

OPTIMUM DIGESTION

One afternoon, my two teenagers got off the school bus each complaining of having an upset stomach. I asked them what they had been eating. When they are with me I supervise what they eat and drink. I have been training them on the proper way to eat for five years. They tell me what they have been eating. I asked them, "Why are you wondering why you an upset stomach? You should know better. I tell them, "You know if you eat junk you are going to have problems". My son tells me, "We know Daddy, but it was so good." I tell both of them, "You cannot fool your stomach." Even though I have been trying to teach them what to eat and what not to eat it takes asking yourself is this junk worth the consequences. Of course my teenagers are not adults and they don't care much for consequences. I sometimes myself throw caution to the wind and have to pay the consequences. Short term lapses in eating junk doesn't seem like it does much damage but it all adds up. Eventually, these short term lapses will create a major problem, a digestive problem. For years I had (past tense) a digestive problem.

My mother is a great cook. My mother in law is a great cook. I don't live with my mother or mother in law. My mother in law taught my wife to cook. She taught my wife well. My wife is a great cook. My mother taught me to cook. She did her best to teach me how to cook. What they didn't teach us was why. Why cook this or that? Why not cook this or that? They didn't teach us why because they were not taught why. Their mother taught them to cook, their mothers left out the why. Somewhere along the line the why was left out of the equation. Most people cook about the same way as they were taught. Now, I cook things that my mother and mother in law have never nor ever will cook. I had to go through the pain of teaching myself why.

As soon as left my mother's table, I ate like any ignorant teenager. I ate whatever I wanted. I ate french fries, ice cream, fried chicken, hamburgers, pizza, chips and the only vegetables I ate was the lettuce on the hamburger. Mountain Dew, the soda, was my drink of choice. When I ate at my mother's house the official drink was sweet tea. It is the state law, in the Deep South, you have sweet tea with lunch and dinner. That is iced sweet tea. If you have never drank sweet tea one would think you were drinking syrup. The point is that I did not realize I was on the path to destruction. When you are living at home, your mother says eat your vegetables they are good for you. I never asked and she never volunteered why the vegetables were good for me. Now I know why.

Your parents try to raise you to the best of their ability. They teach you to look both ways before crossing the street. They teach manners so you can fit into society. Parents even try to teach you things to do and not do when you are at 50 years of age. Parents teach you these things because they don't want you to make the same mistakes they have made. But what if your parents don't know about how or why to teach you about something important, what do you do? It is like getting a speeding ticket. The officer pulls you over. He walks over to your car window and says, "Do you know how fast you were going." You answer, "Yes, I was going 45 mph." The

officer says, “This a 35 mph zone.” You reply, “I didn’t see any sign.” Then the officer says, “That is no excuse, you should have known.” He gives you a ticket with a heavy fine. That is the same way your digestive system works. Even though you don’t know the rules you still have to pay the fine. Sometimes the fines are too expensive to pay. Sometimes you have to get on a payment plan. Optimum health can be awarded quickly or it may take years to catch up. Once I hit on the right combination, I could feel digestive system changing. I just knew I was on the right track. I am still on the right track, but it takes very little to veer off course.

Now I am going to tell you the mistakes (lessons) I made to get derailed. Have you ever heard the mistakes you make are not mistakes if you learn from them and don’t repeat them; they are lessons. Unfortunately, I made numerous mistakes without becoming lessons until years later. I already told you some of the foods I ate. Not everything I ate was junk but the junk overruled the nutritious food.

The start of college began my downward spiral. The junk eating began in earnest. I rarely ate at my parents table. Back in the days before computers were everywhere, we had to stand in long lines to get the college classes we wanted. The second semester, of my college days, I was really sick. I thought I had caught something bad from someone. I had the usual flu-like symptoms, sinus problems, upset stomach, cough and vomiting. We only had one day to register for all the classes we needed. I told my father what was going on at school. He told me that he would take care of it. I gave him a list of all the classes I needed. I gave him instructions of where to go, how the registration worked and wished him good luck. I lay in bed all day, still feeling poorly, when he comes into my room and tells me how easy registration was. I tell him, “How is that possible”? My father told me that the first line he got in he met a friend which worked at the college. My father told the friend what was going on. The friend then took my father to the front every line that I needed to register. My father was in and out in one hour. At the time I wished he could fix my sickness as easily as he registered for me. I believe this time period was a negative turning point for my health.

I was beginning to have frequent flu-like illnesses and prolonged colds. My parents made an appointment for me to see a doctor. The doctor gave me a complete physical. The diagnoses came back that was in perfect health. His remedy for my condition was Metamucil. For those of you that are not familiar with Metamucil, it is fiber made to mix with liquid and drank. The doc was trying to clean me out. So every time I was feeling poorly, Metamucil to the rescue. I know now that Metamucil was not my savior.

If you are reading this you already know that if you have a weak stomach and have to frequent bowels movements just the thought of having unplanned movements will cause unplanned bowels movements. Stress can cause an upset stomach. Over the next few years, my routine was to have 2-3 bowels movements in the morning before work. During the day I was generally pretty good about not having to go because I was emptied in the morning. At this point I was still in decent shape mentally and physically. I did not realize I steadily going downhill.

It seemed like every spring and fall I would get horrible sinus problems. My head hurt, stuffy nose aches, pains and sometimes I couldn’t even speak. I would go see the doctor and of course the fix-all of choice was antibiotics. The doctors always said take the full course of antibiotics.

Needless to say, I followed their instructions to the letter. I was having more frequent sinus problems. My stomach was still about the same, not too bad. I thought if I could just control my stress I could control my stomach. With drinking my official drink of Mountain Dew, my stomach got worse every time I drank a bottle.

My big problems began after I decided to visit a dermatologist. I had acne ever since I was 13 years old. My adult acne was not near as bad as when I was a teenager but in your twenties you are not supposed to have acne. I was tired of my face problems. When I was a teenager my mother took me to see a dermatologist. Back then, the doctor put me under a sun lamp and a prescription for some type of face lotion. This did nothing to help me. This new doctor fixed me right up. He had my face looking clear in no time. I thought to myself, this doctor is great. How ignorant I was. After 2-3 months on the oral antibiotic prescription the doctor gave me, my face started to flare up again. I went back to the doctor and showed him my face. The doctor says, "No problem, we can take care of that". The doctor gives me a new oral antibiotic prescription. He also had told me to buy a certain facial soap. The doctor was great again. My face magically cleared up. Sure my face was clear for 2-3 months then wammy , I flared up again. I go back to my miracle worker for the third time. The dermatologist says, "Oh you might be becoming immune to the antibiotic". Stupid me. So he gives me a third antibiotic prescription. My miracle worker has proformed another miracle; my face is clear again. The third time was not the charm. The third time I struck out. Same thing again, clear face then flare up. By the third antibiotic prescription, my face was not the only body part to flare up. I had started having horrible, explosive, multiple bowel movements 30 minutes after dinner. I had no idea what was happening to me. My first thought was Metamucil to the rescue. But Metamucil's saving power could not rescue me now. As I look back, I think how ignorant I was. Now I ask why. Why this? Why not that? And think. Just take the time to think. Most of the time asking why, thinking and looking for answers will get you where you want to be. Most things don't fall in your lap.

Wheat germ. Yes, that's what I need wheat germ. Wheat germ is high fiber like Metamucil but it had to have a lot of good stuff in it because I had heard such good stuff about it. Nope. I bought wheat germ weekly and did help me with my problem? No, it did not help me. I was still having explosive bowel movements. As you probably know, just the thought of diarrhea coming at an impromptu time can put so much stress on your digestive system that the stress will cause more diarrhea. This is where I believe many doctors get their conclusion that bowels disorders are all in your head. The thing is how did it get into your to begin with? I will tell you how, from actual diarrhea, that's how.

I was able to work. I was able to go about my daily activities. I started seeing a great lady. Her name was (is) Kay. Kay was the person who cleared up face. Kay also had adult acne. Thank goodness her acne was not as bad as mine. Kay's doctor put her on Accutane. The only thing Accutane did to Kay was to lighten her skin color. The wife of Kay's dermatologist, told Kay to go to the mall and locate the Erno Laszlo counter in the makeup section. It is not often this hard headed women listens to anybody, but when you have a problem the doctors can't fix you will try anything. Erno Laszlo worked for Kay. I had come to the point I was willing to try anything also. Let me tell you, I was not comfortable having a makeup consultant teach me about Erno Laszlo. Thank goodness I was not to stubborn to listen and learn. Information can come from all kind of places and people. The trick is to listen to that inner voice in your head. The inner voice is your

guardian angel. Well listen up. Pay attention. I am not leading you astray. I am not a doctor but I can do things at 48 years YOUNG (now in 2015 I'm 52) that I could not do at 24 years OLD. By the way, Erno Laszlo is great for blemishes. And no I do get any profit Erno Laszlo.

I was too ignorant to start to add things up. I did not think why (at first anyway). I did not have a food diary. I still ate whatever I wanted. It never occurred to me that bag of cookies or that whole pizza could rip my stomach apart. I really did not want to go anywhere. The thought of having to find a toilet in an instance played heavy on my mind. But I did go. I dated a great lady (my Kay). We were at a bus station one night shipping a package when the urge hit me hard. I got hit twice while at the bus station. The ride back to her place, only 4 miles, was difficult for me. I had to run to her bathroom. Kay did not realize how bad off I was. She thought this was a very short term situation. Kay thought this happens to everybody sometime. She did not know I stopped to relieve myself every time I went to see her. I did not know how to add back then. I could not put 2 and 2 together and get 4. It took me a long time how figure out how to add. But once you start seeing the light and things begin to fall into place, then you say to yourself, "Damn, why did I not know that? How could I have been so stupid?" I was stupid for years about my digestion and there is more to learn. I did ask Kay to marry me and thank goodness she said yes. I got concerned that I was having so many health problems maybe I could not father a child. I went for a complete physical just to be sure. I told the doctor what was going on with myself and I was planning on getting married. The doctor reported to me; I was in great health. My stomach problem was nothing but nerves, according to the doctor anyway.

I starting trying to put the pieces of my digestive puzzle together. I finally started to ask why. Why is the happening to me? Why am I tired all the time? Why does my back hurt all the time? Why are my joints so stiff? Why do I have sinus problems so often? Why am I so irritable? Why do I have bad breath? Why am I getting these kind of spaced out feelings in my head? Why can't I eat anything without my stomach doing somersaults? Why? Why is a good thing? Once you start asking why means you are looking for answers. The answers to riddles are hard to come upon. Where do you begin?

My answers began in a bookstore. They actually had books in there. I thought they just had magazines with lots of pictures in those places. Reading books had not been one of my strong suits. The only time I read any books is when my satellite dish was broken and couldn't find the correct parts. Now, I read everything. It took me a long time, but I discovered the power of books. I have read quite a few of novels but non-fiction is my passion. So much can be learned from books. We have several sets of old encyclopedias that have invaluable to me, sets from 1920s-1950s. These old encyclopedias have knowledge in them that is very difficult to find even with the internet.

My wife and I were at the mall waiting for a movie to start. We had about a 45 minute wait. We walked into a bookstore to kill time. I don't know how I happened upon THE YEAST CONNECTION by William G. Crook, I bought it that night. The main point Dr. Crook emphasizes is candida albicans. Candida albicans is an overgrowth of yeast. In your digestive tract there are commonly called good bacteria and bad bacteria. There has to be a balance of good to bad bacteria in your gut. A properly working digestive system will have about 85% good bacteria and 15% bad bacteria. The problem arises when the bad bacteria proportion is greater

than 15%. This is very bad. The most common thing to cause an imbalance in your stomach bacteria is overuse of antibiotics. When I read this, a light bulb went off. All of those antibiotics I took for sinuses and acne was actually destroying my digestive system. When your digestive system is not functioning properly you are going to suffer one way or another. The sooner the gut is working right, the sooner you can get back to be a productive person. Another point Dr. Crook makes is not to feed the Candida Albicans. Candida Albicans love highly processed foods especially sugar (I will have a section on sugar later). Eating sugar is like throwing gasoline on a fire. If you have never experienced throwing gasoline on a fire then don't do it. If there is a small fire and gasoline is thrown on the fire an explosion like occurs. Candida Albicans love sugar, white potatoes, white rice, and other highly processed foods. Stop immediately if you eat any type of sugar. If don't learn anything else from this, remember this, sugar is poison. Whoa, you say you can't do without your Coke or coffee without sugar. Think again, you really can't live with it. Dr. Crook's book is good, but I believe incomplete (1). He tells you his ideas on how to stop the overgrowth of yeast but does not go far enough. Dr. Crook says garlic can kill the bad bacteria. I took a lot of garlic in pill form but I could not say I had positive results. The doctor is also very big on adding acidophilus to your diet. I took a lot of acidophilus in pill form. I cannot report any significant results.

When I followed Dr. Crook's advice to the letter, I felt much better. I felt so much better, I started backsliding. I began to eat sugary products like ice cream and cookies. Needless to say my stomach began to rumble again. I would get back to Dr. Crook's advice and start to feel better. I yoayed like this for a year or two. I searched for the best garlic and acidophilus to be found. I wasn't having much luck with either bottle of pills. On most of the bottles of acidophilus, it read so many thousand cultures of live bacteria at bottling. In my readings I discovered the vast majority live bacteria do not make into your body. So what good was acidophilus if only a few live bacteria make into your digestive system. This is where I have a problem with Dr. Crook's advice. Dr. Crook thinks foods that have any fermentation will add to the overgrowth of yeast. At time I read his book I didn't know any better. Since the bottle acidophilus didn't do anything for me maybe I could find something else that had acidophilus in it.

Buttermilk, yes buttermilk, that would be my solution. I had never liked buttermilk. The smell and the taste was unbearable. No problem, I could fix that. I began to make buttermilk milkshakes. The smell was a little unpleasant, but with ice cream, it tasted great. I know what you are thinking. Didn't this joker tell me not to consume sugar. You are right, DON'T EAT SUGAR. But at the time, I thought getting the live bacteria would overpower whatever sugar in the ice cream. Stupid me. This concoction did nothing to help my digestive system. I finally quit the milkshake part and went to straight buttermilk. It took me a while but I found some decent tasting buttermilk. I live in south Mississippi where we have Dairy Fresh Bulgarian Style buttermilk. This is whole milk buttermilk. Dairy Fresh adds lactic acid cultures which produces the good bacteria. I drank this buttermilk for a couple of years. I can't even say drinking the best buttermilk did any good to my gut. I still buy this buttermilk for cooking. I will not buy any other brand. Even the old guys who drink buttermilk say this stuff is the best.

I had been receiving several health newsletters. The only one I liked to read was by Dr. David Williams (2). Dr. Williams had some really good ideas. The only problem I had with his

newsletters was that he was always trying to sell me something. Every issue he had some wonderful rediscovered supplement that you really needed to pull through. I did buy his lactic acid tablets which was supposed to help with digestion. I also bought his acidophilus pills which he said were the best on the market. They may have been the best on the market, but his acidophilus pills only bested me out of my money. His lactic acid pills did nothing also. I bought all kind of pills. I was looking for the magic pill. There had to be a magic pill to take all my discomfort away. I gobbled down fistfuls of vitamins, garlic, acidophilus, grape seed extract, oregano, peppermint, digestive enzymes, ginger, fish protein, silver, caprylic acid, grapefruit seed extract, bromelain, Metx, niacin, milk thistle, hydrochloric acid, SAME, flaxseed, tablet form cherries, rose hips, Fructo-oligosaccharide (FOS), blue green algae and so many other type of pills I can't remember them all. The results of all the money I spent were three things. The first result was an empty wallet. The second was I had the prettiest yellow urine I ever released. The third result, this was the worst result, was my wife saying, "Yes, here we go again. This pill is going cure you this time. Yep, okay, sure." The third result happened so often that even though I have been reborn (healthwise) my wife is just now saying I am on the right track. I am on the right track. My inner voice tells me all the time I am doing right.

I want to make something very clear. There is no such thing as a magic pill. Again, there is no such thing as a magic pill. There is also no combination of magic pills. No matter how much you wish, pray or beg there is no magic pill. No matter how many vitamins or other type of pills you take, you will still not be healthy. Most prescription pills you take only cover up the symptoms. I am not saying stop taking your doctor prescribed medication. What I am saying is, "Do you feel great? Are you healthy? Do the pills you are taking heal all your symptoms? If you are healed, why are you taking the pills? What are the side effects? Or, are your pills only masking the symptoms?" The Mayo Clinic says whole food is much better than vitamin and mineral supplements (3). The Mayo Clinic says whole foods have micronutrients which supplements don't provide. They do say if you don't eat right supplements "may" help. Not will help but "may" help. The American Heart Association says a balanced diet is much better than taking a vitamin mineral supplement (4). The association says there is no evidence that supplements help. Duke University says basically the same thing the Mayo Clinic does; supplements "may" help if you don't eat right. In 2003, the U.S. Preventive Services Task Force released a report saying they could not recommend or deny vitamin mineral supplements could help or not help (6). If you want to take supplements then go ahead take them. Just don't think supplements can save you from eating improperly. I personally have not had much luck with supplements. Maybe, if I took them now that I am eating right, they could fill in some gaps. You have heard of these groups. They all agree a balanced diet is number one in health. I am sure I can find some references saying supplements are wonderful, but are these references paid by supplement companies?

The word supplement means to add to something, to make complete, to make up for a deficiency. Supplement does not mean to replace. Supplements are meant to add to a healthy diet. Supplements are not meant for you to go around and eat all kind of junk and expect to take a handful of pills and think your health will be great. These ideas are not just from my experiences but from the Mayo Clinic, Duke University, the United States Government and this medical dictionary (14). In 2003, in the U.S. alone, \$19,800,000,000 worth of supplements

were sold. Of that \$19.8 billion, I bought between \$200-\$400 worth. Can I say I was healed from all my ailments? No, I can't. I was looking for a magic pill. I never found anything magic. There are no magic pills. There are no shortcuts to good health. It is not hard to be healthy, but you do have to plan. I can do it. You can do it. I don't have any more hours in the day than you do. If you are as bad off as I was, you will not hesitate to follow my lead. Please read this paragraph again.

The only pill I have ever taken, that I can recommend by is cod liver oil. My grandmother, born in 1916, told me about cod liver oil. My grandmother takes cod liver oil and gelatin. Up until the spring of 2010, she was in pretty good health. My grandmother was raised on a farm in south Alabama. In her area there were no paved roads, no electricity, no indoor plumbing and most everyone had gardens. Of course many people were full time farmers. My grandmother's family were fulltime farmers. Her family had everything you can think of on a farm. They had dairy cows, pigs, chickens, a few goats, a large garden and row crops to be sold for cash. Most everything they ate was straight off the farm. The only processing they did was minimal compared to today's hyperprocessing. They ate good wholesome, high quality food. The milk they drank was straight out of the cow. Milk that is not pasteurized, is milk that is alive. Alive milk will add good bacteria into your digestive system. Adding good bacteria into your gut, insures the overgrowth of yeast does not occur. And over processing your food insures your food to lose many nutrients, which your body demands. If you do not get enough vitamins, minerals, protein, good fats and good carbohydrates on a regular basis you will, sooner or later, get sick. First, your stomach will start to bother you. Your joints will start to be stiff all the time. You will be tired more often. You will have more frequent colds and flu. And these are just the little problems. The longer you do not get all the nutrients your body needs, the sooner your body revolts. The revolution can take on anything as mild as hemorrhoids or as major as heart disease or cancer. Proof you say. The U.S. government says so (7). (I try to use references that you have heard of to prove my point, but some you have never heard of. Some have been out of print for many years.) Think about it. Are you willing to gamble with your health? Is eating those candy bars every other day instead of eating some fruit worth the risk? Oh yes, those bars are so, so good. What about that banana? Isn't that banana so good? I know what you are thinking. You are thinking, why can't I have the candy bar and the banana. No, it does not work like that. Remember, sugar is poison to body (I will tell you about more harmful foods later). Are you a child? Odds are if you are reading this you are an adult with health problems. Since you are not a child you can put away childish things. The first thing in regaining your health is to put away the candy bars and the other things I am going to tell you about.

Some things I cannot prove, but I can add now. I look at my grandmother, who at this writing is 94 years old. Her health is failing. My mother, who is 72, has fibromyalgia, heart problems and high blood pressure. I was 40 years old when I told my wife, if I don't figure out what is going on with my health I will be in the same shape as my mother but in 5 years. Think about it. My grandmother was going strong until 90. My mother was going good until 60. I was going okay until 20. (We are adding here.) My grandmother had high quality food the first 30 years. My mother had good quality food her first 20 years. I had good food my first 18 years. Now let's total this up. Good quality food+ over a long period = years of good health. Poor quality food + over a long period= years of poor health.

The cod liver oil my grandmother told me about really helped. I told my wife the cod liver oil I was taking was helping with my stomach. Again she thought I was barking up the wrong tree. She thought how can cod liver oil help your stomach. I could not answer that at first. What I found was cod liver oil not only has vitamin A and D, omega 3 oil but also has an anti-inflammatory property (15). The oil was reducing my inflamed digestive tract. I don't consume cod liver oil anymore because once I put all the pieces of the puzzle together I could not feel any results from taking the oil. I know this because I stopped taking the oil and I am still doing great. Besides I am a frugal person (my wife says I'm cheap) and why spend money if you don't need to. But I do believe in cod liver oil. It is one of the only 2 supplements I would spend money on.

I did buy Saw Palmetto for a while. Saw Palmetto tablet is recognized as to benefit the male prostate. I finally realized that Saw Palmetto was just something to mask the symptoms of a failing prostate. My father was having problems with his prostate so I introduced him to Saw Palmetto. He had been taking a prescription medication. He did not like the side effects so he gave Saw Palmetto a try. It worked so well for him that when was in the hospital with a heart attack he insisted we bring his Saw Palmetto to him. I do believe it works just as well as prescription medication but Saw Palmetto does not cure the prostate. Saw Palmetto is a supplement in a bottle (16). It is not magic. It will not erase years of poor eating habits.

Dr. David Williams is big on homemade yogurt and sauerkraut (8). He sells supplies to make both. You can type his name on Goggle to get his website. His advice is quite good. Anyway Dr. Williams, like me, is big on live cultures for the stomach. There is some new yogurt on the market claiming to add beneficial bacteria to your gut. I have not read the ingredients nor tried the yogurt to see if the claims are worthwhile. Most of the time the older type yogurts are not worth buying. Dr. Williams sells a home yogurt making kit. I have no doubt his cultures and recipes would make a beneficial yogurt for your system. I did not buy the yogurt kit. I have tried yogurt before but I do not like the texture, but if I had to, I could learn to eat it. If yogurt was the only food to add beneficial bacteria to my gut, I would eat yogurt every day. I would eat whatever I had to eat to be healthy.

I did buy a sauerkraut crock from Dr. Williams. They sent a book with all kind of recipes, not only about sauerkraut but other vegetables. I'm sure you know sauerkraut is German for sour cabbage. The Chinese are believed to be the first to ferment cabbage. Merchant traders brought the sour cabbage back to Mediterranean area. Roman writers write about Caesar taking sour cabbage on his military excursions. English Captain James Cook took sauerkraut on his long ocean voyages. With such long sea trips and lack of fresh fruit the crew would contract scurvy. Scurvy is caused because that lack of Vitamin C. (Now think about that. Since scurvy is caused by the lack of Vitamin C, what vitamins and minerals are you lacking? Remember, I said if you don't get enough quality nutrients you will get sick. Well, are you getting everything you need? If you are not getting what you need, why not? Is ignorance the reason or laziness or both? The odds are you have health problems. Many health problems can be remedied by getting high quality food but you have to be able to digest the food. You can't trick your stomach. You have to decide to devote time to yourself. A little time preparing your foods can save years of being sick. And spending good money on quality food can save thousands of dollars of doctor care, of which sometimes the illness cannot be taken care of just because you are too busy. People make time for what they want to do. How much time are you off of work due to sickness? I have not missed

a day of work since 2005. Glory Be to God. That doesn't mean I was sick only on the weekends. The only sickness I have had since 2005 was short term sinus drainage. When I get sinus drainage I can usually trace the problem back to something I inhaled which should not have breathed in. Mold, paint fumes, extremely dusty air, chemical fumes and other nasty things in the air cause my sinuses to act up. Pay attention here. This little bit of info I am about to tell you can save you a lot of health problems. Wear a dust mask. Did you hear me? Wear a dust mask. When you know you are about to get into some toxic air wear a dust mask. Of course you will not look cool, but will you look more cool fighting sinus drainage just because you would not wear a dust mask? If the air is going to be really bad, wear a respirator. A mask can truly be a life saver.

Cabbage is known for its Vitamin C content. But won't cabbage rot on long voyages? Yes, raw cabbage will rot. But sauerkraut will last for months, especially if kept cool. People really don't have to rely on sauerkraut for their Vitamin C needs due to the fact we have so many different kind of fruits to choose from. But Vitamin C is a vitamin which we must have every day.

Fermented cabbage is extremely important. Of course the Vitamin C aspect is important, but sauerkraut is also loaded with B Vitamins and fiber. The real value in sauerkraut is its ability to add good bacteria and digestive enzymes to your digestive system. You must continually add some type of good bacteria to your gut to ensure a healthy digestive tract. It does not matter how good your food is if you can't thoroughly digest it. Cabbage is not the only vegetable which can be fermented. Beets, carrots, onions, cucumbers, turnips, peppers and tomatoes are some of the foods that can be fermented, but don't ferment peppers or tomatoes (more later). Unpasteurized cheese is also similar to the properties of sauerkraut. It is getting easier to get raw milk cheese. As long as raw milk cheese is aged for at least 60 days it is okay to eat or legally sell. Look up www.eatwild.com to find someone close sells wholesome meats, cheeses and other farm fresh items.

Whatever fermented foods you decide to eat, you must eat them regularly. At every meal you need to eat something fermented or raw. The enzymes in these foods will help to digest your food. Have you ever noticed sometimes you eat a good sized meal and in no time your stomach feels empty and other times you eat the same sized meal and your stomach feels like you swallowed a bowling ball? Have you ever tried to understand why? Sure you have. The empty feeling stomach is because your digestive juices were able to digest foods that were easy to digest. While the bowling ball stomach was your stomach saying, "Buddy, what do you expect from me miracles?" If you were given a knife and your job was to cut a board in half, it would be tough to complete your assignment. If you were given a saw and your job was to cut a board in half it would not be a problem. So why do you expect your digestive system to function properly without the proper tools? I believe the main reason is ignorance and laziness. What, you may claim ignorance but not laziness? Oh yes, you are a professional with college degrees and you are not lazy. Then put down the junk food. Take the time to go into the kitchen and prepare some real food. You have as many hours in the day as every else. Your health should be more important than your career. Without your health, what good are you to anybody? Who is going to hire an invalid? Who is going to care for the children? Who, who is going to teach your children how to be healthy? Children see everything. They watch you. They listen. They do what you do? Don't you want your children and grandchildren to be healthy? Give them and yourself the right tools.

Pancreatic disease is a killer. Not only does the pancreas make insulin to regulate blood sugar, it also makes enzymes to help digest your food. Once this disease is diagnosed, you have to take digestive enzymes with every meal. So why not make it easy on your pancreas. Do not eat highly sugar foods, which will make your pancreas work really hard to produce insulin. Also, eat fermented or raw or alive foods with lots of enzymes so your pancreas does not have to work so hard. The harder you make your system work, the quicker your body will be overworked. As you know, overworking leads to shut down. There is a saying; once you overwork your pancreas, it all over for you.

Sauerkraut was big piece of the puzzle for me. I could not see any results from taking pill form acidophilus. I also did not see any positive results from drinking good buttermilk. When I made my first batch of sauerkraut I knew this was it. This fermented food, which added healthy flora to my digestive system, was just the ticket. I have a portable healthy stomach tester. This tester quickly tells me if I am not eating right. This tester is so sensitive the test can be given from 4 feet away. Yes, you are right. The testing device is my wife. My wife's nose is so sensitive she needs to be working for the Drug Enforcement Agency to sniff out drugs. Now of course everybody, even with perfect digestion, will have bad breath sometimes. Eating garlic, onions, spicy foods, sinus drainage or dental problems will cause temporary bad breath. But long term bad breath, I believe, is caused by your gut not performing properly. There are signs everywhere. The trick is to be able to read them. Hopefully, I can help you to read. I have read several books on fermenting. The best overall book on fermenting I have found is WILD FERMENTATION by Sandor Ellix Katz. This book gives you many recipes on how to ferment foods. Whatever foods you ferment is unimportant. What is important is you must eat fermented foods. If you do not, your digestion will never be as strong as your body needs to be. A strong digestion with quality foods can do wonders for your overall physical and mental health. I know I have said this before but you have got to get that into your head. **YOU ARE RESPONSIBLE FOR YOUR OWN HEALTH.**

Raw foods have the much needed enzymes your digestion requires. But some raw foods which people eat regularly need to be cooked or fermented to prevent negatively effecting the thyroid. These foods are from the cabbage family. Cabbage, turnips, broccoli, cauliflower, mustard greens, kale, spinach, Brussels sprouts, radish and rutabagas are known as goitrogens. Goitrogens decrease the human body's production of thyroid hormone production. The goitrogens limit the uptake of iodine (9). You certainly don't want goiter (enlarged thyroid) hanging on your neck. Many people have hypothyroidism and don't even realize it. So to be on the safe side either eat these vegetables cooked or fermented. I know some of these vegetables are on the better salad bars, but skip over them.

Have you ever heard of the Swanson supplement company? I bought many supplements from them. They shipped quickly. They have countless supplements from many reputable supplement companies. The last thing I bought from them was unrefined salt. The salt was from salt mines in the mountains. It was excellent salt. (More on salt later). The best thing I got from Swansons was ideas. The internet was just coming online and I was far from being online. I took information from where ever I could. Swanson sent out, and still does, small catalogues with all their supplements. They always have stories talking about what their supplements can do for you. I learned a lot about what supplements are supposed to do for you. One of the supplements

I bought for a while was digestive enzymes. I thought, okay I am not digesting my food properly. I knew that for sure because my toilet does not lie. You can tell what is going on in your gut by what comes out. The Swanson add said if you are having problems digesting your food then take these digestive enzymes. I took some generic brand with no obvious results. Okay, the Swanson booklet said Dr. Edward Howell made the best enzymes on the market. Dr. Howell was the pioneer on food enzymes. I bought his enzymes and I bought some more. I followed the directions on the bottle. I thought, I will give it some more time to start working. Like all of the other supplements, I told my wife, I think this will be the pill that saves me. I was wrong again. No positive results.

Later on I did buy Dr. Howell's book, FOOD ENZYMES FOR HEALTH & LONGEVITY. Dr. Howell did many studies on food enzymes. Dr. Howell said a person is not made whole by what he eats but by what is digested. All food, he wrote, is worthless until food enzymes break the food down into its simplest form. He said the more enzymes you get from raw food the better, therefore your pancreas does not have to work so hard. Dr. Howell writes it is harder on the pancreas to provide enzymes for a meal of cooked carbohydrates than a meal of cooked carbohydrates with meat. He said enzymes are the workers and minerals are the building blocks. No workers and the job can't be accomplished. One of the studies reported by Howell said cancer patients had below normal enzymes. Dr. Howell writes that he has not found vitamin supplements to help extend life except in certain specific conditions. He states that cooking destroys food enzymes. Dr. Howell was really pushed eating raw food. He said early man thrived on eating uncooked food. Dr. Howell believed that your pancreas only had so many enzymes and when the pancreas ran out, you ran out also. I do not propose eating all your food raw. It is important to eat food which can be eaten uncooked to eat them uncooked. As best as you can eat something raw or better yet eat something fermented, which is loaded with enzymes, in every meal. I certainly believe Dr. Howell when he wrote, digestion is the key. Without the key nothing is possible.

Fruits should be eaten uncooked to get their enzymes. Once you cook a food the enzymes are destroyed. People will eat apple pie fooling themselves since they think having some fruit they are eating healthy. I used to be the same way. I would eat the apple pie and wonder why I would have an upset stomach. I thought to myself the pie had apple in it. Ignorance is bliss. But ignorance can make you sick. Fruits are a gift from God. Fruits are a ready to eat on the go food. Fruits are good, but do not eat them until you are for sure your digestion is on the right track. Your gut flora must be in balance before starting to consume fruit. The fruit sugar, fructose, can feed the bad bacteria so much, you can begin to upset your digestion. Yes, I said fruit was a gift from God but some gifts cannot be opened until the right time. Do you open all your Christmas gifts before Christmas? If your system is as bad as mine was, even fruit can unbalance your good bad bacteria. There were times I thought I was doing great and I would eat some fruit then presto, bad stomach. It was not just eating some fruit that upset my stomach. What I did while I was still putting the puzzle pieces together was stupid. I would be doing pretty good. I was doing so good I thought I could handle that small bowl of ice cream. No problem. No upset stomach. The next day, I think I will have a larger bowl of ice cream. Still no problem. So the next day, I think I will have some cookies and maybe since I am doing so great I will have a Mountain Dew.

I deserve a Mountain Dew since I have doing so great. The next day begins with multiple trips to the toilet. What have I done? I was doing so great. Just because I ate a few sugary sweets my gut is tore up again? Yes, that is right. A few sugary sweets in a row will upset the balance of power in your gut. Remember, table sugar is poison. If you ever have overgrowth of bad bacteria, it does not take much sugar or highly processed carbohydrates or even to much raw fruit to give control of your gut back to the enemy. Candida Albicans are always ready to exploit a weakness. You give them an inch and they will take over. Then you have to start all over again. But the next time don't let your sweet tooth lead your gut astray. Even though I backslid many times eating junk and sugary foods, I eventually figured out I was better off not eating any sweets. I love cake, ice cream, pies and my favorite are cookies but they do not love me. The sweets will turn on me and my gut surrenders to the overgrowth of yeast. I have not had any birthday cake, store bought ice cream or any sweets I did not make myself since 2006. I know, you go to birthday parties and you think you are required to eat a piece of cake. Well don't eat it. Unless you have really strong willpower, the one piece of cake will lead some other sweet the next day. Don't do what I did and get on the roller coaster of good gut bad gut. Stay away from sweets. All it takes is willpower. Also, please do not preach to the unbelievers. They do not want to hear about your diet. Just tell the cake cutter, no thank you. They may say, "One piece can't hurt". One piece can hurt. One piece can get the ball rolling in the wrong direction. I can't stand the thought of just because I had weak willpower my stomach would get upset. Then my breath detector (my wife) will go off. My willpower gets weak during watermelon season. I am a watermelon lover. I tell my children to not let me eat too much. I will eat so much, sometimes I feel like I am going to bust. Even eating too much fruit at a sitting is wrong. Fruit sugar is so much better than table sugar but eating too much of a good thing is not good for you. I like to eat a piece of fruit between breakfast and lunch and in the afternoon. Sometimes after dinner my sweet tooth acts up, so will eat a piece of fruit. But don't eat any fruit until you gut is doing much better and then introduce the fruit slowly.

I have cooked some deserts using honey. Some people believe using raw honey from their local area will help to fight off airborne allergies. I don't know if this will work. I am inclined not to believe this. I have prepared homemade ice cream and cookies with local honey. I honestly do believe honey is not near as bad as table sugar but do not go overboard using honey. If you use honey to substitute for sugar, use 1/3 to 1/2 as much. Honey is really sweet. I read an old book my grandmother was getting rid of called FOLK MEDICINE by D.C. Jarvis M.D. This book's copyright date is 1958 and sold for \$2.95 for hardback. In 1960 the paperback came out and sold for \$.50. (I thought that was interesting.) Anyway, Dr. Jarvis was big on apple cider vinegar and honey. Dr. Jarvis had written about drinking a small amount of apple cider vinegar, honey and water as nutrient dense pick me up. This tastes great, but don't do it. I drank this early on in my recovery. I even put my 2 ice cubes of bone broth (lots more on bone broth later) into my apple cider vinegar and honey drink. I put my broth into this drink because at the time my broth did not taste good and this drink tasted soooo good. I did this for about 6 months. I went on a ten day trip where I could not make this honey apple cider vinegar drink and I started to feel even better. When I got home I decided to discontinue my drink altogether. I felt great. That is when I decided to quit thinking I had to have something sweet. Do not think honey is a safe alternative to table sugar. You cannot fool your stomach. Those fake sweeteners are not any better for your system. You can fool your head but you cannot fool your stomach. Too many sweets, no matter

what it is, is too many sweets. Once your gut is doing much better, if you have to eat sweets, don't over do it.?

What about fruit juices? They taste great don't they? My favorite is orange-pineapple. I love this drink. When was the last time I drank a cold glass of orange-pineapple juice? About 2 years ago, I think. Fruit juice is no gift from God. Drinking a glass of fruit juice is just as bad as drinking a soda, in sugar amount. If you think you must drink juice, drink it slowly, over several minutes. A better way is to eat the real fruit with all the fiber. This was another lesson which took me a while to learn. The more juice I drank, the worst my stomach became. The fruit juice brings on the pancreas working overtime in insulin production. The pancreas is trying to regulate your blood sugar from the fructose in the juice. You are thinking, you said fruit is good for me. Yes, raw fruit is good for you but the juice you buy is not raw. The store bought juice has been heated during pasteurization killing all the enzymes. What if you juiced your own fruit? The juice you make from fruit is much better but still take it easy on the speed of consumption. Drink the juice no faster than you could eat the actual fruit. It is better not to drink fruit juice. Until you know for sure your gut flora is in balance, don't consume any juice. It will take a while for digestive system to heal. If you cut your finger, will the cut heal overnight? Of course not. Don't expect your gut to get into balance overnight either.

CORN

Here in the Deep South, we love our cornbread, corn on the cob, cream style corn, grits and any other way corn can be served. I am sure corn is appreciated all over the country. I took a long school field trip, from here in Mississippi, to San Antonio, Texas to see the Alamo and the surrounding area with my son several years ago. The Alamo mission was very interesting. We also visited the Governor's house (the Governor's house pre-Alamo time). In the Governor's house I saw a painting on the wall of women crushing corn to make corn tortillas. The small sign below the painting described what was happening and how the ingredients of the corn tortillas were corn, lime and water. I was curious why they were adding lime to the corn tortillas. When I got back home I researched why the lime was added. What I found was, those local people from 200 years ago, knew things about how to prepare corn that we don't know (10). They most likely stumbled across the proper way to prepare corn. Nixtamalization is the process of soaking whole corn in limewater to release the niacin, Vitamin B3, held up in the corn. These people's main staple of food was corn. If they did not prepare the corn properly, they would not get the niacin. If you don't get enough niacin, Vitamin B3, you could get a disease called pellagra. Pellagra is a disease which affects the skin, the brain, the stomach. You may even go crazy because your mind is altered so much. Like scurvy is caused by the lack of Vitamin C, pellagra is caused by the lack of Vitamin B3. Have you ever heard poor farmers, in the early 1900s, in the Deep South that went crazy. Maybe you have read some stories from Henry Faulkner about life in rural Mississippi during the depression where some of the characters act crazy. Some of the characters were crazy from pellagra. During the depression many of these people were so poor all they had to eat was corn. Unfortunately these people did not know about nixtamalization. Therefore, pellagra disease was quite common (11). The U.S. government got involved and figured out the problem. The solution was to give out milk cows. The cows were shared between families. The milk has enough niacin in it to prevent pellagra. I cannot find anywhere where the people were told how to soak corn in limewater to get Vitamin B3. My grandmother is from a

south Alabama farm and she doesn't know anything about using limewater on corn. Since my grandmother didn't know, how could she teach my mother? Since my mother didn't know, how could she teach me? It all goes back to your education. How are you supposed to know how to get all the nutrients from your foods if you are not taught? Everything keeps going back to getting the right nutrients.

Some things come very slowly to me. Others things hit me hard. Many times I am asking myself questions like a detective. I question. I answer, then a light bulb goes off. Then I say why did it take me so long to come up with something so simple? I will tell you why. Because I never asked myself those questions. Well, I was doing the Q and A one day and I got the answer. The question was, what is the vitamin and mineral content of different foods? The answer, go look for a book on that. The book I found was THE CORINNE T. NETZER ENCYCLOPEDIA OF FOOD VALUES. This book has listed most every food's, eaten in the United States, vitamin and mineral content. I bought the book and looked through it. You can find the foods that have the most nutrients. The simple thing to do is eat the most nutrient dense foods. Sounds simple, yes? As I have already written, what you see is not always what you get. The cabbage family has to be fermented or cooked to be eaten. Corn has to be soaked for the niacin to be utilized. This got me thinking, what other foods need to be prepared in a certain way to digest all the vitamins and minerals.

BONE BROTH

Before I wrote my roadmap to good digestion, I was having more and more brain fogs. I thought maybe my bad back was causing my neck to hurt giving me slight headaches. A brain fog (cognitive dysfunction) is when you can't think clearly, can't focus, like spaced out (12). I had lots of small brain fogs. One day I woke up from a short nap but my mind would not wake up. My mind was like fighting itself. I knew had things to do but I didn't know why. I knew enough to be scared. We have a large amount of land and I had a man doing heavy machinery work which I needed to go check his progress. I got in the truck and drove out to see the operator. No, I did not get on any public roads. The whole time I was driving out there, I kept asking myself, why am I driving out here, who am I going to see? I did see and talk to the operator but it seemed as if I was watching myself talk to this man. I was totally "spaced out". Mentally confused is the definition of spaced out. Most definitions of spaced out include "by drug induced". I promise you I was not on any type of drugs. Of course now I realize the problem was not drug induced but induced by lack of nutrients (13). This U.S. Government website is a good one. This website clearly states if you don't get enough vitamin B-12 you are going to problems. But just a lack of vitamin B-12 is not the only nutrient you can afford to be without. You need all the nutrients available to you. Getting all the nutrients, on a daily bases, is the whole point of this book. My parents did the best they could to teach me how to eat but either I was not listening or they did not teach well enough or both.

The brain fogs were not the only problem I was having with my head. On hot summer days, I would come in after work, step into the air conditioned house and immediately get a headache. If you are familiar with the weather in the Deep South, from the middle of May to middle of September all of the days are hot. Not every day of work, but most days, I would be quite wet

from sweat. My head would be especially wet from sweat. Stepping into the cold air would make my head start hurting. I am not sure if my headache was a migraine or what but I knew my head hurt. My head would hurt for hours. My wife said I was sweating too much and drinking too much water. That got me to thinking okay if she is right how do I fix the problem? Gatorade. I had never liked Gatorade, mainly for the taste. So, if Gatorade was the solution, I wasn't sure if it was the solution, what did it have in it that needed? Gatorade has electrolytes. According to THE AMERICAN HERITAGE DICTIONARY , electrolytes are a substance that dissociates into ions in solution or when fused, thereby becoming electrically conducting. Electrolytes are minerals which help to control all of the bodily functions. The major electrolytes are sodium chloride, potassium, calcium and sodium bicarbonate (17). I was sweating so much I thought I was becoming dehydrated. But I knew I was drinking plenty of water. Howard Lewine, MD at Harvard Medical School says dehydration can cause headaches because of loss of water and electrolytes (18). Dr. Lewine says drinking plenty of water can usually prevent headaches. I was drinking lots of water. I thought about buying some electrolyte pills to take during the day. I never did buy any electrolyte pills. The summer temperatures were about over so I didn't bother. Of course summer would come around again next year. The next summer was no problem for me. By the time summer arrived I had the electrolyte problem solved.

I now believe there are three kinds of headaches: muscular, sinus, and nutritional deficiency. Muscular headaches are caused by muscle strain in the neck, shoulders, upper back or around face and jaw. Many times with me realizing what muscle I strained and massaging the muscle will help to alleviate the pain. When I am on a tractor, I have to turn my head to look back at what I am doing. If I do this for too long, my back will hurt the next day. Therefore, if I know I have to look backwards throughout the day, I will try to sit at an angle on seat so I do not have to twist around. I went to the chiropractor for years with a bad back. I finally realized I had to fix my back problems myself. The chiropractor could help me get my body back in line and relieve the muscle tension but I had to stop hurting myself. **IT DOESN'T MATTER HOW GREAT THE CURE IF YOU KEEP INJURING YOURSELF.** Injuring your gut is the same problem. You have to stop injuring your digestive system. It took me a long time to realize that. I wanted the chiropractor to magically heal me. Chiropractors are not magicians, no doctors are. No matter how great a doctor is he can't stop you from hurting yourself. If you keep hurting yourself, your hurt is going to radiate out and everything is going to hurt.

The second type of headache is sinus problems. You know what I mean, the achy, stuffy head, watery eyes headache. You can't breathe. Your nose is running. Your throat is sore. You are coughing. Your jaw muscles may hurt from breathing out your mouth. You can't hear clearly. You may run a fever. You go into work but you are totally miserable and you can't get much work done. You may not even be able to talk. Sure your head hurts. That used to be me 2-4 times a year. Now the only time I get any of those symptoms is when I make a mistake. It is my fault if I have sinus problems. The most important item in preventing sinus problems is good nutrition. A strong healthy body can fight off many cold and flu viruses. Common sense is a huge weapon in warding off sinus problems. Since I went so many years of bad health, my sinuses tell me really quick if I should not be breathing this or that in. Years ago, I could paint with latex paint all day long and not have any sinus problems, but I can't do that today. I will definitely have problems. If I get on the tractor and do a lot of dusty work, I will have problems. If I play with a cat for a long time, I will have problems. If I bale hay, problems arise. The point is I know these things bother me, but I have to do them (except play with the cat). I don't want sinus problems. A 25 cent dust mask can be a lifesaver. When I am working on the farm, I always have a dust mask with me. I fold the mask in half and put it on whenever I need it. We were doing some really dusty tractor work for a few days. I told the guy working with me take this dust mask you will need it. He said, "No thanks Mr. Mark, I don't need it." A couple days later he called in sick.

He said his head was killing him. Either ignorance or stupidity or vanity kept him from wearing that 25 cent dust mask. Whenever my children cut our grass I make them wear a dust mask. Sometimes a dust mask is not enough. If you are painting with oil based enamel paint, or with me even latex paint, you must wear a respirator with changeable filters or you will get sick. If you hurt your body, your body will tell you one way or another, "Hey, don't do that again." The thing is you have to listen. Ask yourself why am I hurting? Go to the doctor, he may be able to help. Common sense is a great preventative medicine.

The third type of headache is caused nutritional deficiency. I have found websites on headaches which contain additional types of headaches, but I believe three types of headaches covers them all. From my personal experiences, the nutritional deficient headache is the hardest to deal with. I believe the nutritional deficient headache and brain fogs are basically caused by the same thing, you. That's right you are doing it to yourself. I was causing my brain fogs. If you have migraines, you are causing them. Loss of too many electrolytes can cause headaches (20). Excessive sweating, dehydration, diarrhea or any condition where your nutrients are not properly absorbed (21). I had brain fogs and headaches after heavy sweating because I was not absorbing what little nutrients I had. At the time I was having all these head problems, I was getting no where near the nutrients I needed. Plus I was still backsliding in the fact I would feel better then start eating sweets again which put me deeper into nutritional debt. Like with money, the deeper you are in debt, the harder it is to get out.

Back to my grandmother, whose job was to take care of her body. The other supplement she always had to have was gelatin. She always made sure she had enough gelatin on hand. This is not the same gelatin you make Jell-O out of, but a much purer form. I was staying with my brother in law one night when he came out with his gelatin. His older doctor told him, since was having back problems, to consume gelatin. This got me to thinking, what is this stuff and why would this doctor suggest for a bad back. My grandmother is always reaching down and touching her toes. She is really showing off. She likes to touch her toes in front of people much younger than her to show how limber she is. My grandmother says she is limber because of the gelatin she consumes every day. Have you even heard of nutritional gelatin? It was once very big.

The definition of gelatin is, according to, THE AMERICAN HERITAGE DICTIONARY, a colorless or slightly yellow brittle protein formed by boiling skin, bones and connective tissue of animals. To me that is a little vague. What gelatin really is slowly boiled skin, bones and connective tissue, then the solids discarded and the solution turned into a powder. The powder can be reconstituted by adding water. Gelatin is basically a lesser form of bone broth. Bone broth is made the same way except it is kept in solution form. Remember, more processing = less minerals.

In 1945, Dr.N.R. Gotthoffer wrote a history of the benefits of gelatin (22). Large scale production of gelatin began with the gelatin digester invention in 1682. The digester was efficient at cooking bones, skin and connective tissue. What was so good about gelatin was it was an extremely nutritious and lightweight food which could be transported easily. Napoleon loved the use of gelatin because gelatin could be brought on his war excursions to help feed his soldiers. The gelatin was added to many foodstuffs to increase the nutritional density of the food. It got to the point that so much gelatin was used, and there was also some poor quality gelatin, that the people rebelled against its use.

Gotthoffer researched many studies done on gelatin up until 1945. One study found gelatin and bread will not sustain life. Another study found that large amounts gelatin is bad for you. Of

course one could say the same thing about drinking too much water. Gelatin is known as a protein sparer. It is not a complete food but it extends the food you are eating. Gelatin is supplement, not a replacement. The first known medicinal use of gelatin is in the books of San Han Ron in 204 A.D. in China. The gelatin was used to stop nose bleeding, by inhaling. The Chinese used the gelatin for bleeding of the stomach, in the uterus after abortions and bleeding of the intestines and rectum. The gelatin coats the mucous membranes of the body part. From personal experience, after making bone broth, the dried broth leaves a film on the skin. It is like really thin plastic wrap completely covering your skin. Of course I can only see it on my fingers and not in my gut. But it is basically doing the same thing to your digestive system. It is sealing up all the holes in your intestine. That is very important. Read that sentence again. It is sealing up all the holes in your gut. Have you ever heard of the “leaky gut syndrome”? The medical community doesn’t really believe in this syndrome. I don’t know either. It is proposed that your intestinal lining has been compromised which allows undigested food particles to enter into your system creating all kind of havoc. More of Gotthoffer’s research says studies were done to see if consuming gelatin could help the digestive system. His research says gelatin definitely helps the digestive system. Gotthoffer’s research on the history of gelatin’s medicinal value proves its value. Gotthoffer wrote in his book that since there is so much historical data on gelatin’s worth, more research should be done and more doctors will get their patients to add gelatin to their diet. Gotthoffer wrote in book, GELATIN IN NUTRITION AND MEDICINE, in 1945. I want to thank Great Lakes Gelatin Company for allowing me to use a copy of Gotthoffer’s book. The book is difficult to find. Great Lakes Gelatin Company’s website is www.GreatLakesGelatin.com. They provide high quality food grade gelatin.

As I wrote earlier, I wrote there only 2 supplements I would purchase. One supplement I would feel comfortable buying is cod liver oil. The other supplement I would consider purchasing is gelatin. I don’t buy gelatin because I make my own bone broth. Bone broth is so nutrient dense I believe you cannot truly be healthy without daily consuming some form of it. There is a South American proverb which states, “Good bone broth can wake a man from the dead”. Of course the proverb is not totally true, but it is a powerful saying. The proverb should go something like this, “Good bone broth is so nutrient dense, it starts you on the way to a strong body”. I am going to try to explain how powerful bone broth is. No matter how convincing I am explaining the importance of daily consuming bone broth, I feel the only way for you to truly understand is to prepare it yourself and eat it. Yes, I feel it is that important. If you are hurting bad enough, you will make bone broth. I am trying to help you.

Bone broth is a food and a medicine, a preventive medicine. Bone broth is basically what bones, ligaments and hide is made of. After I quit poisoning myself by eating sugary sweets, bone broth did wonders for me. I had lots of research on gelatin but I had limited success with any supplements, except for cod liver oil. I remembered an article about bone broth from Dr. David Williams (23). Dr. Williams talked about the benefits of broth and short recipe of how to make it. That’s right, you have to make it yourself, you cannot buy it. I prefer to make the bone broth instead of buying gelatin because I believe the less processing done to a food the more nutrients stay with the food. I was in such bad shape I would try anything. Have you ever heard the old wives tale saying, “If you have a cold, eat chicken soup”? This is a good saying. The problem with this saying is in not giving a recipe. The recipe should say, in the soup put a whole chicken with the bones. That’s right, with the bones. It takes the bones, meat and vegetables to make a whole nutritious meal. How often do you cook with the bones? How often do you buy any meat with bones? It is getting harder and harder to buy meat with bones. The grocery stores seem to push all kinds of boneless meat. The stores may sell more boneless meat because people demand it. When you buy chicken, do you buy fillets? Do you know how to cut up a whole chicken? My wife has done it before, but on rare occasion. My wife says cutting up a whole

chicken is nasty. I believe many people think the same way. I believe most Americans have gotten so far away from where food comes from that actually cooking is becoming foreign to them. So much food is pre-cooked (frozen dinners), heavily processed and eaten in restaurants that we really don't have a clue what kind of nutrients we are getting. We throw away or don't cook some of most nutrient dense parts of our food. One of the things we do here at our ranch is to bring in hunters from across the country to deer and turkey hunt. When we clean the deer, I will keep many of the deer legs, from the knee down, to make bone broth. When the hunters see this, they ask me what I am doing? I give them a very short explanation because I know from experience they will not understand. But when have a hunter from another country or has family in another country, they understand completely. The same foreign hunters may want the heart, liver or some other body part. Then we both agree most Americans are so wasteful. I know when my wife reads this part, she is going to say take the body parts part out of the manuscript. She is going to say this part is nasty. That is the whole point. Americans have become so hygienic to the point of being afraid to get our hands dirty. Our turkey hunters are just as wasteful. When we kill, that's right kill, a turkey, the hunter only wants the breast cut out leaving the rest of the meat and bones to waste. I, myself, can be wasteful also.

When I first began eating bone broth, my stomach felt funny. Not in a funny I am sick to my stomach funny, but in a way I never felt before. I didn't know to be close to a toilet or not. This lasted for about a week. What was happening was my digestive tract was being healed. I have told my relatives of this powerful substance yet they are nonbelievers. They also have never experienced my past digestive problems. Therefore they are not willing to prepare something so unusual. The thing is, to most of world it would be unusual not to prepare bone broth. A large percentage of the feet of chicken grown here are sent to China where they make broth from the feet (24). Generally, the poorer a nation is, the less they waste and not cooking bones with soup or stew would be wasteful. Where people in the United States would throw away the bones, most other countries would not think of discarding bones without fully utilizing them. Once I understood bone broth, I started keeping all my bones from food preparation. It does not matter if the bones have been heated with the meat, you can still be used for broth. An example is, you prepared chicken for dinner, keep the bones. I will put my bones in a plastic bag and place into the freezer until I have enough to make broth. I will keep beef, chicken, turkey and fish bones, only if I have a lot of fish bones. We will also keep a ham (pork) bone for soup. Keep your eggshells to put in your chicken broth. Many people will not keep pork bones. I will later give you my recipes for beef, deer, chicken and turkey broth. I have cooked many batches of broth and I have it down pretty good. Just because I do it a certain way does not mean you have to do it exactly like me. You have to do what works best for you.

Now, I am going to try to tell you all the nutrients in bone broth and what they do for you. I have many batches of bone broth using different ingredients. The most important ingredients for beef or deer broth is what type of bones used. The best are the highly cartilaginous bones. The bones which have joints are excellent. The hooves are great. I use deer legs with the hide on, that's right with the hide on. (Once the broth is filtered, there is no hair). When my wife reads the hair part, she will get goose bumps. She will not consume any of my broth that ever had hair in it. Have you ever had Jello? Jello comes from cowhide. In the movie, Julie and Julia, Julie is cooking Julia Child's recipes. One of the recipes is for calf's foot stew. I like said most of the world uses more body parts than Americans. The calf's foot stew is the same idea as me using deer legs. I have used steer legs before. Of course, if you were to use a steer leg, you would only need one to fill two crockpots. The deer legs and calf's foot have all the right parts for strong bone broth. The bone is loaded with minerals and bone marrow. Bone marrow is a delicacy in many countries. The hoof, the ankle, the hide have lots of cartilage which are a must for really gelatinous broth. The way I can tell really strong, nutritious broth is by the color and how well it

gels. I always put 3-4 days' worth of broth into a jar and put it into the refrigerator. The next day if the color is dark and if I turn over the jar and the broth has turned to gel, I have a strong batch. I have used just the ribs before and broth was a pale yellow and not gelatinous at all. I have used other parts of cattle, as a test, but my wife insists I not write about it. The main idea is don't use only hairless bones or only hooves or only hide, but to use everything.

I know what you are thinking, "How does this joker think I am going to get calf legs". I asked the butcher at my local grocery store. He said no problem. I already told you to keep all of your bones from your home cooked meals. Getting ingredients for chicken and turkey broth is easy. For chicken (chicken will be your easiest to get started with) buy mainly chicken feet. What you have never seen chicken feet in your store? It is probably there. If it is not there, ask the butcher or look elsewhere. If you shop in a high class store you may have to look for a low class store to find the right ingredients. For turkey broth, buy a whole turkey, with all the bones. I have never bought oxtail, which is actually the tail of a cow, but should work quite well. Oxtail will be packaged up like chicken feet. If you are a hunter or know a hunter, deer bones can be acquired. Most likely there will be a meat processor within driving distance who may be able to supply you with calf's foot if you can't get it from your butcher. The bones can be bought one way or the other.

The joints where the cartilage is plentiful are a very important ingredient of bone broth. If you are breaking down cartilage in your broth, then you will be consuming cartilage. The AMERICAN HERITAGE DICTIONARY defines cartilage as a tough white fibrous connective tissue attached to the articular surfaces of bones, a major constituent of the fetal and young vertebrate skeleton that is largely converted to bone with maturation; also called gristle. Gristle, you know the white stuff in meats you can chew on but really don't want to try swallow thinking I don't want to choke on this stuff. Right, gristle is cartilage. Some people will chew gristle up and swallow, but for the most part gristle is tossed to the side. When you consume cartilage, you are taking on all the properties of cartilage. Therefore, you are on the way to being able to rebuild your on cartilage. All of those joint problems I had before I started on bone broth faded away slowly. Don't let me mislead you, bone broth is only one item in health management. It takes all the pieces of the puzzle to make a picture of health. To rebuild cartilage, there has to be a daily supply of Vitamin C. Vitamin C is needed to synthesize cartilage (26). No Vitamin C, no rebuilding of the collagen in the cartilage (27). No collagen, then the disease scurvy arrives. Scurvy is a rare disease today because most people get enough Vitamin C to synthesize collagen; but most people don't get enough nutrients to rebuild connective tissue. Connective tissue is skin, bones, muscle, tendons, blood, and ligaments (28). Connective tissue purpose is to protect and serve. Like our police force, it has to be maintained to be strong. Even though scurvy is a rare disease now, we have plenty of modern connective tissue diseases today. Most of the connective tissue problems can be controlled with education and determination. I will list some of the connective tissue diseases later.

Cartilage has several properties. Chondroitin sulfate, keratin sulfate, and hyaluronic acid make up what is called glycoaminoglycans (GAGs). GAGs have a huge role in keeping you healthy. If you don't use bone broth, you are going to have a hard time getting these nutrients elsewhere from your diet. GAGs form part of your connective tissue. GAGs work in stabilizing your bodily fluids. GAGs help to normalize electrolytes, oxygen and nutrients. Consuming GAGs thins the blood making the blood more slippery to prevent blood clots (29). GAGs help to form collagen which helps to make blood vessels more elastic. They are important in keeping our skin supple with less wrinkles. I spend many hours in the sun with a wide brimmed hat on (sometimes not so wide), but I have wrinkles on my face. Have you ever heard of a health test you can perform on your on hand which will tell your health stasis? Do this; with your left hand, try to pull up skin on your right hand. When you let go, if the skin immediately goes back down,

you are doing okay. If the skin does not instantly span back down, then something could be amiss. That is not a scientific test.

You have probably heard of the supplement glucosamine with chondroitin. In the book *NATURAL HEALTH BIBLE* (30), it states glucosamine and chondroitin are excellent supplements for joint health. The book says glucosamine and chondroitin can be obtained from animal cartilage and shells from shrimp, crabs and lobsters. All this is true, but I prefer to make my own supplements from the actual food, not from a pill. As I have said, and numerous studies said, supplements from a pill may or may not work. Take the time and make your own broth and reap the benefits. The Bible says, “You reap what you sow”. In this case, have you ever planted a pill seed?

In case you have not heard of hyaluronic acid, it is the new super supplement on the shopping block. When you boil eggs and you crack the shell, many times the thin membrane covering the boiled egg is hard to get off. That thin membrane is where most of the hyaluronic acid supplement comes from. Hyaluronic acid is used to treat joint problems (31). Hyaluronic acid is supplemented as a lubricant for the joint. I have never bought any of this supplement myself, but I was close to buying it when it started coming out around 2005. I did buy a lot of supplements, but not anymore. More frugality coming. When you eat eggs and you should because they are nutritionally dense, keep the eggshells. I put my eggshells in a recloseable bag. Once in the bag, I crunch the shells and put the bag in the freezer. I will keep the shells until I make chicken broth. When I make chicken broth I add the shells to the crockpot. After cooking the broth, the egg shells go in the compost, garden or flower bed for the minerals. The chicken bones will first go to the cats, outside cats. I try not to waste much. I ran over an armadillo one night. I began slowing down. My wife looked over at me reading my mine. She said, “Don’t you dare pick up that armadillo “. If you are not familiar with armadillo, it is like a giant rat with a flexible shell. One day when she is not around, an armadillo shell may find his way into my crockpot. What I am saying is, if you want to make bone broth you can find a way. Find a way, it is that important. No supplement will ever compete with real food.

THE AMERICAN HERITAGE DICTIONARY says keratin sulfate is a tough fibrous protein containing sulfur and forming the outer layer of epidermal structures such as hair, nails, horns, and hoofs. I keep telling my wife, “Yes, I need to put the hooves and hide, with the hair on, to make a good batch of broth”. It drives her crazy to see what I have in my crockpot. She will eat chicken and turkey broth, but if I want to live, I must never give her deer broth. I don’t have hoofs or horns (sometimes my family will disagree with that statement) but I do have nails and hair. I cannot honestly say I have not seen a difference in the growth of my hair. My nails do seem to grow quite well.

Another component of cartilage is elastin. Elastin is a protein that recoils like a spring within the elastic fibers in connective tissue. This is the reason for elasticity of skin, blood vessels, heart, lungs, intestines, tendons and ligaments. Elastin works with collagen to make certain connective tissue strong and elastic. After puberty, the generation of elastin slows down greatly (32). One example of the reduced generation of elastin in adults is your skin (33). The Mayo Clinic says once you damage your skin there is no going back, non-surgically anyway. Even though studies say elastin production in adults is limited research teams try anyway (34). The researchers are mainly trying to grow blood vessels to replace injured vessels brought on by heredity, lifestyle or both. There are ways to prevent damage to your blood vessels, on which I will go into later, when I get on my high horse about the evils of sugar. According to the studies, elastin is difficult to produce with the onset of adulthood, but it is in the bone broth, so if it helps to regenerate wouldn’t that be great. No, I have not found any research indicating that idea. All I can tell is when I stop consuming broth I stiffen up.

Chondrocytes are cartilage cells (35). The Mayo Clinic says chondrocytes can be used to repair damaged knees (36). The cartilage cells are removed from the patient's knee and grown in a laboratory. The new cells are then implanted back into the patient's knee. The Arthritis Foundation says 27,000,000 people have degenerative joint disease, which is degradation of cartilage in the joints. The main culprit in wearing away of the cartilage is the rebuilding process which includes chondrocytes not repairing the cartilage (37). (More on an arthritis solution later) Of course, when you consume bone broth, the chondrocytes in the broth will not go directly to your cartilage but the properties will go into your body, giving your body what it needs to build cartilage. You are what you eat. I used to hear that often when I was a child. I have not heard that phrase in a long time. If you want to repair yourself, you cannot do it by eating Twinkies. You know that.

The word collagen is fairly common. I sure you have heard the word. I used the word collagen earlier. THE AMERICAN HERITAGE DICTIONARY defines collagen as the fibrous albuminoid constituent of bone, cartilage, and connective tissue. The Mayo Clinic says collagen helps to form parts of the internal organs (38). Collagen is a protein which makes up 25%-35% of the protein in your body. There are different types of collagen. Type 1 collagen comes from bone, skin, and tendons, blood vessels and internal organs. Type 2 comes from cartilage. Type 3 comes from bone marrow. Type 4 comes from cell basement membrane. Type 5 comes from hair and placenta. Up until now, 29 types of collagen have been identified. 90% of the collagen is type 1 (39). Collagen related sicknesses are caused by hereditary or not being able to make collagen from your nutrients. If 30% of my digestive system is made up of collagen and I knew I was not digesting my food properly, it would stand to reason, I was becoming malnourished. The junk I ate was killing me. I was falling apart. We know I was not getting the nutrients I needed to fortify my connective tissue. And connective tissue is what holds a body together. Collagen comes from the word kolla, which means glue. Now that I consume bone broth daily, I am being re-glued every day. I am also not trying to unglue myself by eating sugar and other poisons.

Collagen has several amino acids in its composition that make it special. Amino acids are the building blocks of protein. A third of collagen is from glycine. One third is from proline and hydroxyproline. Lysine and hydrolysin are also in collagen.

Glycine is the smallest of the 20 amino acids. Glycine is unusual in the fact that it is not a mirror image of itself. It can fit into water environment or without water environment. Glycine is not considered an essential amino acid in the diet because the body is supposed to be able to produce it on its own (40). Glycine is an important inhibitory neurotransmitter in the brain and spinal cord. It serves to regulate the excitability of the neurons in the brain (41). I believe this is one, 1, reason why I stopped having headaches and brain fogs after I started eating right. I also believe people with neurological problems would fare much better if they ate high quality bone broth.

Proline is unique in that it is the only cyclic amino acid, which means its atoms are arranged in a ring or a closed-chain structure (42). Proline is also considered a non-essential amino acid. Proline is helpful in the process of reversing atherosclerotic deposits (43). It is helpful in breaking up the fat, plaque, deposits in the blood vessels. Cleaning out the blood vessels leads to the reversal of cardiovascular disease. Bone broth is unsurpassed in bringing those who consume it nutrients hard to find elsewhere.

Lysine is an essential amino acid, your body does not produce it. Lysine is found in animal proteins, dairy and beans (44). It is used in the production of carnitine. Carnitine converts fatty

acids into energy and helps to lower cholesterol. Lysine helps you to absorb calcium (45). Anemia, bloodshot eyes, dizziness, nervousness and tiredness are some of the symptoms of not getting enough lysine. Having poor digestion is one way of not getting the recommended amount of lysine. I don't know my cholesterol count but when I donate blood platelets, the nurse tells me my platelets are a pretty yellow. That means, they tell me, my cholesterol is good.

Type 3 collagen comes from bone marrow. One reason I like to use leg bones is because of the large amount of bone marrow. The marrow is quite nutrient dense. You may have eaten bone marrow before. It is a delicacy in many countries. I have never eaten bone marrow straight out of the bone. Occasionally my son will break a chicken leg bone and eat the marrow. Most of the calories from marrow come from fat. Marrow also has iron, phosphorus, thiamin, and Vitamin A. Since it such a nutrient dense food one needs to get more of it. That way is bone broth.

Also used in the bone broth is the actual bone. When bones are put into the crockpot, I put a quarter cup of apple cider vinegar to use as acid base. The acid helps to dissolve the bones. The bones really are not dissolved but they are degraded somewhat. The cartilage is dissolved. The hide, if present, turns absolutely limp. Minerals are broken away from the bones as is the cartilage. The bone is comprised 65% calcium and phosphorus, 25% water and the rest is magnesium, sodium, potassium, sulfate and fluoride (46).

Calcium is the most abundant mineral in the body. Calcium is used for muscle contraction, nerve transmission, vascular contraction and dilatation, intracellular signaling and hormonal secretion. Only 1% of total calcium is needed for these actions. The calcium in the blood does in fluctuate much because the skeletal bones are used as a reservoir for minerals. If your intake of calcium is not adequate from your diet, then calcium will be taken from your bones. The rest of the body's calcium is the bones and teeth. The bones are being rebuilt all the time. The problem arises when your intake is not enough to rebuild your bones, which increases the risk of bone and joint diseases (47). This information on calcium comes from the U.S. Government. I have used the U.S. Government as a reference several times as well as universities and the Mayo Clinic. I try to use these well respected references to try to prove why. Why I went from sick all the time to healthy all the time. I want you to look up these references. Don't just take my word for it. When I was looking up calcium, I ran across a word I haven't seen in any other government references, but of course there are countless references. The word is phytic acid. Phytic acid is found in all grains and legumes. Phytic acid binds with the minerals in diet which greatly reduces mineral absorption. I will go into great detail later on how to neutralize phytic acid.

Some of your calcium is lost in urine, feces and sweat. One cup of coffee will cause the body to lose 2-3 mg of calcium. The government says the caffeine in 1-2 cups of coffee a day will not have a negative effect on young women. The report says nothing about older women, and what age is a young woman? What about the caffeine in tea and cola, does it affect calcium absorption? The report says drinking carbonated soft drinks with high levels of phosphate (phosphorus) is related to reduced bone mass. However, the reference states the bone loss effect is probably because people are drinking soft drinks instead of milk. To me that sounds like soft drinks companies may have influenced that report. Also too much sweating and diarrhea can cause loss of calcium both which I was guilty of.

Phosphorus is another mineral acquired from bone broth. It is the second most abundant mineral in the body. According to the University of Maryland, about 85% of total phosphorus is

in the teeth and bones. Phosphorus aids in filtering waste from the kidneys. It also plays an important role in how the body stores and uses energy. Phosphorus assists in reducing muscle pain after hard work. Symptoms of phosphorus deficiency include loss of appetite, anxiety, bone pain, fragile bones, stiff joints, fatigue, irregular breathing, numbness, and weakness (48). I had all of those symptoms except for irregular breathing. The muscle pain and the other symptoms are what I believe are the symptoms of someone with fibromyalgia.

Magnesium is also in bone broth. Magnesium is the fourth most abundant mineral in the body. 50% of magnesium is located in the bones. The other 50% is in body tissues and organs. About 1% is deposited in the blood. Magnesium helps to maintain normal muscle and nerve function, keeps heart rhythm steady, supports healthy immune system and aids in keeping bones strong. It aids in normal blood pressure, helps to regulate blood sugar and works in energy metabolism and protein development. As with all other vitamins and minerals, diarrhea can result in loss of magnesium. Some of the symptoms of not getting enough magnesium are tingling, numbness, muscle cramps, seizures, personality changes, and abnormal heartbeat (49). This government website says if you have digestive problems you may need to take magnesium supplements. The government, as I wrote earlier, says supplements may or may not work. So instead of taking supplements, how about the government advising people to fix their digestive problems. There is also a list of drugs which can deplete magnesium. There is always a list of drugs that can deplete some nutrient.

The mineral sodium is in bone broth. Sodium is an electrolyte which is used for maintaining fluid balance in and out of cells. It also has the function of transmission of nerve impulses. Sodium helps to regulate blood pressure (50). Sodium and chloride work together as electrolytes. Excessive sweating and chronic diarrhea can quickly deplete the body's storage.

Potassium is in bone broth. Potassium is also a major electrolyte. Sodium, chloride and potassium work with each other in every function in the body (51). The University of Maryland says people with inflammatory bowel disease often have trouble absorbing nutrients like potassium (52).

Sulfate is another mineral retrieved from high quality bone broth. Sulfur aids in blood clotting, energy production, and liver function. Sulfur combines with keratin and chondroitin and other products to make them whole (53).

Fluoride has an important role in maintaining bones and tooth enamel. Many studies have been done for and against adding fluoride to drinking water to prevent tooth problems (54). I am not going to recite any of those studies here. What I do know is, my dentist can look at my teeth and tell me if I have been eating healthy foods. For a long time I ate very poorly and my teeth and gums prove it. Now that I eat properly I am saving what I do have.

The Mayo Clinic says fibromyalgia is characterized by having pain throughout the body. The pain is mainly in the muscles, ligaments and tendons. There are tender points located near shoulders, elbows, hips, knees, back and neck. The symptoms may come and go or last for years. It is believed there is no single cause for fibromyalgia. Irritable bowel syndrome, headaches, and facial pains are associated with fibromyalgia (55). As I wrote earlier, I told my wife I have got to fix myself or I will be in pain like my mother but at a much earlier age. I believe fibromyalgia is just as easy to fix as stomach problems. The body will take minerals from the connective tissue to supply the needs of the internal organs. It stands to reason fibromyalgia is the body starving for minerals. One does not have pain for no reason. If you hit your finger with a hammer, you know why you have pain. The problem with fibromyalgia is the person can't see why they are hurting. Doctors can't see the cause of the pain. It is not like a broken arm. Doctors were not

trained to see pain that was brought on by decades of neglect, decades of ignorance. Doctors do the only thing they can do, they stop the pain. The pain subsides but the problems are not solved but hidden. The person with fibromyalgia doesn't want to take pain medication but unless they know otherwise, they will take the medication. No one wants to hurt. I don't. I was never diagnosed with fibromyalgia but I had the majority of the symptoms. My symptoms left me. I will not tell you I never have any aches or pains, but the pains are short term. I know if I have a pain, I think why am I hurting, what is the reason? There is always a reason. Pain medication should be used as sparingly as possible. How many ads have you seen promoted a drug and at the end they list the side effects? Do what Hippocrates said, "Let food be thy medicine, and medicine thy food". That quote is very important. If you follow Hippocrates advice, your health should improve. This doctor gave these rules 2300 years ago. It is about time to take his advice.

Bone broth is an extremely powerful food. It helps to digest beans. It improves connective tissue diseases. It nourishes the digestive tract. Broth stimulates immune cell production. It can fill in many of the gaps in your diet. If you insist on not making bone broth, then buy some high quality gelatin.

My brain fogs, headaches, joint and stomach problems were greatly reduced when I took the time to make bone broth. The minerals allowed my head to clear up. The cartilage healed my stomach and made my joints work properly. All my brothers and sisters think I am crazy for cutting up bones and cooking them for a couple of days. But they are the ones who are aging quicker than me. The main reason they will not follow me is the fact they never had severe stomach problems. As you know, when one is really bad off and no conventional method seems to work, it is time for unconventional methods. Have you ever heard the definition of insanity as doing the same thing over and over again but looking for a different conclusion? Have you been doing the same thing in your diet hoping for a different conclusion? I bet bone broth has not been in your diet. My weak description of the power of bone broth can only be proven by you.

Hopefully this example of how good bone broth can heal will help you decide to make the broth. We have a four inch pipe threading machine which was not working properly. We could not get the steel pipe threads to be threaded correctly. We really needed to thread these pipe. Therefore, we tried another way. We put a three feet ratchet wrench on the threading machine. I figured if we threaded the steel pipe slowly maybe the threads would be okay. This worked. The threads were in good shape. It took about 15 minutes to thread one end. After three days of doing this, my left elbow hurt bad. I had a strong case of tennis elbow. My elbow was okay if I moved a lot but nighttime was a different story. While I slept, I didn't move my left arm often. When I did move my left arm, my elbow hurt a lot. The hurt would wake me up. It hurt so bad I moaned in pain every time I moved my left elbow. This went on for a couple of months. My son said he heard me begin moaning around midnight.

I did not have any deer bone broth. I was out of deer broth. I was using bone broth from a steer we had taken to get processed. It was amazing how much fat came from processing the bones for broth. The processed broth was about 50% gelatin 50% fat. I believe it was because of the marrow in the bones. The steer bone broth was not very gelatinous. We got the steer bones from the meat processor without any hide on the bones.

Deer season came around again and I got enough deer bones to make a fresh batch of bone broth. It takes two and half days to make broth. After the broth was ready, I took a daily serving. That very night I had no more pain in my elbow. No moaning. No pain. Why no pain?

What was different? It took me two weeks to figure out why no more pain in my elbow. Like I said before, it takes me a while to figure out things. The steer bones had no hide in the broth. The deer bones had hide on them. The broth needs the hide also. I had always felt the deer bones with the hide was more nutrient dense than chicken and turkey but now I had proof. I know this proof isn't scientific but it works for me. I'm hoping this story helps you. This is the truth.

Why? Why did tennis elbow overnight quit hurting? According to Bill Wheeler Phd, the more your body needs a certain nutrient, the more aggressive your body will try to adsorb the nutrients from the source. (121) Making the nutrients easier to assimilate makes it easier for the nutrients to go to the needed body part(s). One cannot expect to chew on gristle and think the gristle will go straight to the hurting tennis elbow. But one can expect to be able to easily adsorb the gristle from bone broth. The nutrients in bone broth are very small. The nutrients can't be seen with the naked eye. The nutrients are in colloidal form or rather dispersed throughout the solution. This makes it easy to get that gristle to the ache in the elbow.

I have read many recipes for bone broth. With the exception of calf leg stew, I have never read where the hide is used. I'm telling you if you can use the hide, then use it. Using the deer bones is perfect because all five types of collagen can be taken from the bones with hair and hide. Using the hair and hide is disgusting to my wife, but now she is beginning to take a small amount of deer broth. I've taken deer broth for ten years now and no hair in my broth. I strain it all out. People.... Get over yourselves. Quit being babies. Do you want healthy bodies or do you want to hurt? Was I to harsh? Did I hurt your feelings? Tough
121 www.experiencelife.com/article/all-aboutadsorption/

I consume bone broth every day. Most days I consume deer broth but sometimes I eat turkey or chicken broth. The chicken and turkey broth I use in brown rice or put in a soup or some other dish. I never put deer broth in food my wife may eat.

Chicken Broth

You can use any chicken bones from cooked or raw bones. The easiest I have found is to use chicken feet. I buy 3-4 pounds of chicken feet. Neck bones are good also. Neck bones are the cheapest. You don't need much meat for good broth. The chicken feet have the most cartilage of all the chicken parts you can buy.

Chicken broth is very easy to make. Put whatever chicken bones you got into a crock pot. Add water to almost the top. Add a ¼ cup of apple cider vinegar. The acid in the vinegar helps to dissolve the nutrients from the bones. Set the crock pot to low. Cook for 12 hours. Strain the bones out. There is no need to add any vegetables or spices. The chicken broth is good without adding anything. You can add whatever you like. It is up to you.

I usually let the broth cool then scrape the fat of the top. Then I measure 2 cups and put the cooled broth into a Ziplock bag. The bag goes into the freezer to be used later. I was at different grocery store recently. I could not find any chicken feet. I asked the butcher where the chicken feet are. He said they never had a call for chicken feet so they didn't stock feet. Not good. Sometimes, while I am in line at a grocery store, I look to see what the person in front of me is buying. This explains to me why there is so much sickness in America.

I was working with a brother in Louisiana recently. I wanted to make some chicken broth. the first store I went to had no chicken feet. I went to a smaller store and found chicken feet. The cashier asked what I was going to do with the chicken feet? I gave her a brief answer. I came back two weeks later and did the same. The same cashier asked the same question. She said she had never heard of what I had planned. Can I be the only one who makes chicken broth?

Turkey Broth

I generally cook a turkey every other month. I put a whole turkey into a roasting pan and add 2 inches of water. After dinner, I debone the turkey. The bones are put into a crock pot. The water

from the roasting pan is added to the crock pot. Add more water if needed. Add ¼ cup of apple cider vinegar. Set on low for 12 hours. Strain out bones. Cool. Scrape any fat off the top. I measure 2 cups and put into a Ziplock bags. Then freeze until later use.

Deer Broth

I know most people will have a hard time getting deer or beef bones, especially with hide and hair on the bones but this is very important. Now, this broth is different than chicken or turkey broth. If you can cook this out of your main house then do so. We have a carport with a storage room attached where I cook deer broth. The broth has an unpleasant odor to it.

Fill the crock pot with deer or beef bones. Add water. Add ¼ cup of apple cider vinegar to help dissolve minerals from the bones. Set on the low setting. Simmer for 48 hours. Check every 6 hours. You may have to add water. After 48 hours, strain the bones out. Leave the broth in the pot. For a large crock pot cut up 1 – 2 sweet potatoes, 1-2 onions, 2-3 carrots and celery. Add to the broth. Simmer for 8-12 hours. The vegetables give the broth flavor and a good smell. You will learn which vegetables work best for you.

I strain out the vegetables with a wire basket strainer. Then I get a large bowl. Put the wire basket strainer in the bowl. Put a cloth into the basket strainer. Use a ladle to pour broth into the strainer. The cloth will clog up with solids. Keep moving the cloth. Have 10 plastic ice trays ready to use. Use the ladle to pour the broth into the ice trays. You will get some broth on your fingers. When it dries, it's like a slippery film on your fingers. It reminds me of getting silicon on your fingers from a caulking tube.

I always put some broth into a Mason jar. Leave the broth in the Mason jar overnight in the refrigerator. This will tell you the strength of your broth. Good deer broth will look like a dark tea. The broth should gel. The strongest broth will stay in the bottom of the Mason jar even when turned upside down.

The ice trays are put into the freezer. Every morning I get 4 cubes and put them into a metal cup. I melt them slowly on the stove while cooking breakfast. I drink the broth as a warm tea.

Sometimes I get lazy and run out of broth. The first time this happened it took about 2 weeks to realize why my back was hurting. I was out of broth. Not only does the broth help my stomach, it keeps me limber. Broth helps throughout the body. Deer broth is the most nutritionally dense food in the world. Don't believe me? Believe it. I will put my deer broth up against food. No, I can't live on broth alone but I don't want to live without it.

BREADS

GRAINS

VEGETABLES

LEGUMES

I said earlier to not eat sugar because the sugar feeds the bad bacteria, which enables the bad bacteria to overpower the good bacteria. If the ratio of good to bad bacteria is off balance then complete digestion will not occur. When I read the book, *THE SOUTH BEACH DIET* by Dr. Arthur Agatston, a light bulb went off in my head. At first the bulb was very dim. Dr. said bread was not a good thing to eat for weight loss. He wrote, since the bread was digested very quickly, the bread was reduced to sugar quickly. This was a large problem for me. Every time I ate bread stomach would act up. I loved bread but the bread didn't love me back. One other thing I learned from *THE SOUTH BEACH DIET* was not to eat white potatoes. White potatoes, especially baked or mashed, is like pouring sugar straight down your throat. If I want to get physical with my wife, white potatoes will definitely not be eaten by me. I love mashed potatoes but since they are converted to sugar so quickly, I usually will get bad breath. In my system, the bad bacteria are ready to pounce at any given moment.

In Dr. Robert Atkins book, *DR. ATKINS NEW DIET REVOLUTION*, pages 154-156, Atkins writes about a patient who has an overgrowth of yeast, bad bacteria. Atkins says the patient came to him with multiple symptoms including stomach problems with gas and bloating and severe depression. After testing Dr. Atkins discovered the overgrowth of yeast. He put her on a drug to help control the bad bacteria. The main solution to her problems was a low carbohydrate diet. Everything went well for her, until she got off her low carb diet. All of her symptoms started coming back. She went back to Atkins who made her get back on her low carb diet. In no time she was doing well again. I can tell you from much experience, do not get off your diet. If you get off your diet, your problems will come back. I don't mean one meal or one day. But if you start

eating junk regularly, get ready for the consequences. The bad bacteria is always ready to overgrow. Discipline is what is going to keep you healthy.

Breads, grains, vegetables, fruits and sweets are all carbohydrates. All consumed carbohydrates will be broken down, in the digestive tract, into various nutrients including fats, proteins and sugars. A synonym of carbohydrates is saccharide. The word saccharide comes from Greek, which means sugar (56). There are four groupings of sugar: monosaccharides, disaccharides, oligosaccharides and polysaccharides. Blood sugar (glucose) and fruit sugar (fructose) are monosaccharides. Table sugar (sucrose) and milk sugar (lactose) are disaccharides. When most people think of carbohydrates, what comes to mind is starches. My mother never made 2 starches per meal. My wife gasps when someone makes rice and potatoes to be served together in a single meal. My wife is a high school principal. She does not have to go into the cafeteria to know if two starches were served at lunch. The students are on a sugar high.

When I read THE SOUTH BEACH DIET, it was suggested to eat whole wheat bread instead of white bread. Dr. Agatson wrote that the fiber in the whole wheat would slow down digestion, therefore there would be less of a sugar rush. This is true. But I am not so interested in weight loss as I am in being healthy. Most breads are made from the grain, wheat. The wheat seed (also called berry) is broken down, basically, into 3 parts. The outer layer is called the bran. The middle part is called the endosperm. The inner bottom layer is the germ (57).

The bran weighs 14% of the weight. It contains a small amount of protein. The bran has a large amount of B vitamins with trace minerals (potassium, phosphorus, magnesium, calcium, sodium and manganese) plus insoluble fiber. The outer covering, bran, is where the phytic acid is located. (58)

The endosperm is 83% of the weight of a wheat seed. This is the source of white flour. There is no phytic acid in the endosperm. This portion holds 70-75% of the protein. The endosperm is high in carbohydrates, iron, B vitamins- riboflavin, niacin, thiamin and pantothenic acid. (58)

The germ is 2.5% of the wheat berry weight. 30% of the fat resides in the germ. The germ has thiamin, riboflavin, niacin and pantothenic acid. This part is the actual embryo or sprouting portion of the wheat seed. There is a small amount of sugars in the germ. Since 30% of the fat is in the germ, it is milled out for the white flour. If the germ was left in the flour, the shelf life would be limited. (58)

White flour is enriched with iron and B vitamins. Without the enrichment, the white flour would have 60% less iron, 70% less zinc. There is very little fiber. The level of the amino acid lysine is less in white flour. Shelf life is very important for flour processors. White flour would be considered empty calories. This flour has added nutrients, but can we digest them?

Whole wheat flour is made from the whole wheat seed. This is the flour which makes up whole wheat bread. It has all the fiber from the seed. Whole wheat bread has antioxidants and phytoestrogens. Since whole wheat flour has quite a bit of fat, the shelf life is short. The big problem with whole wheat flour, bread, is the high amount of phytic acid.

Phytic acid is in all grains, legumes and nuts. Phytic acid is a problem. Phytic acid binds with minerals in your gut and are flushed out with waste. Phytic acid also keeps enzymes from working. Phytic acid is in the outer covering of seeds (59). I looked a long time to find the purpose of phytic acid. Why would God put something in seeds to keep us from getting all the nutrients available? After much looking, I found that God did a good thing. If God did not put phytic acid in the seed, the seed would quickly rot. Phytic acid is in seeds for two reasons. The first reason is to keep the seed from rotting, until planted. The second reason is as an available source of phosphorus (60). Phosphorus is needed for the plant growth. You are thinking, since white bread has very little phytic acid, that you will eat white bread. No good. White bread has very little nutrients. The worse fact of white bread is the bread quickly turns to sugar which will negatively your digestion. Store bought whole wheat bread is no better. Whole wheat bread has the bran (fiber) which has all the phytic acid. Whatever minerals in your gut at the time, the phytic acid wraps around the minerals and they go unused out of your system. So now you are thinking, wait just a minute. Bread is the staff of life. Bread has eaten for thousands of years. How can bread be an anti-nutrient? An anti-nutrient is a food that takes nutrients away from your body. Good news, properly prepared bread is nutrient dense. It is wise not to consume store bought bread. First reason is the bread is nutritionally unsound. The second reason is the bad bacteria really enjoy white bread. White bread pumps up the bad bacteria and when there is an unbalance of good bad bacteria, digestion is compromised. Compromised digestion leads to ailments.

Phytic acid and the enzyme inhibitors can be neutralized. I learned about phytic acid from a book called NOURISHING TRADITIONS by Sally Fallon with Mary G. Enig Ph.D. You must buy this book. NOURISHING TRADITIONS has great information and recipes with words of wisdom on every page. I only have one problem with this book. Sally Fallon put in a section of sweets. I will go into the reasoning later, when my high horse rides in. Fallon and Enig have a must read website called www.westonprice.org. This website has loads of great information.

I have found several references on how to neutralize phytic acid and enzyme inhibitors, but all of them lead back to NOURISHING TRADITIONS. There are two basic ways to neutralize these anti-nutrients. Soaking in water, also called sprouting, and fermenting in an acid base, like buttermilk. These processes are how are forefathers ate bread and lived well. Here in modern times, these processes take way to long. To many people, cooking is done in a microwave. If they can't nuke, it takes too long to cook. If you only use a microwave to cook, then you must get someone else to cook for you or learn how to cook without a microwave.

It is not often I soak any grains. I have soaked wheat seed before. I was trying to make one of Sally Fallon's recipes that called for soaked grains. I put the wheat berry in a large clear jar with water covering the seeds. The water should be changed several times in a 2-3 day period. In a couple of days a small root comes out of the seed. Rinse the seeds in a colander and spread out on a cookie sheet. Once the seeds are dried, they can be ground up for flour. Use the flour immediately or put in the freezer. The same oils in commercial flour are in your self-ground flour. The phytic acid and enzyme inhibitors are neutralized. One thing you don't want to do is chew on the seeds. The wheat seed, even though quite chewy now, should not be eaten raw. The gluten, a protein in the seed, has to be cooked to prevent severe indigestion. Let me tell you, I will not forget that lesson. Wow. Many people have problems with gluten. But if the wheat is

handled properly many problems with gluten will vanish. The gluten in the wheat is what makes the bread dough elastic (61).

The way I mainly, always, neutralize phytic acid and enzyme inhibitors is by soaking my home ground wheat flour in buttermilk. The buttermilk has an acid base, which works very well. Let me say something about buttermilk. I really don't like to drink buttermilk. Some people like the taste. That is great. I talked buttermilk earlier when I was trying to get good bacteria in my gut. When cooking with buttermilk, you will not get any enzymes from the buttermilk. The cooking process will destroy all the enzymes. I found some really good whole milk buttermilk. This is the only buttermilk I will ferment my flour in. If I use different buttermilk, the recipe will be different than before. Since you are going to buy NOURISHING TRADITIONS, I will not need to give any recipes for any breads.

Yes, I am saying you need your own grain grinder. There are hand turned and electric grinders that start at \$100. Try to get a grinder that can grind corn also. Most grain mills can be adjusted to make smaller or larger flour. Some higher quality mixers have a grain meal attachment that can be purchased. My blender is strong enough to grind grain but it always seems to miss some grains. You also need to purchase grain. Go to your local feed and seed store and buy 50 pound bags. You can put the seed into airtight containers or I put the seed into 1 gallon Ziplock bags and put into the freezer. However you store the grain, make sure no rodents or bugs can get to the seed. Properly stored seed can be stored for years. A 50 pound bag of wheat seed cost around \$10. I make a batch of buttermilk biscuits and pancakes every week. A 50 pound bag may last 9 months, give or take. All sorts and combinations of seeds can be bought over the internet in much smaller quantities but at much higher prices. Yes, there is a feed and seed store near you even in the big city. It is best to only make the flour needed for your recipe so as to persevere the integrity of the flour. Once you have a routine down, the process will not take long. I make enough biscuits and pancakes to last throughout the week. You have to plan ahead for meals. I make cornbread sometimes. If this sounds like a lot of work and you think you don't have time, then you are wrong. People find time for what they want to do. You got yourself in the shape you are. You have to correct it. THERE IS NO SUCH THING AS A MAGIC PILL. One more thing about your own whole grain foods, don't eat too much at one sitting or you will be sitting on the toilet. The bran is really high fiber. You will not need to eat prunes. You will quickly figure out how much you can stand (that is a pun). Some health diets promote colon cleansing, not me. Eating a natural, no junk diet, will keep your gut cleaned out. To get some of the fiber out you can put the flour into a tight wire strainer. It takes a little more time to sift out some of the fiber but you can eat more bread without so much fiber.

Beans are a nutritional dense food. Beans have to be prepared to get all the nutrients out. All beans have phytic acid and enzyme inhibitors. I prefer to buy dried beans, that way I know they are prepared properly and they are the cheapest way to buy beans. If I want to eat beans on Monday night, I will start soaking the beans Sunday morning. A small package of dried beans will take 6-8 cups of water. Add a couple a tablespoons of lemon juice to help with the phytic acid and enzyme inhibitors. Drain and rinse the beans at least 3 times. Monday morning I will put the beans in a crock pot on low heat. I add salt, pepper and some pork at this time. When reading the cooking directions on the package it will say overnight soaking or quick cook. Don't do the quick cook or the phytic acid and enzyme inhibitors will not have time to neutralize. You

will not get the full benefit of the beans but you will get the gas. Properly cooked beans will produce much less gas in your system.

When I say beans, I don't mean soybeans as a food you should try to cook. Soybeans have the highest phytic acid amount of all beans. Since soybeans have the highest phytic acid content of all foods, it is the hardest to lower the amount to a manageable level. This U.S. Government website (<http://www.ncbi.nlm.nih.gov/pubmed/1503071>) says iron absorption was increased 4-5 times when phytic acid was reduced from its 4.9-8.4 to less than 0.01 mg/g. Even a small amount of phytic acid would strongly inhibit the uptake of iron. I put many references throughout this report, but I wanted this one to stare you in your face to prove that the U.S.D.A. says phytic acid has to be dealt with. I want to be very clear. **IF YOU DO NOT GET THE MINERALS YOU NEED EVERY DAY, YOU WILL GET SOMETHING YOU DON'T WANT. YOU ARE WHAT YOU EAT.** Here is a website from the University of Illinois in Urbana about phytic acid in soybeans, <http://jn.nutrition.org/content/122/12/2466.short>. This site says that for zinc to be absorbed, the phytic acid must be neutralized.

When I started writing down how I was healed, I thought I knew why on everything, but the more I look the more I find out why I was so troubled. Many hamburger joints use soy flour in their buns, soy protein in their hamburger patties and hydrolyzed vegetable protein (possible soy or not) in their sauces (62). McDonalds lists soy flour in their buns (63). At Baskin Robbins, half of all ice creams contain soy (62). Canned tuna may contain vegetable broth which has soy protein. Nearly all breads sold in the U.S. has soy flour in it. Soy can be found meats, ice cream, cheese to french fries. Soy can rob you of the minerals you need. But wait you are asking, "How do you know the soybeans in these foods were not neutralized of their phytic acid and enzyme inhibitors?" The soybean processors try the best they can to turn this legume into something edible but quick, industrial processing does not get the soybean ready enough to be called a nutrient dense product (64). The soybean industry says there are acceptable limits of the solvent hexane, used to process the soybean. 10mg per kilogram in food containing defatted protein products and defatted flour is okay for your children. Also, 30mg per kilogram in defatted soy products as sold to you the final consumer is okay (65). Is that okay with you? Is it okay to have a tiny portion of crude oil in your body? Hexane is just another toxin your body has to deal with.

You ask yourself, "Haven't the Chinese and Japanese been eating soy for a long time?" Yes they have in the forms of tempeh, miso and tofu. If these foods are prepared the old traditional method, the phytic acid and enzyme inhibitors will be greatly neutralized, making them safe to eat. Otherwise, no soy products should be consumed.

There are many sites condemning soybeans and the by-products, but I will tell you what I personally have experienced. When I ate too many hamburgers from fast food restaurants, my food starts to go through me fast. I really don't think the burger (meat) is much of a problem, unless it is not 100% beef. Yes, I raise beef. I have grazing land and I believe it is my responsibility to do my duty and provide food for people. (More on cattle later) Now the bun has been adulterated from a healthy food to something made to last a long time. I believe the sugary bun makes yeast overgrow, resulting in digestive problems. I am in good shape now, but if I daily visit fast food joints, my stomach will start telling me to stay away. If your digestive problems are intense, do not eat any bread in which you did not make yourself. You must know

the ingredients and how they were processed. When you begin getting yourself on track to being healthy, even your own homemade bread is not a good idea. If your problem is an overgrowth of yeast, bread may be too much for your stomach. Controlling the overgrowth of the bad bacteria is your number one priority.

I love rice and rice loves me, brown rice that is. White rice is for throwing on newlyweds. I have told my children many times, I love this or that food, but this or that food hates me. I love brown rice and it loves me back. I ate white rice for many years until I read in a muscle magazine about weight lifters eating brown rice. I tried it. It was pretty good. Back then I thought cooking for 45 minutes was a long time to cook rice. White rice only takes a few minutes to cook. When I was at my sickest, even brown rice had too many carbohydrates for my compromised digestive system. Therefore be very careful about consuming even properly prepared brown rice.

Brown rice has only the chaff (outer husks) removed. White rice has the bran and germ removed. White rice keeps longer but lacks the nutrients which brown rice has. White rice may be milled even further making polished rice. Some white rice is buffed with glucose or talc powder. Some white rice is enriched with minerals lost during processing (65). According to the United Nations, preparing brown rice is a long process which makes a superior rice. The method of cooking involves putting the correct amount of water with rice in a pot and soaking for 24 hours. The pot should be kept at 100 degrees until the actual cooking begins. The United Nations said this method stimulates germination, which activates enzymes in the rice. Cooking this way makes the amino acid profile more complete, including the amino acid GABA. GABA (gamma-aminobutyric) is an inhibitory neurotransmitter in the brain. GABA is known to relax the brain by not allowing the brain to be too excited (66).

The following is from the USDA Nutrient Database (67)

	Brown rice, medium grain, cooked, 1 cup	White rice, medium grain, cooked, 1 cup
Protein	4.52g	4.43g
Lipid (fat)	1.62g	0.39g
Ash	0.76g	0.39g
Fiber	3.5g	0.6g
Calcium	20mg	6mg
Iron	1.03mg	0.37
Magnesium	86mg	24mg
Phosphorus	150mg	69mg
Potassium	154mg	54mg
Sodium	2mg	0

Zinc	1.21mg	0.78mg
Copper	0.158mg	0.071mg
Manganese	2.139mg	0.701mg

As you can see brown rice has the superior amount of minerals of both rices. Brown rice does have some phytic acid, but a small amount. The United Nations recipe is a good one. It is very similar to the dried beans recipe. Once you start planning your meals, preparing a day in advance will not seem crazy.

In looking for phytic acid information, I came across a few sights promoting phytic acid as a good thing. The sites said phytic acid could be good to slow down the progression of cancerous tumors. They say the phytic acid doesn't allow blood vessels to grow into the tumor and they say phytic acid doesn't bind with too many minerals (68). I think it is more important to avoid cancer altogether, therefore I am going to neutralize the phytic in my foods. Why would I not want all the nutrients I could possibly get?

Chicken and pork producers do everything they can to get the most out of their feed. They want their animals to utilize every possible morsel. Wasted feed is wasted money. So to try and save money the pork and chicken producers add phytase to their feeds (69). Phytase is the enzyme which neutralizes phytic acid. Therefore the chickens and hogs can eat less feed and still get more nutrients because the neutralized phytic acid is not robbing the animals of precious minerals. I know chickens digestive system is not like ours but the hog's system is very similar to ours. It is the same for people, why eat empty calories when you can eat nutrient dense food? Of course those empty calories are more convenient, but when is it more convenient to have a sickly body? Since I have learned about food, I have more energy now than I did 20 years ago. When I eat convenient food, I conveniently have problems. It is my choice. I know the consequences.

Now I want to talk about something you are not going to like knowing. At one time or another we have all eaten macaroni, breakfast cereal, some cookies, baby food, packaged french fries, cookie dough, corn chips, packaged corn tortilla chips and uniform potato chips, (and pet food for our pets) (70). All of these products are prepared using a process called extrusion. The machine used in this process is called an extruder. An extruder uses high temperatures and high pressures to make the ready to eat meals and snacks. The grains, or whatever food you want, are ground up, put into the extruder with water or steam. Other ingredients and flavoring are put in and squeezed out in whatever shape desired, from little doughnut shapes to little fish shapes to potato chip shapes. This is the same process in which plastic pipe is made. This is the ultimate in highly processed food. Up until now I have talked about how processed food leaves you devoid of nutrients, but now I will tell you worse. The more protein in a food that goes through an extruder, the worse it is for you. The amino acids in the protein become toxic (71, 72, 73, 74, 75, 76). The toxic process is called deamination and decarboxylation.

Deamination is the process by which amino acids, from protein, are broken down if there is an excess of protein consumed. The amino group is removed from the amino acid and converted

to ammonia. Even though ammonia is toxic to the body, in this process the ammonia is converted to urea and excreted through the urine. The problem is deamination occurs in the extrusion process which means there is ammonia in the extruded product. Which means, you are consuming ammonia. (77)

Decarboxylation is what happens to some of the amino acids during the extrusion process. During this process amino acids lose a carbon atom which makes them toxic to the body. The amino acid lysine loses a carbon atom which becomes cadaverine. (76) Break the word cadaverine apart to make, cadaver and ine. Cadaverine is a foul smelling compound produced by protein during rotting of animal tissue. (75) During the extrusion process, a useful amino acid (I wrote about lysine in the bone broth section) lysine is turned into a toxic compound, cadaverine. Some cadaverine is produced in the body under controlled conditions. This is the odor in urine and semen.

I quit eating breakfast cereal several years ago when I found out about extrusion. I had been eating what I thought was the best cereal on the market, Shredded Wheat. The cereal has no added sugar. Shredded Wheat has what seems only healthy ingredients. But it is also made by extrusion, all cereals are extruded (78). I was not naive about breakfast cereals. I was naive about corn chips and tortilla chips. I did not want to know how they were made. I knew some of the ingredients were not so good. One day I looked up how they were made. Corn chips and tortilla chips are also made by the extrusion process (79, 80). Solomon wrote in Proverbs 1:22, "How long, O naïve ones, will you love being simple minded? And scoffers delight themselves in scoffing. And fools hate knowledge." (Scoffer means non-believers) Solomon was right. Ask yourself if what you are eating is good for you. If you are not sure and it is not covered in these pages, look it up in more than 2 spots. I am trying not to be naive anymore, how about you?

Paul Stitt is a biochemist who worked for Quaker Oats in the late 1960s. Stitt joined Quaker Oats hoping to make nutritionally dense food for the average American. In his book, FIGHTING THE FOOD GIANTS, Stitt details how Quaker Oats was only interested in making huge profits. Paul Stitt found a study which Quaker Oats made in 1942. The study was performed with rats. Four sets of guidelines were detailed on the study. One group of rats ate whole wheat seed, water and minerals. A second group ate puffed wheat, water and minerals. A third set was given water and sugar. The last group was given water and minerals. The rats given the whole wheat seed lived for a year. The rats given water and minerals lived for 8 weeks. The sugar and water rats lived for a month. The rats given the puffed wheat cereal, water and minerals lived for 2 weeks. The study proved the puffed wheat rats didn't die of malnutrition but the toxicity in the puffed wheat cereal.

Ask yourself if those cute little colorful doughnuts floating in a bowl of milk have the right nutrients for your body. Do your own study. Only eat cereal for every meal for a month. Am I making this stuff up? The box of cereal says it is the breakfast of champions. Are you scared? If you think I am wrong, then go ahead, three times a day of cereal. What if I am right? Are you feeding this stuff to your children every day? Are you too lazy to cook a good breakfast? Why do I have time to cook? Do I have 25 hours in a day? Do not eat this stuff ever again. I'm trying to make a point. If you hesitated even for a moment on taking my challenge, then you know these

breakfast things are bad for you. Think for a minute. How can a processed food stay in box for a year without becoming rancid? It can stay in a box because it ain't food any more.

It is not just people eating poisonous food. We feed it to our pets. Dry dog and cat food is extruded also. It doesn't matter how nutritious the bag says the pet food is, the food is still extruded. When I was looking up epilepsy, I came across a huge supply of information about dogs with seizures. Why? It hit me pretty quick. Dry dog food was the cause. I can't prove it. Got another reason?

I believe when I stopped eating extruded products my health improved. My gut tells me everything and does not lie. Whenever one stops poisoning oneself, it is a good thing. This is a big part of connective tissue disorders (arthritis, fibromyalgia, etc.). Eating toxic food put a great strain on the system. It has not been long since I quit eating bagged tortilla chips, but taking the strain off me should be helpful. Please, look up some or all of my references. I am not trying to B.S. you.

SUGARS

WELL, here I am with my high horse. I am riding my high horse stomping all over sugars. I don't just mean table sugar, but every kind of sugar you can buy, from table sugar to honey, even artificial sugar. Sugar is only worthy for my horse to defecate on. That may sound harsh but that is what I believe. Sugar is bad stuff.

I have had many pounds of the stuff in my lifetime. I occasionally get some in foods, but not on purpose. When I am at birthday parties, I quietly refrain from eating birthday cake. I get remarks like, "One piece won't kill you." They are right. One piece will not kill me but one piece may lead me to backslide on my sugar abstinence. I'm weak when it comes to my sweet tooth. I don't anymore, but at one time when I bought a bag of cookies, I ate the whole bag. Of course, that was childish and stupid. I don't eat any sweets now, not even with honey.

When I first started making my bone broth, I added honey, apple cider vinegar and drank it as a tea. It was fantastic. But as I said earlier, that proved to be a mistake. Even honey was too much for my delicate digestive system. I believe you can't fool your digestive system with any type of sugar. Your gut says this is sugar. Your gut will handle it like sugar. Your pancreas will handle it like sugar. Your candida (yeast overgrowth) will enjoy every granule. Don't eat it. It is that simple.

I knew for a long time sugar upset my stomach. I knew that fruit juice upset my stomach. I knew white potatoes upset my stomach. I love all three foods but they don't love me. It took me a long time to wean myself away from sugar and high starch foods. I have no desire to eat any sugary foods, except fruit. I like to eat fruit mid-morning and mid-afternoon. (I will tell you another reason in a moment) It keeps me away from other snacks, which always seem to be near and easy to grab. How often do you find fruit in a convenient store? How much candy, soft drinks and chips do you find in the same store? Why is that? Money. The chips and candy can stay "fresh" for months. Fruit is only good for a few days.

When you don't eat sugar, everything seems to be sweeter. Years ago, 20 years, I gave up Coke for 6 months. When I finally drank one, it was so sweet tasting I almost stopped drinking it. While I was still eating breakfast cereal (Shredded Wheat), my wife bought me a cereal brand called Kashi. She said, "Don't worry, the label says it is only slightly sweetened." After two bites, I had to stop eating it. It was so sweet to my taste, I could not eat it. My wife said I was exaggerating. Needless to say, my wife consumes more sugar than me.

While I was researching why sugar is so bad, I came across something new to me, Advanced Glycation Endproducts (AGEs). AGEs are baaaad stuff. I thought feeding candida (yeast overgrowth) was bad, which it is, but AGEs are something else. AGEs are brought on because of glycation. Glycation is the result of heating proteins and or lipids (fats) with sugars or high starch foods (81, 82, 83). This is the non-enzymation process, meaning body enzymes had no part in forming these compounds. The compounds are haphazardly put together. It is like a jigsaw puzzle put together incorrectly.

Glycation products eat away at your protein and myelin. Myelin is the insulation wrapped around the electrical impulses in the nervous system. What happens when a couple of these uninsulated wires get together? They short circuit. What happens when this happens again and again? Major nerve damage happens. I believe this was one of the symptoms of my brain fogs, demyelination (the myelin being eaten away). Multiple sclerosis is the best known of the demyelinated diseases. Columbia University says AGEs don't cause multiple sclerosis, but Columbia says AGEs do exacerbate the problem of demyelination (84). Could the combination of AGEs, deamination, decarboxylation, ALEs (next up), phytic acid and not getting the proper

nutrients cause M.S.? What problems are these causing in you? These things caused all kind of problems in me. Not harming oneself and getting the proper nutrients are the way to stay away from demyelination.

Glycation can occur inside or outside the body. Outside the body (exogenous) glycation is formed by heating sugars with protein or fats. Inside the body (endogenous) occur mainly in the bloodstream to a small proportion with sugars. Fructose (fruit sugar) combines with proteins and lipids quite well (85). That is one reason I don't eat fruit with meals. Eat fruit 30 minutes before a meal or several hours after a meal. When I was still eating improperly, I stupidly thought I could eat an apple pie and that be a fruit serving. An apple pie is loaded with sugar, incorrectly prepared flour and rancid cooking oil (oil is next). At the time I wondered, why does my stomach get upset when I eat an apple pie, apple is supposed to be good for you? Don't be naïve like I was. Desserts are should not be on your menu, if you want to be healthy. If you want a treat, then treat yourself with dignity.

Glycation puts together other glycated products to form advanced glycated endproducts. These AGEs will stay in your system for nearly a year, so a little goes a long way. Not all AGEs are harmful. But AGEs really work on long lived cells such as nerves, brain cells, long lasting proteins such as in the eye, collagen and pancreas. Damages can also include the collagen in the blood vessel walls (83).

AGEs are particularly hard on collagen. Of course, collagen is protein in connective tissue. Collagen represents over 30% of protein in the body. Eating sugar (of any form) and highly processed starches increase glycation which increases collagen deterioration. Many studies have implicated glycation with diabetes, Alzheimers, eye diseases and you name it AGEs helps to bring it (disease) on (86).

My joints hurt because I was destroying them with my ignorance. The AGEs were eating my collagen up and I was not replacing collagen because everything I was doing in my diet was wrong. I wrote earlier, I could feel the bone broth healing my digestive tract. My stomach and intestine were being eaten away by AGEs. I also wrote, if I refrain from eating bone broth I start to become less limber. You must consume bone broth on a regular bases. I have made a feeble attempt to tell you of the benefits of bone broth, but you must discover it for yourself. It is like when I tell my son not to do something, I already know the consequences of the action, but he must discover the consequences himself or he will not understand. I have learned the consequences of your actions and inactions. Drop the candy. Spill the coke. Don't buy the ice cream. Don't make the sweet tea. Don't eat that baked potato. Solomon said don't be naïve.

NIGHTSHADES

When you tell someone not to eat nightshades, they say, "What are Nightshades." Like everything else I do, I had to find out the hard way. Nothing comes easy for me. I fail and fail again before I find the correct way. Nightshades are white potatoes, eggplant, peppers, tomatoes and tobacco. Everyone knows one should not consume tobacco, but the others. Mmmmm. Am I crazy or are you uninformed? I say both.

I was uninformed. A couple of years ago, my knuckles started to grow. It was really strange. I mainly noticed on my finger knuckles. My knuckles were growing. How could that be? Not only were my knuckles growing, they hurt and were stiff. My fingers were becoming arthritic. Arthritis is defined as inflammation of your joints. My joints were stiff and hurt. I had a classic case of arthritis in my hands.

What I couldn't understand was how and why so fast? Like many of my questions, the internet answered my question. The internet is great for answers but you can't get the proper answer without the proper question. I put in the right key words and the answer sprang in front of me. As soon as I saw this website, I knew it was true. (I found this answer elsewhere also. I don't depend on just one reference.) Remember, not to poison yourself is number one with me. This reference showed me disguised poisons hidden in sheep's clothing.

My stomach was really doing well so why not try some white potatoes? And why not mix some picante sauce (tomatoes and peppers) into my ground meat? Of course, instead of using salt and pepper I began using Tony Chachere's. Tony Chachere's is salt and peppers mixture. It taste great and really spices up any food. Tony Chachere's is almost required in the Deep South, especially as you get closer to South Louisiana. Peppers and peppercorns are different. Bell peppers are red, green, orange and yellow. And you got other kind of peppers like cayenne, chili, jalapeno and others. Pepper, also known as black pepper, is a peppercorn and is okay to eat.

I didn't eat any eggplant or tobacco. I was eating too much white potatoes, peppers and tomatoes. When I stopped eating the Nightshades, it wasn't long before my classic case of arthritis disappeared. I would like a rheumatologist to read this. My knuckles shrank back to their normal size. I know if I go back to heavily eating nightshades again, the arthritis demon will return.

Why do Nightshades bring on arthritis? According to Dr. Childers, who pioneered the link between Nightshades and arthritis, Nightshades contain calcitrol. Calcitrol is a powerful hormone. Calcitrol tells the intestines to absorb calcium. We need calcium, but in proper quantities. Too much calcium is bad for the body. As with everything, too much of a good thing is not good. The body tries rid of the excess calcium, but if there is way too much the calcium is deposited in your joints. This results in hypercalcemic, which means too much calcium in your body.

If having joints inflamed was not bad enough, continued hypercalcemic can lead to blood vessel calcification and calcification of your kidneys. Calcification is hardening of soft tissue by too much calcium. Not good, huh? Don't get me wrong. I love pizza, French fries and picante sauce but these foods don't love me. I have to choose. How much can I take and still feel okay? I know one thing. I don't like arthritis. One funny, strange, thing. No major health organization recognizes Nightshades as a problem. That is a major problem.

COOKING OILS

Doesn't fried chicken, fried fish, fried shrimp, fried oysters, fried frog legs, french fries, fried okra, fried onion rings, fried green tomatoes and fried turkey strips taste wonderful? Fried food doesn't take long to cook. A little batter, some spices and you are on your way to some goooooo tasty food. Oh yes, one more thing, if you use polyunsaturated oils like corn oil, peanut oil, soybean oil or margarine in your cooking you are headed to an early grave. But it taste sooo good. That's what is really important, isn't it? Even though a meal may be unhealthy, isn't having a quick great tasting meal more important than our health? Please answer that. It is like a woman who wears great looking shoes, even if the shoes hurt her feet.

One of the quickest ways for my digestive system to go off track is to eat foods cooked in polyunsaturated oils. I love fried foods, but fried foods hate me. Several meals in a row of fried food sends me running to the toilet. A few years ago, after I had put most of the pieces of digestive health together, I found some more pieces. I was working a trade show away from home. I made sure I had lunch supplies while at the show, but I ate out for breakfast and supper. I thought I was eating right, until the third day of the trade show. That morning I visited the restroom about four times. I was thinking *how did I mess up?* I thought, I only ate good foods. I finally added up what had happened. The scrambled eggs in the morning and the supper meals were all cooked in corn oil, or something similar. That is when I realized, it does not have to be deep fried to upset my stomach. Just the soaking of the food in the oil is enough to ruin my gut. It wasn't just one meal, but multiple meals that upset my system. Let me make this very clear. Do not cook with polyunsaturated oils, deep fried or pan fried. You may be thinking frying doesn't bother me. Isn't it great to be naïve? No its not, because being naïve always catches up and hits you like a sledgehammer. I knew frying, with most oils, was bad for my digestion, but I didn't know how bad the oils were until I started doing research for this project.

In the Mark Twain book, LIFE ON THE MISSISSIPPI, published in 1883 (that date is important). Mark Twain writes about two traveling salesmen on the paddlewheel boat on which riding also. One salesman is from New Orleans, who's talking about making a lot of money selling cottonseed oil in a bottle labeled olive oil. The New Orleans salesman figured out his company could sell the cottonseed oil as olive oil for a much increase in price. The salesman from Cincinnati had a deal just as lucrative and as shady as the New Orleans salesman. The Cincinnati salesman was selling oleomargarine. We called it margarine for short. The salesman said he could sell this stuff as a butter substitute and make lots of money. It, oleomargarine, could be made dirt cheap and sold for as much as real butter. I put this published date to prove margarine has been around for a while. Yes, Mark Twain has been known to stretch the truth, but margarine was just invented four years earlier (87). So why or how could he know oleomargarine could be detrimental to your health? He didn't know. He was only writing about

some of his experiences on the river boats. But from his experiences he knew people will sell you something to make a buck, that may or may not be good for you, just to make a buck. Of course, not all people are this way, but money is a very powerful force. A friend told me once, "They would not make it, if people did not want it." That doesn't make any sense. Did people go around saying, "I wish I had a butter substitute," no of course not? Before Coca Cola, did people go around saying they wanted a Coke? Before Kelloggs started making cereals, did people ask for cereal in a box?

Advertising tells us we need this or that. Advertising tells us we will look cool and feel great with this new product. Advertising tells us to join in and be hip, all of your friends are doing it. There are no new foods. There are only new ways to process old foods. This processing robs us of most of the available nutrients.

William Proctor and James Gamble of Proctor and Gamble, were some really good salesman. In 1905 Proctor and Gamble owned 8 cottonseed mills in Mississippi. Proctor and Gamble were in the soap and candle business. The candle business was drying up with the electric light becoming common. Like any good business owners, they were looking to diversify. Working with the German chemist Kayser, Proctor and Gamble got involved with a new process called hydrogenation. This process adds hydrogen atoms to the fatty acid chain which could turn cottonseed oil into a product which looked like lard. So these two salesmen came up with the idea, if it looks like lard (pork fat), why not sell it as lard. The question was how to sell a lard substitute. Just like today, promoting good health and being cheaper than the real thing (lard and butter), was a great selling point. (88)

How many times have you heard the phrase, "That a good salesman could sell ice to an Eskimo?" A good salesman could make you believe most anything. That's right, I am selling you something also. I am selling you the fact that I want you to question your food choices.

The easiest reason why my gut can't take fried food, in polyunsaturated oils, is because the oils are all spoiled. Your gut does not like spoiled foods, whether it be oils or rotten meats. Again, you can't fool your stomach. Once the grain is crushed for the oil, the oil starts to degrade. The cooking oil companies put a blanket of nitrogen gas in the bottle of cooking oil to help prevent spoilage. (89) Read Phd. Mary K. Enig's book, EAT FAT, LOSE FAT. She is the expert on fats.

The American Heart Association is right and wrong on its ideas on fats. That's right, a lowly arrogant know it all it going to tell the AHA what is wrong with their meal plans. The AHA says to limit foods high in saturated fats, such as whole-milk products, fatty meats, tropical oils, partially hydrogenated vegetable oil and egg yolks. (90)

First of all, what is limit? How much is limit? We all know too much of a good thing isn't good. So, how much is limit? I would limit hydrogenated oils to zero. Never eat them. Is that clear? How many thousands of years have we eaten whole dairy, fatty meats, tropical oil (coconut) and egg yolks. Again, anything eaten to extreme is bad for you. The AHA says to eat a variety of fruit and vegetables. They should say eat raw fruits and properly prepared vegetables to get all the nutrients out. The AHA says to eat a variety of grain products, including whole grains. Does that mean it is okay to eat breakfast cereals which have been adulterated by

extrusion? Does that mean it is okay to eat store bought whole wheat bread that combines with the minerals in your gut and flushed out? The AHA says to eat a fatty fish at least twice a week. That is a good idea, but how about adding, "caught wild." The AHA says to eat fat-free and low fat milk products and legumes, skinless poultry and lean meats. Sounds like they don't want you to have any fat. The Mayo Clinic says to get 20%-35% of your calories from fat, 45%-65% from carbohydrates and 10%-35% from protein. (91) The Cleveland Clinic, a leading heart center, says you need on average 2000 calories a day. (92) These recommendations from the Mayo Clinic sound pretty good to me. The problem lies in eating too many calories. It does not matter how pure your calories are or how great a person you are if you eat too much, you gonna get fat. You can get fat off of eating too much fruit or too much cake. Eating too much is too much, no ifs ands or buts. Consuming too many calories will be stored as fat, plain and simple. The stored fat will be everywhere, including in your blood vessels just waiting to clog your arteries. Of course just eating the proper amount of calories in proportion to your size and activity level is not enough to prevent cardiovascular problems. You have to eat nutrient dense foods without adding toxins. The Cleveland Clinic says the best way to lose weight, to get to your ideal weight, is to reduce your caloric intake to 1500 calories. Anything less than 1500 calories will put your body into survival mode which will try to keep fat from being used. If you are currently eating 2000 calories a day and you drop to eating 1500 calories a day, then you are well on your way to losing weight. One pound on your body is equal to 3500 calories. If you eat 500 calories a day less, then in 7 days, you should have lost one pound. (7 days x 500= 3500) Losing 1 pound a week is very respectful. You don't want to go to fast. In a year's time you could lose 50 +/- pounds. Don't rely on using exercise to drop a lot of weight. If you walk, at a brisk pace for 10 minutes, you could use up 100 calories. If you walk every day for a month, that would be 3000 calories. Not even a pound a month. I want you to exercise but don't think you can walk yourself thin without reducing calories. (More on exercise later) I used to weigh 250, now I'm a hard 195. I have also have a father, a father with heart problems. If I am like my mother, I am like my father also. If I didn't stop the way I was eating, I believe I would have heart problems also. Like father, like son. I quit eating so much. I did it, you can do it.

Back to the American Heart Association. The AHA says to eat legumes. This is good, but they should say dried legumes which have been soaked in water for 24 hours to neutralize the phytic acid and enzyme inhibitors so you a retrieve all the needed nutrients.

They say to limit dairy products. I will have to agree with this statement on the grounds that most milk in the U.S. is from cows feed grain. Cattle were not meant to be kept on grain. Only the past 80 or so years have we been using grain to make milk. Cattle, milk or beef, are supposed to be on grass their whole lifetime. Look for grass grazed dairy for your milk and cheese. You will have to do a little detective work to find this kind of dairy and beef. Look at www.eatwild.com, ask your local feed store, ask friends or look in your state's farm sales tabloid. You may find all kind of local farm grown products.

The AHA says to choose liquid or tub margarines, canola, corn, safflower, soybean and olive oils. I say yes to high quality olive oil and no to the other oils. They say saturated fats are more stable (I agree). Which means saturated fats don't readily combine with oxygen. Combining with oxygen turns the oil rancid. Not a good thing. Saturated fats are animal fats, coconut oil and palm oil. This does not make any sense. The AHA is telling you to eat oils that mix with oxygen

and become rancid. The AHA prefers you eat rancid oil over stable animal fats which are not rancid. The AHA says not to eat trans fats because this comes from hydrogenated vegetable oils. I agree with this statement. The AHA says cookies, crackers, many baked goods, french fries, donuts, and other fried foods are a major source of trans fat. So don't eat these things.

I believe the AHA has a limited range of focus on heart disease. On their website, they are only giving a few helpful ideas to prevent heart disease. The worst thing wrong with eating these oils is not just making me run to the toilet, but these oils become toxic. I am talking about any oil which has been hyperprocessed. Just like in the sugar section about advanced glycation endproducts, we have advanced lipid peroxidation endproducts (ALEs) only worse. We will start off with this government website (93). This site talks about the spoiling of oils, polyunsaturated, create a product called 4-HNE. 4-HNE is a bad boy. 4-HNE is considered a cause in chronic inflammation, neurodegenerative diseases, respiratory distress syndrome, atherogenesis, diabetes and cancers (94). This reference goes on to say repeated use of using the same oil to fry in makes more 4-HNE. 4-HNE is so strong it eats away at the protein in your body (95). Aren't fried foods great?

Lipid peroxidation (oils rotting) mainly occur in polyunsaturated oils, corn and soybean are the big two. There is the problem with the AHA saying to eat polyunsaturated oils. Their statement makes no sense. Animal fats are more stable yet they say to limit animal fats. You should limit every type of food. A study done by F.L. Muller, says lipid peroxidation must be removed from a person's life, for life to continue (96). Like AGEs, ALEs do the same thing in destroying proteins and myelin in your body. I knew fried foods ripped my gut apart, but I didn't know they literally ripped my gut apart.

Let's back up a little and discuss how polyunsaturated oils (corn and soybean) saturated oils (animal fats and coconut oil) and monounsaturated oil (olive oil) are processed. There are other fats, but these are the most used and are a good example of current processing.

Olive oil has been processed from the fruit of the olive tree for thousands of years. The process has changed little over the years. Of course, new machines have come on line, but the slow old way is the best. The first step is to clean the olives. Removing stems, twigs, dirt or any other foreign matter is important. Light weight contaminants are removed by a big fan. Water washes everything else off. Step 2 is crushing the olives to a paste. This is done to tear the flesh cells to release the oil from the fruit. The crushing can be done with stone mills, metal tooth grinders, or hammer mills. Step 3 is mixing the paste for up to 45 minutes to allow small oil droplets to mix with bigger droplets. Heat or water can be added to get more oil out, but this lowers the quality of the oil. Step 4 is using a centrifuge to spin the oil out. If any water is in the liquid, it is drained off the bottom of the tank. Then the oil can be filtered again if necessary. Other means of producing more oil from the olives are used involving steam and hexane (our poisonous solvent). These other means of processing olive oil are not a good thing and produce low quality oil. (Anything for a buck?) When you buy olive oil, don't buy the cheapest thing on the shelf. Even olive oil can be abused. Most olive oils have their website on the bottle. Look up the website and ask them how they process their oil. If the bottle doesn't say cold pressed or extra virgin, don't buy it. What we do so once we open a bottle of olive oil, is to pour the entire

bottle in a wide-mouthed jar with a lid and put into the refrigerator. This allows the oil to stay fresh and since the oil will harden some, I can use a spoon to get out the oil I need. (97)

Lard is pork fat that has been cooked down to a liquid, breaking it away from any meaty portions. Every time you cook bacon with grease left over, you have rendered down fat making lard. Put the grease (fat) into a wide-mouth jar and put into the refrigerator. You get lard. I never have enough lard to deep fry anything, nor would I deep fry. A little grease is great for pan frying. It's rare for me to buy bacon now because of all the sugar in it. (I found some bacon without added sugar.) I try to stay away from eating AGEs and LPEs. If you shop your larger grocery stores, you may find some bacon without the preservatives and sugar. Lard is hard to find. If you do find some, make sure the lard has not been turned into a toxin by hydrogenation. I usually cook some pork product in the morning leaving enough oil to cook scrambled eggs. If I have extra grease I will keep it, to be used some time later. Look at www.eatwild.com for quality lard. Whenever I do use bacon grease or olive oil, my cooked food is never dripping with oil. Also on pork or beef meats it is okay to eat some fat, which could be trimmed, but don't over do it. Your gut should tell you if you ate too fat. I love a steak with fat on the edges but my stomach tells me to trim the fat or I will have problems the next day. Remember, your gut doesn't lie to you.

I love coconut oil and it loves me. I rarely cook with it but I could. I mainly use the coconut oil on my hands. In the winter my hands can get dry and begin to crack. I rub a little oil into my hands and presto, no cracked hands. You can buy coconut oil in tubs. The tubs go from one pint to a five gallon bucket. Most of the time the oil is a solid, but you start going over 75 degrees and the oil starts to liquefy. If I used the oil for cooking I would leave the oil in the refrigerator.

Coconut oil is made from the dried coconut meat. Like most commercially sold oils, coconut oil can be processed the quick harsh get every drop or slower cleaner safer get the most you can way. The harsh way uses solvents to get every drop. Sometimes the harsh way gets even harsher using hydrogenation. The slow clean safe oil is the oil you want. Look for virgin or extra virgin. Virgin oil is retrieved from fresh coconut meat. The best method presses fresh meat. Then the oil is separated from the milk by use of fermentation. This is the old slow way making a superior oil. (When buying the oil, look up the company website. See how they process the coconut oil. Ask around. Question. Investigate. Your health depends on the quality of your foods.

Soybean oil is an oil you do not want to buy. Our ol'buddy hexane is heavily used in processing soybean oil. Hexane and high heat transform a decent oil into something you do not want to put into your body. Mechanical presses have been used to extract the oil, but this process is slow expensive and gives a much lower volume than using the neurotoxin hexane method. (99)

Corn oil comes from the germ part of the seed. Corn kernels are crushed and then steeped in water with sulphur dioxide to separate the components of the seed. Heated screw presses expel about 50% of the oil. The solvent hexane is mixed with the corn mixture. After heating, the liquid is condensed and the hexane (most) is evaporated from the corn oil. The

crude corn oil is filtered and then degummed. A steam degummer or alkali degumming is used to absorb the gums and to neutralize any free fatty acids. A hot water bath is used next to remove any soap. Clay is used to bleach and to remove any metals. The clay removes any color, soap and metal ions from the oil. Then the clay is filtered out. (100) Next time you don't buy a bottle of beautiful clear corn oil, just think of all the residual chemicals you are not getting by passing up a hyperprocessed product.

Margarine is not a single type of oil but can be made from different oils. I wanted to put this in here to show you what not to eat. Don't let advertisers fool you, butter is better, no matter what the ads say. Margarine is generally made from corn or soybean oil using hydrogenation. Hydrogenation adds hydrogen to the oil to make a liquid into a solid. (101) Butter comes from dairy cows. Butter is made by churning or shaking pasteurized cream until the milkfat (butterfat) separates from the remaining fluid. The butter is rinsed, may be salted, and refrigerated. (102) Where is the hexane in this reference? Oh yes, there is no hexane used to make butter. Or what about the added hydrogen? Sorry, no added hydrogen in butter either. Some states allow fresh non-pasteurized dairy products to be sold. Locate local producers, it will be worth it.

Corn oil, soybean oil, olive oil, coconut oil and lard can all be good oils given a chance. Why do oil processors think they have to have a cheap product to sell? I am sure some oil processing companies started off with good intentions, but the bottom line starts to gain control and the cheap harsh get every dropout oil no matter what wins out. There are quality oils out there. Take the time and look for them. Don't let a cheap, good looking oil rip your body apart.

I started thinking, what kind of fat is in our body? What kind of fat is wrapped around our internal organs as a cushion, heat insulation and as a reserve in times of famine? This type of fat tissue is called adipose. Six fatty acids make up 90% of the total fatty acids in adipose. Myristic, palmitic, palmitoleic, stearic, oleic and linoleic acids are the main fatty acids in adipose. (103) So, I was thinking maybe we should eat fats that have the fatty acids as in adipose. Here is a list of coconut, olive, lard, corn and soybean oil fatty acid content.

	Olive	corn	soybean	coconut	lard	beef	human
1. Palmitic	13%	11%	11%	9%	26	24	22
2. Stearic	3	2	4	3	14	19	5
3. myristic	0.1	0.1		18	2	3	3
4. oleic	71	28	24	6	44	43	47
5. palmitoleic	0.1						7
6. linoleic	10	58	54	2	10	3	14
7. Arachidic	0.8						
8. Behenic	0.3						
9. Lignoceric	1.0						
10. Alpalinolenic		1	7			1	1
11. Lauric				47			
12. Capric				6			
References	store bought oils (104)		human (105)				

The fatty acid content of hogs and cattle is the closest to human adipose. I am not educated enough and I couldn't find any references to say people should eat the fatty acids most similar to ourselves. But I find this interesting.

I think the American Heart Association needs to have a broader view of the cause of heart disease. The heart myogenic muscular organ composed of cardiac muscle. Smooth muscles are in blood vessels, arteries, bladder, uterus, reproductive organs, digestive system, lungs, and the iris of the eye (106). I believe the AHA should focus on how fats are processed before they say all this oil or all that oil is good. Remember what I said when I started taking bone broth. I wrote it felt like my digestive system was healing. It was doing just that. All the sugar, cereal, fried foods, breads, and all the other junk foods were destroying me from the inside out.

Let's say someone with heart problems has decent digestion. Let's say the heart patient has parents that lived quite a while. Why couldn't the problem with the heart patient be caused

by lifestyle choices? The AHA seems to focus way too much on fat consumption. Maybe the AHA should think about the poisons the patient is consuming. Maybe the AGEs and LPEs are eating the heart patient's vascular system apart along with being overweight. The destruction of the circulatory system could be ceased by changing the diet.

There is a test, fasting glucose, for diabetes which are usually given but another test, glycated hemoglobin is another test which should also be given. This test is a strong predictor of someone who will or won't develop diabetes, but also a strong indicator for cardiovascular disease and death. What the test (HbA1c) does is to test the amount of glucose attached to hemoglobin in your blood. On this test the glucose is attached to hemoglobin by glycation (the non-enzymatic way). This serves as a marker for how much sugar you have been eating for several months because red blood cells live for about 120 days. Therefore it gives a strong indication of your long term diet. (108)

The heart patient, and not just the heart patient but everyone, should immediately stop eating any sugars, breakfast cereals and any extruded snacks, anything cooked with hyperprocessed oils and bread and legumes which have not been properly prepared. Is that too simple? Of course, eating too many calories of good food is bad for the body. What you don't burn off is stored as fat. Too much fat can lead to clogged blood vessels. I believe eating too much fat, at one sitting, is bad for the gut. Your gut is designed to handle plus or minus equal amounts of carbohydrates, fats and proteins. This doesn't mean to eat fruit with other things, but eat only one piece at a time and on an empty stomach. Even though fruit is easy to digest, one piece at a time please. Don't overwork the pancreas. Eating too much of one thing during a meal could cause digestive problems. I am sure some people at the AHA know everything I know and a lot more but I don't hear them saying it. My father has a great cardiologist, but nothing is getting home about a change in diet. Is that my father's fault or his doctor fault? Is what I am saying too difficult to do? Is too hard to eat right? Is it easier to take a pill and hope for the best or is it better to believe in proper planning prevents problems? If I had not learned many digestive lessons, my father's doctor would probably be my doctor also. I have four brothers, one which has his own cardiologist. Make that two brothers.

EXERCISE

Exercising is like brushing your teeth, you have to do it. I don't mean exercise should be boring, but exercise is so necessary. Heavy physical exercise is needed for your mind as much as for the rest of your body. Exercise is needed to keep your muscles strong and the joints flexible. It is good to keep your heart and lungs strong. Exercise is important for circulation. It is part of the recipe of staying young. When I say exercise, that means you gotta sweat. If you don't break a sweat, then you are not going long or hard enough. Needless to say, if it is cold it may be hard to break a sweat.

Exercise involves some type of aerobic activity and strength training. Generally 30-45 minutes at a time is enough, at least 3 days a week. You don't have to do aerobic and strength training on the same day. You need to vary the type of activity, not only to keep different muscles working but to keep your mind involved. Once you become bored, exercise becomes a chore and you will stop.

I believe stretching is very important. Not only is stretching important for warming up, but a long term stretching session involving all muscle groups is necessary. Even stretching fingers, wrists and all joints are important. Stretching and movement of an injured area can get the blood flowing and speed up healing.

The Mayo Clinic says exercise is important for overall health (109). It is not only the Mayo Clinic but every health organization says exercise is extremely important. The World Health Organization, USDA, FDA, AHA all say we are too sedentary. Sometimes in the winter, I do a lot of sitting. In about 4-5 days of sitting, my muscles begin to tighten up. The main muscle to become tight is my back. My back used to give me all kind of problems before I learned to eat right. I can not only touch my toes, with my legs straight, I can put my palms on the floor. When my wife reads the last sentence, she will say, "You are just like your grandmother." My grandmother loves to show people how flexible she is. Believe or not diet plays a role in flexibility. When you stop eating toxins and begin to feed your body the needed nutrients, everything (I mean every body part) works the way God intended. But you still have to exercise. When I quit sitting around, my back relaxes. Your body needs to be worked. Your body has to be worked. You don't have to run marathons but you have to do something. I guaranty this program to make you feel better but you have to do everything. This is not a cafeteria program where you get to pick and choose what you want to do. Don't contact me and say I want my money back if you didn't do everything. (Besides, you didn't give me any money. I'm telling you this because I love you. I love you with agape love. Agape love is self sacrifice. This means I want nothing in return. God wants us to love each other. This is my way of loving you.) I am not putting anything in here I don't do and I am nothing special, ask my wife; she will tell you.

The mind gets as much benefit from exercise as the body. If you do not exercise, several things happen. You become stiff, weak, easily out of breath, overweight and have poor circulation. All which leads to stress. Stress is a killer. Stress can ruin everything in life. Stress

will upset your stomach as quick as if you ate a big sugary pie. Stress will cause problems with your family, which will cause more digestive problems. Just the stress of thinking where is the next bathroom, will cause more stress. I remember a stressful day at the mall. My wife and two children had eaten lunch and were shopping. I had already visited the restroom three times in the mall. I was stressed about feeling bad. My wife and children were watching a fencing (swords) demonstration. I said I wanted to go home. Maybe I said it not so nice. We left and went. After we got home, I wished I was still at the mall because my wife was a “little” unhappy with me. It was not the first time I got to feeling bad when we were having family outings. A family can only put up with so much of a stressful member of the family. Eventually they don't care you are feeling bad. You know the old saying, “Happy wife, happy life.”

Managing stress is so important. As you know, I am not a big fan of pills. Please allow diet and exercise be your first tools to managing stress. Exercise is great for taking the edge off. You don't have to belong to a gym to exercise. You can, you must find the time. Exercise is part of the program for good digestion and overall health.

SALT

The USDA says Americans get too much salt in their diet. The USDA says the limit should be no more than 2,400 mg a day of sodium, which is about 1 teaspoon (110). The government says excess salt intake leads to high blood pressure, kidney and cardiovascular disease. Our government says prepackaged foods contain quite a bit of sodium. (This another reason to cook your own food) They say to read the nutrition labels to add up the sodium content of foods. Sounds good to me.

It is important to have salt in our diets, but like anything else, salt can be overdone. Salt has several functions. Sodium chloride is an electrolyte that helps to carry out electrical impulses. One reason of my sweaty day headaches was not having enough salt in my system. Diarrhea can drain you of vital minerals. I still sweat on some days, but no more headaches. I believe now I get enough electrolytes in my system. Salt is important for muscle contraction and keeps minerals in the bloodstream. Salt helps the digestive system with digestion of food. Without salt, we don't go on. So why not have the best salt available.

If the salt you use at home is all white, then it has been highly processed. Even if it says sea salt and it is all white, it is still highly processed. The salt companies process the salt so much, the only minerals left in the salt is sodium chloride. The companies put back iodine to prevent goiter. (I wrote about goitrogens when I wrote about not eating raw or unfermented brassica vegetables) They put anti-caking compounds in the salt to prevent clumping. Some companies even put in sugar to help prevent caking. (112)

If you want the best for yourself and your family then you need the best salt. Minimal processed salt is either gray or pink in color. Gray salt is directly from the sea. This salt has been dehydrated from salt ponds. Pink salt comes from mines which were at one time (many years ago) part of the ocean. I get my salt from <http://www.realsalt.com>. The company name is Redmond Trading Company. No, I don't get any money from Redmond.

To tell the difference from most table salts and Redmond salt, just taste the difference. All it takes is to do a side by side taste comparison. Redmond salt tastes much better. Redmond sells their salt on the internet under the name RealSalt. I did a side by side comparison with my cattle as the testers. I put a tub of store bought mineralized salt next to salt from Redmond. The cattle did not touch the store bought salt until all the Redmond salt was eaten. Redmond sells granulated salt, for people and livestock, and as a 15 pound rock for livestock and wildlife.

Another side by side comparison of salt with cattle also proved informative. I bought sea salt from www.seaagri.com. This salt is from evaporation ponds next to the Sea of Cortez in Mexico. I put a 50 pound bag of salt (gray in color) next to a fifty pound of mineralized salt. The cattle, again, would not consume the store bought salt and minerals until the salt from SeaArgi was eaten. I had gotten the salt from SeaArgi to help to remineralize our fields. (more on remineralization later) The SeaArgi salt is so fresh, it was still a little damp. SeaArgi does not advice people to eat their salts; their product is for livestock and the soil.

I really don't understand why the big salt producers have to over process their salt. So what if the salt clumps some. I don't buy granulated salt from RealSalt (Redmond). I buy the wildlife 15 pound rock. This rock is not uniform in shape but imagine a 15 pound rock in all shapes. I bought one for the cattle and decided to try it for ourselves. I broke off a small chunk with a hammer. I then broke that piece into smaller pieces. Once small enough, I put the pieces into a heavy duty blender, the same blender I use for wheat grain, in seconds the pieces became a powder. Be careful, use a dust mask when breaking up and powderizing this salt. The powder can irritate your sinuses. I put most of the powder salt into a large jar and put some of the salt into a salt shaker. When I am baking, I can get a teaspoons of salt from the wide-mouthed jar. There is a little caking, but nothing I can't deal with. There is some caking in the salt shaker, but when you shake it the clumps break apart. With a little effort you can have highly mineralized salt with no anti-caking compounds put into your system.

My cattle do not lie to me. The cattle prefer minimal processed salt. They prefer salt with natural mineral. They prefer salt without hyperprocessing. My cattle can't read the bags of salt, but their gut does not lie to them. My son even licked the rock of salt when I first broke it up and said it tasted much better than the white table salt. I could buy the granulated RealSalt, but the rock of salt is not used up yet. Redmond is not the only quality salt available. Try to use salt that has not been hyperprocessed, your body will love it.

SOIL MINERALS (FERTILITY)

Why am I writing about soil minerals? I am writing about soil minerals because everyone's health depends on minerals in the soil. Minerals are life, no minerals, no life. In 1936, in the U.S. Senate, a hearing was held concerning soil fertility in the U.S. The main witness was Dr. Charles Northen. Dr. Northen said our soils were being depleted of minerals. He said the minerals were being depleted and synthetic fertilizers didn't help. (113) We get food from all over the world, but the same thing is happening everywhere also. The reason I am putting soil minerals in this book is to warn you about how little minerals are in today's food. Therefore it is so important to harvest all the minerals from the food we eat. This is another reason to daily eat bone broth. The broth helps to get much needed minerals.

Some farmers and ranchers are a little ignorant of soil minerals. Of course, the vast majority of consumers are ignorant of soil minerals. Just because a peach looks good does not mean it has lots of minerals and vitamins. The vitamins and minerals of unprocessed foods vary greatly, say from peach to peach. Soil minerals, not only vary from region to region and farm to farm, but from one part of the farm to another part of the farm. As a general rule, the farther north you go in the U.S. the soil tests for higher minerals. In my region, southeast Mississippi, we are lacking in calcium and magnesium. I have to yearly add lime to our pastures. Lime is about 39% calcium and 12% magnesium. In the delta part of Mississippi, the soil minerals are much greater than my part of the state. The reason for that is the Mississippi River. Before the levee system was put in along the river, the river would flood, leaving topsoil brought down from upriver. The problem is there no more flooding, meaning no more additional topsoil. No more flooding is great for towns and people but unfortunate for the soil.

The cost of fertilizers continue to rise with the price of oil. This means some farmers skimp on fertilizers. This means just because a crop looks pretty doesn't mean it is highly mineralized. Plants can only take up what is available. If there are plenty of soil minerals, the plants will be stronger, which makes whatever eats the plant stronger. The Bible, book of 1 Peter 1:24 says, "All flesh is grass." Better soil fertility means our cattle are healthier, which means our cattle have higher conception rates.(114) As nutrition improves conception in cattle, nutrient dense foods improves fertility in people. (115) Of course humans are a much more sophisticated animal than chickens but chickens under high stress also don't produce eggs. (Let some children chase laying hens around a chicken yard and you will not get eggs for a week.) Here is a study saying stress

plays a big role in fertility. (116) Now back to the soil, but wait, let me say here, “Everything is connected, everything.” The minerals in the soil connect to the plant. The plant either directly connects to people or through livestock. Your health comes through the plant or animal. Your stress can go up or down with your level of health. Higher stress is not good for you or your family. Now back to the soil.

Since fertilizer cost are going up and up, I have been looking for alternative products for remineralization. Whatever the crop, whether it may be cattle or wheat, some minerals leave the farm. This is the problem. Eventually the soil becomes depleted just like Dr. Northen said. Most farmers and ranchers only add nitrogen, phosphorus, potassium and lime. Sometimes trace minerals are also added. Most soils don't really get the proper amount and type of minerals the soil demands. Why is that? Simple, ignorance and or money keep soils from being completely remineralized.

Farming practices and erosion are the main culprits in soil depletion. In 1947, a movie called SEA OF GRASS, with Spencer Tracy and Katherine Hepburn premiered. The movie was really a love story with the sea of grass as the backdrop. Tracy was a cattle rancher in the west who did not want homesteaders coming in and plowing up the soil. Tracy's character knew if the ground was plowed up, the soil would dry up. The rainfall amounts were enough for grass and grazing but inadequate for plowing. Of course the rancher was right, the homesteaders came, plowed the soil and the soil said no. The homesteaders left and eventually the land returned back to its natural state. This is only a movie but it is a good example of soil maintenance. I say soil instead of dirt. Dirt is something used to fill in a hole or level a road. Soil is life. Those top 6 inches of soil keeps us alive.

Soil is like the body. Disrespect your body (soil) and life in the soil will deteriorate. The soil actually has life in it. Soil microbes are what turn inorganic matter into organic matter for plants to feed on. (117) There is a saying with soil enthusiasts, “The bugs have to eat first.” This means feeding the soil microbes organic minerals, rocks, has to be done so the plant can eat. It is the same way your digestive system. You must keep your good and bacteria happy and in the right ratio, 85% to 15% respectively, to keep your digestive system happy.

When I finally realized the price of crude oil was going to continue to rise, I started looking for other ways to remineralize. I don't like to use the word fertilize anymore because remineralize is a more complete phase. Fertilize is a short term idea while remineralize is a long term objective. I have read books, websites, and magazines on remineralization. (www.remineralize.org, Acres USA- magazine, Stockman Grassfarmer-magazine are all good on soil) I found out that a traditional fertilizer program of N-P-K (nitrogen, phosphorus, potassium) is doing more harm than good for soils. N-P-K fertilizers are like highly processed foods. The soil bugs do not like N-P-K just like your gut does not like hyperprocessed foods. The more N-P-K you put on your soils, the more damage done.

The trick is to remineralize at an affordable cost. I bought a book from www.soilminerals.com, the book was IDEAL SOIL. This is a great book for learning about soil minerals. They also sell hard to get minerals, which your soil may need. The book tells you how

take a soil report and be able to apply the correct minerals to the soil. The right minerals may be expensive but your soil will be remineralized.

I have used different things to remineralize our soils. I have tried to use organic materials so I would not hurt the soil. As the price of crude oil rises, the price of N-P-K rises also. Crude is becoming so expensive, using N-P-K is becoming too pricey to buy. Everyone must find new options. One thing I have tried was sea minerals by SeaArgi. As I have already said in the salt section, SeaArgi has huge evaporation ponds in Mexico where sea water is evaporated leaving the salt (sea minerals). I only put 100 pounds to the acre. No, this tiny amount does not burn the plant. I could have put much more and still not burn the plant. You are thinking how the Romans salted their enemies fields to keep them from feeding themselves.

Imagine the Romans flooded the fields with only 1 gallon of sea water per square foot. If 1 gallon of sea water has 1/3 pound of sea minerals (92 minerals) and 1 acre has 44,100 square feet per acre then that would equal 14,553 pounds per acre. 14,553 pounds of sea minerals would be an obscene amount of minerals. I only put 100 pounds to the acre. The sea minerals did help the soil. Now I'm foliar spraying sea minerals. We put 500 pounds of lime per acre every year. Lime is calcium and magnesium. The lime brings the soil acidity closer to neutral.

In looking for alternative minerals, the website of SeaArgi is very informative about nutrition. (SeaArgi is short for sea agriculture) The idea about sea minerals comes from Dr. Maynard Murray. Dr. Murray was a medical doctor who was interested in why man was overcome with degenerative diseases. Dr. Murray looked for answers to why certain people lived to be over 100 years of age. Dr. Murray discovered the environment which the older people lived in was the main reason for their longevity. The centenarians mainly lived in isolated areas, free from some of man's mistakes.

This led Dr. Murray to study the soil. Murray discovered our soils were being depleted of minerals. The doctor kept going with his studying which led to the sea. He discovered that topsoil minerals were slowly being washed into the sea, just like the Mississippi River used to flood farmland with topsoil from upriver. Now however, the eroded topsoil goes into the Gulf of Mexico. The Mississippi River is no exception, all rivers leading to the oceans are the same. Topsoil minerals are being leached into the oceans.

Dr. Murray spent years testing ocean fish for degenerative disorders. He could not find any saltwater fish with any cancer. Of course, if you tested fish in polluted waters abnormalities could be found. Dr. Murray concluded that animals in the sea had all the minerals they needed for life. There are no shortages of minerals in the ocean. There are 90 plus minerals in the sea available to sea life. (118)

No cancers in fish where there is no pollutants. The sea animals have access to unlimited minerals. Does that mean anything to you?

NUTRIENT DENSE FOOD + NO POLLUTANTS = _____

I looked up the mineral content of 100 grams of sardines compared to 100 grams of beef. The sardines had 2- 3 times the mineral content of beef. (119)

	Sardines	Fresh water Catfish	Beef
Potassium	397mg	321mg	180mg
Phosphorus	490mg	245mg	230mg
Calcium	382mg	9mg	13mg
Magnesium	39mg	26mg	16mg
Sodium	505mg	80mg	39mg
Manganese	0.108mg	0.02mg	0.0034
Zinc	1.31mg	1.05mg	5.4mg
Copper	0.186mg	0.122mg	0.04mg
Selenium	52.7mcg	14.5mcg	22.8mcg

The sardines have all the minerals they need to thrive. The fresh water catfish and beef cattle are dependent on the minerals available in the soil and any minerals supplied by the farmer. Just looking at these numbers it shows ocean food has higher mineral content than land based food. Therefore it is a good idea to seek out ocean food. The point is to eat as nutritionally dense food as possible and refrain from poisons.

LOCAL FOODS

Many times beef gets a bad wrap as a food not so good for you. Beef is good for you, but there again too much of a good thing is not a good thing. The healthiest beef is beef raised totally on grass. I mean no grain being fed to the cattle. When cattle are fed grain it changes the fat in the animal. The fat in a grass finished beef is called CLA (conjugated linoleic acid). (120) Linoleic acid is one of fatty acids in the body. CLA is known for its anti-cancer properties, its weight reduction of people and good for the heart. Eggs are also good sources of CLA.

Our family eats our own beef, venison, and home grown eggs. If you put fresh farm or backyard eggs, cracked open in a glass, next to factory eggs the color of fresh eggs is much better. The farm eggs look vibrant compared to the factory eggs. I believe eating fresh nutrient dense eggs are one of the quickest ways to improve your diet.

Have you ever seen a movie or television show where there is young man or woman from the country which are unusually strong? There are only older shows like that. It was a stereotype that country people were stronger than city people. There was a reason for this stereotype. It used to be that country people were healthier than city dwellers because rural people ate more wholesome foods. All this is in the past tense. Now everybody is equal, we all have the opportunity to eat poorly.

To eat the best food, get in touch with a local farmer. There is more local food grown than what you know of. A local farmer does not have to be in a rural area. A local farmer may be in the city who has fresh eggs or an apple tree. Many local producers live on the city limits so they can sell easier. Go to farmer's market. Your state may have a farmer's classified paper which probably has a fresh food section. Lookup www.eatwild.com, it can help to find someone. If all else fails, go to the local seed and feed store; they know who has foods for sell. You may pay a little more for better produced foods, but knowing the history of your food can be important for your health.

If you can find a local producer of grass based dairy, then you hit the jackpot. Grass produced milk is a vitamin and mineral powerhouse. The enzymes from non-pasteurized milk and cheese is a positive for its consumers. Most states don't allow farmers to sell non-pasteurized milk. Any cheese can be sold as long as it has been curing for at least 60 days. I don't have access to non-pasteurized dairy. All of our cattle are beef cattle and I have not decided to daily milk a dairy cow. I would love to get some grass produced milk and cheese. The eatwild.com site may lead you to a local dairy. It may be easier to find a goat dairy. Goat don't take near the land dairy cows need and they are easier to handle. Everything I write keeps pointing to nutrient dense foods and avoiding toxins; local foods are a good idea.

COOKING AND PLANNING MEALS

As my councilor (wife) says, "Proper planning prevents problems." It sounds easier than it really is. Food preparation is so important. How important? How important is your health? Only you can answer that. Have you ever met anybody who liked to feel bad? I haven't. I have met people who liked the attention they get when they are ill, but these people don't like to feel sick. I don't like to feel ill, do you?

You have to take the time and plan your meals. I am guilty of not planning sometimes. My daughter and wife have told me I cook the same thing all the time. They are right. It is easier not to plan and just throw something on the stove to cook. When I do this my health suffers, as does my family. When I take the time to sit down and plan the meals, my body thanks me and my family is happier.

Generally a two week menu is all you need. Once the 2 weeks are over, repeat the menu. Of course none of the menu is written in stone. I cook breakfast every day. I am pretty quick. I don't want Mr. Kellogg's products to come into the house, but sometimes his "stuff" gets in somehow. Not everybody is obsessed about food as I am. That is very easy to explain. If a person has never had any chronic health problems, why should they change their eating habits? If I had not had major problems, I'm sure I would have not changed my diet.

Breakfast, Monday thru Saturday, we have eggs, home grown eggs. Sundays we have pancakes. We cook extra pancakes so we can have 1 or 2 pancakes with our breakfast during the week. I also make buttermilk whole wheat biscuits one day a week. We cook extra biscuits for other meals. I try not to eat too many biscuits or pancakes at one meal because of the high fiber. I always eat sauerkraut and ice cubes of bone broth, warmed as a tea.

When I make sauerkraut, I usually cut up two heads of cabbage. The sauerkraut from two heads of cabbage will last one person 3-4 weeks. It takes five minutes to set up all the tools to make the sauerkraut, 5 minutes to cut the cabbage, 10 minutes to pound the cabbage, and 5-10 minutes to pack the jar. $5+5+10+10=30$ minutes \times 2 cabbages = 1 hour + clean up = 1 hour and 15 minutes. This is a short time for homemade naturally fermented rich in enzymes high in B vitamins sauerkraut. All that for 75 minutes. Having a fermented vegetable is a must for proper digestion.

I make deer broth once a month. I cook turkey broth once a month after I cook a turkey. Chicken broth is cooked every two to three months. I like to use the turkey and chicken broth in brown rice.

One you start planning your meals, it becomes a habit and doesn't seem to take so long. You know when you drive to someone's house you have never been to and it seems to take so much time. Then coming back it doesn't seem to take near as much time. It is the same as planning your meals.

I phased out sausage and bacon enriched with sugar in the ingredients. There is no way to stop all AGEs and ALEs, but every little bit helps. To replace the sugary bacon and sugary sausage I buy cheap, I mean inexpensive, cuts of pork. I use pork grease to cook the eggs. I have

found several bacon brands made without sugar. Whatever grease is leftover, if there is any, I put into a wide mouth jar and put it into the refrigerator to use later. This is called lard. I have a question for you. Can you, without a shadow of doubt, say your cooking oil is processed the way the label says it is processed? I know how my lard is processed. I used to buy extra virgin cold pressed olive oil and it still upset my stomach. I began to wonder how virgin the olive oil was. If I need any oil I buy butter.

How do I have time to make breakfast? I plan ahead. You make time for what is important to you. I make sure all of my ingredients are in the house. If making biscuits, I already started fermenting the morning before. Sometimes, if I think I don't have time in the morning, I'll fix biscuits at night. We will start fermenting pancake dough on Saturday morning to cook Sunday morning before church. I feel it is my duty to offer my family a healthy breakfast every morning. Once your body becomes stronger, getting up earlier becomes easier.

Many times during breakfast, I will put beans in a crock pot to be eaten for supper. The beans had been soaking for 24 hours. We have several crock pots. A couple of times during the week I will put all of the ingredients into a crock pot to be cooked during the day for supper. Making sure all the foods needed for a crock pot meal only takes some planning, but it is well worth the effort knowing dinner is waiting for you at home. We have two crock pots dedicated for deer broth. My wife doesn't want anything else cooked in these crock pots. She says the odor from the deer broth transfers into the other meals if we use the same crock pots.

Also during breakfast I am prepping for lunch. Most of the time lunch for me is leftovers. We always cook extra so we don't have to cook every night. A big planning problem is having teenagers in the house. Many times all the leftovers are gone by morning. These times are when I pull out the old standby, sardines. Some of you are saying yuck. I used to say also, but sardines packed in water are a very nutrient dense food. Afraid of the scent of sardines in the air? Your colleagues maybe unhappy with the scent?

If you can't take leftovers because your teenage son raided the refrigerator, maybe you can prepare a lunch at home. Many times my wife will fix her lunch the night before. If you want a nutrient dense lunch, you will find a way.

Let's say you bring no lunch. What to do? I bet wherever you are there is something you can eat. What if McDonald's or Wendy's is the only place to eat? Don't they have salads? If the salad is not enough, buy a hamburger, break up the meat and put the meat on the salad. Sometimes I do eat a fast food hamburger. Sometimes I will buy several hamburger meals in a row or several days in row. My stomach generally tells me this was a mistake. The meat is not a problem. The problem is the bun and some of the condiments.

You really don't have to cook every meal. Prepare extra. Leftovers are great. I don't believe in microwaves. I have used them many times in the past. Don't ever warm broth in the microwave. When I warm up leftovers, I get a tin plate with the leftovers and on it put it in the oven on broil. It doesn't take long to heat up. I like to use the oven and crock pot for long time cooking. No matter how great deep fried food taste, it is not fried in this house. I love deep fried foods but they don't love me or you. Deep fried foods are POISON. How much poison can you take and still function?

No cooking involved in raw or fermented foods. My wife loves salad; which I forget sometimes. My wife and daughter can turn a salad into a work of art. They are big on presentation. I am big on nutrition. Food styling is not important to me. Just plop it on the plate and get out of the way. I am big on carrot salad. Here is a perfect recipe for carrot salad: wash and peel a carrot. That's it. Many times I'll have carrot salad with my lunch.

Slow cooking is the way to go. I cook breakfast quickly but dinner is slow. The biscuits and pancakes are fermented for 24 hours, but eggs cook quickly. Slow cooking helps to prevent AGEs and ALEs. The use of water and steam help to prevent pollutants from entering the body. Sometimes boiling is necessary, but lower the temperatures as soon as possible. Acrylamide is a compound you don't want produced during cooking. Acrylamide is formed by very high temperatures with sugars like over an open fire (barbeque with sugary sauce). (125) The World Health Organization says acrylamide is known to cause cancer and nerve damage. Yes BBQ food taste great but keep it to only occasionally. The same with deep fried food. The oil is so hot acrylamide can be formed.

Don't go to the grocery on an empty stomach. You know why. I have a sister who plans all of her meals ahead and orders her food by email to her supermarket. The grocery store has its own website with all of their products. The store can deliver for a cost, but since she lives so close to the store she picks up the groceries already bagged. Since she orders from home, there is no senseless buying and no children saying they must have something advertised on TV. My sister tells me she saves \$20-\$30 a week. I don't have this purchasing option but thoughtless purchases are not a problem for me. Make a list and stick to it. I will not go back to ill health. Slow down with your cooking. Plan ahead. Don't just throw something together and expect to grow a healthy family.

How would you like you consume a product that made you look cool, hip and sophisticated? But what if you found out this product had benzene, formaldehyde, ammonia, acetone and nicotine, all toxins to the human body? (126, 127) Would you continue consuming this product? Everybody knows smoking is bad for your health. Every pack of cigarettes says you may get sick putting toxins in your body. The funny thing is cigarettes are a legal product. I think they should be legal. It should be your choice to put toxins in your body.

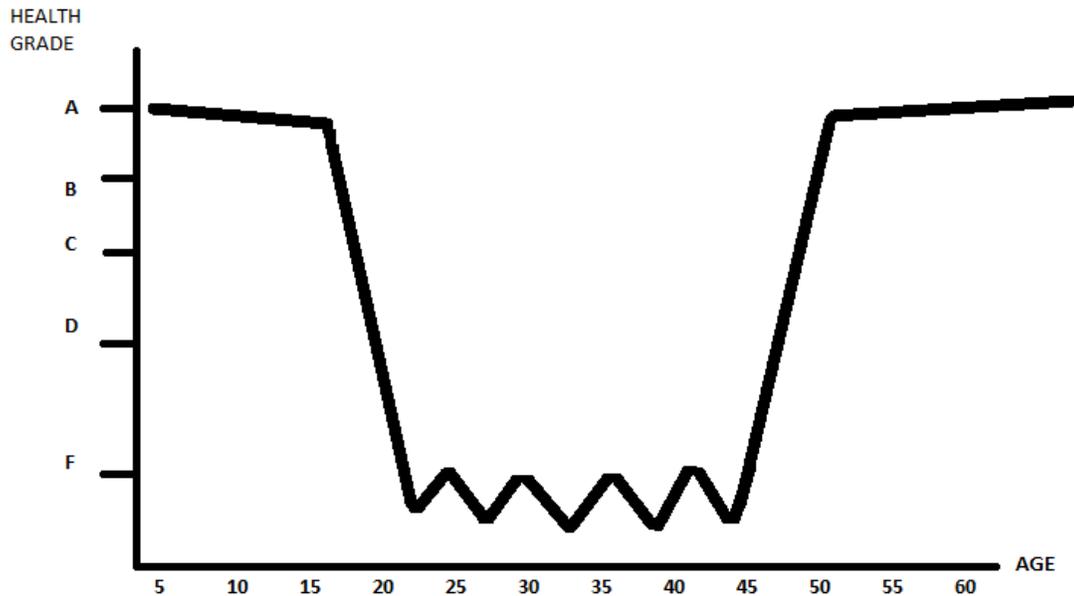
Just like with highly processed foods that have unpleasant results after consuming them, it should be your choice. The government is informing the public about the harm from the toxins in cigarettes. I'm informing you about the harm from sugar, extruded products, harshly processed cooking oils and anti-nutrient foods. If you want to be healthy, you have to kick the habit. Once you decide to be an adult in your food choices, you should quickly begin to feel better. What is the first thing a doctor tells a smoker to do with lung problems? I am telling you stop eating all forms of sugar. There is no type of sweetener good for the body. I am telling you to stop eating extruded products. Hyperprocessing creates havoc for the human body. I am telling you to stop using harshly processed cooking oils. Not only are they rancid, they are toxic. I am telling you to stop eating grains and legumes which the phytic acid and enzyme inhibitors have not been neutralized. You need all the minerals available to you.

Of course it is not easy to change your current diet. It takes time. Ask an ex-smoker if it is easy to stop smoking. You know the answer to the question. I backslid for years until I decided I was sick of being sick. My wife was definitely sick of me being sick. She came pretty close one time (maybe more than one time) to kicking me out.

I found a great graph showing the rate of cigarettes being smoked and the rate of lung cancer. The graph shows a 20 year lapse between beginning smoking and getting lung cancer. It proves the more you smoke, put toxins in your body, the greater risk of lung cancer. (128) Toxins (poisons) are toxic to your system. It doesn't matter what form the toxins come in. A wolf in sheep's clothing is still a wolf no matter how the wolf is dressed. Those cute little floating colorful doughnuts in your bowl of milk, they would never harm you or would they? Sound crazy? I put in references. Look it up. Bigger and better references coming. Ask yourself, "Why does cancer so prevalent? Why does cancer seem to be getting worse?" Ask yourself, "Why do I hurt all the time?" I have told you the answers. DO NOT TAKE MY WORD FOR IT. Check my references. Try it. You will like it.

I think there should be a graph where a person eats well for their first 20 years of life. Then the next 20 years the person eats the common American diet. After the first 40 years the person sees the light and learns the correct way to eat. I can't find any graphs like that so I made one of me. Actually, my son made the graph for me because he is better at doing computer stuff.

a



Your graph may or may not look like mine. The important thing is where your graph is heading. It is the same with your soul. Is your graph line going down to the F (failing) section or is it going to be high with me in the A (Excellent) section? A large portion of this graph is your choice.

According to THE UNIVERSAL REFERENCE LIBRARY, 1948 edition, the definition of infectious disease is a disease that may be spread by germs without personal contact. (Side note: This is the coolest book. It is the 1948 version of a personal computer. It is a dictionary. It has signs and symbols, tables of weight and measures, dictionary of English, Latin, French and Scottish phrases and Christian names of men and women. Plus it has instructions of how to write and speak English. This book has an atlas and a gazetter. A gazetter is a list of places and population of the world. Years ago this book would not have excited me but now I'm asking why.) Infectious disease is also known as communicable, contagious or transmissible.

The Centers for Disease Control, CDC, says infectious disease was the leading cause of death in the world. From 1850 and earlier in the U.S., Infectious disease was the leading cause of death. The CDC says since about the middle of the 19th century in the U.S., infectious disease has not been a big problem. This is because of the sanitary living conditions. Instead of dying from tuberculosis, we get to die from chronic diseases. (129, 130)

What are the chronic diseases of aging and how are they caused? Heart disease, stroke, high blood pressure, autoimmune diseases, diabetes and cancer are the most well known of the chronic diseases. The U.S. Government says all of the diseases can be managed by lifestyle choices, including diet and exercise. (131) of course, smoking must be stopped and staying away from anything toxic to the human body, whether breathed in or ingested as food.

Everybody dies, everybody. The Bible says in Genesis 6:3, “The lifespan of man should be 120 years.” So why is the lifespan in America only 75 years, give or take? To me that answer is easy. We are not taking care of our bodies. My Grandmother says her job is to take care of her body, but at her age she thinks she deserves to eat anything she wants. Her choice. If she wants to remain healthy, she can’t throw in the towel. My Grandmother doesn’t understand the perils of eating junk foods.

The UNIVERSAL REFERENCE LIBRARY says the definition of a dessert is a course of sweets served at the end of dinner. Why? Why is it we think we deserve dessert? Why does dessert have to be sweet? Why can’t a great tasting nutrient dense meal be a just reward for doing our best throughout the day? Are we children? No one deserves a sweet reward because it is not a reward to eat something bad for you.

Doctors and medical scientists can only do so much. We have vaccines today we did not have 100 years ago. Many of the infectious diseases can be controlled with vaccinations. Smallpox, measles, polio are diseases not heard of much anymore in the U.S. my younger siblings did not have to get the smallpox vaccine, which left a small scar on my left shoulder. I am glad to have small scar rather than contract smallpox. Smallpox was wiped out by 1979. Smallpox and rinderpest are the only 2 infectious diseases which have been eradicated. (132) I want to thank doctors and medical scientists for making smallpox a thing of the past.

Unfortunately, the big diseases of today, heart disease, cancer, diabetes, Alzheimers, arthritis are induced by hereditary and by oneself. How can we expect doctors to immunize us against ourselves? How can we expect our doctors to heal us when we hurt ourselves? I think the doctors of today are great. They can do amazing things, but doctors can’t do miraculous things. Doctors are trained the fight the “Bug.” The Bug invades your system and causes infectious disease. Now we introduce our own self made bug to ourselves. We need a vaccine for ignorance and lack of self discipline, but there is no such thing and never will or should be. God gave us free will.

The doctors of today are like car mechanics. They replace, patch and cleanout body parts like mechanics. They are good at it. They have patched me up several times. When I have to take my car into the shop, I want to know why my car has problems. Sometimes, the mechanic tells me if I had taken better care of a fine automobile, I wouldn’t be having problems. Most of the time, if I had followed the recommended maintenance schedule, I would only have to come in to replace parts worn by wear. But sometimes, the mechanic (doctor) doesn’t know why the part went bad. Was it a bad part (hereditary)? Was it operator misuse (lifestyle choices)? Or was it a combination of careless operator using a faulty part? If the part was faulty, could the operator have been more careful and get more mile(age) out of the vehicle?

On my first new car shopping experience, the car I test drove could not make it out of the parking area. Obviously a manufacturing error. Was it designed wrong or bad parts or sloppy workmanship or a combination of all three? It was not the car’s fault. Hereditary was the cause. The car was not to blame. The car’s builder (parents) was to blame.

I did eventually buy a new 1979 Firebird, with a V-8 301 4.9 liter engine for \$7000. I had the car for 2 weeks and the transmission went out (hereditary). I took the car back to the dealership

and the doctors (mechanics) replaced the transmission. Medical doctors can sometimes do this for people. But it is simpler to build a quality vehicle.

I got 125,000 miles out of the engine before it wore out. Even though I was a teenager, I took real good care of my Firebird, not Camaro. (The Camaro part is an inside joke with my wife. She says there is no difference between a Camaro and Firebird. I know the difference. She trying to mess with me.) I took the car to a mechanic when the engine quit on me. I told the mechanic I had 125,000 miles on the Firebird, not Camaro, and he said, "With that engine, you should have only gotten 80,000 miles." I know a human body is so much more sophisticated than a simple automobile, but the comparison fits. In the 1970s, American cars were not built very well. I took good care of my vehicle and got more than the life expectancy.

I have a good doctor friend who told me there is a big problem growing in the health field. He said many people are living longer, but don't know it. I told him that doesn't make any sense. If people are living longer they must be staying in better shape. I did not understand his logic. His logic was doctors can change out body parts, internal organs, but can't do anything about the brain. The brain can't be replaced. So does his reasoning mean the zombie population is going to explode. I don't mean real zombies but people with thought problems. I have been to enough nursing homes to see plenty of people with Alzhiemers. If I had not changed my eating habits, I am sure my brain fogs would become permanent.

My number 2 sister had the worst kind of epilepsy known. On average, she had 5 gran mal seizures a day. There were 2 days she had over 70 seizures. On those 2 days, not in a row, we thought she was going to die of exhaustion. The doctors did the best they could for her. The 2 medicines which worked best for her were Dilantin and Phenobarbitol. But those drugs could not compete with a toxin she took occasionally. The toxin was sugar. My Mother put 2 and 2 together and realized when my sister ate ice cream, her seizures doubled in number. My Mother told the doctor but he did not know what to do with the information. The doctor did send my parents to the Mayo Clinic. The Mayo Clinic put my sister on the Ketogenic Diet. The Ketogenic diet did help a little. The diet has very little amount of carbohydrates in it so the blood glucose level is always low.

There are several questions here. Why didn't our neurologist know about the Ketogenic Diet? Why did the doctor let my sister eat sugar? Why did sugar overexcite her nervous system? How did she develop epilepsy in the first place?

We lived in Birmingham, Alabama while my sister was sick. Birmingham has not only many hospitals but a medical university. There are plenty of health professionals. The neurologist either did not know about the Ketogenic Diet or did not believe diet could affect the brain. My Mother had to explain to him what sugar did to my sister. Our educated doctor was not taught the power of diet. Of course, we didn't know about diet either.

Why did sugar affect my sister so negatively? As low blood sugar can cause diabetics to have seizures, the same can happen in epileptics. When a person eats sugar, insulin is produced in the pancreas to help regulate blood sugar. The problem occurs when the sugar levels quickly drop off leaving all this insulin to deal with. The large amounts of insulin can trigger seizures. (133, 134, 135) It is proven a well balanced diet can help with seizures. Anti-seizure medications may

interfere with vitamin and mineral balance. Therefore, it is much more important to acquire as many nutrients from your diet as possible. (136) As I said before, I'll never tell you to stop taking any prescribed medications. I'm telling you about poisons and nutrient dense foods.

My sister was being treated by an allergist, free of charge. We took her every Monday for years. The allergist was trying allergy medicine in hopes of reducing her seizures. The whole family went to the beach and after several days at the beach her seizures stopped and she acted like she never had epilepsy. My Mother thought the allergist's efforts had finally started working. My Father thought the sea air brought about her recovery. I don't know if the allergy treatments or the unpolluted air or maybe diet or a combination led to her recovery. Whatever the reason, she was better, but only temporarily. We went back home and the seizures returned. The point is the brain is very complex but don't give up. Don't give up. My feeble brain has not had one brain fog since I learned what I'm telling you. **BUT I KNOW IF I DISRESPECT MY BODY, THE FOG WILL CREEP BACK.** Not long after our return home, my sister went to live with Jesus. No more pain.

Most doctors think epilepsy is caused by trauma to the brain. The trauma could be a physical head injury or some type of chemical injury, a toxin in the air or food. My Mother always thought my sister's epilepsy was caused by a vaccination given to her in the first grade. Don't know. Nothing can be proven. Also, it can't be proven candida (overgrowth of yeast in the body) causes epilepsy, but it can be proven candida makes epilepsy much worse. (137) My sister always had yeast infections after becoming epileptic. Back in the 70s, it was thought a few pills and the yeast infection would disappear. Not so. I can tell you from experience candida is bad. Candida is hard to control and doesn't like to surrender. Candida just lays back waiting to take control whenever a weakness is shown. And what gives candida control over you? The answer is sugar and highly processed carbohydrates. My high horse just walked back in.

When we gave my sister sugary sweets, we had no idea the harm we were doing. Not only were we allowing the candida to grow stronger, which does not allow proper food digestion, we were causing her blood sugar to rise then drop off to induce seizures. I was only 4 years older than my sister, yet my ignorance allowed her to suffer much pain. What if I had known how to help her? Would her seizures dropped to nothing? Would they have stayed the same? Do you know someone with epilepsy? Could you spread my words? Do you know a child with epilepsy? You can't sell these ideas to a parent to change an epileptic child's diet, but you might be able to get the parents to change their own diet. The parents may find this program helpful for themselves. If the parent does find this program helpful, maybe they could adapt it to their child's diet. This diet is nothing but common sense.

Ask yourself, "Is boxed cereal, which can last for years, really be as good for you as the manufacturer says it is?" Ask yourself, "How many of your family members are really healthy?" How many medications are you on? How about your spouse? Are the medications fixing the problem or are the medications managing the symptoms? Can you stop taking the medicine? Aren't medicines supposed to fix you? I'm talking about medicines for chronic diseases. Once you have a chronic disease, have you ever gotten over it? Have you? Why doesn't the medicine

fix the condition so you can stop taking the pills? No answer? I'll answer the question. **THE ANSWER IS THE PILLS DON'T STOP YOU FROM HURTING YOURSELF and THE PILL DOESN'T GIVE YOU THE NUTRIENTS YOUR BODY NEEDS.** The pills manage the symptoms. Again, I'm not telling you to stop taking the medications. I'm telling you to stop taking the poisons and to eat nutrient dense foods so the body can heal itself. Then, maybe, maybe, your doctor may decide you don't need the medicine anymore.

Is what you are eating making your body happy or just making you mind happy? Are you trying to satisfy your mind or body? Don't get me wrong, I love to eat, but what I eat, I want to love me back. I don't want my supper waking me up at 2:00 a.m. and want to leave me. I don't want lunch to give me heartburn. I don't want breakfast to make me run to the bathroom. I want great tasting, healthy food. I can cook without sugar to make great tasting healthy food. I don't have to add sugar to enjoy my food. When my Father goes to steak restaurant, many times the waitress will ask if he needs steak sauce. He tells them if the steak is good then there is no need for steak sauce. Steak sauce has lots of sugar in it. I'm not the best cook in my family. My wife and daughter are better cooks than me. They have great ideas but I'm better at cooking nutrient dense food. My son is coming along in his cooking ability. I have to remind him though, he isn't just cooking for himself but for his future children and grandchildren. It is hard for him to be steadfast.

When I was researching sugar, I came across something I never thought about, sugar as a drug. Like I said earlier, I used to eat a lot of sweets. They tasted great. One piece of chocolate led to another piece then to another then another. Princeton University says this is like an addiction. Not an addiction of enjoying the taste sweets, but an addiction in the mind. Princeton did studies to see if sugar affected the brain. The eating of sugar raises the dopamine levels which make the brain feel at ease. But later the dopamine levels drop and the brain wants to keep the at ease feeling to continue. Is that why I liked sweets so much? Princeton says eating sugar is like a mild form of much harder drugs. (138) Is the calm feeling why I would almost purr on the first taste of sweets? I never realized my craving for sweets could be a form of easing the mind. What about you? Do you relax upon eating sweets?

In the year, 1700, the average consumption of sugar in the colonies was 4 pounds a year. In 1800, the average was 18 pounds a year. In 1900, we ate 63 pounds a year. Today, we eat 150 pounds a year. (139) Let's try to think about 150 pounds in another way. Think about 30 bags of 5 pound bags of sugar. Go to your calendar and count out 12 days. Every twelfth day write on your calendar, go buy a 5 pound bag of sugar. Even better, go to the store and buy 30 bags of sugar. Put the bags on the kitchen table, if there is enough room. Don't put the 150 pounds of sugar on the table if the table is not sturdy enough. You are thinking I don't eat that much sugar. Okay, let's add. I like to add. Numbers don't lie. Numbers make things clear. If you drank one can of Coke every day for a year. This only one can a day. No birthday cake. No sweet tea. No catsup. No doughnuts. No breakfast cereal. Just one can of Coke a day for a year. A 12 ounce can of Coke has 39 grams of sugar. $365 \text{ days} \times 39 \text{ grams} = 14,235 \text{ grams}$ or 31 pounds. 31 pounds is a little over six, five pounds bags of sugar.

Now let's add up 1 cup of coffee a day for a year with only one cube of sugar. 1 cube of sugar equals 4 grams. $365 \text{ days} \times 4 \text{ grams} = 1460 \text{ grams}$ or 3 pounds. 2 cubes is 6 pounds a year. How

many cubes do you use a day? I am trying to show you how 150 pounds of sugar is easy to consume. What other sweets or sweetened foods do you eat? It is surprising how many products are laced with sugar. Did you get that pun, laced? 150 pounds of sugar a year. The Declaration of Independence was signed in 1776. These men ate about 17 pounds of sugar a year. The Declaration of Independence was an excellent document, written by intelligent men. The human body has not changed since 1776, so why do you think it is okay to eat 133 more pounds of sugar than these brilliant patriots?

True story. In 1961 a friend of my parents had a baby boy. By this time my Mother already had 3 children. The newborn baby would not nurse from the mother or take a bottle. The mother, father and doctors were all dumbfounded. The baby would not eat. My Mother knew the new mother quite well. She knew the new mother so well she gave the doctors a possible solution for the starving baby. My Mother told the doctors to cut the baby formula with Coca Cola. The doctor said that was a crazy idea. The new mother drank Coke like I drink water. The lady rarely drank anything but Coke. The doctor went against his better judgement and cut the baby formula with 50% Coke. The baby drank the mixture. Over the course of several days, the nurses lowered the percentage of Coke. Don't get me wrong. The Coke was not forced down the mother's throat, it was her choice. But like I tell my son, he is eating for his future children. The baby eventually left the hospital. There is no happy ending to this true story. The child lived to the ripe old age of 25. The mother doomed the baby from conception till birth. I'm sure if the mother knew what she was doing to the baby inside of her, she would have changed her diet.

Our bodies were not meant for huge consumption of sugar. Don't kid yourself. Don't be stupid like I was and go for years before you realize the damages your sweet tooth is doing to you. I am in much better shape without sugar but how much damage have I already done? How much damage is being repaired and how much is beyond repair? I am convinced if grandparents ate well, parents ate well and children eat well, then the child could live a strong and fruitful life for 120 years. It is not just the length of life that is important but quality also. Even if one lives to 120, it is but moment in eternity. The most important part of life is to bring GLORY TO GOD.

I am lucky both of my children are doing well. I wasn't too far gone at conception and my wife was brought up healthy. We have always tried to do right by them, but I know so much more than when the younger. It is hard to train them to eat right. They get poor food everywhere. I know what my children eat will affect their children. I don't want my grandchildren to be sickly. It is the responsibility of parents to lead their children. I'm not telling you anything I don't tell my own children.

I see St. Jude Hospital commercials about donating money to find a cure for childhood cancer. St. Jude does amazing things with those children who had no say in their condition. What about educating the parents on the causes of cancer? Can't education be a valuable tool to prevent children from coming down with cancer. Let's say we start with parents and children to teach them about dos and don'ts about nutrition. Before you know it, St. Jude has to close its doors because no children with cancer. Sound naïve? Yes, but it is a good thought.

What causes cancer? The U.S. Government says we do it to ourselves. Our government says 90-95% of all cancers can be attributed to lifestyle choices. 5-10% of cancers are because of

genetic defects. (140) And why do we have genetic defects? Because the genetic defects come from parents and grandparents who unknowingly hand them down.

I know a woman who died of cancer at 55. Her daughter was diagnosed with cancer at 30. The granddaughter doesn't have cancer, but at age 3 still cannot walk and probably never will. The doctors say her brain will not tell her legs to move. What if the grandmother knew what to eat and not to eat? What if she raised her daughter with the same knowledge? Would the grandmother have died at 55? Would the daughter have gotten cancer at 30? Would the child be running right now? What if the Coke mother never drank Coke? Would she be visiting her grandchildren now?

Do my questions and theories sound crazy? When I started this project they were only theories, but now I know about epigenetics. Epigenetics proves my crazy theories to be law. Epigenetics come from the words epi, meaning above, and genes, the code work of the body. Epigenetics proves lifestyle choices influence your children in the womb above your genetic code work. (141) Think about this for a minute. How you ever heard of a crack baby? Sure you have. Everybody knows a crack baby could have all sorts of problems. Just because the mother was doing something illegal doesn't mean she should have an unhealthy baby. And just because you are a law abiding citizen doesn't mean your child has to be perfect. All parents make choices. Some choices are known to be detrimental to your health and some bad choices are not known to be bad. People who have supervised animal breeding have known about how important the health of the breeding pair is to their offspring. A dog breeder would never breed a champion dog to a scraggly flea bitten mangy mutt and expect to have great puppies. Not that I think people ought to choose their spouses on their breeding potential, but come on, if you don't treat yourself right how do you expect to have healthy children?

Before I got married, I went to the doctor for a checkup. I told her about my stomach problems. The doctor said everything was fine, but I knew I wasn't fine. The doctor said it was nerves, stress. Maybe I was fine compared to what is normal. If the sorry condition I was in was normal, then I don't want to be normal. I guess want to be abby.... abby...abby-normal. (That is a joke from the movie Young Frankenstein, pronounced: Franken stine) I am abby normal. People ask me, "Why are you not eating birthday cake like everyone else?" I should tell them because I am abby normal. My wife definitely knows I'm not like other people. If you don't want to be sickly like normal people then join me in the abby normal club. It is simple, control your diet, exercise and stay away from toxins in the air and in your food. Everything is simple once you have the key. I am giving you the key; now all you have to do is use it. One example of me being strange. I have birthdays like everyone else, but instead of cake, my wife gives me watermelon with candles stuck in it. Pretty abby normal, huh?

I was watching a softball game my daughter was playing in. One of the parents started talking about his physical condition. He said he couldn't do the things he used to do. The other parents agreed with him. I didn't agree. I can do things now that I couldn't do 25 years ago. My back used to hurt all the time. My gut was always in turmoil. I was always tired. Now when I hire someone to work for us, all I ask is for them to do is to keep up with me. I'm not super human. I'm abby normal.

You drive a car, yes? Do you put water into your gas tank? I mean do you add water in with your gasoline? Do you go inside the store and get a bottle of water and pour it into your gas tank when you are filling your tank with gasoline? No? Do you pour any into your fuel tank? Not even a teaspoon? Why? You know why? You want your car to run perfectly. Water in your fuel tank is poison.

We had a Chinese exchange student stay with us during the 2009-2010 school year. The student, a very studious student, helped with all the household chores. I showed her how I made bone broth. Her name was Junyan. Junyan said, "In China, we don't make bone broth like you make it but we do have bone soup from chicken paws and pig bones. We have soup all the time." There is a saying in China, "You can't have a delicious meal without good soup." There is a whole industry of bone soup in China. (142)

Since the Chinese people eat so much bone soup, I figured their arthritis rate must be lower than here in the U.S. The Centers for Disease Control says American rate of arthritis is 21%. (144) The Chinese rate of arthritis is only 13%. (145) Hey, I was right and wrong. The Chinese do have a lower rate of arthritis but they are catching up fast. The Chinese are catching up fast to on breast cancer also. The breast cancer rate has increased 31% since 1997. The report says the reason for this sudden increase in cancer was due to lifestyle changes, poor diet, pollution and increased stress. As here in the U.S., the government officials in China, are concerned with the growing cost of health care. (146) The Chinese are catching up with us but some things they probably want to stay behind. As people become more industrialized, so does their food system. People get away from their traditional foods because they have less time to prepare food. Of course this leads to innovation of foods. Prewrapped, precooked, fast food, powdered food, pre-made food are very convenient but are they worth being a growing poor health statistic?

The WHO, World Health Organization of the United Nations, got a group of medical professionals together in 2002 and came up with this report saying we are killing ourselves by lifestyle choices. The WHO says poor diet and being physically lazy, that chronic diseases are wasting us away. The WHO does not mean only Americans, but worldwide. Diabetes, cardiovascular disease, high blood pressure, stroke and cancer are the new number one killers of man. (147) I was in line to develop these diseases if I had not changed my diet.

The WHO says, and I say, these chronic diseases are too expensive for governments. The bills to help people overcome these conditions are too high for the government to burden the expense. The WHO says these chronic diseases accounted for 60% of deaths worldwide and it cost too much for governments to fight these diseases. They predict by 2020, 79% of all deaths will be caused by chronic diseases. The WHO report also says the ill health of the parents at conception will increase the possibility of the child inheriting a chronic disease.

The U.S. Government website says other than the 5-10% of hereditary cancer, lifestyle choices determines if one gets cancer or not. Lifestyle choices include diet, exercise and staying away from pollutants. Smoking, fried foods, excessive alcohol, too much sun exposure, air pollutants

are all considered pollutants. Stress, obesity and physical inactivity also aid in cancer growth. This site also says we are losing the battle on cancer. Even though billions of dollars are spent every year on cancer research 1,000,000 people in the U.S. are expected to be diagnosed with cancer. It says interaction of proteins and other cells working with environmental factors determine most cancers, above the genetic code. (148) Which means don't blame your parents for your bad habits.

The government is saying you choose. You choose to eat poisons like sugar, extruded foods, fried foods. You choose to eat empty calories. You choose to stay away from pollutants. Let's do some math.

Poisons (inhaled or ingested) + poor nutrition + no exercise = sickness

No poisons + nutrient dense + exercise = good health

Odds are if I did not learn not learn how to eat right I would have IBS, fibromyalgia, arthritis, cardiovascular disease, diabetes, brain problems and huge medical bills. Huge medical bills cause huge problems for their recipients. Medical costs are outrageous. Most of the medical costs my family have are from repairing injuries, broken bones and stitches and these costs are high. I can't imagine paying for cancer treatment. I am way too cheap, I mean frugal, to pay for cancer treatments. Don't you think if cancer is preventable, shouldn't digestive problems should be preventable. I know digestive problems can be prevented. I know if you have digestive problems they can be managed. Work with your doctor and follow what you have read here. It is all common sense. Stop and think. If you think I am wrong, read my references. Investigate. Keep a food diary. Write down everything eaten. Write how you feel. If you feel bad, there is reason. Look back in your food diary. If your diary doesn't give you any clues, maybe you inhaled something you shouldn't have. There is a reason for all your conditions. At least 90% percent of the time the reason is looking at you in the mirror.

Back to inhaling poisons. Everyone knows smoking tobacco and other stuff is bad for you. But I'm talking about other toxins. We have an in house vacuum system. Every few months, I get to change the dust bag. I learned from experience to wear a dust mask when I change the bag. If I don't wear a mask, there is a great chance I will have sinus problems. All of my lessons are learned the hard way. When I cut grass, bale hay, move hay for cattle, bush hog, or anything where there is lots of dust or molds or other toxins in the air, I wear a dust mask. I learned all of these give me sinus problems. When using all paints, I wear a respirator. I don't like sinus problems. Therefore, I take precautions. I'm not a child. I have learned by my failures. **YOU HAVE TO ASK WHY YOU ARE SICK.** You have to be your own detective.

The U.S. Government is trying to fix the cost of health care. The cost of health care will continue to sky rocket until we decide we don't like being sick; until we decide our doctors can only do so much. Our doctors can't prevent us from hurting ourselves. Once a doctor says they have destroyed all the cancer cells from a person, they are really saying no more cancer cells can be detected with current tests. So how, if you have beaten cancer, are you going to keep cancer from coming back? You have to change what produced the cancer in the first place. It is the same with all sicknesses. The first thing to do is to examine how you got sick. I know my eating habits with long term antibiotics ripped my gut apart. **IT WAS MY FAULT.** It was not my

neighbors' fault or anyone else's fault. My ignorance and lack of self control was killing me and hurting my family. Sure the ignorance of the dermatologist helped me along the trail of sickness but he just quickened the pace. (The Bible says to thank God for the good and bad that comes our way. Now I can thank God for the dermatologist that fed me all those toxic antibiotics. If had not prescribed those meds I may not have written these words. I pray these words can help someone else.) I should not have blindly taken all of those antibiotics. As I wrote earlier, doctors do amazing things and they do their best but sometimes things don't work out as planned. I have seen many sets of blueprints but I have never seen a set which were not changed on the job. New ideas come around all the time. I don't intend this work to replace doctors but to add new ideas. (Actually, these are forgotten old truths) I intend this work to assist doctors in their treatments. I do believe doctors do great work and still could use from self educated people who have regained their health from years of turmoil. I believe any sickness can be improved with the right information and the discipline to act on the information.

Imagine your diet was perfect. You made sure all your food was nutrient dense. Not any sugar was eaten. No fried food was eaten. You stayed away from extruded food. You didn't smoke. You stayed away from pollutants. You didn't drink too much alcohol. You got plenty of exercise. You were not overweight. You got enough sleep. You treated your body right except for one thing. But, you ate a tiny bit of arsenic (the poison) every day. How would you feel? You say that you would not do that. You say you would not take even the tiniest bit of arsenic. You wouldn't poison yourself? Then explain to yourself why you can't see your feet. Explain to yourself why you can't run up a small flight of stairs. Explain to yourself why you cough all the time. Explain to yourself why you are taking all those medications. Explain to yourself why you use all of your sick days at work. Explain to yourself why convenience foods are okay to eat. Explain to yourself why all my references are wrong. Explain to yourself why you don't have time to be good to yourself.

I had to explain this all to myself. I made the decision to treat myself right. I made the decision to I was tired of being sickly. I backslid many times thinking I could eat some junk and still be healthy. It took me a long time to realize I could not eat junk. I feel so much better when my diet does not include junk. Not only does my gut feel better without the junk but my mind is sharper. I can do things I couldn't and wouldn't do when my gut was in turmoil.

When I first started this project, I was going to focus on digestion, but all the things that got my digestion off track were killing me. Without good digestion, you will always have ill health. I don't want to be sickly. I want to be a good Christian, husband, father and son. I want to be a productive part of society. I want to help people. I don't know everything. I am far from perfect. I am always striving to learn more in all aspects in my life.

My Mother has a lot of common sense, but sometimes I disagree with her. One day she said, "Why do people do bad things? It is much easier to do good things." I totally disagreed with that statement. It is much easier to not do good. It is much easier not to do good. It is easier to eat a poor diet. It is so easy to stop by the pizza place or the hamburger joint than to take time to plan a nutritious meal. After a hard day of work, it's easier to not think about dinner. But in the long run a nutrient dense meal will save time. You ask how? How much time do you lose sitting at your doctor's office? How much time do you lose because you are too tired to complete needed

tasks? How much time are you leaving because of an early departure? You can do many wonderful things if you are healthy. Don't you want to be abby normal?

Everything you eat, drink, breathe and think determines your health. Bad digestion leads to a multitude of major ills. Everything is connected. Bad digestion leads to IBS. Which leads to arthritis. Which leads to high blood pressure. Which leads to vascular problems. Which leads to organ and brain problems. Which leads to cancer. IBS is so easy to manage with the right information and discipline to use the information. Discipline is the hard part. (It is for me.) I do not desire sugary sweets, but I still want a fast food hamburger and pizza. Pizza is covered with poor oils. I don't do well eating pizza. Fast food hamburgers are not nutrient dense but better than pizza. (My stomach doesn't lie to me.) Discipline of eating is not easy, but the worse your symptoms are the easier it is to be strict with yourself. My symptoms were bad, so it was not hard to adjust to eating right. It didn't take me long to change my diet, only one decade. Don't be stupid like I was. For someone who only gets sick 2-3 times a year, a quick permanent change in diet would be difficult. I have heard the hardest part about doing something is deciding to do it. Once you have decided to take on the task, the job flows well.

Here is an idea no one wants to discuss. I was telling my son about a local child diagnosed with a severe chronic sickness, cancer. I told him, "The parents and grandparents were the cause of the child's disease." My son said, "Daddy, you can't walk up to those parents and tell them they were the cause of the child's sickness." I would never tell a parent such a thing, but who will? Who is going to start telling parents they are responsible for their children's health? How is St. Jude's going to close if people are not told about the consequences of their action? We tell crack mamas they made their babies sick. When are we going to start educating parents their lifestyle choices have a huge impact on future generations? Have you ever heard of such a thing? I am so lucky my teenagers are healthy considering my past actions. I'm also lucky I married a healthy wife. I wish someone would have educated me. We tell people who smoke, "You gonna get sick." How about putting warning labels on junk food or cooking oil? Never happen? Okay it will start with me. "To all parents, teenagers and young children, eat right or suffer the consequences, not only for your own body, but the body of your unborn children." Is that clear enough? Got something better? Let's start a movement an education movement to teach all school children what is a poison and nutrient dense food.

From the Bible in Titus 2:7: Show yourself in all respects a model of good deeds, and in your teaching show integrity, gravity. Older people are supposed to teach younger people how to live. It is our responsibility teach the younger people. Of course, setting a good example is the best way to teach someone. If someone is in their 80s, is it okay for them to be rude? Will the grandchildren who see the rudeness think it is okay to be rude? If the grandparents eat junk in front of the young children, will the grandchildren think it is okay to eat junk food? The young watch their elders. The young mimic what they see. When our calves are born, they don't instinctively know the best forage to eat. The calf's mama shows the calf the best forage to eat. The calves follow their example. Since you are an adult, it is your responsibility to educate your offspring in lifestyle choices and the best way to teach is by example. But they need to know why also. Teaching why is very important. How can children pass it on to their children if they don't know why?

I listed several lifestyle references where lifestyle choices directly influenced health. The Bible is mainly talking about moral responsibility, but wouldn't be immoral for a parent to sloppy with their child's health. How would you feel if you found out your diet indiscretions directly influenced your daughter having a sickly child? I would feel horrible. What if I had only trained my child correctly? What if my son went to jail because I didn't teach him stealing was wrong? Wouldn't I be guilty of neglect? If I did not teach my son about good nutrition by example, would I be guilty of neglect? I certainly did my best to teach my son to drive safely. Death by collision is quick. Death by malnutrition takes much longer. Smoking cigarettes is proven to cause defects. Putting toxins in your body causes birth defects. If a candy bar had a warning label on it saying, "Eating this candy bar sets a bad example for children," would you eat it anyway? There are no warning labels on candy bars, but I have informed you of the health risks of candy. Therefore, if your child sees you eating candy are you not telling your child it is okay to eat candy? I try to set a good example to my children but sometimes I am weak. I don't want to be the cause of my grandchild having cancer. Have you ever walked a cow path? The path will not go in a straight line, but the trail is easy to follow. Leading young people is easy once the trail is blazed. We older people must train our young not to deviate from the correct trail.

We need to totally revamp our food system. We have got to change our eating habits of quick convenience foods. We can consume nutrient dense foods without toxins sold in our grocery stores and restaurants. This not only a matter of public health but of national security. We are killing ourselves without even knowing it. We put our faith in doctors to pull us through our ill health. We blame the huge cost of health care on everything but ourselves; when it is our actions driving up the cost. Until we decide to take the time to treat ourselves with respect, we are hurting current and future generations. We are all becoming weaker. Just as it is wrong for a pregnant woman to consume alcohol, it is wrong for pregnant women not to stay away from toxic food. We are breeding an inferior race. From day one, a child must be fed properly, not only for the child, but the child's children. It is the responsibility of adults to train children, but first adults must be trained. If you find me to be inaccurate, then let me know. Please investigate further yourself. Never stop investigating.

There are many books saying eat this to relieve this condition or eat that to cure that symptom. These foods may be great. I am not going to critique this type of book. I ask this question about these books. What caused the condition in the first place? Don't you think knowing the cause should be the first place to start in solving the problems? Putting a bandage on a cut will not prevent being cut somewhere else. You must figure out how you were cut and do something to prevent being cut again.

THE AMERICAN HERITAGE DICTIONARY says the definition of "cure" is a recovery from disease. How do you define cure? When most people hear the word cure, they think like the smallpox cure. People think cure really means free from a certain disease permanently. That you can never get that disease again. Everyone wants a cure for cancer, but what they really want is vaccine. There are vaccines and cures for infectious disease. Is heart disease contagious? Have you ever caught arthritis by shaking someone's hand? THERE ARE NO PERMANENT CURES FOR CHRONIC DISEASES. You should understand why by now.

If you have digestive problems and decide to follow this program, I guarantee you will feel better. I can't guarantee you will have permanent great health. Why is that? Lack of discipline. I backslid. You will also. Your body can not be bargained with. You can't make deals with your body. If you eat junk, your body isn't going to say, "That's okay. You did right for 6 months so you can eat junk for 6 months." No deal. Just because your system is doing well for a time, doesn't mean you can go back to being sloppy. I did all these wrong things; so I know. I want to very clear. If you want to be healthy, you must be diligent. All chronic diseases can return. Instead the word cure, I prefer the word manage. You have to manage your symptoms. I DO NOT MEAN COVER UP YOUR SYMPTOMS. You can manage your symptoms so well, you may forget you ever had problems. Once chronic diseases, including candida, have found a home in your system, they don't like to leave. It is hard to control degenerative diseases, but with diligence comes improvement. I backslid many times until I said enough. Don't take as long as I did to become diligent.

Some of the references here are very recent. Medical science is always learning. I saw a commercial recently where a doctor was using a device very similar from the 1960s Star Trek. In one of the Star Trek episodes, the Starship Enterprise comes across a spacecraft from the past. The members of the past spacecraft awake from a deep sleep and recover fully. Ricardo Montalban plays the evil lead character who says man's tools have improved but the physical has not changed at all. I agree with this statement. (This is only a TV show but the analogy fits.) Many people believe man's modern tools will save us of all of our indiscretions. Not so. Our tools will always change, but our physical bodies don't change. I have tried to make my gut adapt to taking all that junk food I want and turn the trash into treasure. Needless to say, I can't fool my gut. You can't fool your gut. No matter how people try to "improve" on food products, you can't fool your system. You can trick your mind into believing this new and improved food will save you, but you are kidding yourself. My wife's first boss, as a teacher, taught her the 4-Ps, PROPER PLANNING PREVENTS PROBLEMS.

SUMMARY

1. Eat fermented foods daily
2. Eat raw fruit no more 30 minutes before a meal or 3 hours after a meal. We don't want the fruit sugar mixing with proteins and fats.
3. Eat bone broth every day. The number 1 superfood.
4. Prepare grains and legumes properly. Every mineral is worth getting.
5. Cook slow. Don't hurt your food.
6. Plan ahead for meal preparation.
7. Exercise at least every other day.
8. Maintain a healthy weight.

9. Keep a food diary. At least for a while.
10. Drink water at meals, but not too much.
11. Be in charge of your health.
12. Do all the above to prevent stress.

1. No breakfast cereals, chips or anything extruded.
2. No sugars, natural or manmade. You can't fool your body.
3. No fried foods. It ain't worth it.
4. No harshly processed oil.
5. No soy products unless fermented.
6. No Nightshades- white potatoes, peppers, eggplant, tomatoes and tobacco.
7. Stay away from all pollutants, in food and/or in the air.
8. Don't eat too many calories. Too many calories is bad no matter how nutrient dense.