

Create Vibrant Health News – Issue # 15

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www.createvibranthealth.com

Toxins are a primary cause of degenerative disease and an impediment to reaching optimum health. When the body's toxic load is greater than its capacity to excrete these toxins it attempts to store the excess in fatty tissue and organs or to build muscle around the toxins. The body has many mechanisms for sequestering toxins to minimize their impact on vital organs. Still, even with these mechanisms, the burden to the cells and energy it takes to remove toxins and store them exacts a toll on our health. The body creates its own endogenous (internally generated) toxins from metabolic functions and stress. Exogenous (externally created) toxins can be classified as: chemicals, heavy metals or radiation.

The detoxification classes I teach go into great detail as to the sources of these toxins and how to open up the body's detoxification pathways, like cleaning out your intestines, stimulating bile production from the liver to flush toxins out of the liver, increasing urination to move toxins out through the kidneys and increasing sweating through exercise and sauna therapy. These are all necessary and important steps to take toward regenerating health and having optimum health.

What about getting toxins out of the cells in the body? Since toxins are stored in the fatty cells, muscle cells, bone cells, brain cells, etc. how do we draw these toxins out? As your body is energetically and functionally more able to excrete toxins, through nutrition and purification, the cells will produce more ATP (cellular energy) and naturally excrete cellular toxins and debris, which are interrupting cell function. To optimize this cellular release and to draw out circulating toxins from the blood and lymph more efficiently there are substances, which the body produces (cholesterol, glutathione) and which can be ingested (nutrients and minerals) to increase the removal rate of these toxins.

In this newsletter I will introduce you to what may be **nature's ultimate cellular detoxifying agent – the zeolite mineral.**

In this issue you will learn:

- ❖ Zeolite's historical use for healing
- ❖ How zeolites detoxify heavy metals, chemicals and radiation
- ❖ Other health benefits of zeolites
- ❖ Upcoming Create Vibrant Health Workshops and Classes

Zeolites: background

Zeolites are complex mineral structures that formed when volcanic lava flowed into ancient oceans and mixed with sea salts. These mineral formations had a negative ionic charge – which meant they could attract positively charged molecules such as toxic metals. For over eight hundred years, the powdered natural forms of specific zeolites have been used as traditional remedies throughout Asia to promote overall health and well-being. For reasons that could not have been known at the time these mineral structures were some of the most healing substances in natural medicine.

Zeolites have been used in America for many decades for industrial and agriculture functions. They are used in air and water filtration systems because they attract and bind with toxic metals and chemicals. They have been used in fertilizer because they draw toxic metals out of the soil thereby improving the health of the soil to grow crops. Zeolites are also used in *burying all radioactive waste because radiation is drawn to the zeolites* and therefore is less likely to seep out of the steel containers they are buried in.

How do Zeolites Detoxify the Body?

Zeolites literally capture toxins in their complex honeycombed framework, which function as tiny cages to trap toxins and pass them out of the body. Because zeolites are one of the few negatively charged minerals in nature, zeolites act as magnets drawing positively charged molecules to them like heavy metals, many chemicals and radiation capturing them in its cages and removing them from the body via the kidneys in urine. Because the kidneys are the primary pathway through which zeolites work it is **very important to drink plenty of water (at least 8 glasses per day)** when using zeolites to detoxify the body.

Modern Nutritional Use of Zeolites

Because naturally occurring zeolites are so effective at attracting toxins their cages are often already filled with toxic metals when found in nature and are therefore not as effective as they could be in detoxifying a toxic person. Natural zeolites are not dangerous and obviously are effective to a large degree as evidenced by their historical role in the natural medicine of many cultures.

A chemist in a small pharmaceutical company in Ohio was intrigued by the powers of zeolites. He researched these minerals and discovered that they provided amazing results. On Sept. 11, 2002, Dr. Harvey Kaufman received a patent for a liquid zeolite he had been researching. You can read the patent yourself at the United States Government Patent Website: www.uspto.gov/ and do a patent number search for 6,288,045, or for easier access, go to www.zeopatent.com This patented form of zeolite is the only one which I am aware of that has been heated at the correct temperature to bend the bars of its cages to empty out the toxins that they attracted in nature making them fully available to draw toxins out of the body when ingested.

A nutritional company called Waiora has attained rights to market this patented form of liquid zeolite. Rik Deitsch, biochemist, head of Waiora's scientific advisory board, and CEO of the Nutra Pharma Corporation, has continued the research on this zeolite, as well as educating the public about the benefits of this wonderful substance. Waiora called its patented zeolite product **Natural Cellular Defense (NCD)**.

Once you understand that when the body's toxic load is substantially reduced and the cells are well nourished, it has an astounding capacity to regenerate and heal itself then you will understand why NCD is one of the most potent products for regenerating health that you may ever use.

Health Benefits of Natural Cellular Defense

NCD has been shown to exhibit the following actions:

1. Chelates and removes heavy metals from the body

NCD removes mercury, cadmium, lead, and arsenic, all of which are strongly correlated with various maladies and neurological disorders such as autism, Alzheimer's disease, dementia, etc. It literally traps those toxins inside the zeolite molecule so they cannot be reabsorbed into the body. Unlike EDTA (a medical drug that chelates heavy metals) it does not bind with calcium, magnesium or other nutrients and deplete them from the body.

There's a hierarchy of attraction to the zeolite. It first attracts and removes mercury, lead, cadmium, and arsenic. Once it has removed those from the system, it then chelates out pesticides, herbicides, plastics, and so forth.

Within the structure of the zeolite, there are negatively charged cages, One of the qualities of this caged binding of toxins is that they are **100%** excreted; these pesticides, herbicides, and heavy metals do not get deposited in other places in the system; they are excreted in the urine.

2. Reduces risk of rampant cell growth

There are a host of testimonials, with more coming in daily, of people, and animals, who are being helped in this area. There is good evidence that one mechanism is the activation of the **p21 tumor suppressor gene**, which has become inactive if there is uncontrolled cell growth. Also, since most tumors grow in a toxic, low oxygen environment and NCD detoxifies the body at a cellular level, there will be less toxins to damage DNA and trigger cancer cell growth and more oxygen due to better functioning red blood cells to deliver oxygen to tissues which may be breeding grounds for cancer.

3. Acts as an antioxidant by capturing free radicals

Most classic anti-oxidants such as vitamins C, E, glutathione function either by donating or accepting an electron, thereby stabilizing free radicals, and stopping its negative action. Zeolite works through a completely different mechanism.

The zeolite, in fact, swallows the whole free radical. However, some free radicals are too large to fit inside the zeolite molecule. So it doesn't negate the need for a healthful diet of fruits and vegetables with supplementation with a strong anti-oxidant.

4. Provides immunomodulatory action

This means it supports healthy immune system function, which, of course, helps protect the body from a number of diseases and health threats. Zeolites do not attack anything, *they work passively by attracting to and binding with toxins* which naturally has a beneficial effect on the immune system which now has less of a toxic load to defend against. Zeolites are, therefore, not contraindicated for those with autoimmune conditions.

5. Discourages viral replication

When viruses replicate, they disassemble themselves into smaller parts, to be reassembled after hijacking parts of our cellular material. When the viruses are in pieces, they have a strong positive charge, and are captured in the negatively charged “cage” of the zeolite, in the same way that toxins are captured.

This benefit is obviously very important for defense against infectious disease and even potential pandemic threats like the bird flu. It doesn't mean NCD *treats* bird flu or any particular disease.

6. Balances pH levels

In other words, it helps alkalize the body by capturing and carrying positively charged, acidic toxins out of the body. Most people exist in a state of excessive acidity, largely caused by poor lifestyle choices and stress. *NCD helps balance that state so that the body can function at its greatest biochemical efficiency.*

A noted benefit is some users have reported that they experience no or greatly reduced muscle soreness after exercise, possibly because the lactic acid is removed by the NCD. Also users report a **reduction in acid reflux and heartburn**, possibly due the buffering effect on excess acid.

7. Improves nutrient absorption

Malnutrition is common in the populations of the western world, even for those eating excessive quantities of food. One of the main reasons is, of course, *mal-absorption of nutrients*, and it is these nutritional deficiencies that so often lead to the onset of chronic disease, especially in the elderly. *NCD has been shown to improve nutrient absorption, thereby reducing the risk of malnutrition*, even without dietary changes.

If you don't think your blood and cells are loaded with toxins read this report!

Studies have shown the shocking fact that nearly every person in the United States has at least 125 toxic chemicals in their blood right now that don't belong there. To read the Environmental Working Group report on our "Body Burden" of toxins, go to: www.ewg.org/reports/bodyburden/findings.php This is a call to action to be proactive to remove these toxins from your body, and those of your loved ones.

Also available 24/7 by phone is an excellent 30-minute interview with Rik Deitsch that covers some of the interesting science behind NCD. Call (U.S.) **973-854-4665** then select options 1.

How to Use Natural Cellular Defense

Waiora recommends using 10 drops 3 times a day in water or other healthy beverage for 10-20 days (Retail cost of \$50 for 10 days, wholesale cost of \$35). After this initial high dose program you can use maintenance of 3 drops 3 times per day continually (Retail cost of \$50 per month, wholesale cost of \$35 per month). It is generally recommended to repeat the higher dose of 30 drops per day twice a year. Some people do better with a lower dosage to start with; personally I started at 7 drops 3 times a day for a few days to see how I felt and then went up to 10 drops 3 x day for the next week or so. If you feel detoxification symptoms such as extreme fatigue, headaches, aching muscles and joints or fever you should either increase your water intake or reduce your dose.

As always I am happy to coach you with this program, just call or email to set up a consultation if you need one, 708.848.0254.

I believe that the results you get with NCD will depend also on your overall health program which should include:

- 1) A customized diet plan – I can provide this to you with my food pharmacy program; go to www.createvibranthealth.com for more information.
- 2) A customized nutritional supplement program.
- 3) A healthy lifestyle which includes exercise, rest, emotional healing and creating a healthy environment in your home and work.

- 4) A comprehensive detoxification program – My detoxification classes go into great detail on the basic principles of detoxification and how to organize your detoxification programs.

To purchase NCD you have several options:

1. Retail:
 - a. I carry a small inventory in my office \$50 per bottle. I can ship you a bottle to get started or you can pick it up in my office.
 - b. You can order retail online by going to www.mywaiora.com/174342 , click on **Products** and you can order retail.
2. To order wholesale (minimum order of 4 bottles)
 - a. Go to www.mywaiora.com/174342 click on **Join** and click on preferred member. There is \$9.95 one time preferred membership fee.
 - b. To become a distributor to sell NCD, go to www.mywaiora.com/174342 click **Join** and go to become a distributor. There is a \$29.95 distributor fee, you can order wholesale (\$35 per bottle) and earn commissions on products sold.

I hope this information has been useful to you. ***Please take detoxification seriously or the chances are high you will suffer unnecessarily.*** Don't wait until you have health problems - take action **NOW** to prevent degeneration from setting in.

Yours in peace and health,

Jim

Upcoming Workshops, free lectures and live cell analysis days

The Secret to Great Health: Detoxification, Internal Cleansing and Rejuvenation with Nutrition, Part I: Heavy Metals and Radiation

In this two hour class you'll learn:

- How to support your body's own natural detoxification functions with customized dietary and nutritional programs
- How to prevent, and in many cases reverse, chronic illness
- How to reach your ideal body weight
- How toxic metals and radiation effect your health.
- Sources of hidden heavy metals and radiation toxins we are exposed to every day that damage our neurological, endocrine and immune systems.

After learning and implementing this comprehensive heavy metal and radiation detoxification program you will:

- Know how to prevent a variety of illnesses, both acute and chronic
- Gain improved physical appearance
- Boost your emotional well-being
- Sharpen your mental capabilities
- have improved digestion and elimination
- Improve your immune system
- Minimize the effects of aging

1. On Tuesday April 18th , 2006 from 7:00 pm to 9 pm at Earthly Goods Health Food Store located at 6951 W. Grand Ave. in Gurnee, Illinois
2. On Saturday April 22nd , 2006 from 10 am to Noon at the Westgate Business Center located at 1111 Westgate Suite 103 located in downtown Oak Park.

The Secret to Great Health: Detoxification, Internal Cleansing and Rejuvenation with Nutrition, Part II: Chemicals

In this two hour class you'll learn:

- How to support your body's own natural detoxification functions with customized dietary and nutritional programs
- How to prevent, and in many cases reverse, chronic illness
- How to reach your ideal body weight
- The crucial ten steps to detoxify the body of toxic chemicals and how to integrate these steps into your life
- Sources of hidden chemical toxins we are exposed to every day that damage our neurological, endocrine and immune systems.

After learning and implementing this comprehensive internal cleansing and rejuvenation program you will:

- Know how to prevent a variety of illnesses, both acute and chronic
- Gain improved physical appearance
- Boost your emotional well-being
- Sharpen your mental capabilities
- have improved digestion and elimination
- Reach your ideal weight
- Minimize the effects of aging

1. On Thursday April 27th , 2006 from 7:00 pm to 9:00 pm at the Westgate Business Center conference room located at 1111 Westgate in Oak Park, Illinois.

To register for either class contact my office at 708.848.0254. The fee for the class is \$20 if you pre-register* one week in advance, \$25 at the door.

Special live cell analysis sessions:

- Tuesday April 4th, 2006. I'll be doing Live Blood cell sessions at Earthly Goods Health Food Store in Gurnee, Illinois. For appointments contact my office at 708.848.0254.
- Tuesday May 2nd, 2006. I'll be doing Live Blood cell sessions at Earthly Goods Health Food Store in Gurnee, Illinois. For appointments contact my office at 708.848.0254.

First-time appointments are \$135 and retests are \$100.

Free Lectures

1. **Mercury and other Heavy Metal Toxicity:** Do you have high levels and what can be done about it.

Where: Borders Bookstore in Downtown Oak Park on the corner of Lake St. and Harlem Ave.

When: Wednesday, April 26th from 7:30 – 9:00 pm.