the fruits and vegetables she grows

Mrs Larkins also juices her fruits and vegetables and collects rain water to drink and to water her garden.

For his part, Mr Larkins wishes he had followed his wife's example. Looking considerably older, he also takes prescription medicine for diabetes and high blood pressure while Mrs Larkins won't even take an aspirin.

When they walk down the street together, he admitted: 'They'll ask me what am I doing with this young girl.'



Age ain't nothin' but a number: Amos Larkins says when he walks down the street people think his wife is his daughter because she looks so young

Recognising how positively she could influence others, the formidable 70-year-old has already written two booklets titled: *Journey to Health* and produced a DVD about her nutritional regime.

'I am very vibrant, I have lots of energy, as I told you before, I am up no later than 5:30 in the morning as a rule, and I am ready to go' she told ABC.

Her husband agreed, gushing: 'She's an amazing person though. Oh man, I mean really. She does everything- build computers, make all her own clothes, grow her own food, speaks three languages. It's amazing.'

And here.....

Mimi Kirk eats a raw, natural plant based diet,



and she is 74 years young.

Compare it to our average Western diet....and we realize that

**.....The Western diet really IS a killer:
People who eat white bread, butter and red
meat are most likely to die young**



- **Those who ate fried and unhealthy food had doubled risk of early death**
- **Key culprits include red meat, white bread, butter, cream and sweet foods**
- **Findings 'help explain' why heart disease is still the UK's biggest killer**

The typical Western diet, high in fat and sugar, really does lead to an early grave, new research suggests.

A study of more than 5,000 civil servants found those who ate the most fried and sweet food, processed and red meat, white bread and butter and cream doubled their risk of premature death or ill health in old age.

It adds to evidence that 'Western style food' is the reason why heart disease claims about 94,000 lives a year in the UK - more than any other illness.

The findings published in The American Journal of Medicine are based on a survey of British adults and suggest adherence to the diet increases the risk of premature death and disability later in life.



People who ate the most fried and sweet food, processed and red meat, white bread, butter and cream doubled their risk of premature death or ill health in old age

Lead researcher, Dr Tasnime Akbaraly, of the National Institute of Health and Medical Research in France, said: 'The impact of diet on specific age-related diseases has been studied extensively, but few investigations have adopted a more holistic approach to determine the association of diet with overall health at older ages.'

She examined whether diet, assessed in midlife, using dietary patterns and adherence to the Alternative Healthy Eating Index (AHEI), is associated with physical ageing 16 years later.

The AHEI is an index of diet quality, originally designed to provide dietary guidelines with the specific intention to combat major chronic conditions such as heart disease and diabetes.

Dr Akbaraly added: 'We showed that following specific dietary recommendations such as the one provided by the AHEI may be useful in reducing the risk of unhealthy ageing, while avoidance of the "Western-type foods" might actually improve the possibility of achieving older ages free of chronic diseases.'

The researchers analysed data from the British Whitehall II cohort study and found following the AHEI can double the odds of reversing metabolic syndrome, a range of disorders known to cause heart disease and mortality.

The research adds to evidence that Western style food is the reason why heart disease claims about 94,000 lives a year in the UK - more than any other illness

They followed 3,775 men and 1,575 women from 1985-2009 with a mean age of 51 years.

Using a combination of hospital data, results of screenings conducted every five years, and registry data, investigators identified death rates and chronic diseases among participants.

At the follow up stage, just four per cent had achieved 'ideal ageing' - classed as being free of chronic conditions and having high performance in physical, mental and mental agility tests.

About 12 per cent had suffered a non-fatal cardiovascular event such as a stroke or heart attack, while almost three per cent had died from cardiovascular disease.

About three quarters were categorised as going through 'normal ageing'.

The researchers said participants who hadn't really stuck to the AHEI increased their risk of death, either from heart disease or another cause.

Those who followed a 'Western-type diet' consisting of fried and sweet food, processed food and red meat, refined grains, and high-fat dairy products, lowered their chances for ideal ageing.

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”



Step 4.

How do I **Improve** Your Lungs After Quitting Smoking?

Inhaling tobacco smoke can expose your lungs and other organs of the body to more than 4,800 chemicals, according to the American Lung Association.

Of these chemicals, 69 are considered **carcinogens**, meaning they've been linked to the development of cancer. This fact alone should support the fact that smoking decreases lung function. Aerobic exercise can help improve lung function, but, overall, the simple act of quitting can greatly improve the lungs.

Step 1

Give your lungs time to heal. The American Lung Association says that your lung function should improve on its own by up to *30 percent in as little as 2 weeks to 3 months after quitting*. You should also see an improvement in any shortness of breath in 1 to 9 months.

Step 2

Incorporate exercise into your daily routine. Aerobic exercise can help strengthen the lungs, according to the University of Maryland Medical Center. This means that walking, hiking, biking, swimming, cross-country skiing or taking part in other aerobic activities for 20 to 30 minutes a day can improve your lung function after you quit smoking.

Step 3

Nutrition Needed When Quitting Smoking

Dietary changes can make a big difference to improving lung function. As we have seen, drinking pure water every day and adding the superfoods chlorella and spirulina to your diet is the vital first step.

But Vitamins C and E as well as omega-3 fatty acids are also instrumental to the health of your lungs, advises Jane Burns from the Harvard School of Public Health.

These nutrients are known to reduce inflammation and protect the lungs, so incorporate more foods containing vitamin C, vitamin E and omega-3 fatty acids into your diet.

Foods high in vitamin C include oranges, lemons, grapefruits, mangoes, papayas, kiwi, tomatoes, jicama, broccoli, potatoes, red peppers, orange peppers and yellow peppers.

Foods high in vitamin E include broccoli, spinach, tomatoes, kiwi, peanuts, almonds, sunflower seeds, hazelnuts and oils, like safflower, corn and soybean....while foods high in omega-3 fatty acids include salmon, tuna, herring, mackerel, lake trout and other cold-water fish.

A study conducted at the Duke University Medical Center, published in "Nicotine and Tobacco Research" in 2007, showed that dairy products, vegetables and fruits can also help break the smoking habit.

Of the 209 smokers who participated, 19 percent reported that dairy products, like cheese and milk, worsened the taste of cigarettes. Fourteen percent reported the same effects of non-caffeinated beverages, such as juice or water; 16 percent reported similar effects from vegetables and fruits. Although consuming these foods and beverages isn't likely to help you stop smoking without other aids, according to the researchers, consuming them might enhance your overall success.

Foods to Avoid

About 45 percent of participants in the Duke University study reported that alcoholic and caffeinated beverages, such as soft drinks and coffee, enhanced the flavor of cigarettes. Eleven percent reported similar effects from meat. High-calorie, unhealthy fat sources include fried foods, butter, red and processed meats and high-fat dairy products. For improved appetite control, avoid high-glycemic foods, which have a significant impact on your

blood sugar. High-glycemic foods, such as white bread, candy, dried fruit and low-fiber cereals, are less likely to stave off food cravings between meals compared to low-glycemic foods, like whole grains.

Immune-Boosting Foods & Supplements

Smoking can damage your immune system, making you more susceptible to infections and disease. To improve your immune system's capabilities, the Cleveland Clinic suggests a **plant-based diet, which contains primarily natural foods, like whole grains, fresh products, nuts and seeds**. Fruits and vegetables are prime sources of antioxidants -- nutrients that support strong immune function. To best meet your daily antioxidant needs, the American Dietetic Association recommends a well-balanced diet containing at least 2 cups of fruit and 2.5 cups of vegetables per day. If you have difficulty meeting your nutrient needs through food alone or are eating a low-calorie diet for weight loss, discuss the potential need for supplements with your doctor or dietitian.

How do I Clean Lungs After Quitting Smoking?



If you have been a regular smoker, chances are that your lungs have been scarred. Because of the scarring, your breathing will be weakened and the oxygen content that your body receives will be reduced.

There are a variety of **natural options** that can help you in your effort to **detoxify** your lungs.

These natural remedies can begin to clear your lungs of the various toxins that have invaded the lungs after smoking for an extended period of time.

Step 1

Stay away from any unnecessary exposure to carbon monoxide and second-hand smoke. Keeping yourself away from those who are smoking will not only help you beat the temptation to smoke yourself, but will also aid in keeping your lung regeneration on track.

Step 2

Eat pineapples. Bromelin, a component found in pineapples, works as a cleanser for your lungs. It allows you to take in more oxygen and take deeper breaths by increasing the lungs' elasticity.

Step 3

Examine your eating habits and make all the changes we have recommended. There are also a number of foods, spices and herbs that have a positive effect on your lungs. Some of the foods that can be added to your diet include **rosemary, avocados, thyme, cayenne, ginger and horseradish**.

Step 4

Begin a physical exercise routine. If you have been smoking for a number of years or are not accustomed to exercise, start with small amounts of exercise and gradually increase what you do over time. As you exercise, you will notice that build-up from your lungs, such as phlegm and mucus, will become discharged through coughing. This is a good thing as your lungs are naturally getting rid of these unwanted substances. To get the best results, make exercise a part of your normal daily routine.

Step 5

Perform breathing exercises. There are a number of breathing exercises that can aid in improving the functions of the lungs. Some examples include using a spirometer device, breathing through the diaphragm or the pursed

lip technique. Experiment with various breathing techniques and relaxation exercises to discover which ones work best for you.

How Fast Do Your Lungs **Clean Up** From Smoking?

Smoking's effects on the lungs are quite extensive. To begin with, there are over 4,000 chemicals in tobacco smoke, at least 250 of which are known to be harmful, such as hydrogen cyanide, carbon monoxide and ammonia, according to the National Cancer Institute. These poisonous gases paralyze the cilia, or tiny hair-like structures, that sweep out dirt and mucus, leading to clogged airways. In addition, the carbon monoxide saps oxygen from your blood. The hot cigarette smoke dries out the lining of your airways, making them sore, and increased levels of mucus in your lungs help breed infections. Finally, smoke irritation deep inside your lungs may cause permanent damage to the structures that help circulate oxygen throughout your body.

Significance

According to the National Institutes of Health and Centers for Disease Control and Prevention, more people die from lung cancer than any other type, and cigarette smoking causes 87 percent of those deaths. Smoking is considered to be the most preventable cause of death and disease in the U.S. The American Lung Association adds that if you quit smoking after being diagnosed with early stage lung cancer, you can still double the odds that you'll live another five years, thanks to the improvement in your lung capacity and removal of cigarette toxins.

Time Frame

Within 12 hours of quitting smoking, the carbon monoxide levels in your blood drop to normal, and your blood oxygen levels increase to normal.

Within 72 hours, the bronchial tubes in your lungs are beginning to relax, making it easier to breathe and increasing your lung function.

Within a few weeks, your lungs will produce less phlegm, and you won't cough or wheeze as often. This is due to the cilia regrowing in your lungs and increasing their ability to handle mucus, keep your lungs clean and

reduce infections. Within one to nine months, your coughing and shortness of breath will decrease.

Within 10 years, your risk from dying of lung cancer is half that of a smoker's, notes WomensHealth.gov.

Recommendations

You can help assist your lungs in detoxing from cigarette smoke. One study at Kansas State University, published in the "Journal of Nutrition" in 2000, found that one of the carcinogens in cigarettes causes a vitamin A deficiency and that rats fed a vitamin A-rich diet significantly reduced their emphysema and lung inflammation.

The American Lung Association of Washington also recommends using breathing exercises, participating in aerobic exercise, avoiding air pollution, and keeping up to date on your influenza and pneumonia vaccinations. You should also add more grains, fruits and vegetables to your diet and cut out the junk foods. Drinking plenty of liquids will also help make breathing easy and assist in preventing infections. Avoid drinking too much alcohol, which can slow your breathing.

Steps the Lungs Go Through After Quitting Smoking

Smoking causes chronic obstructive pulmonary disease, or COPD, which includes emphysema, or enlargement of the air sacs, or alveoli; chronic bronchitis, or chronic cough-producing phlegm; and small airways disease, or narrowing of bronchioles, according to "Harrison's Principles of Internal Medicine". COPD partly reverses after smoking cessation, but the earlier a person stops smoking, the more beneficial an effect.

Cilia Recovery

Cilia, the tiny hairs lining the respiratory tract that sweep out inhaled particles, serve as the first line of defense against pneumonia.

Cigarette smoking adversely affects cilia in two ways: Smoking has cilia-depressant activity, and according to the "American Journal of Respiratory Critical Care Medicine," it reduced exhaled nitric oxide in healthy

volunteers. according to a study conducted by Dr. S.A. Kharitonov and colleagues. Nitric oxide helps in the movement of cilia. After quitting smoking, cilia begin working again. It takes several months until the cilia fully recover, according to MayoClinic.com.

Decrease in Phlegm

Smoking causes chronic bronchitis, or inflammation of the airways, which stimulates production of mucus, or phlegm; this damage causes further obstruction of the airways. Chronic phlegm means coughing up phlegm in the morning and/or at any time during the day or night for up to three months each year.

According to "Mediators of Inflammation," as stated by Dr. Izolde Bouloukaki, a study of induced sputum from 68 healthy smokers before and after six months and one year of smoking cessation and from 10 healthy never-smokers showed smoking cessation can equilibrate certain inflammatory cells of smokers with those of nonsmokers within six months.

Airflow Improvement

An important clinical measurement of airflow in a smoker uses the volume of air exhaled in the first second of maximal expiratory effort, or FEV1. The normal FEV1 should be 75 percent of predicted. Obstructive pulmonary diseases like COPD cause a decline in FEV1 related to number of packs of cigarettes smoked and number of years, or pack-years. According to the "American Journal of Respiratory Critical Care Medicine," a study of 3,926 smokers with mild-to-moderate airway obstruction showed that participants who stopped smoking experienced an improvement in FEV1 of 47 mL, or 2 percent, in the year after quitting on average. This indicates a modest improvement in lung function.

Vitamins That Help the Lungs After Quitting Smoking

Smoking puts the lungs at an increased risk for cellular damage. After smoking cessation, vitamins can help repair lung damage. However, seek the advice of a medical professional before trying to prevent, treat or cure any lung condition.

Vitamin C

Smoking leads to the increased oxidative damage of lung tissue. Essentially, the toxins found in cigarette smoke cause the increased production of free radicals that attach themselves to lung cells and cause their damage or death, according to a study published in 2008 in the American Journal of Respiratory and Critical Care Medicine. Therefore, you need antioxidants to help the lungs recover. Vitamin C, a water-soluble vitamin found in foods including citrus fruits, broccoli and bell peppers, is one such vitamin. Vitamin C has the ability to reduce the harmful effects of toxic cigarette smoke, the researchers said.

Vitamin E

Vitamin E has been found to help reduce the risk of smoking-related lung tumors. Vitamin E, among its several functions, helps cells of the body communicate effectively with each other. It's abundant in foods such as wheat germ, mustard greens, tomatoes and almonds. Mice that were given vitamin E supplements showed a drastically reduced incidence of lung tumors. Also, less DNA damage and cell death was observed in their lung tissue, according to a study published in 2008 in Biomed Central Cancer.

Vitamin B6

Vitamin B6 is a water-soluble vitamin that's required by the central nervous system, particularly for the synthesis of neurotransmitters that are signaling brain chemicals. Vitamin B6 has also been found in scientific literature to help current smokers as well as former smokers improve their lung health. Specifically, a study published in January 2011 in the Journal of the American Medical Association found that vitamin B6 blood levels was linked to a lowered risk of lung cancer in current and past smokers.

Warning

Although antioxidants found in foods generally provide health benefits to people who take them, there is evidence that one in particular may have the opposite effect. A study published in 2009 in the American Journal of Epidemiology found that a group of people ages 50 to 75 who took high doses of beta-carotene had an increased risk for lung cancer. The researchers mention that those who currently smoke are especially at risk. The researchers also recommend that those looking to improve lung

function after smoking cessation refrain from using high doses of beta-carotene supplements in the long term.

Herbs to Detox Lungs

Your lungs are an important part of your respiratory system. Their function is to take and distribute oxygen to all your vital organs. Your lungs are self-cleaning organs. They contain microscopic hairs called cilia that continuously remove particles and toxins out of your lungs. When your lungs are constantly bombarded by pollutants such as dust and cigarette smoke, they become weak and the cilia become damaged and can no longer function effectively. There are natural herbs that can be used to help cleanse and strengthen the lungs.

Ginger

Ginger contains a potent compound called gingerol that can help strengthen your lungs and eliminate pollutants, allergens, mucous and other particles. Ginger can be added to food or taken as a supplement. The recommended dosage is one 500 mg tablet twice daily.

Thyme Leaf

Thyme leaf contains a substance called thymol, which helps your lungs remove microorganisms from the air passages. Thyme leaf is usually taken in tablet form. The recommended dosage of thyme leaf is one 500 mg tablet daily.

Garlic

Aside from its uses in cooking, garlic contains healing properties. The active ingredient in garlic is called allicin. This substance can help clear your lungs of mucus and help heal lung ailments such as flu, colds and other respiratory problems. Garlic is usually added to food or taken as a supplement. The recommended dosage for garlic is one 500 mg tablet every day.

Mullein Herb

The mullein plant contains saponins, which acts as an expectorant to bring up mucous during coughing. Mullein is commonly consumed in supplement form. The recommended dosage for this herb is one 500 mg tablet once a

day.

Does **Running** After Quitting Smoking Improve Lung Recovery?

As part of a regular exercise routine, running improves endurance and aerobic fitness levels.

Smokers have a difficult time maintaining high levels of activity because of poor heart and lung functioning.

For those who wish to remain non-smokers, running and other forms of exercise will improve their physical recovery from the ravages of smoking.

Exercise and Lung Function

Vigorous aerobic exercise improves the efficiency of the entire cardiovascular system.

A physically fit person has a larger volume of blood in their body. The heart pumps that blood to and from the extremities at a greater rate as it becomes accustomed to regular exercise. Gas exchange is more efficient, both in the lungs and at the muscles.

One of the causes of fatigue during exercise is the build-up of waste products, like carbon dioxide, within the muscles. Regular exercise trains your body to deliver oxygen and expel carbon dioxide more efficiently than a sedentary person's body.

Smoking Cessation and Running

Nicotine addiction makes the heart less responsive to stimuli. Smokers' heart rates are less likely to increase to the appropriate level during exercise, a warning sign of future cardiac problems. In the early stages of quitting, aerobic exercise may help to dull cravings. Making a habit of exercise will make returning to cigarettes less attractive. Exercise improves

lung function in non-smokers, so it's conceivable that lung recovery in ex-smokers will be aided by running or jogging. Consult your doctor before starting any intense physical exercise.

How to **Start** a Running Regimen After Quitting Smoking

Running after you quit smoking is beneficial for your overall health and can make you feel like you've accomplished something beyond just quitting smoking.

Starting a running routine after you quit smoking should be a slow, gradual process.

You need to rebuild your endurance and work to overcome any shortness of breath caused by years of smoking. Running also can help you avoid weight gain, which is often associated with smoking cessation.

Step 1

Talk to your doctor before beginning a running routine. Your doctor may recommend chest therapy using a hand-held plastic chamber breathing device to exercise your lungs and reduce shortness of breath. Breathe into the device and try to move the plastic ball inside up as high possible with heavy breathing. Complete this exercise five to 10 times in a row, three times per day to help to clear your lungs and build your endurance

Step 2

Add small activities on a daily basis to improve the function of your lungs and increase your overall endurance. Take the stairs instead of riding an elevator, or get up and walk around your house during a commercial break during a television show.

Step 3

Take a 10-minute walk each day for a week. The following week, add a minute or two to your walking routine. Continue to increase your walking routine until you are able to complete a 30-minute walk, five days

per week without experiencing shortness of breath. You can opt to walk outdoors or on a treadmill.

Step 4

Increase the intensity of your workout. Once you are comfortable with walking, resort to a jogging program. Jog at a slow, steady pace. Start out by jogging for five minutes a day, five days per week. Add one to two minutes to your jogging routine each week until you are able to jog for 30 minutes without excessive coughing and shortness of breath.

Step 5

Start a running routine by running five minutes per day when you have sufficient endurance. Plan to add one to two minutes to your running regimen each week. Continue to add time to your routine until you reach 30 minutes.

Tips and Warnings

- For another breathing exercise, pucker your lips up and take deep breaths. To increase the effectiveness of this exercise, stand with your arms and hands extended at your sides. Complete this breathing exercise for two minutes at a time, three times per day. Stay hydrated as you run. Carry a bottle of water with you at all times. Work at your own pace. Build up to running at your own pace. Depending on your overall health and the amount of smoking you used to engage in, it may take months to build to the point where you can run. Participate in five to 10 minutes of stretching before any exercise. Focus on your calves, hamstrings, ankles, feet, hips and lower back. Stretching can help decrease your risk of injury as you run. This is especially important if you led a sedentary lifestyle while you were a smoker.
- Contact your doctor if you experience severe coughing or wheezing as you run.

Breathing Exercises After Quitting Smoking

When you quit smoking, it can be a liberating feeling. However, dealing with the effects that smoking has had on your body isn't quite as pleasant. Even so, practicing your breathing exercises can help to give you back your lung function and help you deal with nicotine cravings and poor mood that often accompanies quitting.

Deep Breathing

One way to get used to not smoking is to practice deep breathing. This practice requires that you first notice your breath. While sitting in a quiet place, sit tall and breathe in deeply. Pay attention to how the air fills your lungs and your stomach expands. Notice how you must push the air from your lungs as you exhale. Continue this breathing slowly and deeply. Make it a part of your daily routine and practice breathing whenever you feel stressed.

Holding Your Breath

Another exercise you can do to make the aftermath of quitting smoking easier is to hold your breath. This can be done as a part of your deep breathing exercises. To start, inhale and exhale to a count of 6. Maintain a steady and even rhythm. Once you're ready, after an inhale, hold your breath when your lungs are their fullest. Hold for a count of 3, then exhale. Pause for another count of 3 before inhaling again.

Pranayama

Pranayama is a yoga exercise that uses the elements of deep breathing and breath retaining and combines them. The idea is to learn how to control and expand your breath. This can increase your lung capacity and allow you to take deeper, fuller breaths that will make you feel better after quitting smoking. You can perform pranayama anywhere at any time you need to collect your thoughts and just focus on your breath.

Brahmari

Another exercise from yoga is the brahmari. This breathing exercise involves making a noise akin to that of a bee. It might sound odd, but it can help to relax your body and mind and make getting over the craving to smoke easier. To perform this exercise, breathe in deeply with your throat. Tighten

your throat a bit and exhale making a bee-like sound. Repeat as many times as you like to relax and refocus



How to **Clean Lungs Naturally**

Your lungs are a vital part of your respiratory system, which is in charge of breathing. Their function is to bring in oxygen so it can be distributed throughout your body.

Every day, your lungs are bombarded by toxins, such as environmental pollution, allergens, dust, cigarette smoke and microorganisms. These substances can scar your lungs, reduce your body's oxygen intake and weaken your breathing. Natural remedies can help clear your lungs of these harmful toxins.

Step 1

As we have seen, perform yoga deep breathing exercises for 30 minutes every day.

Doing yoga breathing regularly can help your lungs flush out impurities such as those from cigarette smoke, according to naturopathic doctor and licensed acupuncturist Dr. Leia Melead. She also recommends getting plenty of fresh air and outdoor exercise such as brisk walking.

Step 2

Take one **500 mg rosemary capsule** daily to help clean your lungs.

According to botanist Dr. James Duke, rosemary herb contains antioxidants which can stimulate the flow of blood in the tiny blood vessels called capillaries in your lungs. This helps your lungs eliminate stagnant pollutants from your lungs into your general blood circulation where they can be filtered and eliminated.

Step 3

Drink one cup of **honeysuckle tea** every day. Honeysuckle herb can help your lungs dislodge phlegm and thereby aids drainage of your lungs, according to pharmacognosist (natural product pharmacist) Dr. Albert Leung.

How to Clear Mucus From Smoking

Mucus is a diffusion barrier present in your respiratory tract that works against contact with noxious substances, such as smoke, according to Colorado State University.

Smoking can cause Chronic Obstructive Pulmonary Disease, which causes excess mucus that can lead to frequent coughing, according to the Cleveland Clinic.

To clear your respiratory tract of excess mucus from smoking, you must take herbs with expectorant qualities, which, according to Simon Mills in his book "The Dictionary of Modern Herbalism," help expel mucus from the lungs and bronchi, as well as learn proper coughing techniques. Consult your doctor before taking herbal remedies if you are under medical treatment.

Step 1

Boil a cup of filtered water in a small pot and add your dried herbs. Elecampagne has helenalin and inulin, both active constituents that work as expectorants for the respiratory tract. Lobelia also has expectorant qualities. Together, they will begin the process of loosening your mucus. Restrain from smoking a few hours before taking the tea to allow your lungs to rest and the mucus to come out.

Step 2

Let the herbs steep for three to five minutes. Strain out the liquid using cheesecloth or a strainer.

Step 3

Drink a cup of your herbal tea 30 minutes before your coughing exercises to help loosen the mucus in your lungs.

Step 4

Sit on the edge of your bed or a chair with your feet touching the floor and your torso leaning slightly forward.

Step 5

Breathe through your nose and fold your arms across your chest.

Step 6

Exhale and lean forward as you press your arms against your chest. Take one short and sharp cough to loosen the mucus, so it can move through your airways and immediately another two to three short and sharp coughs to enable you to cough out the mucus, letting air pass through your mouth.

Step 7

Sniff air in slowly through your nose to prevent any mucus from returning to your lungs.

Step 8

Repeat the coughing sequence until you feel that your airways are decongested.

Tips and Warnings

- To make mucus thinner and easier to cough up, drink at least six glasses of fluid per day, according to the Cleveland Clinic. Keep facial tissue on hand for when the mucus comes out. Contact your doctor if the mucus is green or black, as this can be the symptom of an infection that may need medical attention.

Things You'll Need

- 1 tbsp. dry elecampagne
- 1/4 tsp. dry lobelia
- Small pot
- Filtered water
- Cheesecloth or strainer
- Facial tissue

Practice **Every** day!



The secret of success, as in anything else in life is to follow this routine we have recommended to you every day.

Obviously the longer you were a smoker, the more damage you will have done to yourselfso the more then that you really need to commit yourself daily to this program.

Also, for more detailed information about aspects of this program may I recommend the following 4 excellent health books for you, especially the book, **The China Study** which is probably one of the most important books ever written.

In fact, this book will, I believe eventually change human history when we all learn to study it with an open mind.

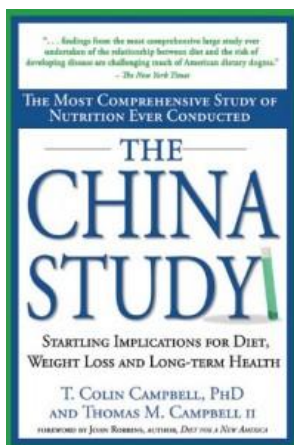
You know this book is extremely powerful and upsetting a lot of 'vested' interests because of the huge number of websites that have suddenly 'appeared' 'attacking' the book for been false and misleading.

A number of independent researchers have tried to track down who actual own these sites – but strangely enough the real owners seem to be hiding their identities! If you were cynical you'd think the billions of dollar a year meat industry were up to the old tricks of the tobacco companies in the sixties and seventies with their policy of misinformation and confusion.

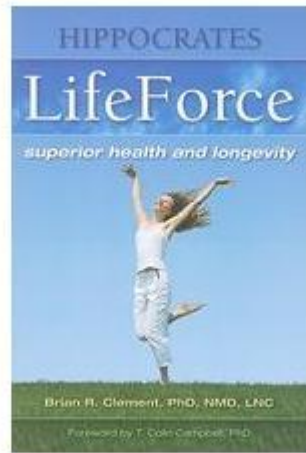
So please read this book with an open mind. It can change all our lives.

In my opinion, every house interested in good health and prolonging good health should have these books in their house.

Enjoy them and Good luck!



- China Study, The: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell.



- Hippocrates LifeForce Superior Health and Longevity by Brian R. Clement, PhD, NMD, LNC

At a time when more and more people are discovering that their lifestyles and health are out of balance, the Hippocrates Institute **presents compelling scientific evidence that wellness and longevity are within everyone's grasp**. For more than 50 years the Institute has helped guide individuals from around the world to heal, creating a "living laboratory" for pioneering research into the restorative power of live, enzyme-rich food. In Hippocrates LifeForce, Superior Health and Longevity, former Hippocrates patients share how they healed themselves from debilitating illnesses after conventional Western medicine had given them little or no hope for recovery.

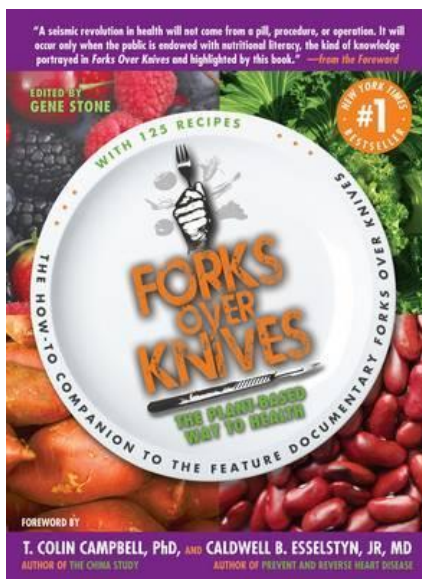
Institute director, Dr. Brian Clement shows how the Hippocrates LifeForce program implements the use of raw living foods to help people maintain a healthy weight and stimulate natural immune defenses against cancer, heart disease and other chronic illnesses. The program also teaches the importance of developing a positive frame of mind to support the practice of good health, avoiding harmful habits that derail the healing process, and creating the support system needed to stay on track.

Hippocrates LifeForce provides the information you need to put the principles of the LifeForce program into practice. Learn how staying upbeat can strengthen your immune system and promote healing. Discover the Hippocrates secrets for making a transition to raw living foods and enjoying them at home, while dining with friends and family, or while travelling. Transform your lifestyle from toxic and self-destructive to healthful and self-affirming, and experience renewed energy and vitality that will last a lifetime.

Included in this ground-breaking book is detailed information on therapeutic juicing and sprouting; vitamins, minerals and phytochemicals; medicinal herbs; and recipe favorites from the Hippocrates kitchen.



- Achieving Great Health by Bob McCauley



- **Forks Over Knives: The Plant-based Way to Health.**
What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the **hit documentary** Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet—it could save your life.
- Aggressive Health by Mike Nash

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Raw food information <http://www.raw-foods-diet-center.com/raw-foods.html>