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THE FIVE HABITS OF HEALTH TRANSFORMATION

BY MIKE ADAMS

THE
FIVE
HABITS
OF HEALTH
TRANSFORMATION

BY MIKE ADAMS
The Health Ranger



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Table of Contents

The Five Habits of Health Transformation	1
The 5 Habits Health Transformation Matrix	1
Should buying organic be a priority?	1
Don't get lost in the nutritional details	2
Some health strategies have very little payoff	2
How to get the most results with the least effort	2
Some of the best health strategies are absolutely free	3
The real reason why these strategies aren't promoted	3
This information reduces the profits of popular product manufacturers	4
How to be immune to product hype	4
Positive health benefits you may experience	4
This information will also initiate a transformation of your beliefs	5
Habit #1: Healing rays from the sky	6
Why your geographic location directly affects your health	6
What human history teaches us about modern disease	6
A healing nutrient manufacturing plant, right under your skin	7
Too much exposure causes DNA damage	7

The Five Habits of Health Transformation

Human migration changes the health equation	8
Populations adapted to maximize health under changing conditions	8
Take a look at your skin to reveal your ideal health strategy	9
How to avoid this deficiency	9
How to avoid excessive exposure	10
How to make yourself virtually immune to sunburns	10
How to know your antioxidant level in just three minutes	10
The influence of heavenly bodies is straight science	11
Why you'll never hear this great advice from your doctor	11
Most people are hiding from the healing sun	11
Over time, you'll get labeled with a "disease"	12
Practical guidelines for strategy #1	12
Supplementing with vitamin D is the next best thing	13
Yet another alternative: phototherapy	13
Correcting this deficiency may take some time	14
This strategy makes many prescription drugs obsolete	14
Yet it's a doctor who pioneered all this	15
Vibrational nutrition is essential for human health	15
Dairy is not a good source for nutrition	15

Summary of health habit #1 16

We've all been brainwashed with harmful beliefs about health 17

The reversal of truth... 17

Take this lifesaving knowledge and use it! 18

Health Habit #2: Importance of water 18

Dehydration leads directly to disease 18

Yet more wisdom from your ancestors 18

Dehydration frequently leads to misdiagnosis 19

How to tell if you're dehydrated 20

How much should I drink? 20

Your body's water management system 21

How modern medicine interferes with the body's health strategies 21

Modern medicine merely treats the symptoms 22

Fundamental elements of sustainable life 22

There's no intelligent life here on Earth 23

Health Habit #3: Reducing chronic stress 23

There are many forms of stress 24

How stress impairs your good health 24

Simple techniques for reducing stress 25

The Five Habits of Health Transformation

Laughter moves lymph and oxygenates your organs	25
The chemistry of laughter	26
Laughter recharges your energetic batteries	27
Getting your ego out of the way	27
Don't take yourself too seriously	28
Strategies for getting more laughter into your life	28
Relaxation and meditation are quite effective	29
All stress is ultimately created internally, not externally	30
There is no such thing as stress "management"	30
Be a lifelong learner	31
Health Habit #4: Supplemental Nutrition	31
Malnourished soils produce nutrient deficient foods	32
Grain processing strips out most of the essential nutrition	32
Food processing further destroys the nutrient content of foods	33
The modern food supply is a sham	33
Supplementation is essential for good health	34
Full-spectrum is natural, nutrient isolation is artificial	34
High-density whole food concentrates provide real nutrition	35
Supplements I take daily	35

Supplementation is necessary for health in the modern world 37

You must avoid disease-promoting food ingredients 37

A daily multivitamin is NOT sufficient 37

Why doctors misunderstand nutritional supplements 38

Avoid isolated vitamins and minerals 38

Good nutrition is a bargain 39

We actually live in abundant times 39

Let's make good nutrition available to everyone 40

Good nutrition starts in the womb 40

You have a choice 41

Commit to turning this into action 41

Be willing to invest in your health 42

Health Habit #5: Walking 43

 Even basic exercise prevents disease 44

 Bite-sized exercise 44

The Five Health Habits Review 45

 Sunshine 45

 Hydration 45

 Nutritional supplementation 45

The Five Habits of Health Transformation

Laughter and stress reduction 45

Bite-sized exercise 45

Pick one habit and run with it 46

Helpful tips on the 5 health habits 46

Be a skeptical consumer 47

Stop poisoning your body 47

Introduction

Welcome! In this book you're going to learn about the five most effective, yet effortless, habits that you can adopt to produce a healthy outcome in your life.

This book started off as a research project, with the idea of the research being to find out how difficult people consider various health strategies to be. In conducting this research, I created a list of 100 different health habits (strategies), then presented them to 763 study participants who agreed to rate them on a scale of 1 to 5 in terms of effort. When that study was completed, we created a ranking chart showing the relative **effort** required to pursue these 100 various health habits.

As you can tell, this is useful information. Why? Because I was surprised, for one thing, to learn what people found to be difficult, as opposed to effortless or nearly effortless.

But that's not yet the full picture. You also have to consider what is effective, and to find that out I turned to my personal research library and examined the health **effectiveness** of these 100 different strategies, based on the writings and research of some of the best known doctors, authors and holistic health researchers in the world.

Putting all this together, I created a grid illustrating the **effort versus effectiveness** of these various strategies. As you might imagine, this grid provides a guide to enhancing your health with the least amount of effort necessary. Let's take a closer look at this "map" right now.

The 5 Habits Health Transformation Matrix

Obviously, there will be some items on the map that require high effort and are very effective at transforming your health. Those are things like high-intensity exercise or avoiding certain food ingredients that are difficult to avoid because they are so dearly loved by most people (including sugar and dairy products, red meat and so on). So these are effective strategies, but they require very high effort, and in my experience in talking with and teaching literally thousands of people about nutrition, I've found that very few people are going to actually pursue those strategies. The reason is that such strategies are just too disruptive to people's ingrained life patterns; in the minds of most, they're just not worth the effort.

On the flipside, there are other strategies that require relatively high effort and yet are not very effective. And that is, of course, a category of strategies or habits to pursue as your last priority. These are not things you should start with in terms of trying to transform your health, because they have the least amount of payoff considering the invested effort required.

Should buying organic be a priority?

What kinds of things am I talking about? The most obvious one is making the effort to purchase all-organic fruits and vegetables at the grocery store. You may say that's surprising: why would this strategy not be very effective?

The Five Habits of Health Transformation

In terms of the survey, this was rated as a high effort item, most likely because of the financial resources required to pursue it. Organic fruits and vegetables are, in fact, more expensive. And, in the minds of people, that translates into effort, because economic effort goes back to the time effort that it took you to earn that money in the first place.

At the same time, I don't consider such a switch to be highly effective in terms of enhancing your health. It's not that I don't support organic fruits and vegetables, because, in fact, I do: I purchase them every chance I get. I also recommend them to others, and I support the organic farming practices of organic farmers. I would much rather that people buy from small, locally owned farms than from big, corporate farms.

But, to the point, what I am saying is that, in relative terms, when there's a person walking around the grocery store filling up their shopping cart with ice cream, soft drinks, soup made with MSG, cookies baked with hydrogenated oils, crackers made with white flour and breakfast cereals loaded up with added sugar -- when they have a cart like that and then they go out of their way to buy organic lettuce versus conventionally raised lettuce, in my opinion, **that one organic product has virtually no effect whatsoever on their health.**

Don't get lost in the nutritional details

The reason is because the "organic versus conventional" argument here is just a minor detail in that person's overall health lifestyle. That person has much bigger problems in terms of their food choice than just "organic versus conventional." So I would say that such a person would be much better off focusing on some other, simpler strategies having a much higher payoff rather than trying to run around the grocery store buying everything organic. Now, ultimately, if that person gets healthier, I would say, yes, make the switch to organic. But in all seriousness, there are many other things that should be a higher priority to this type of person.

Some health strategies have very little payoff

Getting back to the map of effort versus effectiveness, we have other items that are, of course, low effort and low effectiveness. These might be things like walking for 5 or 10 minutes a day. Certainly, people consider that to be very low effort. It's not that difficult to get up and walk around for a few minutes a day. But it's also not that effective. Even though exercise is very effective, you need to exercise far more than 10 minutes daily to have a positive impact that's noticeable. Twenty to 30 minutes is the minimum recommended time daily for walking. And if you're willing to invest 20 or 30 minutes, you will get a tremendous return for your effort. In fact, that kind of investment in exercise is one of the items on our list of the five habits of health transformation.

How to get the most results with the least effort

And that brings us to the quadrant of low effort and high effectiveness. These are the items that are excellent choices for people attempting to transform their health with the least amount of effort necessary. These are great for busy people, working professionals, parents who are raising a family and basically anyone whose time is limited. And, so far, I haven't met anyone whose time isn't limited.

These are strategies that I think help nearly everyone. In this quadrant we find some fascinating items, and it's interesting to note that the vast majority of them are free of charge or cost nearly nothing. And this is wonderful because most people think that being healthy takes a lot of money. For instance, some people are under the mistaken impression that being healthy requires gastric bypass surgery, which costs about \$50,000; or they think being healthy requires spending \$100 a week on cosmetics to reverse the visible signs of aging. Of course, that's all an illusion. If you want to be healthy, health comes from the inside, not from what you put on your skin.

Some of the best health strategies are absolutely free

Some people think that being healthy requires spending a fortune on herbs and supplements, and that's not the case, either. Although supplementation is one of the strategies here, it doesn't cost as much as you might think if you're smart about where you get your nutritional supplements. But, by and large, many of these health habits that are both highly effective and yet least demanding are free of charge. And what we're going to cover here in this book -- the five habits of health transformation -- are what I consider to be the five most effective strategies in this quadrant.

They are as follows:

- Sunshine
- Water
- Supplemental nutrition
- Stress reduction
- Physical exercise

The real reason why these strategies aren't promoted

These five are perhaps the five most potent healing therapies for human beings. And yet you don't see them very heavily promoted. That's confusing to some people; they wonder, 'if these are good for people and if these create health benefits, then why aren't they more heavily promoted? Why aren't we hearing about them?' And the answer is, of course, because they are free... because promotion of a product requires that there be an economic incentive from the manufacturer or reseller's point of view.

No one is going to go out and sell, for instance, sunshine. Why not? Because you can get it for free. So who's going to run an ad touting the benefits of sunshine? No one, of course. You can't bottle it up, you can't put it in a capsule, and you certainly cannot apply for a patent on sunlight. It's freely available to everyone, so you will never hear it heavily promoted.

That also means you're unlikely to hear about its benefits in the press. In fact, you're more likely than ever to hear that sunlight is bad for you, because there is an economic incentive in that message going back to the profits of sunscreen manufacturers, who largely sponsor dermatology schools and dermatology publications. Therein you see the economic incentive to actually keep people ignorant of these healing strategies.

This information reduces the profits of popular product manufacturers

Water, for another example, takes away profits from soft drink manufacturers. This is why, in years past, Coca-Cola actually ran a campaign in restaurants called “Just say no to H₂O.” This campaign was designed to dissuade people from drinking water and, instead, convince them to consume highly profitable carbonated beverages like Coca-Cola or Diet Coke.

So there hasn't been a lot of economic incentive for people to promote the healing benefits of water. Now, today, you do have more companies selling water faucet filters -- one company is called Pur, another is Brita -- and so you do see some promotions for these filters. But again, that's not because water is such a healing element; they're promoting their products because they want you to buy their filters. So even when you do hear positive messages about these five habits, it's only because one of them coincides with an economic incentive for some product manufacturer.

How to be immune to product hype

But the good news to you is that once you have the information in this book, you can make decisions and change the patterns in your life, regardless of what promotional hype is out there in the market. This is because, once you have the information here, you will understand the true healing benefits of these five habits; and since you don't have to pay for them, you will find it very easy to integrate them into your life. As you do so, you will start to see phenomenal results.

Some of these strategies can help reverse asthma, chronic fatigue syndrome, fibromyalgia, breast cancer, prostate cancer, cervical cancer, schizophrenia, mental depression, osteoporosis, osteomalacia, obesity, type 2 diabetes, cardiovascular disease, immune system dysfunction, chronic pain, arthritis, allergies, Alzheimer's disease, and many other disorders. That's how powerful these five habits truly are. If you integrate all five into your lifestyle and do so faithfully, you will, in a very short period of time, be **one of the healthiest individuals around**. Your inner health will transform at a speed that you may never have believed possible.

Positive health benefits you may experience

Let's talk about some of the effects you might experience from applying this information. First of all, you are likely to see a major **reduction or elimination of the symptoms of chronic disease**. Those are the diseases I just mentioned: cancer, heart disease, diabetes, obesity and so on.

If you're taking prescription drugs to treat the symptoms of these diseases, you may, with the guidance of your health-care professional, be able to **reduce or eliminate your dependence on prescription drugs**. This is a very common side effect of altering your lifestyle and adopting these health habits.

You will also find your level of energy to be much higher. You will wake up in the morning full of energy, and yet you'll be able to sleep restfully at night. Your sleep patterns will improve dramatically. You will notice that any pain or inflammation in your body will begin to disappear; if you have aching muscles, joints or bones, you will see those symptoms begin to vanish, as well.

If you have impaired immune system function and tend to get sick a lot, you will notice that it, too, will begin to improve, and within a year, you will probably find that you are immune to virtually all of the common colds to which people around you seem so susceptible.

You will further notice greatly improved mental function; your cognitive ability will skyrocket. You will have greater mental focus, better creativity, an improved memory, far more stable moods, and greater emotional health. These, in turn, will improve your relationships with others and may even affect your success in the workplace and/or your career path; this is because, of course, the better your mental function, and the better able you are to deal with others, the more likely you are to succeed in any professional environment.

You may also begin to experience loss of body fat. This is a natural result of adopting these five habits. Your body will begin shedding body fat naturally as a result of pursuing these habits. At some point you will reach an equilibrium that is consistent with your new habits and the foods you choose to consume. You can further reduce your body fat by learning more about nutrition and weight loss, as well as by increasing your investment in physical exercise.

This information will also initiate a transformation of your beliefs

As all of these benefits begin to unfold in your own life and you recognize that they are indeed very real and happening to you, another side effect will emerge -- you will begin to be more skeptical of modern medicine, food marketing companies, grocery store coupons, the evening news, and other sources of misinformation about health and wellness.

You will experience firsthand the evidence that the pathway to health transformation is not complicated, that it doesn't require buying a thousand different products, and that it is freely available to every human being.

As you experience that, it will have the immediate effect of altering your belief systems. You will automatically become a more skeptical consumer, and this will further enhance your health progress to the point where you will create a sort of health-transformation "snowball effect," and you will continue to **get healthier with each passing month**. As that happens, your mental clarity will improve, your cognitive function will improve, your self-awareness will expand, and you will begin to further shape your life to be even healthier. You will be a more discerning consumer and may be even more careful about the food ingredients you choose to ingest. This positive cycle of reinforcement will continue to the point where you will most likely be the healthiest you have ever been in your entire life.

And all of that can start from this point, right here, with this book — "The Five Habits of Health Transformation." So let's get started with the book, beginning with the first habit - sunshine.

Habit #1: Healing rays from the sky

The first habit of health transformation is sunshine. Sunshine is so vital for being a healthy human being that I consider it an essential nutrient, and this whole discussion about sunshine and its effect on human health falls under the category of vibrational nutrition.

That may be a new term to you, but vibrational nutrition simply means that there are elements you need that are like vitamins, except that instead of being chemical in nature they are vibrational or energetic in nature. And sunshine is precisely one of these nutrients.

Even modern medicine recognizes that a lack of sunlight causes disease. Even though that was a debatable notion perhaps 50 years ago, today it is widely accepted. In fact, they've even invented a name for the disease caused by lack of sunlight -- they call it "seasonal affective disorder," or SAD. And seasonal affective disorder is very common in places like Seattle, which receives a lot of rainfall (and relatively little sunlight).

Why your geographic location directly affects your health

It is also common in the more northern climates where the intensity of sunlight is not as high as regions that are closer to the equator. So people living in Canada, the UK, or northern states of the U.S. are far more susceptible to seasonal affective disorder than people living in, say, the sun belt in the southern U.S., or in Nevada, New Mexico, Arizona, southern California, and so on.

But you may say, 'What is it about a lack of sunlight that causes this seasonal affective disorder?' Well, I've got news for you. Seasonal affective disorder is the least of your concerns if you're not getting enough sunlight. Sunlight is absolutely essential for human health, and if you do not get sunlight, you will suffer from chronic vitamin D deficiency, along with other vibrational deficiencies. This vitamin D deficiency will, in time, promote and accelerate all of the following deficiencies:

- prostate cancer
- breast cancer
- cervical cancer
- schizophrenia
- mental depression
- osteoporosis
- osteomalacia
- type 2 diabetes
- obesity

What human history teaches us about modern disease

To truly understand why this is the case, we have to look back at the evolution of our species. There was a time in the history of mankind when there were only 4,000 humans alive on the planet. This was probably following the eruption of a massive volcano that caused global destruction and climate change, practically eliminating the available food supply in the natural surrounding environment.

Thanks to this climate change, the population of humanity was reduced to a mere 4,000 individuals. And if it were not for those 4,000 individuals' abilities to survive in tough times, none of us would exist today (at least not as humans). As it turns out, these 4,000 individuals lived much closer to the equator than many of us do today. And we now know that they had dark skin pigmentation, so we're not talking about fair skinned or white people walking around the savannah of Africa; we're talking about people with dark skin pigmentation.

If you look at why they had dark skin pigmentation, there are several important biological reasons. To understand that, it's important to note that the sun is simultaneously a bringer of life and a destructive source of energy. While too much sun can be destructive, no sun at all can be deadly. Just the right amount of sun can be very healing, and in fact is essential for human health.

And when you are a prehistoric human being, you spend a lot of time outside under the sun. This is especially true if you live in Africa and you spend a lot of time walking, foraging for food, watching for predators, engaging in social activities, jogging or hiking great distances, and so on. All this time, you're under the sun. It's important to note that we did not evolve under fluorescent lights; we evolved under the sun.

A healing nutrient manufacturing plant, right under your skin

This exposure to intense sunlight was doing two things for these people. First, when sun hits your skin, it produces a reaction that sounds a lot like photosynthesis, but actually is very different chemically. When sun strikes your skin, it causes your skin — a living, breathing organ — to produce vitamin D. This vitamin D then enters your blood supply and is circulated throughout your body as a hormone to be used by other organs. It is this vitamin D that is so crucial to supporting human health; and again, without it, you would suffer a wide range of chronic diseases.

So, of course, it was important for the skin of these 4,000 prehistoric humans to absorb sunlight in order to get enough sunlight to create vitamin D. As it turns out, since they were spending a lot of time under the sun, and the sun was rather intense, they had more than enough vitamin D. In fact, their bodies developed a mechanism by which any excess vitamin D created by sunlight was automatically destroyed to bring it into perfect balance, so that they had just the right amount of vitamin D in their bodies.

Too much exposure causes DNA damage

The negative side of sunlight is that excess exposure can cause DNA damage due to the mutations caused by ultraviolet light. So, here we see the flip side to its healing properties: the destructive effects of ultraviolet, or UV, light. This UV light can penetrate the surface of the skin and actually mutate the DNA of blood cells along with the cells of various tissues and organs.

If this were allowed to go on for eight hours a day, day after day, in a high intensity environment, it would create problems. The rampant DNA mutations would end up causing illness, disease or reproductive problems, and, obviously, the body needs a way to protect itself from the damaging effects of these UV rays. So how did the human body accomplish this? Simple: **it began to build its own sunscreen**. And it did this was by using a strategy of skin pigmentation.

The Five Habits of Health Transformation

The darker the skin, the more internal sun blocking ability skin has. The darker pigment blocks out excess UV rays and lets in just enough light to generate the necessary vitamin D to prevent chronic disease and sustain life. So skin color evolved to create a system of balance between ancient humans and their natural environment. That's primarily why our ancestors had dark skin.

Human migration changes the health equation

In time, of course, this population expanded and different groups migrated away from the region. Many of them moved into northern or southern climates that had less sunlight. But let's talk about those who moved to the northern climates, because that's of course the focus of more recent history: European history, Roman history, Chinese history, modern civilization, and so on.

The farther that populations moved north, the less sunlight they were receiving on a day-to-day basis. That's because sunlight is less intense at northern latitudes -- the farther away you get from the equator, the lower the sunlight intensity becomes. So now, if you took a person with dark skin pigmentation and moved them to a northern climate, suddenly they were maladapted to that environment. Their skin was too dark; **they had too much sunscreen built in** for the conditions of their new environment. Now they would probably suffer from a vitamin D deficiency, because they were blocking too much sun.

So, following the laws of evolution and Darwinism, these populations began to adapt in a way that boosted their survivability and ability to reproduce. And that meant eliminating a lot of the skin pigmentation. As you can see today, the farther away from the equator populations reside, the lighter their skin pigmentation becomes.

Populations adapted to maximize health under changing conditions

Those who are from Europe, from example, are fair-skinned people. And again, that is for a deliberate reason. It's because those people needed to allow more sunlight into their skin. The sun's rays were less intense, and **if they didn't have lighter skin they were going to suffer serious vitamin D deficiencies**.

If you look at people whose skin color is in-between dark and light skin -- for example those of Hispanic or Chinese origin -- this strongly correlates with their "medium" distance from the equator. In fact, you can look all over the planet at the populations today, and you can see that **skin pigmentation correlates perfectly with distance from the equator**.

You may say, 'Aha, what about the Aleutians, the Eskimos; they have darker skin, but they're way up north. That doesn't fit your theory, does it?' Actually, it does, because the Aleutians got plenty of vitamin D from consuming fish oils. They were getting vitamin D through a nutritional channel rather than a vibrational channel. So they did not need the adaptation to expose their skin to sunlight.

Think about it -- they weren't getting much sunlight up there anyway, even when the sun was out, because they had to clothe their bodies due to the cold. So the dark skin pigmentation remained as a so-called "vestigial adaptation". It neither hindered them nor served them -- skin pigmentation just wasn't a trait that had strong evolutionary pressures. And they were able to support their health by consuming vitamin D, omega-3 oils and other healthy oils from their diet, which consisted largely of fish.

It's interesting to note, also, as a side thought, that these populations experienced very low rates of cardiovascular disease, even though they consumed extremely high amounts of fat in their diet. For decades, people at the American Medical Association and the American Heart Association (an organization that was insisting that people eat no fat whatsoever if they had cardiovascular disease) couldn't figure out why the Aleutians weren't falling over dead from heart attacks. The reason, of course, was because they were consuming healthy oils, not hydrogenated oils and other unhealthy oils that are common in the American diet.

Take a look at your skin to reveal your ideal health strategy

So what does all of this mean to you? A couple of things. It means that if you look at your skin right now, you have a very good indication of your ancestry. Hopefully, that's not a big surprise to you. Skin color is obviously genetic. But it means something else that's perhaps even more important: if you look at where you're living today, in terms of the latitude on the planet, and you compare that to your skin color, you may come to some fascinating realizations.

If you have fair skin, for example, and you're living in a northern climate, it means that your skin is probably very well adapted to that environment — IF you follow the outdoor activity schedule of your ancestors. If you get outdoors for eight hours a day and you get sunlight on your skin during the spring, summer and fall months, you will probably get just the right amount of vitamin D into your body so that you don't suffer a deficiency. But then again, who gets out for eight hours a day? Nobody that I know.

At the same time, if you have dark skin — maybe you are of Hispanic or African origin -- and you are living in a northern climate, then this should be a moment of great realization for you. This should be one of those "Aha!" moments where you realize you have to do something very different if you want to attain higher states of health.

How to avoid this deficiency

Fortunately, the answer is pretty simple. If you have dark skin pigmentation and you live in Canada, the northern states of the U.S., or anywhere in northern Europe, then you need to make a special effort to get ultraviolet light into your life. You can do that by getting sunshine; but even then, the sunshine isn't intense enough because you are sporting built-in sun block. How to make up for this deficiency? If you have very dark skin, you could need 20-30 times as much sunlight as the average fair skinned person just to generate the same amount of vitamin D. So, even if you went outside for eight hours a day, you still wouldn't be getting the same amount of sunlight that your ancestors got.

Fortunately, if you recall, your ancestors got more than enough vitamin D; so you don't have to spend eight hours a day to get your requirement. If you're living in a northern climate with dark skin pigmentation, work to get one hour a day of natural sunlight on your skin. If you can't get that kind of sunlight, you need to supplement your diet with artificial UV rays, cod liver oil, or other sources of vitamin D.

That can mean, for example, actually visiting a tanning salon just to get a reasonable dose of ultraviolet radiation. I know that idea is outrageous to dermatologists and those steeped in "old school," conventional medicine. But actually, ultraviolet light is a healing therapy, and the darker your skin pigmentation is, the more you need it.

How to avoid excessive exposure

At the same time, if you are of fair skin and you're living in southern climates, then this should also be an "Aha!" moment for you, depending on what kind of lifestyle you're following. It means that if you go outside for several hours each day, you are probably getting far more sunlight than you need and you run the risk of suffering DNA damage, precancerous skin conditions, or other disorders associated with overexposure to ultraviolet light.

I'm one of these people -- I'm fair skinned and I live in a southern climate. I also happen to get outside a lot and get a tremendous amount of sunlight, because I refuse to wear sunscreen. Fair-skinned people need to pay special attention to strategies for boosting resistance to DNA damage. This, by the way, is easily accomplished through nutritional supplementation. Here's how:

How to make yourself virtually immune to sunburns

First of all, you've got to dramatically boost your intake of antioxidants -- and I mean in a BIG way. Astaxanthin is one such antioxidant that I strongly recommend for anyone who is fair skinned who wants an internal sunscreen without blocking their production of vitamin D. Astaxanthin is made from microalgae and is a very powerful internal sunscreen.

You can also get antioxidants from various whole-food concentrates or supplements. There's a product called Miracle 2000 that has an abundance of B vitamins in it (a good source of antioxidants). There are whole-food concentrates like Berry Green (<http://www.new-chapter.com>), which is another great antioxidant source; and of course there's the Jenny Lee Superfoods product (<http://www.jennyleenaturals.com>), which is a source of chlorella, spirulina, and other high-antioxidant superfoods.

There are other superfoods that are also abundant in antioxidants. But your best strategy here may actually be to turn to the so-called superfruits: high-ORAC fruits. If you eat a lot of blueberries, cherries, oranges, raspberries, strawberries, cranberries and even exotic fruits like acai, then you will boost your antioxidant count considerably.

How to know your antioxidant level in just three minutes

How do you know whether you have enough antioxidants in your system? That's easy as well. I've written an entire research report on a new technology called the **Biophotonic Nutrition Scanner**. This report is available for downloading, free of charge, at www.TruthPublishing.com.

In this report you'll learn about a technology that actually measures the level of antioxidants in your tissues. If you don't score at least 75,000 points on that evaluation, then in my opinion, you probably don't have enough antioxidants in your system to serve as internal protection against excessive UV exposure. This is especially true if you live in more southern climates. Interestingly, most people score at about the 20,000 range on that test.

The overall strategy, then, is to boost your antioxidant intake considerably, get these nutritional supplements into your body, and measure your antioxidant level using the nutrition scanner (by the way, it only costs \$10 a scan, and you only need a scan once a month, so we're talking \$10 a month to know your level of health).

If you're a fair-skinned person, recognize that you only need five to 10 minutes a day under the sun to get adequate levels of vitamin D into your body. So, again, it's much easier for you as a fair-skinned person to get vitamin D; however, you're also far more susceptible to DNA damage if you have poor nutrition. So it's a trade-off. One skin type is no better than another skin type. **What matters is whether you pay attention to your skin pigmentation and adjust your sun exposure accordingly.**

The influence of heavenly bodies is straight science

This discussion brings up a larger philosophical question. A lot of modern doctors maintain that the planets have nothing to do whatsoever with health. They think that astrology is complete quackery, that the planets don't affect us; that the sun, the moon, and the position of the earth have no effect on our bodies whatsoever. And of course, the real quackery is actually in that distorted belief. The planets have everything to do with your health. And this is just one such example of how your position on planet Earth has a huge impact on your health.

We're talking about the relationship between the earth and the sun. And if you know anything about physics, you know that the intensity of sunlight radiation falls off considerably once you start moving away from the equator. It's not a gradual falling off, either. It's a rapid, sharp decline, where the intensity of the radiation falls off quickly as the angle of sunlight striking the earth diminishes. So your position on the planet is very important to your health. Your ancestry is very important, too. And if you're going to be both healthy and wise, you would do well to recognize your ancestry, take a good look at your skin pigmentation and where you live on this planet, and then make adjustments to your lifestyle to compensate for any lack of balance.

Why you'll never hear this great advice from your doctor

In the world of health and medicine, I've never heard anyone else really explain all this in simple terms like you've just read. In the popular press, you see lots of headlines about how black men are experiencing skyrocketing rates of prostate cancer, but nobody seems to know why. And we see studies where African-American women have cancer that's almost impossible to treat, and nobody seems to know why. The African-American population, in my opinion, is being done a great disservice by modern medicine, because no one is telling any of these people that they are out of balance with their natural environment. In other words, their skin pigmentation is blocking the absorption of sunlight, causing these chronic vitamin D deficiencies, and that is leading directly to prostate and breast cancer in those with dark skin pigmentation.

This is a message that I think needs to be distributed urgently to the African-American community. And if you're reading this and have any contacts whatsoever with people who can help make such a distribution happen, please contact me and let me know, because I would like to make this information available free of charge to those communities. The same goes for the Hispanic communities, who suffer from prostate cancer, breast cancer and diabetes with increasing incidence, yet no one seems to have an explanation. Well, here's the answer: it's a lack of sunlight exposure.

Most people are hiding from the healing sun

As bad as this deficiency problem is in those with dark skin pigmentation, these diseases are also epidemic in fair-skinned people. That's because even white people aren't getting enough sunlight, either. Even though they have the adaptation to absorb more sunlight, they're still spending their time working in offices, hiding in cars and houses, and slapping on sunscreen every time they go outside. As a result, they have these same nutritional deficiencies.

Over time, you'll get labeled with a "disease"

Over time, these deficiencies create symptoms, and those symptoms get misdiagnosed as diseases. For instance, it is not uncommon for someone to be diagnosed as having fibromyalgia even though they are suffering from nothing more than a vitamin D deficiency. If they were to go out and get sunlight on a regular basis, the symptoms of that so-called fibromyalgia would completely disappear.

Much the same is true of osteoporosis. I find it fascinating that our elderly population spends so much time indoors. They're in nursing homes, managed-care facilities, or their own homes, and far too many don't really want to get out and walk. As a result, their health deteriorates. It's just straight cause and effect, pure and simple; it shouldn't really be a surprise to any of us. And then, of course, they get diagnosed with osteoporosis or, in advanced stages, osteomalacia. And what are they given for this? Are they told to go out and get some sunlight? Are they given vitamin D supplements? Of course not! They are prescribed drugs to treat the symptoms of these diseases. **They are almost never told the true causes of these diseases** and what strategies they can pursue to prevent or reverse them.

So, as you can see, sunlight is a crucial element for supporting human health. We've spent all this time discussing sunlight alone and this is only one habit of the five that you're going to learn in this book. Sunlight is absolutely essential nutrition for human beings. And this is why you see that people who get outside, who are active, who get into the fresh air and get some sunlight on their skin always seem to live longer. They have better skin, better cognitive function, they don't have all the aches and pains of other people, they don't have the cancer risk, and they don't have bone disorders.

Again, this is straight cause and effect. I don't know why any of this should be surprising to anyone, and I can't imagine why modern medicine hasn't figured this out yet. It's not rocket science; it's just basic physics, chemistry, "Anatomy 101," and having a little bit of insight into human ancestry.

Practical guidelines for strategy #1

All right, let's get down to some practical information about sunlight. What can you actually do to get it into your body? And how much do you need, how frequently do you need to get it? Let's answer some of these questions.

First off, your body can store vitamin D for an extended period of time. This is no coincidence, of course, because the body was designed to survive the winter. So if you get a full store of vitamin D, you can go as long as two, maybe three months just living off your body's vitamin D stores. That would get you through most winters, depending on where you live, of course.

This means that you don't need to go out and get sunlight every single day of your life. This isn't like B vitamins, which are eliminated in 24 hours; this is a fat-soluble vitamin and it's actually stored in your body. Your body knows how to store it, retrieve it, metabolize it, and destroy it if it has too much.

The second thing is, if you are a fair-skinned person, you need to get about five to 10 minutes of sunlight a day on your arms and face, depending on where you live in relation to the equator. If you live in a northern climate, you'll want to increase that time -- double it or more. If you live closer to the equator (the southern United States, for example), five to 10 minutes a day is sufficient.

If you're a dark-skinned person, you may need 20-30 times as much exposure to get adequate amounts of vitamin D into your body. If you do the math on that, you might say, 'Gee, 10 minutes a day, but I'm in a northern climate and I have dark skin pigmentation... that could mean hours every day. I don't think I'm going to be able to do that.' So the answer is -- and this applies to those who are fair skinned as well -- **take vitamin D supplements if you can't get adequate sunlight exposure.**

Supplementing with vitamin D is the next best thing

Where do you get vitamin D supplements? Learn from the Eskimos. Get it from fish oils. My number one recommended source of vitamin D is cod liver oil. Cod liver oil is a remedy that has been used as medicine for hundreds of years in the U.S. and probably thousands of years elsewhere. You can buy Icelandic cod liver oil or Norwegian cod liver oil, but make sure you get a good source from a reputable brand. It's available at every health food store and even at some grocery stores. You can buy it online at any vitamin supplier. It's easy to get and it's not very expensive.

My top recommended brand is "Nordic Naturals." (<http://www.nordicnaturals.com>) You can find their products at nearly every health food store.

How much should you take? You should take at least one teaspoon a day. Of course, if you are presently suffering from a vitamin D deficiency, then you are going to need to dose up on this for an extended period of time just to rebuild your vitamin D stores. So you're going to need a lot more than one teaspoon a day. Pioneering doctors who treat patients with chronic vitamin D deficiency may give those patients a dose of 20,000 units (IU) of vitamin D at a time. (The normal dose is 400 IU per day.) However, this is a therapeutic dose that should only be taken with the supervision of a qualified health professional. Vitamin D can be quite harmful if taken in excessive amounts for a long period of time (as any fat-soluble vitamin can). Of course, most people are on the other end of the spectrum and not getting enough vitamin D to begin with.

Personally, I get plenty of sunshine, and I still take a tablespoon of cod liver oil every day. That's because it has other beneficial effects on joint health, beyond the vitamin D. Cod liver oil also contains healthy fatty acids: DHA and EPA, namely. It's primarily provided in the form of polyunsaturated fats. So it's not the same as the monounsaturated fats from the plant world, but it's still a very healthy fat that's wonderful for your heart health.

Yet another alternative: phototherapy

Beyond cod liver oil, you can also supplement with an ultraviolet facial tanner. This is similar to a light box, and it can give you exposure to artificial ultraviolet light. In my view, it's not as good as going out and getting the real thing, but if you live in a rainy climate or a northern climate, or it's winter, then you really don't have much choice. A facial tanner is better than nothing.

It's wise to get multiple sources of vitamin D. So drink some cod liver oil, get natural sunlight exposure, and use a facial tanner or tanning salon services as a backup strategy.

By the way, if you visit a tanning salon, you probably don't need the long duration tans that they might recommend. Shorter times are all that's necessary if you're a fair-skinned person. So make sure you tell them that you want to get a dose of ultraviolet light as nutrition and not because you want a tan. Because, in truth, you don't actually have to get a dark tan to experience sufficient sunlight exposure. Even though

The Five Habits of Health Transformation

your skin will adapt and get darker on its own, you don't have to have so much exposure that you achieve a bronze tan. The depth of your tan should not be used as a measure of whether you're getting enough vitamin D. In fact, your skin can be getting plenty of ultraviolet light, for a fair-skinned person, without having much of a tanning response.

Correcting this deficiency may take some time

The next thing to keep in mind is that turning around a vitamin D deficiency is a rather lengthy process. You will probably not notice changes overnight. This is especially true if you've been suffering from osteoporosis or osteomalacia. Rebuilding bone density takes some time, and just because you get some vitamin D into your body today doesn't mean you're going to notice a difference tomorrow. In fact, if you ask people who deal with osteoporosis on a daily basis -- such as people who run compounding pharmacies -- they will tell you that it can take a year or more to see any real, noticeable change in your bone density.

Of course, there are ways to accelerate that, and my number one recommended way is to use weight-bearing exercise or strength training. Strength training, when combined with exposure to sunlight, is a magical, powerful combination. It's one of the best-kept secrets out there in natural health, and I can't go into all the details of why that's such a great combination here, because of space limitations. But -- take my word on this one -- strength training combined with sunlight exposure and, if necessary, vitamin D supplementation is a fantastic, miracle class combination that brings together vibrational nutrition, chemical nutrition and your body's adaptive response to enhance bone mineral density and reduce the risk of many kinds of different chronic diseases. Plus, at the same time, you will build muscle mass that will boost your metabolism, helping you lose weight and ward off adult-onset diabetes and cardiovascular disease.

A word of caution, however: if you already suffer from a chronic vitamin D deficiency, chances are that you have weak bones. That makes strength training potentially more risky due to the possibility of bone fractures. So be sure to work with a qualified health professional before taking on strength training programs.

This strategy makes many prescription drugs obsolete

At the beginning of this segment I mentioned how so many people are being diagnosed with seasonal affective disorder. Often, instead of light therapy, doctors prescribe Prozac and other antidepressant drugs.

This is terrible medicine... it's downright negligent in my opinion. The person needs some light, they don't need drugs! And many antidepressant drugs actually increase the chance of people committing suicide. So if you want to see some of the highest suicide rates in the world, just go to Seattle during the winter and start watching the news. You'll hear about lots of people committing suicide. It's because they didn't get sunlight, they got depressed, they went to their doctor, their doctor put them on an antidepressant drug, and pretty soon they decided to kill themselves -- a very common scenario in the Pacific Northwest.

What the doctor should have done, if he or she actually understood anything whatsoever about healing, was to prescribe high-dose vitamin D, a facial tanner, or some basic tanning salon visits; or he could have advised the person to move to a city where they could get more sunlight on a regular basis. But, again, you don't see doctors doing this, because there are no drug reps pushing sunlight in a pill. The drug reps are pushing antidepressant drugs, and since most of modern medicine is based on little more than treating symptoms, that's pretty much all the doctor is going to treat... 'Oh,' they say, 'you're depressed. Well, here's an antidepressant.' And that's often the extent of their care.

Yet it's a doctor who pioneered all this

If you want to learn more about this from a truly pioneering doctor who understands ultraviolet radiation, vitamin D, and how this nutrient improves health and eliminates many of these chronic diseases, buy the book entitled "The UV Advantage," by Dr. Michael Holick. He's a pioneering researcher whom I've interviewed. There's a free report on Michael Holick available for download at www.truthpublishing.com.

Dr. Holick is a researcher at the Boston Medical Center, and his book will give you even more detailed information about how much sunlight you need based on where you live, what your skin pigmentation is, and other important details. It's strongly recommended reading.

Vibrational nutrition is essential for human health

But one thing his book won't tell you about is an area I'd like to discuss briefly, and that is the vibrational nutrition of sunshine. I believe there's more to sunshine than just creating vitamin D. I think there is an important impact on your health that goes beyond chemistry. There is a visual channel through which sunlight enhances your health, so it's important to actually absorb some indirect (ambient) natural sunlight with your eyes.

By that I don't mean looking directly at the sun, because obviously that would be bad for your retina. I mean going outside and looking at nature as the light is reflected from the sun. See the greens of the grass and the trees, and the reds, yellows and blues of flowers in bloom. This is sometimes called color therapy, and I believe that color therapy is very, very powerful. It is a healing strategy, and when you get color therapy that's produced by the colors of the sun, I believe this has a healing impact on your body that goes beyond any current understanding of biochemistry or physical medicine.

I can't quantify all of that and I can't tell you how exactly it works; but it is energetic in nature and it is something that's worth pursuing as a health habit. So while you're outside getting sunlight on your skin, stop to smell the roses... literally! Take a look around. Catch glimpses of rainbows, flowers, trees, plants and anything from nature, because these vibrational patterns will enhance your health.

This is why I say that even if you could get all the vitamin D you need through cod liver oil and other supplements, it's still a good idea to go out and get some sunshine anyway, because you're going to get some other (color therapy) benefits from sunshine that simply aren't available from nutritional supplements.

Dairy is not a good source for nutrition

One common question I get from people on this is, "What about vitamin D milk?" This is, of course, cows' milk that has been supplemented with vitamin D. And my answer is that it's an unhealthy beverage supplemented with vitamin D that's probably been largely destroyed by the time you buy it anyway. The reason for this is that most milk containers are translucent, and vitamin D is destroyed by light. That's sort of interesting, since vitamin D is created in your skin *in response to* light; but when it is in a liquid as a free chemical, it is easily destroyed by photons.

That means the vitamin D milk you purchase in the store probably doesn't have as much vitamin D remaining as it did when they added the vitamin D during production. Also, I think cows' milk is an unhealthy beverage in the first place, and I'm not going to go into all the details here. Let's just say that it is a perfect beverage

The Five Habits of Health Transformation

if you happen to be a baby cow. So if you wake up one morning and look in the mirror and notice that you have four hooves, you're covered in fur, there's an ear tag stapled in your ear and your vocabulary is limited to the word "Moo," then it would be a great idea to keep drinking lots of cows' milk. But otherwise, you should avoid it, as it's not nutritionally formulated for human beings, and it certainly isn't for adults of any species. We need cows' milk no more than we need moose milk.

Did you ever notice that even adult cows don't drink cows' milk? That's because when you grow up, you're supposed to stop drinking breast milk. But for some reason, here in America we have adults walking around every day who continue to think that they're babies and that they need to keep drinking breast milk -- not even from humans, mind you, but from furry animals! It's one of the most bizarre things I've ever observed.

I think that if they're going to keep selling cows' milk in grocery stores, they should just replace all the milk container caps with little plastic nipples. That way, consumers might understand that mothers' milk is only meant for consumption by infants.

Summary of health habit #1

So that's the story on sunlight. And if you adopt this health habit, you will dramatically improve your health. Start getting sunlight on your skin each and every day that you can. And remember: the darker your skin, the more sunlight you need. Try to get as much of your skin exposed to sunlight as possible. If it's cold outside and you can only expose your face, then that's the best you can do. If it's warmer and you can get your arms exposed, that's even better. And if it's a nice warm summer day and you can go out in shorts and a tank top, that's better still.

In looking at sunlight, it's rather fascinating to notice where we put our people in modern society. **We put all our people in places that have little or no sunlight.** For our children, they sit inside school buildings that have no sunlight. Even when they have windows, by the way, they're not getting ultraviolet light. And today we're seeing drastic reductions in recess time, so children aren't getting outside as much.

Instead, they're being trained to take exams to try to meet state or federal education standards, and for some reason school bureaucrats are deciding that passing these tests is more important than actually being healthy. So recess time gets sacrificed in order to spend more time drilling useless facts into the minds of children. And when those children start to misbehave, of course, there's always Ritalin or antidepressant drugs to correct the negative side effects of sunlight deprivation.

For the adults in our societies, we pack them into box-shaped buildings with tiny cubicles that have little or no natural light. Once again, even if there's some light, it's all through the windows, which means the ultraviolet light gets filtered out. So during the times of the day when our ancestors were out foraging for food and getting sunlight on their skin, we, as modern adults, are getting no sunlight whatsoever. We're sitting behind our desks, eating junk food, drinking soft drinks, avoiding the sun and, for some mysterious reason, dying from chronic disease... go figure.

Then, for our senior citizens, we stick them in retirement homes where they have little or no sunlight. They spend the vast majority of their time indoors where they are treated with prescription drugs and surgical procedures to mask the symptoms of disease caused by a lack of sunlight exposure.

And in all of these cases, when people get sick -- whether it's children, adults or senior citizens -- what do we do? We stick them in hospitals: buildings that also have little or no sunlight. And we keep them there, often immobilized in beds, recovering from surgical procedures, during which time they get absolutely no sunlight at all.

But what about those individuals who are trying to be healthy? They often go to gyms where they run indoors on treadmills that have no sunlight, and they exercise and work out on machines that offer cardiovascular challenges but nothing in the way of sunlight.

And how do we move between all of these buildings in our society? We get into cars that also have no sunlight. This way we can go from our homes to our work, to the school to pick up our children, to the senior citizens facility to visit our parents, to the hospital to visit someone in our family who's sick, and back home without ever seeing the sun. This is called modern society.

Then, to top it all off, when we finally get a bright, sunny weekend and we have an opportunity to go out to the lake, the beach or the park, what do we do? **We slap on sunscreen just to make sure that we don't get any sunlight whatsoever on the weekend.** How's that for medical insanity?

We've all been brainwashed with harmful beliefs about health

We've gone to great lengths to avoid exposure to the sun. We've all been brainwashed into believing that the sun is evil or that the sun will kill you by causing cancer. We've been told that we must flee the sun. Or, if we have to be under it for any reason whatsoever, we should block all exposure to the sun. It's sort of like wearing a sunlight condom. And all of this information, everything we've been taught about sunlight, is not just wrong -- it's actually killing us. **This is not just misinformation, this is disinformation.** This is information that moves us away from truth, that distracts us from health strategies that could truly help us.

All this disinformation is, of course, largely funded and spread by -- surprise! -- the manufacturers of sunscreen products who, of course, financially support the dermatology industry. That's why you will find dermatologists and sunscreen manufacturers blasting me with legal threats with they find out about this information. You can bet I'll also get 50 or 60 emails from their public relations departments, insisting that this information is going to cause people to be killed by skin cancer.

The reversal of truth...

But that's how crazy things are in society today, thanks to the financial greed of these sunscreen manufacturers and the dermatology industry. They have managed to take a truth and completely reverse it. That truth is that sunlight is good for you. They've managed to make people believe that sunlight is bad for you. And that is a fascinating exercise in distortion. But -- as I think you can see from this segment -- in looking at the history of mankind, the adaptation of skin pigmentation, the relationship between sunlight intensity and vitamin D creation, DNA mutation and the diseases caused by lack of vitamin D, it's very easy to see how important sunlight is to our health -- and that doesn't even take into account the psychological benefits or energetic influences of sunlight.

So now, after reading this section, you have a better understanding of sunlight and its relationship to human health. There are very few people who understand this -- only a handful of experts, frankly. You know more about sunlight than most dermatologists, than practically any doctor, and certainly more than any employee or executive at a sunscreen manufacturer. You know more than 99.99% of all consumers.

The Five Habits of Health Transformation

Take this lifesaving knowledge and use it!

So what are you going to do with that knowledge? My hope is that you make it your first health habit. If you do nothing else with this entire book -- if you stop reading right now and throw this book away but yet integrate this information about sunlight -- it will be worth every penny you've invested. This alone can transform your health, prevent chronic disease, boost your longevity, eliminate chronic pain and, essentially, initiate a quantum leap in your short-term and long-term health.

If you have children, use this information to help them get healthier as well. Encourage them to get outside and get some sunshine: you'll notice a huge difference in their behavior and physical health in a relatively short period of time.

Be sure to write me about your experiences with this information. I would love to hear your personal experiences and how this has helped you or your loved ones to enhance your health just by harnessing this natural, freely available healing therapy, sunlight.

Health Habit #2: Importance of water

Next in "The Five Habits of Health Transformation," we'll look at the importance of water.

Water is, of course, crucial for health, but most people don't realize they aren't getting enough water, and they are dangerously mistaken in thinking that their thirst sensation is an accurate indicator of their need for water.

Additionally, when they decide to consume water, they get it from sources that actually deplete their water supply: caffeinated beverages like coffee and high-sugar beverages like soft drinks, juices, fruit punches and other sweetened beverages. So even though most people recognize that water is important, they don't actually consume sufficient quantities of water. Thus they go about their lives in a state of chronic dehydration.

Dehydration leads directly to disease

The consequences of this are quite severe. A person who is chronically dehydrated will experience constipation, asthma, joint pain, muscle pain, arthritis, nervous system disorders, weight loss difficulty, kidney stones, poor skin health, poor immune system function, impaired liver function, and many other disorders that can ultimately be diagnosed as chronic disease.

Yet very few people actually drink fresh water on a regular basis; most people turn to other beverages. Why is that? Because the beverage marketing companies have done a great job convincing people to buy highly profitable beverages such as soft drinks, fruit drinks, teas, coffees and other beverages.

Yet more wisdom from your ancestors

Consequently, water doesn't get much of a marketing push, and in modern society that means it doesn't become a regular choice for most consumers. But it is, in fact, water that your body craves. It is water with which your body evolved. Once again, if you look back at your ancestry, you'll find that we are people who

evolved around water as the only beverage. Ten thousand years ago there were no soft drinks. People weren't drinking milk from cows. They didn't have artificial colors and fruit juice drinks made of added sugars and artificial flavoring. In fact, people drank drinks made with real water, and they actually squeezed fruit juice from fresh fruits (but even that was a luxury).

A common drink was, in fact, tea. Tea has been used historically by indigenous cultures around the world. Tea is, of course, water with extracts of leaves or plants. Thus, it is a healthy beverage that gives you not only water but also the medicinal qualities of whatever plants were prepared with that tea.

Dehydration frequently leads to misdiagnosis

What's especially interesting today is how much we fail to recognize chronic dehydration when it appears in our own bodies (or in patients). Doctors routinely misdiagnose dehydration as diseases like asthma, constipation and even autoimmune disorders.

Sometimes chronic dehydration leads to an apparent physical deformity in organs like the heart, or the spinal discs between your vertebrae. Without water, those spinal discs literally start to shrivel. It's similar to the way that a grape begins to look like a raisin if you take the water out of it. The same thing happens in your body at the cellular level, the organ level, and the whole body level. As you lose water, the organs and structures in your body begin to lose their shape. With that loss of shape comes a loss in function.

In modern medicine these are frequently diagnosed as physical deformities, and more often than not they are treated with surgical procedures that attempt to restructure the organs or tissues or even remove them from the body and replace them with artificial structures.

Remember: water is a lubricant. If you try to run your car without its lubricants (oil and grease), it's going to have some problems. It might start making a lot of engine noise and before long the engine will fail to start. But you wouldn't diagnose that as "engine noise disease." The correct diagnosis is lack of oil.

The same thing is true in the human body. Oftentimes, arthritis or joint pain is nothing more than a lack of lubrication due to chronic dehydration. And the diagnosis of arthritis is in fact frequently misapplied. These diseases can be treated or even eliminated entirely through hydration, especially when combined with physical exercise and regular movement of the joints.

This is one reason why we see arthritis and Alzheimer's disease in older patients, by the way: because thirst signals tend to become weaker as people get older, or perhaps they pay less attention to them. The fact is, older patients are more frequently found in a chronically dehydrated state than are younger patients. And older patients may refuse to drink water altogether unless it is prescribed to them.

The Five Habits of Health Transformation

How to tell if you're dehydrated

Now, how do you know if you're in a state of chronic dehydration right now? Here are some common signs:

- Do you have bowel movements less than twice a day? If so, you may be chronically dehydrated.
- If you don't feel energized during the day and tend to sleep a lot, that's a classic sign of chronic dehydration.
- If you suffer from joint pains, muscle pains, or if it's painful to get out of a chair or move around much, that's also a classic sign of chronic dehydration.
- If you have poor skin tone, or your skin seems to demonstrate signs of aging more quickly than others, you could also be suffering from dehydration.
- If you have kidney stones or difficulty urinating, or tend to get urinary tract infections easily, or your urine is clouded or dark in color, those are also classic signs of chronic dehydration.

There are many such signs that should be bright red warning flags about chronic dehydration. But, once again, people and physicians tend to ignore these signs and think of them as being chance disorders that have to be treated with prescription drugs rather than recognizing them as persistent dehydration that can be treated with nothing more than water.

Later in this section, I'll go into more detailed discussions about the various diseases that are caused by lack of water; but first let me answer some of the most common questions people have about drinking water.

How much should I drink?

People tend to ask, "How much water should I be drinking?" And, of course, that depends on the climate in which you live, because if you're in a warmer climate or a drier climate, you're going to be exhaling a lot more water with every breath than someone who lives in a humid climate.

If you tend to exercise a lot, you're going to be exhaling or perspiring a lot of water and losing it that way. So it depends on where you are and what kind of activities you pursue.

As a general rule, you should drink a minimum of 1/2 oz. per pound of body weight, per day. So if you weigh 150 pounds, you should drink at least 75 oz. of water per day. But that's only if you get zero exercise. If you're active in the least, you should get far more water than that. Personally, I drink 3-4 times that much. I get 1.5 to 2 oz. of water per pound of body weight each day. Then again, I exercise a lot, and I live in the desert.

There is such a thing as drinking too much water. Like anything, water can be toxic at extremely high doses. But the more widespread danger is water deficiency. Nearly everyone needs more water. Very few people drink too much of it.

Your body's water management system

Something else is interesting on this point: you may ask, "How, exactly, does chronic dehydration cause symptoms of asthma, constipation, kidney stones or other diseases?" The explanation is actually quite simple.

When you begin to lose water, your body is wise enough to know that it has to take steps to preserve the available water, especially for your brain and nervous system. This is because if your brain loses water it will cease to function (i.e. you would die). So protecting the water supply of the nervous system becomes the body's number one priority.

In order to do that, your body is willing to sacrifice hydration in other organs, such as the large intestine, heart, liver, skin, muscles, tendons, synovial fluid, and especially the lungs. It does this by producing a chemical signal (a hormone) that tells the capillaries in your lungs to constrict in order to conserve water.

By constricting, your lungs will reduce water loss during respiration. This constriction, of course, makes breathing more difficult and it is frequently misdiagnosed as asthma. And asthma, in turn, is often treated with drugs called antihistamines. That's no coincidence, because the name of the hormones the body produces to tell the lungs to constrict and lose less water is, in fact, histamines!

How modern medicine interferes with the body's health strategies

The body produces histamines in response to a drought crisis, and it produces these histamines on purpose for a very particular reason: to protect its own biology. But in modern medicine, instead of recognizing dehydration as the root problem, we treat the histamines directly with antihistamines. In other words, **modern medicine tries to block the hormone and interfere with the body's normal response to dehydration.**

This sort of action is quite typical of allopathic medicine, which seems to be dominated by the idea of counteracting or overtaking most of the natural functions of the human body. For example, if you sprain your ankle and your ankle begins to swell up, one of the first things doctors will tell you is that you have to bring the swelling down. And you do that by putting ice on it, or in some cases injecting hormones into the tissue directly. This is all a mistake.

Consider why inflammation happens in the first place: this is no accident. The body is trying to bring blood and nutrients to the area to heal the tissues. Inflammation is a deliberate strategy by the body to accelerate the healing process. In fact, without inflammation, the torn tissues or ligaments won't heal correctly, and you're more likely to injure the same ankle again in the future.

This is especially true if you take anti-inflammatory drugs. So if you're out there taking non-steroidal anti-inflammatory drugs (NSAIDs for short), Cox-2 inhibitors, or other drugs following an injury, **you are impairing the built-in healing capacity of your body and practically guaranteeing a future injury.** If you've ever experienced multiple injuries of the same joint, ligament or limb, and you keep wondering why you injure it over and over again, the answer is probably because you never let it swell up and heal properly. Once again, this harmful intervention is standard practice by conventionally trained medical doctors who, as I've demonstrated here, have little understanding of how the human body can heal itself.

Modern medicine merely treats the symptoms

It's the same situation with water. Instead of recognizing the production of histamines as a response to chronic dehydration, medical doctors treat the symptoms of that dehydration. If you can't breathe, they want to give you antihistamines to open up the capillaries in your lungs. Of course this does no good to the rest of your body, where the chronic dehydration continues. In fact, it trains patients to pursue a lifestyle that lacks water, because they learn that with the antihistamines they can make it through their daily lives even without consuming sufficient supplies of water.

Constipation has a similar story. Water is required to lubricate the large intestine, the colon and in fact the entire digestive tract. The body uses water to generate mucus to assist with peristaltic action as you evacuate feces. When you're in a state of dehydration, less water is available because your body figures that hydrating your brain is a higher priority than hydrating your large intestine.

That's a very good choice, in fact, because you can live a long time without having proper bowel movements, while you can't live very long at all without brain function. So your body is making a choice. For you as an individual, you should pay attention to what's happening in your body. Realize that if you are asthmatic, if you have trouble breathing, if you have constipation or kidney stones or any of the other symptoms that have been discussed here, it's a classic sign that you aren't getting enough water.

In later sections we will discuss some of the many ways in which water benefits your physiological function, improves immune system function, aids in weight loss, and helps prevent other chronic diseases.

Fundamental elements of sustainable life

So far, we've talked about sunlight and water as two essential elements to support human health. Both of these are very easy to acquire and they are available at little or no cost.

What's really interesting about sunlight and water, however, is that they are recognized as essential elements for the support of life everywhere in the universe... except, it seems, on earth.

If you ask scientists who work at NASA where they might look for life in the solar system, where would they want to send a billion-dollar space probe to try to find evidence of life, they would tell you, 'well, we need to find a planet with basically three things. If those three elements exist, we're pretty sure we will find life, and if those three elements don't exist, we're almost certain we won't find life. Those elements are, quite simply, sunlight, water and an atmosphere.'

We're not talking about air in this book because most people do just fine getting air (although there is something to be said about the healing value of therapeutic breathing). But let's look at sunlight and water. Even though these are essential elements for life in the universe, and even though these elements were present in the environment in which our ancestors evolved, **today we are told to avoid the sunlight and don't drink water**. We're told to avoid the sunlight by dermatologists and doctors who tell us that sunlight will kill us. It's not a bringer of life, they say; it's a bringer of death. Simultaneously, marketing companies tell us we should avoid water. They say water is boring and doesn't taste good. We should be drinking Coca-Cola or Pepsi or Sunny Delight, they say. Anything but water.

(In the restaurant industry it's called "ABW" -- anything but water. And don't forget Coca-Cola's campaign to convince people to stop drinking water at restaurants: it was called "Just Say No to H₂O." And it was a very effective campaign at getting customers to order high-profit beverages rather than consuming water.)

There's no intelligent life here on Earth

It's fascinating that even though anyone trained in biology or physics understands that sunlight and water are essential for the support of life in the universe, there are widespread denials of that truth here on our planet. Earth is the planet with plentiful water and with just the right amount of sunlight. In fact, you could call earth the Water Planet. But what do we do with our water on this planet? We dump all our toxic chemicals into it, we use it to scrub waste products out of industrial factories, we poison it and pollute it to the point where our public water supplies now have been found to contain trace levels of prescription drugs, antibacterial chemicals, heavy metals and other pollutants.

That brings me to another point, which is that you should always drink filtered water. Tap water tastes terrible and is terrible for your health. It's loaded with chlorine and all of the byproducts of chlorine created as a result of the chemical reaction with organic matter present in the water pipeline. Drink filtered water, or better yet, go with bottled water.

There are also some companies bottling deep ocean water. This is probably the best water you can buy. One such company is called "Koyo USA," which is bottling water from deep under the Pacific Ocean that hasn't seen the surface of the planet for about 2,000 years. These are pristine waters, and once they are desalinated they can be safely consumed by people. Unfortunately for Americans, Koyo USA produces this water primarily for the Japanese market. But I suspect that as other new companies begin to recognize the market potential for deep ocean water, we may end up with some bottlers who will sell to the U.S. market.

Anyone who's interested in this, by the way, can contact the National Energy Laboratories of Hawaii, or NELHA, in Kona, Hawaii. Just contact the Chamber of Commerce in Kona to find out more information if you're interested in becoming a manufacturer or a bottler of deep ocean seawater. (Big investments required, though. I'm talking about US\$100 million and up for the necessary equipment.)

Health Habit #3: Reducing chronic stress

The next habit for health transformation is reducing your level of chronic stress. Chronic stress is a genuine killer. It impairs healthy body function in so many ways that it's probably even worse for you than smoking cigarettes. (If you smoke AND subject yourself to chronic stress, you have the worst of both worlds and are likely to live a relatively short life.)

In this section, I'm going to talk about some of the ways in which chronic stress impairs healthy body function, along with some of the easier methods you can use to let off some steam and reduce your stress. Remember, this was rated one of the most effortless and effective ways to enhance your health. So first, let's start with some of the effects of chronic stress.

Let's start by recognizing that stress has an important function to play in the human body, especially in survival. You've all heard the phrase "fight or flight," and stress has an important role in all of this. When our ancestors were facing a threat on the plains of Africa, stress hormones kicked in and gave them extra energy that would allow them to flee at supernormal speeds. This was a handy survival mechanism. Stress makes us alert, it gives us heightened strength, endurance, courage and determination.

But that's acute stress, and that's not the kind of stress to which we are exposed in modern society. Instead, most of us experience what you might call "chronic low level stress," and this gives us none of the benefits

The Five Habits of Health Transformation

of stress, yet all of its accompanying drawbacks. With this low level of stress, our adrenal glands become exhausted and our body remains in a state of constriction, because stress constricts muscles and tries to conserve energy and oxygen so that we are ready to flee or defend ourselves.

But when we feel stressful in our automobiles in a traffic situation, or we feel stressful in the office, these natural reactions in the body do not serve us well. In fact, all they do is harm us in the long term. And yet, many of us exist in a constant state of low level stress.

There are many forms of stress

It's not just emotional stress that affects us. It can also be dietary stress and vibrational stress. For example, if we sit under fluorescent lights all day rather than getting some natural sunlight, we are subjecting ourselves to vibrational stress. If we consume tap water containing chlorine or eat refined sugars or consume foods made with artificial colors, then we are subjecting ourselves to dietary stress.

There are also other environmental stressors such as the toxic chemicals given off by the glue in the carpet in your house; the toxic chemicals found in dryer sheets that coat your clothes with perfumes made with carcinogenic ingredients; the low-level electromagnetic waves given off by all electronic devices including computers and cell phones, and so on. The list goes on.

There are many sources of stress. And as these accumulate, they have an increasingly destructive effect on the health of our bodies and our minds. But for this section I'm going to focus mostly on the emotional stress, or what I call the energetic stress, because this is where the solutions can be relatively effortless and yet quite effective.

How stress impairs your good health

When we get stressed emotionally, whether it's an argument with a loved one, a disagreement with someone at work or some kind of confrontation or conflict with a stranger, several different things happen in our bodies, biochemically speaking. This stress results in a depletion of nutrition from your body as well as a depletion of energy from your endocrine system.

In other words, experiencing chronic stress or acute episodes of stress on a repeated basis will actually create nutritional deficiencies in your body. These are often deficiencies in the B vitamins and the minerals necessary for healthy nervous system support, most notably, magnesium and zinc. It's almost as if stressful episodes use up these ingredients at an accelerated rate. While that's not technically accurate, it's a good enough metaphor to get across the main point here, which is that if you put yourself in situations where you experience a lot of stress, you are likely to suffer nutritional deficiencies. These deficiencies, in turn, will further accelerate the deterioration of your health.

It is a self-reinforcing cycle, and unless you intervene with nutritional supplementation, dietary changes, or by alleviating the stress in your life, you're likely to head into a downward spiral ultimately leading to potentially fatal chronic diseases.

Simple techniques for reducing stress

So, now, let's talk about that intervention. How do you actually reduce these levels of chronic stress in your body and enhance your lifespan, boost immune system function, protect your nervous system and your sanity, and give your endocrine system a much-needed rest? Fortunately there are several easy ways to do this. Let's start with the first one and the easiest one: laughter.

Laughter is a healing activity. You may have seen the movie called "Patch Adams," which is a real life movie about a doctor who still practices today and uses laughter as healing. He's quite correct in using laughter as a healing therapy, because it is one of the most healing activities in which you can engage.

Laughter operates on at least three different levels. They are the biophysical, the biochemical, and the bioenergetic levels.

Laughter moves lymph and oxygenates your organs

At the biophysical level, laughter moves lymph fluid around your body simply by the convulsions you experience during the process of laughing; so it boosts immune system function and helps clear out old, dead waste products from organs and tissues. Remember that your lymph system doesn't have a separate pump; your body needs to move around to properly circulate lymph fluid so that your immune system can carry out its natural functions. Laughter is a great way to support that.

Secondly, laughter increases oxygenation of your body at both the cellular and organ level. By laughing, you intake vast amounts of oxygen in huge gulps, and you repeat this process in a sort of temporary hyperventilation session. This is the natural result of laughter, and if you watch someone laugh, you will notice these biophysical effects.

Now, why is oxygen so good for your body? Oxygen is one of the primary catalysts for biological energy in the human body. Remember, we breathe in oxygen and exhale carbon dioxide, so oxygen is an element of intracellular energy that's absolutely necessary to sustain human life.

It's also interesting to note that cancer cells are destroyed in the presence of oxygen. In fact, many parasites and bacteria don't survive well in the presence of oxygen, and to the extent that you can circulate extra oxygen throughout your body, you can help prevent, or in some cases treat, these diseases.

This is one reason why we see an increasing number of so-called "oxygen bars" in the United States and other countries. People enjoy going to these bars and breathing a much higher concentration of oxygen, because they say it gives them greater mental clarity. They like the feeling of this extra oxygen: it's almost like that "natural high," as they say. Now, personally, I've tried this myself and I didn't notice any effect whatsoever. But it could be because my body is able to carry oxygen so efficiently in the blood that I'm already experiencing peak oxygenation and didn't get any extra benefit from a higher concentration in the air I was inhaling. But, who knows? You might experience a benefit or I might have been at a lousy oxygen bar. But the point is, oxygen is good for you, and when you laugh, you get more oxygen into the cells of your body. If you can laugh at an oxygen bar, that's even better!

The Five Habits of Health Transformation

Laughing also boosts circulation, so at the same time that you're distributing oxygen around your body, you're boosting the circulation of your blood; you're exercising abdominal muscles; you're exercising the muscles of your face; and you're enhancing the flexibility of various joints throughout your body. So it's a bit of physical exercise and healthful body movement as well.

The harder you laugh, the greater this effect. If you can find a way to put yourself into a state of rolling, outrageous laughter, you're going to get a fantastic physical workout from it. In fact, the next day, you may even find your stomach muscles are sore. Have you ever laughed so hard that your stomach hurt and your facial muscles were exhausted? That's some serious exercise, and it's the kind of exercise in which we should all engage on a regular basis.

The chemistry of laughter

Now let's look at the biochemical impact of laughter. When you laugh, there's a lot more going on in your body than just the physical effect. You're also experiencing a biochemical benefit.

Your body manufactures chemicals based on certain needs and then distributes them throughout your body. When you laugh, you generate a wealth of healing biochemicals. I've often stated that **for every minute of laughter, you produce somewhere around \$10,000 worth of healthy body chemistry**, and what I mean is that if you had to go out and actually purchase these refined chemical compounds from labs or pharmaceutical companies, you would have to pay at least \$10,000 for the very same chemistry that your brain is producing free of charge when you engage in laughter.

Some of these are brain-altering chemicals such as serotonin; others are immune-boosting chemicals such as interleukins. If you were to make a long list of all the chemicals created by engaging in healthy laughter, you would have quite a list of healthy body chemicals that would carry a hefty price tag if you purchased them retail. And yet, once again, **you can create these chemicals for yourself at no cost** by simply engaging in laughter.

You will find that these chemicals have extraordinary positive healing effects on your body and mind. They will boost immune system function; they will improve your outlook on life; they will tend to diminish any symptoms of depression; and because they help reduce stress, they will also prevent all of the various diseases and disorders that are caused by chronic stress.

In other words, laughter can help counteract the destructive, negative health consequences of chronic stress. And what I've described here just scratches the surface of the benefits that are available to those who engage in regular laughter. Check out the science field called psychoneuroimmunology to learn more on this. It's a fascinating specialty that looks at the link between the mind and immune system function. What researchers have found in this field is that your state of mind has everything to do with the functioning of your immune system. By engaging in laughter, you can boost both your mind and your body.

But what if you can't find anything to laugh about? Rent some funny movies. Join a comedy improv class. Imagine all your older friends wearing no clothes. Buy some silly finger puppets and invent a funny skit. Learn from children: they still know how to play and laugh. Find a way to get laughter into your life, even if it means being a little weird.

Laughter recharges your energetic batteries

Finally, let's look at the bioenergetic effects of laughter. From an energetic perspective, laughter opens your energy centers and allows you to receive more healing energy from the earth, from the universe, from the foods you consume, from the people around you who may express loving emotions to you, and many other sources.

Laughter also alters your view of the world. Indeed, by being able to laugh at yourself and laugh at circumstances, you are able to operate with greater humility and not take things so seriously. A lot of the stress in life comes from the fact that we tend to take things too seriously. We think that five minutes stuck in traffic is going to kill us, or we think that the extra five pounds of body fat around our waist is the worst thing that could possibly happen to us, and we get stressed out about it. All in all, we take ourselves way too seriously, and by being able to laugh at ourselves and our circumstances, we can gain a whole new perspective on life that is a lot less stressful.

In fact, if you could look at yourself from the perspective of a 'higher being' and could see yourself scrambling around here on planet Earth like a tiny ant, scrounging for little bits of food and water to feed yourself and hurrying around thinking all the stuff you do is so important and so serious, you might start laughing, because it's all quite hilarious from a big picture perspective.

The stuff we do is not really all that important in the big picture. We live our lives and we pass away at a timescale that vanishes in the blink of an eye from the point of view of the planet or the universe. We are but a moment in time. And most of our concerns with relationships and biological survival are, in fact, identical to the concerns of monkeys, apes, hippos and pretty much the entire animal kingdom. We all have pretty much the same concerns. We all stress out over basically the same things: finding a mate, controlling resources, getting enough food, making sure we look good to our peers, protecting our families, improving our social standing and so on.

Getting your ego out of the way

Being able to laugh about yourself, by the way, also helps you get your ego out of the way. So many of us are so preoccupied with our egos -- which seem to need constant care and feeding. I've met many people with the bodies of 40- or 50-year-old people, yet who seem to have the behavioral maturity of a 10-year-old. Why? Because they're still feeding their egos. They feel so uncertain about themselves, they're so shallow, that everything has to be about their accomplishments or how much money they've made or how big of a house they have or how many people they've slept with, and so on. This is all quite childish. By being able to laugh at yourself, you can help get this ego out of the way and stop taking yourself so seriously.

In fact, the higher levels of spiritualism, whether you are talking about Buddhism or Christianity or Islam or Judaism, all teach letting go of the ego and, in a sense, letting go of all connection and attachment with material things. And at that point, laughter becomes very, very easy. If you've ever seen the Dalai Lama laugh, then you've witnessed the kind of spiritual laughter to which I am referring. The Dalai Lama also says that, "A person's happiness is inversely proportional to the size of their house," meaning, of course, that too much attachment to physical possessions is a recipe for lifelong frustration and stress.

These are some of the many benefits of laughter, and hopefully this has initiated some new ideas for you about what it takes to be able to laugh at ourselves and each other, and at our circumstances.

The Five Habits of Health Transformation

Don't take yourself too seriously

As a side note to all of this, when I give public presentations, I do some pretty crazy stuff. Afterward, people say to me, "You must have a very solid sense of self confidence and self image to be able to get up on stage like that and make a complete fool of yourself wearing a funny hat and cracking jokes in front of all these people!" And I say, "Well, you know what? I don't think the audience is going to take anyone that seriously unless the speaker is willing to let go of his ego."

Because a person who stands up and says "I know everything and you should listen to what I know because I'm the smartest genius in the world" is, in my opinion, full of bunk. I like a person who gets up there and says "You know what? I'm human just like you're human. I've had some experiences, I've learned some things, and we're going to have some fun exploring all of that. And by the way I'm willing to completely set aside my ego and provide some entertainment by poking fun at myself during this whole process."

To me, that really engages the audience; it gets people involved, opens up the energy between you and the audience, creates trust, and ultimately creates a more effective learning experience -- even a healing experience -- for everyone involved.

Strategies for getting more laughter into your life

Let's talk about some of the ways that you can get laughter into your life. This is where the low effort part comes into the picture. Let's start with the obvious ones. First off, you can rent some funny movies. It's actually therapy, it's not just wasting time on the couch. Even though I'm not into watching television, renting funny movies is a great way to get some laughter into your life.

Another strategy is to engage in laughter with some friends. If you have some people you can invite over and have some fun with, or go out with and enjoy being around, then by all means do it! Perhaps you can go visit a comedy club. They even have non-smoking sessions at comedy clubs, where you can get the healing effect of laughter without the cancer effect of cigarette smoke.

To take that even further, you might want to engage in comedy training. That's where you can get together with a teacher and a group of students and actually learn how to do on-stage comedy in pairs or groups. I'm not talking about stand-up comedy where you're just telling jokes; I'm talking about improv comedy with other people, where you practice various comedy formats and you have to make up things on the spot and act them out. You will find yourself laughing at your classmates just as often as you're laughing at yourself. It's a great way to build some stage confidence and give yourself some brain exercise that will make you a better speaker, give you better skills at thinking on your feet in the office, in relationships, or anywhere you go in life. This is a fantastic brain exercise that's highly recommended for brain health and for creating laughter in your life.

Another strategy is to play some games. There are lots of games that can be quite amusing, and they can be good therapy because they get laughter into your life. The more fun the game, the better it is. There are lots of great party games these days that can be played with groups of people. And if you don't know anyone, join some organizations, go out there, start meeting some people and get together with some groups to play some of these games.

Some of the best games are ones like Cranium, which require you to use all the different parts of your brain, because they not only provide laughter, they also exercise your brain. And if you're getting up there in years and you're noticing some symptoms of lost cognitive function -- for example, reduced memory or brain fog -- then this is a great way to keep your brain active and healthy.

You can, in fact, train yourself to be smarter, more introspective, more creative, and to have an expanded vocabulary at any age. I know a man who is now 93 years old, and he works crossword puzzles every single day. He has an incredible vocabulary, a sharp wit, and is great at remembering and telling jokes. The guy is so good that he beats me consistently at Scrabble. He's sharp and active because he continues to expand his vocabulary and play word games every single day. So it's not the age that matters, it's how you use it. That's why you often see people go downhill in terms of physical and mental health when they retire - because suddenly they're not engaging their brains the way they used to. In retirement, they don't get the same sort of stimulation that they used to when they were in the working world.

Relaxation and meditation are quite effective

Another thing you can do to let off some steam and reduce your level of chronic stress is to engage in relaxation exercises. These include, of course, meditation and guided relaxation. Massage therapy is an excellent way to go here. You can also engage in various biofeedback exercises.

One relaxation-related product I use and recommend is called HeartMath (<http://www.heartmath.com>). It's a great way to entrain the rhythms of your heart and teach yourself to relax.

There are also some wonderful environmental things you can do. You can have some nice-sounding windchimes around your home. You can get some electronic sound-soothing devices or environmental sound devices. My favorite one is made by Sharper Image (<http://www.sharperimage.com>) called the **Sound Soother Fifty**. It costs around \$200, but it's the best, highest quality sound-producing device I've ever seen. Most other similar devices sound really cheap. But with the Sharper Image device, you get sounds that actually sound good, so it's worth every penny. I use this as I sleep, sometimes even while I work. It has many different sounds; all of them add to the soothing effect of the environment.

You can also create relaxation through the use of light and color in your environment. Feng Shui is, of course, the study of how energy flows through spaces, most notably living spaces or working spaces. If you follow Feng Shui or hire a Feng Shui consultant to rearrange your home or office, you will, in fact, experience lower levels of chronic stress from that day forward. (It's true. Feng Shui really works.)

In terms of lights, you can purchase soothing light devices. There are a few devices made by a company called HoMedics which project various light patterns that can be soothing to your nervous system. I use these quite frequently. You can also buy devices that project rainbows with various color patterns on the ceiling or the walls of your house. These are highly recommended as well.

Through light therapy, sound therapy and fresh air, you can create an environment in your home or office that is far more relaxing and helps alleviate chronic stress.

All stress is ultimately created internally, not externally

But remember, no matter what you create in your environment, your level of stress ultimately comes from within. The environment can help you relax, but it can't overtake your internal belief system and your reaction to events in the outside world. It is ultimately you who chooses how you are going to react both physically and biochemically to external events.

Those people who practice meditation are able to control or moderate their reactions to acute events such as very loud noises. But those who have not engaged in meditation or who have not pursued any form of mental discipline are typically unable to control their reactions. They tend to say things like, "That person made me angry!", which is a completely incorrect statement, and very disempowering. **No person can cause you to be angry unless you yourself decide to be angry.** And you can change that decision; you can decide to be calm. You can decide to react in a completely different or unexpected way, perhaps even a comedic way. Maybe you'll learn something from your comedy improv classes and use that instead of anger to send a message to the other person or to express your true feelings.

The point is, how you react is up to you. I remember a story about a conversation in which the father of a well-known black athlete was being interviewed on television, and he was being asked about the way in which his son was insulted with a racial slur by someone else saying he was only a good player because he was black. The interviewer asked this father, "Did that person cause you to be outraged?" And the father said, "No, he didn't cause me to be outraged at all." The interviewer asked again, "Didn't he cause you to be angry? Aren't you angry in some way?" And the father said, "No, I'm not angry." Again, the TV interviewer asked, "Well, didn't he cause you to want revenge or want to get back at him in some way?" And the father finally answered, saying, "That person has no control over me and my reactions, and whatever distortions he has in his own mind are his business; but it doesn't give him the ability to control my emotional state."

That is the answer of a person who is a master of his own state and his own environment. And ultimately that is what you are looking for if you wish to reduce your levels of chronic stress.

There is no such thing as stress "management"

If all of this sounds like it's getting metaphysical, it is. Ultimately, where you want to go with this is to find a way to calm your mind, to practice some mental discipline, to pursue some meditation if that's a direction in which you can go, and to be in control of your emotional and mental state regardless of the external circumstances. This is how you will ultimately eliminate harmful stress in your life.

You see, the common mistake in dealing with stress is thinking that you "manage" stress. Stress management is a common term, and I think that's an utterly ridiculous term. Who wants to "manage" stress? I'd rather transform it, personally. I'd rather take something that's stressful and find a way to change it so I can laugh about it, because then I don't have to manage the stress at all. I can take the joy or the laughter, put it in my pocket, and walk away all the happier. So forget about stress management.

Stress "management" also falsely implies that stress comes from the outside, that you manage stress by managing your outside circumstances. That, of course, is a distortion as well. You don't "manage" stress, and stress doesn't come from the outside. Stress comes from the inside. What really matters is the way you allow yourself to react to external circumstances.

Now I know that this is all getting rather esoteric and perhaps a bit sidetracked from our original health transformation habit, but it's important to explore. The original habit to which people responded and assigned a low degree of effort was laughter. People found it easy to get laughter on a regular basis. And that's where you should start. If you're not already into meditation, or these ideas of controlling your internal states are new to you, then start with laughter and move forward from there.

Be a lifelong learner

However, I suspect that many of you who are reading this have a lot of experience in managing your internal states, that you've practiced meditation or relaxation before, and that these ideas are not at all unfamiliar to you. If so, congratulations! I'm here right along beside you learning this as we move forward. And, by the way, I don't claim to be any sort of master in this area; I still allow external circumstances to have far too much influence over my states -- I'm aware of that, and I'm working on it. And that's what life's about - it's a journey of what Tony Robbins describes as constant and never-ending improvement (CANI). We never actually get there, we just move forward and try to improve our understanding of the nature of the universe and our place in it. Hopefully we share those insights along the way with the people around us.

To wrap up this section, then, it's all about reducing your levels of chronic stress and letting off some steam. You can do that by getting more laughter into your life through funny movies, funny games or studying comedy improv. You can also alter your environment to improve the energy flow and reduce the level of stress in your immediate surroundings. Ultimately, you can master your own internal reaction to stress, alter your belief system, alter the way you metabolize energy and control your reaction internally, regardless of the environment or external stimuli. No matter how you go about it, the more you can reduce chronic stress, the healthier you're going to be.

Health Habit #4: Supplemental Nutrition

In "The Five Habits of Health Transformation," the next health habit is supplemental nutrition. In our survey we found that it was quite easy for people to take various vitamins, multivitamins, antioxidants or other nutritional supplements. It wasn't the easiest of all the strategies, but it was relatively easy, especially considering the benefits associated with this habit.

Perhaps the biggest barrier to this health habit in the minds of most people is the cost associated with doing it, and that can be significant. It costs money to buy these supplements and take them on a regular basis; but as you will soon see, it is well worth the investment in your health, because the cost expended on these supplements is only a tiny fraction of the long-term costs associated with being malnourished and acquiring chronic disease. In other words, it's cheaper to be healthy than to be diseased, even if you're spending money each month on nutritional supplements.

But let's begin with the basics. Some people ask, "Why do we need supplemental nutrition? After all, aren't we supposed to get our nutrition from our foods?" And that's one of the great misconceptions about nutrition these days. It's also one that's widely believed in the medical community, unfortunately. It would be true that food could provide our nutrition, **IF** a couple of conditions were drastically altered in our lives and our environment.

The Five Habits of Health Transformation

If you look back at our ancestors, they were expending a large number of calories per day -- far more calories than most people expend in modern times. That's because our ancestors were moving around: they were walking, running, climbing, using their hands and even expending a lot of energy chewing on various foods. So they were able to **burn through a lot more food mass in a given day**, which meant they could extract more nutrients from those foods.

Malnourished soils produce nutrient deficient foods

I'm not just talking about calories, I mean phytonutrients, vitamins and so on. So, that's one factor: that modern people simply can't move enough food through their systems to absorb the nutrients they need. But the second factor, and perhaps the more important factor, is that **modern foods are grown in soils that are nutrient depleted**. Our soils have been over-farmed and undernourished to the point where the fruits, vegetables, roots and other plants that grow in them do not have the nutritional content they're supposed to have -- which they *would* have if they were grown in fertile soils.

So, for example, you can grow wheat on the same plot of land year after year, but as you do so, each successive crop will absorb more of the minerals from that soil, leaving the soil depleted of those minerals for the next crop. After a few years, the farmer is still adding fertilizer back into the soil to make the crops grow, but **the crops don't have the mineral nutrition they're supposed to have**. And thus, when those foods are harvested and made available for human consumption, they don't offer the nutritional value intended by nature.

But that's just the beginning of the nutrient-depletion chain when it comes to modern foods. There are a lot of things that happen to food throughout its journey from the farm to your dinner table. After the food is harvested from nutrient-depleted soils, it is typically processed to remove even more nutrition. You may have heard me give this example in other articles or books:

Grain processing strips out most of the essential nutrition

If you imagine a giant wheat processing facility that takes in whole grain wheat berries from the farm and then on the other end produces white flour for human consumption, it's an interesting exercise to look at what happens in the middle. In other words, how is wheat actually processed to create this flour product?

The short answer is that as much as **98% of all the nutrition in the wheat is stripped away from the grain during the milling process**. Healthy oils are stripped away by removing the germ; the healthy fiber is stripped away with the removal of the bran (along with more healthy oils); and healthy minerals are stripped away from both parts.

Many vitamins are also lost in this process (the B vitamins and many more), and at the end of this process, the white flour you're left with is a substance containing nothing more than empty calories. In fact, it has been so depleted of nutrients that according to federal law, a small amount of certain vitamins must be added back to the white flour just to make sure it doesn't cause nutritional deficiency diseases in the general public.

This end product -- white flour -- is something that promotes chronic disease and bears no resemblance to the natural wheat berries coming out of the ground grown in healthy soils.

Food processing further destroys the nutrient content of foods

The above example explains just one example of the way in which foods are processed. Food manufacturers also take perfectly healthy fruits and vegetables and then cook the life out of them. They pasteurize them and put them in cans, where their nutrient value continues to decline over time. They will also pack them with nutrient depleting ingredients like high-fructose corn syrup.

For example, if you buy canned fruit and you check out what else is in the can, it's really just sugar syrup. There are many different examples of how foods are processed and manufactured in a way that depletes their nutrients, but it gets even worse: when foods are taken home and prepared, many people further deplete the nutrient value of those foods by overcooking them. Sometimes people will boil green beans and then pour out the water in which they were boiled. All that does is pour the remaining nutrition right down the drain.

So what happens in the real world is that by the time foods get into the mouths of human beings, they have only a fraction of the original nutrition they should have if they had come from healthy soils and were grown in natural environments. So even if you were to burn 4,000 calories a day like your ancestors might have, and even if you were able to chew through massive amounts of food each day in an effort to extract nutrition from them, you would still be unable to get adequate nutrition due to the nutrient depletion of our modern food supply.

This means **it is impossible to get adequate nutrition from consuming foods alone**. As an example of how difficult it is to do this, you might consider the US RDA numbers: these are the "Recommended Daily Allowances" of various vitamins and minerals. You might wonder how many calories you'd have to consume each day just to meet the minimum nutritional standards outlined by these US RDA guidelines. I recently took a trip to the grocery store and began adding up the calories and nutritional value of products in order to answer this question, and I found that in order to get 100% of all the vitamins and minerals listed on the US RDA chart, you would have to consume approximately 10,000 calories a day if you were to purchase the popular foods and grocery products. That's 10,000 calories of food a day just to meet minimum nutritional needs!

But then, at that point you would be over-consuming in terms of calories. You'd be packing on an extra two to three pounds of body fat every single day, which obviously is not a good strategy for proper, balanced nutrition.

The modern food supply is a sham

As you can see, then, **the modern food supply is actually a sham**. These nutritional guidelines tell you how much you're supposed to get, but if you actually go out and buy popular foods, it's impossible to meet those nutritional guidelines. And here's the biggest kicker of all: the US RDA numbers are minimum numbers that only indicate how much you need to eat to avoid commonly recognized nutritional deficiency diseases. These numbers do not in any way represent how much nutrition a human being needs to be at peak performance. And by simply meeting these minimum values, you are not going to be able to fight off many chronic diseases. All you're going to do is prevent the most obvious diseases like scurvy, rickets, beriberi, and so on.

The Five Habits of Health Transformation

That brings us to the issue of nutritional supplementation. If you want to be a healthy human being living in modern society, you have to stop looking at foods as your sole source of nutrition. Foods can provide calories, fiber and many phytonutrients, but **foods alone simply cannot provide the nutrition that we need in order to achieve optimum health**. Think about this: even our ancestors probably didn't have optimum nutrition. Even when they consumed lots of plants grown in the natural environment, they probably could have been healthier, because for many of these vitamins, minerals and phytonutrients, the human body can utilize far greater quantities of these nutrients than might be prescribed by the US RDA guidelines.

Supplementation is essential for good health

In talking about nutrition, then, the obvious answer comes down to supplementing your nutrition. And that means consuming nutrient-dense substances that provide outstanding phytonutrients, vitamins, minerals, healthy oils and so on, in addition to the regular foods you are consuming.

The healthiest people in modern society already recognize this. They are supplementing right now. And they're supplementing with an increasing number of substances to enhance their health and prevent chronic disease. But there's a huge trend in terms of supplementation these days, and that trend is a move away from isolated vitamins and nutrients, towards using **whole-food concentrates**. In other words, stop taking isolated vitamins and start taking whole food supplements. This is the topic that I want to discuss at greater length in this section.

When researchers first learned about vitamins and minerals and they thought about supplementation, it was a natural conclusion to think that you should just take some vitamin C every day, or take some vitamin E, and so on. There was a mindset that you could consume these as isolated nutrients, and that they would have a beneficial effect on your body.

Full-spectrum is natural, nutrient isolation is artificial

But what we've learned over the years as scientists and observers of human nature is that **the human body is not designed to take in isolated nutrients and use them effectively**. It must take in a full spectrum of supporting complementary nutrients as they exist in nature. So, for example, lycopene is one phytonutrient found in tomatoes that is well known to help prevent prostate cancer. But, in fact, if you take lycopene by itself, it's not going to have nearly the positive effect of eating whole tomatoes or taking whole-food concentrates made from dried organic tomatoes. So getting these nutrients in their full-spectrum natural ratios (ratios which they're found in nature) is very important.

It's also important to consider the density of these nutrients. If I were to ask you to eat 10 fresh tomatoes at one serving, you probably wouldn't be able to get through more than five or six without feeling full. That's because tomatoes have a lot of water, and they fill you up quickly. So you wouldn't be able to get much nutrition from those tomatoes if you ate them raw. Certainly, they're good for you in their raw form, and that's the best way to eat them, but that's not going to meet your nutritional needs.

In contrast, if you were to take these 10 tomatoes and dry them, and then grind them up into a powder, and then shape that powder into capsules or tablets and consume those, you could easily eat those 10 tomatoes and enjoy all their nutritional benefits. It's all about the density of nutrients. But let me be clear: I'm not at all saying that you shouldn't eat raw tomatoes or other whole foods; what I'm saying is that **raw foods are good for calories, but getting outstanding nutrition requires consuming whole food concentrates**. Personally, I eat them both: fruits and vegetables for enjoyment and calories, combined with whole food concentrates for nutrition.

High-density whole food concentrates provide real nutrition

In the world of holistic nutrition, we take whole foods from nature that are grown organically, or we take microalgae and other superfood supplements, and we dry them, grind them up, put them into powders, and then encapsulate those powders or shape them into pills or tablets. That's the way to get your nutrition in the modern world. That's the way healthy people do it, and that's the way I've been doing it for years. I can't imagine living a single day without taking dozens of nutritional supplements made from whole-food concentrates. They aren't pills or medicine, in my view: they're just high-density food.

You might ask, "Well what kind of whole-food concentrates do you need to be taking?" And the answer is, you've got to get some from the vegetable world, and you also want some concentrates from the fruit world, because there are powerful antioxidants and anti-cancer compounds from the fruit world that you want to get into your body. It's also a great idea to turn to microalgae, which are some of my favorite superfoods. Both chlorella and spirulina are outstanding sources of super-food nutrition that will prevent and even help reverse some chronic diseases, and which provide ample supplies of vitamins, minerals, nutrients and even some healthy oils.

Whole food concentrates and superfoods include:

- Vegetable concentrates (spinach, broccoli, kale, etc.)
- Fruit concentrates (blueberries, pomegranates, cherries, noni, etc.)
- Healthy oils (fish oils, flax oil, hemp oil, macadamia nut oil, olive oil, etc.)

Natural high-density superfoods also include:

- All the small berries: blueberries, blackberries, cherries, goji berries, acai, etc.
- Nuts: peanuts, cashews, macadamia nuts, almonds, pecans, etc.
- Sprouts: broccoli, alfalfa, etc.
- Culinary herbs
- Soy products: tofu, cultured soy

Supplements I take daily

Just as a side note, let me describe my typical day of nutritional supplementation. The first thing I consume after waking up is a supergreens health shake. This is based on soy milk, stevia and the supergreens product from **Jenny Lee Naturals** (<http://www.jennyleenaturals.com>) Their supergreens power is a high-density nutrient supplement made with quinoa flour, spirulina, chlorella, flaxseed meal, lecithin, soy protein, alfalfa sprouts, barley sprouts, wheatgrass and Coral Calcium. It's a high-density nutrient source, and I drink some of that every morning.

Right around lunchtime I eat a huge salad, but of course I recognize that the salad isn't really giving me much nutrition. A lot of people think salads are good for you, and in a physical sense they are because they bulk up your stomach and provide fiber that makes you feel full. But they don't provide much nutrition, especially if you have a lot of iceberg lettuce in the salad (it isn't exactly nutrient dense). If you have a spinach salad, of course, you get a little more nutrition; but still, how much spinach can you really eat at one meal? Probably not that much compared to the amount of nutrition you could get if you consumed whole-food concentrates made from spinach.

The Five Habits of Health Transformation

So I take more supplements around lunchtime, and one that I like a lot is called Berry Green, from a company called **New Chapter** (<http://www.newchapter.info>). Although it's expensive, it's a whole-food concentrate made with organic spinach, blueberries, kale, parsley, cranberries, cabbage, broccoli, Brussel sprouts, okra, and so on. It contains a very long list of wholesome ingredients. I consume that in another drink right around lunchtime.

I've been told there will soon be a similar product from Jenny Lee Naturals called "Prevention Powder," and it's made with whole fruits and whole vegetables as well. It doesn't have quite the same mixture as Berry Green, but it will undoubtedly be an excellent choice at a much better price (because it's sold direct to customers, without the 40% retail markup).

Later on in the day, I usually engage in some form of physical exercise, and I know that it's important to supplement after physical exercise. This is to make sure you have a high level of antioxidants in your body so that you can recover from the exercise. One of the supplements I take is called "Alive Whole-food Energizer" from **Nature's Way**. (<http://www.naturesway.com>) This supplement is available at most health food stores and even some grocery stores. It's been one of my top recommend whole food tablets for over a year now.

This Alive! Whole Food Energizer is an outstanding supplement, especially if you prefer to take things in capsule or tablet form. It's made with green foods including spirulina, garden veggies, orchard fruits, mushroom extracts, enzymes and omega fatty acids. It's got a little bit of everything, and it's an outstanding source of high-density nutrition. So I take a few of those as well.

Also, if I've done any weight training, I take some high-ORAC fruit supplements that I purchase from **Swanson Vitamins** (<http://www.swansonvitamins.com>). These contain concentrates of blueberry powder, cherry, orange, raspberry, strawberry, cranberry and grape seed.

I'll also supplement with Aloe Vera, green tea, chelated minerals, various medicinal herbs, some amino acids, some Amazon herbs and then, depending on whether I'm experiencing some joint fatigue, I might take some chondroitin sulfate and glucosamine.

If I'm thirsty during the day and I want some green foods with my water, I'll drink blend some Earth's Promise powder with a glass of water. It's from **Enzymatic Therapy** (<http://www.enzymatictherapy.com>), available at most health food stores. Like the Berry Green product mentioned above, this Earth's Promise product is also pricey. It's several times the price of Jenny Lee Supergreens, and it doesn't have nearly the same green foods density, but it tastes better. And for some people, taste is very important.

You'll also find outstanding whole food concentrates from Jordan Rubin's **Garden of Life** company, **Earthrise** spirulina, **Now Foods**, the **Vitamin Shop** and many other sources. Look for whole food or superfood concentrates rather than isolated vitamins and minerals.

That's not the entire list of supplements I take, but it gives you a good idea of the whole-food concentrates that I like to get into my body. Sometimes I also drink a product called Miracle 2000, a high-density liquid nutrient supplement made from whole foods and medicinal herbs.

Supplementation is necessary for health in the modern world

This is the way that modern humans have to get nutrition. This is the way I've done it and have achieved what my naturopathic physician described as "a perfect state of health." When he looked at my blood chemistry and my health statistics, he said that I was one of the healthiest people he had seen in his 30 years of practice. And, as you may know, I scored one of the highest antioxidant scores ever recorded on the Biophotonic Pharmanex nutrition scanner. I scored 89,000, and that was without taking any of the Pharmanex supplements; that was just from my own supplementation.

I should also mention, I do take astaxanthin, especially if I've spent some time under the sun. I also take brain herbs such as ginkgo, and I take healthy oils such as DHA to boost brain function. This is how you get to be a healthy human being -- you exercise your body and then you supplement, and you supplement with high-density nutrient sources like the ones I've recommended here.

The result is that you'll have extremely high cardiovascular health, improved mental function, and a much stronger immune system. You're going to start reversing chronic disease in your body, your skin will look younger, your eyes will look younger, and you will appear to reverse the effects of aging in your own body. Your digestion will improve, your sleep will improve, and your moods and mental state will stabilize. Your athletic ability will skyrocket, and you will be stronger and have greater endurance than at any other time in your life. These are just a few of the many beneficial effects derived from following smart nutrition.

You must avoid disease-promoting food ingredients

Now, of course, you won't get all of these effects if you keep eating all of the disease-promoting foods at the same time that you're taking this nutrition. So be sure to read my book called "Grocery Warning," (<http://www.truthpublishing.com/grocerywarning.html>) which talks about foods to avoid and describes the metabolic disruptors that promote chronic disease in the human body -- because you've got to avoid those ingredients. One of these ingredients was recently shown in an April, 2005 study conducted by the University of Hawaii to **increase your risk of pancreatic cancer by 6700%**!

Another dangerous ingredient is hydrogenated oils. You cannot be healthy by consuming hydrogenated oils. In fact, they will accelerate chronic disease in your body. It's sort of like committing slow suicide. If you take nutritional supplements, they can help balance out some of those negative effects, but they won't completely eliminate them. The only way to be truly healthy and to experience peak human health is to avoid all of the negative ingredients and supplement with all of the nutrient-dense products available in the market. This is what healthy people do.

A daily multivitamin is NOT sufficient

Another common misconception about nutrition is: people think they only have to take one multivitamin a day, and then they're set. They think, "OK, I've covered all my vitamins and minerals for the day because I took this one pill, and that's it." I have to laugh at that, because even though those pills may be helping them in some way, it's a very minor effect.

In fact, if you ever find a study or a headline in the newspaper that says something like "Vitamin E is shown to have no benefits," that's because they were using an isolated, synthetic source of vitamin E. And, as is typical, they no doubt used very low dosage amounts. Any time a pharmaceutical company or a science

The Five Habits of Health Transformation

researcher wants to discredit vitamins, it's very easy to structure a study that will do it. All they have to do is use very low doses and construct a bizarre set of study inclusion guidelines that eliminate all positive results. I've seen studies on vitamin E that were using a fraction of even the basic, minimal US RDA numbers, and even those numbers are way too low to be effective in the first place. So, of course, the results are going to be negative. But those results are manufactured for a political purpose (to discredit vitamins) and not at all based on solid science.

When I talk about nutrition and supplementation, I'm talking about taking literally dozens of capsules and eating several scoops of whole-food concentrate powder each and every day of your life. That's what I do; that's what healthy people do.

Why doctors misunderstand nutritional supplements

Doctors, by the way, don't seem to understand that these aren't medications, these aren't drugs: these are FOODS. So it's very difficult to "overdose" on any of these items; your body was actually designed to digest and assimilate these whole foods. It's just used to having them with more water than you might be providing if you're consuming them in a concentrated form.

Sometimes people ask me -- as if I were a doctor -- they will say, "How many capsules of Alive should I take every day? And should I take it with meals or between meals or should I have it with water or do I have to drink it with milk or juice?" And when people ask me these questions I immediately recognize that they have come from the world of pharmaceuticals -- they're used to asking these questions of their pharmacist or their doctor. They're used to thinking of everything as a drug.

These aren't drugs, folks, they're foods. You don't have to ask your doctor when to eat spinach. Do you eat spinach on an empty stomach or a full stomach? Do you have to drink milk with spinach or drink water with spinach? You don't ask such questions; you just eat these foods when you want to eat them. And the same thing is true with these supplements. You can take them any time of the day, with any kind of liquids, with or without meals, on an empty stomach or on a full stomach. It doesn't matter when you're consuming whole-food concentrates. Just get this nutrition into your body.

Avoid isolated vitamins and minerals

I also recommend that you move away from isolated vitamins and minerals. So forget about those cheap, low-cost bottles of vitamin C, vitamin E or those B vitamins you might find at the wholesale clubs, pharmacies or grocery stores. These are typically not going to do you very much good, because your body doesn't need just vitamin C; your body needs a whole complement of vitamins from a lot of different sources. If you want vitamin C, go with whole-food concentrates. You'll get plenty of vitamin C in a full-spectrum package that gives you antioxidants, phytonutrients, and cancer fighting compounds all at the same time; and none of that is actually listed on the label.

For example, if you buy the Alive Whole Food Energizer, you're not going to see on the label a listing of the B vitamins, the C vitamins, the antioxidants and so on, because it's not broken down like that. It just tells you what foods were used to make the product. From there, you have to understand that those foods provide those nutrients and much more in a full spectrum of great nutrition.

It's also important to take these supplements from several different sources. You don't want to take only Jenny Lee supergreens every day and rely on that as your only source of supplemental nutrition. You don't want to take only the Alive food supplement and rely on that. You don't want to rely on any one brand; you want to have a variety of nutritional products so that you're getting whole food sources from three or four different manufacturers on a daily basis. This is the best way to be sure that you're getting a full complement of fruits, vegetables, mushrooms, microalgae, and other food sources that can provide peak nutrition for you.

Good nutrition is a bargain

That leads me to the cost question. You might say, "Gee, I could end up spending \$100 a month on nutritional supplements!" And my answer is, yes, absolutely, you could easily spend \$100 a month; I spend far more than \$100 a month on nutritional supplements. In fact, I probably spend \$300 a month.

But have you checked the price of being in the hospital lately? One night in a hospital bed will run you at least \$500. That's one night, and that's if they don't do anything to you. If they take your temperature, that's another \$50, if they prescribe something that's easily another \$200, and if a doctor or surgeon touches you then you're talking about thousands of dollars.

What's the cost of being sick? What is the price of being diseased? Don't forget that during all the time you're spending in the hospital you are not at your job earning money. You also lose quality of life. What is it worth to have presence of mind all the way to the age of 100? What is it worth to eliminate pain from your body? What's it worth to have healthy liver function, healthy heart function? What's it worth to avoid a heart attack or avoid kidney disease? What is this really worth? Because I think you can't put a price on it, and I think that \$300 a month, which is what I spend, is a very small price to pay for getting this outstanding nutrition that can prevent and even reverse chronic disease in the human body.

We actually live in abundant times

I think it's the best bargain of the century, frankly; because today we are very fortunate in the fact that we have these high-nutrient-density supplements available to us at all. Fifty years ago, people didn't have these vitamins and nutrients. People were scrambling just to feed themselves and their families. There wasn't enough food to go around and the message from the USDA at that time was that everyone should eat more: eat more meat, drink more milk, get more butter... because people were malnourished in a very fundamental way.

But today we have an abundance of food available. We are extremely fortunate; we have companies that are formulating and marketing these very potent disease-fighting whole-food supplements, such as Jenny Lee Supergreens, the Alive Whole Food Energizer, Berry Green and many other similar products you can find at health food stores.

Dr. Gary Null also has an outstanding product called "Red Stuff," and it has fruits and berries in it. This is a fantastic way to get some additional whole-food supplements into your body; just visit <http://www.garynull.com> to learn more about that.

We are very fortunate to have all of these products available; the sad thing is that most people don't even use them. Most people go through life taking their one multivitamin a day and thinking they're covering the

The Five Habits of Health Transformation

bases: well, they're not. Those are the people who are going to have a rather short life span. To live to 70 years old is considered something of an achievement these days, and that's ridiculous. The human body should live for 100 years or longer. There's no reason why we all shouldn't have a 100-year life span if we just get decent nutrition into our bodies.

So, I say, don't worry about the cost of these supplements. Focus on their benefits. The benefits greatly outweigh the costs. Purchasing these nutritional supplements is the cheapest insurance you can buy, and it's better than insurance because it actually will alter your outcome. It will change the odds in your favor, so to speak; it will directly prevent chronic disease and enhance your level of health.

Let's make good nutrition available to everyone

In fact, it has been a dream of mine to propose an idea that every citizen in the country, especially women of childbearing age or women who are currently pregnant, have free access to high-quality whole-food nutritional supplements.

This is one way that we should invest in ourselves; we should make these available to people at no charge. Because if we were to do that, we would prevent the vast majority of chronic disease. We would boost the intelligence and the academic scores of all our children; we would extend the lifespan of our senior citizens; every person who has a job would be able to perform better in that job and enjoy a longer life.

We would have a dramatic reduction in health care costs. We would see a drop in the number of people who are hospitalized. Chronic disease rates would plummet. And all this would really only cost a couple of dollars a day per person, especially if it were done on a large scale.

I've always thought that education should be free and nutritional supplements should be free. Of course, what I mean by that is that the taxpayers should pay for them. Each of us as working citizens should, in a sense, invest in the next generation, and then that generation should invest in the following generation, and this is how we can carry on the gift of high-quality life from one generation to the next.

Good nutrition starts in the womb

Good nutrition is one of the best things we can do for our children, and it starts in the womb -- which is why we need to have outstanding nutrition available for expectant mothers or women of childbearing age. For every dollar you spend on nutrition for expectant mothers, you can probably avoid the expenditure of \$10,000 or even \$100,000 over the life of that child.

It is an investment, with such phenomenal returns that it's ridiculous we aren't doing it today. Every woman of childbearing age should be able to go to a government office or a post office and receive credits in some way by which she could purchase these supplements without any out-of-pocket expense.

That's what we would do if we were a forward-thinking society. Unfortunately we aren't; we're invested in disease. We have institutions that worship disease. We build centers all around this country and actually call them "cancer centers." You notice they aren't called "anti-cancer centers", or "health centers"; they're called "cancer centers." And these monuments to cancer mirror our current philosophy.

We worship disease in this country. Disease is profitable, it keeps people employed. It keeps people busy, it raises lots of money for research. Heck, even Lance Armstrong has been raising money for cancer research that's completely unnecessary, because we wouldn't have these cancers in the first place if we got good nutrition, and it would only cost a fraction of what's now being spent on cancer research.

You have a choice

Fortunately, you have a choice. You can spend your own money and avoid becoming a statistic in our disease-oriented society. You don't have to follow the path of all other Americans. You can be free of disease. You can live a life with great mental clarity, with fantastic energy, with a positive outlook... and you can do it by getting outstanding nutrition into your body.

I can't even begin to tell you all the details of what I've learned over the last few years in studying the relationships between nutrition and health. But I can say that practically every disease that I've ever heard of is utterly preventable or dramatically reduced in terms of risk through aggressive nutritional supplementation. If we were to supplement everyone in our society, we wouldn't see cancer and diabetes and heart disease anywhere near the rates that we are seeing today.

Once again, you can *choose* to walk the path of health here. You can choose to be free of many diseases by taking these supplements and by doing so on a daily basis. And then, again, if you want to be even healthier, you can avoid all the dangerous food ingredients and you can engage in regular physical exercise, which will also be discussed in this book.

But make no mistake, it will take some dollars; you will have to spend some money out of your own pocket. Insurance won't even cover this, because, of course, health insurance companies aren't really teaching prevention. And pharmaceutical companies won't help you out here either, because if you get healthy, they lose a customer. If you have a typical old-school doctor, he or she is unlikely to encourage your nutritional supplement habits. That's because they don't believe in nutrition, they haven't been taught nutrition, they don't understand nutrition, they have no clue about the healing process in the human body, and they think it's just a big waste of money. So find yourself a new doctor who understands the healing benefits of good nutrition; fortunately, there are an increasing number of such doctors practicing today. Go to one who will encourage you to engage in good nutrition and who is personally taking nutritional supplements. That's the kind of health practitioner you want to work with.

Commit to turning this into action

Then, finally, you have to have the self-discipline to actually take these supplements. Some of them may taste a little strange at first, so you'll want to ease into them. For example, if you take Jenny Lee supergreens powder, you'll want to blend it into a drink; but at first it's going to taste a bit strange. Don't worry: if you use just a little bit at a time, and do that for several weeks, and sweeten those drinks with blended banana or apple, you'll find them to be quite delicious.

Over time, by experimentation, you can find a recipe that you enjoy. Begin to increase the amount of Jenny Lee supergreens over time. The same is true with the Gary Null Reds product or the Berry Green product. Or if you prefer to take capsules as supplements, you can get chlorella or spirulina in capsules from Jenny Lee Naturals. You can take the Alive Whole Food Energize supplement, or you can find chlorella and spirulina at any health food store. Just watch out for the pricing there: Jenny Lee truly has some of the

The Five Habits of Health Transformation

best pricing I've ever seen, and I know where they source their spirulina and chlorella. The spirulina is from Cyanotech in Hawaii (<http://www.cyanotech.com>), and the chlorella is from Japan. So it's the cream of the crop when it comes to sourcing those ingredients. There are often cheaper sources for spirulina, but that's spirulina grown and harvested in Asia in very different waters that don't have the same pristine qualities as the waters near Hawaii. (The reasons have a lot to do with geography and ocean currents.)

So, as always, be a smart consumer; check these companies out, make sure that you know what you're buying. There is a difference between ingredient sources. And if you're going to pay retail for these products at the health food store, and you plan to do so on a continual basis, you might want to check out buying some of them online to save some money. Or, you may wish instead to just support your local health food store, and I'm totally in favor with that, as well. Just be sure to make the investment and protect your health.

Be willing to invest in your health

One more thought on the investment here: it's really interesting to me how people choose to use their money in modern society. This is especially true in America. People will spend \$500 a month on a car payment. They will spend \$1500 a month on a house payment. They'll spend \$200 a month on Starbucks coffee, another \$400 a month on restaurant food, and then a couple hundred dollars a month on new clothing, jewelry, perfume, cosmetics and so on.

But, then, when I say you should spend \$200 a month on nutritional supplements, they will say "What?! That's too expensive!"

It's a fascinating reaction, because it means that **most people are willing to invest in all the material things in life, but they're not willing to invest in their own health.** Isn't that backwards? Shouldn't our health come first? I would think that we should invest in our own bodies, our own nervous systems, mental functions, and immune systems first. And then, when we have that covered, it's OK to go out and start spending money on material goods.

But people have it completely backwards. To them, it's more important to have a nice car than to have a nice immune system. They think it's more important to have a big, showy house than to be healthy. And it just goes to show you where the values are in modern society. It's especially true in America, where we are a very materialistic society. Everything is about appearance and collection of wealth and how much stuff we can gather before we die, with very little emphasis on having a quality life.

We tend to be very short-term thinkers in the U.S. We don't think about the detrimental health effects of the food we're consuming today; we just want that coffee and that pizza and those donuts right now. The consequences be damned, we'll worry about that later; and, besides, insurance covers health care costs.

And that's the way we tend to think in this country. It does take intelligence to recognize the value of nutrition and to take proactive steps to invest in yourself. Not just intelligence, but wisdom. It takes the ability to look forward and recognize that the actions and decisions you make today will have far-reaching effects for the rest of your life. And really, that's a skill that has to be practiced.

I understand that most people reading this already have that skill; that's why you have invested in this information. But if you look around at the people you see at the grocery store, at the movie theater or

walking around in the malls, you see a population that doesn't engage in much forward thinking. They operate primarily on reactions. They want something now, they want it to taste good, they want it to feel good, and the consequences are the furthest thing from their mind.

And that's one reason why it has been so difficult to teach the fundamentals of nutrition to this population. **People are reluctant to integrate a message that requires them to expend effort today with no immediate benefit.** When you take nutritional supplements, you might not see the benefits for a few weeks, or a few months, and for many people that's just too long. They want something NOW. Give me the 48-hour weight loss diet. Give me the overnight magic pill. Or, if those don't work, give me a pharmaceutical that will cover up the symptoms within 30 minutes. Then people just decide to stay on those for the rest of their lives because the drugs work quickly to mask the symptoms even while making people sicker over the long haul.

So getting into nutritional supplementation is more than just understanding nutrition and biochemistry. It's also about altering your belief systems and your approach to life. It's about being willing to invest in yourself and make a sacrifice today in terms of time, effort or money in order to reap tremendous benefits in the months and years ahead.

If you can adopt that forward-thinking philosophy, you will live a life that's longer, healthier, and happier than practically everyone else in society. You will belong to an elite group of free-thinking individuals who are fully aware of the consequences of their decisions and who choose to lead proactive, constructive lives that positively influence those around them. I hope to welcome you to that group if you're not already in it, because it's a great place to be and it's a wonderful perspective from which you can accomplish tremendous good in the world.

Health Habit #5: Walking

The last health habit is also the one that takes the shortest amount of time to cover. It's a simple one: **walking** 5-10 minutes each day.

I'm sure you suspected that exercise was going to be mentioned somewhere in this guide, and here it is: if you will spend just 5-10 minutes each day engaged in some sort of basic exercise (such as walking), you will **double the results of the other four health habits.**

That's because exercise helps circulate water, it brings nutrition to all the cells in your body, it reduces chronic stress, and it gives you an opportunity to get some natural sunlight. If you've gone to all the trouble to give yourself outstanding nutrition and hydration, for example, you might as well move your body and let your heart pump all that nutrition to every cell in your body.

Without body movement, you simply can't get the full benefit of all the other strategies. The thing to realize, though, is that **it doesn't take an hour a day to receive outstanding benefits.** Just 5-10 minutes a day will produce astonishing health benefits. It doesn't even have to be that vigorous.

Of course, 15 minutes a day is better, and 30 minutes better still. But just 5-10 minutes a day, when combined with the other four strategies in this book, is sufficient to begin the process of health transformation. This level of exercise was also rated as near-effortless by the survey participants. While people rated one hour of daily exercise as requiring high effort, the idea of exercising just 5-10 minutes a day was considered to be quite easy.

The Five Habits of Health Transformation

Even basic exercise prevents disease

We know from a vast library of research that physical exercise prevents heart disease, lowers high blood pressure, reduces LDL cholesterol, improves digestion, speeds food transit through your large intestine, oxygenates internal organs, improves joint flexibility, enhances mental function, prevents cancer, prevents diabetes, enhances bone density, prevents osteoporosis, reverses depression and has many other beneficial effects. In fact, physical exercise is absolutely essential for being healthy, and without it, you'll never be truly happy, even if you follow the other four strategies mentioned here.

What can you do for 5-10 minutes a day that gets your heart pumping? Just about anything: walking, jumping rope, swimming, cycling, dancing, climbing stairs, roller blading, aerobics, fast-paced Pilates, and so on. There are even things you can do if you can't use your legs, or if you're obese or suffering from joint pain. A good doctor or physical therapist can help a lot here, so be sure to work with a qualified health professional to design a physical exercise program that works for you.

You may also consider joining a local gym and signing up with their training coaches. These people can offer you a wealth of information on what really works for weight loss, strength improvement and enhanced fitness. Or, if you don't want to go to a gym, hire a personal trainer, buy some books, or just figure it out for yourself. This isn't rocket science: just get your heart pumping by moving your body.

Bite-sized exercise

It's not difficult to find something to do; what's difficult for most people is actually DOING IT. That's why I want you to start at 5-10 minutes a day (if you're not already exercising more than that). It's something that's doable, even if you've been a couch potato for 10 years. Heck, just walking across a large parking lot takes a couple of minutes. Do that twice and you have 5 minutes of walking. I call it "bite-sized exercise."

It shouldn't be hard to find an extra five minutes in your busy schedule, either. People spend more than 5 minutes waiting in line at the McDonalds drive-through. You can waste a whole hour waiting on a pharmacist to fill a prescription for dangerous prescription drugs. Why not invest just 5 minutes in your own good health?

The key here is to make it DAILY. No excuses. No exceptions. Make it every day. Make it a habit. Even if it's raining, or snowing, or you don't feel very good. Even if you're sick, walking is much healthier than staying in bed.

Over time, this 5 minute habit will become something you actually enjoy and look forward to. At that point, you might explore the possibility of expanding it to 10 minutes, 20 minutes or even longer (whatever you're comfortable with). It's up to you: make it a pleasure, not a chore. And recognize that it can be self-rewarding to the point where you actually WANT to exercise much longer than 5-10 minutes. But don't force yourself to get there. Let the joy come naturally (as it will).

The Five Health Habits Review

You've just completed "The Five Habits of Health Transformation." Let's do a quick review of what we've talked about here and add some additional thoughts that can help you integrate these strategies into your life.

Sunshine

We've talked about sunshine and how sunshine is absolutely essential for human health. We've discussed ways to get more sunshine into your life, how to determine how much sunshine you need according to your skin pigmentation and geographic location on the planet, and how sunshine works to create vitamin D in your body, which prevents a long list of chronic diseases.

Hydration

We've talked about water and how hydration is crucial for healthy functioning of every cell and organ in your body. We've mentioned how most people are chronically dehydrated and instead of getting water into their bodies are drinking other beverages that actually deplete their bodies of water. We've also talked about how the thirst sensation should not be trusted, that if you feel thirsty, you've probably gone way too long and haven't had enough water. So drink water before you feel thirsty. Drink it regularly and make it your primary beverage.

Nutritional supplementation

We've also talked about nutritional supplementation, and in that section we learned why you can't get even basic nutrition from the available food supply. If you want good nutrition, you have to supplement it. We also talked about which supplements work best, why you should go to whole food supplements or whole food concentrates, and why you should avoid isolated vitamins and nutrients.

Laughter and stress reduction

We talked about reducing your levels of chronic stress, letting off steam by engaging in laughter, games, getting outside and walking, or practicing relaxation exercises such as meditation or breathing therapy. We also talked about how to alter your environment to make it a more relaxing place in which to live. Then, we talked about how, ultimately, your response to the environment really determines your overall level of stress, and that by learning emotional discipline you can alter your response to external events, even if other people might consider them to be stressful.

Bite-sized exercise

Finally, we talked about getting exercise and the reasons why exercise is so important to your health. In that section we discussed some of the various ways to get exercise, what diseases are prevented or reversed by exercise, why moving your limbs is important for the circulation of your lymph fluid and supporting immune system function, and so on.

The Five Habits of Health Transformation

If you put all of these together, you have the five most powerful habits for transforming your health. As you may have noticed, most of these are available at little or no cost. They're also fairly easy to accomplish; remember, this list was based on the research showing that certain strategies can be both low effort and highly effective at the same time. These are the five strategies with the lowest effort and the greatest payoff.

Pick one habit and run with it

What's the bottom line of everything you've been reading here? It's that if you're not doing these five, then pick one and start doing that one right now. And before you try anything else in terms of health strategies, master these five. Get these five into your life, because these five are going to be the easiest to integrate.

Don't mess around with difficult training regimens or relying on one single supplement such as Noni juice or coral calcium to solve all of your health problems. Instead, approach your health from a holistic perspective by pursuing these five strategies.

And once you get these integrated into your life, you can then expand, if you so choose, to other strategies. Or you can take these strategies further; for example, you can always boost your level of nutritional supplementation. You can always get more exercise. The new guidelines published by the U.S. Government recommend that people get 30 to 90 minutes of physical exercise every day. So, if you're only getting 20 minutes a day, that's a great start and that's going to vastly improve your health, but you can certainly increase that and get 60 minutes a day, or even go beyond that and get 90 minutes a day. I know it's a lot of time, but ask yourself how much time you spend watching TV or doing other useless activities like waiting in line at the grocery store. Did you know that if you would just go shopping during the off hours when everybody else isn't shopping, you can breeze right through the store with little or no wait at all?

Helpful tips on the 5 health habits

Here are a couple of other points to consider. First, be a skeptical consumer. That is, don't believe all the health claims of everything you see on the shelves at the grocery store. Don't believe the advertisements for prescription drugs. Don't believe something just because a so-called health authority says that it's true. You should **question everything you read and see**, including the information in this book. The real test is to find out if it's true for you -- does it match your experience?

Because not everything is going to be universally true for all people. Some things may work for some people and not work for others. Truth is actually subjective; there is no such thing as objective truth -- not even in advanced physics. So, be skeptical and employ your own sense of what works for you and what's true for you.

Be a skeptical consumer

If you'd like to learn more about how to be a skeptical consumer, I recommend you read my book called "Health Seduction," which goes into great detail about the strategies that food companies, pharmaceutical companies and cosmetic companies use to persuade and influence consumers; some of the tricks they use are outrageous. You may not be aware that these are being used on you right now. So if you really want to be an informed, skeptical consumer and want to be immune to the influence and persuasion tactics of these marketing companies, read "Health Seduction." You can find it at <http://www.truthpublishing.com>

Another book you may be interested in reading is called "Grocery Warning," and this goes into fascinating detail about the dangerous foods and food ingredients found at the grocery store. It's a perfect complement to this book because, as you are integrating these five health habits into your life, you can boost the effectiveness of these habits by avoiding the foods that cause disease.

Stop poisoning your body

There are certain ingredients called metabolic disruptors that promote different diseases. Some cause diabetes, others cause cancer, and yet others cause nervous system disorders and lead to dementia, Alzheimer's disease and so on. By reading "Grocery Warning," you can learn to avoid these food ingredients and thereby stop poisoning your body.

Ultimately, you will achieve peak health if you can do two things, namely: avoid all of the poisoning of your body that's taking place through the food supply and the environment; and enhance the health of your body through the five habits that we talked about here. To put it even more simply, you have to stop doing all the bad things and start doing more of the good things.

The level of health you enjoy for the rest of your life will be quite accurately described by that equation. Your longevity is based on how much of the bad stuff you choose to avoid and how much of the good stuff you choose to pursue. And everybody's different; some people want to live a life where they treat their body like an amusement park, and they're really just interested in the sensory experience of each moment. So they're going to engage in a lot of destructive habits and pursue none of the health-enhancing habits. And that's fine; that's their choice. It's not your place or my place to judge that. Some people just want to live life as a whirlwind experience, and that's fine.

But I suspect you're not that kind of person, and you probably want to explore having greater longevity, greater quality of life, better mental focus, and so on. To do that, you want to move towards eliminating all of the negative influences on your health and adopting all of the positive influences that you can find.

In closing, I'd like to invite you to keep learning, keep reading at Newstarget.com, because the information I've presented in this book here -- as transformative as it may be to your own health -- is just the tip of the iceberg. As of this writing, I'm working on books that talk about healing through intention, energetic healing, vibrational nutrition, something called non-local medicine, and some very advanced topics that will be released in the coming months. I'll also be covering them in a variety of articles.

The Five Habits of Health Transformation

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Lastly, I want to thank you for reading this. And if you are one of the 763 people who participated in the study that led to this book's writing, I thank you for your participation and hope that you have enjoyed this material. Be sure to thank yourself for taking the time and effort to invest in your own health education. This will pay off for you in a big way for the rest of your life.

About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is well versed on nutritional and lifestyle therapies for weight loss and disease prevention / reversal. Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.newstarget.com/AdamsHealthStats.html>

For additional books authored by Mike Adams, visit www.TruthPublishing.com. To read timely articles and commentary on today's health topics, visit www.NewsTarget.com. For free access to Adams' book on superfoods, visit www.ChlorellaFactor.com.





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