

What in the Cell is Going On?

Gary Tunsky

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*This book is dedicated to
the loving memory of Gary Tunsky, Jr.
(1960-2019)*

*He was a world-renowned cellular disease specialist
Who successfully assisted individuals to achieve total
health and wellness for over 40 years.*

*Unfortunately, as he abused steroids in his 20s and 30s,
he was taken from the world with much still to give,
before he could complete this book himself.*

*Many of those who used performance enhancing drugs
during the 1980s lost their lives in their 40s, but his
wisdom – granted to him by our Creator – allowed him to
remain with us until the age of 59.*

RIP – His Wisdom Lives On.

Introduction

As you quietly read these words, a whirl of activity is taking place in every cell of your body. Every second, unseen and unnoticed, millions of new cells are reborn in your body's ceaseless program of self-generation. Cells are the bricks and mortar from which all living tissue and organs are made. To understand degenerative and metabolic disease you must first become familiar with the miniature world of the cell.

I would like to introduce you to the Revolutionary New Field of *Cytopathy* – the study of cellular disease. A healthy body is determined by the health of each of its cells. With your guidance and direction, your body's nation of 75 trillion cellular citizens will provide all the necessities for the proper health and function of your life, leading to increased vitality and a happier life.

Let's explore what in the cell causes disease, and how we can reverse it.

I. Germs Do Not Cause Disease

If germs caused disease, each and every one of us would be dead!

Germs are found in our guts, our blood and every organ of our body. No one is sterile, as Louis Pasteur put it. We each live symbiotically with billions and billions of bacteria. We have parasites, fungal forms, and viruses everywhere from head to toe – but most of the time, we do not get sick.

Western medicine is founded upon the premise that germs cause disease, but this is their biggest mistake! This myth is perpetuated through medical school training, in fact – you will not likely *pass* medical school training unless you accept this dogma, because it justifies the prescription of all the “antis.” Antibiotics, antivirals, antifungals. Antihistamines, anti-inflammatories, anti-depressants, anti-psychotics. So, when you ask your MD what he thinks, remember there’s a huge economic industry built around the medical paradigm he has been in-*doctor*-inated into. But – it has nothing to do with science!

Bacteria, fungus and viral infections are all secondary to sick tissue. The cellular environment of the body will either allow for the incubation of infection or provide healthy cell structures that can ward it off and keep it at bay.

So, what causes disease?

II. It's the Environment

Let's take some examples from nature.

You have kitchen with a sink full of dirty dishes, breadcrumbs on the floor and honey on your countertops. A bunch of cockroaches and ants come crawling around for lunch. The standard Medical Doctor's perspective is that it's the cockroaches and ants that are the problem. He will spray them with some pesticides and insecticides, figuring that if he kills them off the problem is solved. Then, thinking he has fixed the condition, he will leave the room. When he is called back a couple months later, he will wonder why there are twice as many creatures crawling around and suggest some more potent toxic chemicals to make sure he really gets them this time. The problem is, he has still left the dishes in the sink.

As a naturopath, I would say it's the dirty dishes in the sink and the breadcrumbs on the floor that are the problem. I would clean up the dishes, mop up the floor, and wipe down the surfaces, and the cockroaches and ants will go next door to a dirty environment.

You take a stagnant swamp and a vibrant river. A stagnant swamp would breed fungus and algae on the top of its waters. If you look at the flowers and the trees in the background, they would be all dead and necrotic. You'd have mosquitoes and flies flying around there. Now here's an MD: "I think it's the mosquitoes and flies that are the problem – and the fungus and the algae on the top of the waters." As a naturopath, I would say it's the stagnant swamp.

Now someone's right here and someone is wrong...

Supposing a person is in an elevator and has mononucleosis. Two people enter, the door shuts, and this guy sneezes on them both. They go home, one gets mono and the other one doesn't. Now if it was germ theory, they should have both got sick. Why did the other one not?

It's the method of exposure and it's the inner condition of that particular individual upon exposure to the germ. What was his condition at cellular level? What was his immune system status at that time? What was his oxygen status at that time at cell level? What was his pH at that time? Was it acid or was it alkaline? What was his nutritional status at that time of exposure to the germ? Was he stressed? Was he calm? Was he exercising?

It's the same way in the human body as in the stagnant swamp. There are a lot of variables, emotionally and physically, that we can look at that will determine whether that germ that comes in through your mouth or nose, or even by touching your fingers, will take hold or not. If you have morbid cells, and your pH is acidic, and you have stagnant blood, and stagnant lymph flow like a stagnant swamp – that's like just sugar, honey and white flour to cockroaches. Guess what come in as scavengers? It's all the parasites and the fungus and the bacteria and the molds that are there because it's the sick cellular environment. They're opportunistic! They're not *the* cause of the disease, they're there *because of* – big difference! It's not the germ, but your inner condition at cellular level upon *exposure* to the germ.

III. Restore the Cell and Cure the Disease

Our cells are the smallest living element in our body. They group to form tissues, which group to form organs, that group to form systems. The endocrine system, the immune system, the neurological system, and what have you. Together, the systems form the body organism.

To figure out how to treat illness we need to go all the way back down the hierarchy to the fundamental building blocks of life – the scaffolding – which is the cell.

If you look at the human body, the nuts and bolts; the bricks and mortar; the composition; is made of 243 different types of cells. Heart cells make the heart. Brain cells make the brain. Bone cells make the bone. And you can get into specifics, for example there are different types of cells in the liver – Kupffer cells and hepatocytes. Plasma and serum cells make up the blood. We are birthed by the cell. The spark of life originates with two living cells, the male sperm cell merging with the female egg cell. We are maintained at the cellular level by the assimilation of nutrients and detoxification of cellular wastes, and, in the end, we die by the cell.

If you look at the inside of a cell, it is not just a blob of protoplasm that is unintelligent, it is a mini universe that is very complex and intricate. The membrane of the cell transfers information from the outside world to the inside world of the cell which is the DNA. Cells are multifaceted. Some resemble miniature electrical generators, like a lithium battery. They are also manufacturing plants that synthesize hormones, neurotransmitters, proteins, peptides and life force to

run all the functions of the body. These are not just dead chemical reactions that work mechanically – there is an immense intelligence involved. The whole bodily process is so much more in-depth and complicated than nutritionists and medical scientists have ever contemplated.

The complex universe of the living cell parallels us in many ways. Each of our cells are analogous to the whole of us in microcosm. For instance, we have internal organs, and our cells have mini organs called organelles. We have skin that is semi-permeable, and our cells have a semi-permeable membrane to protect the inside of the cell. We have a skeleton, and cells have cytoskeleton that keeps the whole structure expanded so that it doesn't collapse in on itself.

We need to breathe oxygen through our lungs, cells breathe in oxygen and respire too! We have to drink water or face dehydration, and so do our cells. We must ingest nutrients or starve, and cells must absorb nutrients to survive. We must eliminate waste or grow sick, and cells must eliminate waste or grow sick. We conceive children, and cells conceive by splitting and dividing into new cell generations called “daughter cells”.

We communicate through diverse languages, like Polish, German, English and Spanish... and cells have four languages of their own: electromagnetic language, neurotransmitter language, hormonal language, and electrochemical language.

The DNA is a coil, electro- on one side, magnetic on the other – like an antenna. And the cells are feeding

messages – a hundred trillion cells talking to each other like a fiberoptic phone system. That’s how you move, that’s how you think, that’s how you write a book, that’s how you can skate backwards and hit a hockey puck at the same time.... It’s awe-inspiring!

Just as we, individuals, form a community throughout the world and each have a purpose to fulfill in society, the 100 trillion cells that form our bodies each have their own function to fulfill within the overall system. If any of these 243 different types of cells are impaired in their ability to operate then they won’t be able to fulfill the role they have in the body, and the body as a whole will suffer.

All of your cells store, repair, communicate, and transport. Every second of every day your cells are involved with waste disposal, food production, temperature control, and pH balancing to maintain health and vitality of the body, all dependent on the health and vitality of the cell. As I wrote in my book *The Battle for Health is Over pH* (2010): “A healthy body is determined by the collective health of each one of its cells. All disease originates at the molecular and cellular level – not at the organ or system level – as we’re led to believe by Western medicine. The healthy molecular building materials of oxygen, carbon, hydrogen, and nitrogen create healthy cells. Healthy cells create healthy tissues. Healthy tissues create healthy organs like the heart and lungs. Healthy organs create healthy systems like the endocrine system and the immune system. Finally, healthy body systems make up a healthy organism.”

So, here's the big picture: If you can restore the cell, you can reverse the disease process. You can go back to what's called homeostasis, or equilibrium. We do that via the three rivers to the cell. The first is the blood, the second is the lymphatic fluid, and the third is neurological. There's an electromagnetic flow to the cell. If you can fix the obstructions to the cell – remove the impingements and impediments – and clean up the cell, then restore it with the building materials coming from organic living chemistry, then you can cure disease.

IV. Our Living, Organic Chemistry

I will never forget the day when my dad told me, “You better be putting some meat on your bones if you’re going to play football – otherwise you’re not going to be able to play.”

I was one of those skinny runts, 5’7 tall and 102 pounds. So, I buried myself in the basement for bodybuilding. Even at 16 years old, something was put inside of me to learn this human biological machine and how it ticks. I started dissecting every magazine, every *Scientific American*, every textbook on physiology and anatomy and physics I could find.

As time went on, I excelled at the sport of bodybuilding. I won the Western USA at 21, and moved to Mecca of bodybuilding in Venice Beach, California. There, in the 1980s, I learned more working with pro-athletes than I ever did with the knowledge from the academic textbooks. Most of my knowledge had been completely self-taught.

Very few people know that the abuse of steroids was just as prevalent back then as they are now, it just didn’t surface in the media until much later. Because I had already gained this extensive knowledge in nutritional biochemistry and antibiotic energetic therapies, I started thinking, “Okay, I can take these athletes under my wing and teach them how to do these drugs correctly, so they don’t hurt their liver, and they won’t mess up their hormonal systems, or cause toxicity to the body and shut down their gonads with the testosterone.”

I was looking at the human body like it was just an intricate chemistry set. If I could only find the right chemistry to put in, then I could fix it just the way I wanted to. But I had to learn the hard way... there is no way for bodybuilders to take steroids safely! Careful as we were running body temperature, receptor mapping, and taking every precaution, nothing worked. Whatever I did, I would find that athletes came down with road rage, depression, suicidal tendencies, and other side effects. I started thinking to myself, "Why would an increase in testosterone affect emotions?" I mean, how could depression come from increasing a hormone?

The answer is that none of the body's hormones work separately. They all work in concert like an orchestra. You can't take testosterone without affecting thyroxin, DHEA, cortisol, estrogen, DHT, and all the other hormones. There is no such thing as a safe dosage because you are manipulating hormonal processes. The body needs to produce its own hormones naturally — not artificially. Early on, even as a young kid of 24 years old, I started realizing that you cannot use synthetic chemicals to manipulate human biochemistry without detrimental consequences.

The human body, in its composition is made up of living, organic chemistry. It is not designed to receive synthetic chemicals outside of what the body itself is made of. This human biological machine cannot function on synthetic, inorganic chemistry. It never has and never will. That's why pharmaceutical chemistry can never work to heal the body, ever.

Now we can fix symptoms with Western Medicine, and it can symptom-suppress at the cellular level, but the pharmaceutical drug, or even a vaccination, – because it's synthetic – can never work in a human because it's rejected as foreign antigen. Antigens are toxins or other foreign substances which induce an immune response in the body.

The drug will manipulate cell processes in order to speed them up or slow them down, but the consequence of manipulating one cell process is that they all get manipulated because the cells talk to each other. The cell rejects the chemical as a foreign substance as a poison and lets out a cry of pain. You manipulate one system over here and you throw off four more off their homeostatic balance over there, just like I did with the bodybuilders. That's where you get side-effects.

All drugs have side effects, as we all know, but the reality is when you have side effects, what you have are actually just effects. The direct effects of putting synthetic antigens into the body. This could not have been made clearer than when The Upjohn Company (now Pfizer) found that their drug *Minoxidil*, originally manufactured to lower blood pressure, grew hair back in some balding patients. They simply switched the marketed effect for what had previously been considered the *side* effect, and they had a drug for balding which just so happened to lower blood pressure.

I sometimes say in my presentations that pharmaceuticals don't cause side effects, they cause diseases! If you have a headache and you take non steroidal anti-inflammatories (NSAIDS), like ibuprofen,

then get a bleeding ulcer as an aggravated side effect, you just gave yourself another disease! If you have fluid retention due to heart failure and you take a diuretic drug that vacuums out much of your potassium and other electrolytes, and that then triggers arrhythmias that could possibly lead to cardiac arrest; all we can say is that the diuretics you were prescribed just caused a new disease. And if another round of pills is needed to treat those side effects, then so much better for the drug manufacturers.

The thing is, the university professors can't very well tell the med-students, "Hey, you're going to get direct effects! You're going to be giving your patients diseases by prescribing them these pharmaceutical compounds." So, they have to tell them to just look out for the side effects. "Side effects are to be expected with therapeutic value." That's what's instilled in the students at Med School.

We have our own bacteria in our gut such lactobacilli, bifidifobacteria and what have you. There are more than five hundred different strains of probiotic, good bacteria, five pounds of them in our gut alone, that keep the bad bacteria in check, like foxes and rabbits. Antibiotics don't just kill microorganisms which are harmful to us, but the good bacteria which are meant to keep them in check and help us digest compounds we couldn't otherwise metabolize. This is now accepted science. Changing the numbers and species of gut flora can also reduce the body's ability to ferment carbohydrates and metabolize bile acids. Antibiotics have also bred these new drug-resistant bacteria that are difficult to treat with medications. You allow those virulent strains to take over because the good bacteria that is meant to keep them in

check is killed in the process of fighting the bad with drugs. An example of this is *Clostridium difficile* infections often caused as a result of administering antibiotics in hospital. This can be transmitted from person to person by person, cause severe damage to the colon, and even be fatal.

Intestinal diseases like colitis, irritable bowel syndrome and Crohn's disease were all relatively uncommon before the use of antibiotics became widespread. Chances are they have been promoted by too many bouts of antibiotics destroying the microbiome, which is the collection of good bacteria that live on the insides of the human body. You do not want to take antibiotics unless you absolutely have to! The bacteria they kill are nature's garbage men. We need them!

What you want are probiotics, not antibiotics. The word "anti" means, what? Against. What are drug names in allopathic medicine? *Anti*-psychotics, *anti*-cholinergic, *anti*-inflammatories, *anti*-bio – life! *Anti*-biotics. *Anti*-histamines, *anti*-inflammatories, *anti*-diuretics, *decongestants*, proton pump *inhibitors*, calcium channel *blockers*, beta *blockers*. You don't want to block the self-healing system. You want to go with it; to *enhance* the healing

V. Treat the Symptom or Treat the Cause?

When I teach Medical Doctors, I often kid around telling them, “Unless you learn about the cell and how cellular malfunctions happen – then you are just a symptomologist.”

Unless you look to the etiology of disease process, meaning the cause and origin of sickness, you’re going to drug, cut, burn, poison symptoms – and the patient will remain sick.

Allopathic doctors are looking at symptoms and thinking that they are diseases themselves, so naturally they are trying to make them disappear. The cell becomes manipulated with the chemistry and yes, the headache or the rash may fade, but what are you really wiping out? What you had with the symptom was just the warning signal. A cellular scream if you will. When you wipe out the symptoms of a condition without addressing the underlying cause you make the patient sicker. The cellular malfunctions remain intact, but the wire that powered the warning light has been cut.

It’d be like going in your car, and you get in, turn on the engine. You see a blinking light. You look at the engine and say, “No, I think it’s the light. That’s what I see blinking. If I can get rid of the light, I can fix my engine, right?” So, you take a pair of scissors out and snip the wire and really believe your engine is fixed, and you keep driving. What will happen to your car? If you keep going on like that you will need a whole new engine before long, but it’s great for the mechanic. The mechanic says, “It’s in the nature of the car to break down, the car is getting old.”

That's what doctors think about you! So, they snip your headache with an analgesic. Next, they snip your angina pain with glyceryl trinitrate under the tongue. Next, they snip your inflammation with an anti-inflammatory. Next, they snip the pain in your toe – your gout symptoms – with either ibuprofen, allopurinol or codeine. Next...! What did they just do?

They kill the symptom while allowing you to get sicker. Before long, another office visit, another prescription, another MRI, another CAT scan, another X-ray... the cellular screams get louder and louder, and the cellular engines have degenerated more and more, but they just keep cutting the wire and they snip the warning lights off again by upping the dose or giving you two drugs instead of one. You're wondering why you just keep getting sicker and sicker, no matter how many meds you take. Pretty soon you're in the hospice. They kill the symptoms by killing *you*!

Is that science? What's scientific about that? The cell is still dehydrated. The cell is still toxic. The cell is still immunosuppressed. The cell still has lack of oxygen. The cell still has blood flow problems that the drug didn't address. The cell has lymphatic flow problems...

Naturopathic doctors should be looking to say, "How can I fix the cellular malfunction so that the symptoms no longer manifest in the first place?" You can use Hawthorn Berry or CoQ10 and you can make the patient feel better, but unless you address the underlying condition of the cells, you're in the same pathway as the mainstream

doctors. You're just using an herb, or a botanical, or homeopathic remedy to do it instead.

My passion is teaching naturopaths that we have got to be true healers, not just symptomologists. As Naturopaths, we want to look at how can we deal with the symptoms and comfort the patient, but at the same time, fix the cellular malfunctions themselves.

Naturopathic Medicine is a fantastic profession to go into because there are an increasing number of people who are tired of getting drugged, cut, burned, and poisoned to make their symptoms go away while their underlying conditions grow worse. They are looking for an alternative type of treatment which they know must exist but has been hidden from them.

Academia has the money and the marketing. They spend billions on advertising drugs and medical interventions. They in-doctor-inate people with false information and poor research into making bad choices for themselves and their loved ones. But given the alternative of nontoxic, non-invasive, natural treatment protocols to get to the root cause of the disease rather than simply masking the symptoms, many people are ready to adopt a paradigm shift that will change their lives.

VI. There is No Such Thing as a Drug Deficiency

Everyone on the planet has got a doctor inside that can heal them. But the only way it's going to be stimulated is when you remove the toxic sludge from the body, and then use the blood and the lymph to restore the cells. The miracle is, that when you do that – the symptoms go away!

A headache is the warning signal of an underlying disease process taking place at the cellular level. So, instead of looking at how we get rid of the headache, we should be looking to clean up the body and remove the underlying cause. I would use natural things like white willow bark, or brown willow, or Feverfew to provide comfort and relief to the patient, but in the meantime, what's causing the headache? Was it a drug deficiency? Was it a drug deficiency that was causing your problems?

A headache is not caused by an ibuprofen or codeine deficiency. So, while taking a pill might make the symptom go away, it will not remove the underlying disease, which is bound to escalate leading to more symptoms if it is not addressed.

When you're depressed, you don't have a Prozac deficiency. When you have acid reflux, you don't have a Nexium deficiency. High blood pressure is not caused by a Lisinopril or Amlodipine deficiency. But that's how they teach MDs. A pill for every ill, a drug for every bug, a vaccine injection for every infection, chemotherapy and radiation for every mutation, and when in doubt, cut it out. In their world, your natural body makes mistakes, and they just need to come along with the right synthetic

chemicals to fix it, or perhaps you have one too many body parts and something needs removing. That is what they are taught for 8 years in med school and residency. So, I want to encourage you in here to look at it from another perspective.

Everything that's been taught about treating disease in allopathic, Western medicine is a lie, because everything they use is immunosuppressive. Pharmaceuticals, immunosuppressive. Antibiotics, immunosuppressive. Chemotherapy cocktails, immunosuppressive. Radiation, immunosuppressive. Anesthesia with surgical procedures, immunosuppressive. So, on one hand, you need your immune system to fight opportunistic infections, and, on the other hand, everything they use wipes it out.

The synthetic chemistry running into the cell from pharmaceutical drugs does not contain anything the cell needs to heal itself. It has no living elements to it. The cell is sitting there looking at this drug coming in and saying: "I run on water. Hey, drug, where's your water?" The cell is saying: "Hey, I run on oxygen. Where's your oxygen, drug? Where's your amino acids drug? Where's your vitamins drug? Where's your minerals I can use? Where's your enzymes? Where's your antioxidants? Where's your phytonutrients? Where's your chlorophyll? Where's your photon light from the sun?"

The drugs say: "I can't give you anything."

"Then why are you here?"

"Because the drug companies told me to be!"

These days it's all about genetics. Once all their treatments fail to save you, they'll say, "Bad luck! It must be in your genes." That's what the problem is. It's not your diet or the fact you don't exercise or take the right supplements, or the fact they are constantly pumping toxic chemicals into your air, food and water supply. It's not their toxic drugs that masked your symptoms while your underlying condition deteriorated. It's bad genes. That's because they're setting up for genetic engineering. They're going to be charging you 20 Grand for a gene splice.

Bruce Lipton, PhD. found that genetics are not the cause of disease. *The Biology of Belief* is the title of his book. In it he explains that it's the environment and what the genes have been hit with. What's been said to you that day, what's been done to you that day; your nutritional status that day, your hydration status that day. Hitting the gene. So, it's a gene *expression*. It's a negative expression on the gene, not the gene itself.

Biochemistry orchestrates genetics by way of a phenomenon called epigenetics. The activation and deactivation of genes according to your behaviors and environment that affect the way your genetic code manifests without any change to the underlying DNA sequence. The same genes and genetic effects can be turned off or on. Yet when their treatments fail, they pawn it off on us again, saying "it's all in the genes." I call it the Calvin Klein theory of health and disease.

We know from the epigenetic research of Dr. Joel Wallach, DVM. N.D., that mineral deficiencies are directly related

to gene expression. He is a biomedical research pioneer who spent more than 40 years observing and researching the effects of individual nutrients on health. He discovered that many conditions that were thought to be genetic could be prevented by mineral treatments on the mother in the months leading up to pregnancy or birth. They were congenital or perinatal disorders, caused by mineral deficiencies in the mother of the baby.

Francis Crick, who won the Nobel Prize for discovering the structure of DNA along with James Watson and Maurice Wilkins, was blackballed from the scientific community because he said that decoding gene sequences is a waste of time as the roots of disease are biochemical rather than genetic. If he were right, that would mean the medical industry was pouring billions into genetic research for nothing.

If your doctor tells you that your disease is genetic, try this: ask him to tell you exactly what gene is responsible for your condition. Now that will really stump him! Unless it's Huntington's disease, or a congenital genetic defect, he won't be able to do it! After decades of gene-hunting, that's one of the very few examples they have found of a specific gene causing a specific condition. They have found hundreds of genes that may be *correlated* with Schizophrenia, but just having these genes offers them nothing in the way of being able to predict who will actually develop Schizophrenia and who won't. There are genes that appear to pre-dispose people to depression, but whether they actually suffer from depression or not hangs more on having traumatic life events like the loss of a loved one, a major car accident, parental abuse and neglect, etcetera.

It's not the genes. That's just a way of saying its outside of your control so you have no choice but to pay for their expensive treatments. But this belief appeals to many patients as well as doctors, because if they don't have any control over it then they don't need to change their unhealthy habits. There's nothing they can do to fix it. They just need to call in the experts to take care of them. Based on my many years of research in disease pathology I would estimate that genetic anomalies, congenital deformities, and permanent organ injuries account for approximately only 5% of the health problems that plague America. The other 95% of mankind's diseases arise from cellular toxicities and nutritional insufficiencies. The causes include: an impoverished diet, continuous exposures to environmental poisons, food and beverage contaminants, an overabundance of chemicals absorbed through the skin such as chlorine, fluoride, water pollutants, the seemingly unlimited invisible toxins found in many hygiene products, cosmetics and household cleaners, and what have you.

There is one thing I will stick up for, though. In the medical trauma crisis realm. You do not come to me as a naturopath for cauterizing hemorrhages. I don't do skin grafting for you if you burn your arm. I don't do microsurgery. If you cut your finger off on a band saw, don't look at me. If you have a 95% blockage in your coronary arteries, you don't come to me for that. You don't come to me if you need an aortic dissection. In naturopathy, that's out of our realm. Western medicine has the greatest trauma-type crisis care centers in the world which are needed for people. That's what they're trained in, and that area of medicine is absolutely

necessary for people. If your organ is so deteriorated that it has to be cut out, you go to a mainstream hospital, or if you have a tumor growing so fast that its impinging upon a vital organ – I can't help you with that because my treatments are too slow. The mainstream doctors have to go in to debunk it and shrink it down to a manageable size to buy me some time. You cannot tackle something that severe with holistic or natural medicine. So, there is a compliment between the two sciences, as far as allopathic and naturopathic go. You go to the hospital for surgical procedures. But when it comes to diseases, you don't go to an MD. You go to an ND. And make sure it's a good one, because you must use nontoxic, non-invasive, natural treatment protocols to fix the cells.

I want to warn you ahead of time, so you don't end up seeing a naturopath who, with the best intentions, falls into treating people in the same way as the mainstream doctors do. I've had a lot of experience with treatment, and I used to do the same thing in my early years. I used to take the symptom and just knock it out with a natural symptom suppressant, but I never fixed the underlying condition until I started to detoxify the body. If you just keep band-aiding the symptom with natural substances while the toxic elements that precipitated your condition remain in place, your overall health will continue to deteriorate.

What the mainstream doctors have to understand is that every single disease process stems in the body at the cell level, not at the organ level or at the system level. You can't just treat the area where that disease appears to manifest, because *everything* is systemic. You have to clean out the body from head to toe.

VII. The One Disease with Many Symptoms

When we look at all the different diseases that people contract, what we are seeing are a variety of Cellular Functional Disorders. One disease is being repackaged in 12,000 different ways. Let me repeat that: There is *Only One Disease*. Cellular malfunction.

There is no such thing as diabetes or arthritis or heart disease and Parkinson's disease. First of all, Parkinson's is not even a disease – it's the name of a doctor. Dr. Parkinson discovered the symptoms of festination, shuffling gait in 1902, and he labelled those symptoms as a disease after his name. Lou Gehrig is a baseball player. Hashimoto is a Japanese scientist. None of these are diseases. But the medical industry has to do something to make you *believe* they are all different diseases so they can make big business out of them.

Fibromyalgia is not a disease. Fibro means fibrosis tissue. "Myo" is muscle. "Algia" is pain. Put them all together and you get: "pain in the muscle fiber." The name is describing what the patient is experiencing, which is muscle pain. Pain is not a disease – it's a symptom. A symptom of a cellular malfunction.

Arthritis is not a disease. "Arthro" means joint, "itis" means "inflammation of." How can inflammation of a joint be a disease? That's the symptom of a cellular malfunction in the knee, for example. It is called a synovial fluid cell malfunction. Outside of the symptom, they know nothing about disease. So, when you go to them for arthritis, they're going to snip the wire with a

DMARD or NSAID instead of looking at what's really going on in the knees.

In fact, I'm going to show you this real quick. Every "itis" that you talk about is the same disease – but they'll make you believe there are 200 different ones: sinusitis, inflammation of sinus membrane; otitis, inflammation of the inner ear; carditis, inflammation of the cardiac tissue; carditis, arthritis, appendicitis, hepatitis, nephritis – all the same disease. It's just "the inflammation of the-"; and they will make you believe that each one is different, and make it sound credible using their techno-jargon, doctor language.

We have been told that hypertension causes high blood pressure. That's impossible. Hyper means high, and tension means pressure, stretching or straining. How can high blood pressure cause high blood pressure?

Osteoporosis means "porous, brittle bone." Next time you have a doctor's appointment, try saying, "Hey Doc, how can brittle bone cause brittle bone?" That's all you need to ask him!

Any time you are talking about a disease in conversation, what you're talking about is a cellular malfunction of one kind or another. When you talk about diabetes, you're talking about a beta-cell malfunction in the pancreas. When you talk about anemia, you are talking about red blood cell malfunction. When you talk about leukemia, you mean white blood cell malfunction. If you have a cell malfunction in your mitochondria, then you wind up with chronic fatigue.

When you talk about heart disease, cardiomyopathy, even myocardial infarction, or any of the trashcan labels they give heart disease, including Congestive Heart Failure (CHF), what are you actually talking about? You're talking about a cardiomyocyte malfunction, heart cell malfunction. When you're talking about acid reflux, GERD (Gastroesophageal reflux disease), you're talking about a parietal cell malfunction in the stomach. You are not producing enough hydrochloric acid, so you get these burning pains. When you talk about AIDS, what are you talking about? A T-lymphocyte cell malfunction. When you're talking about Parkinson's, what are you talking about? It's substantia nigra cell malfunction that doesn't produce dopamine for motor skill.

It's so simple when you look at it from this perspective. This is the elegant simplicity of a unified theory in the field of cytopathy. Cytopathy, the new disease science that is not yet taught in any university. They teach cytology, the structure and function of the cell, but not cytopathy – and there's big difference. The study of cytopathy is the study of cellular disease.

When you fix the cellular malfunction in your joints, your arthritis pain and inflammation goes away. When you fix the heart cells, your heart arrhythmia palpitations go away. When you fix the DNA mutations, tumors disappear. When you fix the toe, wash the toe with the uric acid crystals on the toe, the gout symptoms go away.

Does all this make sense? Does that give you a bigger picture of disease etiology?

When massive amounts of cells malfunction, you malfunction as a whole. The simple outside-the-box understanding is that this one disease – cellular malfunction – manifests as a variety of seemingly individual *Cellular Functional Disorders* as I call them, or CFDs for short. One disease is masquerading as multiple thousands of them. Anywhere you look in the body to find disease, you will find cellular malfunctions caused by two interrelated factors. Compounding toxicities around the cell, coupled with multiple nutritional insufficiencies to the cell. Toxins enter the body and compound in the tissues, and we gather deficiencies in one or more of the nutrients that the body requires to function at its full potential. That's it!

There is an emotional element to it as well, of course. There are physical toxins, emotional toxins, and there are spiritual toxins. There's physical nourishment, soul nourishment, and nourishment to the emotions. But as your emotions arise partly out of the condition of the cells in the body, we can partly account for so-called "mental illnesses" in terms of cellular malfunctions too.

When you have neurotransmitter imbalances, you can get schizophrenia, or dementia, or anything they call a mental illness. What would depression be called? Neuron malfunction. Moods and feelings have changed from the dysfunction in the signaling pathways, in the cells that are meant to produce and regulate chemicals like dopamine and serotonin. So, it's just the imbalance of the cellular engines of the brain not producing their neurotransmitters.

You can try to medicate these things with pharmaceuticals, but – as I discovered when I was working with bodybuilders – you can't do that without creating a mess somewhere else. Serotonin impacts your entire body. Your sleeping, eating, digestion, immune system. You can't just manipulate it to change your mood without suffering damage to the overall balance of the body. You detoxify physically, detoxify emotionally, detoxify spiritually, and nourish physically, nourish emotionally, and nourish spiritually. Here's the miracle – your depression goes away.

This unified theory in the field of cytopathy brings an island of clarity in the sea of confusion. Unfortunately, we will have to cut through all the fragmented, compartmentalized information, misinformation, and outright disinformation that's out there and get to the truth. Otherwise, it's very confusing. You click on the one radio show and they're talking about how diseases caused by infection. Then you ask another expert, and they say it's the immune system suppression that causes illness. Then another says you're just dehydrated. And another says it's the growth hormone. Another one says, "No, no, no, it's nutritional deficiencies."

Which is it?

It's all of them. But they also all derive from the same underlying cause. Why do people with more inflammation end up with more cancer? Why do people who have fibromyalgia as often as not have lupus? Why do people with Parkinson's disease often get dementia in the advanced stages? Why do more than a third of them get depression and anxiety? Why do they get sensory,

sleep, and emotional problems? It's because these aren't actually different diseases but the cascading consequences of the same underlying disease progressing. The patient first got ill with something minor before it progressed to a severe disease like Parkinson's, but this wasn't properly treated properly, so the underlying condition got worse, and this manifested in more symptoms. But the doctors *still* don't know how to treat the underlying cause, so it got worse again after that, and then worse again after that, until the poor individual has suffered so much nerve damage the start tremoring, experiencing rigidity, loss of balance, and finally can't even walk unaided. Eventually they need around-the-clock nursing care and may experience hallucinations and delusions. It's an unspeakable tragedy – and more so, because often it could have been prevented.

When each condition is seen as separate it needs its own medication, with its own side-effects, that may also require treatment. One blood pressure medicine, one for heart burn, one arthritis medicine, one anti-inflammatory, one anti-depressant, one pain medication, one for your insomnia, a pill for every ill. When you realize there is one common cause to all of it – that ALL symptoms arise out of the underlying cellular condition of the body – then that is what you treat. We treat the underlying cause – and all its outward manifestations will disappear.

“You cannot heal selectively,” as Charlotte Gerson would say, “If you truly heal – everything heals.”

VIII. Accumulating Toxicities

Most people today die of disease – but that wasn't always the case. Something arrived on this planet around 1930 that had never previously been seen before. The industrial chemical-combining industries were developed. Fast forward almost a century, and we have allowed so many synthetic chemicals into our soil, food, water, air, and beverages that the body's natural detoxification systems are having a hard time coping with them. According to the *Environmental Working Group*, blood samples from newborns contained an average of 287 toxins including mercury, fire retardants, pesticides, food additives, chemicals from body care products, air pollutants, toxic plastic compounds, and Teflon.

The human body is not designed to receive synthetic chemicals outside of what the body is made of. Anything inorganic is rejected as a foreign antigen which the body has to find a way to evacuate through the mouth, nose, skin, urinary tract, or colon. If it can't, it will store them in the tissues to deal with later.

The reason why so many people are unable to get out of the house in the morning without a cup of coffee is that their body is working overtime at night to detoxify their tissues of all the stored chemicals that have been entering their body throughout the day, as well as excessive metabolic wastes from eating the wrong kinds of foods. Toxins must first enter the bloodstream for filtration by the liver and kidneys in order to be removed through the urinary tract. The problem is, when the toxins enter the bloodstream, they make people feel

drowsy, sluggish, and even depressed. So, they fuel up with a heavy breakfast, moving the attention of the body from detoxification to digestion, and Hey Presto! They feel better again! They think they must have just been really hungry! But here's the thing – the body is never hungry for pancakes and waffles! These are addictive cravings. Hunger isn't the problem! It's all the poisonous chemicals in the body's tissues that are trying to work their way out.

The Standard American Diet (SAD) is full of unhealthy foods, devoid of the nutrients our bodies need to build themselves healthily, cell by cell. On a daily basis, most Americans wake up Monday morning to a jolt of caffeine from a cup of coffee and a sugar-laden donut or pastry. Breakfast, lunch, and dinner are served loaded with white flour, preservatives, emulsifiers, stabilizers, cancer-causing dyes, artificial flavors, rancid fats, hydrogenated fats, and a litany of other toxic additives washed down with sodas containing BHA, BHT, sodium benzoate, Yellow No. 5 dyes, caramel coloring, MSG, aspartame, Splenda, and phosphoric acid, all of which eventually get into the blood through digestion.

Then there are the chemicals we receive on a daily basis from the environment which are already known to be harmful. Toluene in our carpets; fluoride in our toothpaste; carbon monoxide exhaust from traffic, and recycled air coming in from our air conditioning ducts. A trip to the bathroom will assault your body with thousands of other compounds that people voluntarily spray themselves with or spread on their skin. Cosmetics, toiletries, lipstick, perfume, deodorants, shampoos, hair dyes, shaving creams, lipstick, perfumes, toothpastes,

mouthwash, soap, and colognes. These are largely not made of natural ingredients that the body can easily metabolize, so they also accumulate over the years, causing dysfunction. In many cases manufacturers are not even required by law to list what chemicals are in these products, but they all have names that people can't pronounce and that their bodies don't know what to do with.

Your skin is literally a sponge for whatever you're bathing and showering in! Out of ignorance, most people don't have a shower filter installed in their bathroom, but anything we bathe in will all enter our body through the skin, which is our biggest organ, and our lungs when we inhale the steam. Chloramine, cadmium, lead, iron, mercury, arsenic fluoride, bromide, and testosterone are all found in our shower water. H₂Oh My God!

Depending on your profession, you may also be subjected to chemical by-products from your industry. For example, if you're a mechanic that's dealing with turpentine solvents, they will leach through your skin into your bloodstream.

Vaccines are the most dangerous culprit because if you ingest chemicals through the mouth or breathe them in at least they can be evacuated through the normal detoxification channels. You can vomit, or sneeze, or get the runs. The body is *extremely* discerning about what it allows into the bloodstream because it is vital to our survival that the blood remains clean. When the doctor comes along and injects the vaccines directly, they skip all the body's usual defenses against the entry of foreign

antigens and take the body straight to red alert. That is why so many people report vaccine injuries.

This has become a third rail, untouchable topic which no one is allowed to talk about, and many who do are simply blackballed and have their careers destroyed. A great PR campaign has been waged to program people to dismiss any criticism of vaccines as “conspiracy theories”, but in the public discourse there is never any serious consideration of the *evidence*. (For more details, see *Appendix 2: Educate Before you Vaccinate*.)

In a major city like New York or LA or Cleveland, if you count how many chemicals come into the body in a 24-hour period it may be as many as 25,000 per day! The moment we step out into our contaminated city air we breathe in substances like fluorocarbons, carbon monoxide, sulfur dioxide, PCBs, ozone, benzene, dioxins, industrial contaminants, fossil fuels and paint fumes. There are 25,000 chemicals we breathe, eat, drink, put on our skin, and rub into our scalp – and chemicals that may pose little cancer risk on their own can trigger cancer when combined together.

When you mention it, they all say, “The liver removes all toxins from the body.” It’s like they have been issued with identical index cards telling them exactly what to say when anyone mentions a detox. And it’s true, the liver is one of our detoxification organs. But here’s the thing – when 25,000 chemicals come in Monday, your liver says, “I’ll take care of 3,000 of those,” but that’s about all that it can manage in a twenty-four-hour period. And that is supposing it’s fully healthy. Not everyone’s organs are functioning at optimal capacity. If your kidneys are

healthy, they can dump another 3,000 or so – if they are filtering and getting a lot of water to flush through the urine. Most people don't drink enough water.

If your skin is sweating you can get rid of 2 or 3,000 more. But most people don't sweat. If your lymphatics are pumping and moving through exercise, another load of 3,000 can be taken from the original 25,000. But a lot of people don't exercise. If you're respirating with the lungs, and all the sewage systems are open, you can dump another 2 to 3,000. You get the idea.

So, here's the problem with all people that are sick – including those with cancer. Monday, 25,000 come in, and 23,000 come out. You haven't changed your lifestyle. Tuesday, 25,000 come in, and 23,000 or come out... Wednesday, same... Thursday... Friday... And it's day after day, week after week, month after month, year after year, decade after decade. As time goes by, the detoxification organs and filtration systems of the intestines, liver, kidneys, skin, blood circulation and lymphatic flow become very toxic themselves and weakened. Soon your body isn't functioning so good. The detox organs aren't able to do their job properly. Saturday 25,000 come in, only 22,000 come out. Sunday 25,000 come in, only 21,000 come out, Monday 25,000 come in, only 20,000 come out, and so on. The kidneys overrun and the blood becomes contaminated. Finally, you get your pay day.

The pay day comes from compounding toxicities that have developed in the bloodstream. As it says in Leviticus, "the life of the flesh is in the blood," (17:11). Well, if life is in the blood, then death and disease are in the blood as well. You either have a river of life or a river

of death and disease depending on what you are putting in the bloodstream.

If what you're swallowing, what you're breathing, what you're drinking and what you're bathing in is harmful, then the blood will become a system of transmission of toxic sludge, delivering it to the 75 trillion cells that make up the organs and systems of your body. As the blood becomes contaminated, you're going to start feeling the symptoms of *dis-ease*. Nauseousness, tiredness, headaches, bloating. The blood contamination is causing you to be enervated and sickly.

Hopefully you are also beginning to understand why taking medications to hide these symptoms is not going to solve the underlying problem. In fact, it's going to introduce more toxic chemicals into the body for the already overburdened detoxification organs to deal with.

IX. The Life of the Flesh is in the Blood

The blood is your life force. It's designed to take essential nutrients where they are needed and remove cellular wastes from where they are not needed. Picture a vibrant, gushing river – an artery, branching into streams called veins, that become trickling capillaries. Is the blood flow nourishing your cells with nutrients and picking up cellular wastes to keep your body clean, or is it delivering poisons to your cells? Is your bloodstream a flowing river of life, or a stagnant, toxic swamp of death and disease?

Whatever you breathe will end up in the bloodstream. It could be fresh air from a forest up in the mountains or industrial fumes full of environmental contaminants. Whatever you eat ends up in the bloodstream. It could be living, organic fruits, vegetables, nuts, grains, legumes, and seeds, or refined, processed, lifeless foods and toxic, sugar-laden drinks. Whatever you bathe in, whether its contaminated tap water or fresh spring water; and whatever you wash with – whether it's toxic cosmetics or biodegradable, organic ones – it will all be absorbed through your skin and end up in the blood.

The intelligence of the body will try it's best to prevent your life force from remaining contaminated as long as it can. Once your detoxification systems become overwhelmed and toxins begin to flow over into the blood, as a means of protecting itself, the blood will try to clean its contaminants out into other areas of the body.

It will not begin with the vital organs, because that could threaten your life. It's going to pick relatively non-vital

places like the toes, the fingers, the wrists, the elbows, the muscles, or shoulders, and what have you. This is where you start getting your aches and pains in the joints. You start getting your mobility problems. These are the initial warning signals of toxemia.

Wherever the body chooses as a storage bin, it will pocket the toxins, and billions of cells in that area end up getting suffocated. They get so contaminated, that their usual cellular functions are impaired, and then that organ malfunctions. The rate of cellular damage far exceeds the speed of cellular repair.

If the poisons and acids and chemicals are dumped in the toe, it's called gout. If it chooses to dump them under the knee, it's called osteoarthritis. If the storage bin is in the elbows, it's arthritis. If the storage bin is in the wrists, it's carpal tunnel syndrome. It's rheumatoid arthritis in the fingers. It's heart disease in the heart. That's why you could get 10 different people, line them up, and you'll see 10 different disease labels, but the same process is happening.

As more toxins, chemicals, plastics and heavy metals are entering the body than the body's sewage systems can filter out, day after day, week after week, month after month, they accumulate, and they suffocate the cells in whatever area the body decides to store them. The cells become blocked, they have a biofilm wrapped around them, and they cannot receive intelligent nutrients, so we get what are called bioavailability problems. That is when nutrients are not able to enter the cell, even if they are entering through the mouth. You are taking your multivitamins and minerals and omegas and essential

fatty acids, wondering why your condition is not improving. They'll run a study and tell you that all supplements are hokey (and plenty of them are) but the problem is not the nutrients – it's you! You can no longer absorb them! It's like trying to eat with your hand wrapped over your mouth.

The villi in the digestive tract become destroyed from years of bad diet. They are blocked and dry and covered with hard, sticky, old material that stops nutrients from being absorbed into your body through the walls of the alimentary canal. The cell can't receive enough oxygen and water. We're getting malabsorption problems. The junk needs to be stripped of the cell membrane so it can breathe again, first, – then it can receive nutrients. *Now*, you can do cellular restoration. And all the nutrients in the pills and potions and lotions and capsules and herbs come in and can be absorbed through the cell membrane.

Cellular toxicities and cellular insufficiencies always occur together, compounding in an infinite variety of combinations leading to almost all illness. If the cells are toxic, they can't easily absorb nutrients. Plus, the body needs nutrients to detoxify itself; so, they go round and round together in a vicious circle.

This is not a situation that can simply be fixed overnight, just as it did not get created overnight, but the body can and will heal itself given enough time and the right support to do so. *If* the individual understands why the body has gotten sick in the first place and how to reverse the disease process. If this is not done in the early stages, when we start to get aches and pains in the joints and extremities, then in order to prevent death by the

contamination of your blood, the intelligence of the body will choose a weak link in the chain of organs as a storage site for the blood to clean itself into. That's when you start to get more serious, chronic conditions.

X. The Chain Will Break at the Weakest Link

Everyone has a genetic predisposition for a weak organ or weak tissues or a weak system that is targeted when a person's toxic threshold had been reached. It's kind of like the straw that breaks the camel's back. So long as the sewage systems are open and the skin, colon, bladder, nose and lungs are coping with their responsibilities, the blood remains clean. But if you're not able to remove the toxins fast enough and the blood loads up, the slow and steady accumulation of poisons spill over into the blood. That's when your secondary cleanup system kicks in. The blood will say, "Hey, Liver! Hey, kidneys! Hey, skin! Hey, colon! Hey, lymphatics! You're not doing your job fast enough! I am going to have to pick a site to dump this extra load of toxins in."

You can line up ten people and have the same toxic load and the same elimination capabilities, but you'll see diabetes in one, heart disease in another, cancer in the third, and another lupus in the last one. Why? It's because wherever the poisons, the acids, and the heavy metals settle, is where they suffocate the cells. But see, it's all the same disease. Arthritis, diabetes, and cardiovascular disease are all the same disease. It just so happens that the weakness of each of the three individuals that contracted them are different.

Everybody has a path of least resistance. That's where the blood will choose to dump these excess toxins for safe storage in hope they'd be removed later. If you're prone to pancreatic weakness, then you're either going to get pancreatic cancer or diabetes. If the toxins collect in the brain, then you're going to get Alzheimer's or Parkinson's

or a dementia type disease, depending on the area. These are fancy labels that the medical profession will put on a weak link or an electromagnetic dead-zone that you are genetically predisposed from mum and dad to show the manifestations of disease in. But just because it's "in the genes" doesn't mean you're going to get it. It's only when the toxic residue supersedes the filtration systems (the mouth, nose, skin, urinary tract, and colon) that the body gets overloaded, and you get a disease.

Wherever your body is weak is where the disease is most likely to manifest first. When the cells get suffocated and damaged, they malfunction, and medical science slaps a label on you according to where the disease manifests, rather than according to the underlying cause, and says, "you've got so-and-so disease." This is how every disease label known to man is invented, and it takes the mystery out of disease, which seem very confusing to treat when you think that each of over 12,000 symptoms have their own of 12,000 or more different causes.

The sets of symptoms are the screams of cells that are suffocated. When the cells are bathing in toxic sewage, they can't respire. They can't breathe, so they're going to spit out acids instead of carbon dioxide and water which are easier for the body to rid itself of. Lack of oxygen will lead to the buildup lactic acids. The pH of the cells is going to be affected because of all the sludge wrapped around them. Now you have acid pH causing more problems. They can't receive intelligent nutrients.

If it's happening, let's say in the joint. The body decides to dump the poisons in the elbow. The cells in the joints produce synovial fluid or bursa fluid. Those get

suffocated. They get damaged. They can't produce the fluid. You get a dryness in the joint. What's the next step? Chronic inflammation and pain. Inflammation is the response of your body's tissue to irritation or injury. It can be acute, meaning developed suddenly and lasting only days or weeks, or it can be chronic, getting worse over a period months or years unless reversed.

The doctor is looking at the chronic inflammation and pain and trying to make the cellular scream go away by medicating it. That will not make the poisons that are causing it to go away, though. In fact, he is introducing *more* poisons into the system. He is guaranteeing that the patient will get sicker. In the future, when the body can't dump any more poison in the joint, it will look for the next safest place to store it. That's where the patient will get their 'second' disease. It's really the same as the first disease, but it looks like a second disease to the MD who doesn't believe that environmental toxins are stored up in the body.

If I were asked to treat the patient, I would look at the sludge in the joint. I would clean it up, get rid of all these acids and toxic residues, and load the blood with the building material for the cells in the joints. And here's the miracle, the bone cells, the osteoclasts and osteoblasts restore, and the synovial fluid cell start producing fluid again. The inflammation pain goes away. Not because we have repressed it, but because the very cause of the inflammation has been cleared away.

Let's go on to the next pathway – diabetes mellitus. What I would call a *beta cell malfunction*. The beta cells are meant to manufacture insulin and regulate blood sugar.

If the poisons and the acids settle in the pancreas, in the beta cells, and the aisles along that produce insulin get all suffocated and clogged, and the receptor sites get clogged – called insulin resistance, they can't produce insulin. Guess what you're going to get for a symptom? High blood sugar. Or hypoglycemia, low blood sugar – depending on what's going on at the cellular level. When the blood sugar rises, they doctors are going to try to manipulate the blood sugar with human insulin Glucophage, Glucotrol, or glipizide. What I would do is clean up the pancreas. As a naturopath, I would clean it up, scrub the receptor sites, and load the blood with chromium polynicotinate, B6, nutrients, electrolytes. The blood flows back to the open beta cells. The beta cells say: "Thank you for the proteins. Thank you for the oxygen. Thank you for the essential fatty acids. Thank you for the chromium." Kickstart goes their engine. Then they start producing insulin. Guess what happens with the sugar levels? They drop.

If the coronaries are blocked, decreasing blood flow to your heart, you're going to have a giant pain called angina. Have one there, and you're going to have arrhythmia, palpitation, murmurs, eventually angina pain. If it's in the toe – that's going to be called gout. The uric acid crystals end up being pushed in the toe, it swells, extremely painfully, and it feels like walking on broken glass. The MDs will look at the pain and inflammation of the uric acid crystals in the toe. What I would do is clean up the toes using DMSO carriers, solvents that wash the uric acid crystals out, and use natural pain and anti-inflammatories in the naturopathic realm such as proteolytic enzyme. I would the natural capsicum from cayenne and things like that. They reduce

the pain and inflammation; it buys you time until you heal.

You fix the cell – you cure the disease. This is not taught in any university. It's not part of the mainstream medical paradigm so you're not going to hear it in academia. It took me 24 years to figure this out, digging in the ditches, seeing every disease label known to man. From Stage 4 cancers, to AIDS, leukemia, lupus, Guillain-Barre, myasthenia gravis; every autoimmune disease known to man, every degenerative and every metabolic disease, it's all the same. The only difference is the cell malfunctions are different.

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”
(III John 1:2)

XI. The Medical Twilight Zone

One day you come into the doctor saying, “Look Doc, I don’t feel so good. I’m tired, I’m achy, I’ve got brain fog, I can’t think straight, I’m not sleeping, I’ve got skin rashes, and bloating. I’m sure there’s something wrong with me!” The doctor runs a full array of lab assessments – from X-rays, MRI’s and CT Scans, to immune profiles, blood tests, saliva samples and hormonal assessments – but finds no signs of abnormality. He prescribes you some pills to ease your discomfort and sends you home with a modest co-pay. You have just crossed over into *The Medical Twilight Zone*.

The Medical Twilight Zone is where you’re toxic, you’re nutritionally deficient, you’re stressed out, you’ve got aches and pains, you’re drinking cups of coffee just to get you through the day, and regularly feel like you’re coming down with the flu. You are neither healthy nor in a state of severe chronic illness, but somewhere in between. As far as the system is concerned, you’re “normal.” They have no answers for you.

The reason for this is that diagnostic tools of mainstream doctors’ scans are only calibrated to the trauma, crisis care. Their advanced equipment can easily detect liver cirrhosis, hepatitis, strokes, kidney failure, heart attacks, rheumatoid arthritis, and metastasized cancer tumors. However, it cannot detect problems in the realm of the medical twilight zone of disease, where most people languish for most of their lives.

Because mainstream medicine does not yet consider disease to be a cascading phenomenon which begins

with early-warning symptoms like headaches, nausea, skin rashes, flus and colds, sinus problems, poor moods, exhaustion, a lack of vitality, and ends in chronic illness like stroke, heart attack, diabetes or cancer; anyone who does not have an overt, serious condition falls through the cracks of the medical machine.

The MDs require your numbers to enter into their ranges in order to judge you ready for treatment. They are looking for crisis trauma. Full blown heart attacks, a tumor that's a billion cells or more, lesions, heart attacks, strokes, aneurysms. If you're knocking on the door of liver cirrhosis, and you have liver toxicity or fatty liver, they need to wait until you have lesions or hepatitis or cirrhosis to pick anything up. If you're knocking on the wall of a heart attack, you will get a clean bill of health because you don't have it yet. They are looking for *heart tissue damage* from a heart attack. In the meantime, they are going to tell you that you don't need any help and send you home to wait until you are sick enough to enter their backyard. Too late!

You could have a tumor of half a billion cells before they even find out what's going on, because they're looking for a billion cells or more, and they're going to say that you're fine. Dr. Peter Glidden, ND., writes in his book *Attempt a Cure with Wholistic Medicine* (2017) that once a patient diagnosed with Leukemia came to his office and told him that their doctor told them, "There's nothing we can do for you at this stage of the illness. Just go home and wait. When the condition gets worse, we can start chemo and radiation." If you are *almost* in crisis, they have no hope for you. You are not considered sick *enough* for treatment. Since the system considers the absence of

sickness to be the measure of health, they don't intervene early, because they don't know how.

Consequently, the patient will either be simply blamed for getting older, given a clean bill of health, be labeled by their doctor as manifesting a psychosomatic disorder or being a hypochondriac, or worse – they will be given palliative symptom-suppressive pharmaceutical relief agents, namely drugs. These will merely shove the disease deeper with the patient unaware of the fact that he is getting sicker; because the pills, lotions, and potions only mask his symptoms, but do nothing to treat the real underlying cause of their problem.

What would you think of a fireman spraying the smoke billowing out of the window of the building believing he is putting out the fire? Our current medical system only tends to recognize disease only when it has reached crisis proportions. But that's like saying that a house is only on fire when the flames have reached the roof. In reality, the real fire started from an innocent-looking cigarette butt that began smoldering on the couch. If the medical system could recognize the early signs of smoke, then they could prevent chronic illness, but there are more than 4000 abnormal Dis-Eases that won't register on blood tests, urinalysis, PET Scans, X-rays, computerized tomography (CT), and magnetic resonance imaging (MRI). They can't measure the early decline of health, or detect cellular toxicities and cellular insufficiencies. And, of course, this technology cannot reveal the unseen emotional toxins such as anger, bitterness, stress, anxiety, unforgiveness, and what have you, that eventually lead to physical illness and can never be identified through medical diagnostic equipment.

Another problem with blood and urine samples is the blood is always changing, so is urine. If it's low in iron, for example, it's going to try and find it in the bones or the muscles and remove it from there to pull it back into the blood and keep in homeostasis. You could be anemic on the cellular level but when they draw the blood and take the data they say, "You're fine, see? The iron is there..." Some people die before they get their blood tests back. The blood will rob calcium from the bone if it has to. If it's low on magnesium, it will pull it from the heart tissue. The body thinks that it is borrowing these minerals temporarily and putting them to their most important use. The problem is people are not consuming foods which replenish their supplies of essential minerals, so what is intended only as an emergency measure becomes permanent.

Bloodwork is great for finding certain things like HIV loads or the size of a tumor, but early on you want the cellular data. The blood is the river to the cells, what we want to know is what's in the cell. How is the cell doing? If the teacher wants to take attendance at school, does she count the number of kids on the school bus or in the classroom itself? It's not important whether the nutrient is found in the blood. It's whether it gets in the cells or not. If the cells are not absorbing the nutrient from the blood, then the blood test tells us nothing!

In my practice we use body scanners that actually detect cellular data rather than blood data, which is unreliable because it is constantly moving. If we catch you early, we can slide you back to health before complications occur. Before you get *really* sick!

When toxic residues are accumulating in your intestines, liver, blood, tissue, and cells, then nutritional building elements are not able to penetrate the cell membrane to remove metabolic waste and regenerate the cells. Nutrient absorption, metabolic efficiency, energy, and hormone and neurotransmitter synthesis are all greatly reduced. This, in turn, will manifest symptoms of extreme lethargy, muscle weakness, gastric distention, aches and pains, depression, and memory and concentration problems. These are cries for help from your body. They are *not* diseases! They are God's intelligence trying to warn us of a deeper cellular malfunction which needs to be addressed before things get completely out of hand. Remember; only after massive numbers of cells malfunction or die do you even begin to notice symptoms of disease. In other words, you're already sick before you "get sick". Conventional allopathic physicians are taught that if you can't see it in an X-ray or detect it in lab tests, or hear it in a stethoscope, or feel it in a palpation, then it's simply not there. Even if the patient's whole body is in a state of stress or dis-ease! Medical students are not instructed in toxicology and the dangers of free radical damage to the cells, or the necessities of nutritional building blocks to establish and maintain health. The entire "sick-care" industry keeps disease right where it is most lucrative: the long-term treatment of chronic diseases. No cures can be discovered in The Medical Twilight zone and prevention is rarely considered. A medical monopoly of risky surgeries and lethal pharmaceuticals continue unabated. The medical system, now a \$4-trillion-dollar-a-year industry, profits by hundreds of billions of dollars each year!

It is estimated that more than 75% of all office visits to medical doctors are in the medical twilight zone category of: neurological disorders, chronic fatigue, fibromyalgia, pH acidity, gastric disorders, immune-suppression, mental and auto-immune disorders, skin disorders, and acute bacterial, fungal, parasitic, and viral infections that are all caused by two things. You guessed it! Cellular toxicities and cellular insufficiencies. The medical profession addresses neither, yet it continues to thrive as *Sickness Inc.*

Typical symptoms of such twilight zone disorders are headaches, dizziness, nervousness, severe fatigue, flatulence, constipation, diarrhea, insomnia, brain fog, joint aches, and the loss of a feeling of generally well-being, which are all intelligent warning signals of a healing crisis. These symptoms are the cells' cry or scream to warn you of a cellular malfunction in a certain organ or system. Being "subjective" symptoms, they can't be revealed by laboratory analysis until they have reached chronic degenerative proportions or metabolic disease states. Palliative pharmaceutical agents – over-the-counter or prescribed – can't treat them, because they do nothing to remove toxic plaque residues (known as biofilm) in and around the cells, nor fix cellular insufficiencies that cause them. In fact, they add more toxins to and rob more nutrients from our body, thereby causing more disease. Only natural, non-toxic treatment protocols can genuinely reverse any illness. "Down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. The leaves of the tree were for the healing of the nations." (Revelations 22:2)

All medical twilight zone diseases are endogenous, meaning they originate internally rather than coming from the outside in. They are the body's built-in, intrinsic wisdom responding to negative influences with a healing crisis. To the medical establishment, built-in, body-instituted symptoms of fever, diarrhea, mucous secretions, coughing, nasal drippage, and excessive perspiring are unnecessary nuisances to attack or suppress, when in fact they are intelligent purging mechanisms to expel toxic debris from the blood and decaying morbid waste from tissues that have overloaded our elimination and detoxification pathways of the skin, colon, kidneys or lungs. They are a purging of toxins to prevent more serious, chronic disease from settling in. In their ignorance, incompetence and negligence, medical doctors are drugging symptoms at the cellular level, or surgically removing organs, rather than addressing the toxicities and cellular insufficiencies that cause medical problems.

Unless a treatment actually removes acid toxins from the body, and increases oxygen, water and nutrients, the cure, at best, will only be temporary. Otherwise, the disease is driven deeper into a chronic state. If they only knew that once the toxic waste residue is excreted, the cells would be allowed to absorb oxygen and nutrients again, and that the body's organs and systems would self-heal and return to homeostasis (balance and order); they would actually be able to be the healers they profess to be. But now that *you* know what's going in, how will this affect the way that you not only approach the *dis-ease* that *you* might be experiencing, but will act to prevent it in the first place?

XII. David Copperfield Medicine

Looking at health on a spectrum it will help us to understand *The Medical Twilight Zone* phenomenon and explain why you don't have to accept your fate.

On one extreme, we have optimal health. You generally feel good, wake up energetic, are free of aches and pains, have good nutrition, and your filtration organs are adequately coping with whatever toxins enter your body. On the other extreme, you have multiple debilitating chronic illnesses and are knocking on death's door.

Most people are a considerable way along the spectrum from optimal health when they roll into a doctor's clinic requesting some honest help to improve their condition. Nonetheless, they will be told by their family doctor that there is nothing wrong with them, that they are in great shape, and that they have nothing to worry about. Somehow, they fall badly ill shortly thereafter.

The doctors were not exactly lying when they diagnosed the patient. According to their own definition of health, wellness is the absence of sickness. Therefore, they were technically right. Since there were no apparent manifestations of disease, there *was* "nothing wrong" with the patient when they strolled in. As a consequence, people die "in good health" all the time. The truth is that the absence of a negative is not the presence of a positive. Just because your back yard is not overrun with weeds, doesn't mean you have a beautiful garden that's blooming with flowers and fruit-bearing cherry orchards in it either.

We are told that the aches and pains, dizziness, headaches, drowsiness and low energy levels are just regular signs of aging, but people seem to be getting them younger and younger. They doctors use suppressive meds to help you “manage” symptoms, or even cut out body parts on an outside system level, but they’re never getting to the actual cause of the disease process at the cellular level.

The real danger to you with mainstream medicine is that it “works”! The danger is that you can’t feel the headache anymore because they knocked it out with an acetaminophen like Tylenol. You can’t feel the angina pain no more because they knocked it out with nitroglycerin. You cannot feel the stomach problems anymore because they use an antacid in order to block the symptoms. They remove the symptom, but they don’t change the underlying condition of the body, so before long another symptom will spring up elsewhere.

I call it the David Copperfield medicine, after the famous stage magician. It’s the illusion that you’re getting better when actually you’re getting worse. You’re feeling better but you’re getting sicker because of the poisoning of the synthetic drug to the cell. The medications themselves cause disease which we call “side effects,” but the cellular screams are being muffled. And then you’re going, “Man, the wonders of modern medicine – it’s working! I’m getting well.” No, you’re not. It’s an illusion. And that’s the problem with MDs. If their so-called treatments actually “work.)” to make you feel better – so much the worse for you! As far as the disease is concerned, you’re getting sicker.

That's why John H. Tilden wrote "amelioration is a form of building disease" in *Toxemia Explained* as far back as 1926! The cellular cries which they are knocking out are only the symptoms of a deeper underlying issue. The doctors are adding toxins to toxins, acid to acid, and more immunosuppressive components, from pharmaceuticals, to an already repressed immune system.

You end up going through the medical money-go-round. You went to your family doctor, and he gave you some anxiety medication, but over the years that badly affected your brain chemistry, so you come back in with migraines and get sent to the neurologist. When you go to the neurologist, he gives you some drugs that mess up your hormones because he's not an endocrinologist. When you see the endocrinologist, he looks at your hormones and shakes his head, prescribing some drugs to keep them in check, but he doesn't realize they mess up your heart because he knows nothing about cardiology. And the cardiologist is looking at your heart, but she knows nothing about the brain-link to the heart. So, you end up back with the neurologist. They cut the body up like a bunch of truck parts and try to treat them independently, when the body is a holistic integrated system, whose whole is greater than the sum of its parts. Almost everything needs to be treated holistically, but they cut it into parts and that creates the medical-money-go-round. The family doctor to the neurologist and endocrinologist, cardiologist, oncologist, psychiatrist, and eventually the coroner's office. All the while the right hand doesn't know what the left hand is doing!

All they're doing is playing the magical shell game with diseases. You start out with one disease, and – like magic

- the medications made the symptoms disappear, but then you got another one. So, you zapped that as well - and then you got another one that you also had to treat. It's a never-ending game of whack-a-mole.

You start to wonder why life is so unfair and you can't just have a normal body that doesn't keep breaking down on you and throwing up symptoms no matter what you do. You've doing all the right things, gone to all the right specialists, took all the meds you've been prescribed exactly when you've been told to take them. Statins for your cholesterol, ACEs for your blood pressure, NSAIDS for pain and inflammation, and you wonder why nothing is working. Six to eight months later you wake up with a heart attack. If you live through the heart attack, you're strapped to a gurney with a thirty forty-thousand-dollar triple bypass or a quad. They hit you on the front end with suppressive meds to knock out the symptoms, so you don't feel it anymore.

This includes cancer. They use chemotherapy and radiation to burn the tumor, but the tumor is a side effect of the underlying cancer process which is systemic. These are two separate entities you could say, and doctors are taught they are one and the same. So, their focus is on removing the tumor, and they think if they removed the tumor then they somehow cured the cancer. But if the tumor is only the most prominent manifestation of the cancer process, the tip of the iceberg so to speak, then it's only a matter of time before it incubates back into another tumor in the same spot because they didn't change anything. They made your immune system worse with poisonous chemo. Radiation and chemotherapy are poisons that kill healthy cells and

cancer cells indiscriminately. This is fully admitted! Healthcare workers who are involved with handling anti-cancer drugs are warned to take special care because of the risk of developing cancer from being in contact with them! You can't be poisoned back to health.

Mainstream doctors practice David Copperfield Medicine because they don't think there is an actual function to what the body is doing. They think that it's an accident, a freak of nature, or that something has just gone wrong. They can't conceive that the body has its own intelligence that knows better than they do what is good for you.

XIII. Symptom of Disease or Symptom of Cure?

The human body is an intelligent system that is self-maintaining and self-healing. Think of the last time you got a cut or a bruise somewhere in your body. Did you have to try to heal it, or did it heal all by itself?

That is the intelligence of the body.

The body is always striving to keep us alive. If you are bleeding, the blood will clot in attempt to prevent you from losing too much. If you lose one kidney the body will do its best to manage with only the other. In fact, over 75% of your liver could be surgically removed and it will still grow back – although I don't recommend trying this at home!

Now, obviously, the body's capacity for self-repair is not unlimited. If a vital organ damaged beyond repair, there's nothing much the body can do about that. If a severe injury is inflicted too fast, it's lights out! We are not superhuman.

That being said, in the same way that the body has the capacity to repair from cuts, bruises, scrapes (and even the loss of half your liver) the body also has the ability to repair and recover from disease. It will do it's best to fight off infection and flush out harmful antigens through its detoxification channels, which are the mouth, nose, skin, urinary tract, and colon. But it's ability to do this is also not unlimited. For example, if you live in a house full of mold or asbestos fibers you *will* get sick. Your body just can't cope with breathing that much of a toxic chemical all at once on a daily basis. Once the body becomes

overwhelmed by toxins and overstressed by foreign invaders, it has no choice but to manifest the unpleasant conditions which results from its vigorous attempts to rid itself of these poisons.

As the body attempts to remove unwanted guests through the detoxification channels, we get what medical science rightly call *symptoms*. However, mainstream medical science fails to understand what these symptoms are. They think something is going wrong with the body, when actually these symptoms are the intelligence of the body at work. They are symptoms of the detoxification process, or, perhaps it would be more accurate to say, the symptoms of healing.

Let's take a closer look at some of the healing symptoms that mainstream medicine mistakes for illness.

Fever is the body's attempt to kill off invading microbes by increasing our temperature and make itself an inhospitable environment for them to live in. When you suppress a fever with pharmaceuticals you block of the self-healing process. The doctors are not more intelligent than nature. The body knows what it is doing!

Metabolism is accelerated by increasing the temperature of the body and this enhances the body's ability to eject unwanted toxins by liquifying them so they can pass into the blood, which takes them out the body through the channels of elimination.

So long as the fever is below 105°F (40.5°C) taken orally then while it may be uncomfortable, it is not dangerous. If it does start to reach dangerous temperatures, then the

risk of harm should be taken seriously. It can be treated by bathing the body in cold water. All sugar should be eliminated during a fever, including fruit juice and honey as it makes the immune system weaker when someone is ill. Fasting is a better option still. All animals fast when sufficiently ill, drinking only water.

The Common Cold is the body's healing crisis response to a viral infection causing mucous secretions in the sinus tubes, lung tubes or intestinal tubes. The uncomfortable symptoms of coughing up mucous, sinus drainage, sweating and intestinal diarrhea are the body's built-in purging mechanisms for tubular drainage of acids, parasites, mucous and toxins. A lot of doctors don't understand that the runny nose is an intelligent purging mechanism of mucus secretions that trap viruses and toxins so the nasal passages can eliminate them through the sinus area. They consider it a nuisance and are taught to give decongestants to block the process. Stop up the cough, stop up the fever, stop up the runny nose, stop up the diuretic stools, and what they're doing is shoving the toxins back down into your body where they aren't wanted. Now the disease lasts longer from the suppression of symptoms, when it could have run its course in three days if you had allowed the purging to take place through perspiration, bowel elimination, urination, respiration, and nasal elimination. Sometimes we also eliminate through the ears or eyes.

Mucous. The mucosal cells of the body will spit out mucus in an attempt to trap invading microorganisms and toxins in a spider web to pull them up into an elimination route, such as the nose or the mouth. These are intelligent purging systems of a healing crisis. The

doctors, in their infinite genius will give you cough syrup to make it stop. In their ignorance they just shoved the disease deeper. Worse conditions are now in the mail.

Diarrhea is a toilet flush mechanism to get the stuff that is not needed out of the colon. If you're **sweating**, severe perspiration is the body's way of saying, "Look! You've got so much bacterial and viral invasions that I have to create a heat now a heat to kill off the viruses and move them into the skin through diaphoresis." Hopefully, you'll get the message, get under a blanket, and shiver and sweat to get the stuff out.

Inflammation is related to so many of the different disease labels we are given. In fact, it is hard to find an example of a disease which does not involve inflammation. Cancer, heart disease, diabetes. Doctors prescribe anti-inflammatory medications to deal with it, but they never stop to ask what causes inflammation in the first place. Inflammation is the body tissues' response to irritation or injury. Inflammation increases the blood flow to an affected area. Like all symptoms, it's the body's own attempt to heal itself. Suppressing the inflammation, which admittedly may be painful, uncomfortable, and even cause problems, will block the self-healing process without removing the cause of the inflammation which is the gathering of toxic substances in the affected tissues.

The real treatment for inflammation should not be mere repression of it with anti-inflammatories, although in some extreme cases this might be necessary in the short term to buy the patient time to heal. It is addressing the underlying cellular condition of the body, so that the

tissues are not irritated and injured. Once this is done, the miracle is – inflammation goes away.

Allergies. Millions of people suffer from allergies caused by everyday exposure to dust mites, cat dander, and pollen; workplace contaminants like PCB's, turpentine, asbestos, latex, benzene; as well as many foods of course. What is called an allergy is nothing more than the irritation of an already chronically inflamed nasal passage or lung tissue from a pronounced toxemic condition.

Allergies are a sign that the body's toxic threshold has been breached. Supposing you turned on every light and appliance in your home and left them on all day, then later, you flip a switch in your office to turn on your computer and the power goes out in the whole house. It wasn't exactly the tiny computer switch that caused the blackout, was it? It was the total overload of electricity that caused the failure. With allergies, that one little extra stress is the straw that breaks the camel's back. Therefore, sinus swelling, runny nose, skin reactions, tearing eyes, and elimination symptoms can eventually disappear through a powerful cleansing program of ingesting beneficial cleansing substances such as wheat grass and fresh vegetable juice. Yeast and fungus, whose wastes are acid, may contribute significantly to your hay fever and sneezing. If you address the cellular environment to make it inhospitable to them, it will be virtually impossible for you to manifest allergies. Toxemia irritation is the cause of all inflammation, including in the intestinal lining and epithelial lining in the lungs. This stage of inflammation is characterized by

all the “itises” such as sinusitis, nephritis, hepatitis, meningitis, appendicitis, etc.

There is now significant evidence mounting to suggest that vaccines can cause allergies (as well as asthma), although official sources continue to deny the link.

Obesity is caused by a decelerating cellular metabolism due to a lack of oxygen caused by low body pH. With a reducing metabolic rate, the body does not dispose of unburned food, which is then stored to be burned at a later time. However, for some people, tomorrow never comes. Many people just keep adding to the fatty reservoir. There is not much blood flow around fats, so these fatty acids generally form under the skin as dreaded cellulite, piling up on men’s waistline and women’s hips, thighs and breasts. As the body is malnourished and has malabsorption problems, the victim will get cravings for carbohydrates and fats and the more they eat, the more they put on weight. When they exercise, they will begin to detox into the blood stream. They won’t feel good, and if they don’t understand why, they will probably stop. So, the problem escalates. Only if you truly understand the process that creates obesity will have the motivation to drink alkaline beverages and eat alkaline foods that burn quickly. Anything you can do to help your body dispose of acidic waste on a regular basis should be a priority.

Heart Disease is the first leading cause of death in the United States, and **Stroke** is the fourth. Recent evidence suggests that certain viruses play a major role in the build-up of plaque in the arteries. If we were to take Pasteur’s Gem Theory at face value, then killing the

microbes in the bloodstream should cure the disease. It is my belief that plaque is a built-in protection system that keeps the viruses, bacteria and acids from killing you on the spot. Without the plaque build-up, these acids and pathogens would bore right through blood vessels and arterial walls, causing stroke or hemorrhage. Felicia Drury Kliment, author of *The Acid Alkaline Balance Diet* (2002), explains it like this: “Acidic waste in the blood makes scratches and tears on the inside walls of the blood vessels... forcing the immune system to defend the walls of the arteries and veins by... patching injuries in the lining of the vessels with fatty plaques to prevent life-threatening leaks, and reacting to arterial degeneration the same way it does to bodily injury from accidents – by triggering the flow of blood to the area which inflames the walls of the arteries. These measures prevent imminent death but set up the conditions for a heart attack. All that has to occur is for a blood clot to form, which blocked the flow of blood to the heart.”

Although there are other factors involved with cardiovascular disease, the acid link cannot be overlooked. Running a simple pH test and having your blood checked using darkfield microscopy will tell you in seconds what’s going on in your body and whether or not you’re vulnerable for a heart attack or stroke. Switch to a predominantly alkaline diet, as Kliment suggests, and watch your condition improve.

Most **Gastro-Intestinal Disorders** including indigestion, nausea, bloating, gastric reflux, and ulcers can also be treated by the neutralizing of acid with plant-based enzymes, alkaline green foods and alkaline

minerals without taking destructive band-aids like antacids and Ibuprofen.

Arthritis, as I have already explained, simply means inflammation of the joints. The term is used to describe more than 100 rheumatic diseases that cause pain, stiffness and swelling. It is caused by the body cleaning acids and toxins from the blood, which is our life force, into the joints, which are comparatively non-vital. The accumulated acid damages cartilage and coats the cells causing an irritating dryness and swelling in the joints. Unfortunately, the joints have limited blood circulation to carry out the acid wastes. Osteoarthritis, thought to be a progressive, degenerative disorder down to just the “wear and tear” of the aging process, can be arrested or reversed, as the damaged cartilage tissue actually tries to remodel and repair itself. In my years of research, I’ve discovered that detoxification protocols coupled with an alkalizing diet and beneficial supplements such as glucosamine, chondroitin, ginger root, Boswellia, and MSM, will usually relieve arthritis within a very short period of time.

Osteoporosis. If the blood becomes acidic, it will pull alkaline electrolytes such as calcium, magnesium, potassium, sodium, and vital trace minerals from the bones and teeth (as well as the heart, muscles, and other soft tissues) in order to restore balance and become neutral again. The body knows that if the blood does not stay within the normal range, then that’s the real risk, so this is an intelligent a system as you can imagine, designed to prevent your death! The body will always attempt to make a choice that is *less* damaging to prevent one that is *more* damaging. Nonetheless, this causes

mineral deficiencies in the bones and teeth which then become brittle from a lack of calcium. We can get these minerals primarily from green foods. Increasing calcium intake is only a compensatory mechanism, however. It's more important still to cut out refined sugars and other very acid forming foods.

Despite being widely promoted as beneficial, dairy products are a terrible source of calcium because they are typically very acidic. Protein consumption is also known to inhibit calcium absorption. If populations in China who consume almost no dairy products have the lowest rates of osteoporosis, then how can dairy products be the best source of calcium? By contrast, The USA, Sweden, Finland, Israel, and the United Kingdom are some of the greatest dairy consumers and have high rates of osteoporosis. Hong Kong, Singapore and some places in Africa where they consume no dairy have the lowest.

Milk is thought to hasten aging, while pasteurizing milk renders most of the calcium contained in it insoluble. The Vitamin D content in milk is also insignificant. It is estimated that approximately eight out of ten people are allergic to milk. Plant-based calcium sources also contain magnesium, which is necessary for the absorption of calcium. Almonds, summer squash, sesame seeds and spinach, for example, have a one-to-one ratio of calcium to magnesium.

Bacteria, viruses, fungus, molds, and parasites are nature's clean-up crew. When you have stagnation in an organ or a system with no lymphatic flow or no blood flow, then the "stagnant swamp" is going to attract scavengers. These creepy-crawlies come in to clean up

your mess because you didn't. Nature says, "Hey, I gave you the opportunity to move the blood through exercise; I gave you the opportunity to open up the skin through a sauna or get outside and run and sweat; I gave you the opportunity to do something to open up your colon and your urinary tract through simple as water hydration; but you're not doing it, and now I'm going to send my scavengers in, my bacteria, my viruses, and my fluke worms, and now you're going to have a secondary invasion if you don't clean that mess up!" This is all part of nature's beauty and perfection. It's an intelligent system that is there as the manifestation of a healing crisis. The irony is the mainstream doctors think everything that is trying to help you is out to hurt you. So, they will try to kill the bacterial infections. The problem is the cellular malfunctions are still intact when they wipe out the microbes with antifungals and antibiotics. They need to start treating the patient instead of just the symptom.

Edema. Edema is a protective process in which the body retains water to dilute chemicals it does not want to concentrate in the cells. It is usually caused by the excessive consumption of mineral salts, but sometimes it can be caused by medication, ureic acid or other chemicals instead. Loren Lockman (of the Tanglewood Wellness Center in Costa Rica) tells the story of a client who came to fast with him after having severe edema for two years. His legs had swollen up beyond all recognition and at this point his doctor had said he had 2 months to live. He had already been prescribed diuretics in the hope that he would pee the water out, but they didn't work, so the doctor doubled the dosage. When that didn't work, he doubled the dose again, but nothing worked because the

man's body was more intelligent than the doctor and obviously wanted to hold on to the water to protect his vital organs from whatever chemicals the man shouldn't have ingested. Lockman reports that after fasting, drinking nothing but water for four days, the man's edema had cleared completely. He had, however, spent the entire third day in the bathroom. Once the intelligent body had a break it could wash the uric acid in his leg out through the urinary tract, and then he didn't need to hold the water anymore. The body dropped it effortlessly.

Tumor. The actress Angelina Jolie famously chose to have both her breasts removed because she had a gene called BRCA1, which she was told gave her a high chance of developing breast cancer. Today, radical mastectomies are rarely performed. After the doctors butchered thousands of women, slicing their breasts needlessly, studies finally showed that a lumpectomy with radiation was just as effective while far less traumatic to the patient. To add insult to iatrogenic injury, the BRCA1 gene that is associated with breast cancer only occurs with a *mutation* of the gene. In its healthy state, the same gene itself fixes genetic mutations.

You would expect that medical science would want to know what causes genes in the DNA to mutate in the first place so they could prevent it, but according to their ideology these things *just happen*. It's all just the luck of the draw. They *expect* the body to break down. Now, we know from the BRCA1 gene that the body actually has processes to fix genetic mutations, so, the question is, what interrupts this process and allows cancer to form? If the mainstream doctors could only answer that question, then we could prevent cancer from occurring,

but that is not the way they look at medicine. They see cancer as something to treat, but by the time the cancer is ready to treat, the body as a whole is already far sicker than it ought to have ever been allowed to become in the first place.

The sad thing is that the tumor is not even the cancer. The tumor is the side-effect of the cancer process that is a systematic, whole-body disease that only *shows up* as a tumor site. The tumor is an intelligent system. A protein-fiber wrap that encapsulates mutated, foreign cells, cysts, pulps, lipomas or fibroids in the body's weakest links or target zones. These zones are the storage bins for excess acids and toxins built up in the blood. That means the tumor is a natural protection mechanism preventing dangerous cancer cells from spilling back into the bloodstream or lymphatic system and spreading secondary tumor sites. It's the body's way of cocooning off the run-away process of cancer cells dividing from spreading and spilling out to damage the whole body. The fibrinogen wrap attaches itself to the organ to protect the organ from its contents. It follows, that this tumor formation is not the disease – it's a survival mechanism designed to stop the disease from killing you!

The first thing the oncologists will do to this cocoon is poke it with a needle during the biopsy. That's a horrible idea! They pop the bubble and all the pustulants, and the dried blood, and the mucus, and everything else that the intelligent body has gone to such great lengths to protect you from is poured back into the blood and the lymphatics and it spills all over the body. Then people wonder why they get secondary tumors! The cancer cells will seek another dark, damp, moist, low oxygen, low pH,

toxic, sugary environment to incubate in – but you're not going to know that the secondary tumor came from their test needle. They don't understand cause and effect.

When the immune system is not overburdened it can take care of small break outs of cancer process relatively easy. We are told even by official authorities that everyone has cancer cells growing in them all the time, but so long as you stay healthy you won't even know that you had them. In the modern world where everyone's immune system is compromised by the permanent onslaught of toxic chemicals (as well as all the things we *know* are bad for us that we just keep eating and drinking) it becomes more and more difficult to fend off cancer as we get older. While the immune system is chewing on toxins and heavy metals and infections, the cancer exponentially doubles, and the immune system cannot get over there to gobble it up fast enough to prevent a tumor from forming. Intermittent fasting is now recognized to stave off these early cancer cells which have a much greater appetite than the cells of our own body and can be adopted as a preventative measure. As Hippocrates told us, "A man lives of a third of what he eats, on the other two thirds live his doctor."

There is not one cancer treatment in mainstream medicine that administers non-toxic treatments to boost and modulate the immune system, correct nutritional deficiencies, strengthen organs, cells and tissues, remove cancer causing toxins from the body, alkalize the pH, increase metabolic energy or strengthen the emotional and spiritual state of the patient, which are all necessary for ridding the body cancer.

Pneumonia occurs when the detoxification channels are so overloaded that the body must attempt to use the lungs and sinuses as primary channels of elimination for all of the excess waste. In ideal circumstances the body would simply use the colon, but most people in western countries on standard diets already have as many as ten to fifteen meals backed up in that area, so fast elimination through the alimentary canal is no longer a viable emergency option and the body must resort to extremes. Medical science blames this on infection of the lungs by bacteria, viruses and fungi, but these are not the cause of it – they are there *because* of it. Killing them off with antibiotics will not help. Better to drink lots of water, rest well and consider going off solid food onto juices to help clean the system out.

XIV. You Can't Suppress a Healing Crisis and Get Better

We have been encultured to see any physical suffering which arises from the natural process of healing as adverse. When you are a child and want to go play in the snow, your well-meaning mother tells you to put a coat on in case you get a cold, even though acclimatizing yourself to the cold will make you more resilient. When you are ill and don't feel like eating, your well-meaning father tells you that you had better eat something to gain your strength. He doesn't know that all animals fast drinking only water when sick or injured. Half of our energy goes to digestion and fasting frees up all that energy to heal and cleanse the body. More and more children are kept in a sanitary bubble and not exposed to microbes which they need exposure to in order to build their immune system. This is nature's immunization program. We have come to think that we know better than nature, but this is a big mistake, and one that is literally killing us by the millions!

If you have something inside you that is harmful to your health, you should *want* your body to reject and remove it. Why then, when you get a runny nose, does mainstream medical science give you a medication to stop it from running? A headache could be caused by toxins entering your blood on the way to the kidneys and liver to be removed. It is a sign that too many synthetic chemicals have entered the body already and it's time to putting you on a detox program or a juice cleanse.

If the body is prevented from detoxifying itself our health is bound to deteriorate. What naturopathic doctors have

been trying to teach is that when toxins attempt to leave the body, we are often *not going to feel good*.

Often, we are so unconscious of the fact we are detoxing that we will just get cravings for junk foods that stop the cleansing process and make us feel “normal” again. These are called “comfort foods” for a reason. They make us feel comfortable with being toxic. They switch the body’s attention from removal of toxins to our digestive system. But only for a while! As our condition gets worse, eating another pizza will no longer cut it. We will have to go to our doctor and get something stronger to dull the pain. Now we are in serious trouble! We don’t even realize what is driving our bad eating, we think we must just be weak-minded and feel bad about ourselves for it, which is also a form of harmful toxicity in itself.

Similarly, a lot of people don’t even take any exercise because it makes them feel bad. They think the only they feel bad is because they are really unfit, but even though they may be very unfit, that is not the only reason or even the main reason. It’s also because when the tissues get stretched and strained, toxins get pushed out of them into the blood stream to leave the bladder via the kidneys and liver. Exercise is part of the detoxification process – the fountain of youth. It also makes us sweat which helps push toxins out through the sweat glands in our skin, which is also one of the detoxification organs, some say “the third kidney”. So, detoxifying the body should also make it easier for you to exercise.

God built into us actual communication devices that are telling you that there is a cellular factory malfunction. For example, if there are cells in the brain that are being

affected, depending on what part of the brain, usually you've got a headache. If it's in the frontal lobe, usually heavy metals of aluminum or cadmium or mercury or lead, you're going to get a copy of brain fog first, where memory and cognitive thinking is impaired, of not being able to focus and then, if that's not addressed, eventually you create the "label" of Alzheimer's. Short-term memory would be gone. Or if it's the substantia nigra cells in the back of the brain getting suffocated and coded then you're going to have dopamine production problems and motor skill problems, you are going to get tremors of gait festination and you're going to be given a label called Parkinson's disease.

If you have the symptoms of acne, eczema, rosacea, hives, melasma, scleroderma, psoriasis, dermatomyositis (or any of the other 3000 defined varieties of skin disease described in the medical literature) then that would tell you that you a skin cell malfunction that's in the dermis or epidermis. Inflammation of the skin or some type of rash depending on what type of cell is affected. Rosacea and other names are fancy terms given to the type of rash. Is it a red rash? Is it blotchy? Is it scaly? Is it shiny? and so forth. These are not different diseases, they're just various cellular malfunctions which are variations of the same disease.

The symptom of a parietal cell that produces hydrochloric acid, if that is overstimulated, you're going to get acid reflux, and then you're going to get that burning in your esophagus. And that's telling you that that you have a cellular factor malfunction in the parietal cells. If you have a cellular malfunction in the heart cells. you're going to have palpitations; you're going to have

arrhythmias, and eventually going to have angina pain. That's going to tell you there is some type of cell factory malfunction in the cardiac tissue or the actual tubular structures in and around the heart that create blood flow. There's stenosis or a narrowing there for a blockage through plaque buildup.

If you have a cellular malfunction to the insulin-producing beta cells in the pancreas, you're going to get lightheadedness, and you're going to get the symptoms of high blood sugar, and you're going to get circulatory problems. Eventually you could get gangrene conditions, and if you don't fix it, eventually, it'll manifest into a coma if you don't address the diabetic situation.

So, every single cell factory gives you a symptom indication of what is happening. But most people shove it under the carpet and hope it goes away because they don't want to see a doctor. Even if they go to a doctor, the doctor knocks out the warning signal. They end up knocking out that symptom telling you there's a cellular malfunction. The danger to that is the patient thinks they're well because they don't feel the signal. Very few people will go and investigate and discover what is actually going on with their body, but the time is coming when we will have no choice because everyone is getting so sick that if we don't change course there will be no one left to look after them.

If you want to heal, you can't go against the healing systems; you have to go *with* them. You can't suppress the healing crisis and get better. When you stop up inflammation, you just stop the healing. So, you've cured the cure by using the "anti" meds and suppressive pills.

Now, again, in a trauma situation, when you have pain so bad that you can't get out of bed to go to work, then take the analgesic; but then address the causative factor of the cellular malfunction. Buy yourself time. But then investigate what's causing that pain, what's causing the inflammation. Once you address the cellular malfunction, the symptom disappears. The pain goes away, the skin rashes go away, whatever the problem is will go away when you address the cellular malfunction. Instead practicing symptomology – symptom management, you go down deep to the root of the problem. You fix the cellular insufficiencies and remove the cellular toxicities, then you fix the meridian blockages or the tubular blockages to that particular cell. And eventually the internal doctor, the self-healing systems, kicks in. Just like with the broken arm or cut in the finger. It wasn't the cast that healed the broken bone. It wasn't the band-aid that healed the cut. It was what you ate, what you drank, the oxygen you breathed, the proteins, the vitamins, the minerals, the blood circulation to the injured area, that built your body. There is nothing that medical doctors can do to fix that condition other than giving you an analgesic to kill the pain and allow time to heal on its own. If you suppress your symptoms your conditions will get worse and progress through seven stages of disease which we will discuss in the next chapter.

XV. The Seven Stages of Disease

There are seven stages of disease progression which are really just symptoms of an intelligent, body-instituted healing crisis. The early stages begin with mild symptoms of excessive tiredness while the later stages end in full-blown catastrophes where weakened organs and systems start to give out and can no longer perform their function. Failure of the heart, lungs, thyroid, kidneys, liver cirrhosis, severe auto-immune disorders, adrenal burn-out, type II diabetes, cancer, etcetera.

The Seven Stages progress as follows: Enervation, Intoxication, Irritation, Inflammation, Induration, Ulceration, and Fungation – which leads to cellular mutation – that is to say, cancer.

During the early stages if the cause of the problem is removed, symptoms of disease will begin to reverse. But if symptoms are repressed or ignored and poor choices continue over the course of days, weeks, months and years the body will progress to the following stage.

1. Enervation. (*enervate*) [v]: *To deprive of nerve energy, vital force, or strength. Physical, mental, or moral weakness. Devitalize. Destroy the vigor of; weaken.*

The first stage of disease progression is Enervation. The word *enervation* comes from the word energy. In this condition the body is not producing enough energy for the tasks it must perform. So, the first warning sign that you are becoming enervated is that you get lethargic and require naps just to get through the day, or you have real trouble getting out of bed in the morning.

Enervation is caused by lack of sleep, overeating, drinking too much alcohol, polluted water and air, excessive worry and stress, excessive sugar intake, salt, coffee, and overindulgence in junk foods, sodas, drugs, and stimulants. The result is an overall weakness, which causes tiredness at first, then depression, and then reduced vital energy as a whole.

All of the body's functions are impaired when the body enters the state of enervation, including our ability to detoxify and restore depleted energy, meaning that this is the beginning of a downward slope. If it is not fixed by lifestyle changes that allow the detoxification systems of the body to clean it internally, it will soon slip into stage two which is called intoxication, auto-intoxication, or toxemia.

2. Intoxication. (*intoxicated*) [adj]: *The state of being poisoned by a drug or other substance.*

The second stage of degeneration is intoxication (or toxemia). Toxemia happens when the uneliminated toxic material starts to saturate the blood, lymph nodes and tissues of the body. Over time this slows the body's ability to eliminate poisons, by clogging the detoxification organs and filtration systems of the intestines, liver, kidneys, skin, blood circulation and lymphatic flow.

Our vital energy is always divided between digestion, assimilation, stimulation, cell absorption, and elimination. As more energy is diverted into the body's attempt to digest the poisons listed in stage one, cellular energy capacity drastically declines through adrenal exhaustion.

This is when people tend to begin to depend on artificial stimulants such as caffeine, herbal stimulants, prescription drugs, sugar, tobacco, and inorganic substances to try and compensate for the loss of energy. This leaves the body intoxicated, sluggish, burned out, and weakened. Continued enervation and intoxication lead to a susceptible crisis named “dis-ease” or what we have earlier labeled *The Medical Twilight Zone*.

In this zone of “dis-ease” the person is neither healthy nor chronically sick. They are somewhere in between. They fall through the cracks of the medical machine which has established parameters calibrated specifically for trauma and crisis. Consequently, if they look for help with their family doctor, they are likely to be told there is nothing abnormal going on and turned away with a clean bill of health with some pills to dull their symptoms.

At that point, if the detoxification systems are not assisted by the outside intervention to get this toxic residue dumped from the cells (such as homeopathic treatments, increased fluid intake, exercise to increase circulation, and opening up of the detoxification channels) then their condition will progress into stage three which is irritation.

3. Irritation. (*irritation*) [n]: *The bringing of a bodily part or organ to an abnormally excited or sensitive condition.*

At this third stage of disease progression, the body sets its defensive mechanisms in motions and speeds up its activities in the desperate attempts to unload toxins that have accumulated inside it from the excess consumption of acid-forming foods, beverages, and (likely) antibiotics,

which cause the body's fluid conditions to develop an acid pH. This condition depletes alkaline reserves, and over time the acid wastes irritate tissue lining. As a consequence, this stage is characterized by symptoms like itching, skin rashes, burning eyes, irritable bowel syndrome, and so forth, which all cause redness leading to inflammation.

The most obvious waning of irritation is itchiness. As well as being the body's largest organ, the skin is also an organ of elimination. The body uses its four billion pores to remove toxins from the body. If any part of your skin becomes itchy then that is a sign that toxins are being removed, because when they come to the surface of the skin that area becomes irritated. Sometimes it gets inflamed as the body increases blood flow to the area in the hope of removing them.

Not everyone experiences itchiness in the irritation stage. Others may experience headaches, nausea (especially in the mornings), persistent tickling in the nose, uneasiness, short temperedness ("irritability"), nervousness, depression, anxiety, headaches, difficulty sleeping. Coated tongue, bad breath, increased body odor, dark circles under the eyes are also all signals that the body is in a state of irritation.

In this stage, acid-forming compounds such as acetyl acids, carbonic acids and lactic acids cause the body's fluid condition to develop an acid pH of under 7.0, which gets dangerous because bacterial forms, fungus, molds, parasite and pathogenic viruses incubate and love to breed in that low pH environment.

4. Inflammation. (*inflammation*) [n]: *Redness, swelling, pain, tenderness, heat, and disturbed function of an area of the body, especially as a reaction of tissues to injurious agents.*

The fourth stage of disease progression triggers the onset of inflammation. Inflammation is the response of your body's tissues to irritation or injury. Inflammation may be acute, meaning developed suddenly and lasting only days or weeks, or it can be chronic, getting worse over a period months or years unless reversed.

This stage of inflammation is characterized by all the "itises" you have heard of; sinusitis, nephritis, hepatitis, meningitis, appendicitis, colitis, and so on. Whenever you hear of an "itis" it means "inflammation of the." Nephritis is inflammation of the kidney, colitis is inflammation of the colon, hepatitis is inflammation of the liver, meningitis inflammation of the meninges, which are three membranes covering the brain and spinal cord, appendicitis is inflammation of the appendix, dermatitis is inflammation of the skin, otitis media (or middle-ear infection) that's inflammation of the middle ear, sinusitis (or sinus infection) is inflammation of the sinuses, arthritis is inflammation of the joints, cystitis is inflammation of the bladder, gastritis is inflammation of the stomach, encephalitis is inflammation of the brain, and so on. Medical science would have you believe that these are twenty different "itis" diseases (that need twenty different treatments,) but they all derive from the same underlying cause. It's just an exacerbation of the area of the body that started with irritation, enervation, and autointoxication.

Inflammation is the body's most intense effort to cleanse and restore. At this stage, disease becomes painful! The chief signs of inflammation are redness, heat, swelling, and pain, accompanied by loss of function in affected areas. Inflammation indicates the accumulation of pustulence or dried blood and thick mucus, in and around the organs, joints, and cells. This triggers an immune response, causing the white blood cells to spill histamines, cytokines and other inflammatory substances in the fight to clean up the toxemic condition. Continued inflammation through pro-inflammatory hormone release will eventually lead to stone-like formations of trapped inorganic wastes creating a protective barrier in the joints, kidneys, and gall bladder. At this point the body's weakened, enervated filtration organs are unable to expel the accumulated, hardened waste material fast enough. Allergies, suppressed immunity and poor digestion can also result. In fact, often when people have one of these, they have two of them or all three. That is because these are not different diseases but symptoms of the same underlying condition.

A so-called allergy is nothing more than the irritation of an already chronically inflamed nasal passage or lung tissue from a pronounced toxemic condition. Toxemia irritation is the basic cause of all inflammation, including in the intestinal lining (which can cause poor digestion) and the epithelial lining in the lungs.

It's logical to see how the inflammatory conditions are an exacerbation, or a later stage, of the irritation conditions we find in stage three. Where you were irritated you had itchy skin, but once you're inflamed you come down with dermatitis, eczema, psoriasis, and what have you. When

you were irritated you had irritable bowel syndrome, now that you are inflamed you develop colitis. When you were irritated you had a persistent tickling in the nose, now that you are inflamed you contract sinusitis, and so on.

Actions at this stage determine whether you are going to recover your health or if you are going to deteriorate into more severe conditions with scarier symptoms.

5. Induration. (*induration*) [n]: *Hardening of a tissue, particularly of the skin, due to excess fluid retention, inflammation, or growth of a tumor to protect the body from further damage.*

Now we are getting into the really dangerous stages. In the first four stages of enervation, irritation, intoxication, and inflammation, the cellular enzymes are still intact. While the symptoms of the first four stages are uncomfortable, unpleasant and cause many complaints, at the fifth stage we have actual impregnation of a disease process that is chronic.

The fifth stage of degeneration is earmarked by a gradual thickening or hardening of the mucous and sub-mucosal tissues, due to continued inflammation that is overwhelming to any of the detox systems. The increased hardening from solidifying hydrogenated and saturated fats, LDL cholesterol, chlorine, calcium, iron, and other inorganic minerals will choke arterial circulation – cutting off oxygen and inhibiting the flow of nutrients to the cells if this is not addressed by some type of detoxification protocol. The hypoxia leads to programmed cell death, known as apoptosis.

Symptoms of induration include hardening of the arteries, skin eruptions, open sores, ulcers, pustulence, cataracts, cysts, polyps, liver spots, kidney stones, callused feet, calcium spurs and gall stones.

Scarring is also a form of induration, which is a hardening of tissue or filling in of a tissue where it has been lost. The hardening has a purpose! Just as the fibrous tissue of a scar replaces normal skin after an injury and keeps toxic material from entering the body from the *outside*, during the stage of induration, the toxic material that is threatening the wellbeing of the body from the *inside* is encapsulated in a sack of hardened tissue in an attempt to quarantine it and hold it in one place so it will not spread to the entire body. In other words, like a scar, induration is not a disease but a natural part of the healing process. The body trying to protect itself. It forms a kind of tumor and will often be diagnosed as cancer even in cases where no cancer exists.

6. Ulceration. (*ulcer*) [n]: *A craterlike skin or mucous membrane lesion; a sore open either to the surface of the body or to a natural cavity, and accompanied by the disintegration of tissue, the formation of pus, etc.*

The sixth stage is what is called ulceration. Everyone knows about ulcerative colitis or having stomach ulcers, but what ulceration really represents is an active degeneration from cellular apoplexy (eruption). A paralysis of circulatory functions in blood and lymph takes place due to tissue and arterial hardening. This is accompanied by the disintegration of the tissue and the formation of pus. Crater-like skin or mucous membrane

lesions form and sores open up on the surface of the body or internally.

Ulceration can manifest as a stress ulcer in the body of the stomach, a stasis ulcer on the ankle, a trophic ulcer (jungle rot), a peptic ulcer in the inner lining of the stomach, small intestine or lower esophagus, or even ulcerative colitis.

Instead of normal toxin elimination, the excretion of dried blood and toxic pus erupt from open wounds, boils, fistulas, internal ulcers, or even discharges from the eyes, ears, nose, vagina, or other body cavities. Examples of these are canker sores, associated with AIDS and herpes simplex. Another symptom of ulceration is adrenal exhaustion/stress from a highly toxic, enervated condition.

At this point the body has been under assault for so long that massive amounts of cells and tissues are being destroyed. It's immensely painful. The eruptions are the body's desperate attempt to dump or purge toxins. Often adrenal exhaustion sets in at this point and people get into severe lethargic conditions where they can't even function.

Ulcers can be reversed if the body is facilitated to heal but things are desperate at this stage, and they only have one progression left until cancer sets in.

7. Fungation of the body and Cancer.

In this last and final stage there is the excessive overgrowth of fungus in the blood and tissues. Molds,

mildew, spores, yeasts (candidiasis), and cancer cells run amok as the body's fire-fighters are powerless to respond to the multiple crises taking place in the body all at once. The body is literally being decomposed from the inside out while it is alive. Doing a live blood analysis using darkfield microscopy will easily detect yeast, fungus, mold, and cancer cells. This is the stage where macerozymes start signaling death to the organism.

There are more than a thousand toxins produced by yeast, fungus, and mold, and their acidic wastes contribute directly or indirectly to a wide range of symptoms. Healthy cells can no longer renew themselves but form cancerous mutations. There is cellular disorder from repeated free radical hits on the DNA. Genetic material is damaged during replication, transcription, and translation of new cells. This inevitably leads to cell proliferation and mutation of tissue growth into a morbid state. In this morbid state circulation is affected. There is no nutrition to the cells as they are too full of toxins to accept what is given. Nutrients are consumed, instead, by the parasites, molds, and fungus. The immune system is weakened, body pH is extremely acidic, and this cellular environment attracts these scavengers: parasites, fluke worms and all of these viral infections, bacteria, and fungal forms. They're there because of the terrain, seeking an environment that is favorable to them.

So, when you hear of cancers, you know a person has gone through decades of degeneration through the previous six stages: Enervation, Intoxication, Irritation, Inflammation, Induration, Ulceration, and Fungation to get there. Tumors do not happen overnight, so now the body has reached that final stage where neoplasms grow.

XVI. The Body's Attempt to Return to Homeostasis.

All seven progressive stages of disease are part of the body's ceaseless effort to return balance and order to the body, which we call homeostasis. The body will use whatever means it has at its disposal in the attempt to purge itself of the unwanted toxins and acid residues that are lodged in the tissues and are poisoning it. These mechanisms range from a simple runny nose or the coughing up of mucus, all the way through to oozing tropical ulcers that break out on the skin. Because these symptoms are unpleasant and people want rid of them, medical science misidentifies them as diseases. However, armed with this information, you now know that your body is not failing you, but doing its job. It is desperately trying to prevent you from dying!

With this new knowledge we see that even bacteria aren't just intruders that turn up out of nowhere, but guests we invite in inadvertently with faulty lifestyle choices and bad habits. The cellular terrain becomes the food source for a lot of these pathogens which are acting as scavengers, feeding off our cellular wastes. This puts the power back in your hands, as if you change your lifestyle and clean out your body, the bacterial forms, molds and fungus will go pick on someone else.

Through my decades of research, I have come to believe that acidic pH is the primary factor triggering the seven-stage progression of disease. An overly acidic body starts to eat away at tissue like battery acid eating into skin – slowly corroding your entire body. If left unchecked, these acid wastes will interrupt all cellular activities and functions. This can interrupt everything from the beating

of your heart to the neuro-firing of your brain to cognitive thinking and memory interruptions. Over-acidification interferes with life itself, leading to all sickness and “disease.” As the accumulation of acid residues in tissues and cells sets in, this is accompanied by poor blood and lymph circulation, poor cell activity, poor oxygenation, nutritional deficiencies, and dehydration, causes and electrical disturbance at the cellular level. When the cellular matrix that makes up the tissues and organs is suffocated, the cells cannot breathe properly and do not receive the nutrient building blocks they need to do their manufacturing tasks. As the cells become deprived of the necessary nutrient components for optimum health and reproduction, the entire body begins to rot and decay from the inside out. As the cells, tissues and organs begin to die, morbid microforms such as parasites begin to feed on the diseased areas. This produces potent acidic by-products called mycotoxins, which further compromise pH and create disruption in the body’s bio-systems. This process can involve further morbidity through bacteria, yeast, fungi and mold formation, with subsequent serious life-threatening symptoms. When acid wastes build up within weakened cells and organs that are too weak to clean house, a fertile environment exists for disease causing pathogens to breed. This is what the medical community refers to as “degenerative disease.”

When we are born, we have the highest alkaline mineral concentration that gives us perfectly balanced pH. That’s why most degenerative, metabolic, and autoimmune diseases do not show up until after 40 or so years of abuse from acidic assaults to the blood, tissues and cells.

Fundamentally, all regulatory mechanisms (which can include breathing, digestion, circulation, hormone production, neurotransmitter release, etc.) serve the purpose of balancing pH by removing the normally metabolized acids from body tissues and cells.

Most people in today's world still have a hazy idea about what constitutes disease. They believe it to be something mysterious that attacks them from the outside and there is very little they can do about it. In conclusion, I would say that disease comes from the inside out and that the terrain or environment of the body is the catalyst for the development and progression of all disease. This does not preclude the contributing factors from external circumstances such as trauma, airborne microforms, air pollution, radiation, chemicals, and drugs of course. These all provide negative acidic impressions, but "disease" itself arises within the cell in response to these impressions.

In the next chapter we will take a closer look at how the acidification process itself progresses.

Note from the Editor

Thank you for reading this preview of *What in the Cell is Going On*, by Gary Tunsky.

If you would like to order the home-detox kit developed by Gary before his passing, please email Renee Tunsky, renee@phcelltox.com.

If you are interested in attending a detox retreat, I will be organizing these according to the demand for them, please email me at frequency528@hotmail.co.uk to stay informed.

For essential information on the risks and dangers of vaccinations, please visit Vaccine Information Coalition at <http://www.vacinfo.org/>.

Thank you for supporting our work to help people heal. If you have any constructive feedback or need additional support, please do not hesitate to contact us.