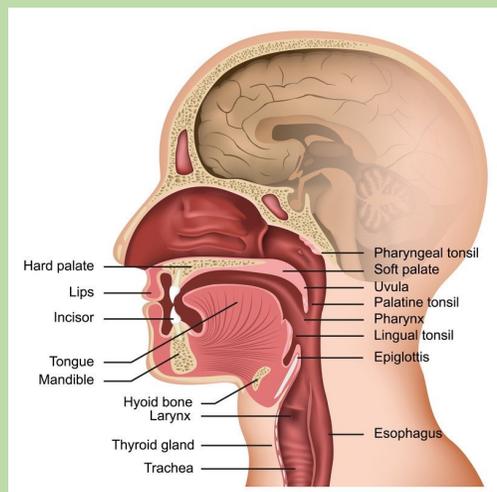
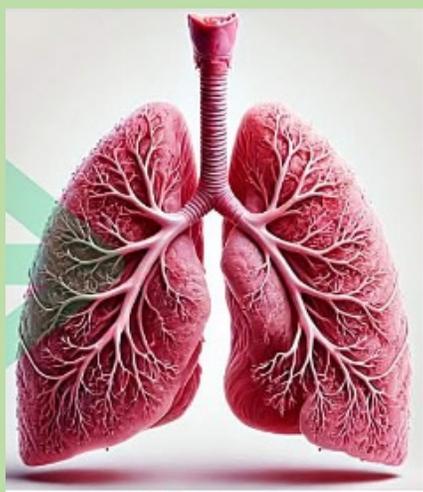
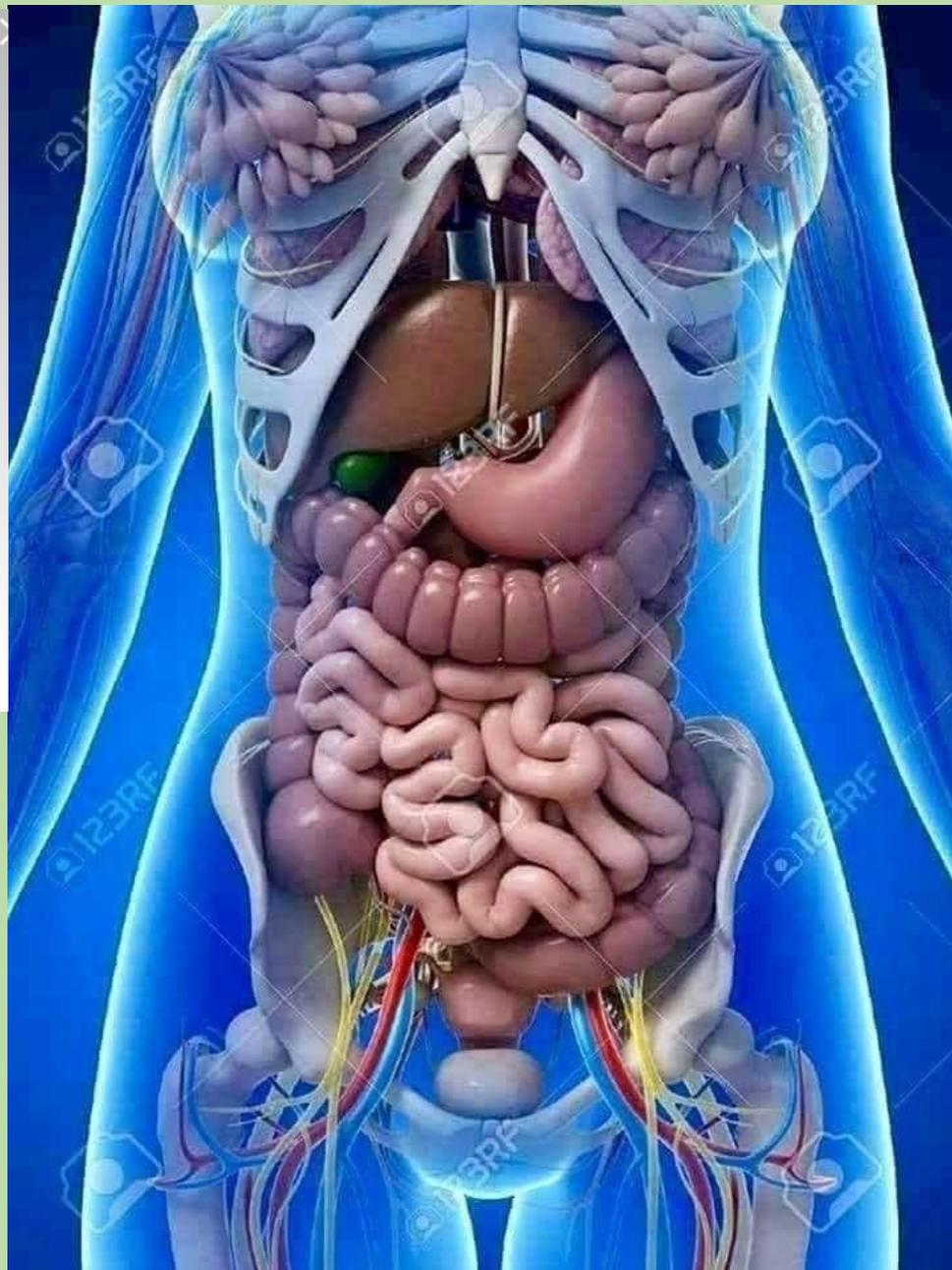
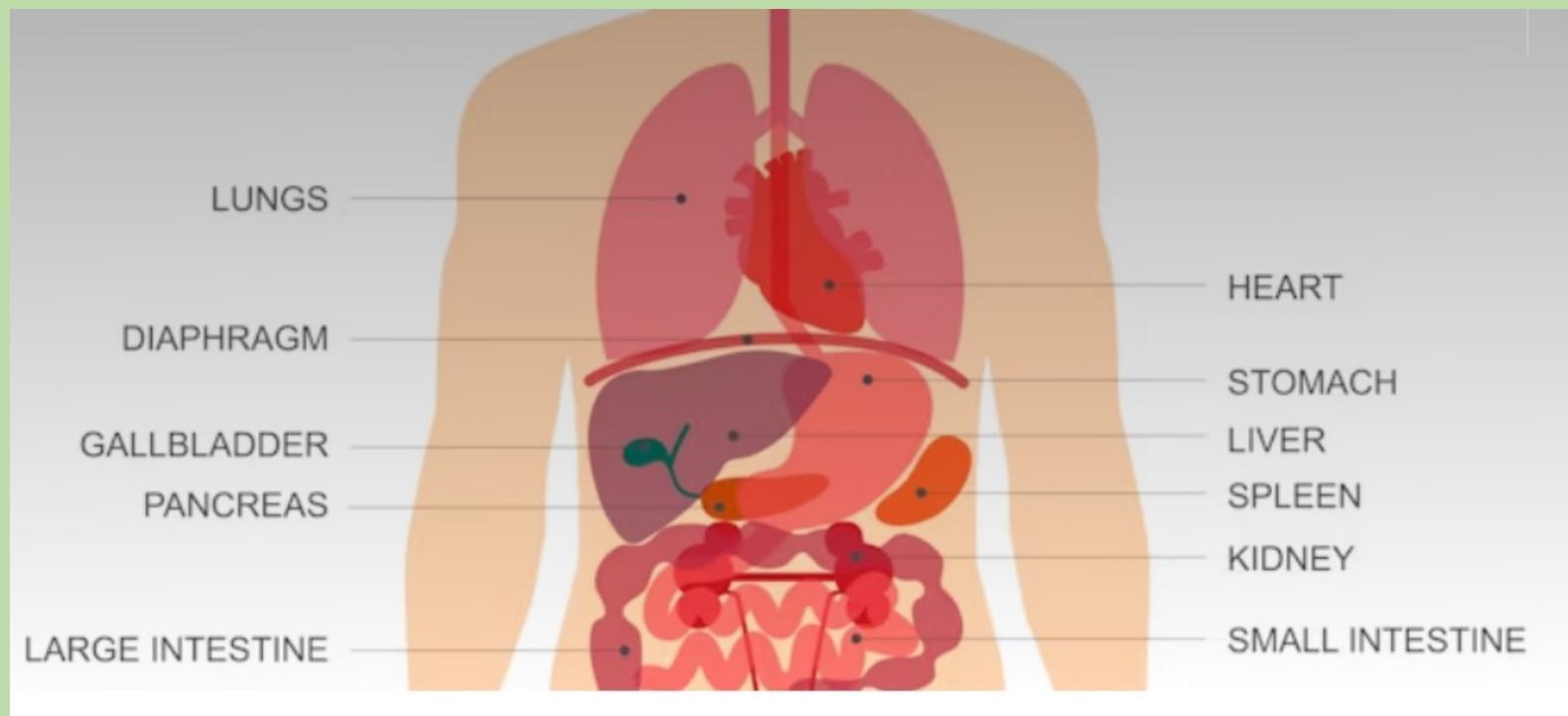


# Body, Birth, Mind, Spirit/Science

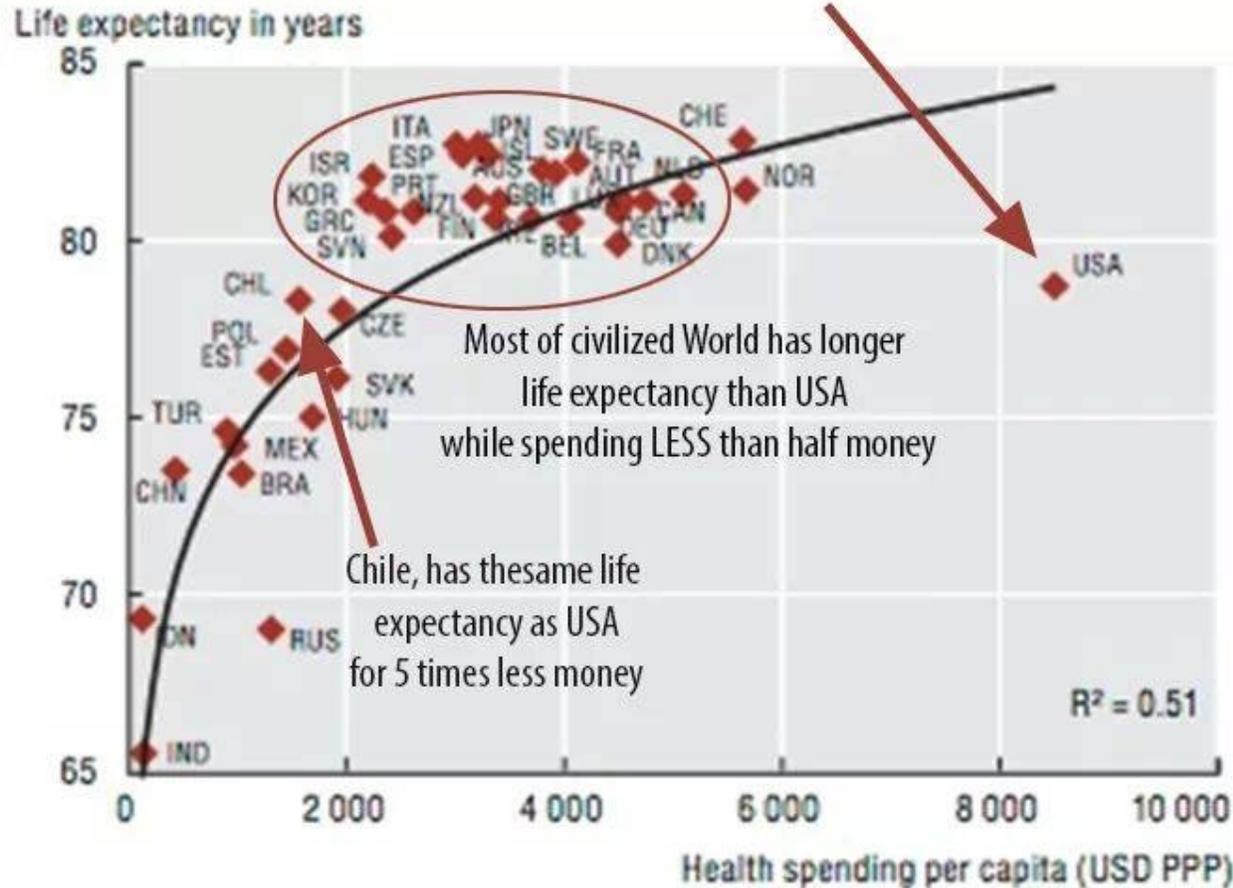
## Co-Creating a New Future Body Part 1A





# AMERICA IS NUMBER ONE

and this is a very bad news.



Source: OECD Health Statistics 2013, <http://dx.doi.org/10.1787/health-data-en>; World Bank for non-OECD countries.

StatLink <http://dx.doi.org/10.1787/888932916040>

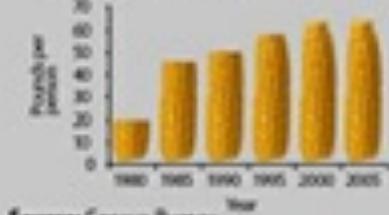
STILL BELIEVING THAT USA HAS THE BEST "HEALTHCARE SYSTEM" IN THE WORLD?

CONSUMPTION OF HIGH-FRUCTOSE CORN SYRUP IN THE U.S. HAS GROWN TO **60 POUNDS** PER PERSON PER YEAR

HOW MUCH IS 60 POUNDS?...ROUGHLY 5.3 GALLONS:



HIGH-FRUCTOSE CORN SYRUP CONSUMPTION IN THE U.S. PER PERSON PER YEAR



Source: Census Bureau

WHY SHOULD YOU LIMIT HIGH-FRUCTOSE CORN SYRUP CONSUMPTION?

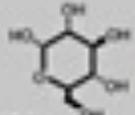
RESEARCH INDICATES THAT HFCS IS LINKED TO **OBESITY**:

- ABNORMAL INCREASE IN BODY FAT
- RISING BLOOD LEVELS OF TRIGLYCERIDES

"Animals with access to high-fructose corn syrup gained 48% more weight than those eating a normal diet."

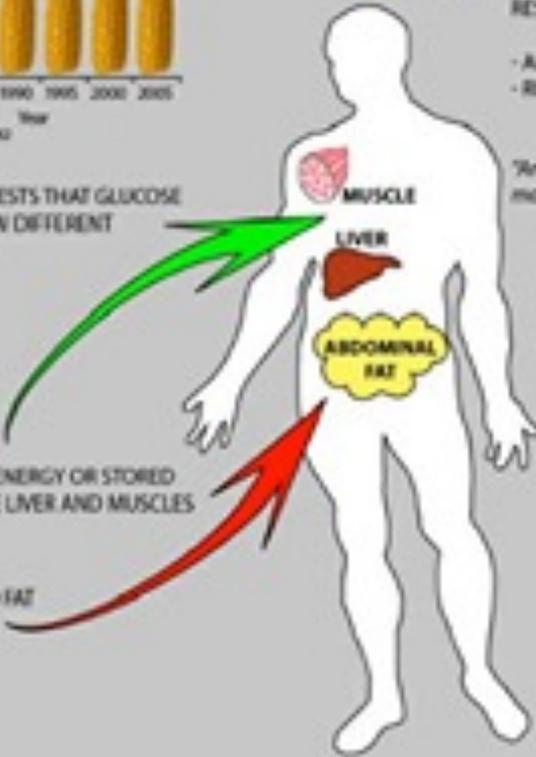
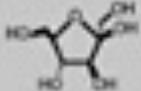
Source: Princeton University study Feb. 26 2010  
Pharmacology, Biochemistry and Behavior

EARLY RESEARCH SUGGESTS THAT GLUCOSE AND FRUCTOSE FOLLOW DIFFERENT METABOLIC PATHWAYS:

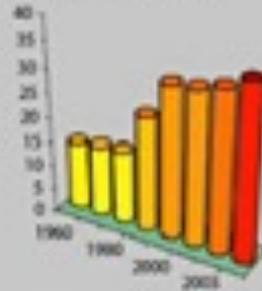


**WHILE GLUCOSE** IS PROCESSED INTO ENERGY OR STORED AS GLYCOGEN IN THE LIVER AND MUSCLES

**FRUCTOSE** IS METABOLIZED INTO FAT



PERCENTAGE OF THE U.S. POPULATION CONSIDERED **OBES** BETWEEN 20-74 YEARS OLD



Source: Center for Disease Control

HIGH-FRUCTOSE CORN SYRUP ACCOUNTS FOR **40%** THE SWEETENERS USED IN THE U.S. MOST OF THE PROCESSED-PACKAGED FOOD...AND OTHER PLACES WHERE YOU WOULD NOT SUSPECT IT!



## Ingredients of Cheetos™

**Salt**

**Lactic Acid**

**Citric Acid**

**Sour Cream**  
(Cultured Cream, Nonfat Milk)

**Partially Hydrogenated Soybean Oil**

**Artificial Flavor**

**Artificial Colors**  
(including yellow 6)

**DISODIUM PHOSPHATE**  
(popcorn lung chemical)

**VEGETABLE OIL**  
from **GMO** corn or soy  
(Contains one or more of the following: corn, soybean, or sunflower oil)

**MALTODEXTRIN**  
from **GMO** corn

**MONOSODIUM GLUTAMATE**  
**MSG**

**ENRICHED CORN MEAL**  
from **GMO** corn  
(Corn Meal, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, and Folic Acid)

[www.thenext28days.com](http://www.thenext28days.com)



Look at the Standard American Diet for example.

It's filled with processed ingredients... high in carbohydrates... filled with unhealthy fats.

Or how about all the sugar-loaded drinks?

**What's crazy is that diet-related deaths actually outrank deaths from smoking!**

And about half of U.S. deaths from heart disease... which are **nearly 900 deaths per day**, are linked to poor diet.

**SOME NON-ORGANIC  
FOODS CONTAIN  
UPWARDS OF 180 TIMES  
THE FLUORIDE LEVEL OF  
TAP WATER, SAYS EXPERT**



[rawforbeauty.com](http://rawforbeauty.com)  
[source:naturalnews.com](http://source:naturalnews.com)

**TOP 5  
WORST  
“CHEMICALLY  
ALTERED”  
FOODS TO  
AVOID**

1. Corn
2. Soy
3. Sugar
4. Aspartame
5. Canola Oil

[FoodDemocracyNow.org](http://FoodDemocracyNow.org)

[#ObamaLabelNow](https://twitter.com/ObamaLabelNow)

# WHAT'S IN YOUR CORN?

**GMO**  
E. COLI  
BACTERIA DNA

CAULIFLOWER  
MOSAIC VIRUS  
DNA

ANTIBIOTIC  
RESISTANT  
MARKERS

UP TO 6  
VARIETIES OF  
Bt TOXIN  
PESTICIDES

ROUNDUP  
RESIDUE



**NON-GMO**  
**CORN**

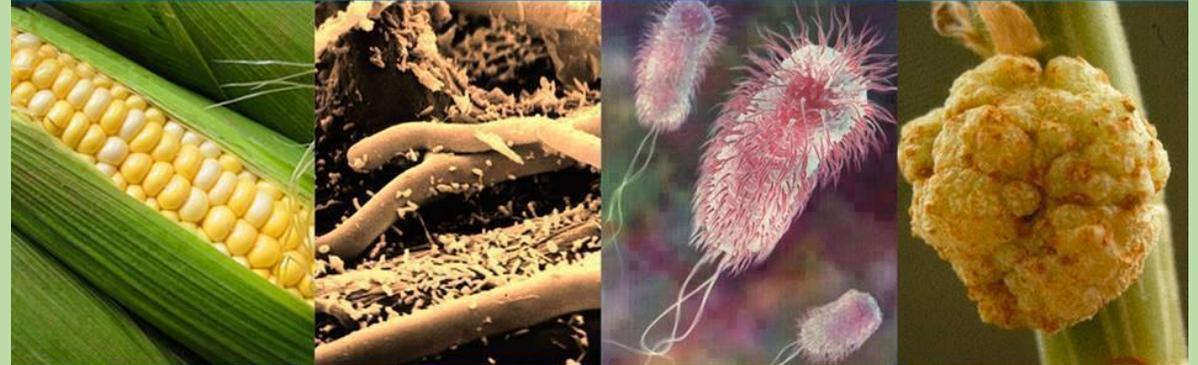


## SUBSTANTIALLY EQUIVALENT?

[www.facebook.com/gmofreeusa](http://www.facebook.com/gmofreeusa) [www.gmofreeusa.org](http://www.gmofreeusa.org) [www.facebook.com/gmofreecanadagroup](http://www.facebook.com/gmofreecanadagroup)

# How "RoundUp Ready" GMO Corn is Made:

GENETIC ENGINEERING IS COMPLETELY DIFFERENT FROM TRADITIONAL BREEDING & CARRIES UNIQUE RISKS



Corn

DNA

e.coli

bacteria

**Monsanto**

from soil bacteria that is naturally resistant to RoundUp herbicide

gaps are created in e.coli DNA & are recombined with RoundUp resistant bacteria

that causes tumors in plants are used to breach the cell wall

**GMOINSIDE** ORG  
Coalition Powered by Green America



**Conventional broccoli  
has 33 pesticide residues!  
5 are carcinogens,  
6 are neurotoxins, and  
15 disrupt hormones.**





# TOXIC EFFECTS OF SUGAR

- Speeds aging process
- Suppresses immunity
- Disturbs mineral balance
- Raises cholesterol & triglycerides
- Increased risk of alzheimer's
- Diabetes & hyperglycemia
- Tooth decay/periodontal disease
- Weight gain & obesity
- Candidiasis - yeast infections
- Kidney disease
- Hyperactivity
- Depression & anxiety
- Several types of cancer
- Weakened eyesight
- Osteoporosis
- Coronary heart disease
- Crohn's disease and ulcerative colitis
- Asthma
- Arthritis
- Gallstones and kidney stones
- Hormonal imbalances
- Appendicitis
- Multiple sclerosis exacerbation
- Decreased growth hormone
- Emphysema
- Atherosclerosis
- Fatty liver
- Constipation
- Fluid retention
- Headaches & Migraines

fb/dave\_sommers1

source fb/EdibleHarmony EdibleHarmony.com

# If you think organic food costs too much, consider this:



KitKat candy  
\$9.49/pound



Ground coffee  
\$20.00/gallon



Soda drinks  
\$8.89/gallon



Potato chips  
\$8.45/pound

## Plus...

- Farm subsidies paid by your taxes (2009)
- Cost to treat resistant bacterial infections
- Cost to treat diabetes in the U.S. (2007)
- Cost to treat chronic health issues (2003)
- Cost of annual pesticide clean-up
- Loss of export markets for U.S. GMOs
- Damage to our children's brains and bodies

\$44 billion/yr  
\$20 billion/yr  
\$174 billion+  
\$1.3 Trillion  
\$8 billion/yr  
Incalculable  
Incalculable

# Organic is the real bargain!

## Shocking Differences In Ingredients Between The Same Food Products In The U.S., Canada and U.K.

See more: [LiveFreeLiveNatural.com/719](http://LiveFreeLiveNatural.com/719)



NUTRI-GRAIN CEREAL BARS STRAWBERRY

Colors: Red No. 40, Yellow No. 6, Blue No.1

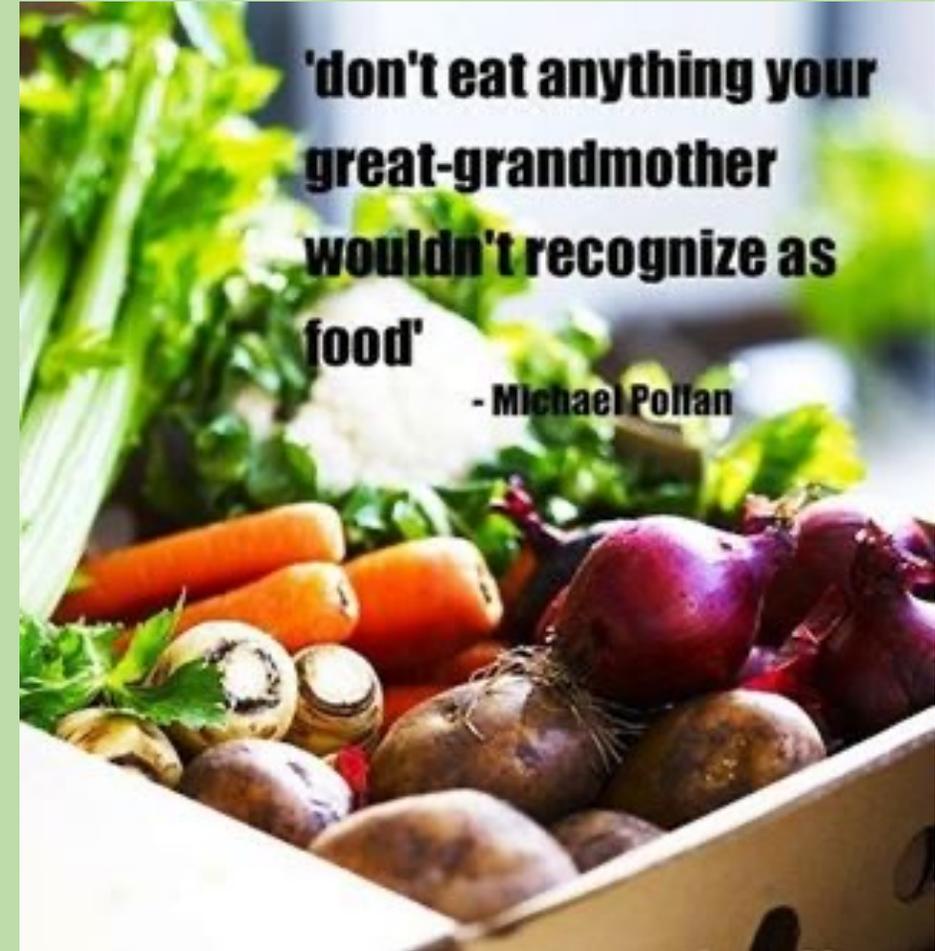


NUTRI-GRAIN SOFT BAKE BARS STRAWBERRY

Colors: Beetroot red, Annatto, Paprika extract

Photo Credit: CSPI

# Cricket Powder



# EATING ORGANIC vs CONVENTIONAL EATING

Organic is  
**25%**

more  
nutritious  
in terms of  
vitamins &  
minerals



Cost is only  
**20%**  
higher

After you  
factor in all  
the healthcare  
costs, then  
organic is  
much cheaper.

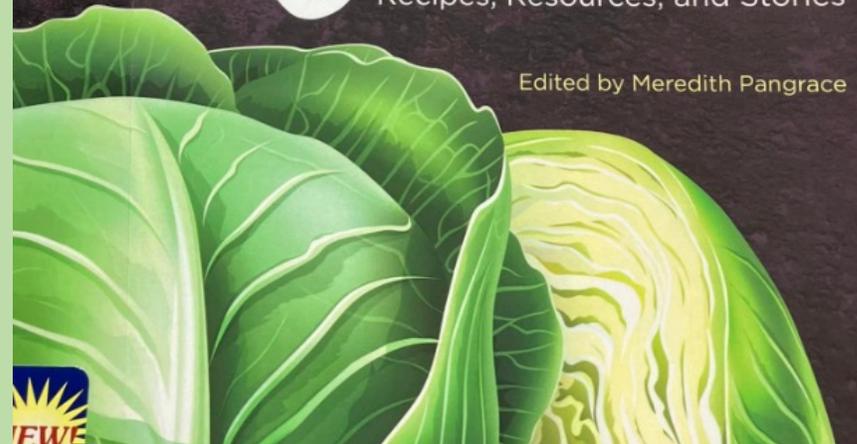
UK and US government statistics indicate that levels of trace minerals in (non-organic) fruit and vegetables fell by up to 76% between 1940 and 1991.

More than 400 chemical pesticides are routinely used in conventional farming and residues remain on non-organic food even after washing.

# RUST BELT VEGAN KITCHEN

Recipes, Resources, and Stories

Edited by Meredith Pangrace





## Vegan Diet Linked To 58% Drop In Medication Taken By Seniors, Research Finds

A new study published in the American Journal of Lifestyle Medicine found that a plant-based diet lowers the number of medications taken by 58% – even after adjusting for covariates.

The cross-sectional analysis included 328 participants aged 60+.

Researchers collected the data using questionnaires and measurement tools at Loma Linda University Drayson Center.

People who take over 5 medications per day carry an 88% higher risk of adverse drug events, have longer hospital stays, and higher mortality rates.

### EYES



- Safe sunlight exposure
- Astaxanthin
- Lutein, Zeaxanthin & Anthocyanins
- Eat fresh, dark green, leafy vegetables

### BRAIN



- Coconut oil
- Animal-based omega-3 fats
- Exercise regularly
- Challenge your mind
- Avoid aluminum

### LUNGS



- Reduce air pollutants in your home
- Use natural cleaning products & sprays
- Refrain from smoking or being exposed to second-hand smoke

### HEART



- Reduce your intake of grains & sweets
- Exercise regularly
- Drink organic whey protein from grass-fed cows
- Keep your stress under control
- Keep your cholesterol within healthy levels

### STOMACH & INTESTINES



- Fermented foods
- Probiotics
- Consume raw, whole foods
- Chew your food thoroughly

### SKIN



- Eat a healthy diet that is suitable for your nutritional type, focusing on whole, organic foods
- Dark green, leafy vegetables such as kale, spinach & broccoli
- Consider vegetable juicing
- Foods that are high in carotenoids & omega-3 fats
- Use only certified organic skin products

### JOINTS (OSTEOARTHRITIS)



- Omega-3
- Vitamins D3 & K
- Curcumin
- Boswellia, ginger & bromelain
- Evening primrose, black currant & borage oils
- Exercise

## RAW FOOD PYRAMID



**JuiceUpYourLife.TV**





# Richard K. Bernstein, MD

## On Smoothies/Juicing:

### Can I use juicing for my veggies or is eating them whole better?

Vegetables contain slow-acting carbohydrates in the form of fiber. In fact, most of the fiber doesn't even get converted to glucose in the body, because we don't have the enzymes for breaking down that fiber. Now, if you put it in the juicer, you are physically making cuts in the polydextrose fiber chains, which is fiber in a chain of glucose molecules that are connected to one another with a bond which we cannot digest. So, when you start cutting the molecules apart, you are producing pure glucose as a result. You can choose any vegetable you want even celery or lettuce and put it in a blender and turn it into juice. Then, get a urine glucose test strip and dip it into the juice and you'll see it will turn black because you've made pure glucose just by cutting the molecules apart.

Juice your veggies and eat your fruit.

## 20 Super-Hydrating Foods



 Cucumber <i>Contains 96 percent water</i>	 Grapefruit <i>Contains 92 percent water</i>
 Lettuce <i>Contains 95 percent water</i>	 Watermelon <i>Contains 92 percent water</i>
 Celery <i>Contains 95 percent water</i>	 Strawberries <i>Contain 91 percent water</i>
 Chinese cabbage <i>Contains 95 percent water</i>	 Cantaloupe <i>Contains 90 percent water</i>
 Radish <i>Contains 95 percent water</i>	 Lemons <i>Contain 89 percent water</i>
 Zucchini and Squash <i>Contain 94 percent water</i>	 Peaches <i>Contain 89 percent water</i>
 Tomatoes <i>Contain 94 percent water</i>	 Asian pears <i>Contain 88 percent water</i>
 Bell pepper <i>Contains 93 percent water</i>	 Blackberries <i>Contain 88 percent water</i>
 Asparagus <i>Contains 93 percent water</i>	 Papayas <i>Contain 88 percent water</i>
 Broccoli <i>Contains 89 percent water</i>	 Pineapples <i>Contain 87 percent water</i>



# Healing Plants

Upset GI tract?

ADD **DILL**

Indian scientists found that dill's *limonene* works as well as prescription antibiotics at killing harmful intestinal bacteria such as *E. coli*.



Bloated?

ADD **PARSLEY**

Thanks to its stores of *apiol* and *myristicin*, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.



Congested?

ADD **CAYENNE**

The fiery *capsaicin* in cayenne deactivates substance *P*, a neurotransmitter linked to inflammation. The result: less sinus congestion and pressure.



Feeling down?

ADD **BASIL**

The *eugenol* and *rosmarinic acid* in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.



Always tired?

ADD **CILANTRO**

The *carboxylic acid* in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.



Nauseous?

ADD **GINGER**

Ginger's *gingerol* and *shogaol* calm digestive-tract spasms to reduce nausea better than motion-sickness drugs, according to a study at Brigham Young University in Provo, Utah.



## The Clean Fifteen 2024



Avocados



Sweet Corn



Pineapple



Onions



Papaya



Sweet Peas



Asparagus



Honeydew Melon



Kiwi



Cabbage



Mushrooms



Mangoes



Sweet Potatoes



Watermelon



Carrots

# Alkaline Minerals

RawForBeauty.com

**CALCIUM**   **MAGNESIUM**   **IRON**   **POTASSIUM**   **MANGANESE**

 <b>Spinach</b>	 <b>Almonds</b>	 <b>Pumpkin seeds</b>	 <b>Coconut water</b>	 <b>Cinnamon</b>
 <b>Broccoli</b>	 <b>Okra</b>	 <b>Kale</b>	 <b>Avocados</b>	 <b>Garlic</b>
 <b>Celery</b>	 <b>Flax seeds</b>	 <b>Broccoli</b>	 <b>Kiwi</b>	 <b>Thyme</b>
 <b>Mustard greens</b>	 <b>Dill</b>	 <b>Brussels sprouts</b>	 <b>Chard</b>	
 <b>Avocado</b>	 <b>Cacao</b>	 <b>Quinoa</b>	 <b>Tomatoes</b>	 <b>Turmeric</b>
 <b>Kale</b>	 <b>Basil</b>	 <b>Spinach</b>	 <b>Figs</b>	 <b>Collard greens</b>

## The 7 Most Alkaline Foods

Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease.

Say hello to renewed vigor, mental clarity, better over-all health, and a lean trim body. The key? Your health depends on the pH balance of the **blood**. source: Dr. Robert O. Young



# 8 MOST NUTRIENT DENSE FOODS ON EARTH

**SPIRULINA** IT HAS MORE ANTIOXIDANTS THAN ANY OTHER FOOD ON EARTH AND IS LOADED WITH PROTEIN AND MINERALS.

**KALE** LOADED WITH MINERALS, VITAMINS, FIBER AND AMINO ACIDS, AS WELL AS IMPORTANT ANTIOXIDANTS THAT REDUCE INFLAMMATION AND CAN PREVENT CANCER

**HEMP SEEDS** COMBINATION PROTEIN, FIBER, ESSENTIAL FATTY ACIDS, ANTIOXIDANTS, AMINO ACIDS, VITAMINS AND MINERALS

**CHOCOLATE** MINERALS, VITAMINS AND TONS OF ANTIOXIDANTS ARE GREAT FOR YOUR HEART, SKIN, AND RELEASE CHEMICALS IN THE BRAIN THAT MAKE YOU FEEL LIKE YOU'RE IN LOVE.

**BROCCOLI** HEALTHY DIGESTIVE SYSTEM AND DECREASES YOUR RISK OF CANCER.

**SPINACH** ANTIOXIDANT, PROTEIN AND FIBER-RICH BURST OF HEALTHY GOODNESS.

**CHIA SEEDS** LOADED WITH OMEGA FATS, PROTEIN AND FIBER.

**BERRIES** LESS SUGARY AND FULL OF VITAL VITAMINS, MINERALS AND THOSE FREE-RADICAL AVENGING ANTIOXIDANTS.



"We're in this together!"  
#WITT

Enrich your existence.  
www.JUICEWITHDREW.com

SOURCE: <http://www.brianstacy.com/health/most-nutrient-dense-healthy-foods-on-earth.html>

Subscribe to:

YouTube /FITLIFETV  
Facebook /VEGETABLEJUICING  
Twitter @DREWCAN777  
Instagram @/JUICING

FitLife.tv  
We're in this together!

Vegetables that are high in minerals such as **magnesium, potassium and calcium** include broccoli, artichoke, potatoes, beet greens, cooked bok choy, carrot juice, cooked Swiss chard, kale, okra, spinach, sweet potatoes, sun-dried tomatoes and turnip greens.



These minerals lower blood pressure.

**1 Blueberries**

**2 Leafy Greens**

**3 Walnuts**

**4 Pumpkin Seeds**

**5 Avocados**

**6 Broccoli**

**7 Beets**

**8 Dark Chocolate**

**9 Green Tea & Matcha**

**11 Ashwagandha**

**10 Turmeric**

**12 Gotu Kola**

# PROTEIN



## IN Plant FOODS



fb/dave.sommers1

Source: [www.livelovefruit.com](http://www.livelovefruit.com)

# Healing Herbs and Spices Medicine Cabinet in Your Kitchen

**OREGANO**  
helps soothe stomach muscles



**Thyme**  
relaxes respiratory muscles

**MINT**  
can ease hiccups



**TURMERIC**  
anti-cancer

**GINGER**  
anti-nausea remedy



**BASIL**  
can relieve gas and soothe stomach upsets

**GARLIC**  
natural antiseptic



**BLACK PEPPER**  
help relieve indigestion

**FENUGREEK**  
helps flush out harmful toxins



**CAYENNE**  
can stop a heart attack

**Fennel**  
can reduce bad breath and body odor



**CINNAMON**  
helps lower blood pressure

**CLOVE**  
anti-microbial



**Dill**  
treat heartburn, colic and gas

**SAGE**  
antiseptic and antibiotic



**Rosemary**  
antioxidant

[Rawforbeauty.com](http://Rawforbeauty.com)



# 10 Dairy-Free Sources of Calcium



### Almonds

Almonds contain almost 100 mg of calcium per ounce. Almonds also may be beneficial for those with high cholesterol.



### Kale

This super-green is high in calcium, other minerals and antioxidants. Cook as a side dish or add to your salad if you need a calcium boost.



### Broccoli

Steam broccoli for a high-calcium side dish or add it raw to salads for an extra boost.



### Oatmeal

Oatmeal provides a significant amount of calcium. Just one packet of instant oatmeal provides about 100-mg.



### Black Eyed Peas

Not only are black-eyed peas a good source of calcium, these little beans also contain potassium, folate and other nutrients.



### Orange Juice

Enjoy a glass of orange juice with your breakfast and boost your calcium stores. Calcium-enriched OJ will provide even more of your daily needs.



### Blackstrap Molasses

Use molasses instead of syrup or sugar in some of your recipes to increase your calcium and iron intake. Molasses contains even more calcium than milk.



### Salmon

We already know salmon is a nutritious fish, loaded with essential fatty acids, but this fish is also rich in calcium and other minerals.



### Figs

Fresh figs are a good source of calcium. Four of them will give you more than 100 mg of calcium.



### Sesame Seeds

Sprinkle them on cereal or salads. Sesame seeds are not just high in calcium, but also provide fiber and unsaturated fat.

# WHY EAT EGGS?

## The Top Nutrients in Eggs

### Vitamin K2

One of the best sources of this vitamin. It plays a big role in cardio health.

### Omega 3

Contains omega 3s in its active form, reducing inflammation.

### Selenium

Works with iodine to maintain proper thyroid function.

### Choline

Required for cell structure and cell messaging.

### Cholesterol

Required to absorb fat soluble vitamins and build cell walls.

### Vitamin E

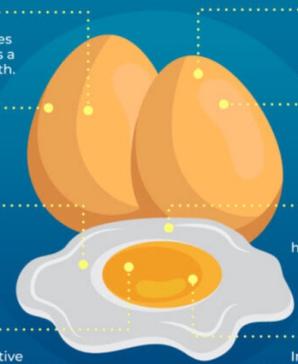
Key in supporting a healthy immune system.

### Vitamin A - Retinol

This is the most bioactive form of vitamin A that is necessary for immunity, brain health, vision, skin health and more.

### Conjugated Linoleic Acid (CLA)

Important fatty acid that improves immune health and metabolic health.



DRJOCKERS  
SUPERCHARGE YOUR HEALTH!

# 1 Egg Substitute



1 Tbs Ground Flaxseed  
+ 3 Tbs Water



3 Tbs Peanut Butter



1/4 Cup Applesauce



2 Tbs Arrowroot Powder  
+ 3 Tbs Water



1/4 cup  
Silken Tofu



1 Tbs Protein Powder  
+ 3 Tbs Water



2 Tbs Corn Starch  
+ 3 Tbs Water



1/2 Mashed Banana



2 Tbs Baking Powder  
+ 2 Tbs Water  
+ 1 Tbs Oil

## Foods for eye

From sources across the web



Egg



Fish



Seeds



Blueberries



Almonds



Oranges



Avocados



Sunflower seed



Leafy greens



Sweet potatoes



Bell pepper



Kale



Broccoli



Dairy product



Beans



Walnut



Carrots



Citrus



Salmon



Legume



Meat and poultry



Oysters



Beef



Orange vegetables

*The Farmacy*

# NATURAL PAINKILLERS

in your kitchen

	Erase earaches with garlic		Ginger for muscle and joint pain
	Give your back some TLC with organic grapes		Relax painful muscles with peppermint
	Tame chronic pain with turmeric		Cure a toothache with cloves
	End endometrial pain with oats		Heal sinus problems with horseradish

Source: Ema's Herbs

# 7 Superfoods To Help You Live Longer



## Blueberries

Full of antioxidants  
Prevents infection  
Rich in bio-available copper, selenium, zinc, iron, vitamin C, B complex, vitamin E  
Promotes brain health



## Kale

Contains carotenoids that help protect against cancer, heart disease, and infection  
High in fiber  
High levels of vitamin K  
Provides vitamin C, B6, folic acid, manganese, and potassium



## Coconut Oil

Helps the body absorb other nutrients  
Contains monolaurin, a nutrient only found in breast milk  
Helps control diabetes



## Lentils & Beans

Full of soluble fiber that is great for reducing cholesterol  
High in iron  
High in protein and very filling



## Chia

Omega 3 fatty acids  
Helps you stay hydrated  
Regulates blood sugar levels  
Rich in protein, vitamin B complex, calcium, potassium, and fiber



## Maca

Improves energy, strength, and stamina  
Reduces anxiety and depression  
A powerful aphrodisiac



## Acai Berries

Anthocyanins for heart health  
Promotes weight loss  
Full of antioxidants  
Reduces inflammation and improves circulation  
Protects cellular damage

# The Pharmacy

# 9 FRUITS LOWEST IN SUGAR

@nutritional-factz

0%



Olives

0.7%



Avocados

4%



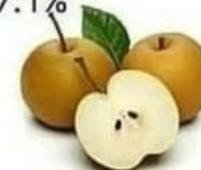
Starfruit

5%



Berries

7.1%



Asian Pear

5.7%



Casaba Melon

6%



Coconut

3%



Cucumbers

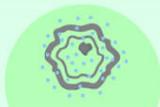
2%



Eggplant



# THE HEALTH BENEFITS OF GREEN TEA



## COMBATS OXIDATION

Green tea leaves are rich with polyphenols - plant chemicals that fight oxidation. In fact, green tea is considered to be one of the top foods richest in polyphenols.



## PUTS YOU IN A BETTER MOOD

Green tea contains a special amino acid called L-theanine. L-theanine calms your nervous system, helps your brain make dopamine, and brings you into a state of relaxation.



## TAKES CARE OF YOUR HEART

Because of EGCG's anti-inflammatory and antioxidant properties, it's been studied as a remedy for several types of cardiovascular issues and may help with symptoms of "cardiac hemochromatosis."



## KILLS BACTERIA AND VIRUSES

More and more research confirms the antimicrobial effects of green tea on everything from bacteria to viruses to mold to parasites. That's why green tea helps prevent infections and illness.



## HELPS PREVENT BRAIN DEGENERATION

EGCG found in green tea protects the neurons in your brain and stops them from degenerating.



## BOOSTS LIVER HEALTH

Drinking green tea improves blood markers of liver health, including liver enzyme levels. Green tea may also reduce oxidation in the liver caused by hereditary hemochromatosis.

## PROS

Coffee contains antioxidants, vitamins and minerals, and a few dietary proteins.

Research shows coffee consumption has reduced the risk of some diseases and ailments.

- Parkinson's
- Type 2 Diabetes
- Asthma Attacks
- Heart Rhythm Problems
- Cirrhosis of the Liver
- Cancer - Oral, Esophageal and Pharyngeal
- Caffeine also Increases the Effectiveness of Certain Types of Painkillers and Acts as a Stimulant



## Also: It's good for the garden

Used coffee grounds benefit many plants, adding nitrogen to the soil.

## CONS

Caffeine can have positive effects, but too much can have negative results.

- Changes Sleep Pattern
- Can Raise Blood Pressure
- Can Lead To Dependence and Worsen Fatigue
- Can Stain Teeth
- Can Aggravate Heartburn
- Can Cause Anxiety & Heart Palpitations
- Could Lead to Dehydration and Depletion of B Vitamins and Vitamin C
- Limits Absorption of Key Minerals such as Calcium, Magnesium, Iron and Zinc.



## Also: It's bad for the environment

Coffee is among the crops most heavily sprayed with pesticides. This is why I only recommend organic coffee.

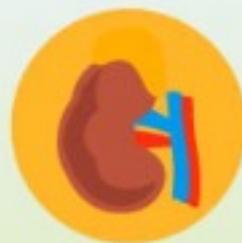


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# THE BENEFITS OF VITAMIN C



Supports Immune Health



Improves Energy and Adrenal Health



Supports Healthy Joints and Skin



Improves Blood Flow and Heart Health



Supports Healthy Aging



Improves Histamine Response

# HEALTH BENEFITS OF BERRIES

Rich in Anti-Oxidants and Polyphenols

Great Prebiotic Source for the Microbiome

Improve Skin Health and Collagen Production

Lower in Sugar Compared to Other Fruits

Support Good Cardiovascular Function

Anti-Cancer Properties

**\*\*Best to Limit Yourself to 1/2 cup per day  
to avoid excess fruit sugar\*\***



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# AMAZING HEALTH BENEFITS OF AVOCADO



## CARDIOVASCULAR

Contains beta sitosterol which lowers LDL (bad) cholesterol while raising HDL (good) cholesterol. Helps regulate blood pressure and protect against heart disease.



## DIGESTION & METABOLISM

Vitamin A helps protect the epithelial cell lining in the GI tract and high fiber content keeps you regular, preventing diarrhea & constipation.



## IMMUNITY

Increases the strength of pathogen-fighting cells by aiding in nutrient absorption. Great source of Glutathione, the "master" antioxidant.



## MUSCLE DEVELOPMENT

Contains all 9 of the essential amino acids (the building blocks of protein) which are required for proper protein synthesis. These amino acids help develop healthy muscle tissue.



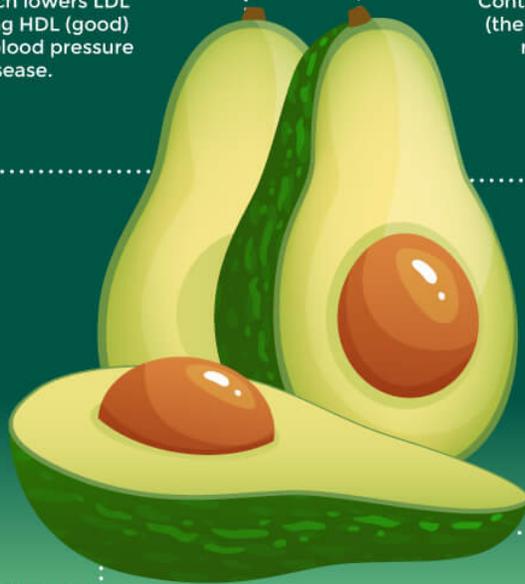
## SKIN, HAIR & NAILS

Packed with biotin, which helps protect our cells from damage. Vitamins A&E help skin & nail tissues rebuild and keeps our hair shiny and lustrous. Avocados also include D-manno-heptulose sugar that improves collagen formation.



## TEETH & BONES

Rich in phosphorus, magnesium & manganese to help maintain bone health and reduce your risk for developing osteoporosis.



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Onion



Avocado



Sweet Corn



Pineapple



Mangoes



Sweet Peas



Asparagus



Kiwi



Cabbage



Eggplant



Cantaloupe



Watermelon



Grapefruit



Sweet Potato



Honeydew Melon

# TOP 10 HEALTH BENEFITS OF RADISHES



Eliminates mucus & clears sinuses



Reduce inflammation & ease pain & swelling



Help alleviate digestive distress & regulate the bowels



Help lower blood pressure and prevent cardiovascular disease



Protect against cancers of the colon, stomach & mouth



Help purify the kidney and urinary systems



High in Vitamin C & Zinc to strengthen the immune system



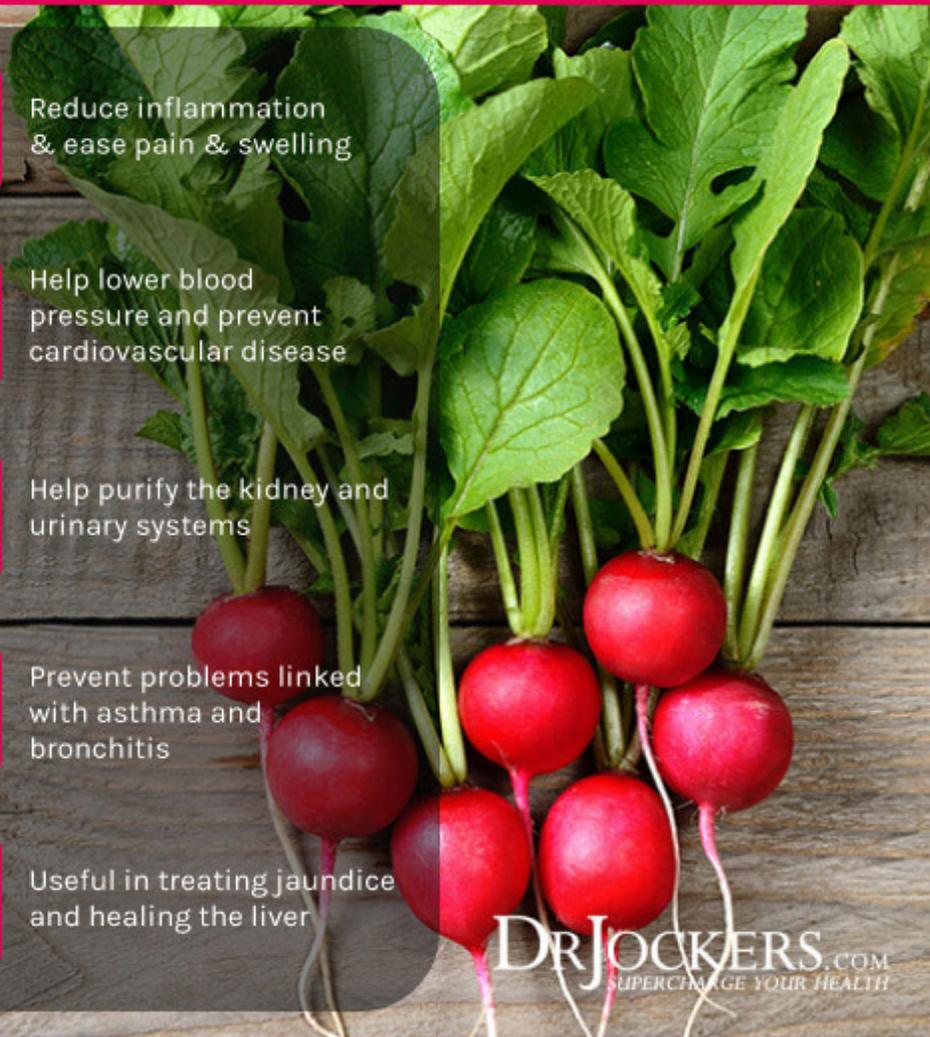
Prevent problems linked with asthma and bronchitis



Detox superfood that helps purge toxins

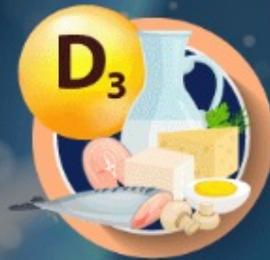


Useful in treating jaundice and healing the liver



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# TOP 9 NUTRIENTS FOR HEALTHY TEETH AND GUMS



Vitamin D3



Vitamin K2



Magnesium



Vitamin C



BioFlavonoids



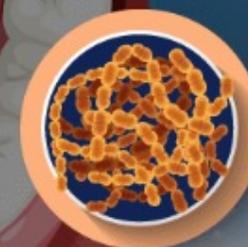
Collagen or  
Bone Broth  
Protein



Omega 3  
Fatty Acids



Trace  
Minerals



Probiotics

# THE HEALTH BENEFITS OF ARTICHOKES

## Quick Facts About Artichokes

- A member of the sunflower family of vegetables, the artichoke is actually a perennial thistle.
- First cultivated in the Mediterranean region, artichokes were popular among the Roman nobility.
- If left to grow wild, artichokes blossom into large purple flowers.

## Artichokes contain:

- Vitamin C
- Vitamin K
- Vitamin B9(folate)
- Calcium
- Copper
- Iron
- Magnesium
- Manganese
- Phosphorus
- Potassium



## Supports Heart Health

The vitamin C content in artichokes provides antioxidant action to protect cells from damage from free radicals, as well as reduce the risk of coronary heart disease.



## Helps Reduce Risk of Cancer

A flavonoid in artichoke called silymarin was found to be a skin cancer chemopreventive or anticarcinogenic agent.



## Improves Bowel Motility

A medium artichoke can supply 6.9 grams of fiber, which is important in promoting regular bowel movement as it adds bulk to your stool.



## Improves Bile Flow and Liver Health

Cynarin in artichokes increases bile production in your liver, which in turn eliminates bad cholesterol from your body.

# THE AMAZING BENEFITS OF PUMPKIN SEEDS

Eaten raw, pumpkin seeds are essential for skin health and wound healing. Their rich antioxidant and anti-inflammatory properties also help lower cholesterol and strengthen the immune system.

## NUTRITIONAL FACTS

- ✓ Rich in prebiotic fiber to support the gut microbiome
- ✓ Loaded with minerals, including magnesium, potassium and zinc
- ✓ Zinc makes pumpkin seeds great for immune, skin and mental health.
- ✓ Great source of vitamin A, E and B vitamins



## PUMPKIN SEED PESTO

1/4 cup raw  
Pumpkin Seeds

1 large bunch of  
fresh cilantro,  
minced

Juice of half a lemon

1 tbsp. of extra virgin  
olive oil

1/2 clove of fresh garlic,  
chopped

Pinch of sea salt



1. Place all ingredients in a blender and purée
2. Serve over salad or raw zucchini "pasta"



# TURMERIC

- ✓ Improves Brain Health
- ✓ Improves Digestion
- ✓ Supports Healthy Inflammation Levels
- ✓ Supports Liver Health
- ✓ Improves Insulin Sensitivity
- ✓ Reduces Oxidative Stress
- ✓ Immune Booster
- ✓ Improves Metabolism
- ✓ Supports Healing Processes
- ✓ Supports Healthy Cholesterol Levels

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# Health Benefits of Mint Leaves



Breath  
Freshener



Improves  
Digestion



Stimulates  
Bile Production



Internal  
Deodorant



Improves  
Skin Quality



Stimulates  
Positive Mood



Helps Calm  
the Mind

# MILK THISTLE BENEFITS



Supports  
Healthy  
Bile Flow



Helps  
Strengthen  
the Intestinal  
Lining



Supports the  
pancreas,  
lungs, cervix  
& prostate



Protects the  
Kidneys from  
Oxidative Stress



Improves Liver  
Detoxification  
Pathways

# TOP 12 ANTI-ASTHMA FOODS



AVOCADOS



BROCCOLI SPROUTS



APPLES



BANANAS



GINGER



SPINACH



ROSEMARY



SUNFLOWER SEEDS



SWEET POTATOES



KALE



TURMERIC



MUSTARD GREENS

# DARK CHOCOLATE



Regulates Blood Sugar



Heart Food



Rich in Antioxidants



Brain Food

## PROVIDES...



Flavanols



Iron



Copper



Manganese



Dietary Fiber



Protein



Calcium



Dark chocolate (at least 70% organic cocoa) is fast becoming a super food and is excellent for maintaining a healthy heart.

### WEIGHT LOSS

Recent findings from lead author Beatrice Golomb, M.D., Ph.D and her team found that eating dark chocolate frequently is linked to lower weight. Dark chocolate has significant metabolic effects.



Dr. Williams Sears recommends: **2-3** squares of organic dark chocolate per day.



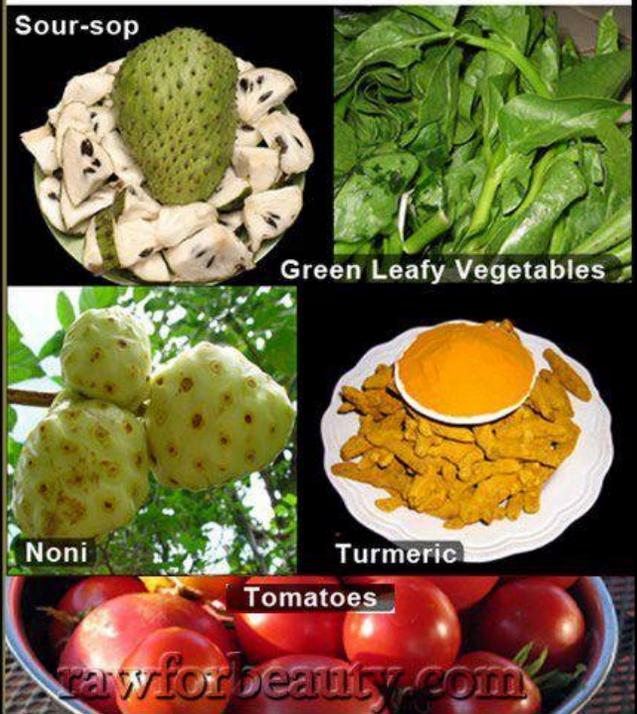
The main antioxidants in dark chocolate are flavanols. Flavanols lower the bad cholesterol (LDL) in the blood and reduces the formation of plaque in the arteries. Dark chocolate also improves blood flow & regulates blood sugar by helping your cells use the body's insulin efficiently.



# The Top 5 **CANCER CAUSING** foods



# The Top 5 **ANTI-CANCER** foods



Share this with everyone

# Foods that Kill Cancer



# 4 Ways To Use Apple Cider Vinegar



Put On Food



Drink Before Meals



Mix With  
Soups & Stews



Morning Primer

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# 8 Applications of Apple Cider Vinegar

To Prevent Diseases  
and Improve Your  
Skin & Hair Health



# 1. Potent Anti-fungal and Anti-bacterial Agent

Page 7

# 2. Appetite Suppressant

Page 9

# 3. Cancer Fighter

Page 10

# 4. Sore Throat Treatment

Page 11

# 5. Powerful Mouthwash

Page 12

# 6. Hair Rinse

Page 13

- E. coli
- Staphylococcus aureus
- Candida albicans

## Appetite Suppressant



## Cancer Fighter



# Sore Throat Treatment

## Skin Tonic

One of the main benefits—and most common uses—of apple cider vinegar is to improve your skin health. In fact, it can be used for just about everything:

### 8.1 For Acne

### 8.3 For Sunburns



### 8.4 For Wrinkles

Typically, apple cider vinegar is diluted with water and applied to tighten, tone, and rejuvenate the skin. It's important to avoid the eye area when applying it to the face.

### 8.2 For Skin Tags



Skin tags are growths of skin that are typically benign and harmless, though many people remove them because they look odd or may rub against your clothing during exercise.

Apple cider vinegar has been used as a home remedy against skin tags. Apply the vinegar to the skin tags to dry them out, and the dried-out tags naturally fall off.

### 8.6 For Toning

### 8.7 For Cleanliness



Our faces accumulate a lot of dirt, grime, oil, and dead skin cells over the course of the day. For people who have dirty jobs (such as mechanics, welders, carpenters, painters, etc.), the accumulation of gunk and germs is exponentially higher.

Apple cider vinegar is an excellent facial cleanser. The acids in vinegar will eradicate any germs, neutralize bacteria, and wash away any dirt and grime.

### 8.8 For Blemishes



When you see blemishes forming on your skin, you can dab a bit of apple cider vinegar (diluted in water) onto the dark or light spots. If the blemishes are caused by bacteria, fungi, or other microbes, the acidity of the vinegar will curb their growth. If the blemishes are the result of excessive build-up of grime, dirt, or dead skin cells, the vinegar will eradicate the source of the problem, too.

## Powerful Mouthwash

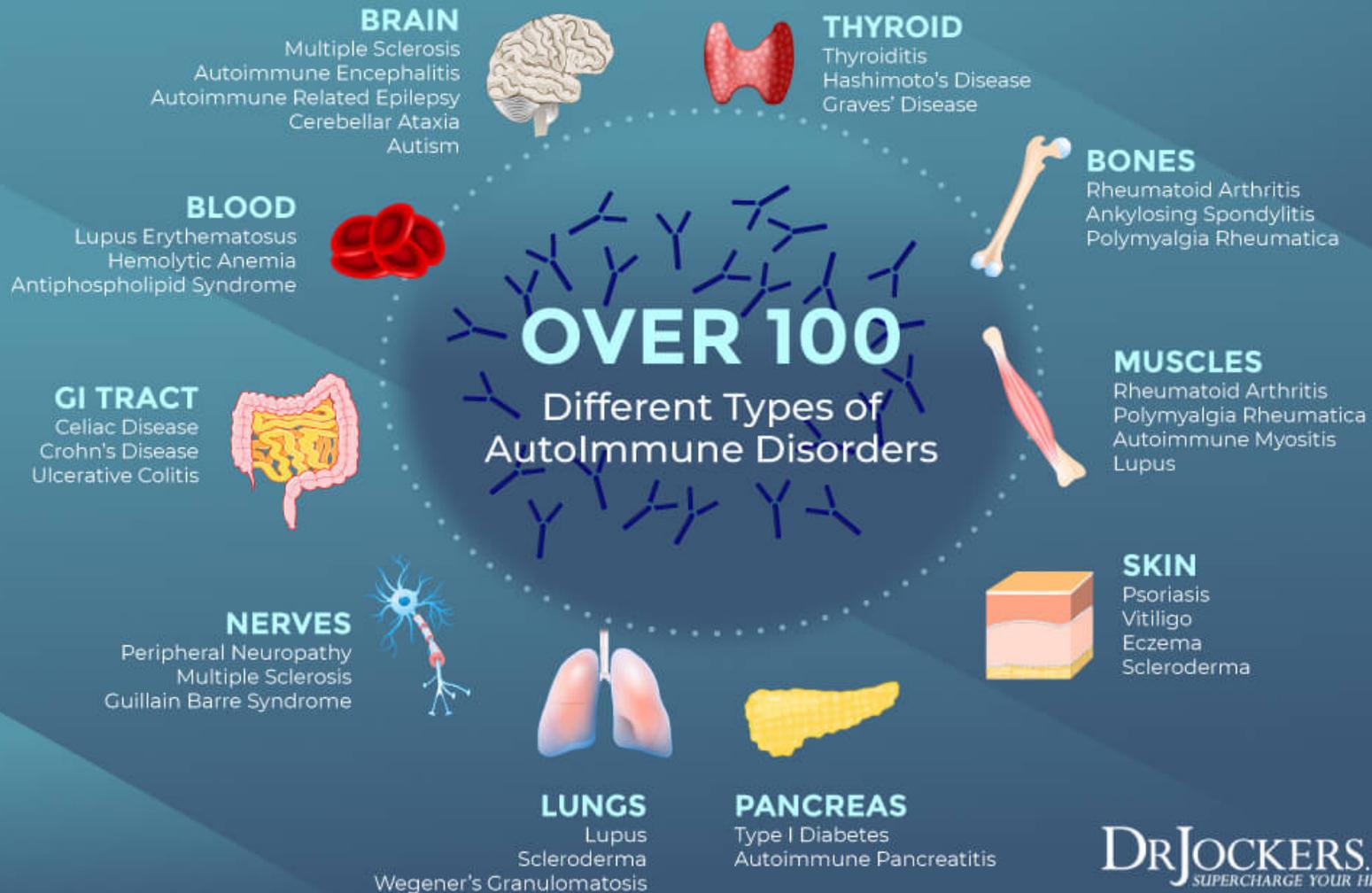


# Hair Rinse

# Anti-Dandruff Treatment

1. <https://pubmed.ncbi.nlm.nih.gov/29379012/>
2. <https://pubmed.ncbi.nlm.nih.gov/29224370/>
3. <https://pubmed.ncbi.nlm.nih.gov/19661687/>
4. <https://pubmed.ncbi.nlm.nih.gov/15149153/>
5. <https://www.medicalnewstoday.com/articles/apple-cider-vinegar-for-dandruff#does-it-work>

# AUTOIMMUNE DISEASES



# Foods to Help Fight Diabetes

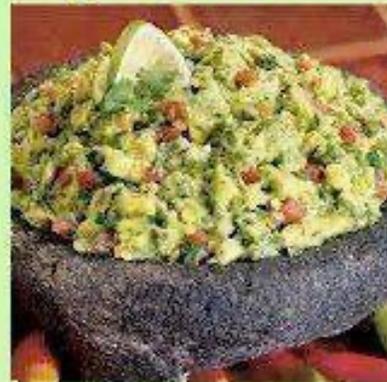
**green juice**



**raw zucchini noodles  
with tomato sauce**



**guacamole**



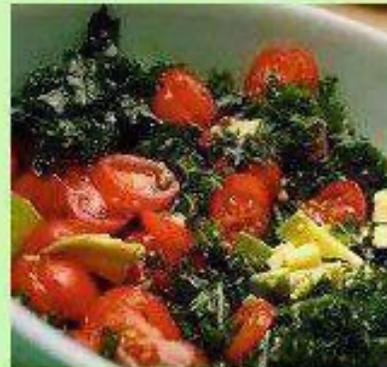
**avocado  
sprouts salad**



**Barley grass**



**kale salad**





## 22 Symptoms of GallBladder Disease

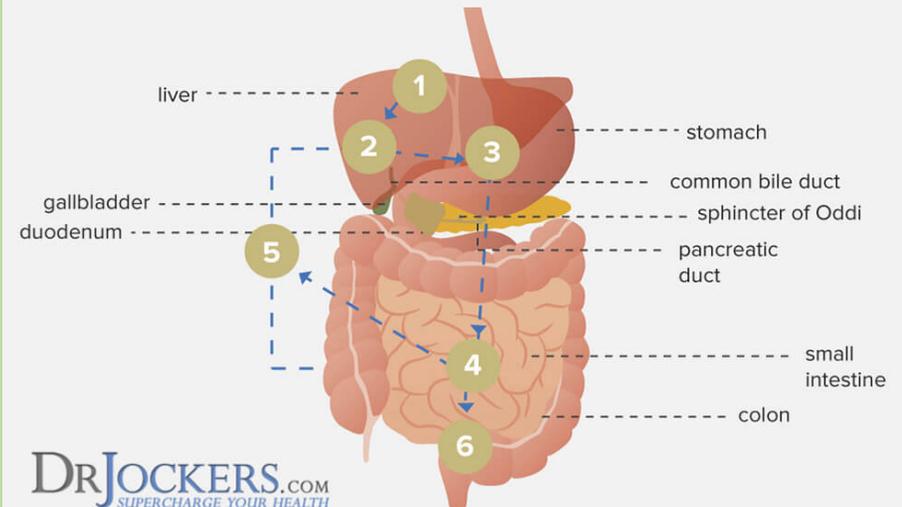
- Nausea and Vomiting
- Fatty/Greasy Stools
- Pain Between the Shoulder Blades
- Abdominal Pain
- Chronic Gas and Bloating
- Itchy Skin
- Yellowing of the Skin
- Headaches and Migraines
- Constipation and Diarrhea
- Light Colored Stools
- Sexual Dysfunction
- Bitter Taste in Mouth
- Fibromyalgia
- Hypothyroidism
- Loss of Hunger
- Dry Skin and Hair
- Chemical Sensitivities
- History of Prescription, Over The Counter or Illegal Drug Use
- Weight Loss Resistance
- Skin Rashes
- Constant Runny Nose
- IT Band Pain

## WHAT IS BILE?

- Bile is a fluid made by liver cells (hepatocytes), secreted into the biliary tract and stored in the gallbladder.
- Bile aids in digestion by breaking down fats into fatty acids, which can be absorbed by the digestive tract for further use by the body.
- Bile is mainly composed of cholesterol, bile acids (or bile salts), and bilirubin (a breakdown product of red blood cells). Bile also contains water, potassium and sodium salts, copper and trace metals.

## BILE CIRCULATION: FROM PRODUCTION TO ELIMINATION

- |          |   |          |  |
|----------|---|----------|--|
| <b>1</b> | Bile is created within the liver. Bile is comprised of water, bilirubin and bile acids (which turn to bile salts when conjugated to glycine or taurine molecules and other particles). Secreted bile salts consist of 95% recycled and 5% newly-synthesized bile salts. | <b>2</b> | Bile travels from the liver to the gallbladder through the bile ducts. The gallbladder absorbs the majority of the water and stores the concentrated bile for later use. |
| <b>3</b> | During digestion, bile is released through common bile duct into the duodenum portion of the small intestine.   | <b>4</b> | Bile travels through the intestine.  |
| <b>5</b> | 95% of the bile will be passively absorbed across the intestinal lumen and recycled back to the liver.  | <b>6</b> | About 5% of the bile continues to travel through the colon and is released via fecal excretion, taking with it and eliminating bilirubin and unwanted toxins.            |



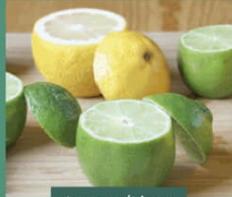
# BILE HEALTHY FOODS



Apple Cider Vinegar



Artichoke



Lemon/Lime



Parsley



Cucumbers



Celery



Mint



Cilantro



Radishes



Milk Thistle



Dandelion Greens



Turmeric



Ginger



Sauerkraut



Green Tea

# How to Cleanse Your Liver

[www.emasherbs.com](http://www.emasherbs.com)



Herbal Liver Cleanse Tea



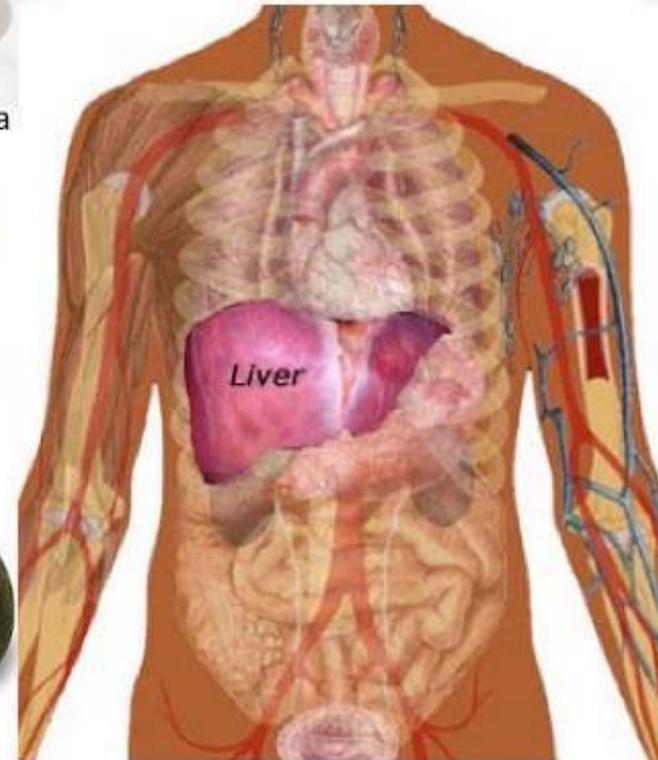
Lemon water



Cilantro



Avocados



Turmeric



Garlic



## 8 Fantastic Health Benefits of Beets

06/10/2024 by Brian Vaszily

Beets [contain](#) varying amounts of nearly all the vitamins and minerals your body needs. They are particularly rich in certain essential nutrients like folate, manganese, copper, magnesium, potassium, and iron.

Folate is a B vitamin that doesn't get highlighted enough. Your body needs it to produce red and white blood cells in bone marrow as well as DNA and RNA. It's needed at all life stages but is especially important during growth periods like infancy, adolescence, and pregnancy.

Folate is also involved in heart health, and there may be a [link](#) between it and a lower risk of Alzheimer's disease. Beets are an excellent source of this vital nutrient with 20% of the daily value (DV) in a 3.5 ounce serving.

Along with folate and many other nutrients, beets also contain highly beneficial compounds known as nitrates.

Once in your body, nitrates get converted into nitrites and then into nitric oxide. Nitric oxide is one of the most critical molecules for blood vessel health and plays many other protective roles in your body. It's also one of the main reasons beets should be considered a superfood.

In other [studies](#), beetroot juice was found to specifically impact the frontal lobe of the brain. This is the part associated with working memory, decision making, and other higher level thought processes.

Beets [contain](#) various carotenoids, including beta-carotene and lutein. In this case, however, you would benefit more from eating the leaves and stems of the plant because they are much richer in carotenoids than the roots.

Also of note, nitric oxide has a role to play in eye health as well. An underproduction of this compound [can lead](#) to various eye diseases, since it's involved in eye pressure, blood flow, and more. It's therefore possible that beetroot may boost eye health in those who are short on nitric oxide.



There's another very important set of compounds in beets we haven't discussed yet: antioxidants.

As evidenced by their bright color, beets have a high concentration of health-boosting antioxidants. In fact, some of the compounds we've already discussed—like betalains and beta-carotene—[act as powerful antioxidants](#) within the human body.

As it turns out, the nitrates in beets aren't just good for blood pressure and heart health. They also [improve](#) the efficiency of mitochondria, which are the main energy-generators for your cells. And by improving circulation, nitrates (once converted into nitric oxide) help improve the amount of oxygen getting to your muscles.

As mentioned earlier, beets are particularly high in folate (also called vitamin B9). Folate is extremely important for heart health. It works with other B vitamins to break down homocysteine, an amino acid that can damage the inner walls of your arteries.

And if you need another reason to eat beets for your heart— a small 2017 [study](#) found that beet juice may help lower LDL (bad) cholesterol levels in those with high blood pressure.

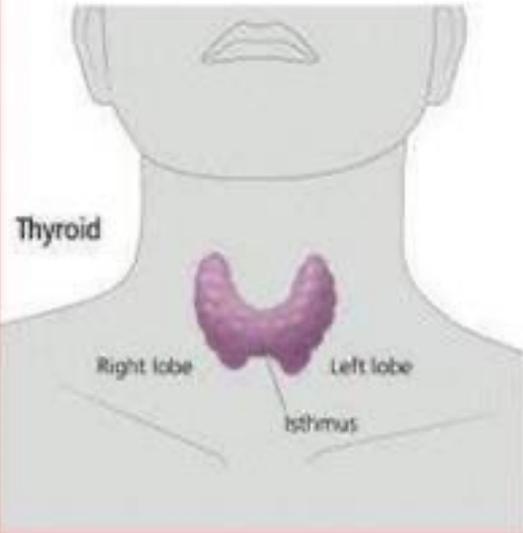
Once converted, nitric oxide has [vasodilatory effects](#), which means it helps your blood vessels to widen or open, promoting blood flow. This, in turn, causes blood pressure to drop and improves circulation.

Several [studies](#) have confirmed that simply drinking beetroot juice can significantly lower blood pressure. It [appears](#) to have more of an effect on systolic blood pressure, although diastolic blood pressure levels can drop as well. Also, raw beets [seem](#) to have the most health benefits for blood pressure versus cooked beets.

Like many other fruits, vegetables, and herbs, beets naturally combat inflammation within your body. They do this mainly because of the presence of betalains, which are powerful pigment compounds that have numerous [anti-inflammatory properties](#).



# FOODS TO IMPROVE THYROID HEALTH



KELP, RADISH, PARSLEY, STRAWBERRIES, AND BANANAS FOR IODINE

MUSTARD GREENS, SPINACH, AND SEAWEED FOR TYROSINE

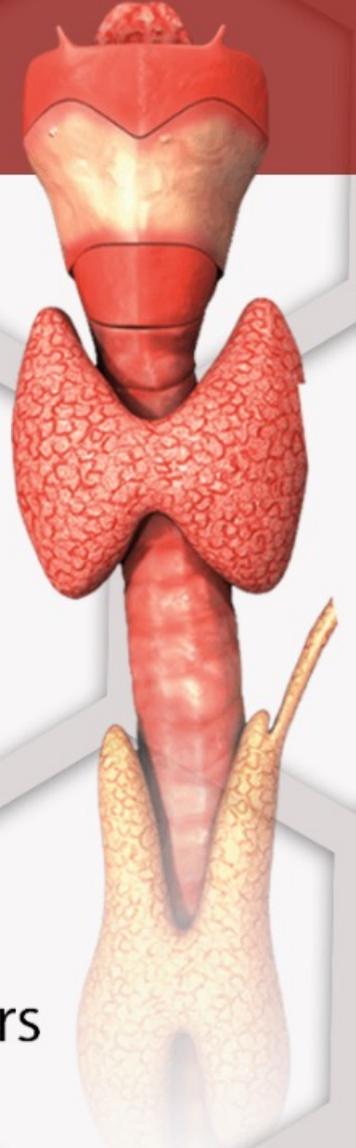
COCONUT OIL

BENTONITE CLAY

The Earth Diet

# 10 NUTRIENTS TO IMPROVE THYROID HEALTH

- 1 Iodine
- 2 Selenium
- 3 Zinc
- 4 Fat Soluble Vitamins
- 5 Iron
- 6 B-Complex
- 7 Tyrosine
- 8 Vitamin C
- 9 Omega-3 Fatty Acids
- 10 Thyroid Bovine Glandulars



- **Analgesic (Pain-Killing)**
- **Anti-Bacterial**
- **Anti-Inflammatory**
- **Anti-Ulcer**
- **Anti-Cholinergic**
- **Anti-Fungal**
- **Ant-Hypertensive**

## Black Seed - 'The Remedy for Everything but Death'

- **Antioxidant**
- **Antispasmodic**
- **Antiviral**
- **Bronchodilator**
- **Gluconeogenesis Inhibitor (Anti-Diabetic)**
- **Hepatoprotective (Liver Protecting)**
- **Hypotensive**
- **Insulin Sensitizing**
- **Interferon Inducer**
- **Leukotriene Antagonist**
- **Renoprotective (Kidney Protecting)**
- **Tumor Necrosis Factor Alpha Inhibitor**

# 10 *Signs of* Magnesium Deficiency

- Poor Cognitive Processing
- Headaches
- Constipation and related disorders
- Fatigue (physical, mental and emotional)
- Poor Sleep Quality
- Muscle spasms and cramping
- Pain and Soreness
- Irregular Heartbeat
- Numbness and Tingling
- Mood and Behavioral Disorders



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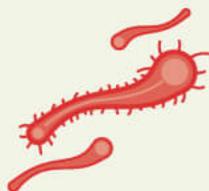


## The Mushroom Advantage

Edible Mushrooms are a type of fungi that have adapted to environmental stressors for thousands of years and **Have Unique Compounds That Give Them a Survival Advantage in Nature.** When we consume these mushrooms, we take on these benefits which include:



Anti-Inflammatory Properties



Anti-Viral Properties



Anti-Cancer Properties



Supports Healthy Nervous System Function



Adaptogens to Support and Balance Our Stress Response



Promote Hormone Optimization in the Body

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# SEA VEGETABLES



### Wakame:

Good source of Magnesium, Iodine, Calcium, Iron, Vitamins A, C, E and K, Vitamin D, Vitamin B2, Folate and Omega 3.



### Chlorella

Chlorophyll rich, anti-cancer, heavy metal and synthetic toxin removal & Mineral rich.



### Dulse:

Rich source of vitamins A, C and E and B vitamins, calcium, potassium, magnesium, iron, zinc and iodine.



### Nori

Being anti-bacterial and anti-inflammatory, nori can help reduce the risk for a number of illness as ulcers, some types of cancer, stomach tumors, diabetes and cardiovascular disease.



### Spirulina:

Chlorophyll rich, easily digestible, immune booster, anti-fungal, anti-bacterial, brain food, protein, GLA, RNA, DNA, B1, B2, B3, B5, B6, folate, Vitamin E, Vitamin K, Copper, Iron, Sodium, Manganese, Magnesium, Potassium, Zinc, Phosphorus, Selenium



### Kelp:

Kelp is beneficial to the pancreas and the prostate. It also builds cell membranes, helps the digestive system, can help prevent the growth of tumors, can help cleanse the body of radiation and normalize glands and hormones.

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# Detox Naturally

Detoxifier

How to use it

Benefits

## Garlic

-Eat 1 raw clove lightly chewed, helps with sugar cravings  
-Use it raw or cooked in food

Kills candida, bacteria, fungus, viruses, cleanses blood

-Extract 1-2 oz of juice w/ masticating juicer or hand press

Purifies and builds up blood supply, purges the liver, oxygenates the cells and chelates heavy metals

-Take as a shot or mixed with other fruits and vegetable juice

Detoxifies the liver, kidneys, bowel, & gall bladder

-Important to limit to 1 small or 1/2 large beet when juiced

-Once freshly juiced consume right away, as enzymes will die off quickly

Purifies and builds up blood supply

## Flax

-1-2 tsp daily

Fibrous, cleans colon, detoxifies cells, anti-inflammatory

## Chia

-Dressings, yogurt, smoothies, cereal, pudding

Great source of Omega 3s

-Use small bunch in fresh juice or in salad, pesto, hummus or to add flavor to any dish

Purifies blood, detoxes the lymph system, helps neutralize body odor and freshens breath

## Parsley

## Coconut Oil

-1 tsp a day eaten raw, used in oil pulling, body lotion

Antiviral, antimicrobial, antifungal, antiprotozoal

Protects body from free radicals

## Water

-Divide body weight in half, drink that many ounces of pure, fluoride-free water each day  
[www.Healthy-Homemakers.com](http://www.Healthy-Homemakers.com)

Hydrates the whole body, flushes liver and kidneys then carries the toxins out

# DETOXIFICATION PATHWAYS IN THE LIVER

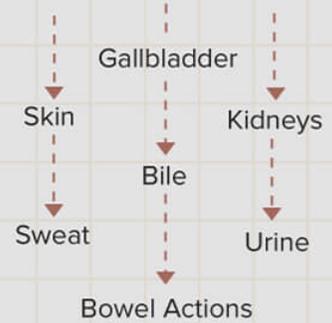
Toxins  
(fat soluble)

Step 1  
Required Nutrients

Step 2  
Required Nutrients

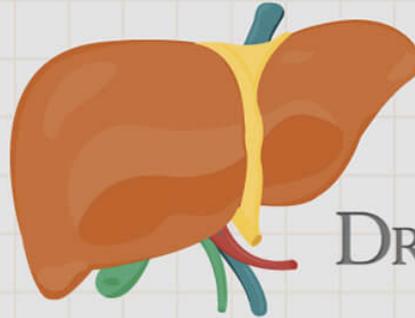
Waste Products  
(water soluble)

Eliminate from  
the body via:



B Vitamins  
Folate  
Glutathione  
Antioxidants  
e.g. Milk Thistle  
Carotenoids  
Vitamin E  
Vitamin C  
Zinc

Selenium  
Sulfur  
Amino Adds:  
• Glutamine  
• Glycine  
• Taurine  
• Cysteine  
• Methionine  
Magnesium  
Vitamin B12  
Molybdenum



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SUPERCHARGE YOUR HEALTH

## Toxin List

Metabolic end products, micro-organisms, drugs, alcohol, contaminants/pollutants, insecticides, pesticides, food additives.

## did you know?

[did-you-know.tumblr.com](http://did-you-know.tumblr.com)

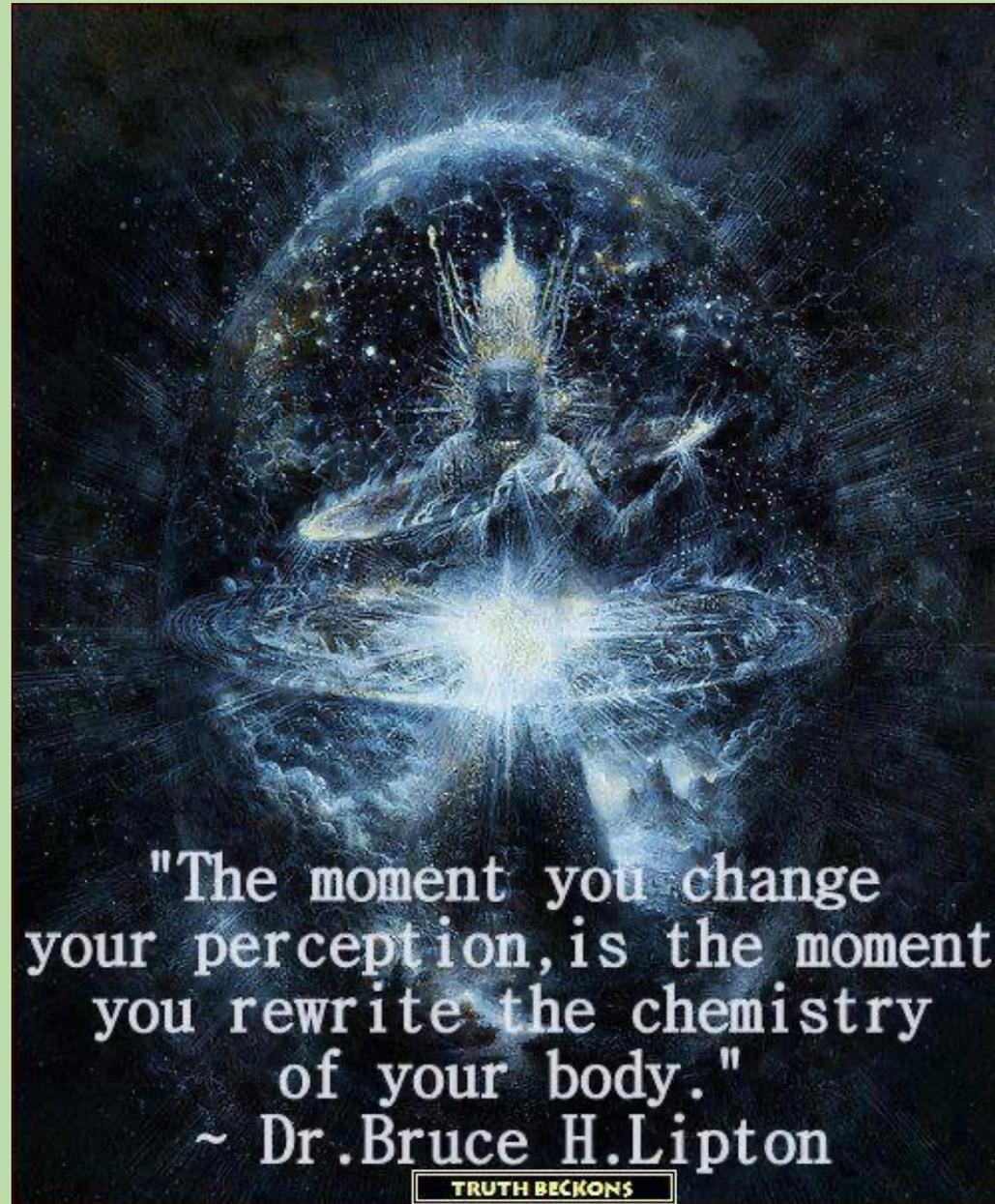
For those who have trouble sleeping researchers say that 1 week of camping, without electronics, resets our biological body clock and synchronizes our melatonin hormones with sunrise and sunset.



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"The moment you change  
your perception, is the moment  
you rewrite the chemistry  
of your body."  
~ Dr. Bruce H. Lipton

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Contact URC or Dr Clare at 330-746-8004  
Not a cell phone, please leave a message