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Introduction

There is so much information about health that it is easy to be overwhelmed. Books, infomercials, television, and radio feature experts dissecting real and imaginary health concerns that "every American should know about." Media advertisers bombard you with sound bites or glossy pages for prescriptive medicine and natural advances, and with smiling faces that extol near-miraculous additions to everyday food.

Is it any wonder that this torrent of minutiae has you confused?

Your challenge is to remove yourself from this quagmire of irrelevance and to come face-to-face with a warning similar to a sign you often see in antique stores: "You break it, you bought it." Your motto should be, "It is easier to stay healthy than to become healthy."

Certainly, you need to consider the possibility of the bad luck of an unforeseen accident or a particularly virulent infective agent, but if you manage the factors that you can control, it is more likely you will enjoy the benefits of being healthy.

Personally, I filter my choices through a question I ask myself before I choose to do something: will my body thank me for this later? When the answer is yes, more often than not, I know I am contributing to my well-being. And, I use supplements to fill the gap left by my choice to go ahead when the answer is no.

Declining health is not inevitable, but it is predictable.

The predictors are:

You are what you eat.

Joel Wallach, DVM, ND, a noted author, sought-out speaker, and producer of the controversial tape *Dead Doctors Don't Lie*, frequently points out, "If a visit to the super market results in bags of cans, boxes, and bags of food, you should throw away the contents and eat the packaging." The message is that processing, preserving, and enhancing the appearance and taste of these products significantly diminishes their nutritional value. Whole food, fresh, ripe, and properly prepared, is the superior choice.

Jeanie Traub N.H.C. and Frank Lucas N.H.C.

Keep your body clean.

In 2006, the American Holistic Medical Association's *Guide to Holistic Health* reported: "There are an estimated 80,000 chemicals regularly in use today, with an additional 1,000 to 2,000 chemicals added to this list each year. Only 3 percent of them have been tested to determine whether they are toxic or carcinogenic.

In 1998, the United States released approximately 500 billion tons of toxic chemicals into the environment."

People shower or bathe every day to keep the outside of their bodies clean. It is the healthy thing to do. What about the inside? The "stuff" in the air we breathe, the water we drink, and the food we eat build up over time. Keeping the inside of your body as clean as the outside pays dividends.

Take responsibility.

You have the most to lose if your health is compromised. Stop expecting that someone or some magic machine, thing, or plant will fix what you have broken. It is your body that maintains your health, using the nutrients derived from the things you put in your mouth. Ask the question: will my body thank me for this later?

Do the best you can.

Stress, fast food, skipping meals, and inactivity is one set of predictors; rest, a healthy diet, and moderate exercise is another. Make changes where you can and then use supplements to fill the gap. Just remember: "You break it, you bought it."

Health is a journey that features you, the person with the most to gain—or lose—when you choose a path.

Healthy People Don't Get Sick

Sick Care Versus Health Care

Background

Today, the science of senescence, the study of how the human body ages, repeatedly shows that the human body can live well beyond today's average life span of approximately seventy-eight years. And, that the body is fully capable of achieving and maintaining the preferred state—healthy, active, and vital—during the totality of life.

As early as 1965, pioneers of senescence, like Dr. Leonard Hayflick, observed the phenomenon of programmed replacement of cells in the human body. They found that while some cells are replaced more quickly, every cell—all tissue, every organ, system, and structure in the human body—is replaced every seven years. Each cell is reproduced exactly as it was the first time using a recipe programmed at conception, called DNA.

Estimates are that the body replaces up to 300 billion cells every day to maintain the viability of 750 trillion cells that make up the human body. This mind-challenging task is accomplished by combining the nutritional components derived entirely from the diet.

The increasing costs for insurance and medical treatment, the expense and safety of prescriptive medicine, trips to the doctor's office, and diminished quality of life makes being unhealthy very expensive. The saying, "It is easier to stay healthy than recover what has been lost," is exactly right.

Analysis

Healthy is the normal state for the human body. Sick and diseased are not!

There are four situations that affect wellness in the United States.

- Bad luck at birth: if you were ever healthy, it is unlikely that genetics has anything to do with your state of health.
- Infection and/or infestation: viruses, bacteria, fungi, or parasites.
- Injury or accident.

- Degenerative disease: the gradual decline of your overall feeling of well-being.

The allopathic medical community, for the most part, addresses the first three situations of the well-being conundrum. The fourth, degenerative disease, continues to be an issue.

People should be concerned when their health begins to decline.

Many people do nothing. Whether they choose to ignore the signs of degenerative disease for financial reasons, personal beliefs, or ignorance, they accept the ravages of declining health as part of aging and elect to suffer in silence, needlessly.

Other people expect someone else to be responsible.

- Experience the elation when their medical doctor gives them a little piece of paper with the prescription for something to fix their complaint.
- Accept the bothersome and sometimes dangerous side effects.
- Make a lifelong commitment to the prescription and the side effects.
- Experience the disappointment when nothing changes or something equally or more troublesome pops up.
- Repeat the cycle over, over, and over until all of the little pieces of paper take control of their lives.
- Accept the hopelessness of more little pieces of paper and declining health.

Some people are learning that they have an alternative.

- Accept the responsibility for their own well-being.
- Recognize it is easier to invest in health than to pay for illness.
- Accept that to change the way things are, they need to change some of the things they do.
- Become confident that given the proper nutrients, care, and enough time, the body can and will repair itself.
- Make reasonable choices that help them experience the joy of health.

Three Approaches to Managing Your Health

The first approach is to *do nothing*.

This approach accepts the decline in well-being as inevitable, condemning sufferers for the remainder of their life. Frankly, not a very appealing prospect.

The second approach is to *react to a symptom*.

This approach is effective when there is a definitive cause, a beginning and an end. It involves someone asking the question, what brings you in today? Depending on your answer, you will receive a service. In the case of certain infections, injuries, or accidents, the intervention stops the decline attributable to the complaint, which provides the body the time it needs to react to the situation. "It isn't the gun shot that kills you, it is your body's inability to react to the change of circumstance," best describes this approach. Emergency room personnel stop the bleeding, stabilize the victim, and then wait for the damage to heal.

Ideally, the reactive approach should have a beginning and an end. Kill bacteria with an antibiotic; wait for the body to heal. Repair an injury; wait for the body to heal. Suture the wound; wait for the body to heal.

When the cause is less clear, the reactive approach addresses the complaint; it becomes an intervention without an end. This limitation of the reactive approach contributes to frustration and a sense of hopelessness that many people experience when they are trapped in the reactive approach.

The third approach is to *promote and maintain health proactively*.

This approach is grounded in a tenet that deficiencies in the modern diet contribute to a gradual decline in general health, the integrity of bodily structure tissues, and organs that are produced or replaced on a daily basis. Further, besides a general malaise, this shortfall in the diet negatively impacts the body's ability to respond to incidental circumstances such as infection, accidents, and injury.

The proactive approach contends that the complaints associated with dietary deficiencies can be overcome, or avoided altogether, with the judicious use of dietary supplements.

The proactive approach may be effective when used to:

- Sustain the healthy body
- When there is no satisfactory finding of a definitive cause for a particular circumstance
- When the reactive approach presents an unsatisfactory outcome

Choosing to employ the proactive approach, the individual examines past circumstances, various daily actions, and choices that may affect overall well-being, making appropriate changes to address the impediments while creating a protocol to change the unsatisfactory outcome. Many people find this approach to be hopeful because of their positive involvement in

the process and the experiential outcomes. Others, unfortunately, are overwhelmed with the responsibility.

Conclusion

Sadly, the cost of insurance premiums is expanding the number of people who choose to do nothing. In the end, this will certainly exacerbate the consequences of neglect and elevate the level of profound intervention.

The medical establishment prefers that people elect to follow the status quo—accept the reactive approach as the means to address their issues of well-being. National attention, focusing on the dangers and recalls of several mainstay drugs, has the public examining the benefits of total reliance on the reactive approach to health and, frankly, questioning the wisdom of that reliance.

The sensibility of a proactive approach to well-being offers a real alternative. It provides those who cannot afford the price of admission for the reactive approach an affordable means to address well-being. Also, it offers people who have become frustrated and disenchanted, or other people who elect to take control of their own destiny, the opportunity to make a positive contribution to their well-being.

***Insanity is doing the same thing over and over, expecting a different outcome.
You must change the things you do to change the way things are.***

Truth #4: Your Body Can Heal Itself

Learn Your Body's Rules

Regardless of whether you are in the glow of health, feel health slipping away, or are experiencing the affects of neglecting your body, the best news you will ever hear is, "It's not over 'til it's over!"

- The body is adaptable.
- The body is resilient.
- The body is forgiving.

The body sustains itself by using nutrition for three things:

1. Energy to perform all of the different functions involved in living
2. Replace or repair tissue that has worn out or been damaged in the process of living
3. Protect itself from infection, infestations, or profound oxidative damage

The process is straightforward:

1. You select and eat food.
2. The food is liquefied and treated with stomach acid and gastric juices resulting in chyme.
3. The chyme is digested by an army of intestinal microbes.
4. Nutrition, produced by the microbes, passes through the intestinal wall into the bloodstream and is delivered throughout the body to be used in the production of energy and cellular repair or replacement.
5. Wastes and cellular debris are passed back into the bloodstream and delivered back to the intestines, where it is combined with indigestible food and eliminated from your body. *Note:* Your body should store two meals: one being processed for nutritional value and another being prepared for elimination. When you introduce more food into the system, wastes should be eliminated to help avoid contamination from ingested toxins and organisms, debris, and waste.

Your body is composed of:

1. Water—55 to 60 percent
2. Protein—20 percent
3. Fat—15 percent
4. Minerals—5 percent
5. Carbohydrates—2 percent
6. Vitamins—<1 percent

To help you understand the scope of the tasks performed by your body, the biology of science, Senescence, suggests that:

- Your body is composed of 750 trillion cells.
- It replaces *every* cell *every* seven years.
- It builds 300 billion new cells every night.

Simply stated, your body depends on a reliable, diverse source of these nutritional components to stay healthy. If they are not readily available in sufficient amounts and in the proper ratios to accommodate your body's needs, your body begins to decline.

In a perfect world, you would provide your body everything it needs to flourish by drinking eight to ten eight-ounce glasses of water and eating five to seven servings of raw, fresh, ripe vegetables and two fruits every day. You would augment your diet with two to four ounces of muscle meat two to three times each week. Scientists and nutritionists all agree that the most healthy people eat like this. And, there is a direct relationship between the quality of your health and the quality of your diet.

Sadly, we don't live in a perfect world. Some people are unaware of the consequences of choosing to rely on a diet of processed and preserved foods. Others actually believe fast food is nutritious. Other people know better, but because of time and convenience, choose to ignore the consequences of neglecting their diet.

What Are the Options?

1. Do the best you can.
2. Drink water instead of soda, coffee, or tea.
3. If you feel hungry, drink a glass of water first. The sensations of hunger and thirst are often confused; most of you are dehydrated!
4. Reduce the amount of white foods in your diet (i.e., dairy products, white wheat flour products [white bread and pasta], processed sugar products [candy, soda, corn syrup], white rice, and fewer root starches like white potatoes.

5. Eat fresh foods whenever possible. Preservatives stop food from spoiling, but they affect digestion. A good rule of thumb is, "If the food you eat won't spoil in two or three days, you will have trouble digesting it."
6. Stop expecting there is some chemical compound, magical herb, or secret formula that will fix what you have broken.
7. Choose a supplement program and stick to it! The simple fact is supplements compensate for deficiencies in your diet. When your dietary choices create a deficiency, you should consider filling the gap with dietary supplements to provide your body the nutritional resources it needs to carry out the various functions that keep you healthy, vital, and youthful.

If you eat mostly cooked foods, add a plant based enzyme supplement like Bene•Zymes™. Containing a cross-section of plant enzymes, Bene•Zymes™ provides the food enzymes that cooking destroys. It helps support speedy digestion and provides the raw materials for the creation of the enzymes that operate your body.

If your diet consists of mostly prepared and packaged meals, add a non-dairy probiotic supplement that does not require refrigeration like Bene•Flora™. Containing a probiotic intestinal inoculant, Bene•Flora™ supports nutrition uptake by helping maintain the army of microbes affected by preservatives and other food additives.

One final thought: The natural state of your body is health.

It makes more sense to invest in maintaining your health than to pay to repair what is broken. When you experience a decline in this natural state, it is important to remember the healthiest people provide their bodies with the nutritional resources to maintain it. You, like thousands of others, may benefit from choosing to fill a nutritional deficiency with a dietary supplement to help right your ship.

*How and where to get supplements are at the end of this book.

Lesson 1

Essential, Natural Elixir



If you were shown a substance that:

- Aids weight loss
- Clears complexion
- Improves breathing
- Improves endurance
- Reduces puffiness
- Improves circulation
- Improves digestion
- Fights constipation

would you be interested?

This could be the wonder product of the century!

I'll bet you are you asking:

"How much does it cost?" and "Where can I get it?"

Here's how:

Go to your kitchen sink, fill a glass with water, and drink it. That's right—it's water!

Incredible as it may seem, water is the most important component of good health known to man.

In fact, 55 percent to 60 percent of the body's weight is water.

Water is the body's solvent: it thins blood, carries away toxins, helps metabolize fat, liquefies consumed food, rinses out organs, balances electrolytes to support nerve function, and carries hormones for endocrine function. In short, it is the body's magic potion.

However, when the body gets less water than it needs, it perceives the situation as a threat to survival and begins to conserve every drop. Many of the cleansing functions of water are affected, as it reuses and reuses and reuses the conserved, filthy water.

Drinking enough water is the best treatment for a whole litany of things:

headache, constipation, digestion, sluggishness, clarity of mind, water retention, weight gain—all symptoms of dehydration.

There is a good rule of thumb for drinking enough water.

Divide your body weight by two. The result is the number of ounces of water to consume every day.

Caffeinated beverages such as coffee, soda, energy drinks, and certain teas, are diuretics; they force the body to expel water. If you consume caffeinated beverages, compensate for their effect by drinking two ounces of water for each ounce of these beverages

If you are trying to lose weight or are not healthy, increase the amount by 20 percent.

Contrary to popular opinion, juices, soups, and other liquids that require digestion do not count. Water is water.

Follow this schedule to utilize water effectively:

- Morning (right after rising): consume one quart of water during a thirty-minute period.
- Noon: consume one quart of water during a thirty-minute period.
- Evening: consume one quart of water during a thirty-minute period.
- Drink the remainder of your requirement throughout the day.

The body's signal for hunger and thirst are similar and are often confused.

Try drinking a glass of water instead of eating something. Your body just might need hydrating instead of a snack.

When the body gets all the water it needs to function efficiently, its fluids are perfectly balanced. Glands, nerves, and bowels begin to function efficiently. Skin begins to glow, water retention subsides, weight normalizes, endurance increases, concentration improves, and on . . . and on . . . and on!

P.S. Chlorine isn't good for your body, but it kills the stuff that gets into your water supply that can make you sick. Chlorine is normally a gas, so if you put a one-gallon, open container full of tap water in your refrigerator before you go to bed, the chlorine will dissipate, and your fresh water (without chlorine) will be waiting for you in the morning.

P.P.S. Most people are deficient in trace minerals because they aren't eating enough fresh vegetables (five to seven baseball-size servings daily). Add an ounce of a trace mineral supplement to your daily water to fill the gap in your diet.