



Create Vibrant Health News – Issue # 17
November 6, 2006
www.createvibranthealth.com

Hello.

I've been in Ashland, Oregon for a month now and am very happy with my new home. I am starting my nutrition consultation practice in Ashland and will be teaching more seminars on detoxification and legal guidelines for holistic health care practitioners. For my clients in Chicago and non-local referrals I will be available for phone consultations, metabolic typing and hair mineral analysis consultations. For my new clients in Ashland, of course I am also available for live cell analysis sessions and other classes and workshops.

Just prior to moving out to Oregon my associate, Kathleen Sullivan, and I taught a three-day Nutritional Counseling Certification program with an emphasis on detoxification and anti-aging programs. We had twelve students who completed the training and will now be better able to guide and coach people to better health. In this newsletter I'm going to provide you with a **summary of the key elements of this amazing detoxification program** that is guaranteed to:

- ❖ Improve your energy
- ❖ Increase your capacity to focus and think clearly
- ❖ Dramatically improve your overall health.

**Heavy metal toxicity is, in my opinion,
the single biggest cause of degenerative illness.**

Heavy metals interfere with all organ, glandular and cellular function. Heavy metal accumulation impairs all systems and functions of the body including: the neurological, endocrine, immune, digestive, respiratory, skeletal, muscular systems.

The following program can be used on your own from what is contained in this newsletter or **you can get private coaching from me by phone by calling 541.482.2250**. Kathleen will be offering an introductory workshop in Oak Park to review the program in depth and to answer any questions. She will be teaching the detoxification class on Saturday January, 13th at the Westgate business center. Details on both of our classes are available at the end of this newsletter.

Detoxification – Introduction to four-phase detoxification program with an emphasis on heavy metal detoxification

In the ten years I have been working as a certified nutritional consultant I've experimented with many detoxification programs – each having an increasing degree of success over the previous one. This summer before leaving Chicago I introduced a

fantastic four-stage detoxification program to our twelve students designed by one of my nutrition and microscopy teachers, Jim Lane. I am going to give you the basic outline of this program in this newsletter.

The full program, along with all the ways to customize your program and identifying the sources of heavy metal toxicity will be taught in a 3 hour workshop in Chicago by my associate Kathleen Sullivan and by me in Ashland, Oregon. **You can also request private coaching sessions with Kathleen or myself either in person or by phone.** My office number in Ashland is 541.482.2250. Kathleen is in the same office I had for 2 ½ years with the same number, 708.848.0254.

Preparation Phase

Before embarking on deep heavy metal detoxification it will be necessary to prepare your body for the elimination of metals and chemicals stored in the cells. This phase is often skipped in most detoxification programs and leads to unnecessary suffering and symptoms experienced and ultimately the recycling and restoring of toxins back into the tissue and organ cells. The main features include:

- 1) Toxin avoidance. Obviously it makes sense to start reducing your toxic load at the beginning of the program rather than detoxifying your body while you continue to poison it. Chemical cleaning products, beauty care products, pesticide laced foods, OTC drugs and yard products and sprays all are toxic to your system. A recent study from Mt. Sinai Hospital in New York found that all healthy adults whose blood was tested for 150 toxic chemicals were found to have all 150 in their blood, 50 of these are known carcinogens. We are told these chemicals are tested for safety. **They are tested individually but not in combination with other chemicals and heavy metals you're exposed to on a daily basis.**
- 2) Liver Flush with Lemon/Olive Oil Drink – blend in 8 oz. of water 1 whole organic/unwaxed lemon, 1-2 Tbsp. of organic extra-virgin olive oil and a pinch of cayenne pepper. Strain pulp and drink 1st thing in the morning.
- 3) Alpha lipoic acid – 100 mg. 2 x day. Gets the liver working better, increases anti-oxidants.
- 4) Vitamin C food grown – 4- 6 tablets per day. Call Kathleen or I for this amazing product. It is not available in health food stores and is the best absorbed vitamin C on the market.
- 5) Magnesium citrate – 500-750 mg. with dinner. Most of us are magnesium-deficient. Gets bowels activated. Best brand in stores in Pure Essence Magnesium Fizz.
- 6) Omega 3 EFA – either cold-pressed flaxseed oil or Carlson Cod-liver oil.

- 7) Start to increase percentage of raw foods from 50-75%, fresh green juices or green super-food formulas. The best is NanoGreens. You can order it from my website: www.createvibranthealth.com/products.htm
- 8) 1 tablet of garlic or 3 cloves of garlic per day. Option of using MSM 500 mg. per day.

Initial Phase

The preparation phase can last anywhere from 2-4 weeks. In rare cases it may take up to two months. Once the lifestyle changes have taken hold, your diet is cleaned up, you've activated your colon and liver you're ready for the heavy metal chelators to do their work. **I want you to continue all of the above eight parts of the preparation phase and add to it the following:**

1. **Natural Cellular Defense** – the best chemical, heavy metal combination chelator on the market. Add 3-5 drops to water 3 x day. Gradually increase over a 30 day period until you get to 10 drops 3 x day. Some people will not be able to get to this level without having severe detoxification reactions – headaches, body aches, digestive disturbances. If that applies to you, cut back to a lower dosage. Remember if you need coaching, Kathleen and I are here for you. For more information on NCD go to www.createvibranthealth.com/newsletters.htm read issue #15. To order NCD (4 pack which will last the four months) at wholesale prices go to www.mywaiora.com/185232 click on join and either order as a distributor or a preferred member.

You must drink at least 8 8-12 oz. of pure water to flush the toxins out through the kidneys on this program – if you don't you'll feel bad and suffer unnecessarily.

2. **NDF – Nano-collodial detox factors** – this is the Rolls Royce of chlorella/cilantro extracts. To read about it go to www.bioray2000.com . I personally use both NDF and NCD – I feel the combination is most effective. NDF can be ordered only through practitioners. Both Kathleen and I carry NDF and it's companion products NDF plus and Liver Life. **To find out which formula is right for you contact me at 541.482.2250.** Take 3-5 drops of NDF or the Plus version in an ounce or two of water 2 x day on an empty stomach. Gradually increase the drops until you're taking 1 dropperful 2 x day by the end of the 30 days. Some will not be able to go to this point without feeling lousy in which case reduce to the dosage where you feel ok.

If you have any metal fillings or crowns in your mouth do not take sublingually, if you don't have metals in your mouth you have the option of taking the drops sublingually or to just drink it in a shot. Taking it sublingually will increase absorption into the brain to detox metals from the brain.

NDF is a higher end formula and delivers amazing results for those who cannot afford it, Kathleen and I have suggestions for other products to substitute for it. Please call us.

3. **Liver Life** – is an optional liver support product made by bioray to be used throughout the last three phases of your detox program. It can be ordered from Kathleen or I and is the best liver support product on the market. Take 1 dropperful 2 x day throughout the initial phase of the program.

Intensive phase

This is where we crank it up a notch on the heavy metal chelators and hold on for two to four weeks (it's your choice). **Keep doing all the parts of the prep phase, the vitamin C, Alpha lipoic acid, lemon/olive oil drink – all of it.** It's ok to take a break every week or so from the lemon olive oil drink. Also, increase the raw food intake to at least 75% for at least two weeks. Two or three fresh vegetable juices per day or double your NanoGreens, lots of fresh salads with sprouts, raw nuts and seeds, raw milk and cheese (if you can obtain it), and a raw egg drink (2-4 raw eggs blended in water with ground flaxseeds, fresh fruit and a tbs. of coconut oil.)

Here's all you need to do:

1. NCD – whatever the highest dosage you got up to in the initial phase without feeling lousy whether that is 5 drops 3 x day or 10 drops 3x day or anything in between, hold that level for the next 2-4 weeks. Remember to drink plenty of pure water. If you feel bad increase the water or decrease the NCD drops.
2. NDF or alternative chlorella/cilantro products. If you could easily get to 1 dropperful 2 x day without symptoms go up to 2 dropperfuls per day. If this pushes you over the top decrease to the level you feel ok at and maintain for 2-4 weeks.

Since you will be using two powerful products you may have to experiment a bit to find the correct dosage combination which challenges you but doesn't put you over the top. **Remember if you feel sick, headaches, nauseous or flu like – CUT BACK. The goal is to pull toxins out - not recycle them.**

Another way to minimize the effects of the detox is to take saunas or hot baths with sea salts throughout the detox program. I recommend infrared and far infrared saunas. **Also, remember Kathleen and I are ready to coach you if you need us – just call, 541.482.2250.**

Duration phase

You're done with the hardest part of the program and now can follow a maintenance program for anywhere from **one to three months**. The four key elements of the duration program are:

1. Maintenance diet – organic as much as possible, usually 50-75% raw foods depending on the season (more raw foods in the warmer months). If you have gotten your metabolic typing diet just follow that, if not I can design a maintenance diet for you.
2. Supplements: Continue Vitamin C 4-6 of the food grown tablets per day spread out over the day. Add a whole food Vitamin/Mineral complex if haven't already to replace trace minerals. The best deal for a high quality product is Life Enhancement Resources – ordered through me or Kathleen. A good second option is New Chapter in the health food store. Omega 3 supplements and Magnesium are good to continue during this stage.
3. Metal chelators: NCD reduce back to 3 drops 3 x day or 5 drops 2 x day. NDF reduce back to 1 dropperful 1-2 x day.
4. Liver support: Either the lemon olive oil drink – continue 3-4 x week; or can use Liver Life as an option to the drink.

Now is a good time to start exercising if you haven't already. Regular exercise whether it is walking, yoga, biking or bouncing on a rebounder will help move the lymphatic fluids and blood.

Some people would benefit from a remedial program for an organ system that is not working well. For example, if your kidneys are weak it would be helpful to do a 2 week remedial kidney support program before starting the initial phase of the program. You could do it either before or just after the preparation phase. **I have a health history form to complete if you want to know if you should be doing a remedial program before beginning the last three parts of the detoxification program. Just call me and I will get it to you.**

These are the basic steps in the four stage program. You can start in right away or if you want further guidance and customizing contact me at 541.482.2250 or Kathleen at 708.848.0254. If you haven't had a baseline live cell test done, **it would be a good idea to get this done before beginning the four phase detoxification program.**

I am offering a **special to new clients who see me in Ashland until the 1st of December for a live cell analysis and the initial coaching session for your detox program for \$100** which will take about 1 ½ hours. The normal rate for these services would be \$185.00

Upcoming classes and workshops

Ashland, Oregon

Free Lecture: the Four most important factors to building Optimal Health

Health is a combination of living a healthy lifestyle and being honest with yourself about what you're feeling and what you truly desire.

Where: Ashland Public Library Gresham room.

When: Tuesday December 5th from 7-9 pm.

What: **Free** lecture on the Four most important factors to building Optimal Health: Nutrition, Detoxification, Movement, Accessing your heart's desire and going for it.

Legal Guidelines for the Natural Health Care Practitioner

Does the United States Constitution provide you with any protection from restrictive local, state and federal laws in relation to your right to offer and receive the health care of your choice?

This is the big question for many of us in the Natural Health care field. What is the highest law in the land? What authority does the State have to determine for you whether you massage another person or take herbs for your health or look at someone's blood and teach them how to clean up their diet? Can legislatures legislate away your natural rights?

ONLY IF YOU LET THEM

If you're a holistic health care practitioner you don't want to miss this **practical and inspiring information** on how to practice as an unlicensed practitioner in the natural health care field or with more freedom as a licensed health care practitioner.

Join me on an incredibly fascinating journey into the world of the highest law in American – the United States Constitution and learn how to fight for what has always been your god-given right – **the Freedom to Choose how to care for your own body.**

Topics to be covered include:

- Advantages/Disadvantages of Practice Options for the unlicensed practitioner
- How to Avoid legal trouble by learning how to communicate and conduct your practice in a way that avoids restricted legal terms and behavior
- Sample Consent, Disclosure, Disclaimer, and Privacy forms that increase your legal protection
- Advantages/Disadvantages of Professional Licensing
- Your Legal Rights as a Citizen and how they apply to your practice
- What to do if Legal Disputes arise
- Fundamental Principles of the American Legal System
- Valuable practical resources for establishing a legally sound and viable natural health care practice.
- Court cases which support the principle of Freedom to receive and offer health care treatment of your choosing.

Where: Hidden Wellness Center, 1651 Siskiyou Blvd. Ashland, Oregon

When: Saturday January 20, 2007 from 1 pm – 6 pm.*

Fee: \$125 for early bird registration before January 1, 2007

After 1/1/07 tuition is \$150**

*This class will be video-taped and will be available on video along with course manual by mid-February. Just call me to reserve a copy, 541.482.2250.

**Tuition includes a 50 plus page manual which includes course outline, case citations and important forms to use to protect you in your practice.

Oak Park, Illinois

Detoxification: The Four Phase program to detoxify heavy metals Presented by Kathleen Sullivan, CNC

Where: Westgate Business Center, 1111 Westgate conference room

When: Saturday January 13, 2007 1 pm – 4 pm

Fee: \$25*

*To register contact Kathleen at 708.848.0254. Limited to 12 students

Introductory Live Blood Cell Microscopy Certification Training.*

Where: Westgate Business Center, 1111 Westgate conference room

When: Friday, February 2nd – Sunday, February 4th from 9:00 am to 6 pm each day.

Fee: \$1,200 tuition includes Course Manual.

Microscope purchase must be arranged before training begins. Call me to set up a time to review your options.

*Must be a health care practitioner, have completed Create Vibrant Health's Nutritional Counseling Certification Program or received special permission from instructor. Limited to 5 students

I'm looking forward to developing my new practice in Ashland, Oregon and excited about Kathleen taking over my practice in the Chicago area. We are both committed to helping you create the health and happiness you want in your lives.

Peace and Good to Health to All,

Jim

* Check with your physician before stopping or altering any medication program you are on.