

Create Vibrant Health News – Issue # 9

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From 1984-1989 I experienced chronic illness that I felt may never leave me. After seeing dozens of health care practitioners including holistic medical doctors, herbalists, homeopaths, nutritionists, acupuncturists and osteopaths I was still chronically sick. My life was plagued by constant fatigue, headaches and pain throughout my body. I suffered from depression and lacked motivation. It was at this point that I discovered that my problems primarily stemmed from being toxic. Physically toxic from chemicals, heavy metals, undigested foods that putrefied in the body and emotionally toxic from cynicism, hopelessness and isolation.

Once I realized how toxic I was I embarked on an intense detoxification program which included: removing the toxic metals from my extensive dental work, using homeopathic remedies to assist in the release of stored mercury and other metals, colon hydro-therapy and cleansing, raw food fasting along with sweating in hot baths and sweating through exercise. This program in addition to a movement toward a positive spiritual view of life supported by study, prayer, meditation, and reflection is what restored my health around the summer of 1990.

Since 1997 I have been coaching people how to improve their health with the same principles I used to recover my health. Whether you're overweight and tired; are experiencing a degenerative disease process; or just want to feel more energized, peaceful and have less pain – **the starting point for achieving better health is to address the underlying causes of your sub- optimum health condition – namely toxicity.**

Spring season is a perfect time to embark on a detoxification program, the weather is getting warmer, most of us want to look healthy and fit for the summer when we will be exposing more of our bodies to public view and hope is in the air. This is a time for a new start in life. Whatever you've been struggling with for the past months or years whether it be your physical or emotional health, excess weight, financial challenges, loneliness – spring is a great time to begin to resolve these old challenges.

In this newsletter you will learn:

- ❖ My top ten tips to support the body's natural detoxification processes.
- ❖ The benefits of using infrared electric light sauna in detoxification and healing.
- ❖ The benefits of consuming Superfoods on a daily basis.
- ❖ Upcoming Create Vibrant Health lectures, classes and workshops.

Top Ten Tips to Support the Body's Natural Detoxification Processes

Winter in Chicago can be long and cold, most of us are not as active in the months between November and March and we tend to eat too many empty carbohydrates, drink more alcohol and eat more processed fatty foods in the winter. Every spring I see people in my office who want to shed a few unwanted pounds which can no longer be easily hidden in heavy coats, sweaters and winter attire. The body also gets more toxic as we eat poorly, drink more alcohol and exercise less. **Yes, those extra pounds are fat cells that inflated with toxins accumulated over the winter. That's where toxins are stored that can't be eliminated efficiently – IN YOUR FAT CELLS. The number one way to look and feel great is to detoxify.**

The following list is my top ten things to do to detoxify the body and trim down in time for the warm weather.

1. **Start exercising and sweating** – nothing detoxifies the body better than a good aerobic workout to move the lymph fluids which can become stagnant without exercise. Twenty to thirty minutes three times a week is a good start for those who have been sedentary during the winter. **Also sweating from infrared light saunas is even more efficient to detoxify than from exercise (see section on infrared light sauna therapy later in this newsletter).** Numerous studies show that perspiration is loaded with toxic chemicals, metals, and dead bacteria and virus. Make sure you wipe the sweat off and not let it reabsorb back into the body.
2. **All detoxification programs should start with a colon/intestinal cleanse.** These programs take anywhere from 7 – 30 days depending on how toxic one's intestines are and how motivated one is to get cleaned out. Various options are available including:
 - Colonic irrigations – which use water to flush out the large intestine of accumulated waste. This option includes weekly or bi-weekly visits to a colon hydro-therapist and one hour sessions. Four to eight colonics should clean out your intestines very well.
 - Herbal cleansing programs which use mild laxative herbs, plant fibers, and anti-parasitic/anti-fungal herbs to clear the intestines of parasites, yeast, fungus and toxic build-up. An affordable high quality 30 day program called Cleanse Smart can be found at most health food stores.
 - Oxygen-based colon cleansers which use stabilized oxygen and magnesium to break down accumulated waste in the intestines (my personal favorite). **The best one on the market is called oxy-powder ;however it is difficult to find. Contact my office if you can't find it.**

3. **Raw food fasts of 7-30 days.** This is not a fast in the conventional sense of fasting where one doesn't eat solid food. This is a fast only from cooked foods which tend to build up more toxic waste in the body. During these fasts one can eat fresh raw fruits, vegetables, sprouts, nuts, seeds, cold-pressed olive and flaxseed oil, and fresh juices. In addition on my program, some sushi can be eaten once or twice a week for extra protein. **If one has never done a raw food fast before you should get the guidance of an experienced nutrition coach.**
4. **Make a change to organic foods and naturally raised meats, dairy and poultry.** The best way to detoxify is to prevent toxins from accumulating. Organic fruits and vegetables have fewer toxins and more nutrients. Animal products such as meat, poultry, dairy and eggs that were raised on organic feed and where the animals were not given antibiotics and hormones are much healthier and less toxic to the body.
5. **Make a change to botanically based, rather than chemically based skin and beauty care products.** If you look at the ingredients of most commercially sold shampoo, hair products, skin care products and make-up you will see they are loaded with isopropyl derivatives, toxic chemicals and often heavy metals such as lead and mercury. Anything you put on your face and hair is likely to get into your body. **The rule I have is if I wouldn't eat it I won't put it on my body.**
6. **Follow my four essential principles for healthy eating which are to eat foods and meals as much as possible that are:**
 - ❖ **Fresh** – not canned, boxed or processed. More nutrients are in fresh foods and less toxins and preservatives.
 - ❖ **Organic foods** – Again more nutrients and less toxins.
 - ❖ **Raw foods** – try to eat at least 50% of your diet from raw foods listed in #3 above. Lots of salads, fresh fruits, sprouts, fresh juices, raw nuts and seeds (preferably soaked in water overnight to make them more digestible).
 - ❖ **Balance protein, carbohydrates and fats at every meal and snack.** This will stabilize your blood sugar and insulin levels which if they rise too high will cause the body to convert carbohydrates to fat and store on the body. A general rule of thumb would be that 40% of the calories of a meal should come from protein, 40% from high quality carbohydrates (fruits, vegetables, whole grains) and 20% from high quality fats such as cold-pressed oils, organic butter, raw nuts and seeds.

These four principles incorporated into a maintenance program will keep your body detoxifying more efficiently year round.

7. **Do a liver flush for 7 –10 days** every morning 45 minutes before breakfast with the following recipe:

Add to a blender 1 washed quartered organic lemon (rind and all), two tablespoons of organic, extra-virgin olive oil, and 16 oz. of filtered or spring water. Blend the contents for 30 seconds and strain out the pulp. Add a pinch of cayenne pepper and drink. This formula will stimulate the gallbladder and liver to produce bile and jump start a liver purification. You may have a substantial bowel movement shortly after drinking this drink. Remember to not eat for 30 – 45 minutes after drinking this recipe. The liver flush can be done concurrently with a colon cleansing program.

8. **Drink fresh, organic vegetable juice daily, preferably 12-24 oz.** A great detoxifying recipe includes: parsley, celery, broccoli, spinach, 1 carrot, and a slice of fresh ginger root. For those who don't want to take the time to make your own juices buy a green superfood powdered formula that has a combination of: barley green, chlorella, spirulina, and other vegetables and adaptogenic herbs (**see section on superfoods later in this newsletter**). Fresh juices help detoxify the kidneys, liver, blood and tissue cells.

9. **Increase the consumption of high-quality fats.** Yes, fats help the body detoxify, in fact the “good cholesterol”, HDL, is essential to help the body detoxify. HDL binds with toxins in the blood and help transport these toxins to the bowels for elimination. Good sources of fats would include: raw nuts and seeds (preferably soaked in water overnight), butter and cream made from raw milk (contact me to get co-op in your area), olive oil, flaxseed oil, fish oil, un-refined coconut oil and avocados. Often I find people have, erroneously, eliminated good quality fats from their diet in the attempt to lose weight. In fact your body will gain weight without these fats and become more toxic. A rule of thumb is that you want to include a serving of these good fats at every meal and snack for example, 1-3 Tbsp. of olive oil depending on your size and body's need.

10. **Make a commitment to give up your most toxic habit** – whether it be smoking, drinking coffee, drinking hard liquor, eating sweets regularly or drinking soda pop. Years ago I made a decision to stop drinking coffee and soda and have never had any since. This has reduced the amount of acid and toxic caffeine, sugar and chemicals accumulating in my body tremendously. Start with just one habit and make it absolute. There are healthy alternatives to these habits such as:

- Drinking green tea instead of coffee.
- Drinking wine, especially organically grown, instead of hard liquor.
- Using stevia as your sweetener of choice instead of sugar.
- Drinking mineral water instead of soda.
- Even smoking American Spirit cigarettes instead of popular commercial brands which have high levels of cadmium and other toxic chemicals and

metals. The more dangerous aspect of smoking has to do with the chemicals and heavy metals in the cigarettes, not the tobacco.

If you can follow the above suggestions this spring – you'll start to feel and look better than you have in years.

Enjoy the coming spring and summer with great health and healthy living.

For those interested in more comprehensive information on detoxification I am offering a two hour class on detoxification on two dates and two different locations in the next 6 weeks:

1. Saturday, April 16th from 10 am – noon at the Westgate Business Center conference room on the 2nd floor.
2. Wednesday May 11th from 7pm – 9pm at Earthly Goods Health Food Store in Gurnee.

To register for either class contact my office at 708.848.0254. The fee for the class is \$40 if you pre-register one week in advance, \$50 at the door. Students also receive a \$20 gift certificate toward a private consultation/session with me.

Health Benefits of Infrared Light Sauna Therapy

There are three basic types of saunas:

- *Traditional saunas* consist of a small room or space with an electric, gas or wood heater, or heated with hot rocks.
- *Far infrared saunas* use ceramic or metallic elements for heating that mainly emit in the far infrared range.
- *Infrared electric light saunas* use incandescent infrared heat lamps for heating. They emit red and orange light and near, middle and some far infrared. **In my experience, the infrared electric light sauna is by far the best.**

While traditional saunas require high temperatures for copious sweating, infrared penetrates the skin and heats from the inside as well as on the skin.

The infrared electric light sauna penetrates deepest, so the air temperature can stay coolest with the same effectiveness. Sweating begins faster and detoxification is increased. Preheating is less necessary, saving time and electricity.

Infrared is an antioxidant nutrient, activates the cells, supports metabolic processes and decouples toxins from water molecules.

Far infrared saunas emit a limited infrared spectrum, often emit electromagnetic fields and are more costly than *infrared electric light saunas*..

Infrared electric light sauna therapy is one of the least costly, safest and most powerful ways to eliminate toxic metals, toxic chemicals and chronic infections. **The benefits include:**

* **Skin rejuvenation.** Sauna use slowly restores elimination through the skin. The skin is the largest organ of the body and a major eliminative channel. In most people, it is inactive, congested and toxic. Sun exposure, use of synthetic clothing, bathing in chlorinated water and exposure to hundreds of chemicals damage the skin. Excessive sympathetic nervous system activity and emotions such as fear, anger and guilt cause blood to be withdrawn from the skin, contributing to inactivity of the skin.

* **Enhanced sweating.** Sweating in a sauna is a by-product of applying heat to the body. The sweating process gently and safely helps eliminate all heavy metals and toxic chemicals. **Medical studies demonstrate that most toxins can be eliminated through the skin, relieving the burden on the kidneys and liver.** Sweating increases dramatically in most people after several months of daily sauna use.

Sweating during exercise is not nearly as effective for detoxification because exercise activates the sympathetic nervous system. Sympathetic nervous activity inhibits toxin elimination. The sympathetic nervous system activates the adrenals, thyroid, muscles and brain - the glands, systems and organs that control the fight or flight response. The parasympathetic nervous system controls the liver, Intestines and kidneys - the organs of elimination. Physical activity activates the sympathetic nervous system and therefore Inhibits the detoxification organs from eliminating toxins by putting the body In fight or flight mode. **The relaxed environment of a sauna activates the parasympathetic nervous system and therefore the detoxification organs are activated as well.**

* **Exercise benefits.** Saunas provide many of the benefits of exercise with much less expenditure of energy. These include enhanced circulation and oxidation of the tissues. Repeated sauna use can lower elevated blood pressure and improve the elasticity of the arteries. Saunas are most helpful for cardiovascular rehabilitation, arthritis, allergies, skin conditions and chemical sensitivity.

* **Decongesting the internal organs.** Heating the body powerfully shunts blood toward the skin to dissipate heat. This decongests the internal organs and greatly stimulates circulation. Sinuses, joints and many other tissues benefit greatly.

* **Fever therapy (hyperthermia) for infections.** Raising body temperature powerfully assists the body to kill bacteria, fungi, parasites and viruses. Many people have a low body temperature and, for this reason, cannot get rid of chronic infections. Common sites of infections are the sinuses, ears, eyes, bladder, throat and intestines.

* **Tumors, radiation poisoning and mutated cells.** Hyperthermia also helps kill other types of abnormal cells. Tumors, for example, tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a well-researched therapy for cancer. Heat also disables or kills cells mutated by radiation or damaged by other toxins.

I have, personally, been using an Infrared electric light sauna for a couple of months and feel refreshed and renewed after each use. I have found an excellent supplier of Infrared light saunas at very affordable prices ranging from as low as \$520 - \$1,800. The \$520 kit is an easily assembled kit that is five feet high, four feet wide and four feet long with a cotton canvas cover.

For more information go directly to www.drlwilson.com and see which version best meets your needs. Call Dr. Wilson at (928) 445-7690. I have found Dr. Wilson's knowledge of natural healing and quality of products he represents to be of the highest quality and integrity. He is available to answer questions on Infrared electric light sauna therapy, let him know you are a subscriber to my newsletter. .

The Health Benefits of Consuming Superfoods on a Daily Basis

Back in the late 1980s when I was struggling to improve my health I came across some natural healers who advised me to stop taking all the vitamin and mineral supplements I was using and start eating nutrient dense foods. The idea being that we absorb nutrients more efficiently from foods than we do from the best designed isolated nutrient supplements. I started drinking anywhere from 2-10 ounces of wheatgrass juice daily which was loaded with anti-oxidants, chlorophyll, B-vitamins and minerals. I used Bee pollen which is one of the most nutrient dense foods on the planet with hundreds of enzymes, potent anti-oxidants and amino acids and fatty acids as well as Spirulina and other blue green and green algae's which carry the full spectrum of macro and trace minerals and complete amino acid profiles also packed with anti-oxidants.

The bottom line was that these foods were instrumental in my health improving. Remember the whole game comes down to delivering nutrients into the body that are easily absorbed and assimilated to offset the toxins and free-radicals that we are all exposed to from our environment and stress.

Three of the most potent superfoods on the planet are spirulina, barley green and chlorella.

Spirulina is a blue-green algae that is harvested wild and cultivated in ponds as a powerfully nutritious food which has numerous health benefits including:

- ❖ World's highest source of beta carotene (ten times higher than carrots) which is a potent anti-oxidant and boosts the immune system.
- ❖ Complete protein with all essential amino acids for those who need more protein due to inability to digest animal protein or objection to eating animal protein.
- ❖ One of the only foods high in Gamma-linolenic acid (GLA) – necessary for the body to synthesize and balance hormones.
- ❖ Rich in iron, B-12 and folic acid to help build healthy red blood cells.
- ❖ High in B-vitamins which help the body cope with stress.
- ❖ Rich source of chlorophyll which is a natural cleanser and disinfectant.

When I first started doing live cell analysis in 1997 I came across a client in a clinic I was working in whose blood hemolyzed (dissolved) within several minutes of me taking her blood sample. This is very rare, usually the blood will last many hours or even days before dissolving on a slide. I recommended that she take 1 tsp of spirulina powder 3 x per day. Within a few days of the session she called me and wanted to come in again to see her blood. I told her it was too soon that her blood would not look different – it would take at least a month to notice any objective change in her blood. She insisted so I saw her one week after our first visit. To my complete surprise her blood looked fantastic the blood sample was full of healthy red blood cells and none were dissolving. I asked her whether she had followed my advice of taking 1 tsp of Spirulina 3 x day. She gasped and said oh no I thought you said 3 Tbsp. of Spirulina 3 x per day. She was taking 9 Tbsp. of spirulina per day – but she built her blood up more quickly than I’ve never seen anyone do before or since.

Barley Green is the pure juice from the young barley leaves in dried and powdered form, extracted when the plants are no more than 12 inches high having an intense green color indicating high amounts of chlorophyll and other nutrients, some of the nutritional qualities and benefits include:

- One of the richest sources of the anti-oxidant **Super-oxide-dismutase (SOD) which delays aging.**
- High in **calcium and potassium which work to alkalize our bodies** which tend to be acidic due to toxins, excess cooked animal protein, sugar, caffeine and stress.
- One of the richest sources of chlorophyll which helps detoxify chemicals from the body.
- Packed with live enzymes which aid in digestion and regulating our metabolism

Chlorella is a green algae (sea vegetation) which is used therapeutically in nutritionally oriented medical clinics to help support the body in detoxifying, it’s numerous benefits include:

- ✓ Highest source of chlorophyll of any algae studied, often ranging from 3-5% of the plant. Chlorophyll is cleansing to the bowel, liver and other organs of the body.
- ✓ Numerous studies in Europe and Asia have shown **chlorella protects the liver from damage from chemicals**
- ✓ Cleansing of the blood and bowels
- ✓ Balances blood sugar
- ✓ Is used for detoxification of heavy metals and radiation
- ✓ Research indicates boosts the immune system.

These three superfoods: spirulina, barley green and chlorella are three of the most nutritious, detoxifying foods on the planet. I highly recommend my clients to add them individually or in combination formulas to their supplement program. One of the best

formula's on the market is a product called Perfect Food, which can be found in local health food stores and has these three superfoods plus other powerful foods such as broccoli and spinach juice powder. The only problem has been that the retail prices of these products are often very high.

For over a year now I have been in communication with a friend of mine who formulates health food products. I asked him if he could put together a superfood formula which has all the major superfoods like spirulina, barley green and chlorella as well as other potent foods and herbs such as Irish Moss, Kelp, Rose hips, Schizandra and ginger. I also asked if he could design several varieties of this formula since I was working with Metabolic typing and wanted to customize the formulas for each of the metabolic types.

My friend not only made three different formulas: 1 for protein/parasympathetic dominant types, 1 for mixed/balanced dominant types, 1 for carbohydrate/sympathetic dominant types, he also came up with two versions of each of these three formulas: one with **yerba mate** (a slightly stimulating herb) which has a very small amount of a caffeine type substance and one with the adaptogenic herb **maca** which has no stimulating effect (better for those who are fine without any caffeine) and supports the adrenal and thyroid glands.

The best part of these formulas is that they cost almost have the price of the brands in the stores and taste at least as good if not better. **The price of Perfect Food is 18 cents per gram. If you order directly from Clearmorning Health the Daily Superfood the cost is approximately 10 cents per gram.**

If you want to try daily Superfood and know your metabolic type call Clearmorning Health at 812.339.2931. Ask for Matthew, who is the owner of this small health food store in Bloomington IN, and tell him you subscribe to my newsletter. Order the version for your metabolic type either with or without yerba mate depending on whether you need a little boost or are sensitive to stimulants. Just follow the directions on the package. If you don't know your metabolic type either order the version for the mixed type or call me and we can set up a metabolic type assessment for you.

That's it for now. I hope you found the information in this newsletter to be valuable. I look forward to seeing some of you at my detoxification class.

Enjoy the spring.

Best of Health and Happiness to All,

Jim

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