

Health and Modern Lifestyle

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The health manual for every home

Dusan Dudas

HEALTH AND MODERN LIFESTYLE

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People, wake up, you cannot go on living like this!

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Introduction

My name is Dusan Dudas, born and raised in what was, until 1993, Czechoslovakia. From early childhood I have always been interested in sport and health. As a very skinny kid I started bodybuilding at the age of seventeen; before then I used to swim, compete in gymnastics and played my favourite sport, ice hockey, but you have to be physically strong and well built for ice hockey so I was at a big disadvantage.

When I was at primary school there were fewer cars, the air was clean, food was fresh and tasted as it should from our gardens and farms. We used to drink water from rivers in the summer. But could you do this today? Sugar, flour, grains, nuts, pasta, rice and similar foods were packed in paper bags, not plastic; many of you will probably remember that.

I grew up in communism where healthcare was free, and the government of Czechoslovakia understood that investing in their citizens' health as a means of prevention meant savings on future health costs. They cared a lot about the food people ate because they knew what caused the diseases. Childcare during communism was far in advance of western countries; having been brought up in it, I am able to make actual comparisons.

In Czechoslovakia every school had, and still has, its own dentist, and every month we had a free dental check-up and tooth repair if needed. Each school had its own cafeteria where children could choose from two meals – vegetarian or meat, plus soup and dessert – the whole year around. The meals, subsidised by the government, were healthy, tasty and very cheap. Every day a teacher walked among the tables supervising children while they ate their lunch, and if any pupils would not eat, their parents would be advised. It was absolutely amazing and, furthermore, we were never sick!

One day I went to a local lake where I often swam and met a bodybuilder there. The following night I could not get any sleep. I was so impressed by his body that I made a decision which had a great impact on the rest of my life.

After finishing college I wanted to become a medical doctor. Unfortunately, at that time Czechoslovakia was rife with corruption under communist rule, so not coming from a wealthy family meant that getting to medical university was a dream that would never come true. I then had to go into the army for two years' compulsory service in a special force.

Thanks to my passion and commitment to sport I was physically one of the top soldiers. Once I left the army my interest in ecology, healthy eating and sport grew even stronger, especially when I could see so much disease and suffering in people around me. I have spent much of my life educating myself by reading literature and articles about the world statistics of modern lifestyles and their impact on our health. And I became even more committed to my advancement of knowledge when I had to watch my father die at the young age of fifty, and then my only brother at the age of sixty, to stomach cancer. I have made it my life mission not only to extend and improve my quality of life but also to educate others so they can regain and maintain the most important thing in the world – their health.

In western countries, as I can see even nowadays, too many school lunches consist of white bread sandwiches, potato chips, chocolate bars, cookies and fizzy drinks full of sugar and harmful chemicals. Many parents do not realise that healthy food creates healthy kids. I saw children eating ice cream, biscuits and processed cereals full of sugar for breakfast. I remember my breakfast as a child: scrambled eggs prepared on duck fat, topped with raw chopped onion, fresh tomatoes, garlic and parsley on bread and butter. After that I had several calcium pills, as my mum was always a health-orientated person. (Unfortunately my brother and father were not, and they left the world very early. My mother, now in her eighties, has not seen a doctor for over thirty years.)

On the table in our lunchroom every day was a bowl filled with freshly chopped vegetables and fruits. My brother and I had sweets once a week on Sunday as a treat. I am grateful for my mother restricting my lolly intake and believe this contributed to me having a full set of healthy, white teeth, even now in my late fifties.

In 1989, when communism ended in my country, I started my health supplements and body-building equipment business, which became very successful and is still run by my family. After a while, however, I wanted to get away and into the world to learn even more about various lifestyles in other countries. In 1994, I came to New Zealand to learn English so I

could further advance my knowledge and read the most informative books written by leading biologists in my chosen fields. As my English became better I started working as a personal trainer at a gym where an attractive lady named Pauline hired me as a personal trainer. We later married.

I consider myself a health fanatic but this is not totally my fault – it's because of human greed, ignorance and selfishness, which are all combining to ruin this wonderful planet of ours. Today in well-developed countries we eat dead and devitalised food, drink contaminated water and breathe polluted air. It is sad that a lot of innocent people who are not responsible for the damage to our environment suffer with modern diseases that kill millions every year, including the deplorable death of children. Too many children are born with physical defects, mental disabilities and die too young. But of course we are going to pay dearly for that – the world's top scientists have already stated that the future of mankind is bleak if we continue destroying our bodies and the environment. Can we reverse the damage already done to the planet? Maybe not, as it may already be too late, but at least we can do something to protect our health and the health of our friends and families against the harmful effects and the dangers of the damaged environment we have to live in.

I am a vegan and have already written a book *Naturally Amazing* for vegan and vegetarian bodybuilders, and I am living proof that a healthy lifestyle achieves remarkable results.

So what do I discuss first! There are many bad things in our modern lifestyle which ruin our kids' health, so let's start at the beginning of the human life cycle.

Dusan Dudas

1

KIDS AND HOW TO BRING THEM UP FIT AND HEALTHY

Today, many parents want to know how their baby is growing, so before a child is born the mother has ultrasound monitoring. This is in fact harmful, as a baby does not have fully developed hearing. Magnetism, electric impulses and ultrasound emitting from a scanning machine can do immense harm to a child's fragile nervous system, heart and body cells. Many children are delivered by Caesarian section because it is faster and more convenient for medical staff, but this can be detrimental to a child's health. If a baby is delivered by the natural vaginal way, the compression of the uterus squeezes the baby's chest and thus its lungs. The lung fluids that accumulate are pushed out through bronchial tubes and pour out of the baby's mouth, therefore they do not become toxic when oxidised. This does not happen with the Caesarian delivery. Studies have proven that babies born the natural way are up to 50% less prone to some serious diseases.

Women who drink alcohol, smoke or use drugs while pregnant should not have children while doing so. The consequences can be dire; the child could be born mentally or physically disabled. I consider that any mother who does this is not a good mother as they are hurting the most beautiful gift in the world, their own child, who has no choice as to what their mother puts into her body. Too many mothers who poison their bodies with drugs and cigarettes during pregnancy wish they had never done it once their precious child is born –by then it can be too late; the damage is done. They would give anything to do things differently and would treat their own body as a temple during pregnancy if they

could go back in time and do it again, once they realise how much their child means to them.

Many mothers breastfeed their children for only a very short time before putting them on baby formula, which is simply sad, processed food, not having any clue that mother's breast milk contains one very important element – hydrogen peroxide – which strengthens a baby's immune system. Many mothers lose their breast milk very early as the result of a bad diet. If you buy a computer or cell phone you learn very carefully how to use it, so why do we not learn how to bring children up and how to use the correct nutrition to keep them healthy? I know many parents are very busy and have no time to prepare good foods for their kids, but it does not take up that much time, especially when you know how, and know that you will be repaid in the form of happy, healthy, stress-free children.

After breastfeeding, many mothers start giving their children cow's milk. I am uncomfortable about this, as cow's milk contains around 40% protein, mainly casein, whereas mother's breast milk contains only 1.7%–3.5% protein and no casein at all. Some children develop lactose intolerance and their digestion suffers; some can have multiple health problems, including allergies to cow's milk. I was one, as a baby. Some amino acids in milk are not metabolised by the small intestine and remain in it, causing diarrhoea and cramps.

When I was only a few months old my mother stopped breastfeeding and started feeding me cow's milk, and that is when I became seriously ill. I had an intestinal disease that even doctors and other specialists could not treat. I ended up just skin and bone as my body weight decreased in only a few days, and it seemed the end of my life was already near. Whatever I ate went out undigested in the form of diarrhoea. One day my mother was walking home from hospital, crying, with me in her arms, when an old lady stopped her and asked what was wrong. My mum told her about my disease. The lady smiled at her and told her to go to a chemist and buy castor oil, and give me one teaspoon three times a day. My mum thanked her and went to the chemist, and in only a few days I was completely cured. I am not sure whether that old lady had any medical qualifications, but I know a lot of natural healers, who are not qualified doctors, who produce fantastic results in healing illnesses.

Coming back to the present, let's discuss pasteurised milk. What exactly is it?

We know that fresh, raw milk is full of goodness: B vitamins, minerals, enzymes, fats and proteins. Casein is an ingredient I do not agree with, however, as it is used for making glue and lactose, and is also another troublemaker in the baby's gut. These days milk when being pasteurised flows through 95° C steam; the consequences of this heating process are that the B vitamins are killed at a temperature of only 70° C, enzymes at only around 45° C, and the molecular structure of fats and proteins are also damaged, making it harder for digestion. Is there any benefit to drink it in this form when it lacks such important nutrients? Some biologists recommend goats milk for babies as it is the closest to human's. You must decide which you want for your baby, as it is your responsibility.

The milk for feeding babies should always be in a GLASS BOTTLE and never in plastic. Milk is acidic, and it can react with the chemicals that bottles are made of, especially when it is warm.

It is very important to choose the right foods for babies. In the first instance they should be given gently steamed organic fruits and vegetables. Are they expensive? Yes, they are, but cheaper than paying for doctors.

Fats are another important part of food, and the right choices are the healthy ones. Do not forget that a child's digestion is very fragile and still developing.

Are there any alternatives to cow's milk? Some mothers use goat's milk as I have already mentioned, and there is also soy milk. If they are not sure what would be the best for a child, then a doctor or nutritionist can solve this problem.

We should not forget the most important part of a food: WATER. If you think that any pure water is good for a baby you probably do not know the pH of our body, which is 7.365. Water with a pH lower than that is acidic and thus not very safe for a baby's fragile stomach and intestines. The more water in the baby's food, the better and more easily it is digested.

The foods with the highest amount of water are fruits and vegetables – not processed foods and cereals, meat or meat products. Meats should be minced and given to them only on a doctor's or dietician's

recommendation. Babies should not eat old foods from the fridge but always freshly cooked. Intelligent mothers invest time to prepare healthy foods for their babies and as a result they get healthy, happy and well-developing children in later years.

Should mothers supplement their baby's diet with health supplements? Yes, but only on a doctor's recommendation and those specially formulated for children. (See Chapter 5 for full information.)

Obesity is a huge epidemic in wealthy Western countries, not only in adults but kids as well as it can cause diabetes, heart disease and deformation of bones and the spine. Children who are fat move very little as it is difficult for them to move faster so they become exhausted very quickly. The research in this epidemic shows that children who are fat before the end of puberty are up to 70% more prone to become obese in their adult age, because the increased number of fat cells created at that time remain in their bodies for the rest of their life. When overweight children become adults they have difficulty keeping the weight off unless they stay on a strict diet indefinitely, owing to the fact that the higher number of fat cells they created as a child is stuck with them as an adult, and the cells will only shrink when dieting, they won't disappear. Once they stop dieting the fat cells start making excessive fat again.

Another mistake that can be made is the use of aggressive synthetic lotions and creams which can cause skin problems leading to even more serious illnesses. Baby's skin is very sensitive and absorbs many chemicals very quickly, so organic lotions are the best choice. My mother used to massage us with duck fat and olive oil. Clothes for babies should be made of 100% cotton only, as it is the best material for their sensitive skin, and washed in enzymatic, chemical-free washing detergents. Synthetic fabrics do not absorb moisture and develop static electricity, which can produce shocks and scare babies.

The water temperature in the bath should not be too hot – this helps develop resistance against cold.

I want to mention about the bed in which the baby spends most of its first days of life. The best bed is firm and made of wood without any metal parts as they attract and increase magnetism and pathogenic zones when there are electrical appliances in the bedroom – which I would recommend against having in the bedroom in the first place. I have seen

babies very close in front of the television, directly opposite the screen, which can damage their eyesight. The safest distance is at least three metres and around a 120-degree angle which will minimise the amount of magnetism and radiation into their fragile bodies as well.

I want to highlight another very important point – babies spend a lot of their life in a pram. There are prams which are convenient to use, as they are lightweight, portable and very easy to fold and do not need a lot of room so easily fit into a car boot. The question is: are they good for the healthy development of a baby's body, particularly the skeleton? Let's have a look how they are designed: the seat and back support is made of loose material and there is no footrest. A child sits in it with its chest squeezed, and its shoulders are forced forward to a point where it can hardly breathe properly. The lungs do not have enough room to expand, breathing is restricted and so is the supply of oxygen into the blood and from it into the body cells. How can its chest, rib cage, spine, lungs and heart develop properly when they spend so much time in an unsuitable pram? How can the oxygen clean body cells of toxins if there is not enough of it?

The SPINE! The child in a pram, like the one discussed above, has its spine bent in the shape of a 'C' instead of a healthy 'S', and their feet wobble in the air without any support. I do not know why designers do not have a look at a human spine to improve their product. Parents who buy unsuitable prams may just be uneducated about it, yet it is such an important part of a child's development. To see kids and young people with good posture is nearly impossible in this day and age. I know the statistics of people suffering with back pain, and it is shocking how many of them are very, very young. The problem starts in early childhood. If I can criticise it, I need to say how it should be designed so here it is: the backrest for the correct pram is firm, takes the shape of the spine, and the seat is soft so it does not squeeze the baby's buttock, causing soreness. The footrest is in a position that keeps knees slightly higher than hip joints, so arteries at the back of the thighs are not squashed and the blood flow into the lower legs is not restricted. A pram like this should be used in parks, on beaches or in areas with fresh air, not in busy streets full of poisonous car fumes as we see every day.

Why do mothers load them with toxins from very early childhood?

Why do they not educate themselves if they want to have children? Why do some of them smoke in a car while having a child in it? Why, why, why ...?

Please do not force your baby to walk sooner than it should do it naturally, as Mother Nature intended, otherwise the baby's legs may become bent and the soles of their feet become flat. Keep baby warm but not overdressed all the time; make sure he does not walk on cold surfaces without shoes as that can cool blood in the feet by up to 3° C. Let baby cry for a while so its lungs can develop properly, play, smile at it, sing to it and give as much love as you can so it will not leave home as a teenager.

Let's talk about pollution and radiation that babies are exposed to. Some kindergartens are set up in heavily polluted areas. I have always thought that people who are qualified childcarers know this and parents as well, but some parents smoke in the same room or in the car while baby is in it. Why?

Please do not use a cell phone in a car with the baby as it increases radiation, do not use a cell phone or microwave in a kitchen close to the baby if you want it to grow healthy and stress free.

I hope that I have touched on the main things to help you bring your baby up as it should be.

My advice is:

Educate yourself and be a great parent!

Give your kids as much love as you can. They need more than money and toys – they need love and a lot of it.

Every child deserves to be loved – unfortunately not every child is happy and healthy!

2

TEENAGERS AND THEIR IMMUNE SYSTEM

What do you think about teenagers?

Are they wild and crazy and don't know what to do with their time?

Are many of them doing stupid things and don't know in which direction to steer their life?

Why are there such huge numbers of young people committing suicide in rich Western countries?

I do not want to put all of them into one box, as it would be very unfair, but should they themselves be blamed? I am not so sure. Who has polluted the air, contaminated the water and put chemicals into food? You probably think this has nothing to do with their behaviour, but unfortunately all those things affect the production of hormones in their brains, which alters the way they think. Their brains are full of toxins from preservatives, artificial food flavourings and colouring, trans fats from fast food, toxins from polluted water, polluted air, alcohol and in many cases drugs as well. I could go on and on and on. We cannot take all those bad things away from their modern lifestyle, but at least we can soften them and I will describe how later on.

Another problem is poor education at schools where pupils are not taught how to live a healthy lifestyle, what to eat and drink, the importance of good sleep and the danger of the polluted world. Simply said, we lie about all those things, we do not tell them the truth; and in fact we encourage them to eat junk food through false advertisements. Have you ever seen an advertisement for eating apples because of their

benefit to health? I have not, and it is one of the most powerful fruits of all and should be eaten with the pips, which are an amazing medicine – all fruits should be eaten with the pips and very well chewed.

The apple contains ingredients which assist in the production of hormones and there is one very important ingredient: pectin, which helps to keep arteries flexible. You probably heard the saying ‘an apple a day keeps the doctor away’. People are recommended to use medicines when they are sick, or have only a slight headache, instead of encouraging them to eat more healthily and exercise. When I was in my teenage years I had to go to do compulsory army training for two years. It was very tough but very beneficial. Why?

Firstly, discipline! Discipline is what too many young people today are lacking, and they need it to help them stay on the right track. In the army we learnt many useful things for life, including a perfect daily routine. Let me describe the daily routine of a soldier during my time there:

- 6 am** Wake up
- 6.20 am** Exercise 30 minutes
- 6.50 am** Stripped down to waist (even in the winter and never had a cold or flu; sometimes at the temperature of -10° C)
- 7.30 am** Breakfast, army exercises and work to 12.30pm.
- 1 pm** Lunch and break for one hour
- 2 pm** Afternoon army exercises and study
- 6.30 pm** Dinner and a personal break for leisure and sport. I used to go to the gym doing weights and thanks to that I gained the army record in climbing the five-metre rope in only five seconds without using my legs.
- 10 pm** Bed time.

So that’s how it was – perfect – and a routine like that made us very healthy, strong and resistant to any disease. We were never sick! The food in the army was excellent – lots of grains, legumes, vegetables, fish, high-quality meat, eggs, freshly baked bread with potatoes in it. We had super foods like beans and lentils nearly every day, and when we complained about it a nutrition officer said: “You fools, they are the most powerful foods you can recharge your body with”, and he was absolutely right –

legumes contain all the macronutrients and micronutrients a body needs for healthy development.

Let’s get back to the daily routine.

What do you think about such a perfect routine at a time when your hormones are in imbalance? You feel always tired, nervous, always missing something, face full of pimples so you are too shy to get a girl. To me the perfect routine was something like a rescue, at the right time, from all those troubles. Even then I hated it, but as the years have passed, I believe it led me to be stronger, with a good immune system. I personally think it would not be bad to put it into effect in the army, at least for one year, to make young people real men, and for girls a special service to learn how to cook, choose healthy foods and look after their kids and family – not what we are seeing these days.

Let’s now have a look at the daily routine and diet of many of today’s teenagers, based on what I have been told by teenage clients and their parents:

- They wake up any time they want, or just a few minutes before school.
- They are usually in a hurry, so for breakfast they have processed-dead, devitalised food called ‘cereal’ and pasteurised-dead, devitalised drink called ‘milk’ with it.
- At the school cafeteria they buy a white bread sandwich or chocolate bar, for lunch, potato chips or similar foods and fizzy drinks full of sugar, artificial colouring and flavouring.
- For dinner they have a big meal, as people in Western countries tend to have.
- After dinner, study, computer games or chat with friends on a cell phone and again computer games usually full of violence.

As they do not move their metabolism slows down, so they get fat and go to bed after midnight, missing the best part of sleep, which occurs between 10 pm and 2 am. This is the time when our body releases growth hormones and testosterone, which are the most powerful substances to restore our body’s damage caused by hard work, stress and our modern

life. Those hormones are very important for proper development, especially for young people. A lot of them have problems sleeping as a result of incorrect diet and stress caused by their poor lifestyle. Another popular stimulant, not just for adults but also for teenagers, to stay awake longer on the Internet at night is coffee. They eat no fruits, no vegetables and most of them do not play any sport at all. I sometimes watch them walking in the street, and I cannot believe the bad posture they have, and that some of them seem to have no life in themselves, no energy. It is shocking!

Who is responsible for it? The answer is neither black nor white; it is grey. Who do we blame: parents, the education system, the society they live in.

The answer is up to you.

My recommendation for a daily routine for teenagers looks like this:

6 am Wake up. 30 pushups and squats, 3 minutes warm shower, 30 seconds cold.

Before breakfast A glass of an unsweetened warm drink (water or herbal tea).

For breakfast Uncooked oats with grated almonds soaked in soy milk or apple juice, with no added sugar but a teaspoon of honey, one apple and toast with herbal butter or scrambled eggs with chopped raw onion, tomatoes and tomato sauce as topping. Tastes delicious. Afterwards a banana or pear.

After breakfast 1 or 2 pills of a multivitamin and mineral supplement

Morning tea A nut bar made of almonds, sesame seeds, sunflower seeds, pumpkin seeds and honey, available in every supermarket, vegetable salad with avocado (one of the super foods) and a piece of wholemeal bread.

30 minutes later A drink of mineral water or fruit juice, herbal tea or acidophilus.

Midday Lunch – a piece of fish or chicken with brown rice and after, a vegetable salad with green, leafy vegetables for good digestion, as they contain enzymes. As a dessert, a small fruit cake and 500 mg vitamin C

Afternoon tea Four wholemeal crackers with yoghurt and fruits, dinner

no later than about 6 pm.

6–7 pm Baked potatoes with steamed vegetables; or wholemeal pasta with olive oil and tomato sauce; or brown rice and vegetable casserole, or similar dishes. No meat, as it is very heavy on digestion during nighttime.

Before bedtime (which should be no later than 9.30 pm), one raw carrot and an apple.

This is only a guide but it would be absolutely great for a young person's health to stick to it.

Healthy foods that should be eaten every day with meals:

one clove of raw garlic

one tablespoon of olive oil

half an avocado

an apple

nuts and seeds

2 tablespoons of freshly squeezed lemon juice in 300ml of water.

I am a vegan myself but everybody can make their own choice.

I recommend red meat twice a week, fish three times and poultry twice.

Young people, please exercise every day!

When teenagers use their energy for physical games and sports they do not have any left for doing the wrong things which get them into trouble.

The development of our immune system picks up in our teenage years – it means that it gets stronger at that time but we have to do correct things for it. If you abuse your body at this time by not sleeping enough, using drugs, drinking alcohol, smoking, not exercising and eating junk food, do not expect to be healthy in your later years unless you are genetically gifted with a good immune system. Eating on time is very important, because when the time comes for us to eat, the glands in your mouth start making saliva, the amount of gastric juices increases and the pancreas is in alert.

But say you have no time, so you eat later on, when your digestion is not prepared – that is what puts a load on your digestion: irregular eating.

Some biologists and nutritionists say we should eat only when we are hungry. Maybe they are right, but I would not recommend this for young people whose bodies are still developing and need regular nutrition. Of course, if you are a sports person this is the number one part of your lifestyle. Nowadays teenagers are also confused about what is right and what is wrong by false advertisements, what to eat and what to drink. We lie because we want to sell and make profit.

Healthy kids and teenagers equal healthy seniors – it's that simple.

Does anybody realise that younger and younger people are getting seriously ill, they have diseases that years ago only older people had, like heart disease, diabetes, cancer and so on.

Obesity: what the epidemic of wealthy countries is experiencing and, what is worse, is that it affects our children. Obese kids and teenagers are very often a target of abuse; a playground can be a very cruel battlefield. Their skeletons are usually deformed, their feet are flat, and there is huge pressure on hip, knee and ankle joints. Today teenagers consume too much sugar, fat and refined carbohydrates, which also increase acidity and the risk of diabetes, heart disease, cancer and a lot of other health problems. The problem could be solved very easily but there is one aspect which is the most powerful of all – the money. Yes, that is right, nobody cares about our future generation and its health – profit is what counts. Unfortunately advertisements promoting fizzy drinks, sugary foods, fatty fast foods and lots of other profit-making things we cannot stop. It is the parents' job to teach their children the right way to eat and live, *but* they must be well educated in this area. From my own experience a very small percentage know how to bring their kids up. I hope my book will be of help.

Let's have a look at the other part of their life; – noise, radiation and poisoning. Modern technology has brought a lot of bad things to teenagers as they have access to inexpensive music equipment. Young people listen to very loud music in their cars, at home, at work, at parties, in the gym and they love loud bass. The reason for that is that they are nervous, anxious and stressed from the chemicals in the food they eat, polluted air they breathe, and the chemicals in drinks they consume, and

the noise is the only thing that calms them down. They do not realise that later on it will turn against them, as it damages not only their hearing and hearts, but also their nervous system and brain in which the noise is recorded. They will have problems sleeping later in life because the noise will resonate in their heads all the time; they will be even worse off seeking relief in medications. This is the beginning of serious nerve damage. They will be arrogant to their kids, wives, friends, have problems at work and will be nervous all the time.

I have young clients who come to me to teach them how to get back on track to improve their sleep and stop being anxious. I am shocked sometimes seeing them with their hands shaking and bodies trembling. A good sleep is more important than good food. Some psychologists say you can be the richest person in the world with no worries at all, but if you do not get a good sleep, after a few days you get very nervous and depressed. The use of sleeping pills damages the stomach, liver, the production of melatonin in the brain and is very aggressive to the nerve system as well.

Now there is another danger – radiation from cell phones, computers, televisions and microwaves – and you probably realise what I am going to say. Poisoning from food, water and environment is another danger I have already mentioned and will describe in the later chapters again in detail.

My question is: Are they going to be a healthy generation?

The answer: I do not think so.

*Teenagers have time to watch television and play with computers
but they have no time to prepare healthy foods and play sports.
Kids are the mirror of their parents.*

3

SENIORS NEED TO LOOK AFTER THEIR BONES AND IMPROVE THEIR HEALTH

In this chapter I am going to talk about the people whom many of us do not care about often today – which is very sad. Elderly people can suffer physically because of their bad lifestyle in their teenage years. Only a very few of them are genetically gifted with good health and have a comfortable retirement.

As I have already mentioned in the previous chapter, young people seem to forget that one day they will be older and all the abuse they have caused to their bodies will come back in the form of ruined health and huge suffering, which in many cases is irreversible.

Can seniors do something to soften it? Yes they can, and here is what I would do if I were in their shoes.

The most important part of their later life is sport, correct diet and attitude. They should not fall into a stage when they think that their health problem is purely because of age. What about people who live in Georgia, the post-Soviet country – many live to be older than 100 and still work hard. There is even a singing group consisting totally of 100-year-olds. They eat mainly vegetables, fruits, sauerkraut, drink fresh water from mountains full of minerals and homemade alcohol from fermented fruits, but of course they drink it in moderation. They are physically so active that they move even faster than many teenagers now. The higher age is not the problem; it is the lifestyle they lead.

The elderly should also consider whether all the medications they use are really necessary. Sometimes it is a good idea to see a variety of

specialists to see what they recommend and ask for a natural alternative. As we get older, our digestion is not as efficient as it is in our youth, and it is good to help it with some natural helpers like teas, herbs, sodium bicarbonate, minerals, fruits, vegetables and homemade remedies. I will talk about some of them in later chapters.

I recommend the elderly to go mainly on a vegan diet, or reduce consumption of red meat and dairy products to a minimum, as older people have fewer enzymes in their digestive system. Why is it that people in well-developed countries where there is the greatest choice of all sorts of foods have the highest rate of hip-joint replacement and poor bone density? The answer to this is the wrong choice of foods and their combination.

I am going to delve into this problem by pointing out wrong eating habits. Many people eat a lot of animal protein, and there are some studies showing that this sort of diet increases acidity in the body, which means that body tissues and blood get acidic. The acidity is harmful to our body as it starts to fight it and uses calcium, which is the most effective mineral to eliminate it. The calcium used to fight the acidity comes from the richest sources like bones, and this is the beginning of the trouble called osteoporosis. The bones get fragile and weaker. There is evidence that countries with the highest consumption of dairy products and animal-based foods have the highest hip joint replacements and bone fractures.

Another problem is the worn-out cartilage in hip and knee joints. What is the problem with those? Again the same culprit: acidity. When animal proteins are broken down into simple units of amino acids, there is a side product – ammonia – which crystallises into tiny crystals like fine sand and is deposited in the areas where there is very low blood flow so they cannot be rinsed away. Those areas are around and in the joints. You probably have a picture of what happens if you put sand in a machine bearing? It gets worn out very quickly, right? That is exactly what happens in the joints with deposited crystallised ammonia – the cartilage in joints is grated away.

This is where we have another problem because of eating too much meat and dairy products, as those foods contain too much calcium. If an excessive amount of calcium is consumed, the body loses control of how much is absorbed. In normal healthy conditions, the body uses vitamin

D to control how much calcium is absorbed by tissues and how much is supplied to the bones. Excessive calcium can also be deposited in veins, capillaries and arteries, causing calcification when LDL (low-density lipoprotein) is bound with calcium.

The other problem when an excessive amount of calcium comes from animal sources is damage of the enzymes in the kidneys, which convert vitamin D3 into 1.25 vitamin D. This vitamin is eventually a hormone protecting the large intestine against bowel cancer.

How can older people avoid this undesirable condition? Here are some ideas:

- Older people should not become overweight but rather keep slim to decrease pressure on hip, ankle and knee joints.
- Keep active as long as possible by playing sports like soccer, swimming, walking, and even going to the gym, lifting weights, which is what I recommend most of all, as well as yoga and tai-chi. What I do not recommend are tennis, golf and other so-called 'one-sided sports', which are bad for the spine by putting your body in imbalance.
- Use stairs instead of elevators
- Work in a garden
- Perform breathing exercises and similar activities.
- Eat the right foods, like a variety of fresh vegetables and fruits which provide good calcium (much better than in meat), in particular green, leafy vegetables, legumes and seeds, wholemeal bread and pasta, drink freshly juiced vegetable and fruit juices, fresh water with pH at least 8.5, good grains like oats, barley and brown rice. These grains I have just mentioned contain serotonin (from which melatonin in the brain is formed) and improves sleeping. Many elderly suffer sleep deprivation from a lack of melatonin. The amount of melatonin our body creates declines rapidly every 10 years as we get older.
- Use health supplements like vitamin C and B complex vitamins as there is not enough in our food. I will explain that more in Chapter 5, and why we should use them. In Eastern Europe older people eat potatoes and claim that they contain ingredients from which the lubricants for joints are formed.
- Avoid or decrease: salt, white flour, white sugar, processed foods,

canned foods, dairy products, meat and meat products, fizzy drinks and similar foods which cause acidity and deplete the body, and particularly bones, of calcium.

- Join social clubs and have fun, watch funny programmes and laugh a lot, spend time out in the country and in forests, help those who are in need.
- Forget your age!

Do you think you are too old and flabby to start exercising?

Nonsense!

You are never too old to start lifting weights.

I would like to share a story which shows how a good diet can prevent and reverse osteoporosis in its beginning stages, even in later age. My mum, in her early eighties, lives in Slovakia in our house where she has to climb a staircase of 16 stairs. One day she phoned me in New Zealand, where I live, and asked me to help her to relieve the pain in her hip joints. I immediately knew what was going on as she occasionally eats dairy products and meat but fortunately she has a lot of good fresh vegetables and fruit as well. She also hates medications and has not seen any doctor for over 30 years. (Her father had not seen his doctor for over 50 years before he died at the age of 92.)

So I put her on a strict vegan diet and phoned her every week to check whether she was keeping to it. She was doing everything I recommended and the results came after only one month and were absolutely fantastic. Even her neighbours could not believe how she had started to walk and work in her garden again. She lost a few useless kilos and, as she cleaned her body of toxins thanks to a vegan diet, her mental condition has improved, as well as her sleeping.

I do not want to persuade anybody to become a vegan or vegetarian, as it is their own decision, but I would say in an emergency try it for a while to see how effective it can be.

*Live your youthful years healthily so you will
have a great and painless retirement.*

My recommendation of a daily eating plan for the elderly would look like this:

Before breakfast (which should be 7–8 am) 300ml of body temperature water with a half of lemon squeezed into it to wash the stomach.

Breakfast Oats soaked in warm water for 15 minutes and eaten raw as they are rich in B vitamins, enzymes and minerals. Cooking oats drastically depletes these nutrients. For a better taste some fruits can be added into it – bananas are well tolerated or dried fruits, but sulphur dioxide free. For those who do not like oats, brown rice slowly cooked can be a good choice, millet porridge or avocados on wholemeal bread toasted with tomatoes and capsicum and one tablespoon of coconut oil or flaxseed oil.

After breakfast A small bowl of green vegetables is a must, 500 mg of vitamin C, 1 tablet of multivitamin and multimineral supplements or a tablespoon of brewer's yeast and a cup of herbal tea, not black tea. A cup of coffee from freshly ground coffee beans is all right but not for those with high blood pressure.

Morning tea An apple or nectarine.

Lunch Vegetable soup, a piece of fish (or chicken, duck, rabbit) or steam or fry vegetables in olive oil with brown rice or mashed potatoes with a teaspoon of duck fat, which is not saturated, as you would think – only 28% is saturated, 62% is monounsaturated and 10% is polyunsaturated. The duck fat in Eastern European countries is considered a medicine, curing mainly inflammations and wounds.

After lunch Again a small bowl of green salad and a 30-minute nap.

Afternoon tea A handful of almonds, soaked in water for eight hours, and about four walnuts (in their shells). Unshelled almonds are okay but the unshelled walnuts can be rancid.

Dinner Baked potatoes in skin with steamed vegetables or wholemeal pasta with crushed garlic and tomato sauce, or millet porridge with a tablespoon of herbal butter on the top. No meat at all.

After dinner A small glass of beer or red wine for better digestion. The beer is good for sleep as the hops in it contain serotonin, from which melatonin is formed.

Before bedtime One small raw carrot.

I hope this advice will help the elderly to live and enjoy their life fully, despite their older age. The correct diet can do miracles, as the top biologists state that every illness is caused by eating the wrong foods.

*It is a shame for a man to grow old without seeing the
beauty and strength of which his body is capable.
(Socrates 400 BC)*

4

ALLERGIES

In this chapter I want to talk about one of our modern illnesses – allergies. So many people these days suffer with all sorts of allergies from food, pollution and chemicals. Since the Second World War, allergies have been growing rapidly.

When our immune system is weaker and cannot defend itself against the harmful effects of certain types of bacteria in foods, such as harmful organisms or chemicals, we have allergies. In normal conditions our body is able to recognise normal and abnormal tissue, but when the abnormal tissue starts growing rapidly, the body is not able to fight it, the immune system breaks down and a serious illness takes place.

The immune system produces antibodies, which are made by a certain type of white blood cell in bone marrow, and a higher number than normal indicates that health problems and serious trouble is brewing. Nowadays many people suffer with all sorts of allergies – the most common ones are to animals, certain foods or pollen from plants.

The allergy to gluten, which is the most important protein found in grains like oats, barley and similar foods, develops as early as childhood. A person with an allergy to gluten must completely avoid it, as constant exposure can result in serious damage of the small and even large intestines. If the lining of the intestine is damaged, the ability to metabolise nutrients from digested food is insufficient and the person gets seriously sick, in cases when the allergy is not discovered in early stages. The complete avoidance of eating foods containing gluten usually cures the allergy.

In some circumstances it can be hard to distinguish what causes an allergy as a blood test can be inaccurate. Immunological tests can measure the production of antibodies with better accuracy. I personally know many people with allergies who have been trying to get rid of them for many years using medications but unfortunately with no relief at all. Some alteration in diet brings relief, or natural supplementation.

Can some chemicals in medications cure the problem? In some cases they work temporarily for pollen allergies, but for food allergies only a correct diet can alleviate them. Some allergies can be cured with minerals as this is what causes some of us to develop them – we lack a certain type of them. Unfortunately there is no test which can determine which mineral is lacking.

Years ago I suffered from allergies to pollen, cats and dry straw. My eyes were watering, I was sneezing every spring when pollen was around, had a runny nose all the time – nothing helped me. I started doing my own research and found out that minerals could do the job and they did, amazingly well – I am not allergic to anything any more.

Milk allergy is another very common one in the modern era. Many children now suffer with it as their digestive system does not tolerate milk. The most common symptoms are bloated stomachs, abdominal colic, asthma, excessive gas production, diarrhoea and, worst of all, autoimmune disease. The last one is worth discussing.

In pasteurised or homogenised milk, the molecular structure of amino acids is damaged and is far away from its natural form. In the small intestine some amino acids are not absorbed into the blood stream through its wall and remain there. Because they are not supposed to be there, the body treats them as foreign invaders and the immune system starts working. Here the problem can even develop into Type 2 diabetes.

Let me explain what happens: the chemical structure of the amino acids in the small intestine that are not metabolised is similar to the chemical structure of pancreatic cells which make insulin. The immune system of the body treats them the same as foreign invaders and damages them. In their damaged form the pancreatic cells cannot produce enough insulin and there lies the problem – diabetes 2. We know very well that every amino acid in our body has its own function; there are about 55 types and they are not only building blocks of muscle protein but they also

control and support many chemical reactions, regulate the utilisation of energy from body fat, support thinking and many other functions. All of them have their place in the human body but if some of them get where they are not supposed to be, a problem occurs. Just to give you some examples; amino acids valine, leucine and isoleucine are responsible for muscle development; glutamine is the most abundant amino acid in our body, mainly in muscles and supporting the immune system; alanine controls the supply of energy to the brain; tyrosine assists at the conversion of fat into energy ... and I could go on. There are eight amino acids called 'essentials', which means that they are the most important but unfortunately must be obtained from the food we eat as our body is not able to make them.

Another autoimmune disease that can occur when the body's immune system damages itself is rheumatoid arthritis, which is the disease of joints and connective tissues. This disease can be caused by eating wheat rich in gluten, and some biologists claim that eating acidic foods can develop this disease as well. Other allergies can be developed by eating foods containing preservatives, artificial sweeteners, artificial flavouring and in the last few years we have also witnessed one of the most dangerous - the allergy to GM (genetically modified) foods.

Every allergy is a stress to a body which responds differently in the forms of a runny nose, watery eyes, acne, irritated throat, dry skin and lips, headache, rash, eczema, nervousness, nausea, dandruff, vomiting, abdominal colic, even asthma. Sometimes these symptoms are very tiny or even hidden, but after a longer time they can build up causing serious body conditions or illness. After the withdrawal of certain foods that cause allergies and if conditions improve, indicates that this was the real problem. Some people suffer with allergies even from some types of cosmetics, herbal teas or eggs.

I want to stress one important point - allergies from eating fruits and vegetables are not caused by fruits themselves, as some experts claim - they occur from the fertilisers, pesticides and chemical preservatives in them.

Also some allergies can disappear after many years if a person is on the right diet, which strengthens his or her immune system. When the allergy occurs, the body at first reacts with symptoms; after that the body's

resistance takes over, but if the immune system is not strong enough to fight it, exhaustion takes place and the allergy can become serious or even permanent, with damage to a person's health.

There are some tests when the skin is scratched and certain chemicals are put on it to find out a person's reaction to them. Hair analysis can reveal the content of minerals and harmful substances in the body as well and is considered as a very precise measure. There are some chemicals also shown in it which are very dangerous. If they are present, the person should check if they are in the tap water or in the environment he or she lives and works in.

I want to also touch upon addictions to what I would call 'luxury foods', like alcohol, coffee, drugs, nicotine, tea, chocolate and similar foods and drinks. If a person stops using these substances some problems can follow for a while, like nervousness, insomnia, headaches, cravings, depression and so on. In this case regular exercise, meditation, yoga, tai-chi, the right diet, good company, help from good friends and a total change of lifestyle can help solve these problems. If you suffer with an allergy or addiction, do not ignore it because it indicates that your immune system is very weak and you must make it stronger so as not to fall into an even bigger health problem.

*Your health is your biggest asset; if you lose it, you lose everything!
If you are sick, remove the cause and the cure will naturally follow.*

5

SUPPLEMENTS OR NOT?

Many times I get this question. Some people say their doctors or nutritionists tell them that if they are on a good, balanced diet they get all the nutrients they need to keep them healthy as that diet provides all. I do not know where those people live but probably not on this earth, otherwise they would know that a huge chunk of the soil in well-developed countries is contaminated and depleted of minerals. I am going to talk about vitamins afterwards. Let's have a look at the minerals first.

Our ancestors used to have only a few fields, and every year they planted a different one so the others could rest and restore their mineral balance. Minerals are not living microorganisms like vitamins, they crystallise and are pushed to the surface from inside the earth, and it takes a few years. Under the ground many chemical reactions happen – underground waters bring them from other parts of the earth, different temperatures form them from different substances, gases and so on. Some geologists believe it takes between two and three years to restore minerals in the soil.

Nowadays farmers plant vegetables and grains in the same fields every year, year after year after year ... Some clever farmers use minerals in powdered form, as I saw in Italy. By the way, the Italians are the world leaders in organic food production but do they know how to combine them properly, do they know which are left in the soil and which are not, do they know the natural balance? I think only Mother Nature truly knows but it is better than using harmful fertilisers. The mineral balance must be perfect. If some minerals are in higher amounts than they should

be they cause chemical reactions that neutralise some precious minerals which are very fragile.

What about the use of fertilisers? After the Second World War, the use of synthetic fertilisers started to explode in all well-developed countries as the demand for food was boundless. To get higher production and make bigger profits farmers used some very aggressive ones and here is the problem – many minerals were pushed away and never appeared again. Of course, many vital substances – worms and useful insects – were killed. Some experts want to convince us that in soil like that we can grow food full of all the nutrients we need for the proper functions of our body. Vitamins are made by plants, as they need them for their own use, and get into our bodies by eating them; unfortunately; chemicals kill them as well.

I do not think that, in contaminated soil, healthy plants full of vital nutrients can grow. And what about the use of heavy agricultural machinery which presses the soil and minerals down? What about pollution and acidic rains? Now you probably think without the use of synthetic fertilisers there would be famine in the world, as there are too many people to feed. Yes, that probably would be correct, but some scientists believe that this planet is able to feed twice as many people if we utilised the earth more effectively, even without the use of synthetic fertilisers. In our modern era we eat dead, processed, devitalised and non-fresh foods; that is why supplements are necessary if we want to live a healthier life.

Now I am going to ask a question about supplements: How much and which ones? The best way to use supplements is to follow the dosage written on the manufacturer's recommended label along with the RDA (recommended daily allowances). Can tests or experts find out which nutrients a human body misses and how much? No. In some cases the body can indicate the lack of minerals – like not very white teeth usually caused by low levels of calcium and magnesium, headaches and breathing problems caused by not enough iron, cracking nails indicating the lack of amino acids, bleeding gums not enough vitamin C, just to highlight a few. Another point is that vitamins and minerals work in synergy, and that is the way we should use complex supplements so our body can take out of them the nutrients it needs.

I personally do not use single substance supplements which are in very concentrated forms but for some health problems your nutritionist or doctor can decide if there is a need for them.

There is a huge range of supplements – amino acids, vitamins, minerals, proteins, digestion supplements, herbal supplements and many others. Let's have a look at vitamins.

Vitamin C is the most used vitamin supplement in curing many health problems, and it works very well. Our body lacks the enzyme in the liver which converts blood glucose into vitamin C; that is why we have to obtain it from food – mainly from fruits and vegetables – but is there enough of it? No. We have to use it in the form of a supplement.

Let me describe how it disappears: as it is a very fragile one cutting, washing, moving, exposing to lights, cooking, steaming, baking, irradiation, fertilizers, pesticides – all of them kill it and the same happens to vitamin B which is usually killed at around 70° C, and we cook and bake at much higher temperatures than that. Our ancestors used to get into their bodies up to 9,000 milligrams of vitamin C a day from fresh vegetables and ripe fruits in their gardens and nature! They had no supermarkets where vitamin C diminishes due to most of all fruits and vegetables being exposed to ultraviolet lights, washed every day for freshness, moving backwards and forwards between fridges and shelves. Fruits are picked before they are fully ripe so they do not rot in warehouses, so their vitamin C content is very low. Do you think there is enough left in our food of this most important vitamin? Answer that yourself.

Nowadays we hardly get enough of it, the RDA is only 60 milligrams,. What a joke, as maybe that is enough for a sparrow but certainly not for a human. I usually agree with RDA but not in this case.

Vitamin C assists with many biochemical reactions in the body, such as the production of collagen (also called body glue) which holds body cells together, maintains cartilage, tendons, ligaments, muscle cells and strengthens the immune system along with many other functions. When we are sick the depletion of vitamin C accelerates. Some top biologists recommend using from 1,000 up to 3,000 milligrams of this vital vitamin a day and in serious sickness mega doses of 30,000 milligrams intravenously a day! Vitamin C, the same as vitamin B, is water soluble, so if you have too much of them you extract it via urine.

I have a very good recipe for treating a cold and flu – all you have to do is use 500 milligrams of vitamin C every two hours for three days (which is about 4,000 milligrams a day), and then only 500 milligrams a day for three days.

When you are on aggressive medication a good doctor prescribes you vitamin B complex to protect your liver. I am going to tell you a story about the power of high doses of vitamins and minerals.

One day a friend phoned me asking for help as he was supposed to fly overseas the next day but he had terrible flu and could hardly stand. I took him to hospital to an infusion department and asked the staff to give him intravenous solutions of 300 millilitres of calcium, 300 millilitres of magnesium, 500 millilitres of vitamin C and 300 millilitres of B-complex vitamins. After only 12 hours his flu was totally gone and he could manage his trip. There are vitamins which are fat soluble, and those must be taken exactly as recommended on the label as our body is not able to get rid of them so easily if overdosed. In addition, they are toxic in higher amounts – they are vitamins A, D, E and some of Ks.

It would be great if we could get all the nutrients our body needs for its proper functioning from eating foods only but unfortunately this is the reality we have to accept. The future of our health is not very bright, even though everything else is advancing, such as cars, electronics, houses etc. It is the food we eat that is the exception, as the vitamin and mineral content is deteriorating.

Be aware of natural healers, doctors and naturopaths, as they can be wrong as well. I want to share with you a story about the young man who had a low level of testosterone. He went to see a natural doctor and she put him on testosterone cream. Wrong! If he uses the testosterone cream his body will make even less of it, as it does not have to because it gets it from an outside supply. I would put him on the materials that would help his body to make it: Tribulus made of the herb tribulus terrestris, which is a natural testosterone booster invented by the Bulgarians, and combine it with vitamin E, vitamin C, vitamin B5, magnesium and potassium and help him find an attractive girl.

The other story is about a young woman who had a problem sleeping so her natural doctor put her on melatonin, the hormone which makes us sleepy. Wrong again! If she uses it her pineal gland will stop making

it as it will not have to as the supply is from an external source. As a nutritionist I advise my clients to help them to improve their sleep. They should eat brown rice, corn and oats for lunch and dinner. All these foods contain serotonin from which melatonin is formed in the pineal gland. Serotonin is a neurotransmitter. It is a good idea to have a glass of beer before bedtime as hops contain serotonin as well. The supplement I recommend is acetyl L-carnitine, the best one for the production of serotonin. As you can see one must be very careful what, when and how much of the supplements to use.

I want to point out some benefits of minerals and vitamins.

CALCIUM is the most abandoned mineral in the body assisting normal growth of bones, teeth, very important for a healthy heart and essential for proper utilisation of minerals and vitamins. This mineral assists with many bio vital chemical reactions in the body cells. We know many forms of calcium such as calcium phosphate, calcium oxide, calcium carbonate, calcium citrate and so on, but not every form does good to the body. The best calcium is from vegetables, especially dark green leafy ones – that is why we should not use a lot of this mineral in supplement form as an overdose can cause calcification in arteries and damage the enzymes in kidneys which converts vitamin D3 into 1.25 vitamin D, as I have already mentioned previously. The best calcium in a supplement form is calcium carbonate or citrate. Foods like chocolate, cocoa, coffee, alcohol and some grains can decrease utilisation of calcium by the body.

MAGNESIUM is considered by many of the world's leading biologists as the mineral of life. It is essential for a healthy heart, many enzyme reactions involved in energy production, important for healthy muscles, synthesis of proteins, it prevents atherosclerosis and cholesterol deposits, is excellent for calming the nervous system, improves sleep and has many other properties, such as being one of the electrolytes. Low levels of this mineral can cause serious health problems. Magnesium and calcium are like a brother and sister – they work together so we should use them together in the correct ratio – 1:3.

SODIUM keeps proper electrolyte balance, keeps alkaline balance, increases pH, assists a correct heartbeat and hydrochloric production in the stomach, assists the metabolism of nutrients from the small intestine into the blood stream and is one of the electrolytes. An overdose of sodium can have serious consequences for health, like high blood pressure, hardening of the arteries, heart disease, stomach ulcers and so on. In particular the use of table salt (sodium chloride) is very popular in cooking and in the food industry. Salt is one of the culprits responsible for many health problems so it should be used in moderation.

PHOSPHORUS is closely associated with calcium as they are the most effective to work together. It is very important for healthy maintenance of teeth, nervous system and bones and plays an important role in carbohydrate metabolism and acid alkaline balance in body tissues. Overdose is not dangerous but aluminium from cosmetics and food tins can decrease absorption of this vital mineral.

POTASSIUM assists the production of growth hormones, helps at the detoxification of kidneys, promotes correct heartbeat and is an alkalising mineral. Potassium is the most important electrolyte. The high-fat diet decreases absorption of this vital mineral by the body.

SULPHUR is the mineral which is very important for maintenance of healthy and good-looking skin, hair, nails and assists at utilisation of proteins. We hardly hear about this extremely important mineral. It's important because it also assists the utilisation of B vitamins, strengthens the immune system and maintains the heart's lining. Nowadays we hardly get enough of this mineral from food so it is a good idea to use it in a supplement form as well.

IRON is one of the ingredients that aids in the formation of haemoglobin and red blood cells, together with vitamin C, copper, cobalt and vitamin B12. It is very hard to get enough iron from the foods we eat but also overdosing can cause toxicity, thus it is very important to use this mineral only as recommended by RDA. It is not recommended for children and pregnant women to use iron in supplement form, but after donating blood

it is very important to use higher doses of it for a couple of days. Women during their period should use twice as much iron as recommended by RDA as they lose it more at that time. Deficiency can cause headaches, rundown feelings, shortness of breath and weakens the immune system, just to name a few.

CHLORIDE is a very important mineral for the production of hydrochloric acid in the stomach, has detoxifying abilities in the liver and is one of the electrolytes. I personally *do not* recommend supplementing it, as it is well supplied by the food we eat, but it is up to you.

COPPER is a part of haemoglobin, works in synergy with iron, assists with the production of RNA (ribonucleic acid), very important for protein metabolism and development of body connective tissues and the utilisation of oxygen and iron. An overdose can be toxic and thus it is not recommended to use as a supplement unless your doctor or physician recommends using it. Some foods we eat quite often, like potatoes, green leafy vegetables and whole grain products, supply enough of it.

IODINE assists in the production of the thyroid hormone 'thyroxin' and thus is very important for the health of it. Iodine helps to keep healthy body weight, utilisation of energy from body fat and assists in the proper metabolism of nutrients, improves sex interest, fights obesity and has other beneficial activities in the body. For people who do not eat seafood, iodine supplementation is recommended, especially kelp, as it is a well-known supplement, but it should not be overdosed.

ZINC is very important but unfortunately hard to absorb and there is hardly enough of it in the food we eat. Zinc is involved in the production of hormones, the formation of DNA, RNA, assists in the construction of insulin, essential for proper function and maintenance of a prostate gland and reproductive system, helps the body to get rid of free radicals, especially carbon dioxide, supports sex vitality and other functions of the body. Zinc deficiency is very common and can cause serious health problems. In many cases daily supplementation is recommended but should not exceed RDA.

SELENIUM is the last mineral I want to mention. This mineral protects haemoglobin from being damaged by oxidation, regenerates the liver after damage caused by free radicals and sicknesses, and helps the body to utilise vitamin C more efficiently. It is also supposed to protect the body against some types of cancer. In many well-developed countries selenium in the soil is very low as the result of using aggressive synthetic fertilisers, and some biologists believe this is why those countries have such a high level of certain types of cancer. Selenium is very TOXIC if overdosed.

These are the minerals which are supposed to be the most important in our nutrition. There are many others which our body needs but only in very tiny amounts. If you are a daily raw vegetable eater you do not need to supplement them a lot. In some cases minerals can be more helpful than vitamins but NEVER EVER OVERDOSE ON ANY OF THEM!

Now I finally want to talk about vitamins.

VITAMIN C is the most powerful of all the vitamins. The human body cannot make it nor store it and must be supplied by the food we eat. There are two forms of it: natural, which is the best, or synthetic, as ascorbic acid. Vitamin C plays a very important role in the formation of collagen together with amino acids proline and lysine, which boost the immune system against all sorts of infection. It is a good protector against pollution, maintains healthy membranes, skin, hair, promotes vitality, growth, better utilisation of oxygen by body tissue, an excellent detoxicant, a very good healer, perfect against stress and a cold, plays a very important part in all the vital functions of all organs and glands, and supports many vital biochemical reactions in the body. Vitamin C is the king of all the vitamins and has never been valued enough. There is one big disadvantage though – it is very fragile and unstable. Vitamin C is water soluble so our body can get rid of it if overdosed, thus it is not toxic. The top world biologists and oncologists use intravenously up to 30,000 milligrams to treat cancer.

VITAMIN B1 is the first of the B vitamin group. It protects the body against the toxic effects of lead and other chemicals, maintains the health of the nervous system, prevents premature aging, maintains healthy red cells, assists the metabolism of proteins and carbohydrates and helps to stimulate the brain. Vitamin B1 is water soluble and nontoxic when overdosed.

VITAMIN B2 is essential for healthy hair, skin, nails and energy production. It also assists the metabolism of protein, helps to heal ulcers and cracked lips in the corners of the mouth and split nails.

VITAMIN B3 is a very important vitamin for the health of nails, hair, skin and eyes. It is also essential for proper general health, vitality and energy production, and it strengthens the body's antioxidant defence system.

VITAMIN B4 is a very powerful vitamin for a healthy nervous system and for proper functions of intestinal tracts. Vital for carbohydrate and protein metabolism, cold hands and feet, prevents migraines and supports blood circulation. Nontoxic if overdosed.

VITAMIN B5 is also known as pantothenic acid is a very powerful vitamin against mental and physical stress and acts against harmful effects of toxins, speeds recovery from diseases, maintains normal growth and development of the body's nervous system, prevents aging and the premature creation of wrinkles, very good against radiation, infections, stimulates adrenal glands and helps to increase production of adrenal hormones.

VITAMIN B6 is even more powerful as it supports the proper functions of RNA and DNA, brain, nervous system, maintains elasticity of the skin, prevents tooth rotting, epileptic problems, premenstrual problems, assists in the production of antibodies which protect the body against certain allergies, stimulates the body's antioxidant defence system and many other bodily functions. This vitamin is the same as other B vitamins in that it is nontoxic if overdosed.

VITAMIN B9, also known as folic acid, is effective in the treatment of atherosclerosis, burns caused by radiation, anaemia and acute diarrhoea.

It is very important in the production of red blood cells, together with Vitamin B12, RNA and DNA, helps in prevention of infections and is essential for healthy hair and skin.

VITAMIN B12 is very important for the proper growth of children, involved in the production of haemoglobin and many of the body's vital enzymatic and metabolic functions, supports regular heartbeat and the proper functions of the brain. Vegans and vegetarians should supplement it because it is very fragile and thus there is not enough of this vitamin in fruits and vegetables which are not fresh. Even meat eaters should consider supplementation of B12 because cooking and food processing ruins it. A good doctor always prescribes vitamin B12 together with antibiotics as they destroy beneficial bacteria in the gut which support the absorption and function of vitamin B12. After using antibiotics a person should drink acidophilus at least for one week. A human body can store it up to three years in the liver thus regular supplementation is not necessary.

VITAMIN B13 can be very beneficial for the treatment of multiple sclerosis, according to recent research. This vitamin also treats liver disorders, assists with biosynthesis and the regenerative process of body cells. For the health problems above it is recommended to use it in supplement form as it is hard to obtain from food.

VITAMIN B15 is a very powerful detoxicant and very protective against the harmful effects of pollution, in particular against carbon monoxide, helps the body to regulate the metabolism of fats, helpful in the treatment of high cholesterol, angina, heart disease, nervous disease and insufficient oxygen to body cells. Vitamin B15 also stimulates the proper function of the glandular system.

VITAMIN B17's main role is to control and prevent some types of cancer. People who do not eat enough vegetables and fruits can be deficient.

Recently another of the B group vitamins was discovered and marked as VITAMIN B19. Its functions have not been uncovered yet.

VITAMIN A is fat soluble. It is vital for maintenance of membranes, prevents eye diseases, very important for nourishing hair and skin, vital in secretion of gastric juices, digestion of proteins, strengthens immune system against all kinds of infections, promotes stability of cell walls and prevents early aging. Vitamin A is a very good protector against the harmful effect of pollution and can be toxic if overdosed as the body is not able to get rid of it, unlike water-soluble vitamins. Vitamin A should be used only as recommended by RDA.

VITAMIN D is another fat-soluble vitamin. It is essential for a healthy thyroid gland, proper utilisation of calcium for building strong bones and teeth, very important for the healthy development of infants, regulates the proper level of calcium in the blood, assists in the assimilation of phosphorus, calcium, magnesium and many other minerals from the digestive system. Vitamin D from its basic form is converted into vitamins D2 and D3 in the liver and a final form 1.25 vitamin D is created in the kidneys. This form is not supposed to be a vitamin but rather a hormone protecting the body mainly against large intestine cancer. If you spend only 30 minutes, three times a week in the sun, you should have enough vitamin D. Overdose is toxic if taken in supplement form but not from the sun.

VITAMIN E is a very powerful antioxidant, prevents scar formation after burns, thrombosis, improves circulation, protects lungs and body tissues against the harmful effects of pollution, improves sexual health, assists in the formation of hormones, very effective in treatments of arthritis, angina pectoris, leg ulcers, heart disease, varicose veins and many other health problems. Vitamin E is fat soluble and thus should be used only as directed on a label.

VITAMIN K has longevity properties, assists in the energy production of the nervous system, important for reducing blood clotting and the normal function of the liver and excellent for curing stomach ulcers.

VITAMIN F is the name for essential fatty acids linolenic and linoleic. Those essential fatty acids are one of the most important parts of our diet as they help to lower cholesterol, prevent heart disease, keep healthy

skin and membranes of the cells, assist with many metabolic processes, essential for the adrenal glands functions and healthy growth.

VITAMIN U is found mainly in cabbage and potatoes; its properties in healing stomach and duodenal ulcers are absolutely great and really work!

VITAMIN T is not very well known but its role in the formation of blood platelets is essential and very beneficial for improving memory.

I recommend that the supplements should be only natural and not synthetic ones. Your body utilises only about 30% of synthetic supplements – the rest aggravates your kidneys and can even do harm to your liver as well.

There are many other supplements like protein powders, digestion pills, energy drinks, amino acids, special supplements for sports people, herbal supplements, oils, meal replacements, detoxes, fibre products, because there are not enough in our foods and are easily destroyed by cooking, incorrect handling and storing. Our foods are full of fats, carbohydrates and proteins but not full of these vital ingredients.

I personally use Vitamin C, B complex and mineral complex, chlorophyll, prostate support, silica and lecithin.

Supplementation should not be preferred to fresh foods. Remember fresh foods are unbeatable. Foods like vegetables, fruits, oils, nuts and seeds in their raw form are number one for healthy growth and life, and shouldn't be missing from our daily diet.

*Only people who live a healthy lifestyle have a
right to live a long and happy life.
Repair your body with the same material as it is made of.*

*Let food be your medicine and medicine your food.
(Hippocrates 460-375 BC)*

6

WHAT IS NATURAL?

I get this question very often when we talk about food. What foods are the best, what proteins are the best, what fats are the best, what carbohydrates are the best?

There is the only one correct answer – RAW!

Why? Because only raw foods have enzymes, vitamins, minerals, undamaged structure of proteins, fats, carbohydrates and real water, which are the most important parts of our nutrition. When we cook the foods we eat, we kill all the vital ingredients in them. Vitamins are so fragile they are destroyed at a temperature over 70° C, and enzymes are even more fragile as they are totally gone when the foods are heated at only 45° C. When we cook meats or process them the molecular structure of proteins are damaged, and our digestion system has difficulty breaking them into simple units of amino acids– and the same goes for milk products. Very few people know that only 30% of the meat we eat is digested as our bodies do not have as many enzymes as those of meat-eating animals and the rest of it rots in our intestines causing health problems. The most dangerous are fats, and it does not matter whether saturated or unsaturated, as both are converted into trans fats when heated at high temperatures, and these fats are poisonous to our bodies. There are some fats that are quite resistant to heat, like coconut fat; however, there are not many fats that are resistant to heat and they often do not taste very good.

So why do we cook the foods we eat – because they taste better?

Yes, that is the only reason.

Let me tell you a story. American Indians, before the Europeans came to America, had been very healthy people and hardly knew any diseases. They were lean, muscular, strong, extremely fit and firmly connected to Mother Nature, eating only raw foods like fruits, vegetables and of course the main part of nutrition, buffalo meat. All those foods they ate in raw form which gave them all the micro and macro nutrients they needed for healthy development. The first part of a buffalo they ate after killing it was the liver, while it was still warm. The warm liver was considered a delicacy. That organ is not very clean as it is also a filter for the body, but at that time there were no dangerous chemicals around so it contained all the nutrients that exist on earth, like B vitamins, enzymes, precious minerals like copper, molybdenum, cobalt, iron and liver proteins, choline and inositol. The liver also acts as storage for vital nutrients that can be held for future use.

The Indians also drank buffalo blood as they believed it would give them strength and good health. There was also no pollution or contaminated soil with fertilizers or chemicals, as nature was clean.

The same goes for the gladiators in Ancient Rome, who drank bull blood for the same reason. As we know, the raw meat and food back then contained everything the body needed for good health and growth.

When the first Europeans came the Indian's healthy life finished. Why? The first settlers brought corn, sugar, salt, spices, coffee, wheat, tobacco and alcohol and started to trade those items with the Indians for buffalo skin and other animal furs. As they started eating them and learnt how to cook, their health became worse, and they were no longer a healthy nation.

This is a typical example of what cooked and processed meals do to our health. I do not want to persuade anybody to eat only raw foods, even though they are the best, but to recommend that they should make about 70% of your daily nutrition. You can even eat raw meat, like fish or beef prepared as steak tartare. The raw meat is digested within one hour as it contains enzymes, but cooked, it is digested up to six to eight hours. Let's ask some questions about this topic.

Is it natural to use synthetic substances?

Is it natural to wear clothes and shoes made of synthetic materials?

Is it natural to have furniture and carpets made of plastic?
Is it natural to drive cars that have plastic upholstery?
Is it natural to pack foods into plastic packages?
Is it natural to breathe polluted air?
Is it natural to smoke?
Is it natural to use appliances that make radiation?
Is it natural to use synthetic creams and cosmetics?
Is it natural to use aggressive chemicals for washing clothes and dishes?
Is it natural to have synthetic implants for better looks?
Is it natural to have cosmetic surgery to look better?
Is it natural to eat foods full of preservatives, artificial flavouring, artificial sweeteners and artificial colouring and after irradiation?
Is it natural to eat unripe fruits?
Is it natural to drink water full of chemicals?
Is it natural to use mercury for tooth fillings?
Is it natural for sports people to increase muscle size and performance by using medications and drugs?

NOT AT ALL!

So why do we do such harm to our bodies? Why do we not care about our health? Is it the lack of education? Laziness? Comfort? Is it because somebody wants it to be this way? The answer can be clear if we want it, or unclear if we do not, so let's try to answer the questions I have just listed.

Is it natural to use synthetic substances?

What does that mean? We use synthetic medications to cure some diseases. I do not understand how can we repair an organism which consists of 100% natural substances – like oxygen, nitrogen, carbon, water, proteins, carbohydrates, organic minerals, fats, vitamins and so on – with inorganic ingredients. Simply put, with 'synthetics'. Yes, that is what many medications are. Can we mix inorganic and organic substances together? I was taught in chemistry 'not at all'. So what do they do in our bodies?

I have used medications only once in my life when I was in extreme pain after seriously damaging the nerve in the left part of my spine. I only used them for a very few days as the side effects were absolutely shocking. I had problems passing urine, headaches, stomach ache, dizziness, constipation and many other problems. Of course they are not a part of nature, nor of my body, and that was the time I realised what the top biologists in the world talk about – the danger of the chemicals we use.

Do you know that in the last fifty years humans have developed about one hundred thousand chemicals that never existed on earth before? Some of those chemicals never leave our bodies but are stored in the kidneys, liver, bone marrow and other organs. Of course there are no substances in our body that can mix with them and remove them from our tissues – and what do they cause? Health problems!

Let me tell you a story from my own experience.

About six years ago I was diagnosed with problems that included high cholesterol, high blood pressure and an irregular heartbeat. I was taken to hospital by emergency ambulance twice. Of course the first thing the doctors wanted me to do was to go on medications. None of the cardiologists told me what to eat or drink or what *not* to –they are probably not trained for that. I refused all the chemicals they wanted me to use and did my own research on this problem. I got the books written by the best biologists in the world about heart diseases and found out that all of them recommended going on a vegan diet, so I became a vegan overnight.

The first two weeks I was eating only raw vegetables, mainly greens and freshly juiced vegetables directly from my juicer, three times a day. The miracles came faster than I expected. After only two weeks my cholesterol dropped from 6.8 to 4, blood pressure became the ideal at 120/80, I stopped snoring, started sleeping like a baby, calmed down and the most impressive was the whole feeling of my body.

One morning I went to the toilet to empty my bowel; what went out of me was something like thick, used motor oil and it stank so badly that I ran out of the toilet totally shocked. They were all the toxins that had been accumulating in my intestines for decades from eating the wrong foods, and that was the day I discovered the power of raw vegetables. I am not trying to persuade anybody to be a vegan or vegetarian – it is

everybody's personal choice – but if you get a health problem, give it a go. Some of us use drugs which make us high and make us feel great – yes, for a while, but the end of that heavenly feeling is the hell.

Contraceptive pills – how foolish is it to use chemicals to control pregnancy which ruin thyroid functions, and so many women and girls are on these dangerous substances.

The last thing I would like to mention and very, very important are amalgam fillings in our teeth. Amalgam contains mercury, and it is proven to cause cancer. I was once privileged to listen to the twenty-two top oncologists and biologists in the world at a cancer summit where they were talking about fillings, and each of them recommended getting rid of them as soon as possible by a bio-dentist. This must be done properly so that the mercury does not get into your body. If you are one of the people with this poison in your mouth, act quickly and do not wait, as it could save your life.

Is it natural to wear clothes and shoes made of synthetic materials?

We wear clothes and shoes made of synthetic materials which create static electricity, do not absorb sweat and irritate the skin. The sweat is aggressive as it interferes with fine chemical dust in the clothes and creates the substance which gets back into the skin, mainly in the underarm area. Shoes made of synthetic materials cause the same problem – feet cannot breathe, they sweat and moulds and fungi develop and damage the skin on feet. In addition, they are absorbed by the skin creating a health problem we sometimes underestimate. Do not sleep in synthetic pyjamas or play sport in synthetic dresses. Children should wear only clothes and shoes made of natural materials.

Is it natural to have furniture and carpets made of plastic?

You probably think this is absolutely harmless. We know that oxygen oxidises with many substances and that it is the part of the air we breathe. Synthetic materials and wall paint evaporate all the time in particular in warm environments, as it is inside houses and we breathe that air, right? The dust from synthetic carpets and drapes is everywhere and causes allergies and poisons us as it gets from our lungs into our blood stream. The synthetic dust looks like tiny needles which prick into your lungs

and basically hardly ever leave them. Many people suffer with allergies to these synthetic substances. Many older houses still have asbestos, which is the most dangerous of all, in ceilings.

Is it natural to drive cars that have plastic upholstery?

Our car is another dangerous place as we spend a lot of our time in our car. In particular, a brand new car. Why? The brand new car has fresh parts in the interior which are joined with fresh glue and you breathe it in when you get into it. The pleasure of a new car is fantastic but you breathe all those chemicals as they evaporate, especially in the summer and do not realise what is going into your body. So if you buy a new car, try to leave all the windows open all the time, even in your garage, to decrease the poisonous air. It usually takes a long time and you never get rid of it completely.

Is it natural to pack foods into plastic packages?

I remember when I was a kid, all food was packed in paper bags, sachets, boxes and all drinks, milk and milk products were in glass bottles, as they are acidic and can dissolve plastic. Meat products, fish, preserved fruits, vegetables and jams – everything was packed in glass jars, and if you returned the bottles and jars back to the shops where you bought them, you got money back for them as well. Why do we not use them any more?

Glass bottles and jars are very heavy to transport, which is very expensive, so this is the reason, but look what plastic packaging does to the environment! Foods packed in paper packaging have air; paper absorbs moisture, so mould cannot grow on foods. On some foods very dangerous mould known as aflatoxin can be created if it doesn't have enough air around it, and this mould can cause very serious health problems, in particular for the liver. Plastic packaging contains chemicals, marked as BPA, and is toxic and very harmful to health.

Is it natural to breathe polluted air?

Of course not, but how can we avoid it when it is everywhere in modern cities?

A lot of people think that our bodies have adjusted to this part of modern life but the truth is that they have not. Humans today are the

same as they were many thousands of years ago when the earth was clean. Pharmaceutical companies state that we live longer than our ancestors thanks to advanced medicine, but what is the point in living longer if you are suffering by being on medication? I personally do not believe it and am very sceptical about it.

Let's have a look at the longest living people on the planet, such as the Georgians again, who live in nature, eat only fresh foods, breathe clean air, drink water from natural springs and hardly know any stress.

What is very controversial is that the Japanese who, in spite of living in very polluted areas, also have a very long lifespan. Is it because of their diet? Very often I see people cycling and running in streets full of cars, gyms are in highly polluted areas, schools are close to busy roads, sport facilities are in the same areas, and that is what kills us. When you exercise you breathe in up to thirty times more air than a sedentary person, you breathe polycyclic aromatic and polynucleic hydrocarbons which are poisonous to our bodies and cause disease of the lungs, throat, tongue, breast and many other problems. The air in our modern cities contains not only car fumes but also dust from tyres and brakes. We pay dearly for the luxury we enjoy in well-developed countries. Do we need cars with huge engines like a V8 or V12? How much pollution do they contribute? Why not use more electric buses, trams and trains? Why not use bicycles or walk more? Is it because we are getting lazier? It breaks my heart to see mothers with babies in prams walking in highly polluted areas. What about the chemicals we spray at home which kill insects fast and humans slowly? Why do we do it to ourselves? Is it because we trust advertisements?

Is it natural to smoke?

Here we are talking about another luxury of modern lifestyle. Do we smoke to keep up with others? Do we smoke to feel great? I do not know what you think but to me it is something totally unnatural.

Tobacco contains chemicals used to protect it against mould, insects, mice and rats, and the cigarette paper contains other chemicals harmful to our health. Statistics show that nowadays kids and younger and younger people start smoking. Why? Is it the lack of education? But we claim that the education system in Western countries is the best. Is it the power of

advertisements? Is it about profits? Lung cancer is on the rise, and we are still helpless to do anything about it. What is behind it? It is bad enough breathing polluted air from cars and industrial plants, without inhaling smoke intentionally. I personally have no idea how people can treat their health like that.

Is it natural to use appliances that make radiation?

Does anybody want to persuade me that we have already adjusted our body to this as well? But this poison has only been around for few decades, not enough for evolution to do its job on our bodies. Let's talk about the most popular of all – cell phones. In developed countries nearly everybody has one, but the scariest fact is that this includes children. We know very well that radiation can damage brain cells by making them move faster, and the brain cells of kids are very fragile as they are not fully developed so you probably have a picture of what can happen if they use a cell phone. I know how much radiation they make and how little of it is needed to develop a brain tumour. If you really care about your health and the health of your loved ones, research the subject yourself.

You shouldn't have your cell phone on in your car as electrical appliances and the magnetism emitted from them increases the radiation.

Computers are another source of radiation even though they are more advanced today, but how can we find out how much radiation is coming from them? They are another danger for kids as they spend hours and hours on them.

Is it natural to use a microwave for warming and cooking meals? I do not think so as the radiation kills all the vitamins and enzymes and damages the molecular structure of proteins and fats. It is said that after about five minutes radiation comes back from the meal into the microwave, but the damage to the meal is already done.

The least dangerous is probably a television set but it should be watched from the side, not directly opposite the screen. These days television sets are very sophisticated, and according to manufacturers, the radiation emitted from them is very tiny. But how do we know how much radiation comes from them as research is still limited.

Often we need to have an X-ray but it is a very dangerous machine as it works with radiation. If you can avoid it, do so, or ask your doctor for

ultrasound or MRI instead – in particular for breast scanning or dental purposes.

The danger of radiation to our health is not fully estimated yet but it is well known that small and just the right amounts are used to cure some diseases. Until the makers of cell phones, television sets, microwaves and computers have to label their products with the amount of radiation they produce, I will always be suspicious of them and very careful.

Is it natural to use synthetic creams and cosmetics?

Many cosmetic products contain aggressive chemicals and metals; yes, that is not a misprint – metals. Let's have a look at body deodorants which contain aluminium. That is the most common one and it is easily absorbed by the skin. One of the world's top biologists, Dr Paul Bragg, in his books writes about the biopsy of a young man who died in a car crash and used to use body deodorant to fight perspiration. The deodorant was deposited under his skin and created a layer of aluminium.

There are many dangerous chemicals used in the cosmetics industry, but many of us ignore them as we prefer a good look to good health. Many of them are deposited in our bodies and never leave them. Hair dyeing is another example. Dyeing hair is very dangerous as the colour is very close to the brain, and there are numerous studies proving that hair dye poses a significant risk. Make-up looks great but is it okay to use every day? Not only does it contain chemicals that are absorbed by the skin, but it also plugs the pores that prevent the skin from breathing; it also gets into wrinkles where it is warmed up by the heat of the body, it expands and makes wrinkles even wider. Many soaps can be very aggressive to the skin as well as they contain synthetic substances, but their fragrance is nice and that is what a lot of people prefer. If you are one of them, think what is more important for you.

Is it natural to use aggressive chemicals for washing clothes and dishes?

Here we are in the modern era, using aggressive chemicals which ruin not only our health but also the environment. Can you imagine how many homes have dishwashers and washing machines? Can you imagine how many chemicals they pour into the waste? And that is not all, we keep them inside our homes, and they evaporate, and we breathe them in day

after day. It is totally unnatural, as some chemicals can still remain in the clothes and be absorbed by the skin. Fortunately nowadays we can buy ecological detergent that is friendly to our health and the environment as well. It is better to pay a little more for them instead of buying the aggressive ones.

Is it natural to have synthetic implants for better looks?

This is something totally out of normal, intelligent thinking. One of the world's top biologists said that human stupidity has no boundary and this topic is going to prove it. How can somebody have breast implants, or Botox? Are these people ignorant of their health? If those synthetic materials get into the bloodstream they poison the body, or maybe those people think they are immortal, or that it cannot happen. Sorry, but it can happen quite often.

There are some cases where people need transplants – like knees, hip or other joint parts as theirs are damaged or worn out and they need surgery to replace them. That is acceptable, but materials used for these operations are of high quality and do not leak. If you go against Mother Nature, you will pay dearly – you cannot change your genetics without looking even worse as you age. Everybody is unique – some of us are luckier and born beautiful, some not – but the outside beauty is only temporary. It is the inner beauty that makes us super-beautiful and lasts up to our last breath.

Is it natural to have cosmetic surgery to look better?

What do you think? If it goes well, why not? But what if it does not? We can see very often with celebrities what can happen if it goes wrong. I had plastic surgery done on my nose as it was broken twice and I had a problem breathing through one nostril. The shape was very ugly and it is not as good as it was before my injury. Again, if you go against Mother Nature do not expect it to be right or better, compared with what you have been blessed with, so be proud of your look, as you are unique.

Is it natural to eat foods full of preservatives, artificial flavouring, artificial sweeteners and artificial colouring and after irradiation?

Maybe we do not want to live long or healthily and this is why people buy

these foods from the supermarket. Or is it this way because somebody wants to earn more money and bigger profits? Nowadays people do not want to shop very often and food stays longer on shelves and in homes, so we use preservatives. We want better and better tasting foods so we use artificial flavouring to satisfy our cravings, we do not want to get a lot of calories so we use artificial sweeteners, we want foods which look better so we use colouring, in particular for cakes and lollies.

Some countries protect their environment from diseases and insects and use irradiation to kill them. Unfortunately all those things in the foods we eat slowly kill us too and we get sicker as all those chemicals cause very nasty diseases, allergies, digestion problems, hyperactivity and autism in kids, and I could go on.

One day I went to a supermarket and grabbed some chocolate pudding powder. What rocked me to my core was seeing on the label about eight chemicals including artificial colouring; does this need any further comment?

Beneficial bacteria are artificially killed in milk and meat products so they do not go off so soon. Continuing on about meat products, I want to stress one very important point – they contain nitrosamine salts which are very aggressive on the stomach. Everything nowadays gets better – cell phones, computers, cars, technology – but the things which are the most important for our health and life are getting worse and worse – water, air and food.

Is it natural to eat unripe fruits?

Unripe fruits do not have enough vitamins as they are not fully ripe; fructose and vitamins are created just before they are fully ripe. The fruits are picked earlier so they will not go off so quickly in a warehouse. The unripe fruits are stored in special chambers where gas ethylene is used to give them a good colour but it gets into the fruits and we eat it – shocking! Is it fair to cheat the public? Is it fair that people spend their money on poisonous fruits?

Is it natural to drink water full of chemicals?

Our ancestors used to drink water from rivers, lakes or wells without any chemicals. What do we drink from a tap in our homes? Is it water? Is it

the most important substance on the earth or are chemicals dissolved in it? How come there are chemicals in our town water supply that can cause nasty diseases? On one hand we try to protect ourselves from bacteria and on the other we poison ourselves, so what is the best water to drink? Is it from a supermarket in plastic bottles? No! The best water to drink can be from the supermarket but from a natural spring and in glass bottles, or distilled water. I personally drink distilled water from my own distiller which I enrich with a few drops of 35% food grade hydrogen peroxide. Do not think that all pure water is good to drink; the best water for us to drink is the one which has pH higher than 7.365 which is the pH of our body, thus all water consumed below this number is acidic. Our body cells will refuse it and we can drink litres and litres and still be thirsty and that is how we can find out which water is good for us to drink and which is not. I do not recommend drinking tap water but the decision is up to you.

Is it natural to use mercury for tooth fillings?

Absolutely not at all! Every good biologist and oncologist would tell you the same – that mercury in our mouth could cause cancer. I heard a story from one American oncologist about a woman who had cancer, and when she had her amalgam fillings removed the cancer disappeared within four weeks. I had mine removed as well about six years ago and if you decide to have yours removed make sure it is properly done like this: have no more done than two in one session, a special sill should be placed around your amalgam teeth and an oxygen mask; after the session with a dentist start using about 3,000 mg of Vitamin C daily, one tablespoon of flaxseed oil, freshly juiced green vegetables and drink at least two cups a day and eat lots of fibre to get rid of any residual toxins left from dental treatments.

Is it natural for sports people to increase muscle size and performance by using medications and drugs?

This is a very familiar topic to me. As a bodybuilder I have never used chemicals, I do not know how to use them, but I do know what they do to human bodies as I have already read the books written about them. Synthetic steroids are meant to be used for the sick after very hard

operations and no longer than six weeks. Some bodybuilders, weightlifters and other strength training sportsmen use them for many years without a break. These chemicals do not build real muscles, they only increase the size of muscle fibres. That is, they get swollen, carry more water and the muscles get puffy. When they stop using them they excrete the water out of their bodies and get smaller again.

The problem is that if these people want to keep on getting results they have to increase the dosage all the time, and that is the beginning of the end. With the help of these chemicals, strength sportsmen can lift heavier weights but our bodies have their joints designed for a certain pressure and if we go over that limit we damage the cartilage in them. The users cannot feel the damage as the steroids also have anti-inflammatory properties, but after they stop using them, 'hell' comes.

The other dangerous side of using performance-enhancing drugs is the fact that some of them never leave their bodies, they are deposited in the liver, kidneys, men's prostate, testes, brain and, the worst, in bone marrow where they damage the production of the red and white blood cells. The damage from steroids and other chemicals causes very nasty diseases and block the production of the body's own hormones. If these substances are used before the adulthood, an hormonal imbalance will occur and remain for the rest of their life, causing health and, in particular, mental defects.

Being involved in bodybuilding I have heard so many stories about steroid users having mentally and physically disabled children. Think ten times before you grab them. Steroids also lower HDL (high density lipoprotein) which is known as the good cholesterol maintaining clean and flexible arteries, and on the other side they raise LDL (low density lipoprotein) known as bad cholesterol, causing plugging of arteries.

Many people are confused about LDL - I do not like calling it the 'bad cholesterol', as our body makes it for maintaining healthy skin, nails, the nervous system and it assists in the production of hormones. LDL becomes bad when it is bound with a higher level of triglycerides, which are sticky, fatty substances in the blood, and after that with calcium, which in this case is not a friendly mineral. The LDL in this form is deposited and blocks the arteries and the vessels, but never on its own - it is bound together with minerals, mainly calcium and sticky fatty

substances called triglycerides. This undesirable process is also known as calcification.

I have described a few bad sides of our modern lifestyle and now it is up to you to decide which direction to steer your life in if you and your loved ones want to live a longer life without suffering. Redesign the way you live if you do not want to become sick, but if you do not want to get out of your comfort zone, ignore them. Do not rely on genetics - they contribute only three per cent to good or bad health and it does not matter if your grandparents lived a very short or long life that the same is going to happen to you - it depends how you live in accordance with nature.

*Live well today so that you will have a better tomorrow.
The further we get away from nature, the closer we get to health problems.*

7

ORGANIC VERSUS INORGANIC

One of the world's top biologists states that some farmers in developed countries claim that they grow organic vegetables and fruits; however, what these farmers do not say is that about 90% of agricultural soils are contaminated with synthetic fertilizers and pesticides which have been used for many years. Those farmers might not use them, but what about the acidic rain and pollution from industrial plants, car fumes, aircrafts, toxic dust and other pollutants which are blown everywhere by the wind. Their products might not be as full of chemicals but unfortunately they are not completely organic or clean either.

But let's say that there are some completely organic products as well as products that are close to being organic, and these of course are safer to eat than inorganic. If we compare the organic products with the inorganic and analyse both, we will find a huge difference mainly in the amount of vitamins and enzymes. In chemically sprayed vegetables and fruits, those living microorganisms are hardly found as they are very easily destroyed. Advertisements would tell you something different as they want to make sales, but the truth is unfortunately that chemically sprayed vegetables are not very rich in vital nutrients. So do you think they are healthy to consume?

Organic products are more expensive but still cheaper than doctors. My wife and I spent three months in Italy. Italian food is to me the best in the world. Whatever you put into your mouth is great and tasty – that is why the Italians are so proud of their food – but you probably do not know that they are world leaders in the production of organic

food, ahead of France and Austria. You have probably heard about the great Mediterranean diet as the best and healthiest in the world. In Italy about 70% of food is organic and on farms I saw bags of minerals instead of bags of fertilizer. Some international politicians claim that without chemicals the agricultural industry would not be able to feed all the people on the planet but it is not true according to some biologists, and their knowledge is certainly much better. They state that the earth is able to produce enough food without chemicals which cause health problems. The chemicals used in agriculture kill beneficial soil bacteria as well as insects and worms, which are the most important part of the soil as they produce beneficial microorganisms and make holes for air and make it softer. Chemical fertilizers ruin mineral structures and in particular the mineral selenium is very sensitive and in many countries has already disappeared for good; it is one of the minerals which is supposed to protect us against certain types of cancer. The chemical fertilizers block the crystallisation of minerals and totally damage the natural balance of the soil composition. Some farmers use animal waste from their cattle as natural fertilizers, which is a better option but not good either as there is too much nitrogen, which again ruins the mineral balance in soil. So what is the best solution? Compost made of organic plants.

Let's have a look at some countries that are blessed with exceptionally fertile soils.

The Ukraine is well known for its very fertile soil. During World War Two, Germans took large amounts of soil on trains back to Germany because of its fertility. I have been in the Ukraine and saw fields so expansive that I could not see their ends. The soil was black, like charcoal, and they do not have to use any chemicals to increase the production of crops. Agricultural experts call the Ukraine the granary of the world and are sure that this country alone could feed a big part of the world. Another very fertile part of greater Russia is Siberia. During the agricultural programme in the 1960s, Russians sowed corn in that part of their country without any chemicals, and the crop was so enormous they were not able to harvest it totally and a big part of it was wasted. There are countries in the world that could feed all the people on the planet

without using chemical fertilizers but there are also companies who do not want it, as it could damage their profits, so that's how it is.

A man looks very carefully at the oil he puts into the engine of his car but never at the food he puts into his body.

Let's talk some more about organic foods.

Why are we too lazy nowadays to have our own gardens by our houses instead of lawns? Why do we not grow our own vegetables and fruits? You cannot buy fresh vegetables and fully ripe fruits to put directly on your table, as you can from your garden. I personally do not trust the vegetables and artificially ripened fruits from markets unless you know what is in them.

Let me give you an example: if you take a ripe apple directly from a tree there will be about 15-20 mg of vitamin C; tomorrow there will be maybe half that, and the next day nothing will be left, and the answer is simple - artificial light and disconnection from the tree and the lack of sunlight decreases it. How long are fruits and vegetables in supermarkets under ultraviolet lights? How many times are they washed to look fresh? How many times are they moved into fridges? All those things decrease their quality, but the problem is that not only vitamins are destroyed but minerals are also washed away. I am not against supermarkets at all - I think they are great - but are they good for selling fruits and vegetables? As I have already mentioned in the chapter about supplements, our ancestors used to get into their bodies up to 9,000 mg of vitamin C every day, as they ate fresh foods from their gardens, and as a result their health was excellent. Real organic food should have: no bromate added, no additives, no antifungal or antibacterial agents, no alcohol treatment, no chemical bleaching, no irradiation, no artificial flavouring or colouring, no plastic wrapping and no artificial sweeteners.

Meat and dairy products - are they organic or at least free of chemicals? I am sorry to disappoint you, but not at all. The cattle farmers who produce so-called free-range meat and claim that their animals are free of hormones and steroids forget one very important point: when the

animals go for killing they know and feel it, resulting in them becoming stressed and depressed. In this condition the negative stress hormones cortisol and adrenaline rise up in their glands, get into their bloodstream and from it into their muscles. When they are killed those hormones remain in the meat, and do you think this is healthy to eat?

What about chickens, how are they kept? How are they fed? Are they injected with antibiotics? Do they eat grass and can the egg-producing hens see any daylight? If not, are they not stressed? All these bad things raise the levels of cortisol and adrenaline in their bodies, and we cannot say they are free range at all.

What about fish on a hook are they not stressed?

One third of the food produced in rich countries is wasted (National Geographic, 17 June 2014). Why? Imagine how many people suffering from hunger could actually be fed if we put our minds to it?

Let's talk about milk and dairy products. Are they clean? What about the pipes which must be cleaned after every milking, what is used for cleaning them? Chemicals? You are now asking the question: what to eat and drink if everything is full of chemicals? How can we protect ourselves against them? Is it really so bad? Well the answer is try to eat as much organic food as possible, drink pure water from glass bottle,s and the best would be filtered or distilled, eat foods that clean your body of toxins - vegetables and fruits - play sports and sweat a lot, do not artificially interrupt sweating by using body deodorants, get out of cities into fresh air as often as you can, use vitamin and mineral supplements to decrease the harmful effects of toxins.

The situation is very, very bad as we are exposed daily to up to about 40,000 chemicals without even realising it. I have just scared you, but now I am going to give you some hope and consolation. Our body is able to repair and clean itself if we give it the proper tools which are the right diet and supplements - unfortunately we have to use them and trust that they will do a good job. Today everybody who cares about their health must supplement. I never force anybody to use certain supplements - it

is a personal decision – but I want to highlight some which reduce the harmful effects of toxins.

I always start with vitamins as the most powerful ingredients against common poisoning of the air, water, the environment, agricultural soil and of course food. We should use vitamin supplements which contain all the vitamins from vitamin A up to vitamin U as they work in synergy supporting one another. Another group of micronutrients include calcium, magnesium, lecithin, potassium, pectin, inositol, pantothenic acid, rutin and kelp. These are very powerful against the radioactive and chemical poisoning of the environment we live in.

Freshly juiced organic green vegetables and fresh cucumbers are absolutely unbeatable and the best of all. When there are watermelons in season it is a very good idea to choose one day in a week and have nothing but watermelon five to six times in that day, as it is a fantastic kidney cleanser and flushes the entire body of toxins. Another way to clean our body is water fasting every seven days, when you have nothing to eat and drink, just pure water. Dr Paul C Bragg, the first healthy lifestyle and longevity pioneer, was a big fan of it. It seems that it is time-consuming to look after ourselves but it is better to spend time to prepare healthy food than spend it in a hospital bed.

*The more chemicals are in our food, the sicker we get.
The best food is the one which goes bad quickly.
The less processed food you eat, the bigger favour you do to your health.*

8

THE TRUTH ABOUT WATER

Water is the most important part of our nutrition. The human body contains up to 70% water. A person can survive without food for up to sixty days but without water a maximum of ten days, and after only three days water shortage starts to ruin the body's functions. In spite of this we still treat water as if it was nothing to us by wasting and polluting it. Is it because we have enough of it everywhere around? But there are countries where water is very precious, and I am sure that the time will come when it will be more expensive than oil, as we have already polluted a huge amount of it on the earth.

The alarming fact is that not only is water on the earth polluted but also underground water is very much polluted from animal farming, agricultural synthetic fertilizers, pesticides, car fumes, acidic rain and industrial waste. I feel sorry for the next generation but human self-destruction is unstoppable as we do not care about it, and money is more powerful than sober thoughts. In one rich country, a group of scientists went far from civilisation into a cave deep underground and discovered about six hundred chemicals in the water. How did those chemicals get there? Is it not scary?

Let's talk about tap water that everybody thinks of as safe to drink but the truth is totally different. Tap water is full of chemicals to kill bacteria, but they kill us as well. Chlorine is poisonous to the liver, as well as sodium fluoride which is the byproduct of aluminium production and is highly toxic and not beneficial for teeth – as those who profit from it try and say it is. I do drink tap water, however. After distillation this water

is perfectly pure and pH neutral. Today, water distillation is the only way to drink safe water. You would be shocked and disgusted if you saw what is left in my distiller afterwards! One doctor told me that to drink the distilled water is dangerous as it leaches the organic minerals from the body. According to one of the world's top biologists, Dr Paul Bragg, in his book *The Shocking Truth About Water*, it is nonsense, and those guys have dedicated their lives to the biological sciences. Even if the water is perfectly clean it does not have to be good to drink if its pH is lower than 7.365 which is the pH of a human body. If you drink water with low pH your body cells refuse it and as soon as you drink it your body excretes it via urine and you drink a lot and still feel thirsty; furthermore it is acidic.

Some people prefer to drink mineral water but is it safe to drink if it contains inorganic minerals? This sort of water is also called hard water. Our body is able to utilise only organic minerals – the inorganic ones are deposited in your arteries together with fat, causing blockages and the restriction of blood flow. The best body parts to notice the plugging of capillaries and veins is in your feet where you can see tiny capillaries turning blue, which means they are already blocked. And what about your organs? They are full of inorganic minerals as well which can cause hardening of the organs, kidney stones, gall bladder stones, stones in the pancreas and heart problems. Not all minerals in the water are friendly – some can cause undesirable health effects particularly if they are in inorganic form.

Let me tell you about a difference between organic and inorganic minerals. If you eat fruits, vegetables, seeds, nuts, grains and legumes you get into your body organic minerals; if you drink tap or mineral water you get inorganic minerals. Have you ever noticed the kettle in which the tap water is boiled often, how much inorganic mineral and chemical deposits are inside? Organic minerals are utilised by body tissues but inorganic are deposited in body tissues – it's that simple. What water is in the rain? What water is in fruits and vegetables? Is it not distilled? The best waters are from watermelon and cucumber, as they are alkalising. Why did Mother Nature arrange it like that? Only perfectly pure water flushes toxins out of a body. The blood is about 80% water, brain about seventy, bones about twenty, kidneys about eighty, and so on, so this is proof that to drink the right water is a must for good health.

I am going to share one very sad fact with you; in some developed countries lakes and rivers are polluted up to 400% above the allowed limit. Does this need any further comment?

*The more water is in your food, the better it is for you.
Only a clean body can be well and strong.
Pure water is life; dirty water is death.*

9

ARE MEDICATIONS ALWAYS NECESSARY?

In this chapter I am going to talk about my own experience with medications. I have only used them once in my life, and I experienced their harmful side effects, and also read about them in my books written by biologists, whom I trust most of all. Thanks to them I fixed the problem with my heart without conventional treatment and medications.

About seven years ago I started having a problem with my heart while being on a high-protein diet which did include vegetables, as a natural bodybuilder just a few weeks before my competition. At that time I had been eating only chicken breasts, steamed vegetables and brown rice. I did not include any fats in my diet, not even good fats, which was absolutely wrong, as I found out later. One morning I nearly collapsed as my heart beat was so high it looked as if my heart was going to jump out of my chest, so I called an ambulance and was taken to hospital.

After all the medical examinations the only problems the doctors found were my high cholesterol and blood pressure. After being released from hospital I went to see the cardiologist who could not find anything either and wanted to put me on medications. I refused, knowing how dangerous they are. None of the specialists told me what to eat and drink, so I went home and started to read books about natural curing of heart diseases and fixed it myself, as I have already described in a previous chapter. My only brother, before he was diagnosed with stomach cancer and died of it later, had been on medication for about five years and I warned him of their danger. My cousin was using the same ones and started having problems with his stomach as well, so he stopped

using them and undertook an alternative hydrogen peroxide therapy. I am going to describe this fantastic hydrogen peroxide therapy later on in a separate chapter.

My brother had been using about five types of medications for his heart problem – lowering blood pressure, blood thinners, cholesterol lowering etc. I do not want to say one hundred per cent that his cancer was caused by them but I heard that a lot of people who used them as well had similar health problems.

In September 2013 in California, the biggest cancer summit ever was held, and I had the privilege to listen to the twenty-two best oncologists and biologists talking about the danger of medications that people use without knowing their side effects, and how they cured the different kinds of cancers naturally with great success. I would recommend you to read the book *Confessions of a Medical Heretic* by Robert S Mendelsohn, MD, who was a practitioner and a professor at medical university. There are some medications which are really necessary to save lives but is there any other way to cure some diseases? There must be, as we are a part of nature. One thing still bothers me – can we repair living body tissue with dead chemical substances?

Most people want short cuts to rid themselves of pain and misery. They are not interested in changing their way of living, which brings on misery, suffering and premature ageing. No, they want a fast cure, so they use pain killers – chemicals.

Now I am going to tell you again of my own experience with medications. One day after doing quite heavy squats in my gym studio I injured my right gluteus. A diagnosis from a physiotherapist said I had squeezed one of the three nerves running from my spine into my right leg; another specialist recommended an operation, which I refused, as he did not give me 100% chance of success. The pain was absolutely unbearable so my doctor prescribed some medication to ease it and for muscle spasms, which were caused by the nerve being squeezed. As soon as I started to use them the side effects started and were absolutely horrible. I could

not sleep at night and if I did the dreams were shocking, something like hallucinations. I had to get up nearly every hour to urinate but could not go as it took me ages to start. I had headaches, which I never have in normal circumstances, stomach problems and constipation. The side effects were probably extra bad because I had never used any medications in my life before, so my decision was very quick – I stopped using them immediately and went on to raw green vegetables and juices for one week to clean my body of the chemical poison. I also practise tai-chi exercises, so even though I was in extreme pain I started to practise them again and the healing sped up so quickly I could not believe it. Who knows, if the Chinese had not invented tai-chi I could have been in pain for much longer; it is absolutely fantastic how it puts your body back into perfect balance.

I do not want to give any recommendations about the use of medications as I am not qualified to do so, but go and see more doctors and get more opinions on how to cure your health problem. But trust me, nobody cares about your health except your family, and you have to take care of it yourself. I do want to stress one fact: there is no synthetic medication in the world that doesn't have side effects. Some of them can even cause other health problems, so please think ten times before you decide to take medications or first try all-natural alternatives, but again it is your decision. If you believe in synthetic medications, that is fine; use them – they may do the job for you.

The body is self-healing, repairing and regulating.

When my mother was seriously ill in her early forties with heart and thyroid problems she came home with a bag full of medications. Fortunately my grandpa was there and asked her whether she was going to commit suicide by poisoning. She was confused, and he asked her to take all the medications back to the chemist and start the correct diet and take more time to relax. And he was right. My mum listened to him and got well quite quickly. As I said earlier, my grandpa had not seen any doctor for over fifty years before he died, he spent seven years during the Second World War in Italy as a soldier, had been smoking for about

seven decades and died not from being sick but because he was old and his arteries and veins had shrunk from smoking and blood flow started to decline. One thing I want to stress – when I saw him eating he was never in a hurry but always ate slowly and chewed his food thoroughly, and that is what he said to my mum to practise and it worked very well for her. Mum has never used any medications again and has not seen a doctor for over thirty years.

Advertisements for medications have huge persuasive power, and people can buy very aggressive ones even over the counter in supermarkets. They do not teach people how to improve their diets, mental balance and lifestyle by eating healthy foods, meditating and playing sport, but how to get rid of their health problems away using chemicals. If you have to use any medications always use B vitamins to protect your liver and kidneys. I am not completely against modern medicine and must admit that nowadays antiseptics, antibiotics and anaesthesia save many lives. Since 1941, when stable penicillin was discovered, it has saved many people who would have died without it. I also admire those skilful surgeons who perform miracle operations, save lives and even body parts. I still personally think that the best cure is prevention, so live so well today that you will have a better and healthier tomorrow. There are also some questions in my mind about medications that I have not found any answers to yet.

*If we understood our body one hundred per cent,
we would be able to cure every disease.
We are all too busy in this day and age, but
health should come before everything!*

In some situations, medications are valuable as they can relieve pain and make life comfortable. In this case I agree with their use, but I am not so sure about trying to cure diseases with them. In his book *To Heal the Sick*, Dr J Rodney says “Every disease has its cause. It is up to doctors and scientists to find the cause and eliminate it, and healing will follow.”

10

EASTERN EUROPEAN NATURAL HEALING HERITAGE

I am from a country where, for centuries, people have tried to cure diseases naturally as doctors were not always available, especially in remote villages. They had to find alternatives to live longer, and that is where natural healing started to develop. The poor, particularly, who could not afford medical treatments, were very good at it.

My mum has always used natural remedies to cure our health problems, and she inherited that knowledge from her father and mother.

I like to tell the real stories to prove how some natural treatments work. One day I got a call from a friend of mine from hospital asking me for help. He knew natural healing was my field, and he had a pain in his lower back and had been lying in bed for over two weeks on medications and injections that were not helping him, and he was not able to straighten his upper body and walk normally.

I knew a man who was expert in this area, so I snuck my friend out of hospital in his pyjamas and we went to see the expert, who lived about thirty kilometres away. The man placed his hands on my friend's back, pushed a few vertebrae from one side to another and after only maybe three minutes my friend left totally straight and pain free. We went back to hospital to fetch his belongings, and he went home completely cured. You probably want to know who was the healer – well no degree, no medical education, but he was a barber – yes, naturally gifted by nature.

In Chapter One I described how one teaspoon of castor oil three times a day saved my life, which according to the doctors who tried to

cure me of a very nasty intestinal disease, was supposed to last only a few days. One of my friends, a cameraman from the Czech television company, was sent home to die of cancer but would not give up without a fight and cured himself simply by fasting for forty-two days drinking distilled water only and got himself out of it. A miracle? No, he simply cleansed his body of toxins and cancer cells which had neither proteins nor sugars to survive. It happened many years ago and he is still alive and healthy today.

The body is a self-healing organism if you give it a chance to use nature's way.

I am going to tell you a few very effective natural treatments from Eastern Europe which really work.

STOMACH ULCERS Before bed take one large, raw potato, grate it and eat it for one week, and the ulcers will be gone. You can also drink cabbage juice for the same problem. Often having blood in your stools is a good indication that your ulcers have healed up after taking this dietary advice, but it would also be a good idea to check with your doctor for peace of mind. This advice is from my aunt who went through that treatment and got well. Hydrogen peroxide is another great natural medicine, not only for ulcers – it also can cure or heal over fifty diseases.

GOUT A very painful disease, caused by acidity from acidic foods, can be fixed just by eating a few cloves of garlic three times a day. According to leading biologists, garlic is considered the number one vegetable in medicine as it contains natural penicillin and heals many health problems caused by infections and inflammations.

VARICOSE VEINS These can be helped by using apple cider vinegar a few times a day, diluted in water, juice from an onion and garlic a few times a day as well and freshly juiced green vegetables. Every evening both

feet should be raised up about twenty centimetres above your heart for at least thirty minutes.

Fast healing of wounds

Simply put duck fat on a wound and bandage it. The duck fat is excellent medicine for curing windpipe inflammation, chest and lung inflammation and skin problems.

Kidney problems

The herb stinging nettle freshly blended with warm water and drunk a few times a day, juice from garlic, beetroot and a small amount of horseradish juice, watermelon and cucumber juices, are excellent for kidney stones. Beer is very good too to flush them away.

Lung problems

Peppermint tea, raw onion, inhaling hot camomile tea, which is also a very good cleanser for facial skin, boiled red wine with a few cinnamon sticks, inhaling a mix of Swiss herbs and hot mineral water.

Stomach bugs

In the morning on an empty stomach take three tablespoons of spirits of at least 40 per cent alcohol.

High levels of gastric juices and digestion problems

One teaspoon of sodium bicarbonate into 300 millilitres of warm water, or four walnuts, or a bowl of green vegetables.

Hangover after drinking

Juices from pickled vegetables or one tablespoon of cider vinegar and one teaspoon of sodium bicarbonate into three hundred millilitres of warm water, three thousand milligrams of vitamin C.

Heavy coughing

Juice from a raw onion and one teaspoon of honey, a chest massage with duck fat and drink peppermint tea.

A sore throat

One teaspoon of salt and one of liquid iodine into 100 millilitres of warm water gargle before bedtime. It gives very fast relief but do not swallow!

Sore ears

A small piece of garlic into a chunk of cotton wool inserted into an ear. The garlic must not touch the skin in the ear. Garlic is also an excellent medicine for curing many problems, as I have already mentioned.

Inflamed eyes

Warm camomile wash and gentle massage with duck fat. Hands should be perfectly clean.

Runny nose

Inhale freshly chopped onion.

Blocked Nose

Half a teaspoon of sodium bicarbonate and half a teaspoon of salt into 100 millilitres of water to drink. It tastes horrible but relief comes after only two or three minutes, and it is also very alkalising.

Inflamed sinuses full of phlegm

Small slices of smoked bacon placed on sinuses a few times overnight will expel the phlegm through the nostrils.

Constipation

Freshly juiced green vegetables – mainly cabbage – warm mineral water, plum juice and sauerkraut juice.

Diabetes

Garlic, one teaspoon of cinnamon a day and one cucumber a day are very powerful remedies to cure and even reverse this nasty disease. The cucumber contains hormones that maintain and repair pancreatic cells which produce insulin.

Insomnia

Brown rice or oats or corn porridge, poppy seed tea, a cup of beer or a cup of milk with a teaspoon of honey.

Never ever drink cold drinks with fatty meals if you want to have healthy digestion.

Other natural remedies include:

Powerful spices and powerful phytochemicals – cinnamon buffers glucose

Cilantro – contains antibiotics

Garlic – anti-thrombotic and powerful against heart diseases

Ginger – anti-inflammatory agent

Parsley – lutein and zeaxanthin for good eye health

Rosemary – anti-acidic against cancer

Turmeric – contains curcumin, anti-inflammatory anti-acids, reduces build-up of acidic plaque in the brain associated with Alzheimer's disease.

Those are a few natural remedies without side effects from Eastern European countries still used with great success. I personally believe that future healers will not be medical doctors but biologists. We must come back to Mother Nature as that is where we come from; we are not made in chemical plants.

*Isn't natural healing the only way to really cure a natural unit – the body?
The cure for diseases is not in their treatment but in their prevention.*

*Give me a chance to create a fever and I will cure any disease.
(Parmenides, c. 2000 years ago)*

After reading this chapter you probably think that I am against doctors. Not really, but I do not like the ones who give you medication

first, instead of telling you what to eat and what to drink. If they do it with love and passion, helping suffering people, then they will be excellent. The surgeons who perform miracle operations are heroes to me. I personally do not trust every doctor and chemical medication, sorry, but I have some very bad experiences. So this is my conclusion – the advantage of natural healing is that it has no dangerous side effects. I do not try to persuade anybody on which treatment to take, only to share the knowledge available.

HYDROGEN PEROXIDE AND OZONE THERAPY

HYDROGEN PEROXIDE

Let me tell you a story about this superb natural medicine which no pharmaceutical company likes – the reason is simple it works and it is very cheap.

Hydrogen peroxide is nothing more than distilled water enriched with one more atom of oxygen, and that is all. The chemical structure of distilled water is H_2O and hydrogen peroxide is H_2O_2 . That is, it is water with one extra oxygen atom. Hydrogen peroxide increases haemoglobin and oxygen and thus maximises delivery from the blood into the body cells. The story about this miraculous medicine goes back about 170 years to India where it was widely used, and people were very healthy until Western pharmaceutical companies arrived and started a fight against it in the newspapers.

Hydrogen peroxide cures nearly all diseases and was put back into good doctors' practices again in the 1960s and is considered the greatest medicine of all time. I have already been on hydrogen therapy five times and the results are amazing. Some of my clients cured themselves of many nasty diseases. Is it a miracle? I do not think so; it is simply a fantastic source of oxygen which we lack in cities where we have to share this vital substance with cars and pollution.

Let me please explain to you how powerful oxygen is. Let's say against cancer. Our body cells are shielded with a covering made of enzymes. The cancerous cells have no covering, and if you hit them with a large amount

of oxygen, you kill them. For medical purposes we use 35% food grade as it is the only grade suitable for internal use, but of course it must be diluted with distilled water. This sort of hydrogen peroxide is used in the production of dairy products and also as an antiseptic. If you want to buy it, make sure it is pure and has a certificate stating it is stabiliser free, which means there are no other substances in it.

You must not use this kind of hydrogen peroxide undiluted. An incorrect solution can do serious damage to your health. And people with organ transplants must not use hydrogen peroxide.

Hydrogen peroxide stimulates the body's immune system which attacks invaders – foreign bodies that are normally not in the body and are therefore different from those the body can recognise, and the immune system can attack the transplant and ruin it.

In Europe many natural doctors, homeopaths, naturopaths and natural healers have been using hydrogen peroxide for decades very successfully for over fifty different diseases including cancer, diabetes, heart disease, AIDS, HIV infection, Parkinson's disease, arthritis, multiple sclerosis and many others. Hydrogen peroxide develops in a healthy body environment so the body can heal itself of nearly all nasty diseases. When the body is sick, the demand for oxygen is enormous – brain damage occurs within seven minutes – therefore oxygen is life. Without oxygen, body cells are not cleaned sufficiently, and this is a perfect environment for disease. Hydrogen peroxide therapy has no side effects; it is 100% safe, it strengthens the immune system and contributes to healthy cells and the vitality of the whole body.

By now you are probably wondering why this therapy works so well. The answer is simple: the body comprises about 60% to 70% oxygen. If we deprive body cells of 35% of their oxygen content for only 48 hours, they may become cancerous, that is why correct breathing is so important in getting enough oxygen. It is stated by top biologists that every person has cancer cells which are only waiting for a low-oxygen environment in which they can multiply into a fully developed disease. That is why sports activities are so important to prevent some of those dangerous diseases – sports people breathe in up to 30 times more air than sedentary people.

Of course, it must be fresh, clean air, not as we witness nowadays when people run in streets full of cars. It is better not to perform any sport in pollution at all.

On 18 September 2013, a cancer summit was held in California at which one famous natural doctor was talking about a film star whom he completely cured of AIDS using hydrogen peroxide therapy. But it is not commonly promoted. How many people die of this nasty illness every day in the world who do not have to. Is it because it is very cheap and cannot make a big profit for the large companies?

In some countries this fantastic medicine is banned by governments. Hydrogen peroxide can replace many medications for different diseases and without nasty side effects. Not having enough oxygen can also damage your brain and cause a lack of energy, depression, loss of memory, lower IQ and even loss of concentration. Many people, including doctors, who have no clue about hydrogen peroxide, consider it as a dangerous chemical and they do not know that it can be found in nature all around us in fast-moving streams, in mothers' breast milk, in the first milk colostrum, rain water and so on. The human body makes its own hydrogen peroxide for the proper development of sexual hormones and thyroid function. Hydrogen peroxide can be administered intravenously for treating very serious diseases. Many doctors in World War I and II were using this bio-oxidative therapy very successfully as a great disinfectant and healer of wounds.

No other chemical compound comes even close to hydrogen peroxide in its importance to life on this earth ...

Dr William Douglass

OZONE THERAPY

Ozone, similar to hydrogen peroxide, is a very powerful medicine which has been used with amazing success for treating many diseases like cancer, heart disease, AIDS and many others that some doctors

consider incurable. Ozone, O₃, a three-atom form from oxygen, is used intravenously in the blood and the results are outstanding, particularly for AIDS patients. When the ozone molecules are dissolved in the blood the third oxygen atom causes hyper-oxygenation that kills disease microorganisms and the viruses and leaves healthy body cells unharmed. The easiest way to get ozone into a body is to drink ozonised water, to speed the healing process up. These days there are a lot of good water ozonisers on the market. Hydrogen and ozone therapy are even more effective if patients are committed to a healthier diet and exercise.

Before you decide to use hydrogen peroxide or ozone therapy read *The One-minute Cure: The Secret to Healing Virtually All Diseases* by Madison Cavanaugh, or find a specialist who is experienced in these kinds of therapies.

I use hydrogen peroxide like this: The very first day I start using three drops into 150 ml of distilled water three times a day, then every day I add one more drop. When I reach five drops I use 200 ml of distilled water until I reach ten drops. From that I use 250 ml of distilled water up to 25 drops, three times a day. After 25 drops I start to take one drop a day off until I reach three drops again. I finish the hydrogen therapy like that and it takes 46 days. I do not want to give you medical advice, as I am not qualified to do so, but I advise you to read the book above, or see a specialist in this therapy.

The reason I use distilled water only is that the minerals in undistilled water can react with hydrogen peroxide and neutralise its healing power. I drink it one hour before a meal and three hours after, and do this therapy once a year as prevention. Trust it because it WORKS!

*The brain can survive only seven minutes without oxygen.
The more we have of it the healthier we are.*

*Too many people value their health only when they
have lost it or are in danger of losing it.*

12

HEALTHY HEART AND LUNGS

HEALTHY HEART

I am firstly going to talk about the heart, the most amazing and the hardest working organ in our body. Recent research shows that the heart controls the brain much more than previously thought. The heart makes its own hormones and contains about 40,000 sensory neurons. The neurons in the heart enable it to learn, make decisions and remember much more information. The heart emits an electrical field about 60 times greater in amplitude than the activities of the brain and an electromagnetic field about 5,000 times stronger than the brain. The heart communicates with the brain and the body through:

- Biochemical information via blood pressure waves
- Hormones made by the heart
- Nervous system connections
- Energetic information from strong electromagnetic and electrical fields.

The heart and the brain work in synergy via electrical rhythm. The brain demands five times more blood than any other organ. If the heart fails, the brain fails. What an amazing organ! So many people abuse it with the wrong lifestyle, food, drink, drugs, alcohol, stress and many other dangerous things which damage it.

It is the heart which responds to love first when we fall in love; if

the brain responded first, there would not be so many bad marriages and divorces.

As I have already mentioned, six years ago I was diagnosed with a serious heart disease but I managed to correct it myself, as no specialist could figure out what the problem was. I refused medications and became a vegan overnight. Do not think that you can eat whatever you want as long as you exercise and lead an active lifestyle. I used to think that until I got my heart into a very bad condition. As a very active and competitive bodybuilder, consuming huge amounts of protein and only small amounts of complex carbohydrates to keep my body fat down, I nearly ruined my heart, as a high animal protein diet is dangerous for the heart. A lot of people think the same, but the right diet for a healthy heart is a complex carbohydrate diet with a high amount of chlorophyll – from vegetables, of course. The carbohydrates from vegetables are the best food to consume. The healthier your diet, the healthier your heart.

You have probably heard about the bad cholesterol our body makes called LDL (low density lipoprotein). Your doctor tells you about it, but the truth is that LDL is not bad, as our body makes it to maintain a healthy skin and nervous system. It becomes bad when it bonds with triglycerides, which are fatty, sticky substances in the blood, and they are increased with the consumption of sugar and processed carbohydrates. Your heart condition also depends on the health of your arteries. Healthy arteries are smooth inside, like glass; however, sugar, medications, alcohol and acidic foods make the arteries rough, like sandpaper, making it easier for the bad cholesterol to stick to.

Let me give you an example: If you sunbathe, your skin synthesises not only vitamin D3 sulfate, which in this form is water soluble, but also cholesterol sulfate, which is important for the maintenance of a healthy heart. If you eat white sugar (nicknamed white poison by the world's top biologists) you damage not only your arteries but also the molecular structure of the cholesterol sulphate. In this damaged form the liver refuses to convert it into HDL (high density lipoprotein), the cholesterol which maintains healthy arteries. Cholesterol sulfate in its damaged form runs in your body, binding with triglycerides, and sticks in your rough arteries. White sugar itself does the biggest damage to the arteries and not only to them but to other organs as well.

Another danger to your heart is inorganic minerals from drinking hard water as the body is not able to convert inorganic minerals into organic ones – only plants have this ability. Inorganic calcium together with LDL and triglycerides cause clogging of the arteries called calcification, and it usually starts at a very early age if you are not on the right diet. A sad fact is that children at school are not taught about healthy eating to avoid not only heart problems but all the health problems later in their lives.

How does the heart work anyway?

The heart is powered by electricity – electric impulses keep it going without any break – it is an amazing organ. Green vegetables are the best food for the heart because they contain electrons which they accumulate from the sun; chlorophyll is another excellent food for it as well. As I am talking about chlorophyll, do you know that in the First World War doctors used it for blood transfusions instead of blood as there was not a sufficient supply of it. The chemical structure of chlorophyll is the same as the chemical structure of blood, only the central atom of the blood is made of iron and the central atom of chlorophyll is magnesium. Why do we not use chlorophyll nowadays for transfusions? We could avoid the transfer of many diseases from blood to blood but the problem is that no profit would be made, as chlorophyll is very cheap.

Let's get back to the heart. To provide a regular heartbeat, the food we eat should contain enough electrolytes – sodium, calcium, magnesium, chloride and magnesium – but of course not too many. It is important that you choose the correct calcium as there are many kinds of it; too much sodium can elevate blood pressure, but if you are on the right diet you do not have to worry about getting too much. The best foods for the heart are organic ones, like green vegetables, as well as fruits in moderation, but there is one very powerful fruit – the apple which contains pectin and should be eaten with the pips. Pectin is great for treating atherosclerosis and helps to keep blood vessel friction under control. Also grains and seeds for their mineral and protein content, essential fatty acids in healthy oils like linoleic acid, lecithin prevents fatty deposits in the arteries, millet and buckwheat for rutin that maintains the arteries in a healthy condition, and plant proteins which do not byproduct ammonia when they break into amino acids. The most important vitamins for keeping the heart healthy are vitamin D, vitamin

E, vitamin C, vitamin B6 and vitamin F. And minerals like magnesium, potassium, chromium, calcium and zinc and of course, electrolytes. Many doctors in Europe successfully treat heart disease with hydrogen peroxide and the right diet.

And what about what *not* to eat if we want our heart to be healthy? Well I am not going to make many of you very happy as they are the most pleasurable foods we consume but we should not have them on our table: sugar, salt, coffee, alcohol, white flour, meat and meat products, processed and refined foods, fizzy drinks, chlorinated and fluoridated water, dairy products, margarine, all animal fats and fast foods. It is up to you to make a healthy choice. You can eat and enjoy these types of food in moderation for a little while, but not everything that is edible is good for us.

Let's talk about the parts of our modern lifestyle that are the most responsible for heart disease: stress, smoking, obesity, diabetes, high animal protein diets which cause acidity, high levels of cholesterol and triglycerides, saturated fats, lack of physical activity, coffee, alcohol, refined carbohydrates, pollution, chlorinated water and the wrong foods.

Here is a top on how you could save a life by using a powerful natural remedy in the case of a heart attack: **chilli powder**. Put one teaspoon of chilli powder into 200 ml of water and pour into the mouth of the affected person. Its heat increases blood flow by making veins and arteries wider and prevents clogging but do not do it if the affected person is unconscious.

There is a positive relationship between sunlight and cardiovascular disease which proves: the more sunlight, the less cardiovascular disease.

LUNGS

These spongy organs cannot take as much abuse as some people think, and in cities the lungs must face huge overload from pollution. I just do not get why some people smoke, run in streets full of cars, or work in a dusty or chemically poisonous environment without any protection

and live in dumpy houses full of mould and fungus. Car fumes contain polycyclic aromatic and polynucleic hydrocarbons which cause lung, tongue, throat and breast diseases. Is that enough?

How does this magnificent organ work?

We breathe air into our lungs where oxygen is separated from the dust, gases and chemicals which are not accepted by our body and thus must be excreted. The oxygen is then bound with haemoglobin in blood and gets into our body cells, which is why correct breathing is so important to our health. If we do not get enough of this vital life ingredient the body cells cannot be cleaned of free radicals and close themselves with the free radicals inside, and that is how they can be converted into cancerous cells, according to the world's top oncologists. The biggest problem is that in the cities we have up to 20-30% less oxygen in the air we breathe compared to that in the countryside. Pollution reduces a lot of it, and cars use it up as well. Sometimes people do not breathe sufficiently when they are in highly polluted areas so they do not get as much polluted air into their lungs, and that makes it even worse because they do not get enough oxygen. You probably think correct breathing is so obvious and that there is no such thing as an incorrect way. I used to think the same until I went to see a breathing specialist who taught me how to breathe properly.

Proper breathing is three seconds inhaling, four seconds exhaling, one second holding the breath, and repeat. When we breathe we should inhale as if we wanted to inflate our stomach, that is, with the help of the diaphragm, a flat muscle just under the lungs. When we inhale it gets flat, when we exhale it bends upwards, pushing the lungs up, and this forces carbon dioxide and free radicals out so the lungs can be cleaned more effectively. That is why this way of breathing is the best and healthiest. Many people do not use diaphragm breathing which is very bad as unwanted substances can remain in their lungs causing nasty lung diseases.

There are some good breathing exercises to learn how to breathe properly and this is one I teach my clients: Lie down on the floor and put an object of about one kilo weight on your upper abdomen, inhale slowly into your diaphragm for three seconds and try to lift it with your belly as high as possible. Exhale, sucking your belly in as much as you can, hold it

for one second and repeat. It is amazing and if you use it with meditation you will calm down and feel great.

If you live in a city it is a good idea to spend a weekend in the country and exercise as often as possible. If you work out, you should know or ask somebody to show you when to inhale and when to exhale, as it is very important not to ruin the valve in your heart. Never hold your breath while lifting weights. Do not work out in gyms in polluted areas as you could get up to thirty times more poison into your lungs than a sedentary person in that area. It is better not to work out at all, that's how dangerous it is.

*The heart is the only muscle that never sleeps.
The heart and the lungs support each other.*

13

HEALTHY FEET MEANS HEALTHY SPINE, MUSCLES, POSTURE AND JOINTS

The human foot has 33 joints, about 120 muscles and 26 bones – each foot has one quarter of all the body's bones. Healthy feet are very important for overall health but not everybody has healthy feet, as we often see. Many people do not realise that our nervous system ends in our feet and that toxins gather in the feet more than in any other body part as gravity pulls them down. If you do not sit properly in your office chair the arteries in your back thighs are squeezed and the blood flow is restricted so the toxins cannot be taken away by blood, causing plugging in the veins and capillaries. The toxins and uric acid from acidic foods accumulate around big toes and cause gout. Women like to cross their legs as it is elegant and comfortable but harmful for the same reason.

If you sit a lot, place your feet higher by using a box under your feet or lower your office chair so that your knees will be higher than your hip joints. The same goes for long-distance flights. I fly often and always try to walk and exercise my legs as often as possible and I never have jack legs afterwards.

Wearing the correct footwear is also important. Nowadays not only adults but also kids wear the wrong shoes and sandals from a very early age and develop flat feet, which are not only painful in later life but also very ugly. They wear flat shoes, jandals and sports shoes the whole day and shoes with no arch supports at all. The best footwear has orthopaedic soles; massage or acupressure sandals are the best to wear as often as possible. Sports shoes are not meant to be worn at work or school; they

are meant only to be worn for one or two hours during sport. Other bad shoes are high-heeled shoes – they are elegant but not healthy at all as they ruin correct posture and the shape of the spine. That is why women have much higher foot and lower back problems than men.

Remember, if you have a problem with your feet you have problems with your knees, hips, lower back and spine. To maintain the correct balance of our body we have to maintain healthy feet. Not many people take care of their feet as they probably think they don't need to do anything, so their feet are flat, have blisters, hard skin, cracks, fungus under toenails and the most serious problem – cold feet. Cold feet indicate that something is not as it should be with their health, such as poor circulation, vein thrombosis, gangrene, diabetes, hardened veins and capillaries, which cause poor blood supply and many other health problems.

Rheumatoid arthritis is another problem affecting feet as well, caused by the wrong diet which creates toxic acids that crystallise and deposit fine sandy grains in the joints and replace synovial fluid which lubricates the joints of the body, including feet joints. Eating too much meat and dairy products causes acidity, which is very bad not only for feet but for the rest of our body as well. Obesity is also a contributor for the bad health of feet as huge pressure damages their natural shape and makes them flat.

So many people blame late age for feet and joint problems but there are people who do not complain even in their nineties and are able to run miles and miles every day, but they are the ones who look after their health and have no joint problems. Do not forget your feet are supposed to carry you up to the age of 120 years, as that is the age for which our bodies are designed.

Let's talk about the things we should do to enjoy beautiful, healthy and powerful feet:

- Shoes should be loose fitting, airy with arch support, with flexible soles and toes free not squashed; do not allow your kids to wear plastic or high-heeled shoes.

- Daily bath, acupressure and massage if there is any problem.
- Foot exercise at least three times a week performing mainly calf raises.
- Barefoot walking on the grass, stones, soil and sand.
- After a long time on your feet or long-distance walking or running, place your feet about 20 cm above your heart level for at least 30 minutes in the evening, every day.
- Change your socks and shoes at least twice a day if your feet perspire a lot.
- Be aware at public swimming pools and places where people walk barefoot not to get some skin disease from bacteria on the ground.
- To prevent athlete's foot do not wear sports shoes as casual footwear. It is an infection caused by fungus but if you have athlete's foot often, swim in the sea as much as possible. I personally do not know a better treatment but if there is no sea near, soak them in a basin with sea salt every evening.
- Wear shoes made of natural materials, like leather or canvas, and put them in a place where they can dry quickly if you wear them often.
- Brush your feet regularly with a natural hair brush to get rid of old skin or wear massage sandals with brush-like soles.
- Trim your toenails properly and never rip them off but cut them across and do not cut the corners.
- Walk straight with a good posture and if you carry anything, use both arms to keep the correct balance and equal pressure on your feet.
- If you play sports or run, always jump on your toes, not on the whole foot or heels.
- Girls should not wear high-heeled shoes before their puberty ends as their feet and skeleton is not fully developed.
- Pregnant women should not wear high-heeled shoes but soft sandals with orthopaedic soles as they are heavier during pregnancy and can damage their feet and develop lower back problems.
- If gout occurs, the best and fastest cure is to use garlic rubbed in the affected area and eat it as well.

Remember you cannot replace your feet as you can the tyres in your car.

*A human is the only creature to walk straight on two legs.
By raising your physical standard, you raise your mental standard as well.*

14

MODERN TECHNOLOGY AND HEALTH

Cell phones, microwaves, computers, televisions, cars, chemicals in food, fertilisers, stress from work, poisonous environments, high voltage pylons and wires, polluted waters, nuclear plants and other modern things our ancestors did not have slowly wipe mankind out from the planet. It is well known that the sickest people live in the richest countries and the reason is simple – they can afford all the things listed above without realising what they do to us. Again and again and again, the same question arises: can we do something about it? The answer is again easy – NO! Can we stop people’s greediness? NO! All we can do is try to soften the impact these things do to our health and environment.

Let’s talk about the luxuries and enjoyable things listed above:

Cell phone

According to one of the world’s top biologists the cell phone can be dangerous for our health. I know exactly what it does and how much radiation it makes but if you really care for your health be careful when you use it. What is even more worrying, is that kids use them as well. Children’s brains are not fully developed and are fragile; if they are hit with even tiny amounts of radiation, serious damage can occur which can cause serious illness later; the same goes for wireless landline phones as well. The cell phone should not be used inside cars as the electric appliances and computers in them increase radiation – and of course in some countries it is against the law to use it while driving anyway. If you

use it often it is recommended to keep the phone further from your ear and for as short a time as possible. I use my cell phone for texting only. Our younger generation is totally addicted to it and that is scary.

Microwave

This is the thing my wife and I will not have in our home. When you turn it on your kitchen is full of radiation, and therefore the food you put in it is full of radiation as well. Radiation in the microwave kills everything from enzymes up to vitamins and even damages the molecular structure of proteins, fats and carbohydrates, so is it worth eating from it? I know some people not only warm food up in it but also cook complete meals. The decision is yours if you want to use it, but never use your cell phone close to the microwave while it’s on – it is very dangerous because they have different radiation, and the stronger one will damage the weaker one.

Computer

The most amazing and sophisticated machine ever invented. I am personally a big fan of it but I do not use it often, and only for my business, as the radiation coming out of it is not healthy. Nowadays many adults and, shockingly, kids are addicted to their computers and some spend more time staring at them than on sports fields. Computers are responsible for health problems and crime as well. I do not want to talk about computer games and play stations but want to state that they ruin our kids physically and mentally as well, but money talks and it is a multibillion dollar industry. I recently saw on television in New Zealand that they improve the brain capacity of those who play them, but I think it is better to be healthy with a lower capacity brain than be very clever and sick.

Television

This modern and absolutely brilliant piece of entertainment technology was invented after World War Two and originally used for the purposes of the military industry only, but at the end of the 1950s television hit the civil sector as well and became a part of nearly every household in the richer countries. The first ones were black and white, with colour coming in later on. The black and white sets were better as human eyes did not

have to recognise so many colours, which put stress on them, and the vibration from pixels as well. I like to watch old black-and-white movies and I notice a difference. The magnetism and radiation coming out of television sets have straight rays so it is wise to watch them from the side and not to allow the kids to spend a lot of time in front of them – and very close, as they do these days. Television can educate and entertain but also damage people’s brains. I personally watch programmes on television very rarely, only documentaries about human health, the body or nature as there is too much violence, crime, offensive language and rubbish. I usually hire good DVDs for Saturday evenings as I am very busy with my business and writing books.

Cars

Can you imagine living without it in a busy city waiting every day for a bus which is not always on time? Probably not, but we rather prefer to spend hours in a traffic jam, even to travel a short distance. Are we so lazy that we won’t get on a bicycle, or are we scared to cycle in roads full of inconsiderate and dangerous drivers? Whatever the answer, cars have totally changed our lives, and of course the environment and the air we breathe.

Let’s talk about the air in the cities of rich countries where the number of cars is huge. Car fumes contain polycyclic aromatic and polynucleic hydrocarbons, dangerous substances that cause serious disease of the lungs, tongue, throat and breasts. But many people do not care, as some of us drive cars with V8 or V12 engines, making even more pollution. Do we really need cars with such big engines? What about the dust from tyres and brakes, as well as leaking oil from engines? All those substances make other dangerous pollutants but we love comfort and luxury, so we do not care.

Have you ever seen a car wrecking yard with oil puddles everywhere on the grass and soil? I would just remind you that one drop of oil can spoil up to 10,000 litres of drinking water. It is wellknown that the environment we live in is already so polluted that if we stopped polluting right now it would take the earth up to 100,000 years to get rid of it totally. Cars, planes and animal farming are the biggest threat to the planet.

Another bad effect on our health are the materials that car interiors are made of, especially in a brand new car – you breathe all the glues and freshly evaporating plastic fumes that are released from them for a long, long time. The number of cars increases every second in the world. Where is the end? Can we replace combustion engines for more ecological ones? We could, but it could threaten the profits, employment and the economy of oil-rich countries, so it has to be as it is.

The chemicals in foods

I have already mentioned this problem but I can never say enough about it, as it is the most important part of our health. The food we eat can ruin or improve our health, depending on what we eat, what is in it, what time we eat and how much of it we eat. The chemicals in foods are supposed to prolong the shelf life and kill undesirable bacteria. On one side we can understand why, on the other side they do not have to be so aggressive. Freezing of food is a better option but more expensive, as it requires electric energy and expensive appliances which need maintenance, so they seem to think it is better to load the foods with chemicals.

Here are some of them: E 210 benzoic acid, E 220 sulphur dioxide, E 221 sodium sulphite, E 230 diphenyl, E 236 formic acid, E 251 sodium nitrite, E 281 sodium propionate, E 320 BHA, E 321 BHT, E 925 chlorine, E 926 chlorine dioxide, 371 nicotinic acid, 924 potassium bromate, 950 acesulphame potassium, 951 aspartame, sodium tripolyphosphate and many others.

These additives are commonly used in food protection but some are banned in some countries. They have different effects on our health, causing irritations and mutations, allergic reactions and some even support the development of cancer.

Another danger for our health is the irradiation of foods. For this topic I have a special chapter but briefly, it is special technology to protect the food which comes to a market from abroad. Again it is understandable that some countries are afraid that food may bring in diseases or insects so they use this form of protection.

What exactly is it? It is a special treatment using high doses of ionising radiation to change the structure of foods to slow down their rotting and moulding, that is, so they don’t go off quickly, thus prolonging their shelf

life. The question is: is it safe? The answer is NOT at all. So why do we do it? I'll let you figure that out.

Food irradiation is not new to us as it started in the 1920s. The bad side of irradiation is that it multiplies free radicals, splitting them so they combine with other ones, creating new, even more dangerous, free radicals. It can also damage the chemical structures of those that are not so dangerous to our health, but after they are hit with the irradiation they are converted into very aggressive ones. Irradiation kills vitamins, enzymes and beneficial bacteria, damages the chemical structure of essential fatty acids, proteins and carbohydrates; that is, it turns food into unnatural food stripped of all the nutrients that our body needs for development, maintenance and proper function of a healthy body.

So is it worth eating them? How can we avoid foods which are full of chemicals and have been irradiated? If you care about your health simply do not touch foods which are on shelves in boxes or packages – get only fresh cuts of meat, frozen or fresh vegetables and fruits. Change your beautiful lawn back into a vegetable garden and grow your own. It is better to spend time in the garden than in hospital. When you work in the garden you are close to the plants, breathing more oxygen which comes out from them. You do not even realise how big a favour you are doing to your body.

GMO foods are something we should be really afraid of as they are already around. If we do not stop turning Mother Nature's food into these dangerous ones the consequences will be terrible and the next generation will be even sicker than it is now. We cannot go against nature as we are all part of it – or are we going to be GMO as well? Our bodies cannot bear these foods as our digestive system is designed for natural foods only.

Fertilisers

This is nothing new but it is a serious topic. We all know that farmers in rich countries use fertilisers – is there enough control on how much and what types they use? Some fertilisers are so dangerous and aggressive that they can cause serious health problems. Many countries have already realised that but it is too late, as it takes years to get rid of them from the soil. Fertilisers kill beneficial bacteria, insects and earthworms which are the most important part of healthy agricultural soil, they contaminate

underground waters, lakes, rivers and destroy minerals; in particular selenium is very sensitive but an important mineral protecting us against cancer. Fertilisers totally ruin the soil's natural mineral balance, and if the minerals are not in the soil, they are not in the food you eat either.

Minerals used for some health problems are even more important than vitamins, even though they work together in synergy. After World War II many countries had a big stock of gunpowder left so it was converted into fertilisers – scary stuff. Yes, DDT was used against insects mainly for potatoes and pesticides and similar chemicals for spraying. Because the world was hungry and needed food the use of synthetic fertilisers was administered on a huge scale and totally out of control, that is why we have so many diseases and health problems. This is the other bad side of modern technology and its impact on our health.

Stress from work

In first-world countries we generally live in a modern lifestyle with a high standard of living but at what cost? The downside of this lifestyle includes such things as stress, modern diseases, not enough time to give love to our kids – and we are surprised that many commit suicide or start using drugs, get on antidepressants, develop irregular eating and no time to prepare healthy foods but grab fast junk food instead, problems sleeping, lower back pain, frequent headaches, long working hours, lost contact with friends and family, getting away from nature, not having time for leisure activities and hobbies.

Yes, that is the life many people live as they want more of everything – it seems what they already have is often not enough.

There are two groups of people who are stressed: those who are stressed with their businesses that run down or they want to earn more and more money to have a luxurious life, and those who are stressed because their bosses want them to work like slaves and do more jobs with less cost to save money on wages and maybe employ fewer workers. We do not realise that there is modern slavery nowadays, even in well-developed countries. Many people work long hours for very little money, while others work very little for a lot of it, and that is the world we live in – the world where money is a god and banks are churches. It is very sad that humans treat other humans like that.

Many scientists in the world are calling for change after proving what hard and long working hours do to human's health, but unfortunately the people, mainly politicians, who can do something about it, turn a blind eye and a deaf ear at this problem, as they are all well paid themselves. Overworking causes stress, the stress causes acidity, acidity causes serious health problems.

At the cancer summit held in September 2013 in California a top oncologist stated that stress is the biggest contributor to cancer development. Overworking weakens the immune system and the person affected is prone to many diseases, has problems sleeping and thus gets nervous, arrogant and looking for stimulants, which is all very bad for your health. The stress activates the secretion of the stress hormones cortisol and adrenaline – the negative hormones. They are very aggressive, causing huge damage to the body. The people who are constantly stressed suffer with anxiety, depression, digestive problems, memory and concentration impairment, they can develop heart disease, cancer, gain weight and develop stomach ulcers. They can become very unpleasant towards their friends and families and many times it is also the reason for divorce or even suicide. This is a serious problem we need to consider.

The eight-hour work day was established by a British carpenter, Samuel Duncan Parnell, in the nineteenth century and is considered as the most appropriate length of time to work. If a person works longer his or her performance drops rapidly, resulting in less productivity, mistakes or – the worst scenario – a work injury, sometimes with a tragic end. Is it worth forcing people to work longer? Workers who operate in a poisonous environment should work even shorter times. The French are now trying to set up shorter work times – only six hours, which would be even better as unemployment could drop and so would the stress levels as well.

Other causes of stress are driving, marriage problems, troubled children, pollution, noise to name but a few. The same danger even comes from over-studying. Students who are ambitious to be the best and get the best marks usually end up with the same problems or even get mentally affected. Stress can be partly decreased with some activities like yoga, workouts, tai-chi, meditation, playing sports, breathing exercises, walking in the fresh air and doing relaxing hobbies like making models

or gardening. Never let stress last very long and never allow anybody to make your life stressful. Do not try to soften it by eating too much sugary food, using antidepressants, alcohol or similar harmful substances. Speaking about antidepressants, about 10% of people in developed countries are on these extremely dangerous chemicals. How come, if they live in a perfect, free and rich environment?

Poisonous environments

Here we are in modern cities full of poisons. I have already mentioned car fumes and what they contain and do to our health, and they are not the only source of pollution. Industrial pollution, tyre and brake dust, radiation from cell phone towers, high voltage electrical systems creating magnetism, tarmac vapours, plastic bottles and wrapping, paint and similar things that our ancestors didn't have just a few centuries ago.

High voltage pylons and wires

They are everywhere, and of course we need electricity increasingly as we buy more and more electrical appliances to have a better lifestyle so we do not have to work so hard. Many of them help us with washing, cooking and entertainment – some activities that our ancestors used to do by hand. High-voltage pylons carry thousands of volts of electric power over urban areas, fields, forests and close to water, damaging their natural balance with strong magnetic fields. We see many high-voltage wires passing over people's dwellings, bringing magnetism into their homes. The high voltage creates an *electrostatic* field, while the high current (the flow of electricity) creates the *magnetic* field. Both fields can be harmful. Some countries consider putting cables underground but it is much more expensive. We need electricity, no doubt about it, but we also need to keep people healthy as well. The prediction is that more and more people are going to be sicker and sicker. Why do we not think about the future and insulate electric wires and bury them underground? Is it because it is very expensive? Is people's health not worth more than that? On the one hand, we are only willing to spend the minimum on insulating electrical pylons and wires, but on the other, we are prepared to spend huge sums of money on the health system, curing people who have been affected by these wires.

Polluted waters

This is probably the worst part of our modern lifestyle as it is impossible to live without pure water. I have already mentioned this problem but there is still a lot to talk about. Water means life, but our stupidity means self-destruction, and that is exactly what we will do to ourselves by polluting the most precious liquid on the planet – water. Even blood cannot exist without it. Water is very ‘intelligent’ compared to humans. It is not only oxygen and hydrogen but according to top biologists and scientists it is much, much more. It is the substance that can lead electricity, sound, send messages, has memory, it is sensitive.

Unfortunately, a big part of it has already been polluted so much that to clean it now is impossible. The oceans, rivers, lakes, streams, underground springs are the sources of death. Not only chemicals and deadly bacteria, but also inorganic minerals, make it dangerous to drink. The waters in highly developed countries also contain sodium fluoride and chlorine which not only kill bacteria but also damage people’s health as well. The only safe water to drink is distilled, or rainwater collected in the countryside, not in the city. Some doctors claim that distilled water can flush minerals out of the body but according to Drs Paul Bragg, Robert Young and Michael Colgan, this is not true, as they recommend drinking distilled water. I drink distilled water myself and never get any cramps, which are the first sign of a lack of minerals.

Nuclear plants

A topic often talked about these days, especially since the Fukushima nuclear plant disaster in Japan and the Chernobyl disaster a few decades ago. In many countries people are against nuclear power plants – I live in one of them, New Zealand. The people in this country protest against a plant the government is considering building but do not realise that the demand for electricity grows every year. If mankind wanted coal-fed electric power stations instead of atomic fuel there would be thousands of trains moving coal and the pollution from burning that coal would be much higher than from atomic plants.

The biggest problem is what to do with the used radioactive fuel and where to dispose of it, but I am sure that the time will come when mankind will find a solution as to how to use it for other purposes. I am

originally from a country which has two nuclear power plants, and there has never been an accident. Of course, it can happen but it depends on how adequate the maintenance is. If there is an accident the consequences are exponential, but in the future there may be no other option and we will have to learn to live with it and manage it correctly. There are alternatives – like hydro and wind power – however they only work if there is enough water and wind, but atomic energy works nonstop.

The richer the country, the sicker the nation.

Remember, we are punished by following bad habits of living, while we are rewarded for following good ones! (*Bragg Healthy Lifestyle: Vital Living to 120*, Paul Bragg ND, PhT).

15

DRUGS, SMOKING AND ALCOHOL DURING PREGNANCY

Why is it that some women still do these things while pregnant? Do they not know what harm they do to the health of the baby they are carrying? Pregnant women should realise that what is in their blood is in the blood of their babies. I often see pregnant women smoking, drinking coffee, drinking alcohol and even using aggressive medications.

While a baby is in the womb and drugs, nicotine, caffeine and alcohol is in their blood, the baby is calm, as those substances do their job, but once the baby gets into the world and does not continue to get these substances in their blood, they get nervous and irritated, as they are missing something that they have become used to that calms them down. They cry often and for long periods, they do not want to eat or drink, have irregular and short sleeps. And a worst-case scenario is that some babies are born mentally or physically disabled as a result of these dangerous chemicals. Their mothers are tired and nervous, angry at their crying and do not realise that their bad habits while pregnant have caused these problems. A baby crying can sometimes be the reason why some parents actually hurt their baby, not intentionally, but because they just cannot cope after many sleepless nights.

Education before pregnancy is not adequate in many countries and should be compulsory at school, not only for girls but also for boys – they all need to know about parenthood. At the Cancer Summit in 2013, it was stated that, in the 1970s, one baby in 25,000 was born with autism in well-developed countries; nowadays it is one in 5,000 and the prediction for the future is not very bright. The reason is that some pregnant women

have the wrong diet, eating foods full of chemicals, many live in highly polluted areas and use stimulants like coffee, cigarettes, medications, drugs and alcohol. Some of them work in poisonous environments, they are stressed, depressed and live in constant tension. Can women like these deliver healthy babies? There are so many miscarriages in the world every day yet it is so simple to fix this problem. The first three months of pregnancy are the most crucial and risky so that is why a freshly pregnant woman during that time should be the most careful.

I am going to tell you a story about good friend of mine. She is a woman in her early thirties but could not have the baby she and her husband had longed for since their marriage. They had been trying for over ten years without success. One day she told me all the treatments she had tried were unsuccessful. I was surprised that none of the specialists advised her what to eat and drink and what to avoid. She had been pregnant several times before, but each time had a miscarriage, but when she got pregnant again I told her what to eat and drink, and stay in bed as long as possible, not to drive, not to lift anything heavier than one kilo, not to bend down but rather squat, spend as much time in the fresh air as possible, avoid stress, not to use a computer, microwave or cell phone. Nine months later she gave birth to a beautiful, healthy three-and-a-half kilo baby boy.

Breastfeeding is another important topic. Nowadays too many mothers lose breast milk just a few weeks, or even days, after they give birth. There is no alternative which is healthier than this powerful baby food, which not only guarantees a strong immune system but also the correct development of bones and thus the skeleton as well. If you take two babies, one breastfed and the other baby-formula fed, just one glance would be enough to see a huge difference – a baby fed by breast milk has beautiful pink skin, is more vibrant and full of energy. The formula-fed baby is usually very pale and lacking in energy. If you are a breastfeeding mother, you need to keep the same healthy lifestyle as during the pregnancy, because what you eat and drink now still affects the quality of your breast milk.

No medication can fix a miscarriage, only a healthy lifestyle and Mother Nature. Why use synthetic medication to fix it? Your baby is not going to be a plastic one. The best cure for any health problems is

prevention, so the healthier you are during your pregnancy, the healthier your baby will be.

What a mum gives to her baby will come back to her.

*If you are inconsiderate towards your kids,
one day they will be the same to you.*

16

JUICING AND SMOOTHIES

Today juices play a most important part in our diet, getting rid of the harmful chemicals and free radicals we get into our bodies from pollution, contaminated foods and water, in order to detoxify it. Juices from freshly juiced vegetables, fruits and plants are Mother Nature's most powerful medicines with remarkable healing properties. Specific juices should be used according to specific conditions as they have outstanding rejuvenating, revitalising and restoring effects on all the bodily organs and their proper functions. They have detoxifying and cleansing properties to clean all the body tissues and blood and help build new tissues and support in neutralising the waste which is created by metabolism. Juice, together with fasting and a therapeutic diet, is so powerful that it can even cure cancer and other serious diseases. According to Dr Robert Young, one of the world's top biologists, vegetable juice is the number one food for the sick.

Why is it so effective to drink juices rather than just eating vegetables and fruits in their solid form, which gives roughage and fibre as well? The fact is that you should drink mainly freshly juiced green vegetables, and they should take priority over fruit juices, as fruit juices contain too much fructose which can aggravate the pancreas and contribute to unstable blood sugar and also increase acidity in the body. Freshly juiced green vegetables contain very little sugar, but of course fruit juices have their place in health treatments as well.

Juices contain lots of powerful enzymes, vitamins, minerals, trace elements and the perfect balance of all the nutrients required by the body

for their proper functions. Juices are 100% absorbed and do not need any digestion as they are directly assimilated from the stomach and the small intestine into the blood stream.

Research shows that juices also contain substances, which have not yet been identified, that create electric impulses in body tissues. It sounds unbelievable but some juices from specific vegetables contain antibiotics and hormones – for example, tomatoes, onions, garlic and radish contain antibiotics. I remember my grandpa used to eat lots of tomatoes and garlic and told me that they had anti-inflammatory properties.

Green juices are the most powerful for treatment of certain diseases as they contain valuable chlorophyll. Onions and cucumbers contain hormones which maintain the health of the pancreatic cells. The pancreatic cells make insulin, and if they are damaged, diabetes two is on its way. Juices support and restore the mineral and biochemical balance in body tissues without which oxygenation is diminished, leading to disease and premature aging.

We must not forget one of the most important properties of freshly juiced vegetables – their enormous power to help the body normalise the acid-alkaline ratio in body tissues and the blood. Acidity, as we know, is the main factor in the development of diseases.

Juices for healing and therapeutic procedures should be made from fresh, raw, natural, organic and well-ripe vegetables and fruits only. Juice fasting is supposed to be nature's most powerful medicine and is recommended for curing nearly every disease, as it flushes toxins out of the body. When you make your own juice, drink it immediately after turning the juicer off as oxidation takes place very quickly and decreases its healing properties. Therefore make only as much as you can drink in one go and do not store it in the fridge.

Some fruit and vegetable juices can be very sweet, such as those made from carrots, beetroot, apples, pears, pineapple and similar fruits, thus it is recommended – especially for the people suffering with arthritis, high blood pressure and diabetes – to dilute them with half water; that is, one part juice and one part water. Fruits and vegetables should not be juiced together as they have different enzymes, which can result in assimilation and digestion problems, partial assimilation of nutrients and cause production of gas. Juices are recommended to be drunk between meals,

one hour before or after. Drink vegetable and fruit juices at least two hours apart, not together. Supermarkets offer a large variety of juices but, as I have already mentioned, only fresh ones can do their healing jobs.

I also want to mention about juicers – the best are hydraulic press juicers as they save more nutrients from fruits and vegetables but they are more expensive than the ordinary ones. The more affordable are the electric centrifugal type.

*Green juices are the blood of nature.
The frequency of the human body: 50–60 Hz.
The frequency of vegetables: 20–50 Hz.*

17

FASTING AND DETOXIFICATION

Fasting is not a new or modern way to clean and cure our bodies of toxins and certain diseases – even Hippocrates, the father of medicine, used to prescribe fasting as an effective healing method and it goes back hundreds of years before Christ. Our ancestors used to starve mainly in the spring when food supply after the winter was exhausted and they had to wait for a new supply that could be about one to three months away. At that time they did not know what a huge favour they were doing to their health. They fasted against their will and lived much longer, as archaeological discoveries of graves proved, totally reversing what modern medicine claims – that we live longer now.

During times of famine, our ancestors' bodies used to cleanse themselves from the toxins which had accumulated during the time of food indulgence. The bodily organs during the fasting period have rest to restore their functions, and people cured many diseases they were even not aware of, strengthened their immune system and improved the functions of their digestive and elimination organs after a rest. It is proven that their fitness was much better and they were much stronger than we are now. Their starving (involuntary fasting) made them resistant to diseases, which in fact hardly occurred during that time. Because they starved regularly during their lifetime – at least once a year – they were much healthier than the rich, who had a steady supply of a food the whole year round.

We suffer many modern diseases that never existed before, due to overeating, chemicals and a dirty environment. Our ancestors had

pure water, clean air, food without chemicals and a radiation-free environment. I have already covered juice fasting as one of the most powerful healing tools Mother Nature offers. Fasting can also be done by water only, or hydrogen peroxide in distilled water, but juice fasting is the best for its alkaline-forming properties. The freshly juiced fruit and vegetables are also best as they provide all the nutrients the body needs to work efficiently, and for their healing power. And again, the world's top biologists consider fasting as the best healing method of all.

I want to tell the story about the cameraman who made a clip of my vegan session for the Czech vegetarian television programme from Prague. He had cancer and doctors told him that his days were numbered. He was sent home to die but he did not lose faith and went on fasting. He stopped eating completely and drank only distilled water. After only a few weeks he started feeling well, his energy was restored, so he went on fasting. Forty-two days later he had a medical check-up which showed that the tumour in his body had totally disappeared. This happened many years ago, and he is still alive and healthy.

Another story I heard from a friend is about a young man from America whose girlfriend left him. He decided he did not want to continue living but could not bring himself to commit suicide, so he went to the mountains to starve himself to death. In the mountains he was only drinking water from streams. After only a few days of starving (fasting) he started feeling so well and happy as a result of cleansing not only his body of toxins but also his brain, that he was now thinking much better. He finally realised that she was not the only girl in the world and certainly not the one to die for. He went back home and found another girlfriend.

We should clean our body not only on the outside but inside as well.

Let's talk about what happens when a sick person starts fasting. The first three to four days the body runs on its own proteins and fats, but after that the protective system stops further self-digestion and starts eating those cells which are dead, sick, tumours (in the case of some diseases)

and deposited fats; that is, it runs on its own waste. That is the miracle of fasting. During fasting your body builds new, even healthier cells, which sounds impossible as the supply of nutrients is limited and relies on juice nutrients only. But comprehensive research shows that proteins and blood sugar are normal even though proteins are not supplied. The explanation is simple: proteins are resynthesized and decompose all the time and used again for the body's needs.

Where do they come from? Well, when dead and sick cells decompose, the amino acids, the main cell material, are not wasted but are reused and build new, healthy cells. The body cells die and new ones are created all the time, again and again. It depends on our lifestyle and nutrition, but during fasting this process speeds up. When the creation of the new cells slows down, the immune system gets weaker and disease starts developing.

Fasting has amazing effects on the skin, liver, kidneys, lungs, brain, the heart and its arteries and other organs. Toxins are expelled into urine and out of the body. During the fasting-cleansing period, symptoms are smelly breath, rash and red skin, dark urine, excessive mucus and extremely stinky stools. The intestines are cleaned and digestion and the metabolism is greatly improved, resulting in higher energy levels and brighter thinking. No more sluggishness, the nervous system gets a rest during fasting, sleep is improved, hormonal secretion and the chemistry of glands is rejuvenated and the chemical balance of tissue is normalised. General good feelings are much better than before fasting.

Fasting is safe if done properly, and of course the best way to fast is under the supervision of doctors, health experts or biologists who are well trained in this field. You can also work, if it is not a very strenuous job, and you will feel more energetic and think better. When fasting be sure to have no alcohol, cigarettes or health supplements unless you are sick and need extra vitamins. No staying in bed; on the contrary, moderate exercise is recommended, like jumping on a rebounder or walking, and no drugs except medications prescribed by your doctor. If you want to start fasting do it at first for two days, later for seven days and after a few months as long as you wish, but of course under supervision; do not do it on your own if you have never experienced it before. After fasting, start eating only very easily digestible foods – steamed vegetables and

fruits, smoothies, well-cooked brown rice or mashed potatoes for a few days before you get on a normal diet. It is highly recommended to take an enema, as the waste from the body is eliminated and pushed into the bowel. During fasting, the movement of the bowel nearly stops and the toxic wastes from the body's organs cannot get out, so an enema should help.

You are probably wondering if you would become hungry – well, you would, of course, but after only a few days it disappears and you feel less hungry until the cleaning of your body has ended. Then you will feel extremely hungry – this is the signal that the cleaning is over and you can start eating again. Because huge amounts of toxins get out of your body via the skin it is important to have a shower or bath every day, together with a dry brush massage and plenty of sun. During this not-very-pleasant period try to be positive, try to laugh a lot, watch funny movies, read funny stories and completely avoid negative people who might try to persuade you that what you are doing is not good.

I want to point out now what we learn from animals. When animals are sick they stop eating completely, except for special grass that heals them, and drink only water. Often after eating grass they vomit out the food that makes them sick and rest a lot. If you have a dog or cat you have probably noticed that sometimes they refuse food and eat grass. It is very interesting to see them picking exactly the right one. Is it not interesting that they go for greens only?

Fast, and you'll live longer and healthier.

There are no shortcuts to health – you have to earn your health. It means living healthily.

18

WEIGHT LOSS

Before I tell you how to lose weight faster and more healthily I want to point out one of the most discussed topics in rich countries among doctors, nutritionists, teachers, politicians, health practitioners, biologists and all others who are involved in this problem – obesity.

In the richest countries many people are considered obese or overweight. It is shocking that there are people who eat too much while others have not even a piece of bread. The problem is that in rich countries people can buy any sort of food that exists on the planet. Even worse are all the cooking programmes that cook foods full of saturated fats, sugars, salt and white flour, and powerful advertisements that promote unhealthy foods – fast foods, fizzy drinks, processed foods, cereals and similar bad foods. This problem is slowly getting into poorer countries as the food giants are trying to spread their food products and convince people to buy them.

What exactly is obesity? According to the World Health Organization it is not only a modern epidemic but also a medical disorder. There is a special measurement called BMI (body mass index) that shows who is underweight, normal weight, overweight or obese.

How do we become obese? If we eat more calories than we burn, the unused ones are converted into fat. Calories are not all the same – they are different depending on the particular food – as our body utilises them differently. I am going to write about them a bit later. Some people burn calories quicker than others; it also depends on the speed of the metabolism and activity undertaken; the people who don't move much,

burn few calories; those who move a lot, burn more.

Let's talk about how it works. If there are about 3,500 calories that the body does not burn they create about 500 grams of body fat. This can happen very quickly if the person has a higher number of fat cells. The number of fat cells are created in childhood and finished at the end of the puberty. The fatter the child, the more fat cells are created in its bodies. Fat kids can have up to three times more of them than children with normal body weight. If they are still fat by the end of the puberty, those kids in adulthood will have problems losing weight, as the human body is not able to get rid of them, even with a very strict diet.

The number of fat cells stays the same for the rest of our life. When we get overweight the fat is not only stored under the skin but also around organs, which is the most dangerous one for health, and there is also the fat between muscle fibres. Sometimes my clients ask me what I think about fat people. Well, my answer is simple: 'They are fat because they want to be fat. I am not because I do not like it.'

You cannot get fat from water and air. Some tell me they do not eat a lot and yet get fatter and fatter. It is a well-known fact that the United States and Mexico have the highest rates of obesity, and also that the Norwegians and the Italians are the slimmest people on earth. The Italians are well known not only for their famous Mediterranean diet but also as the leaders in the production of organic food. When my wife and I were in Italy for two months, travelling all around the country, we enjoyed the food. Whatever we ate tasted absolutely fresh and delicious, and of course they are proud of it and deserve the reputation they have for their food, without any doubt.

Is there a solution to this worldwide problem of obesity? I personally think there isn't. Why? Can you stop fast-food companies? Can you stop sugar-producing companies? Can you persuade politicians to do something about it? Can you stop advertisements for unhealthy foods? Can you stop food processing? Can you stop people from eating unhealthy food? Can you educate children to eat healthy? Basically, no, because the money talks, it is the most powerful ingredient, money is worth more than people and their health. But on the other hand, people should know what is good to eat or drink and what is not, but some do not even want to hear about it as they love indulging in food. Some people eat

too much because they are bored, unhappy or depressed, and tasty foods make them feel better for a short while.

Obesity and being overweight cause many health problems and the most common are heart disease, diabetes, cancer, joint problems, damage of the skeleton and even osteoarthritis.

Health and a vibrant body is a choice just as sickness and a flabby body is a choice.

The impact of our modern lifestyle that causes people to be overweight and obese: increase in car ownership that reduces cycling or walking even for short distances; use of modern appliances like dishwashers, washing machines, microwaves; remote-controlled appliances like television, garage doors, car boots, gates, automatic doors; increase in watching television and playing computer games that keeps kids and adults from sports activities; escalators, elevators; increase in consumption of processed, precooked and devitalised foods; decrease in fruit and vegetable consumption; decrease in manual work through modern technologies and laziness.

A beautiful body is something that everybody longs for but only very few of us are willing to do something about it.

Finally I am going to talk about weight loss and how easy it is. Yes very easy, but it depends how mentally strong the person who wants to lose weight is. A diet is something that everybody hates – including me – but nothing is free, and if we want to look better and be healthier, unfortunately there is no other safe option. Modern medical surgical adjustments like stomach stapling, shortening of the small intestine or weight loss medications are other options but risky.

Let's talk about natural and healthy ways to lose body fat. When we start losing fat, at first we are disappointed that there is no decrease of it

under the skin. The reason is that the first fat we start to lose is the fat inside, around the organs. And thank goodness for that, as it is the most dangerous one for health. Next we lose the fat between muscle fibres, and finally under the skin. When the fat is gone after a diet and exercising from every area of our body, the very last place where the fat is reluctant to melt away is our waistline, but it is not impossible to get rid of, and I am going to show you that it is not as hard as you think.

It can happen that during the first two or three months the scales do not show any decrease, as the body is reluctant to get rid of it. This is the protective mechanism of the body to keep fat as a source of energy, because a diet is a shock and the body is afraid that a famine is coming, but after a while, when there is a steady supply of food, even different and smaller portions, the body starts using it as its own source of energy to survive.

You have probably heard about an egg and low-carb diet. A high-fat, high-protein and low-carb diet is the worst and most dangerous diet of all. There are also other bad diets, like a meat diet, fat diet, apple diet and other similar ones which are not good either. The best, healthiest and most effective one is a vegan diet. I have forty years' experience in this field with my clients and I can say that the vegan one works the best. You not only lose fat very quickly but also clean your body of toxins, as vegetables contain all the nutrients that no other foods do. When you are on this sort of diet you do not have to worry that there will be some nutrients missing. This diet also lowers cholesterol and blood pressure, improves digestion. It is also called a brush diet – the vegetable roughage and fibres clean your intestines mainly from the meat and saturated fat you used to eat which will still be stuck on the walls of them. Does it need a better explanation?

Vegetables are also very easily digestible – they do not force the stomach to make sodium bicarbonate as they have enzymes; only raw foods have them. The enzymes are very fragile and are destroyed at a temperature as low as 45° C – that is why only raw foods are the best to consume. Thanks to enzymes, raw foods are digested within one hour, but vegetables and fruits even quicker so they do not rot in our body. The other good way to get rid of fat quicker is regular fasting – it does not have to be long but regular. Choose the same day of the week and eat

only a watermelon or drink pure water, or the best one is freshly juiced green vegetables for breakfast, lunch and dinner – no fruit juices, though, as they contain too many simple sugars – fructose. Vegetable juices are diluted – 125 ml of juice and 125 ml of water.

Many people are confused if they read or hear about a high-carbohydrate diet as the best. Not every carbohydrate is the same; we recognise simple and complex ones. The simple ones are from processed foods like cereals, crackers, white flour products, potato chips, biscuits, ice cream, chocolate bars, lollies, fizzy drinks. All foods made from cane, corn or beet sugar contain simple carbohydrates. These carbohydrates are very unstable, stripped of vitamins, minerals and fibres, provide a body with short-lasting energy and spark insulin, which is their darkest side of all.

The complex carbohydrates are derived from vegetables and grains and contain large amounts of vitamins, minerals and fibres. Some fibres are undigested by the body and are also called cleaners. The fibres slow the metabolism of saturated fats, one of their important and remarkable properties. Complex carbohydrates provide the body with long-lasting energy as they are released into blood slowly within three to four hours; the simple ones get into blood stream within fifteen to twenty minutes and burn very fast. Not every calorie is utilised in the same way by the body. The calories from animal fats and proteins are converted into body fat, the calories from vegetables, fruits and grains are used for body heat and lost quicker. It just goes to show that if we want to lose body fat the best diet is the one based on plant foods.

Many people believe in a high animal protein diet, but this sort of diet is dangerous for health as it is scientifically proven to cause heart disease, diabetes 2 and constipation. Sports people are often on this type of diet to build muscles and strength, and believe it is the only right one, but there are animals that eat only plants and are the strongest on the planet. Look at the gorilla! The high animal protein diet is also an acid-forming one, while the plant diet is alkaline-forming.

Are you asking now what I would recommend you to do to lose body weight? Okay, let's get into it.

The diet for losing excessive body fat, as I have been advising my clients for the last thirty years:

About **15 minutes after waking** drink 300 ml of body-temperature, chemical-free water with half a lemon squeezed into it to wash your stomach and get alkaline. Do not drink cold water!

Thirty minutes later have your breakfast:

Two slices of yeast-free wholemeal toast with avocado instead of butter, one chopped tomato, capsicum and small clove of garlic or quinoa cooked in water, or uncooked oats just soaked in almond milk or water. After that have a bowl of green salad consisting of spinach, white and red cabbage, lettuce, kale and cucumber – no dressing at all.

After breakfast 500 mg of time-release vitamin C, B-complex and multimineral supplement as directed on the label.

Morning tea About 30 almonds soaked overnight in water for better digestion and more enzymes – a very healthy snack for the heart and a good source of protein and essential fats.

Lunch Brown rice topped with steamed broccoli or steamed cauliflower, or beans or lentils or fish if you do not like a vegan diet; no other meat at all. Eat only as much as needed to feel full. B-complex supplement.

Fifteen minutes after lunch A bowl of green vegetables to your own taste, as much as you can eat, no dressing at all, only half a lemon squeezed on it. No dessert.

Afternoon tea An apple or pear or a few slices of pineapple.

Dinner no later than 6 pm A bowl of raw green salad, prepared to your taste, topped with four chopped walnuts and six hazelnuts for essential fatty acids, no dressing at all. If still hungry one baked potato with skin. The potato is excellent to stop hunger pangs and not fattening as some nutritionists claim. A 100-gram potato has only 90 calories and the starch in it is not digested but assimilated as there are no enzymes in the body to break it into glucose. The potato is also a good source of protein, potassium and complex carbohydrates.

At 8 pm 400 mg of magnesium chelated with amino acids for better absorption. Magnesium is the best supplement to use, not only for your heart and muscle function but also for a good sleep. Do not use sleeping pills – they promote only artificial sleep and are dangerous to your health.

Before bedtime One raw carrot.

This is only a guide – you can tailor it but do not go far away from it – just very tiny changes are allowed and if you get very bored with it, as you will, your desire for a healthy and vibrant body must push you forward to your goal and away from the unhealthy foods you used to eat.

Things to avoid

Alcohol, sugar, red meat, dairy products, white flour, processed foods, cereals, honey, fizzy drinks, vinegar, bread with yeast, cakes, ice cream, all the foods that contain artificial sweeteners, flavouring or colouring, white rice, mustard, pickles and all foods that contain white flour or sugar.

Things to do

- Drink plenty of chemical free water at least three litres a day with pH higher than 8. If you do not have access to a high pH one, use pH drops to increase it.
- Drink green juices made in your own juicer as already described – at least 250 ml twice a day.
- Calm down, relax, watch funny movies or read funny books.
- Exercise. The best is to go to the gym at least three or four times a week and lift WEIGHTS! Cardio and aerobic are good for breathing and the cardiovascular system but you will never lose fat. On the contrary, you can lose muscle quicker than fat. Weight training burns up to 100% more fat than cardio. Weight training should not last longer than 45 minutes; after that you do fast boxing for 15 minutes, no longer. Fast boxing engages every muscle in your body whereas walking on a treadmill only your calves. The more muscle fibres you engage at the same time, the more fat you burn. During boxing

the heart rate must be over 120 beats per minute. Before you start working out make sure your blood pressure is right.

- On your gym-free days walk, swim or jump on a rebounder for 25 minutes or do everything together.

Do not run if you are heavier than you should be and never on concrete, sand or tarmac unless you want a hip replacement; instead go fast walking with a pair of two-kilo dumb-bells.

If you like running, wait until your body weight is right and after that only on the grass, with a pair of good shoes designed for this purpose.

*As we improve the physical part of our body, we also improve the mental.
Workout is an excellent antistress formula.*

- Supplement with vitamin C, minerals and B-complex. One hour before any sports activities use the best fat burner ever – acetyl L-carnitine. This supplement is natural – its main function is to allow fatty acids to get through the membrane of mitochondria where they are burned into energy but it has to be in acetylated form. It also increases activity of the neurotransmitter dopamine in the brain and stimulates testosterone production. It is considered to be one of the best supplements, not only for weight loss but also for sports people. Use as directed. Our body makes this amino acid but not enough, otherwise everybody would be slim. What a pity. When you use this supplement one hour before a workout, the fat in your body is broken into simple sugar glucose and, while exercising, your body uses it as the fuel for muscle work and you lose fat while at the same time building muscle.
- Do not exercise on an empty stomach. If you do not want to lose muscle, have something to eat one hour before your workout – the best is a bowl of green vegetable salad as it does not load your digestion, and this way you bring the blood sugar up, which is the main source of energy for muscle work.
- For sweetening use a natural herbal sweetener made of stevia, which

is alkaline and thus healthy. If you have cravings for sweet things have almonds. You must try to be mentally strong.

- To reduce your eating, use fibres or psillium, which are very good brushes for your intestines and also expand in your stomach and fill up that hollow space so you feel full and not hungry. You can also use meal replacement supplements with fibre but make sure they contain water soluble and insoluble ones.
- While eating do not watch television, read or do anything else but concentrate on your eating, to masticate the food properly. When you eat meat or any hard, digestible foods, chew them at least forty times to mix them well with saliva before you swallow. Digestion starts in the mouth where food is broken into maltose; that is why mastication is so important. If you concentrate on something else your brain is occupied with other activities and the signal that your stomach is full comes later and you can sometimes overeat.
- Do not lose more than 300-400 gm of fat a week if you want to lose it permanently.

There is no better feeling than the feeling of a lean, strong, beautiful and healthy body.

Higher exercise levels can reduce the risk of dementia and Alzheimer's by 30 to 40 per cent (Otago University study, New Zealand).

Resistance training may increase the level of growth factor in the brain, such as IGF1 (insulin-like growth factor one), which nourishes and protects nerve cells.

19

BREATHING EXERCISES AND MEDITATION

BREATHING EXERCISES

In this chapter I am going to talk about some of the best healing methods in human natural medicine: breathing exercises and meditation. Let's look first at breathing.

Do we have to learn how to breathe properly? Is it not obvious how to breathe? Unfortunately, it is not.

Many people do not breathe properly for four reasons.

Firstly, they do not breathe through their nose, which is also a filter that cleans the air of dirt and warms the air up before it gets into the lungs, but many breathe through their mouths, and dirty, cold air causes lung diseases.

Secondly, they do not involve the diaphragm in their breathing. This helps to fill and empty the lungs more efficiently. Diaphragm breathing has many advantages and is also called belly breathing - it is the most natural and healthy way to breathe. Diaphragm breathing oxygenates the blood much more, has tremendous calming effects on the nervous system, promotes digestion, promotes the elimination of toxic waste, stimulates better circulation in the abdominal cavity and thus improves proper functions of the vital organs.

The diaphragm is a unique muscle in our body, separating the heart, lungs and liver from the lower body organs. It is attached to the bottom of the rib cage, which allows it to expand when we inhale to make more space for the lungs to expand. When we exhale, the diaphragm lifts

up, pulling the rib cage in, and pushes the lungs upwards to expel even more carbon dioxide. It shows how important it is to breathe properly – diaphragm breathing. It can be a bit confusing, but we always breathe into the lungs not into a belly or a diaphragm.

Thirdly, people try to breathe less when they are in highly polluted areas so as not to get so much pollution into their lungs, but at the same time they do not get enough air and therefore oxygen. That's why it is well known that people who live in polluted cities have higher rates of cancer than people living in the country.

What exactly happens in our body if we do not breathe deeply enough? If the body does not have enough oxygen as a result of shallow breathing, body cells do not get a sufficient supply of it so they close themselves off, keeping in free radicals and thus cleaning cannot take place. That is, the dirt stays behind, causing rotting, and damages them. The closed, rotten cells become carcinogenic; yes, bad breathing can cause cancer. It really can.

Fourthly, some people, and I would go so far as to say the majority, breathe into the chest, which is the most common way and very good when we exercise or perform strenuous activities but not for relaxing breathing.

How to perform breathing exercises:

I use two breathing exercises – diaphragm breathing and chest breathing. My favourite one is diaphragm breathing and goes like this. Lie down on a flat floor in a quiet area and put a rolled towel under your knees and neck; place a 1 kg weight on your top abdominal muscles, close your eyes, concentrate and start breathing, inhaling for about four seconds and exhaling for five, pause for one second and repeat. Breathing has to be very slow, regular and with the diaphragm. You should try to lift the object with your belly while inhaling as much as possible. Try to do it for at least ten minutes.

When you have finished get up slowly as you might get dizzy or lightheaded, especially when you do it for the first time. It means your breathing was great – but if you fall asleep it was even greater. In the mountains in India live some monks who are over 100 years old. They are

able to breathe only once per minute but it does not mean they do not get enough oxygen; on the contrary, they take one long inhale and one long exhale. The longest living animals on the planet are slow breathers.

The chest breathing exercise I practise like this: I sit down with my back perfectly straight, place my hands on my thighs just above my knees, my shoulders are relaxed and dropped down, staying in this position all the time. I close my eyes and try to expand my chest as much as possible by taking as long breaths as I can, but very slowly. I hold my breath for three seconds and exhale through my squeezed mouth, as if I wanted to blow a candle out, again very slowly and longer than the inhale. I do not breathe fast otherwise I could hyperventilate and get dizzy. I try not to engage my diaphragm into it.

What bad breathing can cause:

- Heart palpitations and flutters.
- Dizziness and lack of energy as oxygen is the fuel for muscle cells.
- Irritation of the nervous system.
- Digestion problems.
- Cancer, as the body cells are not cleaned sufficiently.
- Lung problems, as carbon dioxide is not fully expelled and is poisonous to our body.
- Bad posture.
- Headache and migraine.
- Problems concentrating, as the brain is a big consumer of oxygen.

When you are quite good performing breathing exercises you can do meditation at the same time. Breathing exercises and meditation for the natural curing of cancer were mentioned many times by the world's top oncologists at the cancer summit in California in 2013.

MEDITATION

Meditation is one of the oldest healing methods which, in the first instance, helps to establish equilibrium in the body and mind, and

started as early as 250 years before Christ in China. Meditation can get you very high without drugs, and it is a powerful action of the mind – even dreaming about success and being rich and famous can make you feel great. Romantic people are well known for being happy and always in a good mood, as they spend a lot of time daydreaming – which is not a waste of time as some serious people, who hardly ever smile, claim. Dreams are free and beautiful so everybody can afford them.

Proper meditation can even cure the most aggressive diseases – it has been proven and happens many times. It also builds a powerful nervous system, courage to achieve and set up goals, gets rid of stress and depression, improves vitality and good function of the entire body, helps you to find peace and calms you down, takes the pressure and strains off work, modern and fast lifestyle and personal problems, helps you to think more positively than negatively which will make you happier, you become mentally stronger and capable of solving more problems without panicking or stress, increases your self-confidence, changes your view of life to see things brighter and better.

You will appreciate the gift of life and have more respect for it; it will help you strengthen your relationships with your friends and family and create a pleasant, more open and delightful person in yourself; stupid and unpleasant people will bother you no more, you will smile at the problems that used to seem unsolvable and you will sleep better. During meditation the entire body slows down, the pulse is slower, metabolism and respiration rates drop below those that occur during sleep, and the refreshing feeling afterwards is even greater than after a nap.

Some positive people call meditation a journey to happiness. Every person has an enormous capacity for meditation, and no extra effort or power for concentration is required. There is no need to get away from normal daily activities, and the results start from the first session. The benefit of regular meditation is enormous; no special study or practice is needed; it will get better and better by practising it. Meditation has nothing to do with spiritualism, hypnotism or similar practices. Some men who practise karate use the power of the mind to break concrete bricks, and they use breathing exercises and meditation to strengthen their mind.

I am going to describe how I do it myself. I lie down on the floor

and place a rolled towel under my knees, with my arms resting along my body. If there is noise around I cannot avoid, I use a pair of earplugs to soften it so I can concentrate better. At first I do breathing exercises for few minutes – it is a good preparation for it and then I meditate. I start by asking myself: Is there any tension in my feet? I concentrate for few seconds on my feet and answer: No, there is no tension in my feet. The same goes for my shins, calves, knees, hamstrings, thighs, gluts, lower back, upper back, lower abdominals, upper abdominals, chest, trapezius, shoulders, neck, head, biceps, triceps and forearms. Then the last question is: Is there any tension anywhere in my body? No, there is no tension anywhere in my body.

It is so good that if it is done properly and you want to get up for a while you have a problem as your muscles and your whole body are so relaxed. It is absolutely amazing! The asking and answering must be very slowly pronounced, lasting about six to seven seconds for each body part, but only in your brain, not out loud. This way you have no chance of thinking about something else and can fully concentrate on your meditation.

I also practise Chinese exercises tai-chi, which is called moving meditation or slow karate. Its movements are so beautiful and relaxing. They calm me down very well. It is also very healing as it puts your body in perfect balance. I recommend this beautiful moving art to everybody.

Other relaxing movements are those of yoga, which I also recommend as great relaxants for our nervous system. There are many similar exercises in the world to choose from. Try some of them and you will change your life entirely.

If you have children, play with them daily – it is relaxing and they will love you even more. I remember when I was a kid my parents worked a lot, not having enough time to play with me, but when they did I was in heaven. If you do not have kids, buy some toys for yourself, like a remote controlled car or a set of trains or make models, and play daily. Do not feel like a grown-up, go back to your childhood and you will feel great. I can assure you it is a great way to relax. Do you know that people who keep pets and play with them live much longer than those who are gloomy, serious and love only themselves?

Do you not have enough time to exercise, prepare healthy foods and relax? Well, later you will have time to be sick and think about your hopeless and empty life.

*The human body is created for movement every day.
The sooner you realise it, the better you will feel.*

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WHAT IS GOOD OR BAD FOR YOU

There is so much information today about what to eat, what to drink, how to cure health problems, which sports are the best, should we drink cow's milk or not, what supplements to use, what healing methods are the best, can we slow down the aging process, what diet is the best, what herbs to use, is a high animal protein diet effective or dangerous, is a complex carbohydrate diet good or bad for losing body fat, is it healthy to use salt, and which one, is fasting beneficial, can some health supplements do more harm than good? These are the questions I ask myself sometimes, even though my knowledge in this field is quite good. It always makes me rethink when I read opinions different from mine. If you do not know which one is right, delve into the books written by the best biologists, or ask as many people in this field as you can and put their opinions together. Sometimes it is a good idea to try it and see the results for yourself. The information I am going to release is based on what I have learnt through all the years researching in this, reading books and from my life experiences.

WHAT TO EAT

What did people eat at the beginning of the human era? Fast food, processed food, dairy products, meat products, sugar, white flour, mustards, foods full of preservatives, artificial colouring and sweeteners, vegetables and fruits full of fertilisers, fumigated and irradiated foods, chocolate? I could keep asking on and on but the answer is still the same:

No! If you think that our body and its digestion system have changed since then, the answer is again the same: NO! Why? Because evolution does not change in a few centuries – it takes much longer – only the blood types have changed since our ancestors started eating different foods.

The first people on the earth were vegans: Adam and Eve who lived in the Garden of Eden, according to the Bible, ate only vegetables and fruits, as the place was full of them, so there was no need to kill animals for food. God created all the food for them to eat but if you do not like this version there is another one.

The human era started somewhere in the middle of Africa about 170,000 years BC. The first humans ate mainly vegetables and fruits as their body was not designed for fast running and they were not as strong as some meat-eating predators. If they had been meat eaters they would have had claws and big teeth for killing and tearing meat, but they did not. They would have a small intestine the same size as the meat-eating animals, which is short, not three times longer. Their bodies would have more enzymes for totally breaking down meat not only by a third, as we have in the modern human era. Does it make sense? Again, I do not want to persuade anybody to stop eating meat at all – it is your choice, as it is mine to be a vegan. If you love eating meat, that is fine – enjoy it. The vegan diet saved me. Another reason why I do not eat meat is that I refuse to support the slaughtering and suffering of animals. Do you know that a fish on a hook suffers pain up to 100 times more than a human?

The best food consumption: 70% raw and 30% cooked.

WHAT TO DRINK

What did people drink at the beginning of the human era? Fizzy drinks, coffee, alcohol, black tea, cow's milk, water full of chlorine and fluoride? NO! They drank only water from rivers, lakes or natural springs, of course, not from polluted ones. Does our body contain 70% fizzy drink, coffee, alcohol, black tea, cow's milk, contaminated water or 70% pure water?

We drink all these beverages because we like their taste and some of them are stimulants but they are not healthy and natural at all. So which water is the safest to drink in our polluted world? Water in plastic bottles? No! From the tap? No! Unfortunately the only pure water we can get is distilled or natural mineral water from unpolluted springs. Some doctors or nutritionists might warn you against drinking distilled water, claiming it can leach minerals out of your body. But rain is distilled water – it also contains hydrogen peroxide. Does it leach the soil of minerals? Of course it does not. It is quite simple.

The human body contains up to 70% water.

HOW TO CURE CERTAIN HEALTH PROBLEMS

Centuries ago a wise man said: 'Repair your body with the same material it is made of.'

What are those materials? Chemicals we use today? Do we have plastic muscles, bones, plastic pipes as intestines, a nervous system made of iron wires, a computer instead of the brain? No!

Why do we load our body with chemicals? Is there any medicine in the world without side effects? What do they really do to our body? Do they really cure diseases?

I believe that we are part of Mother Nature, therefore any cures we use need to be from Mother Nature as well.

There are natural doctors and healers who have amazing results by using natural medicines and natural healing methods. The ingredients they use for healing are very cheap and without harmful side effects. Why do we not trust them? Because they do not use expensive advertisements for positive exposure? At the 2013 cancer summit, an oncologist from Italy, who has already successfully cured about 2,400 people with cancer, said he could cure more, but people do not trust him – they trust more conventional medicine. Another oncologist completely cured a famous film star of AIDS with hydrogen peroxide. Can we reverse diabetes, heart diseases and others? As I have already learnt, yes – and naturally. One

biologist said: 'Our body can cure itself if we give it the proper tools, the right nutrition.'

WHICH SPORTS ARE THE BEST

Aerobic activities, weights, walking, cardio, tennis, golf, running, swimming, skiing – just to name a few of the most popular.

Let's talk about them one by one.

Aerobic

Dancing and jumping is good as the whole body works, creating perspiration – but do not do it while listening to loud music (as we can see in many gyms), which damages hearing. It is good for the cardiovascular system but not for making your body firmer or stronger. It does not burn as many calories as you might think, but it is popular and good fun.

Weights

After the age of forty, according to one of the best sport scientists in the world, everybody should exercise with weights. Why? It is the only way to make your muscles, tendons and ligaments stronger and hold your joints together more firmly, as no other sport can do this. Weight training strengthens every muscle in your body and also strengthens your heart, makes you perspire and cleans your body of toxins. When you work out, your heart beats at around 160 beats per minute and your blood runs at 400 kilometres an hour, rinsing every cell and muscle fibre of toxins – and of course it burns up to 100% more calories than any other gym activity. If you decide to do weight training use free weights and cables, as they follow you; it is natural. If you use the fancy machines, you follow *them*, which is absolutely unnatural, and they can ruin your joints.

Walking

Better than nothing, but certainly not enough. When you walk, only your calves work; uphill your thighs work a small amount, but that is it. Benefits – reasonable if you walk at least three hours a day, but minimal

if you walk only one hour, particularly if you walk in streets full of cars inhaling fumes.

Cardio

This is very fashionable, but if you want to lose body fat with it, you need to do at least three hours a day with a heartbeat under 120 beats per minute; if it is done fast, for one hour, you might lose muscle quicker than fat. How boring is that? The only benefit is that it improves the cardiovascular system and breathing. Why walk on a treadmill in the gym if you can walk in the fresh air – and it costs you nothing. When I worked in a public gym as a personal trainer, every morning I saw people sweating on cardio machines for an hour losing nothing except water and very few calories, and still looking the same – fat.

Tennis and golf

Two popular sports these days. They have some benefits, as you are moving, but are they good for our bodies? Sorry, I do not think so. Why? These sports are also called by sports scientists 'one-sided sports' as they do not engage all muscle parts equally and one side of the body works more. The same arm, the same shoulder, the same part of the upper and lower back, the same part of the abdominals, and they put more pressure on the same leg all the time, putting our body into imbalance. Later on we can develop knee, hip and lower back problems. If you love them, that is fine but you should practise yoga or tai-chi, or lift weights, to keep your body in balance.

Balance your body if you want to be pain free.

SHOULD WE DRINK COW'S MILK OR NOT?

Cow's milk contains about 40% protein and one that is not very friendly towards our body – casein. Milk protein contains up to 80% casein. Mother's breast milk contains only 1.7 to 3.5% protein and has more beneficial fats. We are the only creature on the planet which drinks milk

from another mammal then after the period of weaning continues to drink it up to old age. Does a baby drink pasteurised breast milk? No, but mothers have no option but to give them pasteurised cow's milk because pasteurisation neutralises pathogenic bacteria. But what about the hormones, antibiotics and other chemicals injected into cows? If we could drink organic raw cow's milk from healthy animals it would be a totally different story – but no more than one glass a day. If you are not sure but want to drink milk, choose goat's milk as it is the closest to human milk. I do not drink any animal milk, but you are free to drink it if you want.

Pure water is the number one drink for humans.

WHAT SUPPLEMENTS TO USE

Earlier I explained why we have to use health supplements nowadays, but now I want to recommend the right ones. Firstly, if you decide to use them, make sure you go for **natural and organic**. I would recommend powders or capsules rather than tablets. Capsules are made of natural vegetable materials, they dissolve more quickly and the powder in them is absorbed faster. Tablets can contain binding chemicals that hold them firmly together and are produced under huge pressure, which can destroy many beneficial ingredients. Make sure they are natural not synthetic, and not processed. Buy them from well-known companies which use mainly glass packaging. The majority of vitamin supplements can be synthetic – particularly vitamin C and B-complex – so go for natural ones made of organic vegetables and fruits.

If the soil we grow food in was perfectly balanced, there would be no need for health supplements.

WHAT HEALING METHODS ARE THE BEST?

There is a very simple answer to this question – natural ones, which are as close to Mother Nature as possible, those which do not go against nature. I personally prefer natural treatments and have already mentioned about my heart and lower back problems caused by a squeezed nerve. I fixed them both naturally. But if you need treatment, try them both – natural and conventional. You will find out which works better. Remember, we are a part of nature, not of a chemical plant.

Natural healing is nature's gift to humans.

CAN WE SLOW DOWN THE AGING PROCESS?

Yes we can – and very easily. One famous biologist, Dr Paul Bragg, stated in his book *Building Health and Youthfulness*: 'You are as old as your arteries are.' What does he mean by that? If your arteries are stone-hard, you could be twenty-five and already old; if they are not hard and still in perfect condition, you could be ninety-five years young. To slow aging is not as difficult as it seems – of course, not with cosmetic surgeries, but in healthy ways – and naturally. How?

- Correct diet
- Daily exercises
- Stress-free lifestyle
- Humour and positive thinking
- Drinking pure water
- Plenty of sunshine
- Good sleep and relaxation
- A regular daily routine
- The right body weight
- Forgetting your age – it is only a number
- Helping people in need, working for charity if you have enough time – you will feel great.

Your age is only a number. If you live a healthy lifestyle you can be young forever.

WHAT DIET IS THE BEST?

A very simple question to answer: 70% raw foods, 30% cooked.

WHAT HERBS TO USE

This is a difficult question to answer. As some herbs can be dangerous to your health, never pick any yourself in the countryside if your knowledge is not sufficient in this field. But the power of herbs was recognised thousands of years ago – they were the first medicines man used to cure different diseases.

Only herb specialists know how to dry and store them properly. You are better to buy them from chemist shops or qualified herbalists, in original packaging, where you can also ask for a certificate issued by the Ministry of Health and Agriculture. Herbs must be from non-polluted areas, that is, they must be organic. If you are a fan of herbal teas, always use them as directed on the label, never more.

Herbs work very well for many diseases, as well as mental disorders, and are highly recommended by many natural healers and doctors. Many medications also contain extracts from them in concentrated forms. You should use them even if you do not have any health problems, as many taste very nice and refreshing. Some herbs can calm you down and make you sleep better, improve your digestion, improve the look of your hair and skin if they are applied directly to them. Herbal teas are also good drinks for babies and children, but always ask a specialist which are the best for drinking or cleaning our body with. Make sure herbs are packed in sealed packages with the name of the manufacturer on it. They really work, as they are the same as we are – part of nature.

The herbs in this world were the first medications that humans used.

IS A HIGH ANIMAL PROTEIN DIET EFFECTIVE OR DANGEROUS?

According to some of our top biologists a high animal protein diet is not effective; rather, it is dangerous to our health. I want to stress the fact that our body is made up mainly of proteins, which are in every body part. That is where the myth for a high-protein diet comes from, but it does not matter if we do not eat so much protein from animal-based foods. There are many controversial opinions as to how much to consume, and why. Some scientists recommend about one gram per kilogram of body weight, some only half a gram, but many come to the conclusion that fifty to sixty grams a day is enough. Too much animal protein can have a serious impact on our health. When excessive amounts of animal-based proteins are consumed they cause:

- Constipation, which can promote bowel cancer and damage the bowel lining.
- Toxic residues in the tissues, and the more protein we consume the more residue is created.
- Acidity, which damages every part of our body, also causing osteoporosis and arthritis, and changes a biochemical balance in the tissues into an imbalance.
- The depletion of B vitamins.
- Heart disease.

When animal proteins break down, a byproduct, uric acid, is created poisoning kidneys, muscles and the nervous system, and decreasing endurance and strength.

Many doctors and nutritionists claim that only animal protein contains all the amino acids, and are complete proteins, and that plant proteins are not complete, but this really is not true. If plant proteins were not complete, the strongest animals on the planet, which are vegans, could not survive on plants only.

So which proteins are better? Plant-based ones, as they have higher biological value in their raw form. If you eat raw plant proteins you need only half the amount than if they were cooked or processed. Many people

who try to lose body fat try to eat more animal proteins, less carbohydrates and fats, which is the way to disaster. If you are not sure whether you have enough protein or not, I can assure you that protein is in nearly every food you eat.

If you are not sure which ones are the best, here is your answer, but **raw**, in their natural, undamaged form:

- Fruits
- Vegetables mainly green
- Seeds
- Nuts
- Grains
- Legumes

All these are the best for human consumption and are 100% complete.

You do not even have to eat proteins every day – you can be without them for months and your blood serum albumin will be normal, as the body is able to change them from one form to another, and resynthesizes them all the time. Some foods do not contain complete proteins, but eaten with other foods they become complete.

Animal proteins are not the best for a human to consume.

IS A COMPLEX CARBOHYDRATE DIET GOOD OR BAD FOR LOSING BODY FAT?

You might be surprised, but a complex carbohydrate diet is the best and healthiest. I have already mentioned that simple carbohydrates are short-lasting energy, unstable and spark insulin as they have a higher glycaemic index, and if they are not used immediately as fuel for muscle work, then they are stored as body fat. Complex carbohydrates are totally different – they provide long-lasting energy, as they are released into the bloodstream slowly and are converted into body heat. Consuming vegetables, fruits, grains, nuts and seeds is the best diet to lose body fat and the healthiest as well.

You cannot be on a diet without complex carbohydrates.

IS IT HEALTHY TO USE SALT, AND WHICH ONE?

That is the million-dollar question, as no biologist or scientist has ever stated what salt and how much to use but I personally do not use any additional salt in my food as what I eat contains enough of it. As I am a vegan, consuming large amounts of vegetables which contain all sorts of salt, there is no need for it. If you are not sure whether to use it or not maybe this information will be sufficient: some studies show that the daily amount of salt should be about a half a gram. But of course, if we put more salt on our food it tastes much better; however, an excessive amount can cause heart problems, high blood pressure, hair loss, skin problems and rheumatic diseases. The kidneys probably suffer most of all.

The saltiness of the body's fluid is about 9%, the same as the saltiness of the ocean. This does not mean we can eat as much salt as we want. Do not believe that when you perspire, salt is excreted out of your body – it is not true. The salty taste of sweat is caused by toxic salts as the body gets rid of them from its tissue. If you want to use salt to enhance taste, do not use ordinary, fine, beautifully white, processed, full of maltodextrin and dextrose. Use unprocessed sea salt, which is grey, or Himalayan pink salt, or you can use kelp or potassium instead as well. There is one problem with cooking or steaming vegetables and fruits. It pulls salts out of them into the water or steam and thus lots of minerals are lost. This reinforces the idea of eating as much raw food as possible.

IS FASTING BENEFICIAL?

No doubt about it – it works 100%. It is the greatest healing method of all. I have already explained why it works earlier, so the answer is 100% yes!

Fast, and you will be healthy and live longer.

CAN SOME HEALTH SUPPLEMENTS DO MORE HARM THAN GOOD?

Unfortunately there are some health supplements that can interfere with bodily functions and ruin the correct biological processes, even though they are natural. There are also concentrated substances, including sometimes larger amounts of vitamins and minerals which can be toxic. There are some that can ruin the natural hormonal balance, digestion or even affect the nervous system and disturb sleeping.

Many supplements contain synthetic vitamins or hormones, so keep away from them and use ones made of organic fruits or vegetables. Be careful if you decide to use any that promote the production of your own hormones. Always do some research on the Internet or in books written by top sports and health experts to make sure they are safe.

I saw a television programme once where natural doctors prescribed health supplements incorrectly. My knowledge in this field is very good as I set up a business with health supplements about 25 years ago, importing and selling them.

If you eat enough fruits, vegetables, nuts, seeds and grains, the need for supplements is very small, but we still have to use some of them. If you do need them, always seek professional advice. Earlier I wrote that nowadays supplementation is necessary as the soils in the rich, developed countries are contaminated and depleted of minerals. The foods in supermarkets are irradiated, fumigated, stored and refrigerated for a long time, causing loss of nutrition, so some must be used daily. These are natural not synthetic vitamins. Use mainly B, C, E and complex minerals. Just be aware of one thing: for teenagers, do not use health supplements that can affect their hormonal balance and the production of hormones. Otherwise, use health supplements as you see fit.

*The less processed food you eat,
the bigger favour you are doing your health.*

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FOOD IRRADIATION

Does this sound like a joke? Unfortunately it is not. It is a serious problem we have to cope with.

But do we really have to? Why is our food irradiated? The first country that started to experiment with it was Sweden, around 1916, where they used it on strawberries. Their patent was adopted by the richest countries in the world and later on even in the Soviet Union. Irradiation was mainly used for potatoes, wheat, bacon, meat and fruits. The worst part of it is that it can be extremely dangerous if used in very high doses.

Let's talk about why irradiation is used in some countries but not all. In certain countries it is banned.

Irradiation is supposed to inhibit microorganisms that spoil food, in particular the bacteria in some meats, seafood and dairy products, to kill insects and moulds in fruits, grains, legumes and wheat and also to inhibit sprouting of vegetables. Some food specialists claim it is safer to use than chemical preservatives and it prolongs shelf life, reduces waste and increases food quality. But is that really true?

On the other side of this claim are the opponents who state that irradiation changes the chemical structure of food, changes the taste, kills enzymes and vitamins, changes the mineral composition and damages essential fatty acids. Several studies show that animals and humans fed with irradiated foods had some health problems. A bad consequence of irradiation is the fact that some ingredients in foods which are not harmful to human health *before* irradiation turn into harmful ingredients

after irradiation. Is it not going against Mother Nature?

What is there left in foods like that? How can we strengthen our immune system if we eat dead, devitalised food? Have you ever noticed how beautiful some fruits look but when you take a bite they are tasteless? Have you ever tried fruits directly from a tree and from a supermarket, and compared them? Do you think it is impossible today to have them fresh? Is it not about money and profit again? Why do we move foods from one corner of the world to another? Why do we not eat fruits and vegetables grown locally? How can consumers know whether the foods they buy are irradiated and safe to eat? What about food in restaurants? Do we know where irradiation is used if it is not written on a label?

If you want to live healthily your knowledge in all these areas about food processing must be very good. Sorry, but this is the world we live in. Animals are fed with irradiated food which has poor nutritional value, and that is why their immune system is weak and they have to be injected with antibiotics and other medications to keep them well. Consumers of the food which comes from animal sources get those chemicals in their bodies and of course then their health is in danger. Is it fair to actually pay for something that is harmful to your health?

Every bit of food processing decreases the nutritional value of the product.

What exactly is food irradiation? It is a treatment involving high doses of ionising radiation to achieve desired changes in food to get longer shelf and storage life. There is another concern that if there are already additives in food and it is wrapped in plastic packaging then irradiation can release chemicals into the food. Additives can turn into even more aggressive ones, and the contamination of food can be uncontrollably high and extremely dangerous to health. Another microbiological hazard is the fact that irradiation causes mutations in viruses, bacteria and insects in foods, leading to resistant strains. There is also evidence that insects can develop resistance to pesticides, just one of many examples. Irradiation can kill some bacteria in food, but it cannot eliminate or

remove the toxins that have been created by the bacteria before the food goes through the irradiation plant. Some moulds are also resistant to irradiation, like aflatoxins, which are powerful agents that can cause liver cancer, which was found to be stimulated by it.

Is there any other option to prevent foods from spoiling and prolong their shelf life without irradiation? Other options are freezing, better hygiene, better storerooms – supermarkets should buy only as much food as they can sell in a short time, they should buy and sell locally produced foods and use better, air-free packaging. Irradiation should be used only where the real benefit is by its introduction. We all know very well that the food we eat is already full of potentially harmful additives still approved for use in many rich countries. They are expensive and poor countries cannot afford them; that is the main reason why the sickest people live in the richest countries. Is it the price we pay for our stupidity or greed?

Processing, irradiation, fertilisers, pesticides, fumigation, additives, artificial colouring, artificial flavouring and sweeteners, plastic packaging – is it not too much? Is there any control over what is in our food?

Everything has its limitation except human greed and stupidity.

CAN NEGATIVE THINKING AND ATTITUDE DEVELOP DANGEROUS DISEASES?

You can be on the healthiest diet ever designed, live a perfect lifestyle, but if your thinking and attitude are not that of a happy, mentally balanced person you can truly get into serious health problems. I know we are often afraid about the loss of loved ones, about health, about old age, about poverty and such. It is understood, as we live in a hazardous world, where anything can happen, but thinking about it makes our world an even worse place to live. It is well known that worrying is one of the worst things we can do. Positive thinking can save your life; negative thoughts can ruin it.

Let me tell you a story about an Australia woman from many years ago. She was middle-aged and diagnosed with cancer, but she loved her children and husband so much that she did not want to tell them about it and frighten them. Every day she pretended everything was all right and carried on with her life normally, as if she was totally healthy – and sometimes even forgot about her disease. Her attitude to it was very good until one day she noticed she had started feeling better and went to see her doctor again for a complete check-up. When the results arrived both she and her doctor were absolutely astonished – the cancer was totally gone. Sounds like a fairy tale? Well, I read about it in the newspaper but I believe it, as the power of the mind can really perform miracles.

Sometimes we think we do not worry, but there is always a little of it in our mind. Would you sit in your car if you worried that you are going to crash? Would you get on a plane to fly if you worried that it might fall

out of the sky? Of course not, so why do we worry if we do not know how long we are going to live?

One day I went to a seminar held by a successful businessman who said this: 'If I had worried that I may become bankrupt I would never have started my business.' Another of his statements was: 'Do not worry about the future because you do not know if you are going to be on this earth a day, another week or another month, and you only load your brain and nervous system with useless worries.'

I think he was absolutely right. There is no time like the present – the past is history, the present is reality and the future is mystery. I know there are people in this world who are lucky and people who are not. Every day we see so much crime, sorrow, sickness and suffering, so we worry that the same can happen to us. But maybe it won't, so we should not worry about it, as it is very, very bad for our health.

When we worry we cause huge stress, and the stress activates hormonal glands in our body that produce negative hormones, like cortisol. I have mentioned in previous chapters that stress can develop cancer and worrying is the same, even though this is a milder stress. Of course it is still there – the person who worries all the time never smiles, never has fun, never has a good night's sleep and is unpleasant to be with. I know from time to time everyone has some worries, even without realising it, but it should take only a very short time to realise that it is absolutely fruitless exercise.

Can we change or steer our destiny to the way we want if we fear or worry? Of course not! Just take life as it goes, and enjoy it as much as we can. Many people cripple themselves with constant worries and fears, they are always in a state of high nervous tension, they cannot find the right path to follow in their life. Worries and fears can change a person to become irritating, grouchy, cruel, dishonest and unfriendly to others. The worries are dangerous because they are in our subconscious and are not easily detected by the victim. Worries cause migraine and depression and its victim can fall into a chronic nerve imbalance. Many of us fear poverty so we plan our finances, we do not want to spend money for a good time or a holiday, or buy nice things, which would make us feel better or enjoy other things. To me it seems that we also plan our death – according to this type of thinking, we must know exactly when and where

our life is going to end up. Do we really know how long we are going to live? Of course not! So why are we like that?

To save money is a good habit, but to enjoy life is also good. It does not mean we are going to spend all the money we have, but there is always a limit. Do not be shy to ask for help if you get into the state of constant worrying – it is better to get rid of worry at an early stage. If you feel like crying over something, do it; do not hold it inside, it will break your heart; you have the right to mourn. We worry about getting older, which is absolutely foolish – we cannot do anything about it as it is a normal biological process and worries will not stop it.

Think positively and you will be always young in your heart. My saying is: ‘If you do not have a bit of a kid in your heart, you are already old, even in your twenties.’

If you only see every day like a pensioner waiting for death, you are already dead, but if you play, laugh, create beautiful things, play sport, help others, look at the world with your eyes fully open, you are only an older kid who has never grown up. I personally do not like and feel sorry for serious people who pretend to be intelligent and proud of what they have achieved and think they are better than others. I love people who are vibrant, childlike and nicely crazy because they are a joy to be with. Do we worry about being sick? Of course we do, but to think about it all the time is again stupid. We cannot get healthier if we fear it. We cannot stop it and strengthen our immune system this way; on the contrary, we make it weaker, as it is again a huge stress, but we can do something for it by eating healthier, playing sports, thinking positively and having a nice time, living by the laws of Mother Nature, and laughing and loving more and more.

I know if one of our loved ones is seriously sick, we worry, and that is normal, but will it help them? Sometimes we fear or worry about such ridiculous things – like criticism from people about our clothes or shoes that are not in line with the latest fashion, or if we do not have nice hair, or that they criticise our habits or a house or a car we have. Remember one thing, an intelligent person never cares about you or your things, as he or she knows it is your business only.

Do you fear that your girlfriend or boyfriend might one day leave you for someone else? Do not worry if that happens – on the contrary,

be glad it happened before marriage and before kids when it would have been more painful. Do not be a hypocrite – you will feel guilty later on. Be honest because if you are jealous and envious these thoughts will eat away at you like rust, but if you do not like something, just say no! If you make others unhappy, you will end up with sorrow. Negativity, criticism and negative attitudes create negative thinking. Do not be bored or you will have plenty of time to worry. Dream realistically and make your dreams a reality; do not make excuses.

You work for something with all your wisdom, knowledge, and skill, and then you have to leave it all to someone who hasn't had to work for it.
Ecclesiastes Ch. 2-21 (Good News Bible Today's English Version).

For many people, negative attitudes, criticism, worries and negative thinking become a very bad habit which can develop into an addiction, like drug abuse, alcoholism, smoking or overeating. Negativity is a disease that many people suffer from. The body becomes addicted to the chemicals which are poured into the bloodstream from negative thinking, mainly adrenaline, and if people suffering from this do *not* have them in their blood they feel uncomfortable and look for another negative thing to satisfy their negative mind. Some people criticise something with such high amounts of anger that blood rushes to their face, adrenaline rises and they are close to collapse. For this type of person, it becomes a life-threatening illness and can even cause a heart attack, brain or nervous system damage. Negative thinking, worries and fear also produce acidity in the body's organs, causing a danger of cancer development.

Smile, and the world will smile with you; cry and you will cry alone
(Stanley Gordon West).

Negative thinking, worries and fear should be treated like an addiction. Overcoming negative thinking takes a huge commitment to

life with discipline and patience. The person affected must have the will to get better otherwise the recovery will never happen.

*Do not worry about things you cannot change.
Just worry about the things you can change.
Do not worry about the past, you cannot reverse it,
But learn from your past mistakes so that your future will be better.*

In well-developed countries about 70% of people over the age of 40 suffer with insomnia, migraine headache and lower back pain. All those problems are related to nerve disorder. The weakest link in the human body is found in the nerves; life flows through your nerves.

It is too short to be wasted on negativity, worries and fear.

IN CONCLUSION

I hope that these life experiences I have written about have improved your view of the world we live in with all its pleasure and beauty but also its dangers and unfairness.

I have gathered this information over many years and I sincerely trust it will be useful for you.

If you have any queries or would like further information, please feel free to email me on duvaeu@gmail.com or visit my website - www.healthybody-building.com

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