



Your New Vitality

Holistic health from a biblical perspective



The 5 Keys to Health & Youth

Key 1: The Chemistry of Aging

“How do we reverse the aging process?...we must return to a holistic, preventative lifestyle....we must get [balanced] where all nourishment and vitamins and minerals can be accepted by the body.” (Source: June M. Wiles, Choose Life or Death, Preface, p.10, Dr. Carey A. Reams with Cliff Dudley, N.C.A., Inc./ Holistic Wholesalers, 2002.)



QUESTION:

True or False: An alkaline pH is better than an acid one.

ANSWER:

False: A balanced pH that is slightly acid (6.4) is the key to optimal health. Having an overly alkaline pH is just as disruptive to mineral absorption and bodily functions as an acid pH. The key is balance!

Dr. Carey A. Reams believed and taught that the biological terrain or environment of our bodies determines our health. If our biological terrain is out of balance, then illness will manifest, eventually leading to degenerative conditions. [Biological terrain](#) measures our ability to process sugars and digest proteins. It also determines the mineral balance in our bodies and how the effect that balance has upon our heart function. [Hair Tissue Mineral Analysis](#) is another method for assessing the mineral balance in the body-- from this report you can glean specific information about diet and supplementation changes that will restore balance to your body and set you on the road to health and longevity.

Cell debris and the pH of our urine and saliva also tell us how healthy our bodies are. Dr. Reams was a brilliant mathematician, engineer, biochemist and ordained minister. He developed an equation that combines the above five measurements to determine the rate at which we are aging. pH, the final number mentioned above indicates the structural integrity and fluidity of our bodily tissues. The optimum range for pH is debatable, and there is much controversy about the correct range; however, according to my training, 6.4 to 6.5 is the optimum pH for both urine and saliva. The range for urine is an average, as this number should rise from 6.0 to 7.0 throughout the day, and the range for saliva is static at 6.5 all the time.

In our culture, there is much talk about having an alkaline pH versus and acid pH, so we Americans know that our pH is typically too acid. This is due to the processed foods we eat, such as white flours and sugars, preservatives, fast food, etc. But what most people don't know is that **while Americans may need to BECOME more alkaline in pH, we don't want to BE alkaline in pH.** An imbalance of excess alkalinity can wreak havoc on our bodies just as much as excess acid can do! The key is BALANCE!



Excess alkalinity (over 6.5) leads to issues with:

- Digestion
- Tissues, skin and structure
- Liver
- Body odors
- Pathogens
- Allergies
- Mental stability, clarity, headaches/ migraines

So, as you can see, BEING alkaline is not the answer to American health issues; being BALANCED is the key!

Excess acidity can affect the following body systems:

- Circulatory
- Cardiac
- Structural
- Urinary
- Hair, skin and nails
- Digestion
- Glandular/ hormonal
- Oral and dental health

Additionally, with an acid pH, we are more likely to have a serious illness because, as Dr. Reams taught, all disease stems from a pH imbalance. “A recent seven-year study conducted at the University of California, San Francisco, on 9000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH.” (**Source:** American Journal of Clinical Nutrition, 2001.)

The next part in this series will deal with the first factor related to attaining and maintaining a balanced pH. Curious what your pH balance is today? [Order a pH Test Kit today](#), then track your pH scores on [this chart](#). Once you have completed this assessment, then you will better be able to determine how to put into practice what you will learn in this eBook.

Key 2: The Chemistry of Stress

Yes! You can actually reverse the aging process! What I mean is that if you are aging more rapidly than is optimum, you can actually turn this around if you





understand how to interpret and manage your pH levels in your urine and saliva. In **Part I: The Chemistry of Aging**, we talked about how attaining and maintaining a balanced pH is crucial in slowing down or reversing the aging process.

So, let's get started on the way to understanding the first of four factors that contributes to your body pH: **STRESS!** Does the word itself cause your blood pressure to rise? Do you begin to think about all of those things that should have been done yesterday or last week but you were unable to get accomplished due to factors out of your control?

QUESTION:

True or False: We should avoid all stress if possible.

ANSWER:

False: Stress is necessary for our bodies to function, and some stress is actually healthy. Take exercise, for example. Weight-bearing exercise puts stress on our muscles and bones which is necessary for the stimulation of healthy bone growth and density.

Stress is a natural part of life, and we actually need some forms of stress in order to survive. Exercise causes stress on our muscles and bones, and this stress is a catalyst for healthy bone density and muscle mass. Without this stress, our bones and muscles atrophy and deteriorate, however, there is another kind of stress that is destructive to our bodies. This stress is the kind that gets our adrenaline pumping due to fear, anxiety, worry or over commitment. Adrenaline actually produces acid in body, which affects our pH. Too much stress produces too much acid, and you will remember from **Part I: The Chemistry of Aging** that excess acid, or excess alkalinity, sets up an environment for disease in our bodies; the key is a **balanced**, average pH for urine and saliva between 6.4 and 6.5.

We can manage negative stress through learning to relax and not letting our minds get us all worked up. Remember the book called, Don't Sweat the Small Stuff.... and it's All Small Stuff? Yes, I know that there are real stresses in life like relational issues, financial struggles, health conditions.... But there are also hundreds of other little things that we get ourselves all worked up over (like the jerk in the fast lane who is driving at only 55MPH or the rude employee who took your order this morning).... And it is simply NOT worth it! So, the key is to learn the difference, and to not allow ourselves to go there. And for those really stressful things in life, we should focus on reducing that stress as much as possible through managing our thought life and getting support from other sources.

One source of stress relief is through the use of adaptogenic herbs. These are herbs that help us ADAPT to stress, thus reducing its effect upon our health. It is really amazing how G-d made plants to address this specific issue— isn't He good? In order to determine which adaptogenic herbs are right for you, we first have to determine which branch of the autonomic nervous system is dominant in you—each person is very unique, and even though most people tend to be on one end of the spectrum or the other, there are no hard and fast rules. The two ends of this spectrum are sympathetic dominant and parasympathetic dominant. Since each individual is unique, there are some people are neither extreme



but in between. In these cases experimentation is necessary to determine which herbs will be most effective.

To determine where you fall on the continuum of autonomic dominance, it is useful to understand the function of autonomic nervous system: the nerves in your spinal cord branch out from specific vertebrae to every organ in your body. When we encounter stress, our sympathetic nervous system is activated, and adrenals release adrenaline which enables us to deal with the stress. This is where we get the term “fight or flight.” Caffeine is a stimulant that activates the sympathetic nervous system and stimulates adrenaline release in most people. However, with some people it produces a sedative effect. This is why Ritalin (speed) works to calm down people with ADHD—most of these people are parasympathetic dominant! The parasympathetic branch of our nervous systems is sometimes referred to as our “rest and digest” mode.

So, which type of person are you?

- Does caffeine energize you?
- Do you gag easily?
- Do you have dry eyes, nose and/ or mouth?

If you answered YES to one or more of these questions, then you would do well to choose herbs from the SYMPATHETIC DOMINANT list.

Stress Management Herbs & Supplements

SYMPATHETIC DOMINANT		PARASYMPATHETIC DOMINANT
Eleuthero (Siberian Ginseng)	} Adaptamax	Ephedra (ma huang)
Ashwaganda		Kola Nut
Rodiola Rosea		Green Tea, Coffee, Chocolate, Tea
Suma		Citrus Oils (lemon, grapefruit, etc.)
Passionflower	} Nutri-Calm	Bitter Orange
Hops		Licorice
Valerian		Iodine
B-Complex (incl. Pantothenic Acid= B5)		Red meat for breakfast
Lavender		Adrenal Support
Lobelia		
Kava Kava		
Skullcap		
Chamomile		
Magnesium		



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[Hair Tissue Mineral Analysis](#) and [ZYTO Biocommunication](#) are two other methods to effectively assess which mode is dominant in you and why-- it could be a mineral deficiency or heavy metal toxicity, for instance. Through these analyses, I can help you discover the perfect protocol for you to experience balance, health, peace and calm.

Adaptogenic herbs are helpful in reducing the effects of stress, but these herbs are no substitute for sleep! In the previous section, you discovered the proper adaptogenic herbs for your body, based on the unique make-up of your nervous system. This is one key to aid in stress management. Another key is sleep in proper quantity and quality.



Just as the sun, moon and seasons rotate in cycles, our bodies were created to keep a natural rhythm. By some, this is referred to as the Circadian Rhythm, and the principle behind it is that our bodies operate within a 24-hour cycle. According to Dr. Carey A. Reams, our bodies require an ideal of 8 hours of sleep per night. I know, I know.... Some people require more and others less, but in general, this is true. People who claim that they only need 3 hours of sleep per night are probably running on nervous energy, and they are just used to it. But the truth is that they are accelerating the aging process by not allowing their bodies to repair through adequate sleep.

Dr. Reams firmly believed that we should be to bed by 11PM at the latest, and that we should never rise before 6 or 7AM. Once, again, I know, I know... how do we do this when we have to get up with sick children or nursing infants? How do we do this when we have to get the kids off to school by 7AM and to work by 8AM? Remember, these are ideals, and there are seasons for more or less sleep; however, as much as we can, we would benefit from sleeping from 11PM to 7AM, or 10PM to 6AM. And if you can't do this, at least sleep in when you can; if you wake up early, stay in bed and rest! Tell yourself that you are slowing down the aging process, so it is worth it! The reason that sleep during this timeframe is so important is that from 12-4AM, cellular exchange is taking place; old cells are being discarded and new cells are being created. From 4-6AM, our endocrine system is preparing the body for the "trauma", or "fight of flight" of the day. Most of us already suffer from adrenal exhaustion, and not giving our bodies the proper amount of sleep simply adds insult to injury! Check out [this infographic](#) about what sleep deprivation actually does to your brain.

So what about improving your quality of sleep? There are many people who would love to sleep longer or more soundly, but they either have trouble falling to sleep, staying asleep, or going back to sleep if they wake up in the middle of the night. **Truth be told, we should be able to fall asleep easily, stay asleep, and wake up feeling refreshed everyday!** Yes, you heard me, it is possible! We should even be able to go through the night without having to use the restroom! G-d designed our bladders to carry us through the night! If you experience any of the sleep issues covered above, then I can help you get to



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the root of the matter. **Take this Sleep Quiz to determine the core issue and which herbs may be right for you to improve your quality of sleep:**

QUESTION:	YES	NO
1. I wake up to go to the bathroom during the night.		
2. I am energetic late at night.		
3. I have a hard time falling to sleep at night.		
4. I have a hard time waking up in the morning.		
5. I wake up tired in the morning.		
6. I am energetic when I wake up.		
7. I wake up at night for no apparent reason.		
8. If I wake up during the night, I have a hard time going back to sleep.		
9. I have restless sleep and/ or disturbed dreams.		
10. I feel sluggish and fatigued in the morning.		
11. I have no trouble falling asleep at night.		

Interpretation:

QUESTION:	ORGAN/ SYSTEM
1, 2, 3, 6	Adrenals
2, 3, 4, 5	Liver
4, 5, 10, 11	Thyroid
7, 8	Pancreas
9	Heart

Specific herbs feed specific organs and systems. Herbs contain medicinal compounds that alter the way our bodies handle stress. More than these phytonutrients, herbs contain vitamins and minerals that serve to calm our bodies and allow us to relax and sleep. Any deficiency or imbalance can influence our ability to sleep-- [Hair Tissue Mineral Analysis](#) and [ZYTO Biocommunication](#) can assist you in finding answers. For even more information about how to optimize your sleep, check out my eBook: [Enter My Rest.](#)

Key 3: The Chemistry of Oxygenation

What happens when you put a lid on a burning candle? **Just as wood and heat will not start a fire in the absence of oxygen, our bodies need oxygen to spark the metabolic process (heat) of utilizing the food we eat (wood).** If you took the **FREE Sleep Quiz** from *Key2: The Chemistry of Stress*, you likely discovered what is preventing you from getting the quality and quantity of sleep that you need to be healthy. We learned that in addition to managing





stress through mindset and adaptogenic herbs, sleep is yet another factor that influences pH in the body. pH is important for overall health, and **what keeps us healthy is also what slows down and prevents aging**; the principles are the same!

QUESTION:

True or False: Oxygen is necessary for the metabolism of food.

ANSWER:

False: Food can be metabolized with or without oxygen, however, we cannot process food properly without oxygen, which moves waste out of the body (detoxification). **ACID is produced by lack of oxygen.**

Metabolic processes require oxygen: digestion, absorption, burning calories, the production of neurotransmitters and hormones, etc. Without adequate oxygen, these processes produce acid in the body, and this acid is what fuels the disease process. Cancer grows in the absence of oxygen; a healthy body is full of oxygen. More than simply breathing, we need large quantities of oxygen to keep our bodies running efficiently and clean! This is one of the many reasons why exercise is so important! Exercising 2-3 times a week for 30 minutes at your target heart rate is sufficient. To calculate your target heart rate, use this simple equation:

For women: 226 MINUS your age.

So if you are 53, then your target heart rate is $226-53= 173$ beats per minute.

For men: 220 MINUS your age.

So if you are 53, then your target heart rate is $220-53= 179$ beats per minute.

As Americans, we tend to think that if a little is good, then more is better.....not so with exercise! **Excess cardiovascular exercise can scar the heart muscle and leave you in the same or shape as someone who doesn't exercise at all.** See [this article](#) from Dr. Mercola which gives details as well as an explanation of a balanced exercise plan. Exercise is the best way to increase oxygen flow into the body, and the pumping action of your legs also helps to move the lymph and cleanse the body. I guess you could say: "Not exercising is like not taking out the trash!"

I understand that there are some people who simply cannot exercise due to various limitations, or there may be seasons when it is difficult to fit it into your schedule. This was the case for me when my children were very young—I didn't get a great workout when I had four little ones in tow who needed shoes tied, noses wiped, and couldn't make it around the block without needing to visit the potty! But as long as it is only a season, not a lifestyle! For those who are limited, here are two suggestions on how to increase oxygen in your body:

- 1) **Deep Breathing Exercises**—I know, it sounds very "Eastern Religious" to many people, but even so, it is G-d who breathed the breath of life into Man. When He is angered, He is "long-nosed" or "slow



to anger” with us and breathes deeply (according to the Hebrew meaning of the word for patience-- “arek” spelled alef-resk-khaf). How many of us as parents have taken a deep breath to regain composure vs. pouring out wrath on our children when they misbehave? Take the part that is truth and throw out the rest—after all, it is NOT pagan to breathe! Personally, I have found that stopping what I am doing to “take a breather” greatly reduces stress, and by doing so, I am choosing life— improved pH and health!

Here are three simple breathing exercises that you can try out-- then practice the one the best fits you:

Deep Breathing Exercises

(Source: Dr. Weil, www.drweil.com)

- **Stimulating Breath:**
 - Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed.
 - Try for three in-and-out breath cycles per second.
 - Start with 15 seconds, then work up to 60 seconds, increasing exercise by 5 seconds each time you practice.
- **Relaxing Breath:**
 - Exhale completely through your mouth
 - Inhale through your nose to a count of four
 - Hold your breath for a count of seven
 - Exhale completely through your mouth to a count of eight
 - This is one breath. Inhale again and repeat the cycle three more times for a total of four breaths.
- **Breath Counting:**
 - Count "one" to yourself as you exhale.
 - The next time you exhale, count "two," and so on up to "five." Then begin a new cycle.
 - Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19."

Practice for 10 minutes each session.

Over 50% of the population over age 40 has a hiatal hernia, which may prevent deep breathing and proper oxygenation. A hiatal hernia occurs when your stomach pushes upward through the diaphragm (hiatus) and protrudes into the chest cavity. The esophageal sphincter opens up and digestive juices and food flow up the throat, causing acid reflux. If you experience any of the following symptoms, then you may have a hiatal hernia:

- Shallow breathing
- Tension in the solar plexus region
- Difficulty swallowing pills
- Sensation of a lump in the throat
- Over-stimulated thyroid (high metabolism)



- Chronic intestinal gas
- Acid reflux

Have no fear! Consistently perform the following exercises 2-3 times per day for one month, and you may be able to correct your condition without surgery! The best times are before getting out of bed or after you lie down for the night:

- Place thumbs together at bra line/ heart monitor line, which is at the bottom of the sternum (xyphoid process). Pull thumbs down together to belly button three times. This closes the **esophageal sphincter**.
- Make a V with your hands by placing left thumb on your belly button and your right hand on your hip. Where your fingers come together, press into abdomen and gently lift. This closes the **ileocecal valve**.
- Roll out of bed vs. sitting up as in doing a crunch or sit up; both are big culprits for hiatal hernias.

1) **Chlorophyll**—The second suggestion for increasing oxygenation is to use chlorophyll. This is the life force or blood of a plant, and like our red blood cells, chlorophyll carries oxygen to the cells of a plant. It also prevents agglutination or clumping of red blood cells. When blood cells are clumped together, the total surface area is reduced, and thus the oxygen-carrying capacity of those cells. Chlorophyll is also a great blood cleanser and builder for anemia, low energy and detoxification.

NOTE: Be sure to use only a high quality FAT SOLUBLE chlorophyll such as the one from Standard Process because water-soluble chlorophylls have been stripped of the the beneficial healthy fats in Vitamins A, D, E, F & K as well as the synergistic factors of copper and magnesium; water-soluble is nothing more than a deodorizer. Standard Process [Chlorophyll Complex](#) is beneficial for pain relief (it neutralizes [guanidine](#) on contact) for burns, arthritis, injury; blood building, to heal skin (internally, including ulcers and lesions, and externally, including cuts, surgical wounds, burns, etc.). Chlorophyll and/ or Wheat Germ Oil has been used to successfully protect against spontaneous abortion and miscarriage. Read [The Green Wonder: Fat-Soluble Chlorophyll](#) to learn more about the amazing benefits of this gift from nature!

Another oxygenating supplement is called OxyBody Cherry Berry, and it contains pure anaerocidal oxygen. [Contact me](#) for information on how to order either of these supplements.

Key 4: The Chemistry of Digestion

In the previous sections, we learned that what speeds the aging process is also what impacts our health and vitality; it is the same recipe for both! The points that we have already covered related to this process are:





- 1) The Chemistry of Aging—an overview of pH balancing
- 2) The Chemistry of Stress—how stress affects our pH
- 3) The Chemistry of Oxygenation—the importance of oxygen to our body chemistry

And now for the fourth point: ***The Chemistry of Digestion.***

QUESTION:

True or False: Acid reflux is due to excess stomach acid.

ANSWER:

False: In very rare cases is acid reflux a result of excess stomach acid. In the majority of cases, acid reflux is due to deficient digestive enzymes, leading to fermentation of food in the stomach. This causes the release of gases which must escape from the stomach, causing undigested food and stomach acids to bubble up the esophagus; this is acid reflux.

In this modern age, we have been duped into believing that acid reflux is due to an overabundance of stomach acid, so allopathic medicine rushes in with its solution: Prilosec! So what about Prilosec? What is really going on here? Only a very few people actually have an overacid stomach—it is quite rare, in fact. More common is deficient stomach acid, which leads to acid reflux. “How?” you may ask. Think of it this way: If you decide to make your own home brew, what happens if you put a tight lid on the container? Yes, you get an explosion! The lid will blow off due to the gases produced by the fermentation, and the same is true in our stomach, only it is enclosed by valves. At the top end, between our esophagus and stomach, is the esophageal sphincter. If we lack stomach acid, then our food ferments in our stomach, and the gases from all of that fermentation have to go somewhere, so they pop open that valve, and along with the gas comes partially digested food and stomach acid....leaving us with a pleasant burning sensation in our throat.

Now about Prilosec: it further reduces stomach acid, so do you think your food will digest better with Prilosec? Not at all! In fact, now you have under-digested food passing into your small intestine, and this leads to inflammation of your intestinal wall. Prilosec and other antacids multiply the original issue, namely deficient stomach acid which leads to intestinal inflammation, “leaky gut,” allergies, parasites, infections, and autoimmune disorders. We NEED stomach acid to kill nasty things we ingest so they don’t make us sick!

“You can have the best food on the planet and have an overly acid pH if you are lacking digestive secretions..... Any food that is not properly digested produces acid waste, which produces cellular inflammation.” (Source: “Sunshine Sharing,” Vol. 13, No.2, Steve Horne & Lacrechia Laningham). This is a very important principle to remember. In spite of organic, non-GMO, grass-fed, free-range, hormone-free, raw, gluten-free, dairy-free, transfat-free, etc.....if your body cannot digest these foods properly, your body chemistry will be altered, and your tissues will be damaged as a result.



Another way of stating this is: [“You Are What You Absorb.”](#) In fact over 900 diseases are linked to nutritional deficiencies, and even if you get all [90 essential nutrients](#) through your diet, if you don’t absorb them through proper digestion, then you will be deficient and open to disease.

So, if Prilosec is not the answer, what is? In the next part, you will learn about my natural suggestions for correcting acid reflux and optimizing your pre-pregnancy health! In the meantime, [click here](#) to read more about the cons of Prilosec along with Dr. Mercola’s helpful suggestions for how to control GERD.

So, what is “leaky gut” exactly? **There are multiple causes, besides deficient stomach acid, but the main point is that a leaky gut is an inflamed gut.** The cells in the wall of your small intestine normally have a 1-2 micron gap between, which allows digested foods in the form of NUTRIENTS TO pass from your small intestine into your blood stream. This is how it SHOULD be, however, with inflammation, that gap between cells increases to 200-300 microns. This allows larger particles, such as undigested foods, to pass into your blood stream. These proteins are not supposed to be there, so the body does what it was designed to do and marks them as foreign substances and begins to attack them. Histamines are released, and we manifest allergies. If this leakage is chronic, auto-antibodies are sent to the rescue, and as these particles sometimes closely resemble our own tissues, the auto-antibodies will attack our own bodies. This results in autoimmune disorders. Typically the weakest organ in a person’s body is the one that is attacked, such as an organ that is compromised due to injury or genetic defect.

DEFICIENT STOMACH ACID → UNDIGESTED FOOD IN SMALL INTESTINE → INFLAMMATION → LEAKY GUT → ALLERGIES → AUTOIMMUNE

Previously we learned that Prilosec further suppresses stomach acids, leading to bigger problems than acid reflux. So, what can be done about this if Prilosec is only making matters worse? Acid reflux leads to esophageal cancer, so we can’t ignore this bubbling effect in our stomachs. The solution is more stomach acid, not less! Hard to believe, huh? But trust me, if your food is digesting properly due to sufficient stomach acid from enzymes, then it won’t be creeping up your throat! The issue is finding the CORRECT enzyme for your SPECIFIC needs.

Which Enzyme is Right for You?

In order to determine which enzyme is right for you, first we need to determine which kinds of foods you are having trouble digesting. Mark the boxes under the foods that produce the following symptoms for you, then try out the corresponding enzyme(s). If the issues are not resolved, try avoiding those foods for a while, then slowly reintroduce them back into your diet in small quantities.

	PLANTS	PROTEINS	HIGH FAT FOODS
Gas			
Bloating			
Belching			



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Heaviness			
Heartburn/ Indigestion			
Stomach Pain			
Diarrhea			
Constipation			
Nausea			
TOTAL			
	Protease, Amylase, Glucoamylase, Lipase, Cellulase, Hemicellulase, Invertase, Malt diastase, Alpha galactosidase, Peptidase	Protease, Betaine HCl, Pepsin, Papain, Bromelain	Lipase, Cellulase, Protease, Ox bile (bile salts)
GENERAL DIGESTION:	Use a combination enzyme or an herbal product containing digestive bitters and/ or safflowers		

There is a variety of enzymes to choose from-- simplify things for yourself by [scheduling a biofeedback scan](#) with me—biofeedback is like muscle testing, but MUCH faster and more efficient!

Meanwhile, a simple way to get more enzymes is through eating cultured or fermented foods. Here are a couple of recipes you will enjoy, in addition to this **FREE** eResource: [Old Fashioned Probiotics & Enzymes: Cultured Horticulture](#).

Young Coconut Kefir

(Source: Darci Nick)

3 young coconuts—can be purchased at Asian markets. Usually \$10-15/ case for 9 coconuts. Whole Foods is more expensive

1 32 oz. mason jar with lid/ seal

Kefir Starter—available from Body Ecology, Vitamin Cottage, Whole Foods

Drain the juice from the coconuts. There is a soft hole in the bottom of the coconut. Use a sharp instrument to break through and drain the juice. Once the juice starts coming out, drain into a clear cup. If the juice is pink, the coconut has gone bad. Put the juice of 3 coconuts in jar (should fill jar to top). Add one pack of starter culture. Shake and set on counter for 24 hours. Shake after 24 hours, refrigerate. Drink approximately 2-4 oz. per day with meals.



Reserve ¼ c. kefir and use to start next batch. You can transfer up to 7 times. Most people only transfer 5 times.

Young Coconut Pudding

After draining juice from coconuts, break open the coconut with a knife for the meat. Spoon out the meat of the coconuts and put in your blender. Once you have kefir fermented, pour juice into the blender to moisten the meat. Blend.

These are very healing foods to the gut and body as a whole. You can add stevia or glycerin to sweeten.

Body Ecology sells CocoBiotic, which is a way more powerful form of coconut kefir. If you use this product, then start with 1 T. per day as opposed to 2-4 oz. of the homemade version.

Meanwhile, if you are of childbearing age, what I am about to tell you is very important for the health of your unborn children: **one of the most important things you can do to ensure a healthy baby is to get your own gut health in order.** The gut health of the parents, particularly the mother, determines the gut health of the baby. Allergies (peanut, dairy, gluten, etc.), colic, candida (thrush, cradle cap, diaper rash, etc.), eczema, etc. are all tied to the gut health of the mother! And, if you think that prenatal vitamins, good nutrition, and breastfeeding are enough, you have been misled. Equally important as prenatal nutrition, PRE-PREGNANCY nutrition is key! The genetics of your baby are determined by your health PRIOR TO CONCEPTION. Download your **FREE** copy of [Pre-Pregnancy Health Tips: Getting Your Body Healthy BEFORE Baby.](#)

Key 5: The Chemistry of Nutrition

QUESTION:

True or False: Meat has an alkaline pH.

ANSWER:

False: Meat is alkaline when tested outside of the body, but when metabolized by the body, it is acid-forming.

In *Key 5: The Chemistry of Digestion*, we talked about optimizing our digestion and how that is the fourth key to balancing our pH, thus slowing down the aging process. We learned that the best diet in the world can produce acid in our systems if we are not digesting our foods properly. As we age, we produce fewer enzymes; this is why so many people





have acid reflux and indigestion later in life when they never had problems before. Impaired digestion also means impaired absorption-- supplementing daily with the [90 essential nutrients](#) is critical at all stages of life, especially as we age!

Although the best diet may not yield the best health if digestion is compromised, that does not negate the importance of a healthy diet. Here is the first of four dietary recommendations that I make to every client:

Drink ½ your body weight in ounces of clear liquids (water, herbal tea, broth) each day

Most of my new clients only drink the equivalent of what a 60-80 pound child should drink on a daily basis. Consider these facts: A baby is 95% water at birth. By the time we die, we are only 50% water; we dry out as we age, and we can influence the rate at which we age by augmenting our water intake.

Proper hydration is the cheapest and simplest health practice.

While the general wholistic guideline is 1/2 your body in ounces of clear liquids daily, it is important to pay attention to your body. [This article](#) discusses factors such as body temperature and urgency to urinate immediately after drinking which may indicate that you are over-hydrated and/ or undermineralized. An effective way to determine your mineral balance is through [Hair Tissue Mineral Analysis](#). Unlike blood work which is like a snapshot showing the state of the blood at one point in time Hair Analysis is like a video that shows nutrition over a period of time.

Beyond drinking of plenty of water daily, we need to be sure that the water we drink is high quality: free of toxins and pathogens. There are many schools of thought about which kind of water is best, and each school has compelling reasons for its position. The one point of agreement between all philosophies is that chlorinated and fluoridated tap water is a poor option. Chlorine and fluoride both take up receptor sites for iodine, thus compromising the thyroid. This is one reason why thyroid issues are rampant in America today. Chlorine and fluoride are both known toxins to the nervous system, so avoiding these additives through filtration is critical. Download a **FREE** copy of my [WATER RESEARCH](#) where I present the facts, the pros, and the cons about the various kinds of water so you can make the right decision for you and your family.

In addition being necessary for hydration, water is a purifying agent. The body cannot cleanse itself without adequate hydration. If we allow our digestive tracts to become dehydrated, this leads to dry stools and constipation which results in autointoxication of our system and a host of other health issues. Expecting to move waste properly out of our systems without adequate hydration is like not hooking up the water supply to our dishwasher and still expecting our dishes to come out clean when we run the wash cycle. It simply will not happen! Curious about Cleansing & Detox? Check out my [eBook](#).

The second dietary recommendation that I make to every client is:

The correct time & temperature for drinking H2O



Believe it or not, there are times when it is NOT good to drink water. When my husband and I visited Japan 16 years ago, our friends questioned us about why we drank so much water at every meal. At a restaurant they would order “water for the gaijin” (for my Hebrew friends, kinda sounds like “goyim,” doesn’t it?), with a look of confusion on their faces, as if to say, “I don’t understand these Americans, but go ahead and bring them water to drink.” We responded to their questions by telling them about the importance of proper hydration, and then we asked them why they didn’t drink as much water as we did. They told us that it is not good to drink water at meals because it would negatively affect digestion. We thought this was a little strange and maybe even superstitious, but we filed it as a possible truth. After all, the Japanese have many customs that are truly sound health practices, and Americans are beginning to understand the wisdom of these traditions.

Throughout the years, I have continued to hear mixed opinions about drinking water at mealtime, and finally during my coursework to become a Master Herbalist, I was won over to the Eastern philosophy about when to drink water. I learned from Dr. Bernard Jensen in *The Chemistry of Man* that water with food dilutes stomach acids, thus affecting digestion. I also learned that **cold water can shut down digestion**. And more recently, I learned that **cold water causes the fats in our foods to clump together in a solid form, which will then create a sludge-like lining on the inside of our intestines—yuck!** This lining prevents proper absorption of nutrients, and lays a foundation for the growth of cancer within the intestines. Read [this article](#) for more information on fighting disease with H₂O.

So what about hot water? In Eastern medicine, hot water or tea is taken with meals to aid in digestion. In fact, **drinking a cup of hot water with lemon first in thing in the morning is said to help cleanse the liver and get things moving in a healthy way**. The rest of the day, sip room temperature water continually between meals, refraining one hour before and one hour after eating. This will give the stomach plenty of time to release digestive juices. **Drinking continually is important because the body can only absorb 4 ounces of water every 30 minutes**. So, guzzling several glasses of water at one time, once you feel thirsty or dehydrated, is not beneficial. This is because once you feel thirsty, you are already dehydrated. It is best to go about drinking ½ your body weight in ounces of water per day at a slow and steady rate. Remember the tortoise and the hare!

The very first blog I wrote was called, [“So Where Do I Start?”](#) As I said there, it can be overwhelming and confusing to sort through all of the health advice we hear and read, but the best advice I can give is to start somewhere. Take baby steps, and choose one thing at a time to work. Once that one thing is an automatic part of your lifestyle, move on to the next thing....and don’t forget to enjoy the journey!

The third piece of nutritional advice I give to every client is: **Follow the 80/20 rule for pH of foods in your diet**.

This rule focuses on the dietary balance between foods that produce alkaline compounds in the body vs. acidic ones: **Shoot for balancing your diet with 80% alkaline and 20% acid-forming foods**. Remember the question I asked in *Part VA* of this blog series? **True or False: Meat has an alkaline pH**. With all of the hype about cancer and how an acidic body chemistry produces a friendly environment for cancer to



thrive, most Americans are aware of meat being a major contributor to an acid pH in the body. However, you may have been surprised to learn that meat actually has an alkaline pH OUTSIDE of the body! **It is when we METABOLIZE meats that acids are created in our bodies, and even more so if our digestion is not functioning properly.** Of course, some meats are more acid-forming than others: Beef, pork and shellfish produce the highest acid content our bodies, while poultry, fish, venison, and lamb are less acid-forming. The same is true of other foods too. For instance, white refined sugars and flours produce more acid in the body than natural sweeteners, such as stevia, xylitol, honey, and even raw sugar. Incidentally, artificial sweeteners are very acid-forming in our systems as well, so think twice before you reach for NutriSweet or Splenda. **For the most part, by simply avoiding processed foods and consuming whole foods in their natural form instead, especially fresh fruits and vegetables, we create a more an alkaline environment in our bodies.**



Acid vs. Alkaline Foods List (Source: *Balancing the Body's pH*, 2010 Edition, Joan Vandergriff, N.D.)

Alkaline pH	Mid Range pH	Acid pH
Stevia	Honey, Raw Sugar, Xylitol, Molasses	White Sugar, Brown Sugar, Artificial Sweeteners (Equal, NutraSweet, Sweet'nLow, Aspartame, Sucralose, Splenda)
Lemon, Lime, Grapefruit	Orange, Pineapple, Peach, Plum	Tart Fruits (berries, rhubarb)
Melon, Papaya, Mango	Banana	Prune
Berry, Cherry, Grape, Raisin	Avocado	Cocoa, Chocolate
Apple, Pear	Cherry	
Non-starchy Vegetables	Juicy, semi-starchy vegetables (corn, tomato, olive, cabbage, green bean, pea)	Starchy Legumes, Potato
Almond, Chestnut	Pumpkin Seed, Sunflower Seed	Peanut, Cashew, Walnut, Pecan
	Corn Oil, Flax, Canola	Safflower Oil, Sunflower Oil, Peanut Oil, Lard
	Amaranth, Millet, Wild Rice, Quinoa, Sprouted Wheat, Spelt, Brown Rice	White Flour, White Rice, Corn, Buckwheat, Oats, Rye
		Beef, Pork, Shellfish (poultry, fish, venison, lamb are less acid-forming)
Goat Milk Products (esp. raw and/or cultured)	Eggs	Cow Milk Products (raw and/ or cultured are less acid-forming)
Almond Milk	Soy Milk	Rice Milk,
Herbal Tea	Black Tea	Coffee, Beer, Soda Pop

Now for a brief lesson on the **The Chemistry of Nutrition**. The first of two factors that determines the pH of foods in the body is: **Mineral Content, i.e., Electrolytes**. The mineral content in the foods we eat



produces acid or alkaline compounds (ash) in our bodies. Some minerals have a high potential for hydrogen (pH), and are thus considered to be alkaline. This means that hydrogen molecules are easily able to attach to these minerals. Hydrogen produces acid in the body, likewise oxygen yields an alkaline pH in the body. If an alkaline compound takes on additional hydrogen molecules, then the pH of that compound will drop and become more acidic (which is a low pH, or low potential for hydrogen). On the flip side, certain minerals already have a low hydrogen content, or high acidity, thus reducing the potential for outside hydrogen molecules to attach—these molecules have a higher potential for another element to attach instead, such as oxygen. For some of my readers, this may be enlightening information, but for others, the charts below may contain all of the facts that you care to know about pH and how to optimize your nutrition:

Alkaline Minerals—80%		Acidic Minerals—20%	
Sodium	Sea Vegetables	Sulfur	Onions, Garlic
Potassium	Bananas, Potatoes	Phosphorus	Cheese, Some Seeds & Nuts
Magnesium	Corn	Chlorine	Cabbage, Cruciferous Vegetables, Nightshades
Calcium	Almonds		

Incorporate a variety of foods into your diet, majoring on alkaline ash foods and minoring on acidic foods. This is an important key to health and youth.

We are winding down to the end of this series on ***The 5 Keys to Health & Youth***. As I have said before, the same principles that decelerate the aging process are also the keys to health: **What keeps us healthy also keeps us youthful!**

A final note about the 80/20 rule: It is not uncommon for my new clients to think that they are eating plenty of vegetables; most people think that if they eat vegetables daily, then they are doing good... but many of these people are only consuming 4-6 servings of vegetables in a six-day period, when the optimum range is 5-7 servings PER DAY, for a total of 35-42 servings in a six-day period! These are usually the same people who are not having adequate bowel movements and are experiencing a host of health issues related to a toxic bowel: constipation, skin conditions, headaches, respiratory and sinus issues, etc. With adequate fiber, these issues frequently resolve themselves. I recommend that my clients start the day with vegetables:

- Eggs on a bed of mixed greens or spinach
- Green smoothies with kale, chard, spinach, and limited fruit
- Veggie omelets or eggs blended with vegetables in the blender to “hide the chunks” if that is an issue, especially with kids
- Anything you would normally serve with pasta or rice, put over a bed of steamed vegetables or greens



Vegetables for breakfast? I know it seems weird—it was to me at first too. In fact, I was first introduced to salad at breakfast in Japan. I have talked before about some of the seemingly “strange, superstitious” dietary practices that we encountered on our visits to Japan. But once again, through my nutritional training, I see the wisdom in this practice. **We must adjust our thinking about what is “food,” and more specifically, what is “breakfast food.”**

The fourth and final dietary principle that I ask all of my clients to apply is:

Shoot for the 60/40 ratio of raw vs. cooked foods in your diet

Dr. Bernard Jensen and many other respectable holistic healthcare practitioners agree that raw foods are important to the diet—these foods are whole and unadulterated, with enzymes left intact. However, depending on your digestive fitness, the ratio of raw to cooked foods may vary. **The ability to digest food is the second factor that determines the pH of foods in the body.**



Undigested foods produce acid: Remember from **Key 4 in *The Chemistry of Digestion?*** “Any food that is not properly digested produces acid waste which leads to cellular inflammation,” and “You can eat the best food on the planet and have an overly acid pH if you are lacking digestive enzymes.” (Source: “*Sunshine Sharing*,” Vol. 13, No.2, Steve Horne & Larechia Laningham). Just as we do not feed babies or the very elderly all raw foods, those with compromised digestion cannot handle raw foods as well as those with properly functioning digestion. Additionally, digestive enzymes decline with age, hence the increased use of Prilosec, so supplementing with digestive enzymes is important. If foods ARE cooked, Dr. Jensen recommends that they are LIGHTLY cooked at very LOW temperatures for LONGER periods of time, thus preventing the destruction of natural enzymes and other healthful components in foods. For instance, although egg yolks contain cholesterol, they are also rich in lecithin which balances cholesterol; however, lecithin is delicate and easily destroyed through heat. Poaching eggs, or cooking at very low temperatures will prevent the destruction of the lecithin so that you can receive the full benefit of “the incredible, edible egg!”

Along with eating nutrient-rich foods in their purest form, consuming foods high in antioxidants is a vital health practice.

Here we are at the conclusion of this eBook on the ***The 5 Keys to Health & Youth***. To quickly review, aging is slowed and health is improved when we balance our pH by:

- 1) Managing Our Stress
- 2) Oxygenating Our System
- 3) Improving Our Digestion



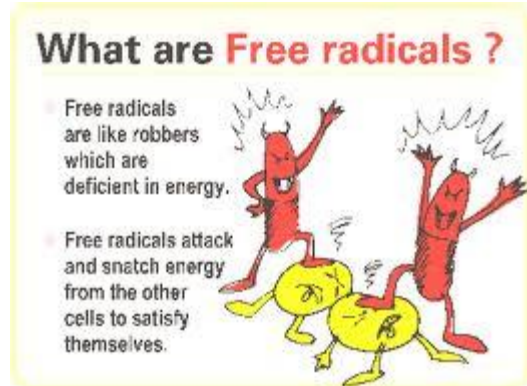
Your New Vitality

Holistic health from a biblical perspective



4) Optimizing Our Diet

Optimizing Our Diet involves a) drinking plenty of water at the right time and temperature, b) consuming the correct proportion of foods that alkalize the body, c) balancing the intake of raw vs. cooked foods, and finally d) incorporating both **DEFENSIVE** as well as **OFFENSIVE** tactics against free radicals. **Defensive** tactics involve **PREVENTION** through omitting or limiting practices that encourage free radical production in the body. Free radicals are the natural by-products of metabolic processes within the body, but excessive free radicals are produced by sun exposure, stress, pollution, heavy metals, and surprisingly intense exercise (due to increased oxygen utilization).² **Note: I am NOT saying that exercise is bad!** Highly processed foods are major culprits of free-radical production, so once again, it is important to eat only “real food.” Lastly, an imbalance in body chemistry will increase free radical production. Balancing our pH, as summarized in the four principles above, is one measure that will reduce the amount of free radical production in the body. **Offensive** tactics against free radicals involve the **DESTRUCTION** of these thieving atoms. Consuming antioxidant-rich foods is one way to combat the ill effects of free radical mischief.



Although, the chemistry of free-radicals and antioxidants may not be of particular interest to you, a basic understanding will help to explain the connection to our health. “Free radicals are atoms or groups of atoms with an odd (unpaired) number of electrons and can be formed when oxygen interacts with certain molecules.”¹ **These electron-deficient atoms search for other electrons to grab onto, and they will steal electrons from healthy cells in the body, CAUSING DAMAGE and CREATING other unstable atoms, which speed the aging process and increase the risk for disease, including cancer.** Additionally, the free electrons may pair off with parasites and bacteria, which are comparable in size, leading to the proliferation of these pathogens and more free radicals.³ This is a basic explanation of “free radical damage.”

On the other hand, “Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged.”⁴ They do this by donating electrons to free radicals, thus restoring healthy cellular structure with even numbers of electrons. These micronutrients cannot be created by the body, so we must eat foods that contain these vitamins and minerals. Foods rich in antioxidants are rated on a scale called Oxygen Radical Oxygen Radical Absorbance Capacity, abbreviated as ORAC value, or “ORAC score,” which is “a method of measuring the antioxidant capacity of different foods and supplements. It was developed by scientists at the National Institutes of Health.”⁵ **As an herbalist, I am THRILLED to find that the top 20 highest ORAC rated items (and beyond) are ALL HERBS!!!** Incidentally, most of these herbs are those that are used in Italian cuisine.



Your New Vitality

Holistic health from a biblical perspective



Imagine the cancer-fighting power of Italian food that is replete with olive oil, tomatoes and antioxidant herbs!

ANTIOXIDANT-RICH FOODS, HERBS & SUPPLEMENTS					
Beta-carotene/ Carotenoids (Vitamin A)	Vitamin C	Vitamin E	Zinc	Selenium	Antioxidant-Rich Herbs & Supplements
Apricots	Berries	Broccoli	Beans	Brazil Nuts	Basil (dried)
Asparagus	Broccoli	Carrots	Dairy Products	Tuna	Beyond Tangy Tangerine (YGY)*** (tablets provide 160,000 ORAC)
Beets	Brussels	Chard	Fortified* Cereals	Beef	Cell Shield RTQ (YGY)***
Black	Sprouts	Mustard	Nuts	Poultry	Chaparral (Creosote Bush, Greasewood—very potent!)
Raspberries	Cantaloupe	Greens	Oysters	Fortified* Breads/ Grain Products	Chocolate (dutch powder or candies)
Broccoli	Cauliflower	Turnip Greens	Poultry		Cinnamon (ground)
Cantaloupe	Chokeberries	Mangoes	Red Meat		Cloves (ground)
Carrots	Elderberries	Nuts	Seafood		Cocoa powder (dry powder, unsweetened)
Collard	Grapefruit	Papaya	Whole Grains		Cordyceps**(Ancient Chinese herb, "Caterpillar Fungus")
Greens	Honeydew	Pecans			Curry Powder
Corn	Kale	Pumpkin			Nutmeg (ground)
Green	Kiwi	Red Peppers			Oregano (dried)
Peppers	Mangoes	Spinach			Protandim (by LifeVantage)
Kale	Nectarines	Sunflower			Parsley (dried)
Mangoes	Orange	Seeds			Pepper (Szechuan, dried)
Nectarines	Papaya	Turnip Greens			Rosehips (Vitamin C)
Peaches	Peppers (Red, Green or Yellow)	Walnuts			Rosemary (dried)
Pink	Snow Peas				Super Antioxidant (NSP)**
Grapefruit	Sweet Potato				Sage (ground)
Pumpkin	Strawberries				Sorghum (bran, hi-tannin, red or black)
Squash	Tomatoes				Sumac (bran, raw)
Spinach					Sumac (grain, raw)
Sweet					Super ORAC (NSP)**
Potato					Thai-Go (NSP)**
Tangerines					Thyme (dried)
Tomatoes					Vanilla Beans
Turnip					VitaWave (NSP)**
Greens					
Watermelon					

Sources:

<http://www.webmd.com/food-recipes/antioxidants-your-immune-system-super-foods-optimal-health>

<http://www.oracvalues.com/>

* I personally do NOT recommend fortified foods because they are enriched with inorganic vitamins and minerals—it is best to consume whole foods that naturally contain organic micronutrients.

** (NSP) Nature's Sunshine Products <http://www.naturesunshine.com>

***(YGY) Youngevity <http://www.youngevity.com/>

Highest ORAC Rating (312,400 units)

20 Highest ORAC Rated Items (55,653-290,283 units)

Highest ORAC rated foods



Your New Vitality

Holistic health from a biblical perspective



An optimized diet should incorporate a variety of health practices, including a “real food” diet that is high in antioxidants. These foods are best eaten in their whole, natural state vs. the preservative and artificial additive-laden stuff that modern grocery stores promote as “food.” We must be “wise as serpents and innocent as doves,” testing everything vs. buying into the lie about what is classified as “food” these days! Follow these guidelines to experience abundant life and health, and see my Infographic on Pinterest for a visual representation of these [5 Keys to Health & Youth](#).

FOOD FOR THOUGHT: Small amounts of antioxidants that are naturally-occurring in the foods we eat are beneficial to our health, but it is important to remember that the role of an antioxidant is to **BLOCK OXYGEN in order to prevent oxidation of the nutrients in plants as they develop**. For instance, tocopherol in wheat germ protects the Vitamin E that is produced in the germ. Without this protection, the germ would not mature, and the wheat would die. This oxygen-blocking action is for the benefit of the plant, but **in the human body, high levels of oxygen-inhibitors wreak havoc on health** because, as we know, **a healthy body is an oxygenated body!** Oxygen is necessary to fight every disease known to man, including cancer.

I previously bought into the “theory” that free radicals are detrimental to our health, but after much research I now understand that it is nothing more than a theory. ***I want to be clear that naturally occurring antioxidants in fruits, vegetables, and herbs are NOT bad for our health, but high dosages of antioxidants in the form of supplements, especially SYNTHETIC versions (such as tocopherol and ascorbic acid), are the real culprits*** Equally, free radicals are necessary for [healthy phagocytosis](#) to counter microbes in the body. For more information, read my Blog series: ***“The Devil’s Advocate”*** and download this **FREE** list of ***“Reputable Studies Conducted on Antioxidants”*** that disprove the Antioxidant Theory, showing an increase in all-cause mortality when they are used in human beings.

1 <http://www.rice.edu/~jenky/sports/antiox.html>

2 Ibid.

3 (Source: June M. Wiles, [Choose Life or Death](#), Preface, p.10, Dr. Carey A. Reams with Cliff Dudley, N.C.A., Inc./ Holistic Wholesalers, 2002.)

4 <http://www.rice.edu/~jenky/sports/antiox.html>

5 <http://www.oracvalues.com/>

Conclusion: So what do you do with all of this information? As I mentioned before, Baby Steps-- take one step at a time, incorporating one practice until it is habit, then adding another. Health and youth are achieved through proper nutrition, which is predicated upon proper digestion. The best nutrition will be undermined by poor quality and quantity of sleep as well as inactivity which improves oxygenation. It all works together. So, pick one thing, and get started... and please let me know if I can help in any way.

[Contact me](#) for a **FREE 30-minute phone consult**. I am happy to help you set a course and get started today! I have clients around the globe, so location is not a limitation-- technology has allowed me to work globally!