

# **10 Steps to Optimize Wellness and Sidestep the Coming 21st Century Pandemics**

We know Covid-19 is very dangerous. However, some doctors report that it's rarely fatal on its own. If you're otherwise healthy, you can recover. But, if you suffer from one or more pre-existing diseases, Covid-19 can be very dangerous. These behind the scenes killers are the Covid comorbidities.

Today we'll look at rising incidence of the top 12 comorbidities and how to avoid them. Some of these diseases are growing so fast they are pandemics on their own, yet far less publicized. The numbers clearly show it is time to rethink many of our most basic assumptions about health and nutrition. It is within our power to reverse these pandemics by simple revisions in our individual choices. Can we make the personal sacrifices to reverse these pandemics? Do we care enough about our future and our children to accept a bit of short-term discomfort to change our food and daily habits?

Humanity is at a crossroads. To go with the flow" is no longer the best route. The path of least resistance is now the enemy of Life itself. This time we must overcome our own karmic habit of spineless acquiescence in the myriad delusions of the world. The iron law of cause and effect requires that we embrace each other with love and step into a new level of individual discernment, discipline and responsibility, to defend our DNA health. The battlefield is our bodies and our minds. Your new challenge is to be the ruler of your own mind and to be free.

## **Part I. The Coming 21<sup>st</sup> Century Pandemics Are All Covid-19 Comorbidities:**

1. Empty foods
2. Diabetes
3. Hypertension
4. Heart Disease
5. COPD
6. Cancer
7. Alzheimer's
8. Osteoarthritis
9. Obesity
10. EMF exposure
11. Body Toxicity
12. Suicide

### **Pandemic #1: Empty Foods**

We have a sleeping pandemic right before our eyes that's been coming for hundreds of years. New farming practices and food processing have slowly stripped vitamins from our foods. Nutritional deficiencies are now an epidemic worldwide.

Wheat and rice are the most widely grown crops in the world, Rich in nutrients, unprocessed grains were mankind's primary food for thousands of years. But modern wheat and rice have lost over 70% of their original nutrients.

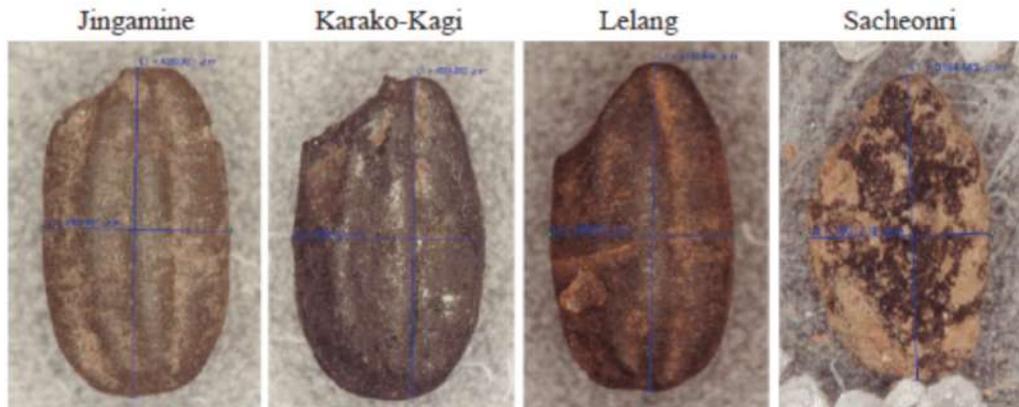
Prehistoric wheat once grew wild in Turkey. It was a heavy grain similar to einkorn and farro. Hunter-gatherer tribes used it as a staple food, and eventually learned to cultivate it.



Early Einkorn grain was sprouted, stone ground by hand, fermented with sourdough and baked in makeshift rock ovens. Boy was it loaded with nutrients!

**Through the centuries we have “evolved” to modern genetically manipulated dwarf wheat, easily harvested with glyphosate, ground under high heat with rollers that destroy nutrients, separate the most nutritious seed coatings, and throw them away. The result is quick to harvest, easy to ship, looks good on the shelf, lasts forever, but sadly empty of nutrients. Nowadays we use a long list of chemicals to mill and process wheat, but I won't bore you with the names. Widespread gluten intolerance is perhaps a modern digestive response to this manipulated wheat.**

I recently discovered that the first ancient ancestor of modern rice is said to have grown wild in the mountains of China. It was dark red and highly nutritious. About 10,000 years ago *Oryza sativa* seeds were first cultivated in Asia.



DNA studies suggest that 10,000 years ago, before cultivation, all rice was red in color from dark pigment in the hull.

### **Prehistoric Rice was Wild and Dark Red**

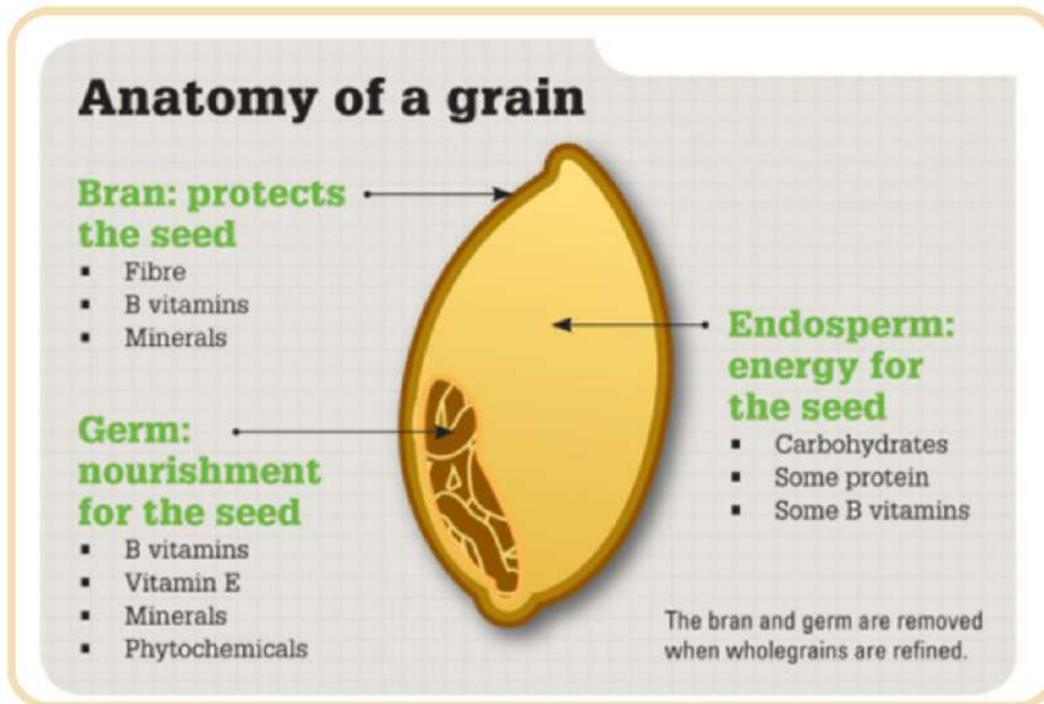
Researchers at Cornell recently discovered a wild ancestor of red rice in China that could have been gathered by humans. Then some 10,000 years ago rice cultivation began. Over time rice seeds were genetically selected for a light color. Researchers speculate that farmers chose whiter rice varieties because they cooked faster, required less fuel, hulls were easier to remove than red rice, and insects were easier to see amid the white grains. Around 1600 colonial traders brought hulling machines to Asia, that polished the rice until it was shiny and white!

**Everyone loved the fine white flour and white rice. But there were two unseen tradeoffs:**

1. Processing grains at high heat destroyed almost all their nutrients.
2. The clean, white grains were high-glycemic, high in sugar. A simple carbohydrate raises blood sugar very quickly, causing body acidity. It's very different from old-fashioned unprocessed grain that digested slowly and satisfied hunger for many hours.

Could this explain the rise in diabetes and diseases caused by high-sugar, low-fiber foods? Now, more than 450 million people worldwide suffer from diabetes. Many other diseases are also rising, linked somehow to high sugar and low fiber.

**What are the mysterious missing nutrients? Are these the deficiencies causing our modern diseases?**



### How did Wheat Lose 70% of its Nutrients?

Since Roman times, sifted white flour bread has been regarded as the food of upper classes. Modern flour began in Paris in 1876, when white flour bread rolls became a fad. The bread was super-white because a miller discovered how to remove the bran and the germ from grain, leaving only the starchy endosperm.

It wasn't long before this new method of milling caught on in America, because flour without the oil-laden germ and bran won't spoil and can sit on grocery store shelves for years. Nowadays we use a very sophisticated multi-step process to mill grain. Cleaning, separator, air blowing, magnets, bleaching, softeners, scouring, and washing. Drying, and conditioning with steam. Finally, high-heat steel rollers crush the grain.

Roller mills had the advantage of more neatly separating out the wheat kernel into its three components. Wheat "berries" first pass through corrugated rollers that break them into their constituent parts—the endosperm for white flour, the germ, and the bran. A succession of other increasingly smooth rollers grinds the flour finer and finer. Sieves and blowers separate out particles of different sizes, yielding various grades of flour.

The flour is separated from the inner endosperm and sifted into different grades according to fineness. Each of these grades has different nutritional content. The end result is white flour, without bran and germ. About 95% of the flour used in the USA is white and has lost 70% of its nutrients.

**Whole wheat flour is produced later by remixing ground bran with white flour, but the germ is left out, as it would not store well.**

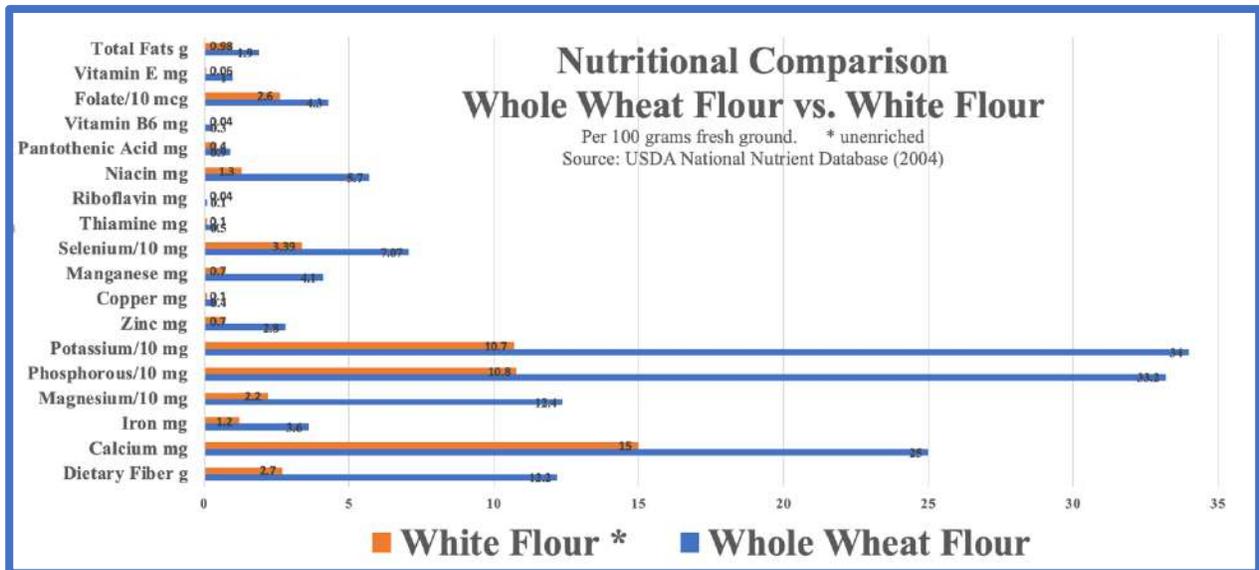
**Wheat was once ground in stone mills powered by horses or water. Stone grinding retained the nutrients, as it did not produce heat like modern roller cutting. High heat destroys nutrients.**

**In 1970, Dr. Roger Williams conducted an experiment at the University of Texas. He fed 64 young rats only bread from enriched white flour. Forty were dead within 90 days. After four generations, the others eating white flour had stunted growth and were sterile. The control rats dining on stone ground whole-grain stone-ground bread were healthy. Four generations for rats is believed to be equivalent to one hundred years in humans.**



**Freshly ground flour is delicate and perishable. Within two weeks it is rancid.**

**Whole grains do not spoil easily. However, grinding removes the protective layers and its biological stability. Bad smell and reduced nutrition depend on specific storage conditions, temperature, humidity, oxygen concentration, and light exposure. To prevent rancidity, many experts recommend storing ground flour for a maximum of two weeks. After two weeks, the flour can go rancid and nutrition is lost.**



| Fresh-Ground                                   | Whole Wheat Flour | White Flour * | Whole vs. White Comparison |
|--|-------------------|---------------|----------------------------|
| Dietary Fiber g                                | 12.2              | 2.7           | 452%                       |
| Calcium mg                                     | 25                | 15            | 167%                       |
| Iron mg  | 3.6               | 1.2           | 300%                       |
| Magnesium/10 mg                                | 12.4              | 2.2           | 564%                       |
| Phosphorous/10 mg                              | 33.2              | 10.8          | 307%                       |
| Potassium/10 mg                                | 34                | 10.7          | 318%                       |
| Zinc mg  | 2.8               | 0.7           | 400%                       |
| Copper mg                                      | 0.4               | 0.1           | 400%                       |
| Manganese mg                                   | 4.1               | 0.7           | 586%                       |
| Selenium/10 mg                                 | 7.07              | 3.39          | 209%                       |
| Thiamine mg                                    | 0.5               | 0.1           | 500%                       |
| Riboflavin mg                                  | 0.1               | 0.04          | 250%                       |
| Niacin mg                                      | 5.7               | 1.3           | 438%                       |
| Pantothenic Acid mg                            | 0.9               | 0.4           | 225%                       |
| Vitamin B6 mg                                  | 0.3               | 0.04          | 750%                       |
| Folate/10 mcg                                  | 4.3               | 2.6           | 165%                       |
| Vitamin E mg                                   | 1                 | 0.06          | 1667%                      |
| Total Fats g                                   | 1.9               | 0.98          | 194%                       |
| Per 100 grams *unenriched                      |                   |               |                            |
| Source: USDA National Nutrient Database (2004) |                   |               |                            |

# Rice

But what happened to rice? Well, about 500 years ago European traders came to Asia. Ships carrying British, Portuguese, and Dutch colonial merchants came with a plan to make a lot of money and become the rulers of the world. They cultivated vast acres of rice, and their new hulling machines turned the red rice perfectly white. The hulling process removed more than the hull. It also removed the outer layers, the bran and germ of the seed. Everybody loved the new white rice. It was beautiful, easier to cook, mild flavored, and became very popular.

But there were two unseen tradeoffs:

- 1) During polishing the rice lost almost all its nutrients. The machines polished away the outer layers of the seed, stripping away 71% of the nutrition, leaving only the white inner part.
- 2) After hulling, the new white rice was high-glycemic, high in sugar. It became a simple carbohydrate, which raised blood sugar very quickly. It was quite different from old-fashioned dark red rice that digested slowly and satisfied hunger for many hours. After a few hundred years, now we live in the 21st century, and most rice is white. People have almost completely forgotten the old dark red rice, accustomed to convenience and ease of white rice.

## **The Best Diabetes Prevention is Whole Local Foods**

In modern times we face many diseases caused by glycemic foods, which are high-risk for diabetes. After 500 years of polished white rice, more than 450 million people worldwide suffer from diabetes. Many other diseases are also rising, due to lack of vitamins and minerals in diet. Surprisingly, it seems that our rising health problems follow the rise of industrial foods and the nutrients stripped in processing.

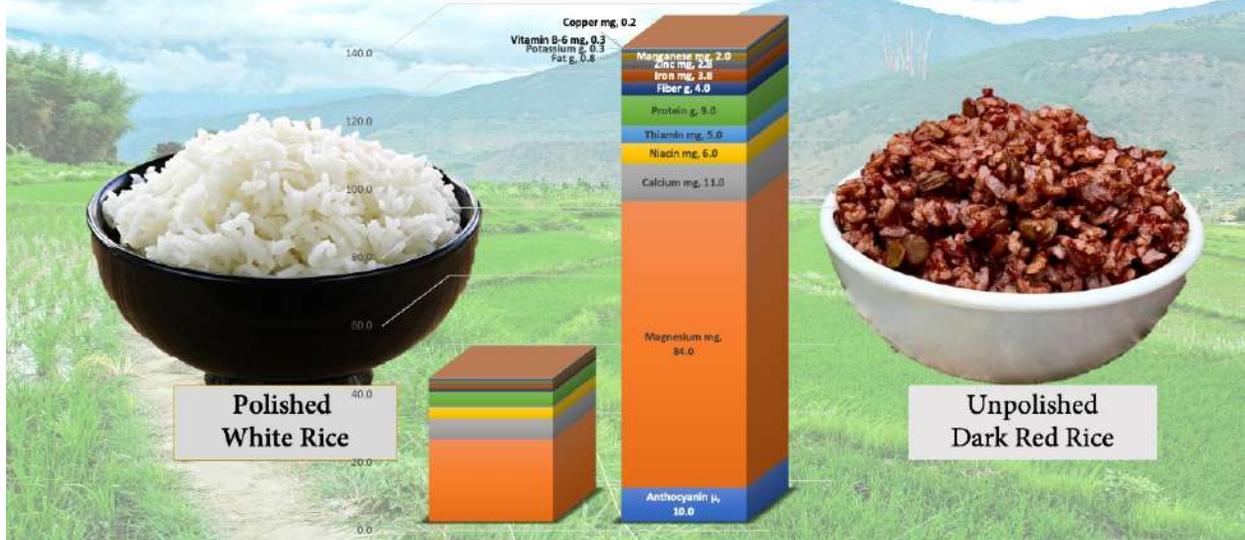
## **Over Milling Rice and Farm Chemicals Shorten Our Lives**

Over the past 100 years, a steady dose of pesticides and herbicides on soil has reduced plant nutrients in many countries. Soil toxins cause damage to all living beings - humans, insects, and forests. By eating chemical-free, organic foods we can be confident to build our health and that of our children.

When we compare the nutrients in whole grains and processed grains, we see clearly how polishing causes suffering and disease. We can reduce our risk of diabetes by rediscovering the original whole foods of our heritage. We can build a modern life of balanced, sustainable health and happiness in harmony with our heritage.

# White Rice vs. Dark Red Rice?

## Over 70% Nutrient Loss



Unpolished Whole Grains Higher in Every Nutrient

- **Anthocyanin in Dark Red Rice:** Dark color is a powerful anti-cancer food.
- **Fiber – Whole grain has 450 - 667% more fiber than processed**  
Fiber is our friend. Say good-bye to constipation. Fiber keeps the digestive machine humming for clean intestines and healthy bowels. Fiber is the primary ingredient lacking in the modern diet. Low fiber leads to sticky buildup in the gut and obesity. Unpolished red rice helps prevent constipation. Its high fiber helps clean the lining of the intestines as it moves through, to clear mucous and promote elimination. White rice by comparison is soft and quick to digest. But it can get stuck and cause weight gain. Soft white rice cannot clean the intestines as it is lacking in fiber.
- **Prevent Constipation with high-fiber grains.**  
The rate of constipation in the world is said to be almost 32.9% of humanity. Fiber in foods keeps our digestion moving and clean. Due to its high fiber, red rice is a definite aid to eliminate constipation.
- **However, healthy bowel response depends on three important things:**  
1) It is necessary to soak whole grains 12-24 hours to remove indigestible seed coatings known as *phytates*. These are natural chemicals in raw seeds that irritate the sensitive intestines. Then rinse the rice well, drain, and cook. 2) If you're making whole grain porridge for breakfast, you must also adjust the cooking time, as some grains may require longer cooking. 3) To heal constipation, a person must drink adequate clean water. Adults should drink 2 to 2.5 liters a day to hydrate the body and keep the bowels healthy.
- **Protein roughly twice as high in whole grain, for healthy muscle tone.**  
Our body needs amino acids for the growth and maintenance of cells and muscles. A low protein diet can cause unhealthy skin, thin hair, broken nails, increased risk of broken bones, and weak muscles.

- **No Sugar Spike with Whole Grains**

White flour and white rice are simple carbohydrates that changes to simple sugar as we chew it. This causes a glycemic effect, a rapid spike in blood sugar. High blood sugar is a serious risk for diabetes and other diseases. Fortunately, whole grains are low glycemic, lower in sugar. We digest them more slowly, which keeps blood sugar safely balanced.

### **Minerals in Whole Grains are Far Higher than Processed.**

- **Iron: 341% higher, for healthy oxygenated blood.**

Iron is needed to bring oxygen to cells via the blood. A lack of iron can lead to serious health problems, fatigue, low oxygen, and fast aging. Anemia, or low oxygen blood, affects 33% of the world's population, mostly due to iron deficiency.

- **Zinc: 350% higher, to prevent tuberculosis and malaria.**

Zinc is a trace element required for a healthy immune system. A lack of zinc can make a person more susceptible to disease. Zinc deficiency causes slow growth, low appetite, low immune function, and diarrhea. Zinc deficiency affects 31% of the world's population. Insufficient Zinc is responsible for lung infections such as tuberculosis, 18% of malaria and 10% of diarrhea. (But since zinc absorption is inhibited by seed coatings in unsoaked rice, for optimal health benefits, first soak your seeds for 12-24 hours before cooking.)

- **Manganese: 286% higher, prevent diabetes and stabilize blood sugar.**

Manganese is a critical mineral that helps reduce inflammation and maintain blood sugar level. Manganese deficiency causes poor growth, low reproduction, skeletal deformities, low sugar tolerance, poor carbohydrate and fat metabolism.

- **Magnesium: 347% higher, to prevent diabetes and hypertension.**

Magnesium is crucial to keep blood pressure normal, bones strong, and heart beat steady. In the USA 75% of adults are believed to be deficient in magnesium, which is linked to osteoporosis, inflammation, heart disease, and diabetes.

- **Potassium: 208% higher. Prevent hypertension and heart disease.**

One of the most important minerals in the body, potassium helps regulate fluid balance, blood pressure, muscle contractions, and nerves. It helps regulate moods and mental balance. Potassium deficiency is linked to hypertension, heart disease, and risk of stroke. Hypertension is currently one of the most urgent public health problems in the world.

- **Thiamine, Vitamin B1, 1667% higher, for a strong nervous system.**

Thiamine is a cofactor (molecular helper) for enzymes that digest sugars and carbohydrates to release energy for growth and nerve function. It builds strong nerve myelin sheath. Vitamin B<sub>1</sub> deficiency causes beriberi, low energy levels, weak nerves and muscle.

- **Calcium, 183% higher, for healthy bones.**

Calcium deficiency has been linked to depression, mood disorders, poor blood clotting, and weak muscles. Almost half the people in developing nations are deficient in calcium, especially important for growing children.

- **Copper, 212 % higher, for healthy red blood cells.**

Good copper levels support healthy bones and prevent osteoporosis. Deficiency in copper can be linked to anemia, low white blood cells, low immunity

- **Niacin - 176% higher, for healthy blood sugar, efficient metabolism.**  
This critical nutrient converts carbohydrates into glucose, digest fats and proteins. Niacin keeps the nervous system working properly. Niacin deficiency can cause depression, fatigue, and poor brain function.
- **Vitamin B6 - 300% higher, for brain health.**  
Adequate pyridoxine levels can prevent depression, boost brain function, and reduce Alzheimer's risk. It assists blood hemoglobin, protein metabolism and the creation of new red blood cells. Vitamin B6 deficiency is associated with skin rashes, mood changes, low energy, and epileptic seizures.

**Whole Grains are Superior in All Nutrients,**

Many of these nutrients are deficient in modern diets. But out of habit, we throw away the most valuable layers. Notice below, the minerals lost in processing are almost the same nutrient deficiencies at the root of common diseases.

These are also the same diseases that increase risk of death from Covid-19, called comorbidities. If you have one of these illnesses, Covid-19 can be fatal. However, if you are healthy, Covid-19 will most likely pass quickly.

| Disease                 | Can possibly be caused by:  |
|-------------------------|---|
| ● Diabetes              | Glycemic diet, Low Manganese, Magnesium, Niacin, or Thiamine      |
| ● Hypertension          | Glycemic diet, Low Magnesium, Low Potassium                       |
| ● Heart disease         | Glycemic diet, Lack of Magnesium, Low Potassium                   |
| ● Constipation          | Lack of Fiber, Water, Movement, or Potassium                      |
| ● Cancer                | Glycemic diet, Low Iron, Zinc, Folate, Vitamin B, Vitamin C       |
| ● Alzheimer's           | Glycemic diet, Lack of movement, Niacin, Toxic accumulation       |
| ● Depression            | Glycemic diet, Lack of Potassium, Calcium, Niacin, or Vitamin B6, |
| ● Poor Digestion        | Glycemic diet, Lack of iron, Low Calcium                          |
| ● Joint pain, Arthritis | Glycemic diet, Lack of Calcium, Magnesium, or Copper,             |
| ● Anemia                | Lack of Iron, Copper, Lack of green vegetables                    |
| ● Tuberculosis          | Low Iron, Low Immunity, Depression, Malnutrition, Anemia          |
| ● Inflammation          | Glycemic diet, Lack of Manganese, Malnutrition                    |
| ● Fatigue               | Low iron, Thiamine, Calcium, Niacin, Vitamin B6,                  |
| ● Low brain function    | Glycemic diet, Lack of Thiamine, Low Vitamin B6,                  |
| ● Low immunity          | Glycemic diet, Low protein, Lack of vegetables and minerals       |
| ● Inflammation          | Glycemic diet, High risk foods, Too little protein                |
| ● Weak Bones            | Lack of protein, low manganese, magnesium, or calcium             |

The above illnesses are quite common today. But two generations ago they were almost unknown. How many people do you know who suffer from one of the above diseases?

| Nutrients in 1 cup cooked | White Rice | Red Rice | Red Rice Superiority |
|---------------------------|------------|----------|----------------------|
| Anthocyanin $\mu$         | 0.0        | 10.0     | $\infty$             |
| Magnesium mg/10           | 2.4        | 8.4      | 347%                 |
| Calcium mg                | 6.0        | 11.0     | 183%                 |
| Niacin mg                 | 3.4        | 6.0      | 176%                 |
| Thiamin mg                | 0.3        | 5.0      | 1667%                |
| Protein g                 | 4.3        | 9.0      | 212%                 |
| Fiber g                   | 0.6        | 4.0      | 667%                 |
| Iron mg                   | 1.1        | 3.8      | 341%                 |
| Zinc mg                   | 0.8        | 2.8      | 350%                 |
| Manganese mg              | 0.7        | 2.0      | 286%                 |
| Fat g                     | 0.4        | 0.8      | 173%                 |
| Potassium g               | 0.1        | 0.3      | 208%                 |
| Vitamin B-6 mg            | 0.1        | 0.3      | 300%                 |
| Copper mg                 | 0.1        | 0.2      | 200%                 |

The above chart shows the huge nutritional difference between dark red rice and white rice.



**Domino's: Tastes fantastic, even addictive. Is this food? Our current foods are far lower in nutrients that the same foods 50 or 100 years ago. Wheat, tomatoes, milk, cheese, oils, olives, veggies all lower. Is there anything real here?**



Mary's Gone Crackers always uses certified organic, kosher, whole-food ingredients free of gluten, trans-fats, eggs, nuts and dairy. But they're empty. Made with unsoaked grains, toasted at high temperatures, all nutrients have been lost. Just like so many other rice crackers and very sad for 10 million diabetics in Japan.

### **What's the Environmental Quality of our Soil?**

Every year vast areas of our land and crops are inundated with farming chemicals, presumably to optimize yield. We know our current food supply is much lower in nutrients than the same foods 50 or 100 years ago. The huge nutritional differences above do not consider the effect of chemicals or GMO's in farming. We simply disregard those factors, as there is no data available that compares original food to industrial food. Ten years ago, a few studies showed vast differences under different farming methods, but they're gone now. With the censoring of internet data, much has been cleansed.

Use a broad-spectrum approach to research and healing using a variety of reliable methods and uncensored sources to give you the greatest truth. Avoid fundamental thinking, made-up thought forms, making assumptions. Be discerning, however sidestep all polarization. I recommend search engines that maintain privacy, do not track or share personal information, and are not

censored or programmed. My favorite search engines are Gibiru, WolframAlpha, Swisscows, and DuckDuckGo.

**Top Solution to Pandemic #1 Empty Food:**

Eat clean, local, original, unprocessed, organic foods. Avoid flour, high-heat or microwaved food.

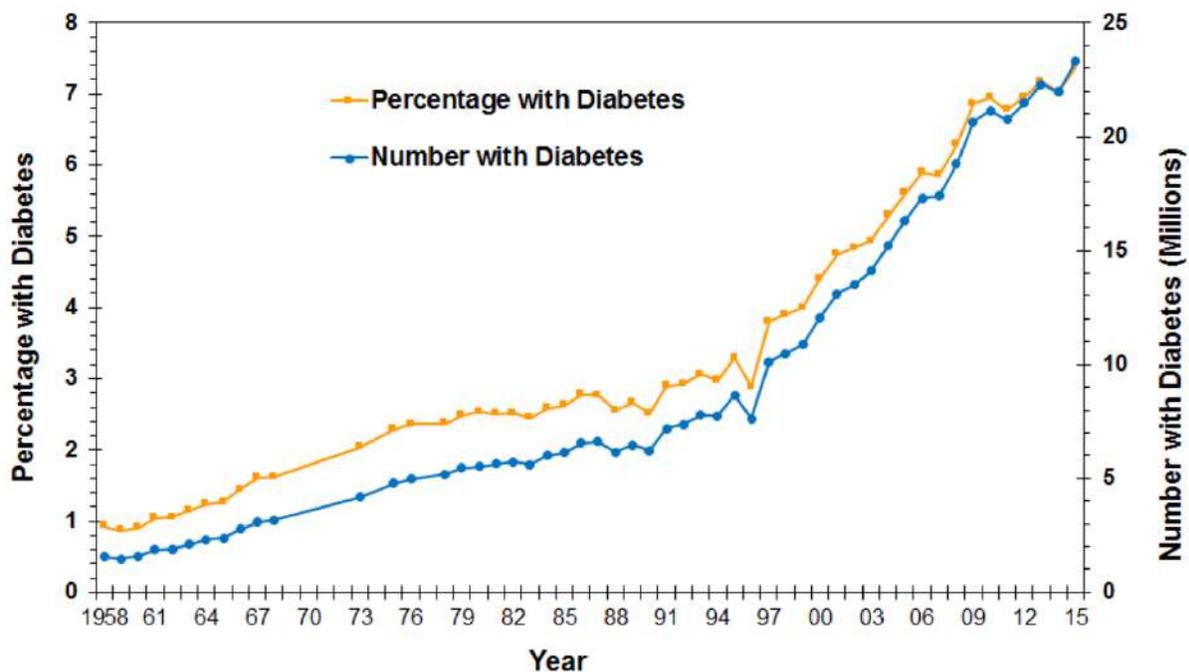


What is behind your grocery choices? What guides you to put it into your cart? Food shopping is motivated by complex physical, mental, and psychological factors, including advertising, color, shape, placement, price, thought forms, beliefs, memories, addictions, hunger, desire, likes, dislikes, knowledge, truth, and fiction. I love to observe people shop. What motivates your choices?

## Pandemic #2: Diabetes

**Diabetes** is a chronic, metabolic disease characterized by elevated blood sugar, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. Between 2019 and 2045 the global expenditures for diabetes treatment is expected to grow from 760 billion U.S. dollars to 845 billion U.S. dollars. Diabetes can have life-threatening cardiovascular, renal and nervous system consequences when left untreated. Diabetes is one of the leading causes of death worldwide.

### Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



CDC's Division of Diabetes Translation. United States Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/data>

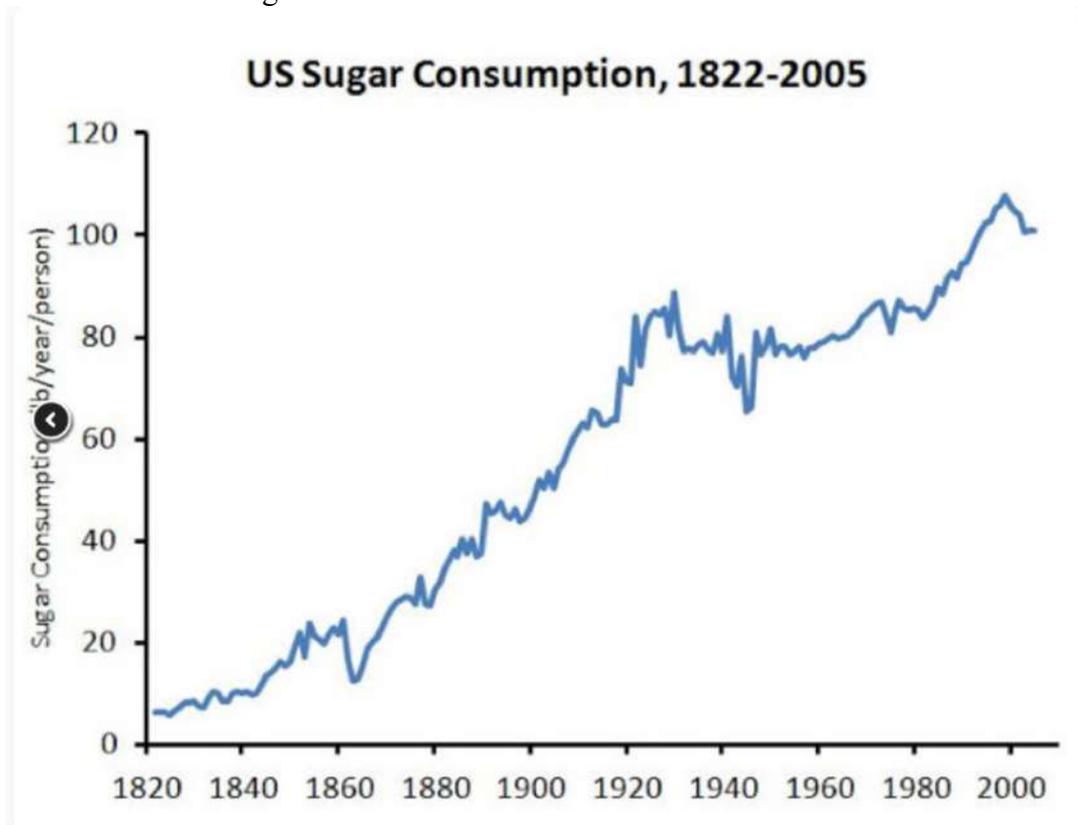
#### **Sugar takes a devastating toll on our health.**

Sugar causes body acidity which damages DNA and is at the root of chronic disease in modern culture. Sugar feeds cancer, triggers weight gain, and promotes premature aging. There are several kinds of sugar, such as glucose and fructose. The human body metabolizes fructose differently, and the burden of metabolizing fructose falls on the liver, where any excess is quickly converted to fat. This helps to explain today's epidemic of obesity and diabetes. As of 2014, Americans eat an average of 130 pounds of added sugar per person per year.

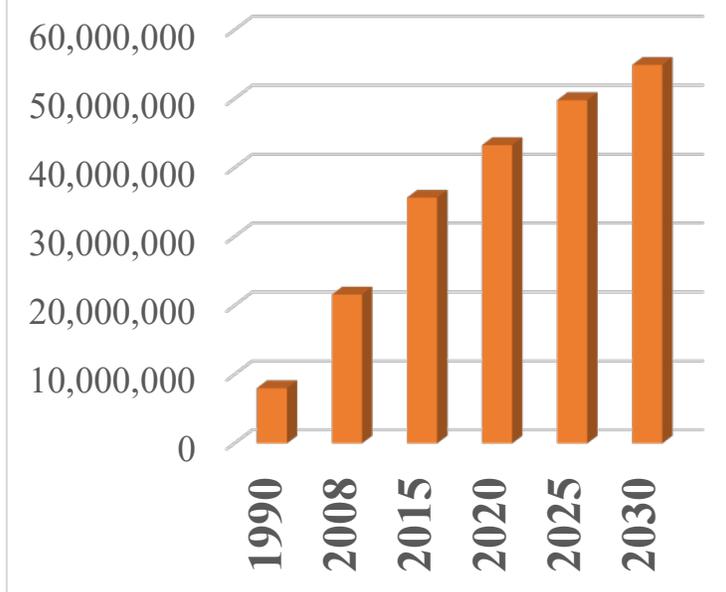
Our favorite flavor is SWEET. Sweet is a biological and emotional necessity, like a Mother's love, it's irresistible. The fact is that it triggers the same brain centers of addiction as cocaine and hard drugs. We want more. We will do anything for sugar. It's below the conscious level. We

want it, and we're uncomfortable until we get it. Just remember it's addictive, and we're all like alcoholic. "Just a little just a little" we cry all day. The truth is, sweetness is all around us in everything we see and experience. Why not turn that into the sugar fix you need? Luke the Buddha says, "It's all in your mind".

Over half the sugar in the US comes from GMO beets. It is labeled "sugar", and the primary sweetener for restaurants and the food industry. Eating GMO beet sugar gives you a double whammy: the glycemic rush of sugar, plus the unknown risks of GMO ingredients. Another reason we're safer with organic foods.

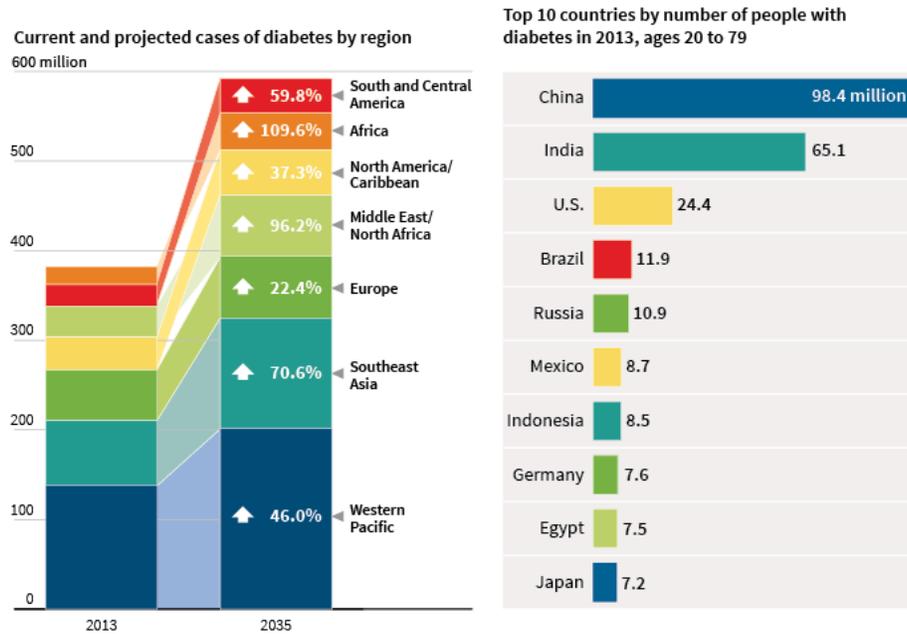


## US Diabetes Cases to Reach 55 million in 2030, or 1 in every 6 people



In the US, diabetes will increase to more than 54.9 million Americans by 2030. Annual deaths from diabetes will grow by 38% to 385,800. Diabetes medical costs represent 25% of total medical expenditures in the US. Total annual medical and societal costs of diabetes will increase 53% to over \$622 billion by 2030. Future treatments will allow diabetes patients to live longer but will require many years of comprehensive management of multiple chronic diseases, resulting in dramatically increased costs.

## World diabetes cases expected to jump 55 percent by 2035



Worldwide about half a billion people are living with diabetes now. That number is projected to increase by 25% in 2030 and 51% in 2045.

### Hidden Costs of Diabetes

**If you're diagnosed with diabetes, you can expect the following:**

1. Covid-19 Comorbidity – Diabetes means significant risk of death from Covid-19.
2. Diabetes patients spend average medical expenditures of \$16,752 per year.
3. Constant Medication. Medical spending roughly 2.3 times higher.
4. Constant tests and doctor bills.
5. You get tired quicker. You can't work like you used to.
6. Diabetes takes a huge unseen toll on your lifestyle.
7. Expensive long-term care makes it financially challenging to plan for later life.
8. High risk of complications such as Heart disease, Neuropathy, Kidney damage, Eye damage (retinopathy), Foot pain, Skin conditions. Loss of hearing, Alzheimer's disease.



# Avoid Diabetes!

## High Risk, Low Risk Foods



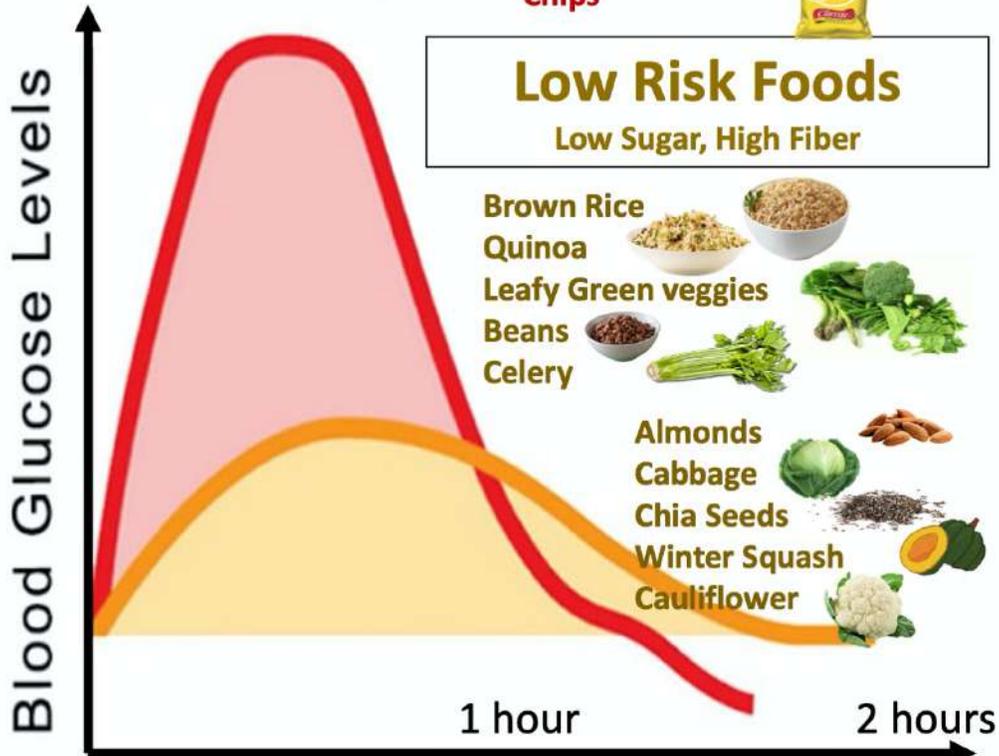
### High Risk Foods

High Sugar, Low Fiber

Bread  
White rice  
Noodles  
Potatoes  
Energy Bar



Coke  
Cake  
Ice Cream  
Sugar  
Corn flakes  
Chips



**Health risks of glucose and fructose?** Glucose goes into the bloodstream immediately, and raises the glycemic content of your blood. We measure glucose i.e. “glycemic index”. (We have no common index for fructose.) Studies show that high blood glucose is a factor in most chronic illnesses including diabetes, arthritis, heart disease, cancer, inflammation, gut micro-biome imbalance, and Alzheimer’s disease. Glucose is physically addictive, lighting up the same centers of the brain as cocaine.

**Fructose does not go directly into the bloodstream.** There's no blood sugar spike, so fructose often feels harmless. However, fructose is sneakier. Instead of causing a glycemic rush, it goes to the liver for processing, like any toxin. Fructose is associated with increased risk for high triglycerides, the BAD cholesterol, fungal infections, reduced brain function, weight gain, sugar cravings, and biomarkers for heart disease. Fructose sugars generally lead to increased craving for sweets. Whenever you see marketing claim "low glycemic", don't be fooled. It probably means there's a higher percentage of fructose, which isn't measured by glycemic index. There's no "fructemic index", although we need one. To know the truth, just look at the **total sugars**.

**Top Solution to Pandemic #2 – Diabetes:**

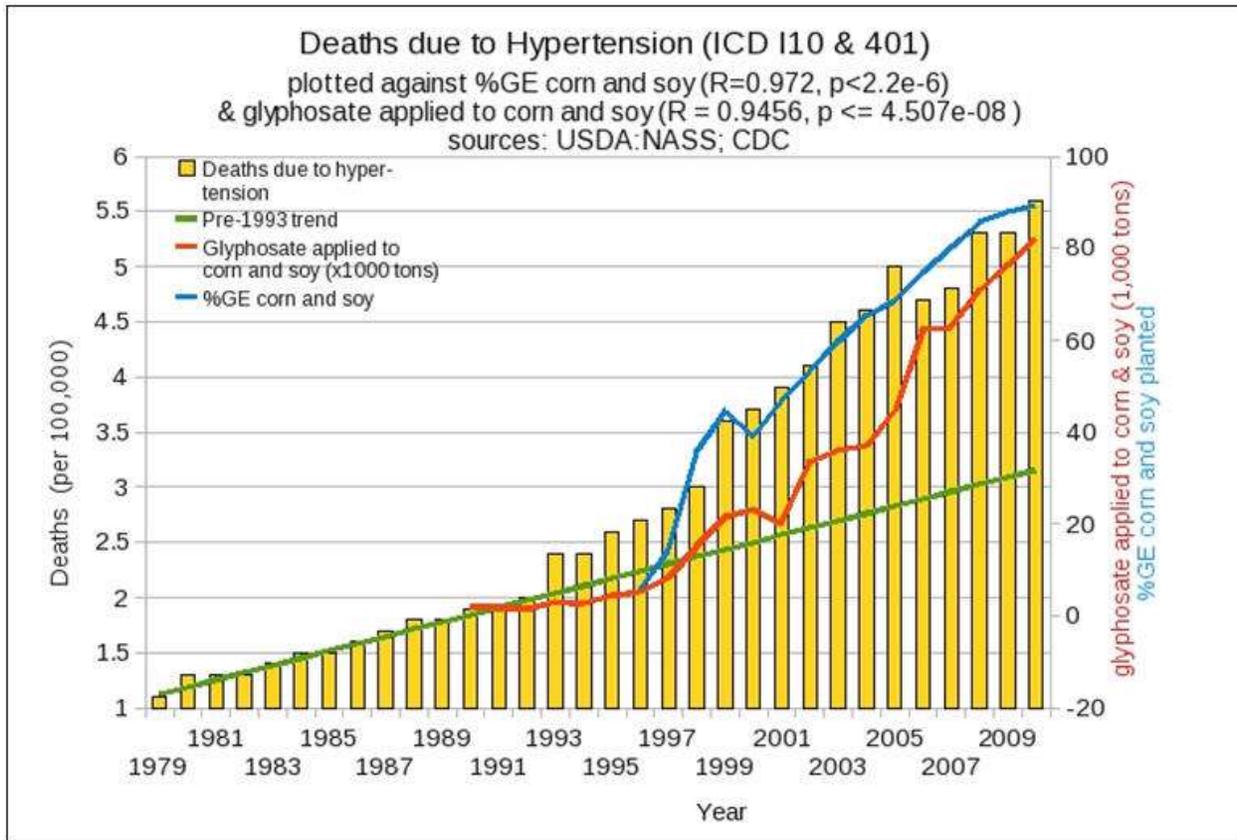
Eat high fiber, low sugar foods, alkalizing foods. Avoid low-fiber refined foods, sugars, glucose, fructose sweeteners, especially GMO beet sugar, called "sugar", Artificial chemical sweeteners. Use Jane's recommended sweeteners.

## **Pandemic #3: Hypertension**

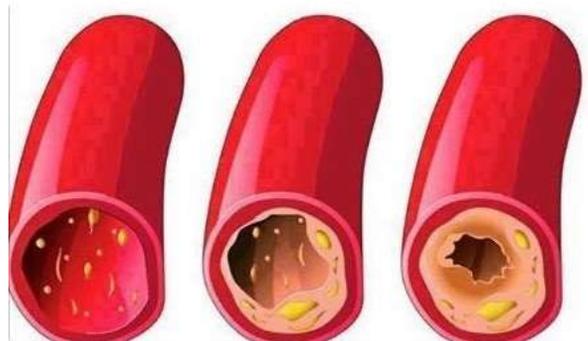
### **What is Hypertension?**

Hypertension is one of the top comorbidities to Covid-19. If you have hypertension then Covid-19 can be serious. Hypertension is one of the primary risk factors for heart disease and stroke, the leading causes of death worldwide. Recent analyses say that as of the year 2000, there were 972 million people living with hypertension worldwide, and it is estimated that this number will escalate to more than 1.56 billion by the year 2025. Awareness, prevention, treatment and control of hypertension is an important public health issue.

Hypertension or high blood pressure occurs when the blood vessels are clogged with plaque or debris and have persistently raised pressure. Blood is carried from the heart to all parts of the body in the vessels. Each time the heart beats, it pumps blood through the vessels. Blood pressure is the force of blood pushing against the walls of the arteries. The greater the buildup of debris, the higher the pressure, the harder the heart must pump.



- Hypertension, or clogged arteries affects nearly half of adults in the United States (108 million, or 45%).  
Hypertension is increasing rapidly since 1979, perhaps in tandem with the rise of industrially processed foods.
- Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.



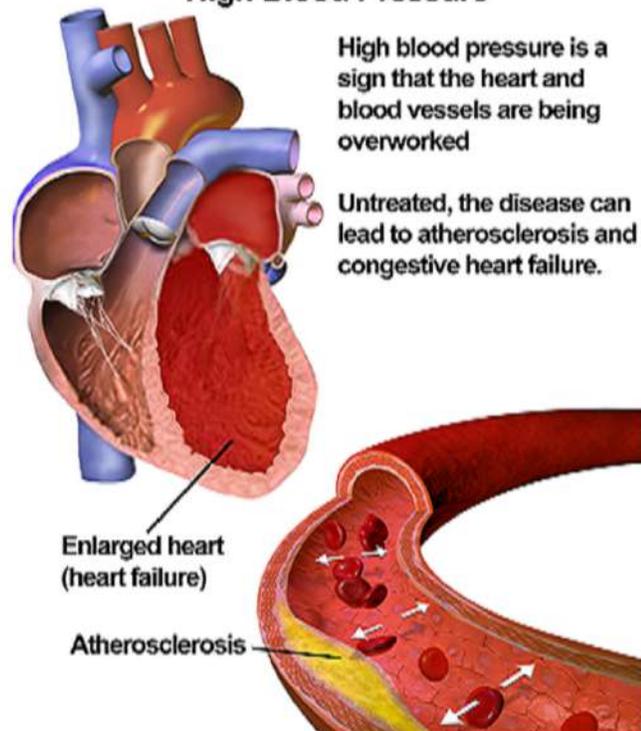
- In 2017, nearly half a million deaths in the United States included hypertension as a primary or contributing cause, causing over 1300 deaths per day.
- defined as a systolic blood pressure  $\geq 130$  mm Hg or a diastolic blood pressure  $\geq 80$  mm
- Only about 1 in 4 adults (24%) with hypertension have their condition under control.

### Percentage of the population with high blood pressure



Sources: National Center for Health Statistics; National Heart, Lung and Blood Institute.

### High Blood Pressure



**Hypertension Causes:**

Flour, sugar, and extracted seed oils combine to make fatty plaque which accumulates in the blood vessels. Combined with a lack of movement, this can create blockage in the blood vessels. Plaque is like hard plastic glue that attaches itself to the inside of the arteries, especially those coming out of the heart, so that they are stiff, smaller diameter have less capacity for blood flow. This constricted flow is called hypertension.

**Top Solution to Pandemic #5 – Hypertension:**

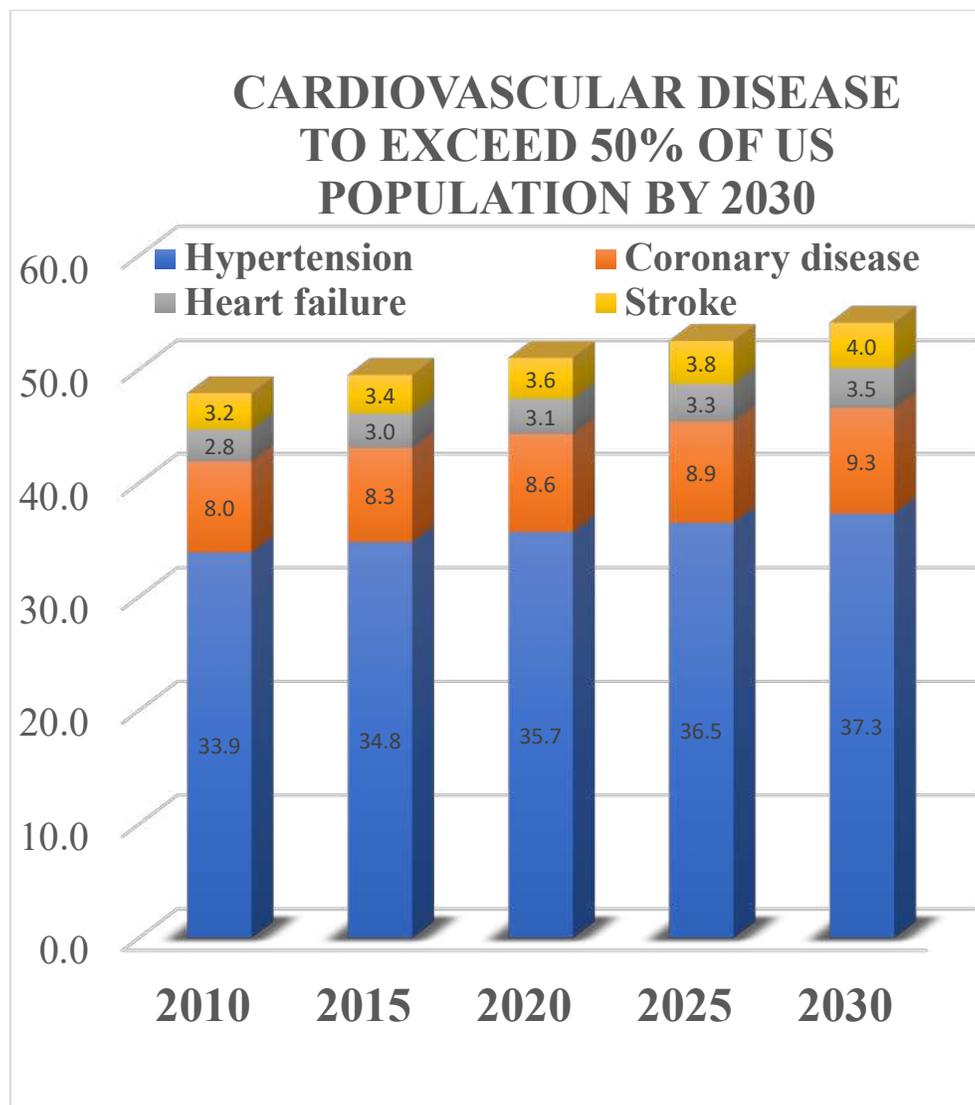
Eliminate all high glycemic foods, Skip extracted seed oils like corn, soy, canola, safflower, peanut, sunflower and “vegetable” oils. Use instead coconut oil, pure 100% olive oil, and avocado oil. Eliminate flour and low fiber foods.

## Pandemic #4: Heart Disease (CVD Cardiovascular Disease)

### What is CVD?

Cardiovascular Disease includes three issues: Heart Failure, Stroke, and Hypertension. The report for 2019 said 121.5 million adults in the U.S. – 48 percent– have cardiovascular disease. Heart disease was the No. 1 cause of death in the U.S. and stroke was No. 5, the same ranking as in the previous year.

By 2030, over half of the US population is projected to have some form of CVD, or 175 million people.



**Table 1. Projections of Crude CVD Prevalence (%), 2010–2030 in the United States**

| Year     | All CVD* | Hypertension | CHD  | HF   | Stroke |
|----------|----------|--------------|------|------|--------|
| 2010     | 36.9     | 33.9         | 8.0  | 2.8  | 3.2    |
| 2015     | 37.8     | 34.8         | 8.3  | 3.0  | 3.4    |
| 2020     | 38.7     | 35.7         | 8.6  | 3.1  | 3.6    |
| 2025     | 39.7     | 36.5         | 8.9  | 3.3  | 3.8    |
| 2030     | 40.5     | 37.3         | 9.3  | 3.5  | 4.0    |
| % Change | 9.9      | 9.9          | 16.6 | 25.0 | 24.9   |

CVD indicates cardiovascular disease; CHD, coronary heart disease; HF, heart failure.

With our aging population in the US, the prevalence of all CVD is projected to increase. People over 65 years of age (especially over 80 years of age) have a higher prevalence for all CVD, and this population segment will grow significantly in the next 2 decades.

#### **Top Solutions to Pandemic #4: Heart Disease:**

Eliminate all high glycemic foods, Skip extracted seed oils like corn, soy, canola, safflower, peanut, sunflower and “vegetable” oils. Use instead coconut oil, pure 100% olive oil, and avocado oil. Eliminate flour and low fiber foods. Exercise.

## **Pandemic #5: COPD**

### **What is COPD?**

COPD is a progressive obstructive lung disease that is a major cause of death in the US. COPD recently became the third leading cause of death. Although it is not a fast-growing pandemic – it increases at the rate of lung pollution. However, it is a top comorbidity with Covid-19. Hence pre-existing COPD may make your Covid-19 potentially fatal.

### **In the US, COPD affects more than 15 million Americans.**

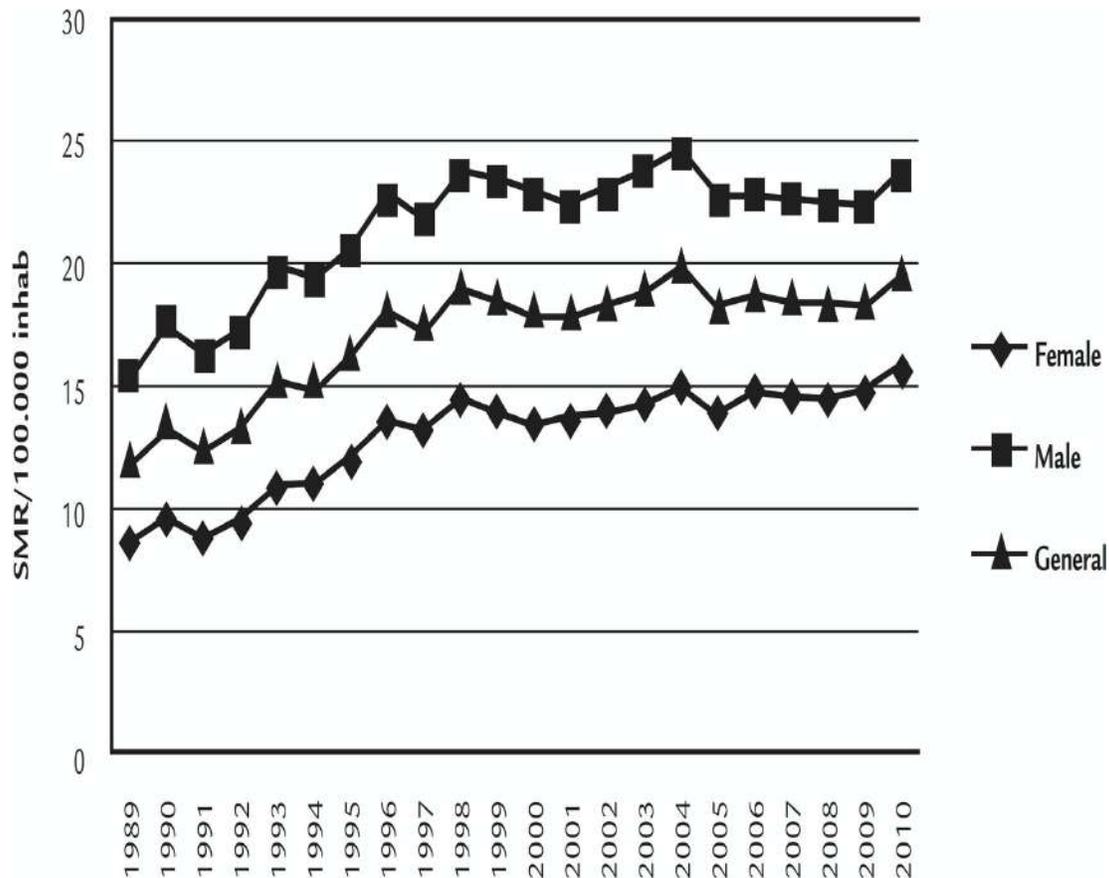
More than 140,000 Americans die of COPD each year – that is 1 death every 4 minutes!

**In the world in 2015**, 3.2 million people died from COPD worldwide, an increase of 11.6 percent compared with 1990. During that same time period, the prevalence of COPD increased by 44.2 percent to 174.5 million individuals. In the US, an estimated 16 million adults have COPD.

COPD Symptoms include:

- Shortness of breath, especially during physical activities
- Wheezing
- Chronic cough
- Chest tightness
- Excess mucus build-up
- Blue lips and fingernail beds

- Frequent respiratory infections
- Unintended weight loss (in later stages)
- Swelling in ankles, feet or legs
- Fatigue



- COPD consists of primarily chronic bronchitis, emphysema. These two can coexist.
- COPD causes chronic lung damage and cannot be cured. If you look at the lung of a COPD patient, it is entirely black and can't be cleaned. But you can halt the progression of the disease and give drugs that can improve the quality of life and ease symptoms.
- Long-term exposure to smoking, ambient outdoor pollution, workplace air toxicity, construction pollution, farming toxic dust, biomass fuel, and home pollution are the primary causes of COPD. This reinforces the urgency of global strategies to mitigate air pollution for improvement of pulmonary health and prevention of COPD.
- Worldwide, mosquito coils are a risk. One mosquito coil is equal to 100 cigarettes, as people breathe it at night. Mosquito coil is thus equal to ambient air pollution in some major cities.

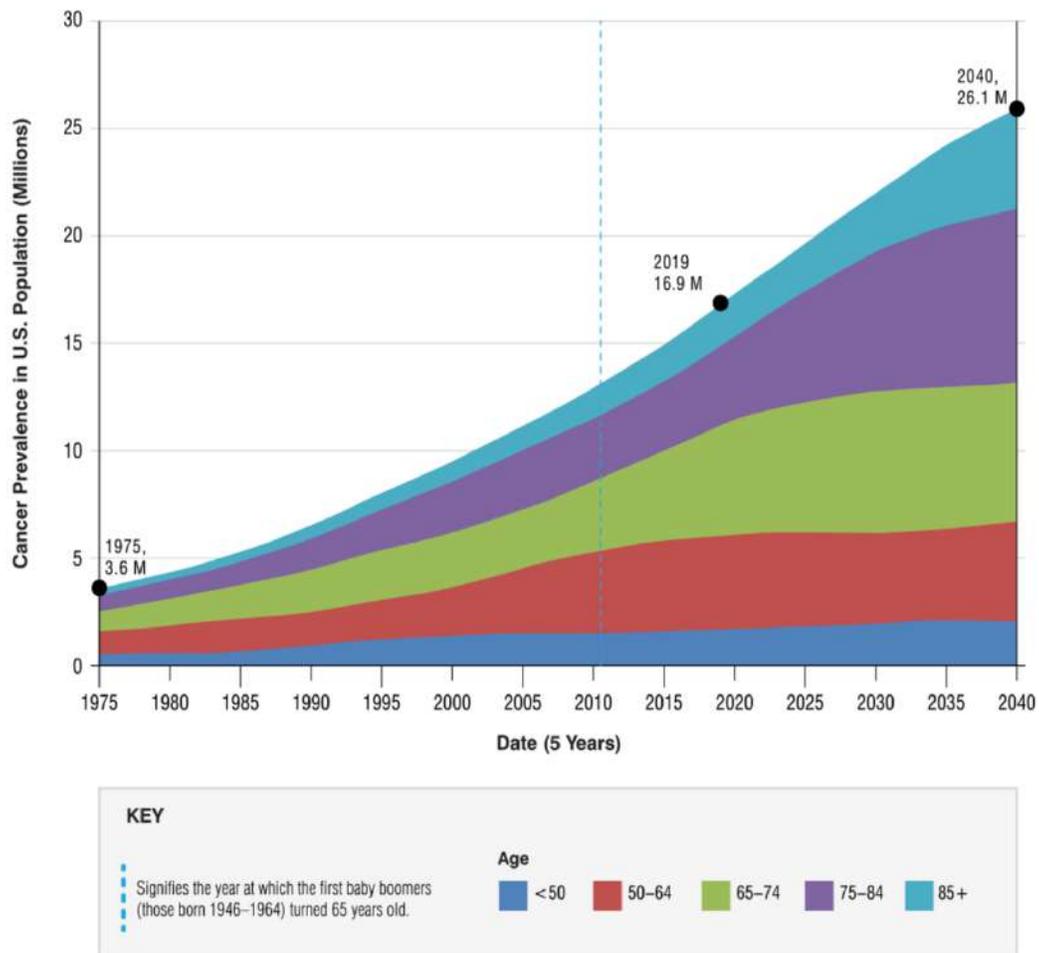
### Top Solutions to Pandemic #5:

Don't Smoke, Get a home air cleaner, Live in a clean environment.

## Pandemic #6: Cancer

In 1975 there were 3.6 million cases of cancer in the US. Now there are about 17 million cases. By 2050, that is projected to increase to over 26 million. In 2019 we saw 606,880 cancer deaths in the US. That's expected to double in 30 years with 2.6 million new cases diagnosed in 2050.

### Cancer Prevalance and Projections in U.S. Population from 1975–2040



REFERENCE: Bluethmann SM, Mariotto AB, Rowland, JH. Anticipating the “Silver Tsunami”: Prevalence Trajectories and Comorbidity Burden among Older Cancer Survivors in the United States. *Cancer Epidemiol Biomarkers Prev.* 2016;25:1029-1036.

### What causes cancer?

Cancer is caused by accumulated DNA damage to genes, due to chance or to exposure to a carcinogen. A carcinogen can be a chemical substance or an environmental agent. Root factors or contributing causes of cancer include body imbalance, radiation, especially RFR radio frequency

radiation, tobacco, alcohol, UV radiation in sunlight, chemicals in foods, asbestos in the lungs, car exhaust, tar and pitch, benzopyrene, heavy metals, plastics, microbes, and medications. In addition, there can be contributing factors of genetic predisposition and emotional trauma or stress. Toxins can accumulate in the body tissues, stored primarily in the bone marrow, fat, liver, and lymph.

### **Do Industrial Seed Oils Cause Cancer?**

Maybe they do. Meanwhile, I suggest we all eliminate these oils: soy, corn, canola, safflower, sunflower, cottonseed, peanut, and “vegetable” oil. I learned this from Dr. Johana Budwig, a German Physician in the 1950’s who had a 90% success rate healing cancer. She used traditional oils and protein, and had her patients eliminate all industrial seed oils. She wrote a book called **The Oil Protein Diet Cookbook**. The science seems counterintuitive, but it works! There are many modern versions of her protocol, so be careful. Best to read her original book, available at Amazon or get free online here:

[https://archive.org/details/Budwig\\_Oil\\_Protein\\_Diet\\_PDF/page/n13/mode/2up](https://archive.org/details/Budwig_Oil_Protein_Diet_PDF/page/n13/mode/2up)

Read this insightful article by Chris Kresser: **How Industrial Seed Oils Are Making Us Sick.**

<https://chriskresser.com/how-industrial-seed-oils-are-making-us-sick/>

He says these oils cause cancer because of how they are processed. They are heated to extremely high temperatures; which makes the unsaturated fatty acids in the seeds oxidize, creating byproducts that are harmful to health. The seeds are then processed with a petroleum-based solvent, such as hexane, to maximize the yield of oil extracted from them. Then they are deodorized of their foul odor to make the bland, tasteless oils that we eat. Hmmm....

### **Cell Phones and Radio Frequency Radiation (RFR) Cause Cancer**

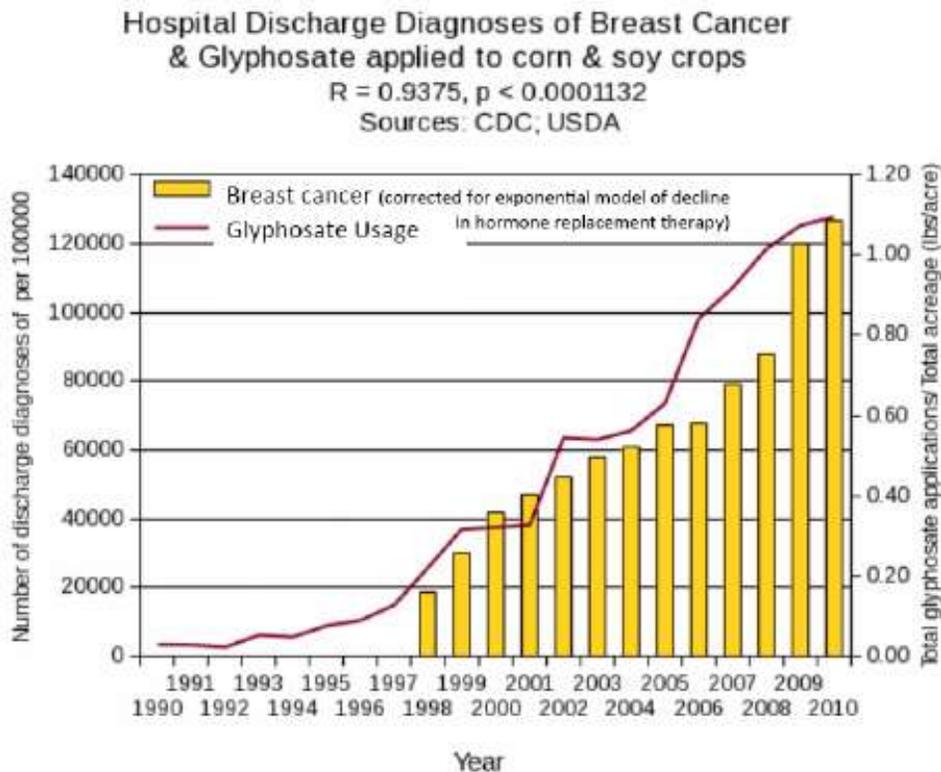
Many large-scale carcinogenicity studies in rodents exposed to levels of RFR that mimic lifetime human exposures show significantly increased rates of cancer and chromosomal DNA damage. The highest risk is RFR exposure on developing brains in children, because a cell phone next to a child’s head exposes deeper brain structures to greater radiation doses per unit volume, and bone marrow absorbs a 10X higher dose.



Cell phones held next to the ear and brain present a risk of DNA damage and cancer. Men who keep cell phones in their trouser pockets have significantly lower sperm counts and significantly impaired sperm motility and morphology, including mitochondrial DNA damage. Warn the population that having a cell phone next to the body is harmful, and to support measures to reduce all exposures to RFR.

**Nutritional Deficiencies Can Cause Cancer:**

Low Vitamin D can lead to prostate and breast cancer, memory loss, and an increased risk for dementia and schizophrenia. Mineral deficiencies of iron and zinc, and the vitamins folate, B12, B6 and C, can cause DNA damage and lead to cancer.



**Glyphosate, a Potent Carcinogen**

The 4 most common types of cancer are breast, lung, prostate, and colon. This graph shows the sharp rise in usage of herbicide glyphosate on US wheat since 1990, in tandem with the sharp rise in the incidence of breast cancer.

Since the advent of “super weeds” in farms, the use of glyphosate has risen significantly. Glyphosate is dumped on us at the rate of 300 million pounds per year, almost one pound for every person in the US. Estimates are that 75% of rainwater is contaminated by glyphosate.

Glyphosate herbicide from Roundup by Monsanto was “classified as probably carcinogenic to humans,” according to the International Agency for Research on Cancer (IARC), the World

Health Organization's France-based cancer research arm. The state of California moved to classify the herbicide as a probable carcinogen.

Desiccating wheat with glyphosate is particularly common nowadays. First patented and introduced by Monsanto in 1974 for agricultural weed control, in 1992 glyphosate, active ingredient in RoundUp®, began to be used as a “ripening agent” or desiccant -- stressing or killing plants, including wheat, to accelerate drying and speed the ripening of their fruit immediately before harvest.

Since 1974 in the US, over 1.6 billion kilograms of glyphosate has been applied, or 19% of estimated global use of glyphosate. Dr. Zach Bush, MD, a cancer researcher, has identified “toxic zones” along the Mississippi River and its tributaries, where we see high cancer rates in adjacent communities from heavy use of glyphosate from farm runoff. All of this then flows down to the Gulf of Mexico creating another “dead zone” that is detrimental to all of life.

Researchers propose glyphosate “is the most important causal factor in the Midwestern State cancer epidemic.” In addition to wheat, oats, rye, lentils, peas, flax, potatoes, buckwheat, and millet are also often sprayed with glyphosate as a desiccant.

A growing body of research has documented health concerns of glyphosate as an endocrine disruptor that kills beneficial gut bacteria, damages DNA in human embryos, and is linked to birth defects in laboratory animals.

#### **Top Solutions to Pandemic #6 – Cancer:**

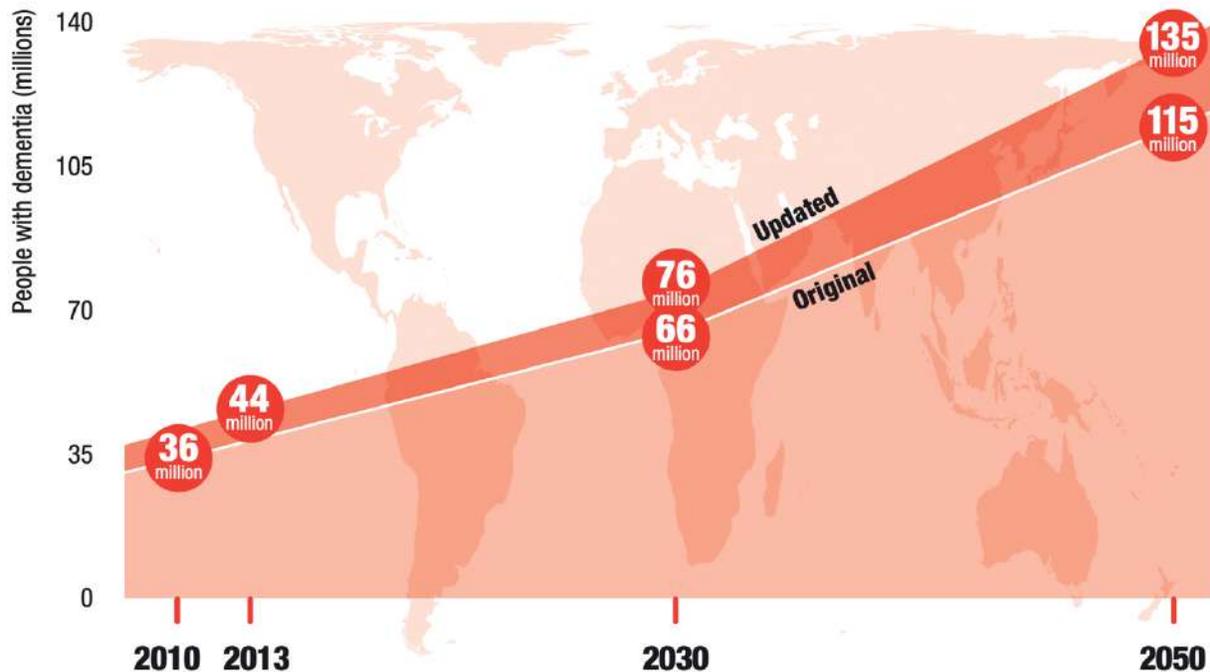
Protect your DNA, Alkaline Diet, Detox, avoid carcinogen exposure, Relax and enjoy life

## **Pandemic #7: Alzheimer's Disease**

The dementia tsunami is coming, fast. We all know it, and it will affect every single one of us, either directly or through our loved ones. That we are not prepared for such an onslaught is an understatement. Alzheimer's Disease, or AD is an expensive disease, and if we do the math, we can see that our current health care system and long-term care infrastructure cannot hold up to what is to come.

Statistics are grim. 10 percent of 65-year-olds, 25 percent of 75-year-olds, and 50 percent of 85-year-olds will develop AD. AD is now the seventh leading cause of death.

**Figure 2 Increase in numbers of people with dementia worldwide (2010-2050), comparing original and updated estimates**



World Incidence of Alzheimer's and Dementia Worldwide. Nearly 50 million people now, but only 1-in-4 people with Alzheimer's disease have been diagnosed. With people living longer AD is predicted to become a major socioeconomic burden to double every 20 years to 131.5 million people worldwide by 2050.

### Scientists call AD "Type 3 Diabetes."

#### The link between Alzheimer's and diabetes?

New research shows insulin resistance, or "diabesity" (eating too many carbs and sugar and not enough fat) is one of the major factors that starts a brain-damage cascade, which steals the memory of over half the people in their 80s, leading to a diagnosis of Alzheimer's disease.

The underlying causes of Alzheimer's disease begin early in life with too much sugar on the brain. The cycle starts when we over-consume sugar and not enough fat, leading to diabesity. Diabesity leads to inflammation, which creates a vicious cycle that wreaks havoc on your brain.

This doesn't just suddenly occur when you're older. Dementia begins when you're younger and takes decades to develop. Here's the bad news/good news. Eating sugar and refined carbs can cause pre-dementia and dementia. But cutting out the sugar and refined carbs and adding lots of fat can prevent, and even reverse, pre-dementia and early dementia.

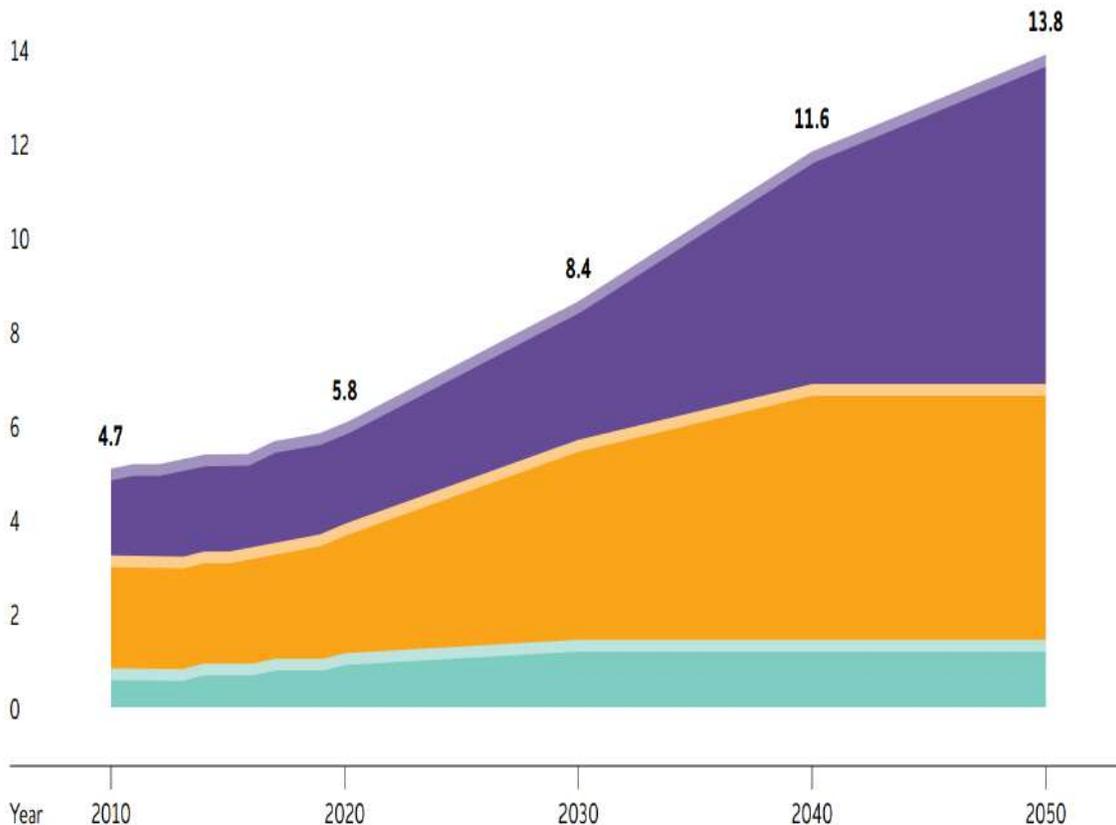
## Projected Number of People Age 65 and Older (Total and by Age) in the U.S. Population with Alzheimer's Dementia, 2010 to 2050

Millions of people  
with Alzheimer's

Ages 65-74

Ages 75-84

Ages 85+



In the USA, AD is projected to increase to 13.8 million by 2050.

### Heavy Metals means High Risk of Alzheimer's

Heavy metal exposure can increase Alzheimer's risk. Researchers revealed a significant relationship between high levels of aluminum, cadmium and/or mercury with Alzheimer's risk. Acute or chronic mercury exposure can cause adverse effects during any period of development. Mercury is a highly toxic element; there is no known safe level of exposure. Ideally, neither children nor adults should have any mercury in their bodies because it provides no physiological benefit.

#### What are Common Sources of Heavy Metals?

Principal sources of Aluminum, Mercury, and Cadmium include vaccines, silver-colored dental fillings, fish and shellfish - Mackerel, Shark, Swordfish, and Tuna, antiperspirant, sunscreen, toothpaste, aluminum cookware, teapots, lipstick, cosmetics, preservatives, farming contaminated soil, Coal-burning power plants, hazardous wastes, gold mines, Mercury-cell

chlor-alkali plants, silver ore extraction with mercury, and water runoff from contaminated landfills. In animals, mercury accumulation increases as it moves up the food chain.

### Top Solution to Pandemic #7: Alzheimer's

High-fiber, Low-Sugar, Alkaline diet, Exercise, Test Heavy Metals. Relax and enjoy life.

## Pandemic #8: Osteoarthritis

Arthritis is a serious health crisis. The CDC estimates that 1 in 4 (or 54.4 million) US adults have some form of arthritis, projected to reach 78 million by the year 2040. The high prevalence of arthritis manifests in enormous societal and personal costs.

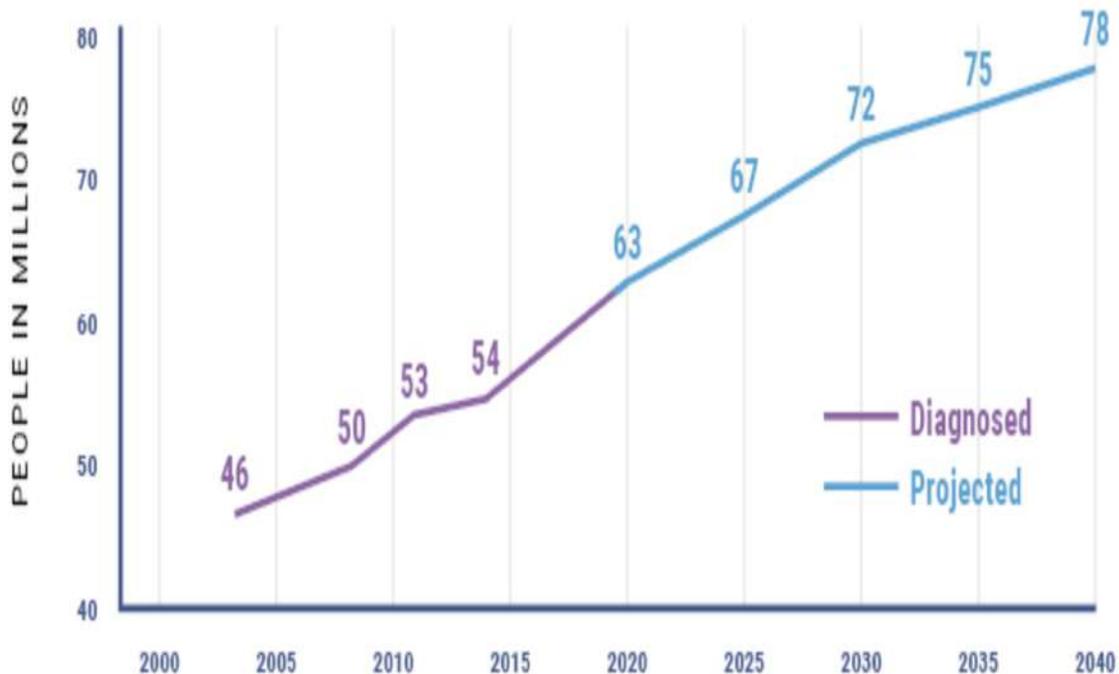
Viruses thrive in an acid environment. Millions of people suffer from acidic body pH, which make them more at risk for coronavirus. Sugar and refined carbs are the #1 contributor to body acidity. This article explores the specific link between sugars, body acidity, and bone maladies.

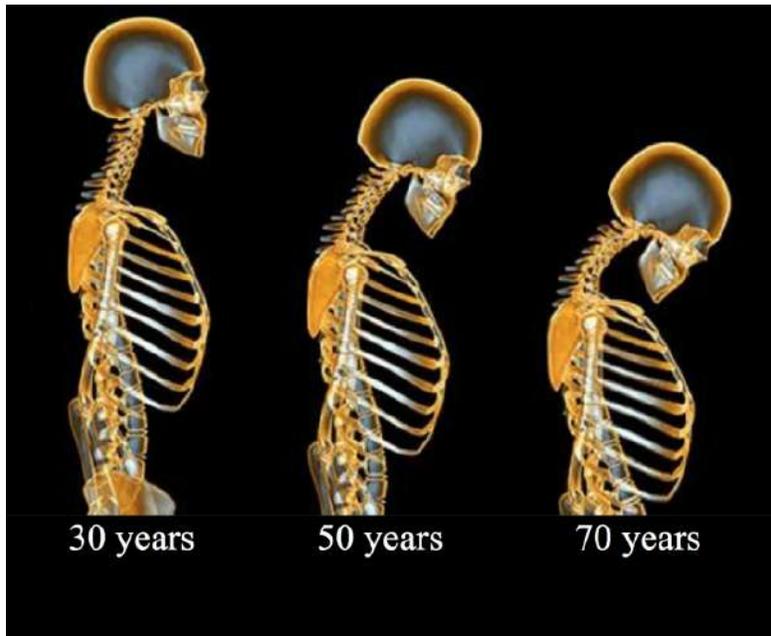
Studies show that osteoarthritis is directly linked to chronic acidic body pH. The root causes of bone disease are rarely addressed. Instead of prevention, medial industry often prescribes joint replacement, opioids and other pharmaceuticals, each with its own benefits and risks.

### Diagnosed and Future Projections\* of Arthritis

ARTHRITIS WILL INCREASE AS THE POPULATION GROWS AND AGES

\*Doctor Diagnosed





### **What is Osteoarthritis?**

Arthritis simply means “joint inflammation” in Greek. Also called osteoarthritis, it is the wearing away of the cartilage attached to the joint surfaces. Osteoporosis means “porous bones” in Greek. It is the wearing away and weakening of the bone structure, bringing increased risk of fractures.

### **Sugar Consumption, the Root of Osteoarthritis.**

Yes, the secret culprit and primary cause of bone loss and joint inflammation is a chronic acidic condition in the body, primarily due to sugar and carbs. That’s right, sugar and simple carbs are highly acidic. They leech calcium, and other minerals from the bones. It’s too bad the food industry and medical schools don’t mention this important fact. If you eat sugar, there’s no supplement on Earth that can prevent bone loss and inflammation.

Here are the 6 steps to bone health:

#### **Step 1. Eliminate Sugar and Simple Carbs**

**Bone disease is caused by an acidic ph condition in the blood. Sugar is acidic. Calcium is alkaline. In order to neutralize the acidic condition, your body leeches calcium from the bones and puts it into the blood.**

Calcium is the #1 building block for bones. Sugar and simple carbs are so acidic that they cause a dangerously high acid ph in the blood. In order to neutralize an acidic condition, your body “borrows” calcium from the bones, puts it into the blood to keep you alive. The problem is, your body never returns the calcium! Instead it shows up as large amounts of calcium in your urine. The more sugar you eat, the more calcium depletion you will have.

Sugar also ravages your body's supply of magnesium. Magnesium has an important role in bone health, by influencing the osteoblasts (cells responsible for bone formation) and osteoclasts (cells that break down your bone). Sugar consumption causes large amounts of magnesium to be excreted in the urine, which in turn lowers blood levels of magnesium. Nearly 80% of Americans are said to be deficient in magnesium, and this is often a primary factor in bone diseases. Magnesium helps somewhat to mitigate the problem of osteoporosis, by stimulating the hormone calcitonin, which helps to preserve bone structure by drawing calcium out of the blood and put it back into the bones.



Copper is another bone-building block and an antioxidant. Sugar and simple carbs prevent copper from being absorbed, especially when eaten in conjunction with fats (think buttercream frosting). To make matters worse, high cortisol (adrenaline) levels are also highly acidifying. Sugar and stress together are a double whammy, drawing even more calcium out of your bones. After eating sugar or simple carbs, the subsequent blood sugar crash causes a significant increase in cortisol levels. Long-term high cortisol can also cause severe bone loss.

In the case of arthritis, there is a strong correlation between sugar consumption, high blood glucose, inflammation, acidic pH in the body, arthritic pain, and calcium deposits in the joints.



*Here's the rub: No matter how much calcium or magnesium you're taking, your bones will suffer if you're eating sugar.*

### **What About "Natural Sugars?"**

No loopholes here: Any sweetener that raises blood sugar causes bone damage: Cane sugar, Beet sugar, Maple syrup, Honey, Agave, Coconut sugar, Rice syrup, Date syrup. Even sweet fruits like dates, raisins, mangos, pineapple, and grapes will raise blood sugar. Refined flours that are high in carbohydrates are converted by the body into simple sugars. Even gluten-free flours such as rice, garbanzo, potato, tapioca, arrowroot, and sorghum flour are converted into simple sugars. They raise your blood sugar. The result is calcium loss in your bones, and an acidic condition.

### **Try these 3 Non-Glycemic natural sweeteners:**

1. **Just Like Sugar Tabletop chicory root sweetener**
2. **PureLo Lo Han Sweetener by Swanson**
3. **Swerve Sweetener**
4. **Norbu Sweetener, Lakanto**

*"With a daily diet of sugar and carbs, it takes just a few years to riddle your bones with holes. That's osteoporosis. Sugar and carbs cause acidity, inflammation, swelling, and calcium deposits in the joints. That's arthritis." Sri Jana*

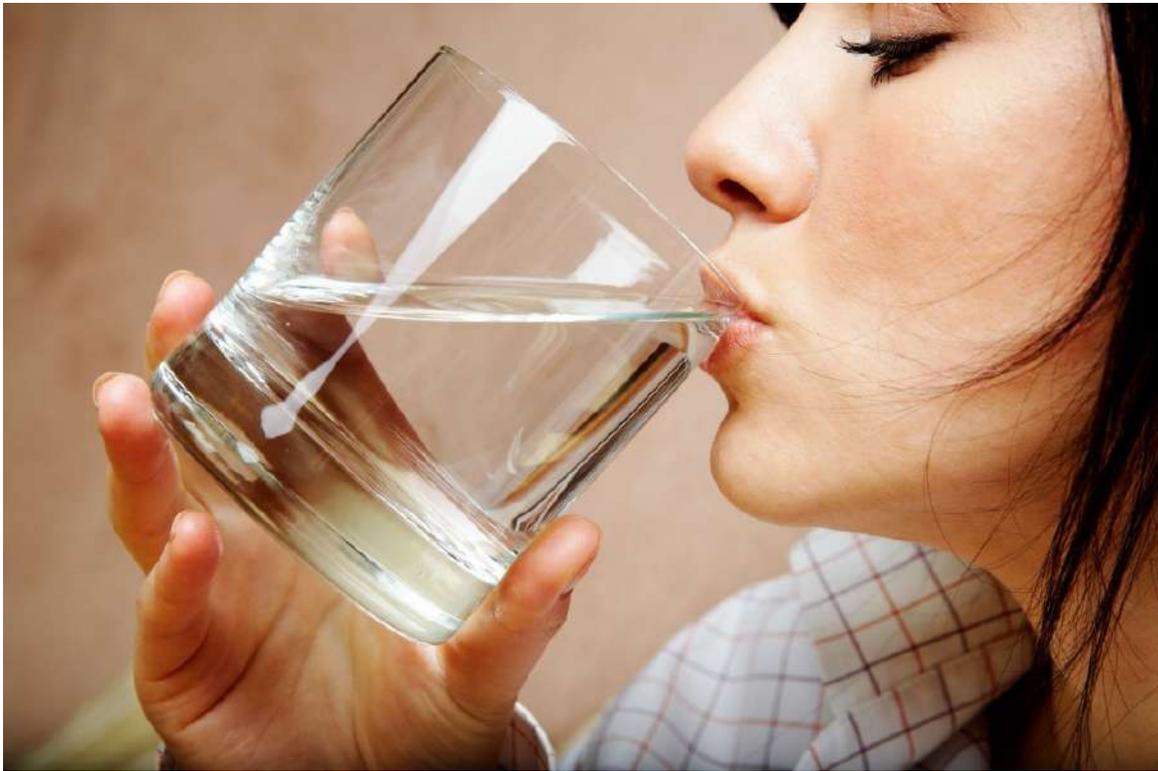


*Three generations of Korean women walking, are a telling demonstration the common pattern of bone degeneration in osteoporosis. Simple carbs (like white rice) are a major factor.*

## 2. Drink Water, Move the Lymph

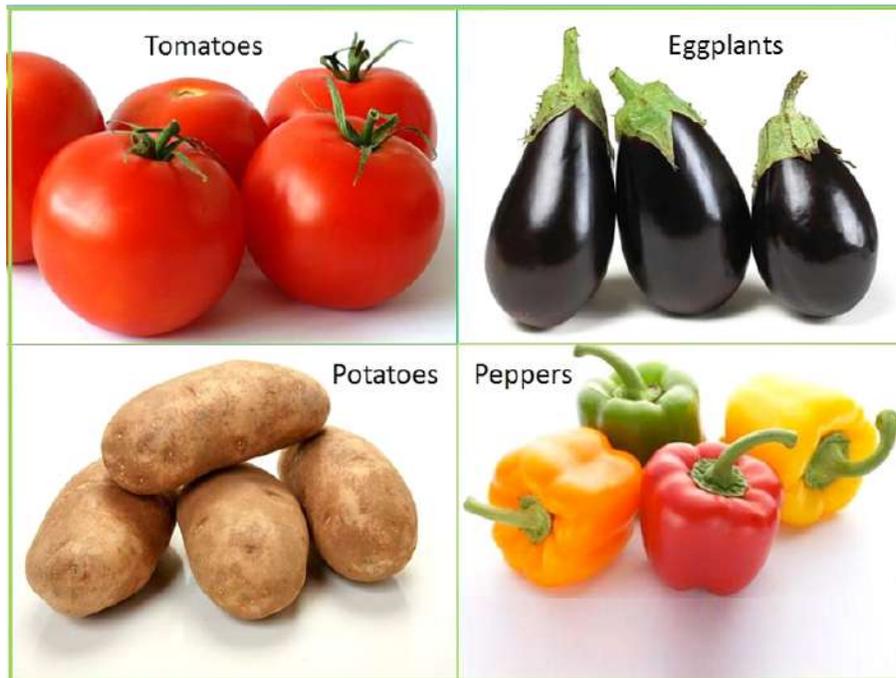
Healthy bones need movement and hydration. Synovial fluid, that slippery liquid inside the joints, maintains healthy contact between the bones, lubricates them and helps with shock absorption. The lymph system brings liquid to the joints and washes away toxins. Here's the rub: Synovial fluid, lymph, and all body fluids depend on your movement in order to function. Synovial fluid as a liquid is directly affected by hydration. So, if you aren't drinking enough water, your joints will suffer badly.

How much water should you drink? Let thirst be your guide. Average is about 70 – 75 oz. per day, in 8 oz. increments. This is why your joints stiffen up and feel achy when you're dehydrated. Drinking more water softens the cartilage around the joints, revives the synovial fluid, and reduces friction. Weight bearing movement benefits the bones and lymphatic system. Walking a few miles a day will greatly reduce your risks of bone disease.



When you don't exercise regularly, phlegm tends to accumulate subtly and asymptotically for a long time before provoking any acute crisis. It starts in the stomach and upper digestive tract, slowly moving into the lungs, chest, throat and upper respiratory tract, including the nose and sinuses. Then the head and brain become sluggish and congested. Congestion and stagnation in the lymph and lymphatic system, aggravates the synovial fluids, making it dry and congested. Exercises to help lose weight and build muscles such as your quadriceps are especially helpful for preventing and relieving joint pain.

### 3: Eliminate Nightshades



If you suffer from arthritis, osteoarthritis, gluten or dairy intolerance, mood swings, or indigestion, the hidden culprit could be nightshades. Nightshades include Tomatoes, White Potatoes, all Peppers, and Eggplant. Many people are intolerant to nightshades, especially Caucasians, but the results are often delayed weeks, months, or years, making them difficult to connect to the true cause.

Nightshades contain natural chemicals that cause muscle spasms, aches, pains, inflammation, stiffness, and intestinal fissures. Avoiding nightshades will reduce pain, whether or not nightshades are the true source of your pain.

Yes, it's hard to eliminate nightshades – no salsa, no pizza, no mashed potatoes or ratatouille! However it is possible, and it works! The recipes on my websites and books are almost all nightshade free.

### 4: Lose Some Weight



According to The Arthritis Society, every pound of excess weight puts an additional 6-pound load on a joint, increasing the risk of cartilage damage and swelling. The more weight on a joint, the more stressed the joint becomes, and the more likely it will wear down and be damaged. Arthritis rates are more than twice as high in obese people as those who are normal weight.

### **5: Improve your Computer Posture, Take Breaks**

What's good computer posture? The head is straight. The spine is straight, and its natural curves supported. Shoulders are down and relaxed. Elbows are bent to about 90 degrees. Wrists are straight. Hips and knees are bent to about 90 degrees. Feet are flat on the floor.

### **Take a Break every 20 minutes. Move! Breathe!**

Even if your posture is perfect, it is very important to move your body and take a break from static positions in order to prevent injury or overload on muscles and joints. Breaks are a very important part of the workday. They can refresh you and help to maintain your productivity.

### **6: Move Your Body with Qigong**

**Qigong works strongly on all body fluids:** the blood, lymph, synovial and cerebrospinal fluids. Unlike aerobics, Qigong does not dramatically increase the heart rate during exercise. The object of Qigong is not to make the heart pump more strongly, but to increase the communication between the various body systems and increase the vascular elasticity.

**Qigong Shaking** is one of the most basic movements in most Qigong lineages. Shaking releases tension by relaxing the muscles, organs, bones, and joints. It opens the joints, gently bounces the organs, and detoxifies every cell.



## How to Shake:

Stand up straight with your feet shoulder-width apart. Begin shaking with a gentle up-and-down motion as you breathe freely and fully. The arms can be either hung loose or actively shake them too. Every minute you shake loosens and frees congestion, aids the synovial fluid, and helps the lymph do its job of carrying away toxins in your body. Optimum time to shake is 20 minutes. More than 35 minutes brings you little benefit. But even a little shaking brings great benefit. While you shake, visualize the organs cleaning, the bones and joints freeing, and your body filling with light.

## Chinese Medicine (TCM) and Joint Health

Chinese medical doctors say “**The kidneys are in charge of the bones.**” Essentially, the skeleton’s growth, development, and repair are closely related to the kidneys. Post-menopausal women often suffer from bone loss and kidney weakness. Studies show that bone mass in elderly people is closely related to the level of kidney Qi.

Another factor in bone disease is called “Blood stasis”, or poor circulation of blood and *Qi*. TCM promotes vigorous exercise and weight bearing movement for bone strength and health.

TCM sees the kidneys as responsible for growth, development, reproduction, bones, bone marrow, brain function including memory, concentration, and intelligence. The kidneys regulate fluid metabolism, hearing, healthy hair, and strong sexual function. Guarding the kidney essence is revered as a high art in ancient Chinese medicine. One of the most time-honored supplements for bone health is *The Eternal Bone Healing Formula*, containing: Astragalus Root, Asian Ginseng Root, Safflower Flower, Tienchi Ginseng Root, Eucommia Bark, and Tangerine Peel.

## Other Self-Healing Tools for Joints and Bones:

- Eat a high-alkaline, low-acid, low-sugar, high-fiber, non-inflammatory diet
- Supplements such as Glucosamine, Vitamin D, anti-inflammatory supplements including Omega-3 fats, Turmeric, Ginger and Vitamin C.
- Warm-up and stretch before moving to prevent injury
- Use joints carefully without twisting or high impact activities, i.e. bend knees over toes, no torquing, twisting, or excessive movements, since long-term joint inflammation often begins with a trauma.
- Walking
- Balance your hormones
- Herbs: **Hydrangea root** (a calcium solvent for any part of the body), **Brigham herb** (high in copper), **Yucca** (with saponins is said to cleanse and purify the blood), and Indian herb **Boswellia** for inflammation pain.
- Fresh fruits and vegetable juices – celery, cucumber juice, carrot, endive, and apple
- Cold and hot compresses when symptoms occur. This increases blood circulation to the area, reducing inflammation, pain, and stiffness. (1-minute cold, 3 minutes hot)
- Clear toxins from the joints and lymph with Yoga, Qigong, and Aerobic exercise. Gentle weight-bearing exercise is extremely beneficial to bones and joints.

- Go easy on the salt. Excess sodium can sometimes lead to bone loss.

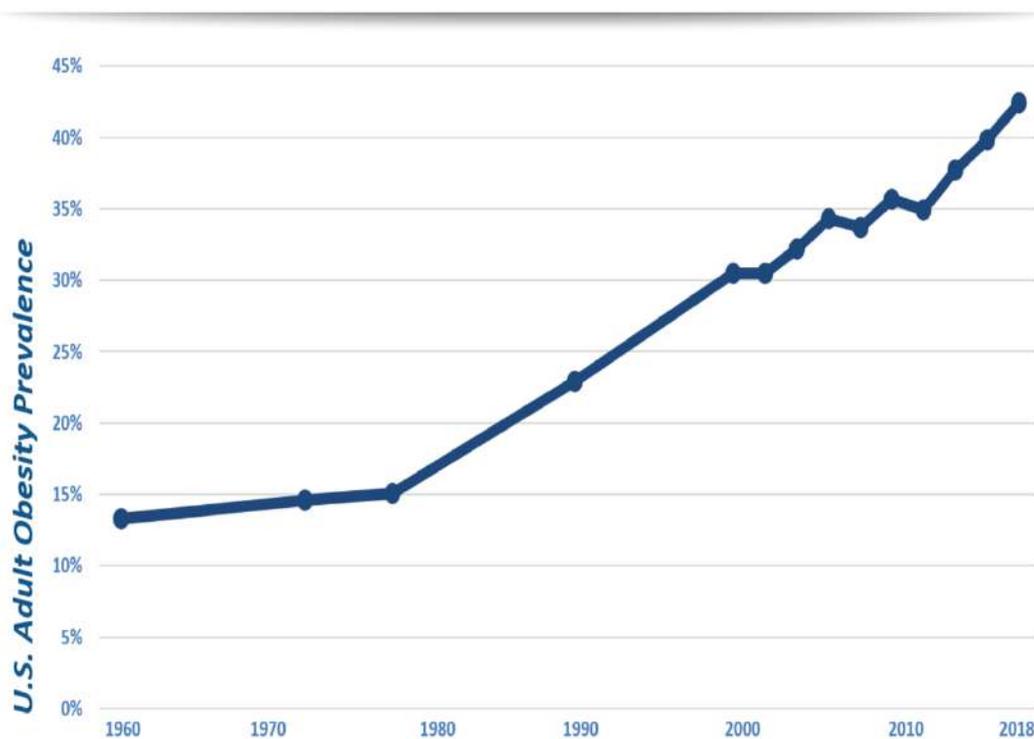
### **Top Solution to Pandemic #8: Osteoporosis:**

High-fiber, Low-Sugar, Alkaline diet, Exercise, Skip Nightshades, Drink Clean Water, Weight-bearing exercise, Relax and enjoy life.

## **Pandemic #9: Obesity**

Obesity is now 42 percent of the US population, over 99 million people. New data from CDC gives us more of the same bad news. Obesity is now almost double what it was in 2000 and is projected to increase to 164 million in 2030. Why?

### **Four Decades of Rising Obesity**



### **Why do obesity rates continue to increase?**

Here's why: Sugar, carbs, low fiber, low nutrient processed foods, addictive foods, and accumulated toxins in the body, junk food that's quick and cheap. We're not eating whole foods rich in nutrients, probiotics and prebiotics that support gut health.

**Obesity has many factors. Here are some possible ways to break the pattern.**

- Focus on whole, real, unprocessed foods. The foods your great-grandmother would recognize and eat regularly.
- Reduce or eliminate sugar and other food sensitivities.
- We consume up to 152 pounds of sugar each year, and that doesn't include the starchy foods that convert to sugar in our bodies. Even so-called healthy foods can contain hidden sugars, so scrutinize labels very carefully. Food sensitivities including dairy and gluten, which trigger an immune system in overdrive and inflammation, can also keep you overweight or obese. A gluten-free diet with plenty of real, whole foods (not gluten-free junk foods) reduces inflammation, excess weight, and insulin resistance.
- Eat plenty of gut-supporting foods.
- When your gut microbiome—which consists of trillions of bacteria—becomes imbalanced, all sorts of problems including obesity and metabolic syndrome can occur. Many of my patients aren't eating enough high-fiber foods, and they eat few, if any, fermented and cultured foods like kimchi and unpasteurized sauerkraut. A high-quality probiotic supplement containing billions of microorganisms can really help here.
- Switch to healthy coconut oil. Avoid extracted seed oils.
- To shift that omega ratio more favorably in your oils, dial down the inflammatory fats and increase your intake of anti-inflammatory foods including wild-caught fish, freshly ground flaxseed, and walnuts.
- Keep good sleep hygiene. Less sleep correlates with increased obesity, hypertension, and other metabolic disorders. In our technology-heavy, work-into-late-hours society, sleep sometimes gets the short end of the stick. Turn off electronics a few hours before bedtime, find a sleep ritual that helps you unwind, and aim for 8 – 9 hours of quality, uninterrupted sleep every night.
- Manage stress levels. Chronic stress can contribute to obesity. You're more likely to calm that stress with comfort foods. This keeps levels of your stress hormone cortisol ramped up when they should decrease, which stores belly fat. You can't always eliminate stress, but you can manage it with deep breathing, meditation, walking, and yoga.
- Set yourself up for success. Plan ahead. Make eating a time to relax. Identify your food triggers and avoid them. Avoid all spontaneous compulsive eating.
- Healthy Diet first; exercise second. You can't out-exercise a bad diet.

**Top Solution to Pandemic #9: Obesity:**

High-fiber, Low-Sugar, Alkaline diet, Exercise, Drink Clean Water, Exercise, Relax, Enjoy life.

## **Pandemic #10: EMF Hyper-sensitivity (EHS)**

In the modern world, exposure to electromagnetic radiation has become inescapable. Increasing electronic radiation damages DNA and is a root of chronic disease in modern society. There are many people who develop adverse health effects as a result of exposure to EMF.

The human body possesses a natural DIRECT current 130 V. electrical system, the same as the planet earth, and all other earthly beings. When this natural electrical system is subjected to man-made electricity (230V) unnatural ALTERNATING current, it irradiates an EMF field that

interferes with, and environmentally assaults the very vulnerable human body systems, nerves, blood vessels, organs, lymph, meridians, acupuncture points, chakras, and energy centers.

This unnatural interference has increased dramatically since the year 1980, when the first cell phones came out. This information is based on the scientific research of 1G, 2G, 3G and 4G. The deadly effect of 5G will affect all life on earth,



Environmental intolerance to electromagnetic fields (IEI-EMF) remains a complex and unclear phenomenon. It is often characterized by the report of physical symptoms (NSPS) when an EMF source is present. However, specific symptoms of EHS vary widely.

### **Symptoms of EHS include**

headache, fatigue, stress, sleep disturbances, skin prickling, burning sensations and rashes, tinnitus, pain and ache in muscles and many other health problems. Symptoms range from tingling and burning sensations to fatigue, concentration difficulties, nausea, and digestive disturbances. In severe cases it can be a real and disabling problem for the affected person, causing great stress. There is no scientific basis to link such symptoms to electromagnetic field exposure/

### **Devices emitting harmful radiation include**

internal wiring in walls, switches, computers, kitchen appliances, smart meters, fluorescent and low-energy lights, mobile, cordless/portable phones, and Wi-Fi. Many people self-diagnosing EHS related their symptoms to mobile phone base stations (74%), followed by mobile phones (36%), cordless phones (29%), and power lines (27%).

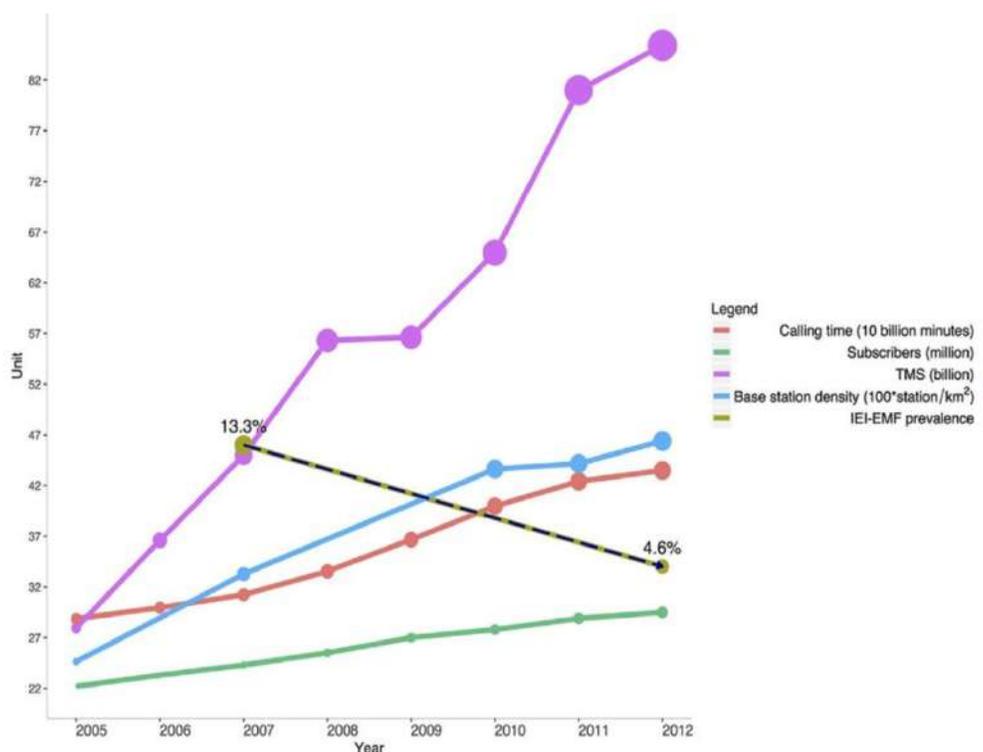
*“Some of the people lose their families and friends because nobody believes them. People say they’re crazy or depressed, that they have psychological problems. The way people talk about EHS is very painful to them. Many EHS sufferers have to quit their jobs because they can’t use a computer, further isolating them from society. Some have transformed their homes into makeshift Faraday cages to keep out electromagnetic waves.”*



### **Numbers of People Suffering EHS is Unknown**

The California Department of Health Services concluded, based on a phone survey, that 120,000 Californians - and by implication one million Americans - have left their jobs because of EMF electromagnetic pollution in the workplace. The people who have left their homes for this reason are not being counted by anyone. Within the telecommunications industry, countless equipment testers, installers, and repair persons with radio wave sickness are afraid to speak out, or do not even know why they are ill.

**'Electrical sensitivity' or EHS is a widespread, but inaccurate, term** for suffering caused by this universal pollutant. The problem is much more widespread than is commonly assumed and growing daily. By the time people realize that electromagnetic fields are directly causing their pain or illness, their lives are often already ruined. They find that reliable information is hard to come by and harder to understand; that there is little support for them, and no solutions offered; and that when they finally learn what they must avoid, it is nevertheless impossible to do so.



Indicators of exposures to electromagnetic field and prevalence of idiopathic environmental intolerance attributed to electromagnetic fields (IEI-EMF) over the years. \*The dashed line represents the prevalence of IEI-EMF, which declined from 13.3% in 2007 to 4.6% in 2012. TMS: text messages. On average, subscribers increased by 1.99 million per year ( $p < 0.0001$ ), TMS increased by 8.15 billion per year ( $p < 0.0001$ ), base station density increased by 3.12 station/km<sup>2</sup> per year ( $p = 0.0020$ ), and calling time increased by 23.1 billion minutes per year ( $p < 0.0001$ ).

### What does this chart mean?

Since 2005 our exposure to radiation has increased by 2 million users each year, thousands of base stations added each year, to handle increasing calls of 90 trillion minutes per year.



Our EMF exposure to radiation has increased infinitely by 2019. Now we get to add 2020 installation of thousands of 5G satellites to blanket the world

Last February, the Senate held a committee hearing on the future of 5G wireless technology. Amid fulsome praise of the technology's potential—five times faster internet speeds!—Connecticut Senator Richard Blumenthal introduced a note of caution. *“5G, as you well know, uses higher-frequency waves that don't travel as far, and rely on a network of hundreds of thousands, potentially millions, of small cell sites,”* he said. *“The question then is, are there any health implications, any public safety implications, to those additional sites that are likely to be located close to homes, schools, workplaces, and closer and closer to the ground?”*

Competitive Carriers Association. *“So, there really is no research ongoing; we're kind of flying blind here so far as health and safety are concerned,”* Blumenthal concluded, looking rather dissatisfied.

*“There are no industry-backed studies [of risks to public health] to my knowledge right now,”* admitted Brad Gillen, the executive vice president of CTIA, a trade association representing the wireless communications industry. *“With small cells, especially, you're going to have lower power levels ... but no, I'm not aware of any [studies].”*

### **Smart Meter Radiation in Your Living Room?**

The strength and frequency of radiation bursts makes smart meters particularly dangerous to health. The official story told by many suppliers is that the meters only transmit data a few times per day. But both experts and consumer-run radiation tests have found that this is not the case. In fact, Senior Nuclear Policy Lecturer at UCSC, Daniel Hirsch, is reported to have found that *“Smart Meters can emit intense pulses of radiation more than 14,000 times EACH DAY.”*



Anti-radiation baby protection maternity wear?

### Top Solutions to EHS:

- Protect your DNA. Avoid on-body use of cell phones and electrical appliances. Use hands-free and loudspeaker. Text instead of phoning when possible, frequently change side of the ear while listening, selective use of tower and Wifi connection. Shield your baby with anti-radiation belly protection if you are pregnant.
- Buy a Meter to measure EMF's in your home and workplace  
There are several meters. Measures W-FI with The Acousticom 2
- Measure EMF's is The TriField model TF2. There are more expensive meters - but these two will do the job. They can both be found on [STOPSMART METERS.ORG](http://STOPSMART METERS.ORG)  
[info@stopsmartmeters.org](mailto:info@stopsmartmeters.org)
- Study Arthur Firstenberg's video: **5G, Birds, Bees, and Humanity**  
[https://www.youtube.com/watch?v=MpdJ\\_t5XMvw](https://www.youtube.com/watch?v=MpdJ_t5XMvw)
- If you're sensitive, sleep in a Faraday cage
- Or move to a secluded natural home near a clean ocean and no cell towers.
- Support initiatives to make safer electronic devices.

## Pandemic #11: Body Toxicity

**From Accumulated Inflammation, Heavy Metals, Emotional Stress, Plastics, Industrial Chemicals, Pesticides, Herbicides, Food Toxins, Microbes, Autism, Auto-Immune Diseases, Septicaemia, and Sepsis.**

The Body Toxicity Pandemic is impossible to measure. Its where emotional stress and chronic body imbalance becomes serious. After years of slow DNA damage by minute exposure to toxins, the body systems begin to function unpredictably. Problems may seem to come on suddenly, but they've been years in the making. Body toxicity is not a specific cause of death,

hence, we do not measure it. Underlying toxicity may show up in a diagnosis of Diabetes, Cancer, or Alzheimer's.

The problem is, if you have Body Toxicity, then Covid-19 might take you down. I wonder how many of our Covid-19 victims unwittingly had Body Toxicity?

*“There is no doubt that autoimmune diseases are on the rise and our increasing environmental exposure to toxins and chemicals is fueling the risk. The research is sound. The conclusions, unassailable.”*

– Dr. Douglas Kerr, M.D., Ph.D., Johns Hopkins School of Medicine,  
from the foreword to *The Autoimmune Epidemic*

### **Inflammation, Auto-Immune Diseases, Sepsis, Septicaemia**

Inflammatory diseases include Asthma, Heart disease, Rheumatoid arthritis, Multiple sclerosis, Peptic ulcer, Lupus, Periodontitis, Colitis, Crohn's disease, Hepatitis, Lyme, HIV, and more.

**Septicemia** is a bacterial infection spread through the entire vascular system of the body. Untreated it can result in sepsis, a life-threatening inflammation. Sepsis is a fatal organ dysfunction, which occurs when the immune response to infection stops.

### **Sepsis is rising.**

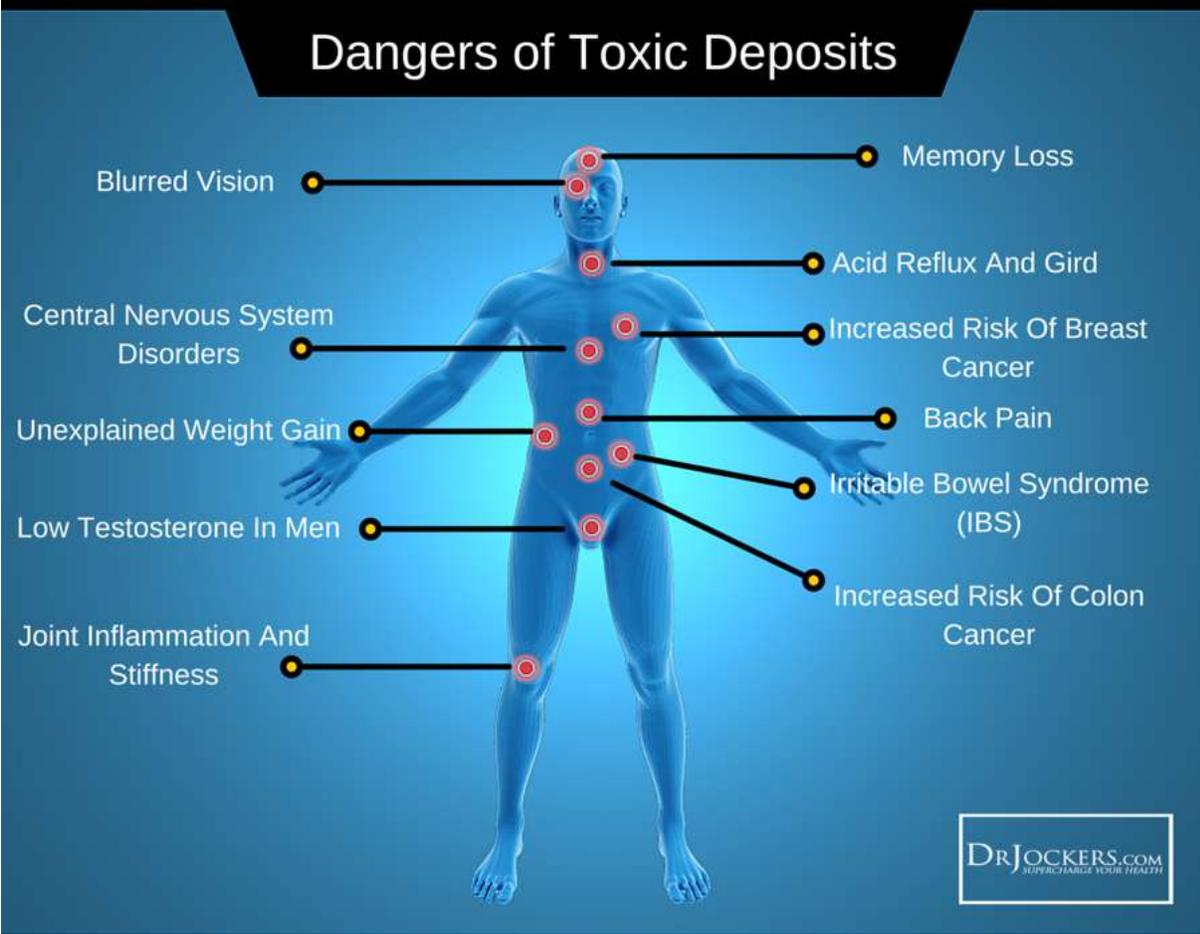
Sepsis is now the 10th leading cause of death overall in the United States.

It affects approximately 1.7 million adults in the US each year and potentially contributes to more than 250 000 deaths. Sepsis is present in 30% to 50% of hospitalizations that culminate in death. Sepsis is often lethal, killing 20 to 50 percent of severely affected patients. The incidence of sepsis and the number of sepsis-related deaths are increasing.

Care of patients with sepsis costs as much as \$50,000 per patient, resulting in a great economic burden of nearly \$17 billion annually in the US.

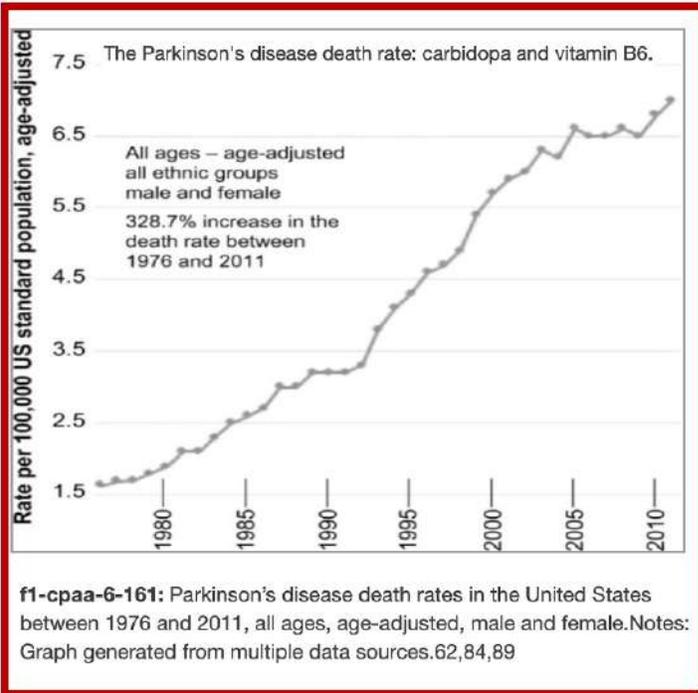
### **Causes of Inflammation**

The usual suspects top the inflammatory list including Sugar, High-fructose corn syrup, Refined carbs, Food additives, Processed foods, MSG, Aspartame, Fake foods, Fried foods, Artificial sweeteners, Omega-6 oils such as corn, safflower, sunflower, canola, soy, peanut and vegetable.



**Long-Term Chemical Exposure Adds Up**

Wildly diverse diagnoses can occur after prolonged exposure to chemicals and toxins. Diseases linked to chemical exposure include Parkinson’s, Alzheimer’s, Obesity, Diabetes, Cancer, Hypertension, Sterility, Baldness or alopecia, COPD, Depression, Neuropathy, Kidney Failure, and Schizophrenia. The kidney is a target organ in heavy metal toxicity for its capacity to filter and reabsorb. This can lead to chronic inflammation, fibrosis and kidney failure. Toxins can accumulate in the body tissues, stored primarily in the bone marrow, fat, liver, and lymph.

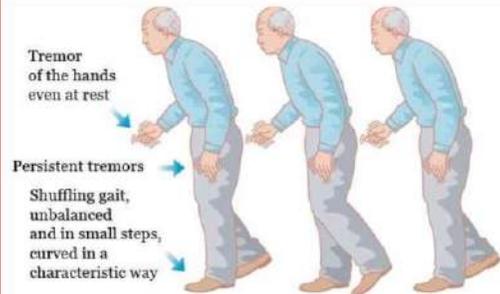


### Parkinson's Mortality

**Pesticides, herbicides, and fungicides**  
Are considered the primary cause of Parkinson's.

People in agricultural areas are far more likely to suffer from nerve degeneration.

Glyphosate herbicide from Roundup by Monsanto is a contributing offender. However, many other insecticides have a globally damaging effect on the human nervous system (Ex: Including Beta-hexachlorocyclohexane, B-HCH and rotenone).



### Heavy Metal Toxicity

In normal life, we are constantly exposed to low levels of Aluminum, Mercury, Cadmium, Lead, and Arsenic. Just a little bit year can add up to a lot. If you are over 50 years old, you probably have significant heavy metals, often stored in your bone marrow, the last hideout for poisons.

Heavy metal poisoning causes permanent neurological damage and can be fatal. Heavy metals can disrupt the immune system and the human microbiome. Heavy metal toxic buildup is of concern in antibiotic-resistance. Infection by methicillin-resistant Staphylococcus aureus (MRSA) bacteria is a major cause of death worldwide.

### Primary Sources of Heavy Metals:

Significant levels of Aluminum, Mercury, Cadmium, Lead, and Arsenic can be found in vaccines, batteries, silver-colored dental fillings, fish and shellfish - Mackerel, Shark, Swordfish, and Tuna, Toxic drinking water, Food additives, Antiperspirants, Sunscreen, Toothpaste, Aluminum cookware, Baking pans, Teapots, Lipstick, Aluminum foil, Aluminum food containers aka TV dinners, Packaging materials, Cosmetics, Preservatives, Farming in contaminated soil, Coal-burning power plants, Hazardous wastes, Gold mines, Thermometers, Light bulbs, Pharmaceuticals, Mercury-cell chlor-alkali plants, Silver ore extraction, and Water runoff from contaminated landfills.

*“Heavy metal toxicity is more common than you think. The symptoms of heavy metal exposure range from headaches to constant fatigue. Depending on your level of exposure, you might suffer from serious diseases.”*  
– Dr. Jay Davidson

### Symptoms of Heavy Metal Toxicity May Include:

- Brain fog, Digestive problems, IBS, diarrhea, heartburn, indigestion, stomach acids.
- Fatigue – both acute and chronic.
- Chronic mental health problems such as depression, anxiety, and bipolar disorder.
- Migraines or headaches, one of the first symptoms of heavy metal poisoning.
- Nausea and stomach cramps.
- A blurry vision, close-up and far-away.
- Numbness, tingling, and paralysis in arms and legs.
- General stress, feeling upset and tired, unwilling to do things.
- Difficulty breathing or choking.

### Mad as a Hatter!

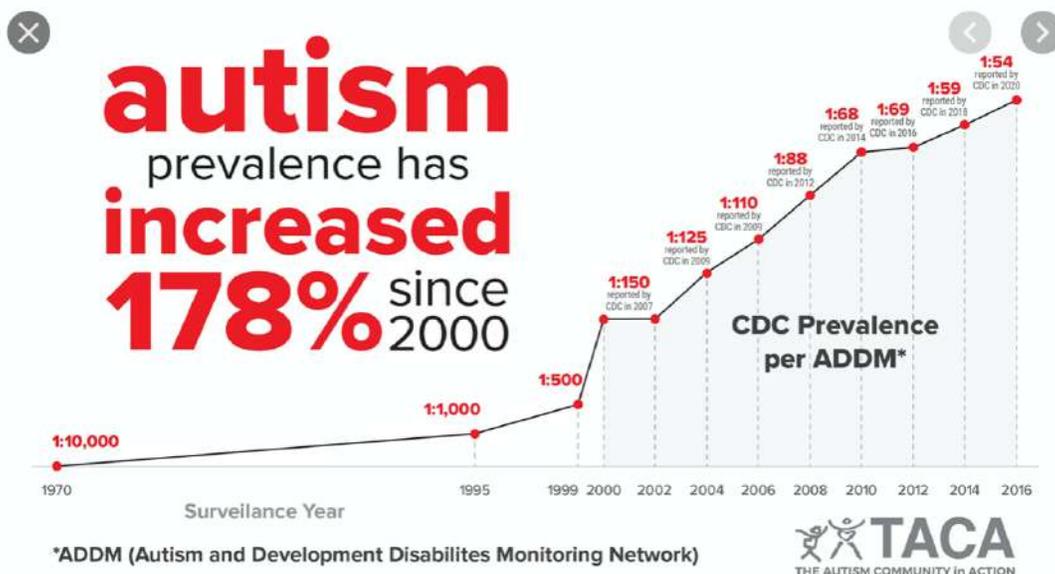
One of the documented symptoms of heavy metal toxicity is mood swings and utter madness.

**Mental deterioration, known as *erethism*, led to the well-known saying “Mad as a Hatter”,** because hat makers once used mercury salts.

### Autism (ASD) on the Rise – Heavy Metals to blame?

Although we do not know the cause of autism, it is increasing rapidly each year. Scientists speculate it may be a combination of chemicals in the food supply, heavy metals and other ingredients in vaccines, microbiome imbalance, and a lack of sunlight.

- An estimated 5,437,988 (2.21%) adults and 1.5 million children in the US have ASD.
- 1 out of 54 children are diagnosed with autism.
- Boys are 4 times more likely than girls to have autism
- Every year 1 in 37 boys and 1 in 151 girls are diagnosed with autism in the US.
- ASD is estimated to affect more than 3 million individuals in the U.S.
- Autism is the fastest-growing serious developmental disability in the U.S.



### **High Health Risks of Manipulated Foods**

Speaking of empty foods, processed foods are now filled with nano particles, microscopic bits of chemicals and substances for various purposes. Nano particles are in our drinking water, food, rain, and your favorite corn chips. We're not sure what long-term effect they have on our health. Some of them come from food processing plants, some from chemtrails, chemicals that are said to fall from the sky.

### **Nano Particles and Metals Remain in Body Tissues**

The industrial age brings us another risk. Our bodies are exceedingly intelligent. Body can swap or substitute ingredients on a molecular level. The body is looking for the perfect molecule to complete a metabolic process, like fitting a puzzle together that is a building block of your health. If we fill our bodies with incomplete or toxic foods, your body, in its eternal desire to build your health, can utilize a fake ingredient that is similar, if it can't find the real molecule.

### **This is where things can get quite strange.**

When the food DNA molecules are manipulated, the body is confused by high toxicity. Like walking into a nutritional Pandora's Box, you might create a metabolic time bomb that could end very badly. It's like building a huge city skyscraper with building blocks of defective Lego's. What will happen? Auto-immune diseases and strange microbial imbalances are the result. Examples of risks in empty foods include Nano foods, GMO foods, Cheap Ingredients, Molds, Mold retardants, Heavy metals, Remote AI programming, Electronic chips, etc.

### **Lower Fertility and Declining Health Each Generation**

Animal studies show that eating incomplete foods make each generation weaker and weaker, and finally sterile. Human fertility is also declining, especially in areas of poor nutrition, industrial chemicals, EMF's, and cell phones. Hence, it's more than just our generation's health that is at stake. All future generations are feeling the costs of industrialized society.

### **Profits now, But What are the Future Costs?**

While there's nothing wrong with making money, we cannot allow ourselves to steal from our children's future just in order to have a good life now. Let's clean up our food, our soil now, and pay the full price now. Then we can leave this earth with a satisfied smile, and know we've done our best.

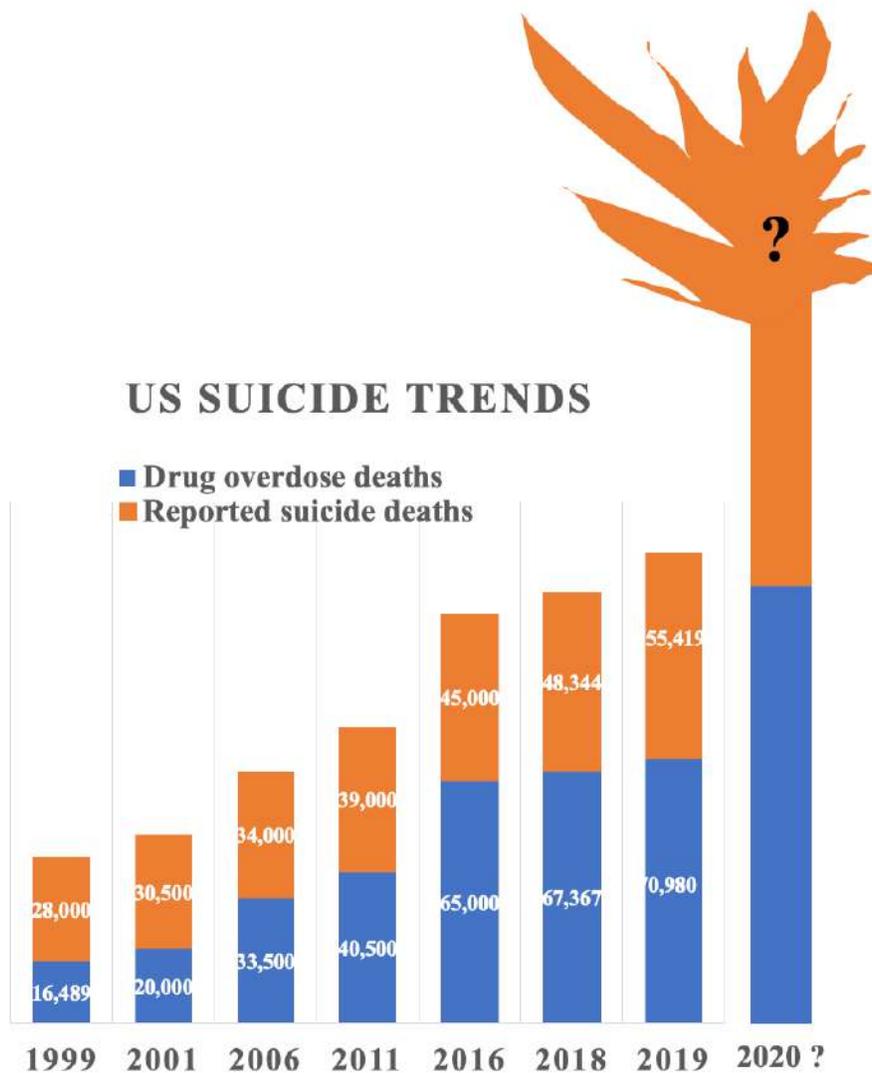
### **Top Solutions to Pandemic #11: Body Toxicity**

High-fiber, Low-Sugar, Alkaline diet, Test Heavy Metals. Reduce exposure, Relax.

## **Pandemic #12: Suicide**

Rising Suicide stems from many complex social and cultural factors. Suicide can be an obvious cause of death. Or it can be just giving up and withering away from something else. I decided to include it as a pandemic because it underlines the lack of support and spiritual emptiness that we feel. Hopelessness can be like a wall that we can't find their way over. Suicide is closely related to spiritual values and integrity, which are so lacking in our leaders. A person is more likely to take their own life during periods of crisis, socioeconomic, family and individual (e.g. loss of a

loved one, unemployment, sexual orientation, difficulties with developing one's identity, disassociation from one's community or other social/belief group, and honor).



Suicide is impossible to measure. I assumed US drug overdoses plus reported suicides. But 2020 suicide rates are not reported. How much are they rising?

**The World Health Organization (WHO) reports:**

Each year approximately one million people die from suicide. In 2020 the suicide rate is projected to increase to one death every 20 seconds.

- Since the subject of suicide is taboo in many cultures, these statistics may be understated.
- In the last 45 years suicide rates have increased by 60% worldwide. Suicide is now in the top three causes of death for those aged 15-44 (male and female).
- Suicide attempts have increased to 20x more common than completed suicides.
- Young people are now the highest risk group, not elderly males as before.

- Mental health disorders (particularly depression and substance abuse) are associated with more than 90% of all cases of suicide.
- Suicide rates from firearms highest in the US – 60% of suicides use guns.
- Self-poisoning from pesticides are a high percentage, particularly in low-to-middle income countries. Bans on some pesticides have helped reduce suicide rates.

### **US Drug Overdose Trends**

- Drug overdose rates increase each year.
- In 2018, 67,367 drug overdose deaths occurred in the US.
- Opioids are the agent for most drug overdose deaths.
- America is seeing 2020 increases in overdose deaths compared to 2019.

### **Depression, Lack of Sunlight and Suicide?**

Many factors influence a decision to suicide. It's difficult to generalize. Suicide often comes after a period of depression. It is said that sunlight exposure has a profound effect on serotonin transmission in the brain, which influences mood and impulsiveness. Seasonal affected disorder may play a role in depression. Some studies show that bright light therapy can be an effective treatment for depression without side effects from drugs.

### **Does Religion Teach the Meaning of Life?**

Every real religion has at its core Truth and Value for living beings. However, many people have lost faith in organizations motivated by fame, money, and control. Maybe we need to go back to a simpler expression of love every day. We can teach children at an early age to be aware of a force greater themselves, call it Life, or God, or goodness. This can help them make discerning choices, building an inner foundation of trust that can endure great hardship. Any belief that is against life has no place in our world.

### **Suicide and the 2020 Pandemic – We Don't Know...**

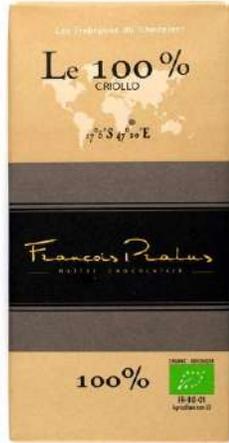
The CDC reports that in 2020 US adults continue to feel increased adverse mental and behavioral health related to the COVID-19 pandemic. Especially essential workers, young adults, minorities, and unpaid adult caregivers experience harmful conditions most heavily.

- 25% of young adults 18-24 years had seriously considered suicide.
- 11% of respondents said they had seriously considered suicide.
- 40.9% reported at least one mental or behavioral health condition.
- 31% had symptoms of anxiety and depression.
- 26.3% reported trauma and stress-related disorder.
- 13.3% reported substance use to cope.
- Symptoms of depression and anxiety were 3x or 4x compared to last year.

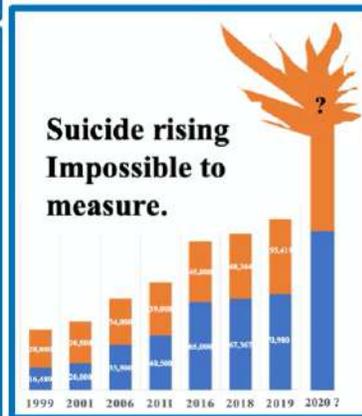
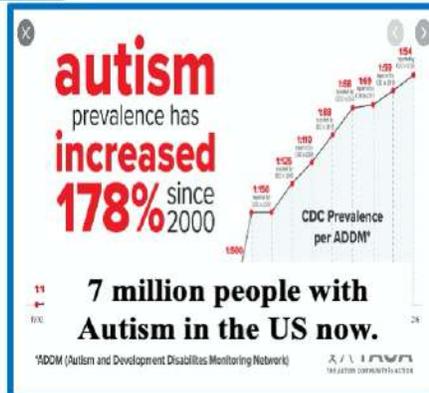
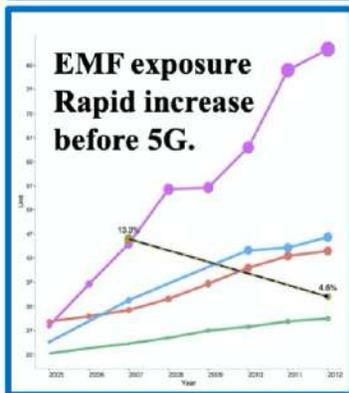
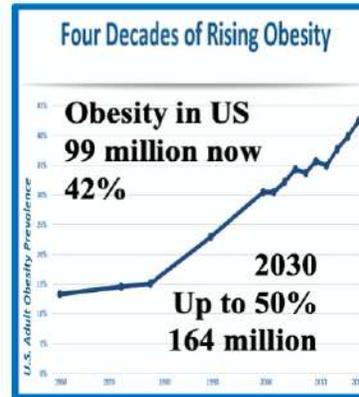
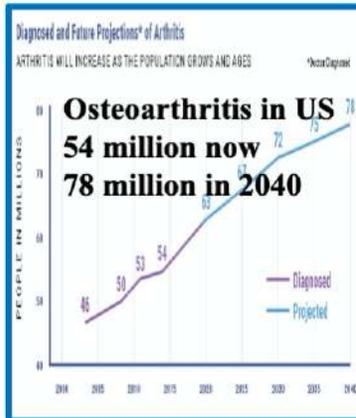
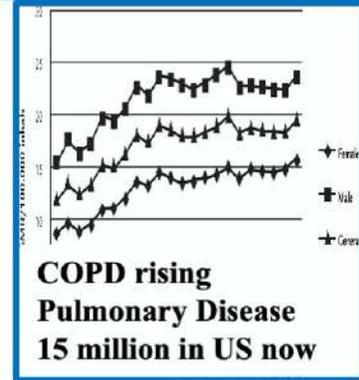
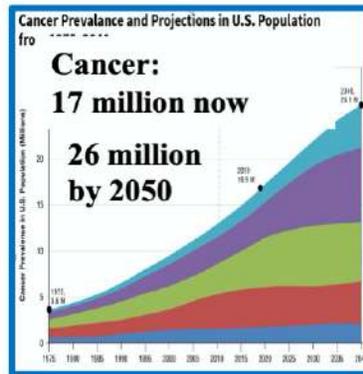
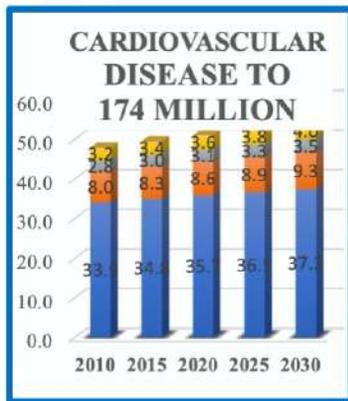
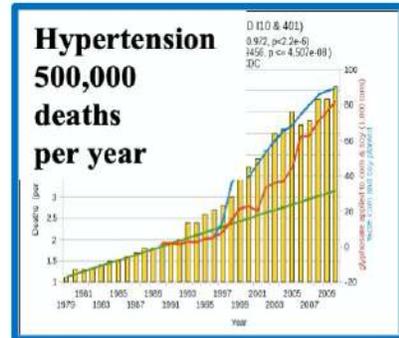
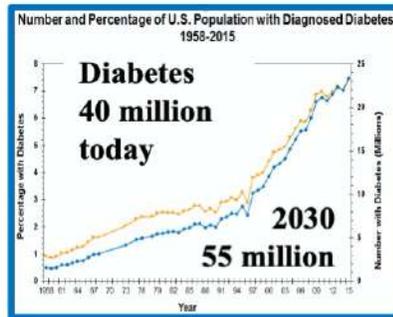
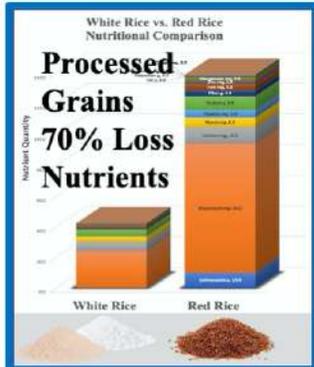
### **Top Solutions to Pandemic #12: Suicide**

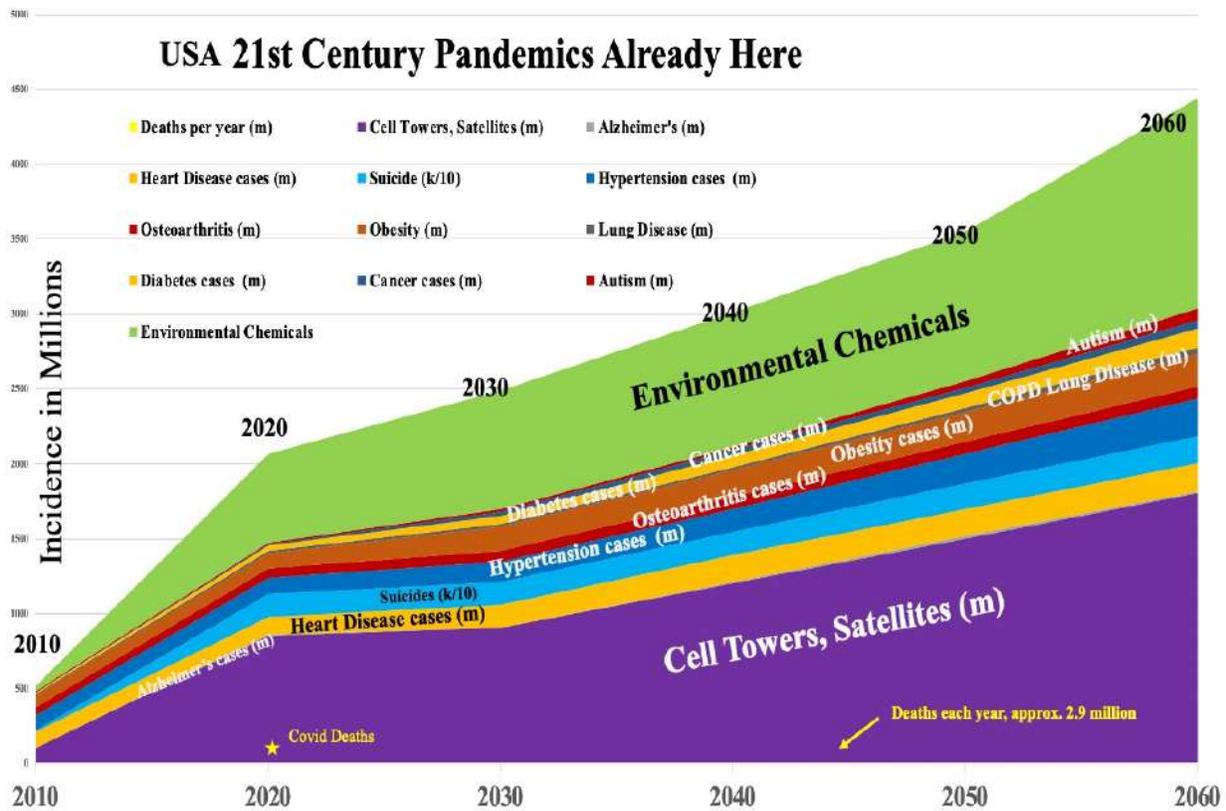
**100% Chocolate, Kindness, Integrity, Spirituality, Practice love, Exercise**

**My favorite 100% Chocolate, the ultimate anti-depressant.  
No sugar allowed. Highest anti-oxidant on earth.  
Keeps you happy all day! Order it now!**



# Summary of Pandemics





However, when we see them all in perspective over a longer period of time, it gives an even clearer picture of the issues. We can see that these are MAJOR issues of our times. Especially the new ones we don't count yet. Which ones are growing fastest?

Note, Deaths in the US average 2.9 to 2.9 million deaths per year.

Humanity is at a crossroads. To go with the flow" as usual, taking the path of least resistance is the enemy of Life itself. This time we must overcome our own karmic habit of spineless acquiescence in the myriad delusions of the world. The iron law of cause and effect requires that we embrace each other with love and step into a new level of individual discernment, discipline and responsibility to guard our DNA health. Your new challenge is to be the ruler of your own mind and to be free.

The choices we make today will have a huge effect on the future of mankind. Just remember that what you do and how you think is extremely important and has a far-reaching effect in this world. Here are my recommended solutions.

## Part II. Solutions to Pandemics:

*“If you do all these things your friends will call you crazy.  
If you do half of them,  
you will vastly reduce your risk of a pandemic.”*

### Five Food Solutions:

#### 1. Eat Good Stuff

Alkaline diet of fresh whole local foods, 100% organic diet, Non-GMO. Measure your body pH. Eat mainly vegetables, lightly cooked, whole grains that have been soaked, and low-sugar fruit. Ask for organic foods in restaurants.

- Eat organic whole local foods that we trust.
- **Eat artisan whole grains, and legumes, presoaked 12-24 hours. Then rinse well and cook. From those you can boil breakfast porridge, soups, blender breads.**
- **Grind and use whole grain flours immediately. Or eliminate grains altogether.**
- **Healthy oils include coconut oil, organic animal fats, pure olive oil, and avocado oil. Use my free lifestyle - recipe website <https://janeshealthykitchen.com>**
- **Use my books: <https://www.amazon.com/Jane-Barthelemy/e/B008SDTWN2/>**
- **A dose of 100% unsweetened chocolate every day.**

Use baking soda if desired to alkalinize the body. Cancer can't grow in acidic conditions. This can be beneficial according to the book: **Sodium Bicarbonate - Rich Man's Poor Man's Cancer Treatment**, by Mark Alan Sircus, <https://moffitt.org/endeavor/archive/can-baking-soda-help-fight-cancer/>

#### 2. Avoid Bad Stuff

Avoid all commercial and packaged foods, and most bulk foods, all sugars, and processed grains. Keep blood sugar flat and low. Avoid flour, bread, cookies, pasta, snacks, crackers, chips, white rice, and sweets made with commercial flour. Make your own delicious foods with my free online recipes or my cookbooks

- Avoid industrial grains.
- Avoid microwaving or high temperature cooking as this destroys nutrients and creates body acidity.
- No smoking or drinking.
- Eliminate extracted seed oils, soy, corn, canola, safflower, sunflower, cottonseed, peanut, and “vegetable” oil. Instead use coconut oil, extra-virgin olive oil (best quality as some is mixed), and avocado oil.
- Avoid high-heat cooking methods like microwave, frying, broiling, and even baking, as high heat destroys nutrients. Use steam and boiling. You can trust a hot fever to heal microbes and even viruses.
- Eliminate high-metal infused fish: Mackerel, Shark, Swordfish, and Tuna.
- Avoid confusion and disagreement. Avoid diet fundamentalism. Listen to your body.

- Avoid GMO-Free foods as they often use toxic glyphosate. Stick with organic, or a chemical-free farmer that you trust.
  - Detox your body every way possible. Toxins can accumulate in the body tissues, stored primarily in the bone marrow, fat, liver, and lymph.
  - Avoid tobacco, alcohol, UV radiation in sunlight, chemicals in foods, pesticides, herbicides, asbestos in the lungs, tar and pitch, benzopyrene, heavy metals, plastics, microbes, radiation, and toxic medications.
3. **Eat high fiber foods exclusively**, to keep body clear inside. Chia seeds, sprouted unpolished rice, whole soaked grains, steel cut oats, vegetables. Fiber cleans the digestive track, eliminates mucus, clears lymph, helps avoid sludge and opportunistic microbes: Bacteria, Fungus, Parasites, and Viruses. Your new diet is a constant digestive cleanse.
  4. **Body Discipline.** Spend twice as much money on food, and eat half as much. Eat on time. Bless your food with gratitude for your life. Study your environment and make it your responsibility to recognize and avoid toxins Avoid vaccines that contain harmful toxins or heavy metals. Eat quietly. Chew well and slowly. Consider calorie restriction and intermittent fasting. Bless your food. As you plant it, buy it, prepare, and eat it, to infuse it with higher energies of light, love, and health.
  5. **Supplement with intelligence, high quality products.**
    - Vitamin C,
    - Multi-vitamin,
    - Adrenal supplement (I use COOP brand **Adrenal Rx** (Buy at La Montanita Coop in Santa Fe and Albuquerque, NM) Contains Extract of Eleuthero, Ashwagandha, Cordyceps, Schisandra, American Ginseng, Rhodiola, Red Chinese ginseng, Manchurian Thorn Tree.
    - I take large amounts of Super Lutein Mirto+, a powerful Beta Carotene supplement to counterbalance low nutrition in foods. It is made by Naturally Plus USA, an MLM company. I believe it is worth every penny I spend on it.

### **Use These Healthy Sweeteners Without Glucose or Fructose**

Not widely known, they're available in a few groceries and online.

1. **Just Like Sugar Tabletop chicory root sweetener (temporarily out of stock)**
2. **PureLo Lo Han Sweetener by Swanson**
3. **Swerve Sweetener**
4. **Norbu Sweetener, Lakanto**

### **Five (Six) Lifestyle Solutions:**

1. **Prayer, Meditation, Nature attunement, Rest and spirituality are top priority now.** Reduce stress and build resilience. Why are you here on earth? Quiet your mind, look deeper, see through superficial discomfort into the core meaning of every situation. Bless your life. Create protective light around yourself. See every situation as a spiritual lesson. Be passionate about loving God, or some force greater than yourself.

Do my **Six-Step Harmonization, A Focused Meditation to Start Your Day**, link below, which stabilizes all body systems. Sleep 8 -9 hours or more every night, Be extra kind to yourself and others. Teach young children the value of life, good practices, the meaning of life. Establish a religious or spiritual understanding from an early age. Encourage strong family roots, connection with friends and loved ones

2. **Protect your DNA.** Limit exposure to EMF's, chemicals and heavy metals. Get a tool to measure EMF in your home, workplace, car, and community school. There are several meters. Measures W-FI with The Acousticom 2. Measure EMF's is The TriField model TF2. There are more expensive meters - but these two will do the job. They can both be found on [STOPSMARTMETERS.ORG](http://STOPSMARTMETERS.ORG), email: [info@stopsmartmeters.org](mailto:info@stopsmartmeters.org). Study Arthur Firstenberg's video: **5G, Birds, Bees, and Humanity** [https://www.youtube.com/watch?v=MpdJ\\_t5XMvw](https://www.youtube.com/watch?v=MpdJ_t5XMvw)

Avoid on-body use of cell phones and electrical appliances. Use hands-free and loudspeaker. Text instead of phoning when possible, frequently change side of the ear while listening, selective use of tower and Wifi connection. Shield your baby with anti-radiation belly protector. At night, switch off your Wifi. Put your devices on Airplane mode or no internet. Better yet, turn off the power to your home. If you're sensitive, sleep in a Faraday cage. Or move to a secluded natural home near a clean ocean and no cell towers. Support initiatives to make safer electronic devices.

3. **Have Fun.** This is not optional. Plan some pleasure every day that helps you relax. Cultivate close relationships. Use all your senses. Laugh at your problems, maintaining a flexible mental attitude, open mind, accepting of change. Flexibility, adaptability and strength are essential now. Know when to insist on perfection, when to let it go. Be insanely kind and compassionate to others. Say something honestly uplifting to every person you meet.
4. **Clean Body, Simple Home** – Eliminate substances you don't need, and those known to damage DNA - commercial cosmetics, shampoo, creams, toxic toothpaste. Many of these are high in heavy metals and toxins. Use simple cosmetics and skin care like homemade coconut oil, baking soda, natural local products. Clear your kitchen and home of aluminum and non-stick cookware. Replace toxic kitchen items with glass, enamel, cast iron, or titanium. Best are all-natural substances that don't release poisonous gases when heated up. Detox from mercury or other heavy metals. Test your levels, and if they are high, do a medically supervised detox program. Avoid toxic exposure to dust or air pollution. Use a hypo-allergenic vacuum system at home such as, water or filtered bag, etc. Avoid toxic air fresheners, chemical aerosols, and mosquito coils. Oh, and get a good home air filter.
5. **Train your mind vigilantly** with integrity so you can self-observe your triggers. Study the world and take responsibility for your own health. Use a broad-spectrum approach to research and healing using a variety of reliable methods and uncensored sources to give you the greatest truth. Avoid fundamental thinking, made-up thought forms, making assumptions. Be discerning, however sidestep all polarization. A healthy attitude means we don't allow self-righteousness, polarized ideas, tantrums and emotional distortion to ruin your day. Use web resources that to not track, filter, prompt, or manipulate.

## 6. **Breathe, Hydrate and Move!**

Alkalinize the body with a quart of warm water with lemon on rising every morning. Walk outside in sunlight 30-minutes/day. Breathe! Choose a varied movement system that includes shaking, inversion, aerobic, building muscle tone, flexibility, and bone strength. Use natural body heat and sunlight to clear microbes and toxins. Yogic breathing, movement, massage, inversions, and frequent sex are all boons to your health. Stay juicy! Get a quality home water filter to remove chlorine, fluoride, and particulates. Drink 2.5 liters of clean water every day, in small doses to keep lymph clear. Avoid exposure to dust, animal dander, or air pollution. Use a hypo-allergenic vacuum system at home such as, water or filtered bag, etc. Avoid toxic air fresheners, chemical aerosols, and mosquito coils.

Thanks for watching.

Let's make Earth a safe and beautiful place to live. All these links and graphics are free, available at the links below. I hope you found this interesting and useful. Thanks for watching.

### **Suggested Further Study:**

- **Six-Step Harmonization, A Focused Meditation to Start Your Day.**  
<https://www.youtube.com/watch?v=zUAURElRpKk>
- **Use my free website** <https://janeshealthykitchen.com>
- **Use my books:** <https://www.amazon.com/Jane-Barthelemy/e/B008SDTWN2/>
- **Subscribe to my healing newsletter:** <https://fiveseasonsmedicine.com/blog/>
- Read the book: **Sodium Bicarbonate - Rich Man's Poor Man's Cancer Treatment**, by Mark Alan Sircus, <https://moffitt.org/endeavor/archive/can-baking-soda-help-fight-cancer/>
- **STOPSMARTMETERS.ORG**, email: [info@stopsmartmeters.org](mailto:info@stopsmartmeters.org). Study Arthur Firstenberg's video: **5G, Birds, Bees, and Humanity** [https://www.youtube.com/watch?v=MpdJ\\_t5XMvw](https://www.youtube.com/watch?v=MpdJ_t5XMvw)
- Dr. Johana Budwig, a German Physician in the 1950's who had a 90% success rate healing cancer. She used traditional oils and protein, and had her patients eliminate all industrial seed oils. She wrote a book called **The Oil Protein Diet Cookbook**. The science seems counterintuitive, but it works! There are many modern versions of her protocol, so be careful. Best to read her original book, available at Amazon or get free online here: [https://archive.org/details/Budwig\\_Oil\\_Protein\\_Diet\\_PDF/page/n13/mode/2up](https://archive.org/details/Budwig_Oil_Protein_Diet_PDF/page/n13/mode/2up)
- Read this insightful article by Chris Kresser: **How Industrial Seed Oils Are Making Us Sick.** <https://chriskresser.com/how-industrial-seed-oils-are-making-us-sick/>

### **Disclaimer:**

This article was written by Jane Barthelemy, aka Sri Jana, not a medical doctor. Always consult your wellness advocate before believing anyone or starting any new regiment.

### **Resources:**

1. W.H.O. Projections of mortality and causes of death, 2016 to 2060

[https://www.who.int/healthinfo/global\\_burden\\_disease/projections/en/](https://www.who.int/healthinfo/global_burden_disease/projections/en/)

2. COVID-19 and comorbidities: a systematic review and meta-analysis  
<https://www.tandfonline.com/doi/full/10.1080/00325481.2020.1786964>
3. How hypertension, heart disease, and stroke are related  
<https://www.insider.com/how-are-hypertension-heart-disease-and-stroke-related>
4. Comorbidity and its Impact on Patients with COVID-19  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7314621/>
5. Non-Communicable Disease is an Epidemic Holding Back Development  
<http://www.progressive-economy.org/2015/09/25/non-communicable-disease-is-an-epidemic-holding-back-development/>
6. Diabetes 2030: Insights from Yesterday, Today, and Future Trends  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5278808/>
7. The Most Surprising (Yet) Common Causes of Death [All 50 States + DC]  
<https://www.effortlessinsurance.com/most-common-cause-of-death-all-states/>
8. Trends in Healthcare Expenditures Among US Adults With Hypertension: National Estimates, 2003–2014  
<https://www.ahajournals.org/doi/10.1161/JAHA.118.008731>
9. Worldwide epidemic of hypertension, [Arun Chockalingam](#), MS PhD FACC,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2560860/>
10. Forecasting the Future of Cardiovascular Disease in the United States  
A Policy Statement From the American Heart Association  
<https://pubmed.ncbi.nlm.nih.gov/21262990/>
11. Judy Campbell, et al: NUTRITIONAL CHARACTERISTICS of ORGANIC, FRESHLY  
STONE-GROUND, SOURDOUGH & - CONVENTIONAL BREADS, [Bernasek](#), 1970  
<http://eap.mcgill.ca/publications/EAP35.htm> [Bernasek](#), 1970
12. <https://www.ahajournals.org/doi/pdf/10.1161/cir.0b013e31820a55f5>
13. [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2573638](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2573638)
14. <http://wholegrainalice.com/2011/09/white-flour-kills/>
15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5161337/>
16. [https://www.scielo.br/scielo.php?pid=S0104-42302014000300255&script=sci\\_arttext](https://www.scielo.br/scielo.php?pid=S0104-42302014000300255&script=sci_arttext)
17. 4 No-Nonsense Solutions to the Looming Dementia Crisis  
[https://www.huffpost.com/entry/dementia\\_b\\_4986840?](https://www.huffpost.com/entry/dementia_b_4986840?)
18. <https://chriskresser.com/how-industrial-seed-oils-are-making-us-sick/>
19. [https://en.wikipedia.org/wiki/Electromagnetic\\_hypersensitivity](https://en.wikipedia.org/wiki/Electromagnetic_hypersensitivity)
20. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6701402/>
21. <https://www.insider.com/cdc-11-percent-us-adults-seriously-considered-suicide-in-june-2020-8>
22. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>
23. <https://www.nejm.org/doi/full/10.1056/nejmoa022139>

24. <https://globalwarming-arclein.blogspot.com/2014/08/sulfate-sleep-and-sunlight-disruptive.html>
25. <https://www.dummies.com/food-drink/special-diets/wheat-free/traditional-wheat-vs-modern-wheat/>
26. Yogananda, Paramahansa. Autobiography of a Yogi (Self-Realization Fellowship) . Self-Realization Fellowship
- 27.
- 28.