

Over-The-Counter Natural Cures

by

Shane Ellison

Summarized by cleangov

Introduction:

[As much as possible I'm going to write this summary without using the unusual, complicated names of chemicals, diseases, and various processes and reactions, which are described in the book. You're welcome.]

Shane Ellison is a chemist, through and through. He bills himself as The People's Chemist, and it looks to me like he uses his powers for good.

He started work as a chemist for Big Pharma, designing new drugs, and then eventually realized that the artificially made drugs were not the way to go, that getting the proper nutrients and avoiding bad things like too much sugar, alcohol, artificial flavors, preservatives, and some other things we are exposed to in the water we drink and the soaps and shampoos and sunblock we use, IS the way to go. Also avoid an overdependence on prescription drugs.

90 percent of Americans are malnourished, according to the National Center for Health Statistics. [I suspect that is a spectrum with some people being slightly malnourished and others being extremely malnourished.] By malnourished he means lacking the proper nutrients for healthy operation of the body and mind.

In spite of spending more on health care than any other country in the world, we are fatter and have less energy and more heart disease and cancer than in many other countries.

The biggest factor in health and longevity is whether or not one is getting the essential nutrients. Period.

If one is deficient in one or more nutrients, then the body will develop all manner of illnesses. Restore the essential nutrients and the body will get healthy.

He gives examples of people who read the first edition of his book and applied simple remedies to beat cancer, at extremely low cost and no side-effects.

He lists out eight criteria which can be used to evaluate the effectiveness and safety of any supplement, which criteria he has used in his research.

Some of the topics discussed in the following chapters include: How to get one's thyroid working properly again and drop the pounds and go out and buy some skinny clothes again. A nutrient that keeps skin looking smooth and young despite one's age. A \$2 per day remedy for cancer, pawpaw, that works in a revolutionary way to cause cancer cells to self-destruct.

He tests nutritional supplements and tells you which ones he finds are effective and do not have toxic fillers and adulterants, by brand name and source. He doesn't get paid to promote specific nutrients. He doesn't sell them himself, except for a few hard-to-find items.

A healthy old age means one can experience life and have the benefit of decades of experience, while still having the energy and vitality to enjoy it and do something with it, instead of wasting away to a dreadful, miserable end.

Chapter 1, Wake up with Younger-Looking, Cancer-Free Skin and a Stronger Heart:

The most visible sign of aging is wrinkles.

The remedies detailed in this chapter result in younger-looking skin and also protect you against skin cancer, some nasty nerve disorders caused by diabetes, memory loss, and an aging heart.

Your skin is the largest organ of the body, protecting you from all manner of things, like heat and cold, toxic chemicals and invaders like bacteria and viruses. If the skin starts to break down, you get wrinkles and then other bad things can happen.

[I'll skip the discussion about what happens to skin that causes wrinkles to form and then how that can lead to skin cancer. I couldn't figure out how to present it without getting into a lot of big words.]

It's not the sun. The sun hasn't materially changed its output, but skin cancer rates have been going up in the US. Skin cancer rates are fairly low in tropical countries that get a lot more sun than we do.

Those anti-oxidants we've heard so much about for years are what is deficient in most people's skin and other parts of the body. Examples of anti-oxidants include Vitamin E and Vitamin C (from acerola). Another one, lesser known, is called **alpha-lipoic acid, or ALA**. [I know, I said I wasn't going to do that, but I figured you have to know what ALA stands for. We won't go any further with it than that.] ALA performs various kinds of protective functions, including those that help keep the skin flexible and young-looking.

ALA taken for just a few weeks can improve the health and appearance of wrinkled skin, which is pretty amazing. It can also help in a big way to remove toxins from skin and get rid of them.

He talks at length about the harmful effects of high fructose corn syrup, how it contributes directly to wrinkled skin and other unattractive things like diabetes, kidney disease, and Alzheimer's disease. And age spots. ALA can reduce age spots. As he says, he'd just stop consuming corn syrup.

People with Diabetes often have painful nerves and nerve damage. ALA can repair that damage, and alleviate the pain.

ALA comes in two different forms, one with a "right-hand" shape to the molecule and one with a "left-hand" shape. The "mixed" form is widely available and doesn't cost much. The brand he has tested and recommends is called Spring Valley brand ALA and he says it's available at Wal Mart. [also on Amazon]

He says it's best to take it on an empty stomach, he recommends between lunch and dinner.

Another nutrient worth taking is called **acetyl-L-carnitine or ALCAR**. [I know, but now you know what it stands for.] It helps your heart and it helps with mental health, meaning you won't forget as much stuff. He likes taking the combo of ALA and ALCAR made by Nature's Bounty, available at Walgreens. [and at Amazon]

A family of nutrients called carotenoids [think carrots and several other kinds of food] when eaten in food these carotenoids get deposited into the skin and help block the harmful components of sunlight. The most powerful carotenoid by far is found in algae, salmon, trout, shrimp and lobsters. It's called **astaxanthin**. The best source is AstaREAL astaxanthin, available from astavit.com [and from Amazon]

He recommends trying the above nutrients for a few weeks and see if you notice any improvement. He's pretty confident that you will.

Chapter 2, Mother Nature's Detox Cure:

Never before in mankind's history have people in the industrialized world been exposed to so many toxins on a daily basis as now. Chemicals are in the food we eat and on "health" and "beauty" products we put on our skin and brush our teeth with and the medicines our doctors prescribe for us, even the water we drink.

The liver is the main organ in the body with the task of rendering toxins harmless and flushing them out of the body via the intestines. Drugs given to people to 'lower their cholesterol' can actually harm the liver, even kill it, and then the patient dies. But their cholesterol was lowered. [cynical joke]

One artificial toxin is called **triclosan** and it's used in toothpaste, soaps and lotions and more than 140 other products. It is used as an antiseptic, but it accumulates in the body over time and can cause things like obesity, infertility, cancer and it makes one age faster. The US

Center for Disease Control found 75% of people tested in one random sample had some amount of triclosan in their bodies.

Another family of toxins is called parabens. Often found in shampoos, moisturizers, lotions, shaving gels, toothpaste and other products, they will often be listed in the ingredients as: **methylparaben or ethylparaben or propylparaben or butylparaben**. In even amounts as low as 1 part in a trillion these chemicals can cause key changes in brain structure and function. They can cause girls to grow into adulthood faster and they cause the rest of us to age much faster than normal. Read the labels and avoid products that contain these chemicals.

There are no health benefits to adding fluoride to water. Filter it out of your water supply [and get your city to stop adding it to the water]. When the concentration reaches 1 to 5 parts per million it can affect the liver, kidneys, and nervous system, which can show up as irritability, depression or cancer.

Cities also add chlorine to water to kill bacteria, parasites and viruses, which is a good cause, but chemical byproducts of chlorine include things called trihalomethanes or THM for short. This is present in much tap water and also in bottled water [not sure if it's in all bottled water, or just some] and it can cause damage to the heart, lungs, kidneys, liver and central nervous systems. He recommends to stop drinking bottled water and to filter tap water. And, since they are volatile and can be inhaled, one would need to filter shower water, too. [That last doesn't seem very practical, unless one can get a whole house water filter. We'll see.]

PCBs [I'll spare you the long chemical name] have long been banned by the EPA, but still persist in our various water supplies and streams. Filter your water and avoid eating wild game food that comes from known polluted areas. [How the heck you find that out is beyond me at this time.]

The gas additive [and rocket fuel?] perchlorate is found in things like tap water, ground water, and cow's milk. It interferes with iodine uptake and messes up your thyroid. Filter your water and make sure your milk doesn't have this additive. [My milk says it contains only milk and vitamin D₃, so I don't know if perchlorate is an additive that would show up on the list of ingredients, in some brands of milk, or a contaminant that is present in some milks, but is not supposed to be included, in which case how the heck would one find out?]

BPA is present in plastic food containers, including plastic water bottles. It is present in only "trace amounts" in water and food stored in those containers, but the problem is that it accumulates in the body over time and the body doesn't have a mechanism to get rid of it. It mimics the function of estrogen, so in men it can produce male breasts, which are not often desired on the male form. It can also damage the liver and cause cancer, heart disease, and diabetes. Avoid plastic food and beverage containers.

Atrazine is a herbicide still used on American crops. It has been banned in Europe as of several years ago. It causes birth defects, deformities, Parkinson's disease, infertility, and cancer, and damages the liver. To avoid it, filter your water and eat organic food.

Mercury is a poison. Avoid it, if you can, although it is a byproduct of coal-fired power plants, and is present in vaccines. The FDA repeatedly assures us that the vaccines pushed on us every day [and recently made mandatory for all school children in California, regardless of the wishes of parents] are safe, and yet the FDA is working frantically [according to Ellison] to remove it from vaccines. He figures the historical record demonstrating the toxicity of mercury is senior to any data coming out of the FDA.

With regard to prescription drugs and over-the-counter drugs, sometimes they cause liver damage and sometimes they don't. He likens it to Russian Roulette. He cites a common pain killer, **acetaminophen**, which according to one study accounts for at least 42 percent of acute liver-failure cases at major hospitals and one third of the deaths. [!]

The best way to detox the body, per Ellison, is to take milk thistle from Sundown Naturals. Available at Walgreens or Rite Aid. [and Amazon]

Chapter 3, The Healthiest Alternative to Cholesterol-Lowering Drugs:

Whoa! He says there is not a single scientific study that supports the claim that lowering one's cholesterol prevents heart disease, and yet zillions of people believe this, and pay through the nose for "medicines," (called **statins**) in a vain attempt to have good heart health and prevent strokes.

There are much better methods for preventing heart disease, and they don't have the horrendous side effects and possible death associated with them, as statins do, and they might just enhance your sex life and help prevent depression and cancer.

A private group of people, called the National Cholesterol Education Program, 88% of whom are paid directly by statin-producing drug companies, has been promoting since 1985 the idea that cholesterol is bad for people and that people need to take "medicine" to drive their cholesterol levels down, and that this will promote good heart health.

Since cholesterol is a precursor to the production of testosterone, lowering cholesterol levels also greatly reduce the production of testosterone, which can result in erectile dysfunction and not having such a good time in the bedroom.

The drugs that lower cholesterol also lower the levels of stuff called CoQ10 in the heart, which can lead to heart failure. This fact didn't make it to your evening news.

Statins make you stupid. And something else, what was it, oh, yeah, it also makes you forgetful.

Statins make for a very favorable environment inside the body, chemically speaking, for the formation of cancers. They also greatly increase the risk of getting Lou Gehrig's disease, also known as ALS.

The drug companies hide the dangers above, and exaggerate the claimed positive benefits, through the adroit use of statistics and good old-fashioned covering up bad news. They work hard and spend a ton of money to develop the drugs and tailor-design the many studies used to convince the FDA that the drugs are safe and should be granted approval. [And, in my personal opinion, the FDA is in bed with the drug companies and refuses to do its job properly.]

Cholesterol is not a poison.

It is actually the most important molecule in the body, after water. It is vital in the production of a whole host of important substances the body absolutely cannot function effectively without, and plays a vital part in many important processes inside the body.

Plaque buildup in the arteries is actually inflammation, or the body's attempt to heal itself. Sometimes this can lead to a rupture in that area, and the subsequent formation of a blood clot, which can then block the flow of blood in that artery. If that artery supplies the brain, the brain is deprived of oxygen and we call it a stroke. If that artery supplies the heart itself, the heart doesn't get enough oxygen and we call it a heart attack.

The best thing one can do to reduce the risk of heart attack or stroke is to stop smoking.

The next best thing one can do is to take **follic acid**, which controls the formation of a harmful substance in the body, so that it doesn't reach dangerous levels. The best source of folic acid is NOT in vitamin pill form, because that form is actually most likely a synthetic version made in some lab, which is not as effective as the naturally-occurring version in Brewer's Yeast. [He recommends Lewis Labs brand, but in reading the many reviews on Amazon, several people complained that Lewis Labs changed their formulation and don't feel it's as effective as other brands. I tried checking Ellison's website, overthecounternaturalcures.com, for his "certificate of analysis," but that website doesn't seem to exist any longer and one is instead referred to other sites. If Ellison does have a website where one can find the certificates of analysis of the brands he recommends, let me know.]

Chapter 4, The \$8 Cure to Deadly Blood Clots and Poor Cardiovascular Function:

Notwithstanding the comments above regarding blood clots and Brewer's Yeast, Ellison says that **anti-clotting drugs and hypertension medicine** are really very good and have saved millions of lives in the middle of a sudden heart attack or stroke. Seeing that, the big drug companies started selling such drugs to middle-aged or old people who were told to take them every day, like they were vitamins or something, essential to good health.

These drugs, called **cardiovascular drugs**, cost a lot of money for retired folks, anywhere from \$60,000 to over \$100,000, according to a report by CNN Money.

If a person takes these drugs routinely, 1) they last too long in the blood, as they are not broken down by the body easily, and 2) they can result in the blood getting so thin that it seeps through the blood vessel walls. One sees bruising first and then one can get actual rupturing of the blood vessels in the brain and ulcers. [That doesn't sound good.]

The chronic use of **aspirin** depletes the body of a whole host of vital nutrients, causing many health problems and the statistics show that aspirin users drop dead more often than people who don't use aspirin.

He describes several of the common and famous blood thinners and similar drugs and says none of them help and all of them cause harm. [But they have the huge benefit of making the drug companies, and the drug company shareholders, very, very rich, so I guess they aren't all bad.]

Then there are the drugs touted as treating hyper-tension. This class of drugs are in the top ten of drugs prescribed in the US, costing people zillions.

One type of hypertension drug is called "**beta-blockers.**" These have the unfortunate side-effect of causing the body to accumulate fat, and burn carbohydrates for fuel, instead of burning fat. People who take these drugs have a 28 percent greater chance of ending up obese and suffering from Type 2 diabetes. Diabetes can take 11-20 years off of a person's expected life span.

Another type of hypertension drug is known as **calcium channel blockers** and one of the unfortunate side effects of these drugs is a gradual weakening of the heart, resulting in increased risk of heart failure. The National Institute of Health warned that postmenopausal women who take these have twice the risk of developing breast cancer compared to other women.

Another type is called **ACE inhibitors.** [I'll spare you the long chemical name that stands for.] Side effects of these drugs include the possibility of developing a persistent dry cough, (sometimes so severe it interferes with the ability to talk) along with general weakness, rashes and fever.

He discusses at some length the possibility that there is no real need to take these dangerous drugs at all, because gradually increasing blood pressure is a naturally occurring phenomenon, as people age. He offers the novel test of these drugs' effectiveness being the observation that **he could find no study that demonstrated people lived longer because of taking these drugs. He did find many drug trials where taking hypertension drugs lowered the average life span, compared with people who didn't take the drugs.** [That's enough for me, right there, regardless of any other data promoted about these drugs by the drug companies and by doctors.]

He acknowledges **that these blood thinner drugs and hypertension drugs have a valuable service to perform in emergency medicine,** where blood clots are an immediate threat to someone's life, and have indeed saved millions of lives. But to prescribe them as a daily dose can cause very real, and negative health issues.

A natural alternative to these drugs is called **hawthorn**, available from places like amazon.com. It breaks up clots and also helps control blood pressure and strengthens the heart, with no side effects.

Hawthorn is composed of a whole host of compounds, all of which confer benefits to one's health. Don't buy brands that load up on only one ingredient, because it's the spectrum of beneficial effects caused by the whole package of ingredients which makes it so special.

Once you start taking it, be prepared to be patient. He says it may take up to six weeks to kick in.

Best to take it before exercise and before bedtime, on an empty stomach.

The best dose is about 15-20 milligrams of the hawthorn per kilogram of body weight, two to three times a day.

If taking any other cardiovascular drugs, work with your doctor, if you plan to take hawthorn.

If you have existing cardiovascular problems or feel you are at risk for same, you should consider getting your blood thickness measured, and then using that to track the effectiveness of hawthorn or any other program you embark upon. He feels that Meridian Valley Laboratories offers a testing service that is the most complete and accurate for measuring blood viscosity. Check with www.meridianvalleylab.com.

Don't rely on hawthorn as the only thing to use to gain a healthy heart and blood system. Eat magnesium-rich foods like organic sunflower seeds, almonds, pumpkin seeds, green leafy vegetables, and cashews, and get rid of excess body fat.

Get your body fat percentage down to the 15-22 percent range for men and 17-25 percent range for women. (Can test for this at your local gym.)

Chapter 5, Sleep Like a Bum Naturally and Get Rid of Anxiety:

A century ago, according to Harvard Health Publications, Americans averaged 9-10 hours of sleep a night. Now it's less than 7 hours per night.

Not getting enough sleep accelerates aging.

One group found that nearly 70 percent of adults in the country don't get enough sleep, and another study found that more than 70 million people suffer from constant sleep loss or sleep disorders.

Sleep is the time when the cells of the body are repaired or are replaced, after the rigors of the daytime activity. If you don't get enough sleep, you don't get enough of this repair or replacement activity happening, and the body ages faster than it normally would. In that state one might feel upset or angry, and would quite possibly be fat, hungry, fatigued, and depressed.

Taking sleeping pills, whether prescribed or over the counter, one risks very real, harmful side effects, (including such things as having suicidal thoughts) plus the real risk of addiction.

Over the counter sleep aids often include a drug called **acetaminophen**, which if taken to excess can cause liver damage, sometimes known to be fatal.

Shane lists out three steps one must do to sleep like a drunken bum:

- 1) Get rid of toxins in the food one eats. Don't take any diet colas. The artificial sweetener known as **aspartame** is a drug of a class called **excitotoxins**. It excites brain cells to death. [And, I would add, don't take aspartame in other foods, either. And learn about other excitotoxins added to food and don't buy those foods, either. See later in this summary, or the book.]
- 2) Get some vigorous **exercise**, not close to bedtime. Get your heart pumping for awhile. [Later in the book he gives some target heart rates, based on one's age, that one can monitor with the right kind of fitness watch or other device, to know if the exercise is "vigorous" enough.]
- 3) Take the natural substance, **valerian**. It's non-toxic and non-addictive. It's very effective and very inexpensive. Take it about an hour before you go to bed. Take the valerian root, in capsule form. He recommends Spring Valley Natural Valerian Root, sold by Wal-Mart. [Also available from amazon.com]

Other things you can use Valerian for include: As a muscle relaxer. Restless leg syndrome. Irritable bowel syndrome. As an anticonvulsant. And, finally, it can be used if one is gradually trying to stop taking prescription and over the counter sleep aids.

Finally, if one has anxiety, or panic attacks, or depression, the temptation may be very strong to take a prescription anti-depressant. You need to be aware of the life-threatening risks of doing so. Do your research and do not take what your doctor tells you at face value. [He may well get a percentage off of each prescription he writes, or some other direct reward for prescribing those drugs.] Plus, they are addictive. First try something very inexpensive and with no side effects, **Valerian**

Chapter 6, Beat Illness Without Antibiotics and Vaccines:

Prescription drugs are valuable in an emergency situation, but outside of that, they can be deadly. Drugs should not be your first line of defense against illness. Your immune system is. When antibiotics are prescribed in the massive quantities they are today, you get to the point where some of the diseases have become immune to the antibiotics, and so diseases that should not be deadly are now fatal, if the wrong antibiotic is given. In 1954 there were 2 million pounds of antibiotics produced. Now it's over 50 million pounds.

If a person has an infection and is given antibiotics, the antibiotics will kill most of the infectious organisms. The weaker, more susceptible bugs are killed and the tougher, stronger ones live on to reproduce and make you really sick, or even kill you.

Some of these bugs are resistant against multi-drug combinations. We call them **superbugs**. They are very hard to kill.

Vaccines are supposed to work by injecting weak or dead disease-causing organisms into the body with a needle and the body then develops an immune response against that particular organism, which it might not be able to do successfully against the full-strength disease organism.

However, it doesn't work quite like that.

Polio was conquered by better nutrition and sanitation before the polio vaccine became available. In recent years the polio vaccine has caused polio outbreaks where it has been administered in places like Nigeria, Chad, Angola, and Niger. The vaccination campaigns continue.

Whooping cough mortality rates fell by 79 percent between 1900 and 1935. The vaccine was introduced in 1940. He says that today the people most susceptible to whooping cough are those who have been immunized. 17 out of 18 students who got whooping cough in one area had been properly immunized.

Similar data exists for **measles, mumps and rubella**. Those who have been vaccinated are more likely to get the disease than those not vaccinated.

Flu vaccines are effective in only about 14 percent of people vaccinated.

Don't be taken in by the propaganda statements made by medical people and drug company people and government people. Do your own research. Realize that immunization does not come with the jab of a needle. Proper hygiene and nutrition are far more effective at giving our own immune system a chance to do its job, which it is marvelous at doing.

The "innate" immune system stops intruders before they get very far, at the surface of the skin or in the stomach or the intestines.

The "Adaptive" immune system responds if anything gets past the first line of defense, the innate immune system. This includes white blood cells and also involves specialized cells and organs in the body.

Simple food is the best food. Generally, our food should consist of about 25% carbs, 50% "healthy" fats, and 25% protein. The foods he recommends mostly are: grass-fed beef, chicken, whole eggs, fruit, vegetables, seeds, nuts and coconut oil and cod-liver oil. That should be the bulk of your diet. If it comes in a package, don't eat it. If it tastes sweet, other than fruit, don't eat it. If it's fast food coming at you out of a window, don't eat it.

If you get sick, eat lots of **garlic**. It's effective against a whole host of nasty bugs. It's been used in this way at least since 1500 B.C., by the Egyptians.

And, it doesn't kill helpful organisms that reside inside our bodies and help us in many ways.

He recommends Solaray Garlic, from Vitamin Shoppe. [also at amazon.com]

For quicker recovery from illness, use **andrographis** along with the garlic. Readily available from health food stores [or amazon.com]. Take it on a full stomach. Women should not use it if pregnant or attempting to become pregnant.

To get better fast he recommends six steps:

- 1) Take **garlic cloves and andrographis** (but not if pregnant) after each meal.
- 2) If there's pain, drink **white willow-bark tea** or **Organic Throat Coat** by Traditional Medicinals.
- 3) **Sleep** as much as possible for two days. No exceptions.
- 4) One meal each day should be **homemade chicken broth or soup**.
- 5) Eliminate things from your diet that compromise your immune system, such as some prescription drugs like **Enbril, Sugar, Artificial flavors, and MSG**.
- 6) Get **sunshine** to boost vitamin D levels.

Chapter 7, One Supplement for Total Prostate Health:

Guys over 50 often find that they have to go to the bathroom to pee more often during the day, and in the middle of the night. If they go to a doctor for a prostate checkup, they may well be told that they have an enlarged prostate and that they've also got a urinary tract infection, but no problem, we'll just put you on an antibiotic like **Proscar**, and that begins the long slide downward to bad health. Within a matter of weeks one is not just experiencing going to the bathroom more often. One now enjoys constipation, sore and aching muscles from the neck down the back, and low blood pressure, with occasional heart palpitations. Within a few months you notice male breast enlargement, "genital shrinking," and decreased sexual ability, and blurred vision and cold-like symptoms. Ahhh, for the good old days, when all you had was going to the bathroom more often.

By age 60, 50% of all men have enlarged prostates. By the time a guy gets to be 80 or 90 that percentage is up to 90%. This growth of the prostate happens because a guy's hormones go out of whack, likely due to consuming too much sugar and not enough "nutrient logic," meaning not getting the right stuff into the body and taking the wrong stuff into the body. These bad lifestyle habits catch up with guys and they can end up having a testosterone level lower than that of a 13-year old girl, and more estrogen than they want.

Drugs offered by the medical profession to deal with the problems of an enlarged prostate often cause side effects, not desirable, such as stomach problems, stuffy nose, headaches,

dizziness, tiredness, lowered blood pressure and problems with ejaculating. Some of these types of drugs go by the names of **Cardura, Flomax, Hytrin, and Uroxatral**.

Another type of drug works differently, and may take 3-6 months to relieve symptoms, and side effects include an inability to get an erection [But hey, they probably have another drug for that, right?], decreased sexual desire, and less semen output. In Shane's view the man is essentially being converted to a woman inside. Examples of this type of "cure" include **Avodart and Proscar**.

Other types of treatment offered to a person with an enlarged prostate might include microwaving or surgically cutting away part of the prostate, or using lasers to remove part of the prostate. Surgical solutions can result in cutting nerves inside the prostate, which ends a person's sex life, probably not what they would prefer.

What to do?

Skip the above treatments and take **saw palmetto**. It's non-toxic and in at least one study was found to be more effective than Flomax, without the side-effects.

He recommends a couple different sources:

One is Puritan's Pride saw palmetto, in a 450 mg capsule size.

Another choice is GNC saw palmetto that has additional ingredients that also help the prostate, such as **pumpkin seed, lycopene, zinc oxide, and pygeum bark**.

Chapter 8, Conquer Failing Vision Without Surgery:

Eyes are pretty amazing organs. Small package and wondrous performance at enabling us to perceive the world around us.

Deterioration of the eye can take different forms. Sometimes changes occur to the retina that damage the retina. Sometimes one might develop a clouding of the lens in the eye, called a cataract. Shane believes this last one might be caused by nutritional deficiencies, and might respond to correct nutrition.

A gradual death of the optic nerve, that creeps up on people, is called glaucoma. This is often associated with an increased pressure of the fluid inside the eyeball. Research has shown that if one takes **a brisk 40-minute walk five days a week for three months**, one can reduce this increased pressure.

Diabetics can experience impaired vision over time, caused by tiny blood vessels in the eyes breaking down, and leaking or becoming blocked.

Healthy eyes depend upon good nutrients, either available in the food one eats, or in the supplements one takes. Foods that are good for eyes include: eggs, kale, spinach, turnip greens,

collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas, and Brussels sprouts. Also look for butter, beef, elderberries or chicken liver.

He goes on and on about **chicken liver containing more nutrients than any other food**. He recommends **Pilgrim's Pride chicken livers available at Wal-Mart**.

Beware of supplements containing "beta-carotene" and "vitamin A" that are produced synthetically.

In nature, vitamin A is actually a mix of substances that are similar in structure. The synthetic forms of this zero in on one structure only, and skip the rest, meaning you're not getting the real McCoy. He feels there is growing evidence that synthetic vitamin A is actually harmful.

He recommends getting carotenes and vitamin A from natural sources, not man-made sources.

He likes **CarotenALL by Jarrow Formulas**, sold by The Vitamin Shoppe or online. [amazon.com has it]

A person should take one or two capsules daily with eggs, meat, dairy or other animal products, because some of the components of the CarotenALL are fat soluble and require animal fats to be taken in and used by the body.

Chapter 9, Avoid Cancer Now:

There are medical people who promote that conventional medicine can prevent or stop or cure cancer. There are natural cure people who promote that natural cures can do the job. Shane feels both camps are not basing anything on science, but, as he puts it, mostly hype and hope.

Cells in our bodies are being repaired all the time. New cells are being formed to replace old cells. If cells cannot be repaired, they obligingly commit suicide, and are replaced. Cancer cells are cells that have turned into "rogue" cells that divide and replicate without the normal "suicide" controls in place.

So, if one can restore the proper, normal cell "suicide" functionality, one doesn't have cancer.

He says chemotherapy is a colossal failure. Its effectiveness has been distorted and falsified by doctors and the media.

The main chemotherapy drug is called **tamoxifen**. It actually acts like a cancer fertilizer and can result in new cancers sprouting up in the body. **Avoid it like the plague**.

Chemotherapy continues as an accepted “therapy” today because it brings in \$50 billion annually, and because the medical profession promotes the “five-year survival rate” as a measure of how successful these drugs are, when a five-year survival rate says nothing about whether a cure has been achieved, and is too short a time span to measure the long-term adverse effects of the chemotherapy.

That is, the focus on the five-year time period ignores what happens after that, when slowly-developing side effects are visible and the cancers proliferate in other parts of the body or come back to the original body area afflicted, and kill the patient.

Doctors who treat cancer, oncologists, are allowed to buy cancer drugs wholesale and sell them retail, keeping the large profit for themselves. They are not paid to research and find actual cures for cancer, but they are paid well for pushing the expensive drugs that do exist, and which are so damaging to a person’s health.

When medical people promote the idea that early screening for cancer saves lives, they are really prospecting to find candidates for their profitable chemotherapy programs, which are not effective and which create many painful and life-threatening conditions in their patients, down the road.

Ionizing radiation [strong stuff like in a nuclear reactor, gamma rays, etc.] causes cancers to form.

Radiation treatment on cancer patients is an attempt to “target” cancer cells and hit them with radiation, to cause them to be destroyed. However, the radiation does not target only the cancer cells. Healthy cells nearby also receive radiation, and are harmed. This often results in new cancers forming at some distance from the targeted cancer cells.

Patients are willing to subject themselves to chemotherapy and radiation treatments because they know cancer can kill them. They have a strong fear of cancer and they have been told these types of treatments are effective and are the best treatments available. They have not been told all of the above facts about these treatments. [Get the whole book for more details.]

He feels that, as he calls it, “nutritional logic” is a real alternative to beating cancer. No toxicity and very low expense, and, in many cases, effective.

He says that any person attempting to take care of cancer should seek the assistance of a “health-care practitioner” who will work with you and take into account what you want and how to achieve it.

Every day millions of your body’s cells commit suicide and are flushed out of the body via the immune system. The healthy cells remain intact, doing their jobs. One doctor has written that it is quite possible for the body to replace **all** [emphasis added] of the cells of the entire body over the course of a year, which is a pretty amazing piece of data. [And it raises all sorts of interesting philosophical questions, such as, where is human memory stored? Is it passed on from one cell to the next generation of cells? Is memory something that resides in some other place besides the cells? That is, is memory of who we are and where we’ve been and what

we've done stored inside individual cells, or is it somehow stored in some non-material form? However, back to our narrative:]

Cancer cells are cells that are refusing to commit suicide and continue to divide and replicate, uncontrolled. Research over the last 20 years or so has found that there are foods that contain various nutritional components that assist the above suicide mechanism to work with cancerous cells, so that they commit suicide and go away quietly. These foods include: elderberry, cloudberry, green tea, broccoli, and skullcap. [I don't know what skullcap is, really, but it seems to be some kind of mint, and he recommends a brand called "New Chapter," so it's apparently available as a supplement.] Each of these foods works to help cancer cells "know" when it's time to bow out gracefully and exit the stage.

The most effective natural food known in dealing with cancer is turmeric, which has been used in Asia for thousands of years to boost immunity. It works in many different ways to inhibit the growth of cancerous cells and actually promotes the health of normal cells. It can halt the spread of cancer to other parts of the body.

Despite much research which demonstrates the validity of the above statements, doctors do not prescribe taking turmeric, because there's no money in it. Big Pharma doesn't promote the use of turmeric, because there's no money in it. Instead, the big drug companies are spending big dollars trying to find a way to create synthetic versions of turmeric, which, if they could design them and patent them, would be a potential source of income for them. [But the synthetic versions, if they could create them, would probably end up being simplified versions of turmeric, with limited effectiveness and likely undesirable side-effects, which is the usual result of what comes out of their labs.] So far, they have been unsuccessful.

He promotes **Jarrow Formula brand turmeric**, which they call **Curcumin 95**.

[Amazon has lots of other brands, in addition to the above type. One reviewer there compared several brands, apparently pretty objectively and analytically, and recommended a few other brands slightly ahead of the Jarrow formulation. Check it out.]

He includes the interesting datum that in India the prostate cancer rate in men is about 25 times less than the rate in the US. This goes along with the fact that people in India consume more turmeric than anyplace else.

If one has cancer and is trying to beat it with natural nutrition, turmeric alone may not do it. The cancer may win out.

Cancer cells can create an outer layer that camouflages them so that the immune system can't "see" them. They can thus continue proliferating behind this shield. A chemist and professor from Purdue University, Jerry McLaughlin, PhD, has discovered a potential Achilles heel that [all?] cancer cells have, namely the fact that they require 7 times the amount of sugar that healthy cells need. **Pawpaw** (from the twigs that grow on a tree native to the eastern US. Not the leaves, bark, stems or fruit) has been shown to cut off sugar fuel to the part of cancer

cells that produce energy, the “mitochondria.” The cancer cells starve and die. Healthy cells can use other metabolic methods for producing energy.

One study showed that pawpaw “stabilized” many patients with advanced forms of breast, lung, prostate, lymphatic, and colon cancers, with no side-effects. One must use the correct amount of pawpaw. Too little and you don’t get the result. Too much and a person can get ill, with a lot of vomiting.

McLaughlin designed the components in **Nature’s Sunshine** pawpaw, market under the name, **Cell-Reg**. Available from naturesunshine.com or from amazon.com. One should take two capsules of Cell-Reg before each of three meals each day. Don’t eat sugar or artificial sweeteners while taking pawpaw.

Give it three to six months, while taking curcumin, and while sticking to the healthy habits he describes later in chapter 14, and send him the results to support@thepeopleschemist.com.

One doesn’t have to fear cancer. If one lives a healthy lifestyle, doesn’t smoke, and if one gives the body the nutrients it needs, [and follows the other guidelines in this book] you will be healthy. He feels most of the increase in cancer rates is due to smoking, drug use, and mass exposure to pesticides. He recommends in this chapter four things to do to live healthier:

One: Eat fewer inflammation-causing fats. This seems to come down to regulating how much “omega-6” fatty acids one consumes compared to how much “omega-3” fatty acids one takes in. Both are essential, but if one takes in a whole lot more omega-6 compared to the omega-3, then the omega-6 can become poisonous. Furthermore, 100 years ago people only got small quantities of omega-6 from such sources as whole corn, seeds or legumes. [beans] Today, thanks to the mass-produced oils from corn, soy, safflower and sunflower, we get tons more omega-6 than we really need. While the diet a hundred years ago was about evenly divided between omega-6 and omega-3, today many people in America consume about 20 times more omega-6 than omega-3. One can’t say for certain what the ideal ratio is, but he feels a very sensible thing to do is to not eat plant and seed oils that are rich in omega-6 fatty acids and instead eat more omega-3 fatty acids and get more saturated fats from seeds, oils, butter, fish, grass-fed beef, and coconut oil.

Two: Reduce your consumption of sugar and alcohol. If we get too much sugar or alcohol, then there is a reduced amount of enzymes from the pancreas. These are vital in stripping the “camouflage” surface coating off of rogue cancer cells, which then makes them visible to the immune system. Which gives the body a much better chance of dealing with them and persuading them to commit a peaceful suicide.

Three: Get plenty of sunshine. Contrary to what one hears, the body needs exposure to the sun in order to produce Vitamin D. The vitamin D produced this way is superior to the artificial vitamin D that is added to some foods, like milk. Avoid sunscreen. If one wants to limit the exposure to sunlight, use a hat and light clothing. He recommends exposing 80 percent

of one's body to sunlight every other day, to get a boost of vitamin D production. Studies show that "sensible" sun exposure reduces the risk of skin cancer by 30 to 40 percent.

Four: Eat your vegetables. All of them. Broccoli is good for you.

If you're trying to beat cancer, get the help of a "health-care practitioner" who is on your side and will go along with what you want. Same with your doctor. You should not be forced to accept the expensive and damaging conventional treatments. You should be allowed the option of using "nutritional chemotherapy" as your first line of defense.

Chapter 10, Defy Obesity and Diabetes Fast:

If the blood-sugar levels in the blood are routinely too high, a whole host of ailments can occur: High blood pressure, declining sex drive, heart pain, declining hearing and vision, poor mental health, kidney failure, amputations of body parts, heart attack, stroke, [and probably more].

Doctors prescribe a multitude of prescription drugs to deal with it, but they don't work. They actually make things worse, and one's health gets worse while taking the drugs, not better.

He recounts one anecdote wherein a person who was very overweight and on a bunch of prescription drugs to handle high blood-sugar levels went to nearly normal in three months, following a few simple guidelines and by taking one nutritional supplement available at Wal-Mart for about \$5.

The "common knowledge" states that there is no cure for **type 2 diabetes**, which Shane refers to as "insulin resistance." That's not true.

He discusses several pharmaceutical drug treatments for weight loss:

Fen-Phen was marketed without any approval from the FDA and offered marginal weight-loss results, in exchange for widespread heart disease and death among the patients who took it. It was pulled off the market in 1997 and its maker, Wyeth Pharmaceuticals, paid \$17 billion in damages.

Alli is an over-the-counter diet pill and is marginal as a weight loss remedy, plus it has an unfortunate side-effect of making people poop their pants. No one really enjoys that phenomenon. He talks about "remedies" that attempt to "block" the absorption of fats being inherently dicey. It's not fat that's bad for you, only taking too much of the "bad" fats. If one eats healthy fats from seeds, nuts, grass-fed beef, avocados, fish and coconut oil, that helps you, and actually helps to provide your body with energy without causing you to gain weight. It also helps you feel "satiated" sooner, meaning you don't feel you have to eat more.

Hoodia doesn't seem to curb appetite among obese folks, and there are no large-scale clinical trials that demonstrate any weight-loss effectiveness. The company that made it, Phizer,

has apparently stopped selling it as a diet pill and it's now sold in large quantities by people marketing various supplements.

Wellbutrin produces a marginal weight-loss, but that's accompanied by 6% or more of its users experiencing seizures. For comparison, cocaine is the number one cause of drug-related seizures, and Wellbutrin is number 3. Pretty good company.

Don't forget drugs like **Prozac** or **Meridia**, all failed weight-loss remedies, and all of them have been sold with the advice for the user to get "proper diet and exercise." Meaning, any results one might see would be caused by diet and exercise, not from the drugs.

Supplement companies market other remedies for losing weight, among them **chromium picolinate**. The thing is, chromium is readily available in many common foods, so one doesn't have to take it as a supplement. The studies that have been done have failed to show any significant weight loss using it as a supplement.

There are other supplements sold that purportedly operate by converting stored fat into heat and energy, but so far none of them have outperformed diet and exercise. They are often packaged with stimulants such as caffeine that "simply stimulate the hell out of you." One might feel energetic, but will only rarely lose weight.

The only sure way to control weight is to ensure that one's blood-sugar levels are not too high.

Examine what one eats. Many of our favorite foods, and foods touted as being "low-calorie" or "low-fat" are high in sugar or sucrose, fructose, glucose, high-fructose corn syrup, (and things that "mimic" sugar, such as) MSG, hydrolyzed proteins, trans fat, or lactose or maltose. **All of these cause the body to hold onto fat and store it, rather than burn it.**

When one eats sugar, other carbohydrates, and even proteins, (and the sugar mimics above) the pancreas releases insulin into the body, which then is directed to use blood sugar (glucose) for fuel and to store fat. So, if one has too much insulin in the blood, because of too much sugar, then diet and exercise are going into the headwind of this instruction that tells the body to store fat and burn glucose. Because the insulin is too high, one also gets other hormonal systems being altered, which messes up muscle growth, sex drive, appetite, mood, energy, and even fertility.

Then one gets addicted to sugar, and the process just continues.

Since sugar is being burned up for energy, the body demands more sugar and more sugar. Gotta' have it.

If insulin levels remain high, it can happen that the muscles become "numbed" by too much insulin, and are no longer able to pull glucose and other nutrients out of the blood and use it to produce energy. The glucose and the insulin accumulates in the blood and eventually becomes what is called Type 2 diabetes, or insulin resistance.

The above all too often leads to killers such as obesity, heart disease, cancer, Alzheimer's and Parkinson's. In most case, according to Shane, they are "sugar-eating" diseases.

25% of the population has insulin resistance, and it's getting worse.

To find out if you are at risk for this, **the best thing to do is to get your blood tested.**

One can get a "fasting blood sugar" level by going to a blood lab, or one can buy a self-test at a grocery store. Normal is 85 to 95 mg/dL. Higher than that means you may have bad blood. He also talks about other tests one can get, and to avoid steering you wrong, I advise you to get his book and read it for more of the details. Or, perhaps work with a health practitioner you trust who can guide you through some of the details of the different tests and what they mean.

If insulin is working properly in the body, it binds to molecules in the muscles and triggers the absorption into the muscle cells of glucose and other nutrients. And, if things are working properly, it also triggers the release of a whole host of other hormones at different times of the day which promote increased muscle growth and fat metabolism, help your cells recover from stress and aging effects, help you not to overeat, and lots more. This is called by Shane insulin sensitivity, meaning the cells are sensitive to the presence of insulin and react properly. The opposite effect, when the cells are "numb" to the presence of insulin and do not respond as above, results in the glucose and vital nutrients remaining in the blood stream with nowhere to go, very close to the cells that need them, but unavailable for use. This is the "insulin resistance" mentioned above, and is the term Shane prefers instead of the word "diabetes."

So, if one can increase the "sensitivity" to insulin, then one can control weight, blood sugar, and insulin, and can live a long life, because so many of the body's functions will be taking place the way they're supposed to.

The drug companies push various drugs to "control" blood sugar levels, and they do achieve some success at that, (lowering it by perhaps by 15 to 20 percent) but the unfortunate side effect of that reduction is that people on those drugs, (such as **Avandia, Actos, Januvia, Glucophage and Glucotrol**) don't live as long as the rest of us, with early deaths caused by such things as obesity, heart attack, heart failure, and rigor mortis [!] caused by the buildup of lactic acid.

Instead, he recommends taking the totally natural substance available widely called **cinnamon**. Plus, it's cheap.

In one study 60 insulin-resistant patients were given 1 or 3 or 6 grams of cinnamon per day and their blood sugar levels dropped on average from 208 mg/dL to 156 mg/dL.

With no side-effects.

Cinnamon activates cells' ability to take up glucose and other nutrients from the blood and increases insulin sensitivity. In the words of Shane, it "brings numb, insulin-resistant cells back to life and maximizes hormonal intelligence."

He recommends Sundown Naturals cinnamon capsules, available at Rite Aid. He also sells a version of cinnamon combined with milk thistle at his website, www.getcinnergy.com

He also recommends **Guayaki's Chai Spice Yerba Maté tea**. It's available at health stores or at amazon.com or at guayaki.com. [Actually, it seems to have been discontinued by the source. A page at guayaki.com gives more information about it. The "traditional" Guayaki Yerba Maté tea is available at the Guayaki website and at amazon.com]

To help lose weight, don't "graze" or snack throughout the day. Eat only three meals per day, spaced out by 4-5 hours. Eat cinnamon with the meal or 30 minutes before. If you get hungry between meals, try lemon juice in purified water for a few weeks and the cravings for between-meals snacks should fade.

Chapter 11, Why Your Thyroid Hormones Are Out of Whack and How to Fix Them:

The real cause of an ever higher average weight for Americans is **addictive food additives** that induce us to eat more calories per day and which also mess up the function of the thyroid gland.

Chemists in the food industry custom design artificial flavors, similar to natural flavors, which induce dependency on a particular type of artificially-created flavor, and a consumer preference to that particular flavor over other natural and artificial flavors [food wars!] and also induce us to eat more of it than we normally would. [Great for profits of the companies and the balance sheets of the shareholders.]

The overarching goal is to make us eat more of their product than we would normally.

[It makes sense from a purely profit driven viewpoint. There are only so many people in the country. There is only so much food that those people can, normally, eat in a day or a week or a year. And yet, each food-producing company is driven to somehow achieve ever-increasing profits. One can cut costs, somehow. One can increase prices, somehow, up to a point, before some other company's less expensive products look more appealing. Or, one can put stuff in the food you sell that makes people want to eat more of it, even if it's more than they need and which makes them get fat and contributes to their bad health. The last solution has been pursued for decades, backed by a lot of chemistry and as much marketing as the companies can afford.]

A former FDA commissioner, David Kessler admitted that these flavor "enhancers" "hijack our brain," fooling us into eating more, even when we have long since passed the point of being full.

Products can be marketed as being "organic" or "natural" or "no MSG" because the chemicals added have been derived from natural sources. [Neat, huh?]

Procter and Gamble failed to obtain FDA approval for a cholesterol-lowering drug called Olean, because it leaches essential vitamins and minerals from the body. No problem, they now sell it to millions of people under a brand name of **Olestra**, which is one of the key “fat-free” substitutes in foods such as Frito-Lay’s light potato chips.

A chemical added to microwave popcorn gives it the “buttery” taste. Since the chemical was designed to disappear from taste buds faster than real butter, people would want to eat more of it, faster. However, this chemical, even in ultra-low doses, can lead to an irreversible lung condition whereby people have great difficulty breathing.

Eighty thousand of these artificial flavors have been designed and produced, and registered in the US, and not a one of them is required to be listed on food labels, per FDA regulations. The EPA has only tested about 200 of them, and banned only five.

[!!!]

The forerunner of today’s artificially-produced **MSG** was discovered by a Japanese chemist named Kikunae Ikeda, in the early 1900s. He found that it increased food intake in laboratory mice and in human babies. He called it *umami*, which means “pleasant, savory taste.” It doesn’t have a taste, but excites the brain cells into producing a feel-good sensation. [He talks about a chain of popular hamburger joints in the Los Angeles area called Umami Burger.] He started selling the artificial version, MSG, in 1909, to the fast-food industry.

MSG is used in countless foods today.

Its sold under the names of **hydrolyzed vegetable protein, autolyzed yeast, sodium caseinate, calcium caseinate, yeast extract, textured protein, natural amino acid, free amino acid, malt extract, malt flavoring, bouillon, broth, stock flavoring, natural flavor, natural beef or chicken, “secret sauce,” and umami.**

In America the widespread increase in overeating and poor thyroid function parallels the increased use of MSG.

MSG in the body races through the blood stream and makes it through the blood-brain barrier that normally protects the brain from foreign chemicals, and then locks onto “receptors” in the brain cells that trigger a huge release of feel-good molecules. The result is that we want to eat more, and we will seek out those foods with MSG, to eat more of them.

Doctors often say, especially to women, that their weight problem is caused by an underactive thyroid, and will often prescribe “medicines” to fix that. One drug called **Synthroid** is supposed to operate similarly to one of the two thyroid hormones, called T4, but it actually doesn’t work for weight loss. **It took 46 years to finally gain FDA approval, despite the lack of a single clinical trial proving its safety and effectiveness.**

Another one called **Armour Thyroid** comes from pigs. The version that comes from pigs doesn't quite match up with the human versions of the hormones made by our thyroid glands, and, surprise, "doesn't increase lean body mass."

These medicines cause other problems galore, including calcium depletion, leg cramps, insomnia, vomiting, nervousness, decreased bone density, heart palpitation, changes in menstrual periods, and seizures.

The simple blood test often used to determine if a person has an underachieving thyroid can be thrown off by lots of other medicines or drugs a person may be taking, and even the time of day or what a person has been eating. It's not sufficient as a test to determine if the thyroid is functioning well or poorly.

The solution is to avoid "pharmafoods" totally and learn how to burn fat instead of sugar.

Things that can occur with a body too long saddled with excess fat storage and sugar cravings include hypothyroidism, attention deficit disorder, depression, alcoholism, and bipolar disorder.

Natural aids in getting the cells to burn fat instead of sugar include three easily obtainable supplements. They are **yerba mate**, available in **capsules** and also in a **tea**, and the effectiveness has been shown to be enhanced when taken with **bladderwrack** and **licorice root**. He likes the **Solaray** brand for all three items. Obtainable from local health food stores and online. They are all pretty inexpensive.

Foods he feels use a lot of MSG include: Tyson's chicken, Kraft Stove Top Stuffing, Pioneer brown gravy mix, Uncle Ben's rice, Knorr Spanish rice, Betty Crocker Au Gratin Potatoes, Maruchan ramen noodles, McCormick Bag 'n Season, Heinz Homestyle Gravy, V8 juice, Planter's Dry Roasted Peanuts, Hormel meat, Bob Evans sausage, Butterball turkey, Lloyd's meats, Country Crock products, and Kraft French Onion Dip. Also include Lays, Doritos, and most other potato and corn chips, and Hidden Valley Ranch salad dressing.

Avoid the above foods.

Instead consider fresh turkey, chicken and beef from companies like Honeysuckle White, fresh fruits and vegetables (Birds Eye frozen fruits and vegetables if you can't get fresh), StarKist solid light tuna in water, Cedar's Spinach Dip, Cocina Fresca salsa, and Pilgrim's chicken livers. Try foods from www.uswellnessmeats.com and www.vitalsource.com.

He recommends not drinking tap water, as it is likely contaminated with "trace" amounts of things like fluoride, chlorine, bromine, dioxins, and other stuff which nobody really knows how much negative effect they have on the body. He recommends **purified water**, either "**spring water**," or water purified by **reverse osmosis**, or filtered water from the **ZeroWater** filter available from Wal-Mart or amazon.com

He acknowledges that mass-produced meat is “loaded” with fat-causing and heart disease-causing hormones, and most people hate the idea of exercise, but he feels those are not nearly the cause of a fat, fatigued population like the chemical additives we find in our food.

Chapter 12, The Rare Mineral That Wards Off Depression:

Some of the most commonly prescribed anti-depressant drugs include: **Lexapro, Prozac, Sarafem, Luvox and Luvox CR, Paxil, Paxil CR, Pexeva, Zoloft, Celexa, Cymbalta, Pristiq, Effexor and Effexor XR.**

They don't work.

More than one study has concluded that the drugs work about as well as sugar pills for most people.

Yet the sales of these drugs continue and the advertising on TV and in magazines continues full strength. They are the most likely type of drug to be prescribed when a patient walks into a doctor's office. One in ten Americans is on some type of anti-depressant.

The theory that there is a chemical imbalance in the brain which causes depression has not been proven, despite decades of searching by tons of smart people and lots of money spent in the search. [However, that doesn't stop the drug companies, and the doctors who prescribe these poisons, from making billions of dollars telling people that the drugs are good for them.]

The side effects of these anti-depressants are pretty severe, including having suicidal thoughts and behavior, making your depression worse [!], anxiety, panic attacks, insomnia, irritability, hostility, impulsivity, aggression, psychotic episodes, and violence. Then there's the risk of abnormal bleeding, birth defects, heart attacks, seizures, and sudden death.

[The fact that people are still willing to take these drugs, when they have little or no effectiveness at improving one's outlook on life, in the face of the above risks, is a testament to how desperate people are to get some help.]

[The fact that there are so many harmful effects from these drugs, and so little real help, would suggest to some that the zillions of dollars spent searching for the magic artificial drug that will improve a person's outlook on life is money spent going up a blind alley. That is, it might not be the right approach at all, and will never find the shiny solution. Perhaps the solution lies in a different direction entirely.]

Even though there's no scientific results one can point to that define depression, or state what causes it, or show clearly what a “cure” for it would be, that doesn't stop the good folks in the psychiatric profession from simply getting together and voting on it. That is, they say what it is, they hold up these drugs and say these drugs are the cure, and that's that. Very simple. [Also very destructive. Some might even say, evil.]

The reason these drugs don't work, and why they will never work, is because they work both to block the release of critical chemicals that are needed for a whole host of important functions, and at the same time they block the absorption of those same vital chemicals. So, they don't do what they're supposed to do, which is make people feel less depressed, and they mess up a whole bunch of other vital operations in the body. The worst of everything.

He gives some examples of some of the alarming side effects:

Prozac trials with animals showed aggression in normally calm animals, who then reverted to being calm when taken off the drug. The same kind of aggression was shown in a group of 4000 humans who were given the drug, and in this case, some of the people tested were allowed to drop out of the trial, and the drug company (Eli Lilly) was allowed to give sedatives to people who became upset [!] and in this way, the results were skewed to the point where they got approval. This despite clear evidence from the trials that Prozac would trigger these bizarre fits of rage. Rage demonstrated in acts of attempted suicide and murder. Pretty extreme.

[Noteworthy to me is the fact that the good folks at Eli Lilly were aware of these results and did not voluntarily make the decision on their own not to produce and market the drug. It makes a statement on how much they value human life compared to how much they value several billion dollars of profits.]

He gives examples of:

A Kentucky man who was on **Prozac** and went on a shooting spree at work, killing 8 and wounding 12.

A man on **Paxil** with no indication or history of suicidal or homicidal tendencies who shoots his wife, daughter and grandchild, and then killed himself. A wrongful death suit against the drug maker, GlaxoSmithKline, resulted in a \$6.4 million verdict. It turned out that Paxil staff were aware of the dangers of their drug and did not make that information known to consumers.

A 15-year old boy stabbed his best friend with a kitchen knife while on Prozac, and the judge on the case ruled that **Prozac** was the cause.

The FDA and the Institute for Safe Medication Practices in separate studies have both found anti-depressants linked to suicide and violent behavior.

The drug industry hides this data as much as possible from consumers. [In the many TV ads promoting these drugs one sees the actors portraying happy people, when they're on their meds. But notice that half or more than half of the audio portion of the ad is detailing the many harmful, even terrifying side-effects of these drugs. And that doesn't seem to slow down the sales of these drugs much. To me it says how desperate these customers are for help, and how they don't feel there are any other choices that have a chance of working for them.]

But there is hope.

There is a natural mineral which has been proven to reduce depression and can even help with drug addiction and alcoholism. And it's completely non-toxic. No side-effects.

A few psychiatrists who have used it with their patients over a long period of time report that it produces measurable decreases in depression and a greatly reduced risk of suicide, compared to other treatment or no treatment at all.

It's called **lithium orotate** and has been known about for over a hundred years.

If you're wondering why you haven't heard more about it, it's because it's a naturally-occurring material and as such cannot be patented. So, the drug companies have created a sort of fake lithium material that they can sell and make tons of money off of. They sell **lithium carbonate**. Great. Except it's toxic and causes a whole host of ills. So, when you hear about the horrible toxic effects of "lithium," realize they are talking about a different material completely. **Lithium orotate is completely non-toxic.**

To switch over from anti-depressants to using lithium orotate will first require that you wean yourself off of the current drugs you are taking. This is never easy and one can feel some withdrawal symptoms while coming off of the drugs. Shane talked with several doctors and psychiatrists and found that one can come off of anti-depressant drugs with less discomfort than one might expect. [One should use lithium orotate and other supplements and if you need to do this, or if someone you know needs to do this, I recommend that you buy and read his whole book. I also think it would be a good idea to consult with a good physician who has some experience getting people off of anti-depressants. One occasionally reads or hears reports of people who go suicidal or homicidal while trying to come off of their meds.]

He recommends **Swanson Premium Brand of Lithium orotate**, available from swanson vitamins.com and from amazon.com.

He says there are no known drug interactions, regardless of what type of anti-depressant drug one is taking.

Chapter 13, Four Disturbing Facts About Prenatals:

In the name of profit, big drug companies such as BASF, Hoffmann-La Roche, Bristol-Meyers Squib, and Eli Lilly have taken to pushing manufactured substitutes for naturally-occurring vitamins and nutrients onto pregnant mothers. The only problem with this is that often the man-made substitutes are toxic and are not tested nor approved by the FDA.

He gives an example of Vitamin D pills, which is not the same "Vitamin D" produced by the body when exposed to sunshine. The fake Vitamin D is actually toxic, as reflected in the warnings issued by its manufacturer, BASF, saying that long-term doses of more than 2,000 IU per day can cause health dangers.

Not to worry. There are natural alternatives that will provide the best chance for a healthy mother-to-be and a healthy baby.

But first, a little background information on how we got to the point of recommending fake vitamins to pregnant moms:

The American Dietetic Association [ADA] warned in 2002 that if pregnant moms didn't get the right "micronutrients" there was an "increased risk of poor pregnancy outcomes."

Sounds great, until you find that the pharmaceutical industry has created artificial "copies" of naturally occurring nutrients, and then sells us the fakes, instead of the real stuff, because the real stuff, which has no side effects, is not profitable. Wait, I mentioned side effects. Yes, the artificial copies do have side effects. Harmful ones.

He gives an example of a nutrient called **folate**, vital to ward off a host of problems, such as Alzheimer's, coronary heart disease, osteoporosis, neural tube defects, (whatever that is) poor cognitive performance, depression, hearing loss, and many types of cancer. **The artificial substitute is called folic acid and it is required by the FDA to be added to bread and cereal and other grain-based foods.** However, it's toxic. The FDA says no long-term studies have been done to evaluate the risks. Short-term studies show a link between folic acid and increased cancer risk. Any benefits one may receive from taking folic acid can be achieved by taking folate, except folate has no side effects. And, one can get all the folate one needs by eating liver, desiccated liver powder, leafy green vegetables such as spinach and turnip greens, fruits such as citrus fruits and juices, eggs, dried beans and peas, and especially unfortified brewer's yeast which has no GMOs. The only problem with going that route is that the drug companies don't get a piece of the action.

Another example given is Vitamin D. To start off, there is a test given to pregnant mothers to determine if they have enough Vitamin D. However, the level of the test that is set as optimum is three times what is normal for a healthy person who gets lots of sunshine. (The body makes Vitamin D, the real stuff, when the sun shines on our skin.) So, almost everyone who is given the test "fails" the test and is then told they need Vitamin D pills, the artificial stuff. The person is told that if they don't get enough Vitamin D they will get diseases like immune dysfunction, cancer, heart disease, depression, coughing, being ugly, [I knew that was bad, but I didn't know it was a disease.] and a whole lot more. **However, there exists not a single study that proves a lack of Vitamin D causes any of the above conditions. [!]**

Bell Laboratories originally manufactured their version of Vitamin D and sold it under the name Quintox, except it wasn't sold as a health supplement. It was sold as rat poison, with only an 8 percent vitamin D concentration in Quintox causing rats to die in one to four days.

If one takes too much of the artificial Vitamin D, it accumulates in the body and has been shown to cause Kidney failure, depression, heart failure and other conditions.

He recommends sunshine. [Try it.]

Another example is iron. It is vital for many essential functions of the body. Knowing this big Pharma has produced artificial versions of the naturally-occurring form of iron, called **heme iron**, and sold us a bill of goods. **The artificial forms, called ferrous fumarate, ferrous**

sulfate, and ferrous carbonate, are toxic and can lead to “oxidative stress,” heart disease, cancer, inflammation, and liver disease.

The best source of iron and folate would be a combination of brewer’s yeast and desiccated liver. As he describes it, the hard part is finding these in a form that is organic, non-fortified, and non-GMO. He recommends Lewis Labs Brewer’s Yeast Flakes and Radiant Life Desiccated Liver, available from amazon.com. He suggests mixing a tablespoon or two of the brewer’s yeast with a teaspoon of the desiccated liver into tomato or vegetable juice with a squeeze of lemon, over ice, at least once daily.

He urges moms to not be fooled by accepting the artificial versions of naturally-occurring nutrients, that are promoted by big Pharma. [And pushed by their resident pushers, some of our doctors.]

Chapter 14, Getting the Most Out of Supplements:

Taking the supplements described above is not enough. It won’t solve all your health issues just by taking some pills. He says you have to develop some healthy habits as well. One has to take action and make it a routine. And most of the habits described below act in one way or another **to help control blood sugar, which he feels is the single most important thing a person can do to live young**. So, in addition to drinking plenty of purified water, one must:

1) Eat more fat.

I know that goes against all that we’ve been taught for several decades now, but he means eat the healthy fats in grass-fed beef, seeds, nuts, butter, avocados, eggs, coconut oil, and fish. Healthy fats are necessary for the body to absorb some of the above supplements. With no fat available, the nutrients pass right through the body without being absorbed.

This goes against the government “food pyramid,” but it’s based on science and chemistry, not opinion.

Carbohydrates raise blood sugar. Whether one eats a little or a lot of carbos, it raises blood sugar. That triggers more insulin. That tells the body to store fat and not burn it up. That makes Americans fatter and fatter.

Healthy fat has more calories, but it doesn’t spike blood sugar, and it satisfies hunger faster, so you eat less. A study showed that, as long as the total calorie count remained the same, eating a higher percentage of fat resulted in a higher weight loss, compared to people eating the same number of calories with a higher percentage of carbos.

Another study showed that women who eat mostly carbos increase their risk of diabetes by 2 ½ times. Men are going to respond similarly to a carbos diet.

2) Stop eating food that tastes sweet.

This is important for a couple reasons. One is to control blood sugar, as described above. Another is that many foods, even “healthy” things like “fat free” foods, or “protein bars,” or drinks that sound pretty healthy, have been spiked with sweeteners that are actually harmful to our health, and they can counteract the supplements recommended above.

Sometimes a person might have health issues that don’t seem to have a likely cause, or at least your doctor can’t figure it out, such as:

- Difficulty losing weight.
- Depression.
- Can’t sleep.
- Feel sluggish.
- Lack mental focus.
- The libido has gone and is nowhere to be found.

If you have one or more of the conditions above, the cause of the problem might be that your blood sugar is too high. You may be eating lots of “health” foods and sports supplements which have been spiked with some kind of sweetener. The manufacturers of these foods know that sugar and saccharin can be more addicting than cocaine.

Sugar is sucrose, which your body doesn’t need at all. The type of sugar burned by the body is called glucose, which you can get from fruits and vegetables. Yet Americans eat an average of 160 pounds of sucrose a year. [Think of it as half a pound per day, buried inside the many different types of food consumed each day. Amazing. What a success story for the manufacturers of these foods, who have to find some way to keep their sales going up. In this case, they get us to eat more and more.]

Sucrose also triggers the production of some chemicals which directly cause skin wrinkles and can accelerate age-related blindness. Nobody expects to go blind, but it happens. Nobody wants wrinkled skin, but we see it around us, sometimes at some pretty young ages, all the time.

He says being addicted to sugar can take 11 to 20 years off of your life.

Artificial sweeteners can actually fool the body into eating more than it needs to, which can lead to weight gain and even obesity, which goes against the supposed aim of the foods that don’t contain sugar.

Here are a few facts about some of these artificial sweeteners:

Saccharin is about 300 times sweeter than sugar. It has not been shown definitively to cause cancer, but there is some data that points to it possibly being involved in skin cancer and lung cancer. Because of this he doesn’t regard it as being a safe alternative to sugar.

Aspartame is about 180 times sweeter than sugar. It was originally promoted as an antiulcer drug, but didn't get approval for that, because it's carcinogenic. [!] Somehow it got approved as an artificial sweetener. If one analyzes diet-free sodas with this chemical in them one finds by-products that are known poisons, such as methanol, phenylalanine, and aspartic acid. These are basically things that will slowly kill you. These things are carcinogenic and neurotoxic.

Sucralose (Splenda) is 600 times sweeter than sugar and started life as an insecticide. This stuff has a really, really long chemical name and it has a component which is chemically in the same class as the poisons used in insecticides, pesticides and herbicides. It can get into just about every part of the body and can contribute to getting skin rashes, headaches, liver and kidney damage, birth defects, and cancer, among others.

Just because an alternative to sugar is "natural" doesn't mean it's safe. Maltitol is 90 percent as sweet as sugar, but acts like sugar to raise insulin and blood sugar. Avoid it.

High fructose corn syrup is manufactured in huge quantities from corn and added to a zillion different processed foods in one form or another. It spikes blood sugar and insulin, like sugar, but it causes us to overeat and also accelerates the formation of those skin wrinkles, which no one seems to like.

We're up to consuming 62 pounds of high fructose corn syrup [HFCS] a year, per person. [It's not clear if that is in addition to the 160 annual pounds of sugar mentioned earlier, or if it is on top of the 160 pounds of sugar. If it's in addition to the sugar consumption already described, whoa, we're going even further into the deep end.]

One of the problems with eating these massive quantities of HFCS is that it is not recognized by the stomach and so we don't get the production of some hormones that would normally come into play to tell us we've eaten enough and can lay off the food until the next meal. So, we eat more of the food that contains the HFCS than we normally would. Good for profits for the food companies, but not good for the rest of us.

HFCS also increases the formation of skin wrinkles, age spots, and looking old generally.

Safe sweeteners include **stevia, erythritol, and agave**. Agave usually wins the taste test. It might not be as ideal as stevia or erythritol in all respects, but is far superior to sugar or artificial sweeteners. None of them will cause your blood sugar or insulin levels to be elevated, and none of them will accelerate skin wrinkles or age spots. All of them will help to control appetite. None of them are addicting. None of them will shorten your life.

3) Avoid MSG, and the many innocent-sounding ingredients that are actually MSG in disguise. This material is the Number One grocery store fat trap.

When one eats food with MSG in it, our brains are stimulated into producing “feel good” chemicals. So, we feel good. We want to keep eating. We want to eat more and more. Much more than we would normally eat. We get fat. Very simple and very profitable.

There are a whole host of names of ingredients added to food that don't sound like “MSG,” but they are actually MSG in disguise, or some of the chemicals that act like MSG. [At the end of this summary see the list of MSG-in-disguise-additives Shane provides and also some other things to avoid. Also included is a list of the names of these MSG additives given by John Douillard of lifepa.com. The list is printed in a size that can be cut out and taped to a 3 by 5 card, so you can carry it around with you easily when you shop for food.]

4) Expose 85% of your body to direct sunlight for 20-45 minutes, 3-5 times a week.

This will cause your body to produce Vitamin D [the real stuff, not the artificial kind made in a lab.] and also a hormone that works with Vitamin D to prevent fat storage and control appetite. They also help control blood sugar levels and insulin levels. The overall effect is to lose fat from the body.

5) Exercise.

He says that nothing takes the place of exercise. He recommends “high intensity interval training,” with the use of a heart monitor and vigorous exercise to reach a “target heart rate.” One needs to do this for 15 to 25 minutes a day, 2-3 days a week.

The target heart rate is given by Shane as 60% to 80% of your “maximum heart rate.” The max heart rate is given as $220 - \text{your age}$.

So, if one was 20 years old, the max heart rate would be 200. 60% of that would be 120. 80% of that would be 160. If one was 60 years old, the max heart rate would be 160. 60% of that would be 96. 80% of that would be 128.

Pick an exercise you can do and do some warm ups. Recover to your resting heart rate. Exercise and keep doing it until you hit your target heart rate, and then keep doing the exercise for another 15-30 seconds. Rest and “recover” to your resting heart rate. Repeat this process 5-10 times. As time goes on you may need to work harder or longer to reach the target heart rate. You can take shorter rest periods. You can gradually increase the percentage up toward that 80% of your max heart rate. This all means you're getting better, more fit. And, it changes how your body responds to blood sugar and insulin. It is a simple thing to do, and can be done almost anywhere. It's vital.

Again, the most important thing you can do to live young and extend your life is to control blood sugar, as outlined in these five habits above. Following these simple habits, and using the many inexpensive supplements as described in the book, can cause a noticeable improvement in your health in 30 days. Safely.

End of Summary.

Cleangov.

Comments Section:

As I read the book I was struck by the fact that the many, many harmful additives in our food, and the many harmful uses of medicines, which are supposed to be good for us, are legal. That is, the FDA says these things are legal, and so they are legal and ethical, and proper and good and very, very profitable for the drug companies and the food processing companies that make them for us, and also profitable for the doctors who prescribe them for us. In many cases it seems like the food we eat makes us sick and then the doctors can prescribe expensive drugs to “control” the symptoms (to some degree), and create new side-effects, which can be “treated” by other drugs. This provides lots of jobs for lots of people, and lots of people get paid along the way.

If I were a new president of the US, I would gather my staff and say something like this:

I want you to research this list of books (see fastbookx.com for starters) and this long list of medicines and approved (or allowed but not formally approved) food additives and make a list of the ones that are likely harmful, whether or not they have any verified benefits. You have **one week** to come up with a list.

Then I would take that list and I would call in the head of the FDA and about 20 or 100 of the top execs of the FDA. I would give them the list and tell them they have **90 days** to research their data files and the data as accumulated in the long list of books, and any other valid sources, and come up with recommendations as to which medicines need to be banned immediately, which ones need to be greatly restricted to emergency use only, etc., and which ones need to be gradually phased out over a finite period of years. And for all the many food additives, supplements, artificial vitamins, etc., which ones need to be banned immediately, and which ones need to be gradually phased out over a finite period of years.

I would tell the assembled FDA execs that their purpose as a department of the US government was to enforce the laws concerning food and drugs as issued by Congress, to issue such regulations as allowed by law regulating food and drugs, to provide unbiased and true data to Congress, and to do all of that in such a way so that it is as simple and clear as possible, so that the many individuals and companies operating in this arena can produce the highest quality products, with as little restrictions on their freedom of operation as possible, consistent with public health and safety.

I would tell them that if any of them are guilty of illegal actions on the part of any FDA personnel, regarding falsifying data, or accepting bribes or favors to issue approvals, etc., or if they know of other people who are guilty of those actions, they had best come forward now and come clean and the penalties would be reduced. But if crimes are discovered later, the penalties will be increased, and **pensions will be cancelled if convicted**.

I doubt if they would complete the job in 90 days, but by golly, they would sure have a different way of operating and they would make a hell of a lot of progress toward that target.

Companies producing drugs and companies producing food would be faced with making huge changes in how they operate. The bigger the changes required, the longer the “lead time” or the “phase out” time recommended. Companies would gradually adjust their operations to be legal under the revised regulations and a new normal of healthy food and healthier medical practices (more reforms will be needed in the healthcare industries, but that’s a subject of other books and other summaries.) would spread across the land.

People would be healthier and leaner and more productive and happier, and they would live longer. At **vastly** reduce overall expense to the average American.

Substances, or topics, or subjects, or questions that would be on those lists sent to the FDA folks would include things like:

Food preservatives, such as sodium nitrates and sodium nitrites. Are they poisonous? Do we really need them?

The whole practice of raising cows, hogs and chickens in confined cages or barns or feed lots.

Is it really healthy to be feeding all that corn to cows, when their whole digestive system is set up to work with grasses?

Is it really a good idea to subsidize corn and other agricultural products the way we do?

Is it really a good idea to get a carnivorous fish like salmon living off of corn, and then adding a dye to make the meat look like salmon?

The creation and dissemination of Genetically Modified Organisms, or GMOs.

The widespread use of pesticides, herbicides, antibiotics, (Think Round Up. Think what pesticide is killing off the bees? Think the rise of “superbugs” that are becoming resistant to multiple antibiotics. Is there any other way to control disease?)

What subjects or topics or specific chemicals or medicines or practices or anything would you add to the lists, for review? I mean, this is your country, too, right?

Also included as a separate document is that list of additives to avoid in food, in a size that can be cut out and taped to a 3 by 5 card. Or email fastbookx.com and I am told they will mail you a laminated card, if you like.

Cleangov

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Ingredients to avoid in common products:

Ref: Shane Ellison's OTC Natural Cures: MSG Monosodium glutamate Methylparaben Ethylparaben Propylparaben Butylparaben Triclosan Sodium laurel sulfate Fluoride Statins ("medicine") High fructose corn syrup Hydrolyzed vegetable protein Autolyzed yeast Sodium Caseinate Calcium Caseinate Yeast extract Textured Protein Natural Amino Acid Free Amino Acid Malt Extract Malt flavoring Bouillon Broth Stock Flavoring Natural flavor Natural beef or chicken "secret sauce" Umami Sugar (Sucrose) Saccharin	Ref: John Douillard of lifespa.com: Hydrolyzed protein Hydrolyzed plant protein Plant Protein Extract Autolyzed yeast Hydrolyzed oat flour Glutamic Acid (E 620) Glutamate (E 620) Monosodium Glutamate (E 621) Monopotassium Glutamate (E 622) Calcium Glutamate (E 623) Monoammonium Glutamate (E 624) Magnesium Glutamate (E 625) Natrium Glutamate Yeast Extract Anything "hydrolyzed" Any "hydrolyzed protein" Calcium Caseinate Sodium Caseinate Yeast Food Yeast Nutrient Autolyzed Yeast Gelatin Textured Protein Soy Protein Soy Protein Concentrate
Ellison, continued: Aspartame Splenda (Sucralose) Malitol	Douillard, continued: Soy Protein Isolate Whey Protein Whey Protein Concentrate Whey Protein Isolate Anything "...protein" Vetsin Ajinomoto Often has msg or msg components: Carrageenan (E 407) Bouillon and broth Stock Any "flavors" or "flavoring" Maltodextrin Citric acid, Citrate (E 330) Anything "ultra- pasteurized" Barley malt Pectin (E 440) Protease Anything "enzyme modified" Anything containing "enzymes" Malt extract Soy sauce Soy sauce extract Anything "protein fortified" Anything "fermented" Seasonings

