

HealthQuest

A free health and natural medicine newsletter providing the latest information, cutting edge resources and tools for vitality!

A Quarterly Newsletter

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Vitamin D: Cancer's Worst Enemy

Over 3,000 research studies have been published in biomedical journals on the benefits of vitamin D and immunity. Well known for its positive effect on bone density, this vitamin is now the most widely analyzed vitamin in the world. Test tube, animal and human studies confirm strong anti-cancer effects that natural vitamin D (known as cholecalciferol, or vitamin D3) has on over 300 gene receptors in the body, and the list keeps growing. Independent evidence shows some forms of vitamin D-rich foods may not meet labeled amounts, and sun exposure varies seasonally.

Ground-breaking data now says this remarkable nutrient has potential to slow onset and progression of Parkinson's, Alzheimer's, senile dementia, some forms of depression, as well as other neurological disorders. Whether you spend time in the sun or take supplemental D, blood testing is still the best way to determine if you have enough in your body. Ideal levels are 50-75 ng/ml, and can be tested by your doctor or www.directlabs.com. For more information on this miraculous nutrient, visit www.vitamindcouncil.org.

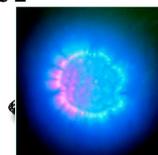
My Top 10 Cancer Fighters

Whether currently facing a cancer challenge, have personal or family history of cancer, or just want preventive strategies, DON'T MISS my favorite anti-cancer support list!
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Cell Vitality Recipes

Pre-digested, alkaline, enzyme-rich superfood recipes can provide cells with energy! See kirlian photo of healthy cell, below

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Detoxification: Which Plan is Right For You?

There are many ways of ridding the body of toxins with countless methods and products, each claiming theirs is superior. So how do you know which system or products are best for you? The answer is easy once you answer a few questions and understand the basics of toxins and true detoxification.

Questions that must be asked include:

- 1) What do I want to get out of it? Maybe more energy, improved memory, better looking skin, less pain or lowered disease risk?
- 2) How much time am I willing to invest?
- 3) Will it disrupt my normal lifestyle?
- 4) Can it make me sick?

To answer these questions, you need to know where toxins hang out and the major clearing systems.



The Connective Tissue Matrix, Liver & Fat

The favored hiding places of toxins include the connective tissue matrix, liver and fat stores. The matrix consists of the tissue and space that anchors and surrounds all our organs, cells, blood and lymph vessels. It's the region that most detox plans fail to adequately cleanse. The liver needs specific nutrients to make toxins water-soluble so they can be excreted. Fat is the another welcome mat for toxins. PCB's, dioxins, petrochemicals and many others cling onto the fat and connective tissue matrix and can be the most stubborn to clear.

Preferred Detox Methods

To properly clear the matrix, fat stores, and assist liver drainage of toxins, 3 basic steps need to occur:

- 1) Lifestyle modification or changes.
 - 2) Nutrient supplementation (mild or moderate).
 - 3) Physical cleansing or therapies.
- Lifestyle changes include avoiding all items that contribute to our toxic load. See my list of *preferred personal care and cleaning products*. For more symptom relief, avoid all gluten (*see article*), dairy, sweets, alcohol and caffeine (except green tea) for 30 days.
 - Supplementation (mild): **Bio-Cleanse** powder. This is a good tasting, hypoallergenic rice-based nutritional smoothie formula that assists the liver in clearing of toxins. Follow the diet and dosage guidelines as listed in the accompanying booklet. Also include **Ultra Fiber Plus** for bowel cleansing. **Order information:**
 - Supplementation (moderate): Add the '**Basic Trio**' of homeopathic drainage remedies for the liver, kidney and lymph. Take as directed on the *dosage guidelines*. Continued on page



Personal Detox, continued.....

Supplementation (aggressive): The 'lemon cleanse' is more of a therapy and consists of liquid only. The basic recipe is: 1) Fresh juice of 3 organic lemons. 2) One to 3 TBSP. of organic maple syrup. 3) A pinch of either ginger or cayenne powder. Mix in 1 gallon of purified water. Use enough maple syrup to taste, as it can help prevent low blood sugar. Drink often through the day (some use more than 1 gallon) whenever thirsty, hungry, or low energy. Not advised for more than 2 days in a row, Not suitable for diabetics, pregnancy, or children under 12. For any constipation, add **Ultra Fiber Plus**.

Add one or more of the following physical cleanses:

Mild: Full-body, dry skin brushing just before a 15-20 minute hot bath of Dead Sea Salts. Use 1-2 cups per tub. These help the matrix detoxify, as well as the kidney and skin.

For more aggressive baths, add 2 tsp. of **TOXEX** homeopathic to assist drainage of deep toxins in the connective tissue matrix and liver.

Mild: Sweat! A good exercise for the lymph and connective tissue is a rebounder, which looks like a small trampoline. Just march or jog/jump in place for 3-5 minutes. Consider a hot cup of dandelion root tea right after this for liver cleansing. See www.traditionalmedicinals.com.

Moderate: Far infrared (IR) sauna, also known as dry sauna. This is perhaps the best and most aggressive cleanse procedure, as it helps clear all levels of toxicity in the body. Start slowly, maybe at 3-5 minutes, then ramp up as you can tolerate it (no more than 20 minutes, 4-5 times a week). Remember to drink lots of electrolytes. My favorite is intraMIN. See our [LINK](#).

I've found the lifestyle changes are the most challenging for normal daily routines, the nutrients reduce 'detox' or 'die-off' reactions, and the physical cleansing anchors the purification processes to look & feel your best. Combined, these plans all cleanse the vitally needed areas. Remember, the best cleanse is the one that you DO. Make it an investment in your health, because NOTHING is more important!

My Top 10 Cancer Fighters !

Note: These are not meant to diagnose, treat or cure any disease. All cancer should be treated by an MD.

- 1) Maintain adequate vitamin D to keep blood levels of 50-75ng/ml. See www.vitaminCouncil.org.
- 2) Eat only healthy fats! Omega-3 fats from fish like wild salmon, sardines, anchovies; also flaxseed, chia and hemp seeds, raw and organic nuts; organic, omega-3 eggs and grass fed meats. These support cell membrane health (see [LINK](#)). Avoid fried, partially hydrogenated, and processed fats.
- 3) Reduce white flour, processed grains and sweets. The goal is to prevent elevated insulin levels. http://nutrition.med.harvard.edu/education/archive/edu_nut_symp2006.html
- 4) Consume adequate antioxidants. Dark greens, berries, yellow, red and other brightly colored foods contain a rich supply of protective compounds. Among the most researched include trans resveratrol, green tea, ubiquinol and curcumin. See <http://lpi.oregonstate.edu/infocenter/phytochemicals/curcumin/>. Highest quality researched forms can be ordered at [LINK](#).
- 5) Eat 7-9 servings of organic fruits & veggies (most of them raw). Some find this very difficult, so a big crowd favorite is NanoGreens and NanoReds. See [LINK](#).
- 6) Eat organic & locally grown whenever possible.
- 7) Detoxify and cleanse at least twice a year. See adjacent article.
- 8) Avoid environmental chemicals. This means switching to non-toxic personal care products, cleaning agents, cookware, etc. See my article for the best suggestions. [LINK](#).
- 9) Ensure adequate digestion! This means eating less food in the evening, chewing well, eating more raw foods, ginger tea and taking a digestive enzyme (especially if you're over 35!). For lab-verified best sources, see [LINK](#).
- 10) Process and eliminate all negative stress and emotions. Fantastic self-help techniques can be found at www.emofree.com, and profound research at www.germannewmedicine.com.

The Perfect Meal?

In my clinical practice of over 22 years, the biggest challenge is to get my patients to eat enough fruits and veggies (at least 7-9 servings a day). Omega-3 fats, balanced fiber, and non-denatured quality protein are also lacking in most diets. Everyone knows it's good to eat more of these. Problem is, almost nobody does. Well, here's the ultimate solution.

Based on numerous studies, some of the most valuable food compounds are found in plants. Some activate our longevity genes, support eye health, enhance detoxification, reduce cancer risks, nourish skin tone and more. All are found in various fruits and veggies, yet often plants are poorly grown, and independent analysis show their antioxidant values to be very low, assuring most people don't get the quality they deserve in the diet. 'Superfood powders' are the perfect addition for those who don't eat the recommended 7-9 servings a day of fruits and veggies. But with so many companies claiming theirs is the best, how do you choose?

Quality. **NanoGreens** and **NanoReds** provide some of the highest independently tested levels of antioxidants of any superfood powders in the market, and provide a full array of beneficial enzymes, vitamins and minerals, with an enhanced delivery system known as liposomes to ensure proper absorption into the cells. The best news is they taste great! Simply mix in water or any beverage.

Quality essential fatty acids are mandatory for ideal cell health, and **NanOmega** is a great-tasting flax blend that provides omega-3 fats, soluble and insoluble fibers.

NanoPro is in my opinion the premier whey protein powder in the world today. Sourced from New Zealand grass-fed cows without antibiotics or hormones, this 'cold-processed' protein has colostrum peptides for immune support, tastes great, and makes the 'perfect meal' when combined with NanoGreens, NanoReds and NanoOmega! See my 'smoothie guidelines' for great recipes.

The combo of NanoGreens, NanoReds, NanoOmega and NanoPro is truly the 'perfect meal!' [Click here to find recipes, technical literature, and ordering information.](#) Best of health!

Dr. Greg