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## CHAPTER ONE

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# THE SECRET TO HEALTH

***Do you really want to know the single biggest reason why billions of people are suffering from poor health? The answer is right before your eyes!***

I recently revealed one of the most overlooked and suppressed health secrets in the world for a gathering of international scientists and natural health care practitioners as well as medical doctors. Tragically, this information has been withheld from the general public and has not been included as a part of standard medical training.

**How do I know the answer for reducing and preventing disease?**

I have focused on internal GREEN body cleansing with my patients throughout my career, and I have witnessed the prevention or outright elimination of practically all diseases. We always look to science for answers when, sometimes, the explanation is quite simple and staring us in the face.

**So what is The GREEN Body Cleanse?**

With all of the recent hype about being green and raising awareness of environmental issues, companies are now being encouraged to reduce their carbon footprint or go GREEN. What science does not tell you is that the fastest way to help create a GREEN environment is to reduce the visits to

the doctor's office and stop using chemical based toxic products. The truth of the matter is that the root cause of a toxic environment is—PEOPLE!

Not much focus has been given to reducing our own body and home carbon footprint or keeping it clean and environmentally friendly. Can you imagine the impact it would have on the world if tomorrow we no longer purchased chemical based products or made trips to the doctor's office? In one day we could reduce the carbon footprint it would take twenty years to do by companies slowly going green.

My definition of the word GREEN is a clean body and home environment that is free from toxic chemicals and disease causing agents.

The GREEN Body Cleanse will teach you how to cleanse your body and home by using organic and naturally safe compounds designed to reduce the strain on the environment and activate your own body's self healing mechanism. It consists of the following five steps:

Step 1: Colon Cleansing

Step 2: Liver and Gallbladder Cleansing

Step 3: Parasite (Harmful Organism) Cleansing

Step 4: Chemical and Heavy Metal Cleansing

Step 5: Green Living Cleansing (Cleansing your home and work of harmful toxins)

For your benefit, I have included a CD attached to the inside back cover which contains the full instructions, all natural and organic products, and recommendations I have used successfully for many years.

Though you may have been taught to believe otherwise, you can begin taking responsibility for your own health today and live a long, happy and environmentally GREEN life.



Fig. 1: Healthy Digestive Tract

## WHAT IS THE SECRET TO HEALTH? The Intestines and Colon!

### **Did you know that virtually all disease is caused by toxins entering your body through the intestines?**

These toxins make their way into the bloodstream, subsequently causing blood toxemia or congestive toxicosis, overworking the liver, and then infiltrating every type of tissue. This process is the origin of the “dis-ease” mechanism. A small amount of toxins enter through the skin and lungs via direct contact and respiration, respectively.

Parasites, toxins from food, toxins from water, toxins from heavy metals, toxins from milk, soft drinks, coffee, alcohol, drugs, and everything else you ingest enter the body through the intestinal lining. Even toxins from the air you breathe pass through the intestines. These toxins become caught in the mucous linings of the mouth or nasal passages and then drain into the stomach, eventually making their way into the intestines.

### The intestinal lining is exposed to millions of toxins every day!

Toxic intestines are simply not able to function properly because they are inhibited by layers of accumulated toxins, which become impacted waste material. This creates a narrowed passageway leading to constipation and other bowel problems. Constipation, as you know, makes having regular bowel movements difficult and leads to further impaction. If toxins are not eliminated from the intestines on a regular basis, they leach back into the bloodstream through what is called “leaky gut syndrome” where they can ultimately cause disease.

### Why Has This Been Kept a “Secret”?

Perhaps “secret” isn’t the most accurate word. Plain “lack of knowledge” might be a better choice. Ask any doctor to explain the role of the intestines and how they function in the body and I guarantee they will not be able to give you a definitive answer. Why is this? The answer is simple...

### Doctors Are Not Being Taught to *Prevent* Disease!

If preventative measures and cleansing were taught in medical schools, many diseases we take for granted would simply cease to exist. The pharmaceutical industry, government-funded medical research, and virtual armies of around-the-clock medical staff would be unnecessary if people discovered all they had to do to achieve optimal health was keep their intestines, liver, body, and living environment clean. What we’re really talking about is the loss of hundreds of billions of dollars in annual health care revenue through the health industry’s persistent denial of preventative care.<sup>1</sup>

### Medical Science Can Explain the Function of Every Organ In the Body Except . . . the Appendix?

Sound strange? Why do you think so many people have their appendix removed? Doctors still don’t know what the appendix is, much less what it does. Treatment methods as taught in medical schools dictate removing the appendix whenever it becomes inflamed. Why? The medical industry realizes a simple truth—without your appendix, you are destined for illness so doctors can prescribe more drugs, perform more unnecessary

surgeries, or (even worse) treat you with deadly radiation as a “cure” that’s definitely worse than the disease. So why is the appendix important anyway? Here’s my theory: The appendix is located at the juncture of the small and large intestines and acts as a body regulator and communicator. The appendix monitors internal pH, the toxic load present, probiotics balance, and the opening and closing of the ileocecal valve, plus it sends messages to the immune system regarding activity in the bowel.

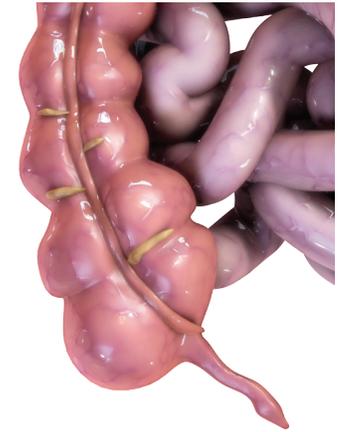


Fig. II: Appendix

The appendix is made up of lymphoid tissue (immune cells), and it regulates lymphatic, exocrine, endocrine, and neuromuscular functions. The appendix basically acts as a microcomputer relay station for the body. You might be wondering why the body’s regulatory computer is located in the colon of all places? My answer is—why wouldn’t it be? The intestinal tract is the first place everything enters our bodies. It has been estimated more than 200,000 appendices are removed in the United States each year.<sup>2</sup>

All too often, the digestive system and the colon in particular have the status of being “second-class organs” because we’re embarrassed about their function—eliminating waste. Consider for a moment just how important these components are in the grand scheme of biology: the intestines are the first exposure point to, and thus the first line of defense against, environmental toxins to which we expose ourselves daily.

Imagine what would happen if you never cleaned your house, never took out the garbage, never vacuumed your car, or never took a shower. What would happen to your body (or your social life for that matter) after ten years of wallowing in filth? Your body would likely be repellent and disgusting beyond belief. We take a shower every day to clean the outside of our body, but when is the last time you gave your intestines a shower?

Guess what? If you ignore your colon for ten years (or twenty or thirty), the same pollution and damage can happen on the inside of your body. I have spent years tracing the root causes of disease. Although ev-

everyone talks about toxic overload, no one is focusing on the real problem—where that overload takes place.

## What Happens When You Have a Toxic Intestine, Colon, or Liver?

I mention the liver at this point because, after years of toxic buildup, the liver takes quite a beating and must be cleansed regularly just like your skin, house, or car. However, the intestinal tract is the first line of defense in the body. If toxins never infiltrate into the bloodstream from the intestines in the first place, the liver can function in its normal capacity.

When I had my natural health practice, I took on the hardest cancer and degenerative disease cases I could find because I loved the challenge. Patients would sometimes ask me during the initial consultation, “What are you going to do for me that all the other doctors couldn’t do?”

I answered, “Let me ask you a question...what did all the other doctors do to cleanse or detoxify your body before giving you bottles of prescription medications (or bags of supplements)?” My patients would respond with confusion, “Cleanse? What is that?” Well, I didn’t just tell them...**I showed my patients the positive effect cleansing could have on their health.**

After only a few months of cleansing, half their symptoms were already gone, and we hadn’t even started addressing their condition. These results were just from the cleansing regimens I advised! I explained to them I don’t actually “heal” anyone. True healing takes place from within and it is their responsibility to heal themselves.

### **As a doctor, I am morally obligated to teach you *how* to heal yourself!**

People may have a shopping list of symptoms, but doctors are not finding and certainly not treating the root causes of disease. Many symptoms will disappear after a successful program of internal and external GREEN body cleansing.

You can give people the finest quality, wild-crafted, super-organic health supplements in the world until you are blue in the face, but you are still not addressing the core of their problems. Toxic overload results from a lack of internal cleansing.

What people do not realize is they need to cleanse their intestines on a regular basis as part of an ongoing health routine. *It is generally accepted that bowel movement frequency can range from three per day to three per week, but some people have just two per week or fewer.* Can you imagine the fermentation, putrefaction, rancidity, and sheer amount of toxins leaking into the bloodstream from a polluted colon that produces only two bowel movements a week?

A healthy person should have three to four bowel movements daily. Don’t think so? This principle can be demonstrated by the animal kingdom. For every meal consumed, birds, fish, insects, and mammals have corresponding bowel movements.

Even the earth cleanses itself regularly with rain, snow melt-off, wind, volcanic eruptions, lightning, etc. Human beings should be no different. We should be having three to four normal bowel movements daily and cleansing our bodies regularly.

A healthy bowel transit time should be twelve to eighteen hours. The average transit time in Western countries is at least twice that—thirty-eight hours or more!<sup>3</sup>

It amazes me that the U.S. supposedly has the best medical researchers in the world and no one has made the connection between bowel transit time and the incidence of disease and digestive health in particular. “An assessment of colonic transit time enables the health care provider to better understand the rate of stool movement through the colon ...” since, obviously, disease or impairment within the digestive system can lead to reduced efficiency.<sup>4</sup> In other words, the slowing down of transit time can indicate the onset of constipation or further bowel disease.

### **Constipation and Other Digestive Disorders Affect One out of Five People in America<sup>5</sup>.**

Most doctors respond to complaints of constipation by recommending a laxative, which is essentially a drug. Laxative sales in the last four years alone exceeded \$2.7 billion.<sup>6</sup> One can easily conclude constipation (ironically, often drug-induced) is a very serious health concern in the United States. As westernized society continues to spread, digestive disorders are becoming prevalent in many other countries as well.

What is the response to digestive disease by the pharmaceutical companies? These companies depend on product longevity so they develop and patent laxatives which cause even further bowel damage so they can keep selling you their “treatment.” If they actually cured anything, these companies would go out of business because the “treatment” wouldn’t be needed anymore.

This obvious conflict between eliminating disease and continued profit makes me wonder if that’s the reason most pharmaceutical drugs list “constipation” as a major side effect. You take something to treat your pain, high blood pressure, or arthritis, and you end up needing laxatives to treat the accompanying constipation. We have “lemon” laws to protect consumers from deceptive auto salesmen, but it’s an accepted practice for drug manufacturers to grow rich from your misery. These companies sell you even more drugs instead of fixing what’s wrong by addressing the root cause of your problem.

The key to renewed health is obviously to eliminate as many toxins as you can from your environment on a daily basis (see Part 2) before those toxins even reach your intestines. Let’s face one of the main problems though—addiction.

### **How Many People Would Be Willing to Give Up Their:**

- Choice cuts of meat (steak, veal, brisket, pork)
- Convenient fast foods (pizza, burgers, tacos, fried chicken, microwaved meals)
- Morning-motivating coffee (lattés, cappuccino, espresso)
- Delicious dairy (milk, butter, cheese, ice-cream)
- “Social lubricant” alcohol (beer, wine, mixed drinks)
- Soft drinks, energy drinks, diet drinks, and fruit- flavored drinks
- Smile-giving sugar (chocolate, cake, pie, candy-bars)
- White flour (tortillas, “enriched” wheat and white bread, doughnuts)
- And everything else that tastes good but is really bad for us

And what about depression, anxiety, fear, negative belief patterns, and learned behaviors that cause disease? From where do you think these

negative emotions originate? **I believe they arise from toxins leaking into our bodies from the intestines!** These chemicals disrupt sensitive biochemical and hormonal balances by altering the electrical signals in the water within blood and living cells, thus causing depression, mood disorders, and other emotional disturbances.