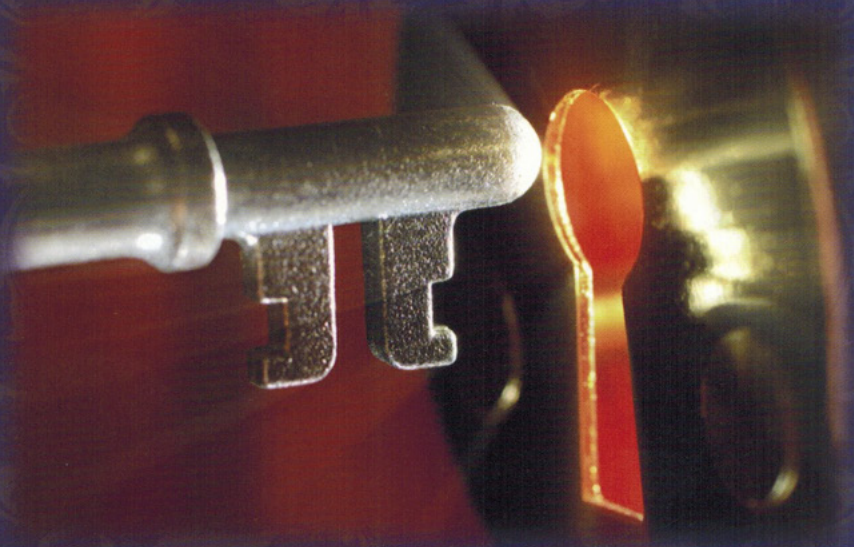


# THE HOMEOSTASIS PROTOCOL

THE KEY TO DIVINE HEALTH



Blake Sawyer

# **THE HOMEOSTASIS PROTOCOL**

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“The person who says it cannot be done should not interrupt the person doing it.”  
Chinese Proverb

## DEDICATION

I dedicate this book to all the truth seekers and truth tellers in the world that are willing to risk their own lives, in some way or the other, telling others the truth about how God created the human body to be a blessing. I have had hundreds and hundreds of clients who certainly fit this category.

I also dedicate this book to my son, Kevin Patrick, and daughter Katherine Grace. May you always apply the words of this book so your soul and health will prosper all the days of your lives.

“Beloved, I wish above all things that you may prosper and be in health,  
even as your soul prospers.”

3 John 2

## THE HOMEOSTASIS PROTOCOL

It seems like people have told me a million times that the information in this book (what you are holding right now) has “changed my life more than anything I have ever done” and/or “I have learned more about health, disease, and how the body really works from your book than all of my college courses combined”.

Do you want to know the truth? Or are you satisfied with the mindless drivel being spoon-fed to the public from the main-stream-media, pharmaceutical industry, and the medical establishment?

Do you want to discover THE TRUTH About **Health** - what **is** divine health, why you currently do not have it, and how to possess it **wholly**? Disease - what it is, what **causes** it, and how to get rid of it, **forever**? The answers are moments away! Really!

Now think about it for a second. You will have more responsibility once you gain this knowledge. So, do you really want to know The TRUTH? The TRUTH that can set you free from pain, suffering, disease, a low quality of life and premature death?

Well then, read and study the information in this book!

Oops! Time out.

There is a problem. To be honest, I feel obligated to tell you about “The Problem”. I am sorry. You see, I cannot really tell you the whole truth.

Why? Of course you want to know why. But that is part of “The Problem”. You see, there is this thing called the FDA (Food & Drug Administration). They have some rather alarming “rules” about telling the public the truth. They have made it “illegal” for people like me to tell someone the truth about disease, drugs, healing, doctors, health scams, and especially **how** to be healed of disease. Even though I have dedicated my life to teaching people the truth, and believe it is my moral duty as well as Constitutional right to tell people the truth, the FDA has said it is illegal for me to tell you the whole truth.

And make no mistake about it, illegal means illegal. We’re talking iron bars and

all that.

Even though I have seen thousands and thousands of people who have done “The Homeostasis Protocol” be healed of incurable diseases, I am not allowed to tell you exactly what they did to be healed. Nor can I “imply” that it was The Protocol that had anything to do with their healing.

Another OOPS! I am not even supposed to tell you the truth that thousands upon thousands of people have been healed, of anything, let alone incurable diseases! The FDA rules say that only drugs can heal. And anything that heals is considered a drug. And drugs can only be administered by a licensed medical doctor.

I am not a “licensed” medical doctor. In fact, I would **never** want to be a licensed medical doctor!

Oh, and by the way, did you know that God is a drug? I know, it sounds weird. But let me explain.

I used to have a fairly well-known and popular website. It had several thousand unsolicited testimonies on it. On every page of my former website I had a disclaimer. It stated that I don't heal people. That “The Homeostasis Protocol” does not heal people. That God, who designed the human body, is Who heals people. It further stated that “The Homeostasis Protocol” simply brings your body back into the state that God originally designed for the human body - a healthy, healing, cellular functioning state.

An FDA official from Washington, DC told me face-to-face the above statement was an “illegal” statement. Flabbergasted, I asked why. He told me point blank, “Only drugs can heal.” He offered that I could start a new “religion” and apply for a religious exemption for “my protocol” if I really felt that strongly about it. The next day my website came down, as well as my “right” to tell people the whole truth and nothing but the truth.

I can no longer tell people what products will be beneficial in bringing their bodies to homeostasis so they will heal. I can no longer mention any disease by name and how to reverse it. I know, it seems stupid at best and down right criminal at worst. But that is the way it is.

Just so you know where I have to proceed with this, here is an example of legal and illegal, according to the FDA:

ILLEGAL: “Taking product ABC will reverse the conditions of diabetes.”

LEGAL: “Taking product ABC may aid pancreatic function. This statement has not been

evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

Get the picture? Even if product ABC does reverse the condition of diabetes, it is illegal to say it! Unless, of course it is a prescription drug. Which everyone knows that there are no drugs that heal. Drugs only mask symptoms of disease and cause other diseases.

So I will delicately dance around the FDA “rules” and try to give you as much truth as I am “legally” allowed to by the FDA.

This book is an interview style transcript that answers the most important questions about homeostasis (divine health) and the seven internal environments of health. The difficult part will be actually trying to explain to you what you must do to get to homeostasis. According to my detailed records, 97% of those who have done The Homeostasis Protocol have **dramatically** changed their lives, for the better. Hundreds, who, before doing The Protocol, were told they had just weeks to live, are alive and well today. Not only well, but living healthier than 90% of the population! A majority of the people who do The Protocol comment that they are living in a state that they could not have even imagined or dreamed about. You **MUST** experience homeostasis to believe it! No matter what your condition is today, the best thing you can do is **The Homeostasis Protocol!**

The truth that can set you free is on the following 40 pages.

Blake Sawyer

“There is a way that seems right to a man, But its end is the way of death.”  
Proverbs 14:12

## AN INTERVIEW WITH THE FOUNDER OF “THE HOMEOSTASIS PROTOCOL” BLAKE SAWYER

The basis of The Protocol is unlike any other. Now that may sound like a bold statement, but it is true. Unlike all other therapies, medical treatments, and health company products that are used for specific diseases or health problems, this protocol is based upon the belief that changing the environment or condition of your body can stop and/or reverse nearly every health problem and bring your body to homeostasis. There are seven categories or environments that must be addressed. This is one of the major reasons why The Homeostasis Protocol is unique. All seven categories of health are addressed in **The Homeostasis Protocol**.

What you will discover in this book is the only protocol that can actually bring your body to that precious state called homeostasis, the condition where you live your entire life healthy, really healthy. **The Homeostasis Protocol is the Key to a Healthy Life!**

The following are excerpts from an interview I did that have been compiled into a readable format.

What is homeostasis? And how do you get there?

The condition of homeostasis is when nearly all 75 trillion cells in your body are functioning properly. No illness can dwell in your body when it is in homeostasis. In addition, you age ‘normally’, which is approximately half the speed in which you are aging now. In other words, when you are 50, you should look and feel 25 or 30. When you are 100, you should look and feel as if you are 50 to 60, etc. In homeostasis, you should live at least 120 years, which is your God-given predisposed minimum life span. Death only comes from ‘natural causes’, not a disease. You simply go to sleep one night and do not wake up.

Out of approximately two and a half million deaths annually in the United States, more than 90% of all deaths are a result of disease or iatrogenic (doctor induced) deaths. Less than 10% are from all other forms: wars, murders, suicides, lightning strikes, and accidents (automobiles, plane crashes, falls, drowning, guns...) Today, only one out of every 10,000 people die of natural causes. That means you have

more than a 90% chance of dying 50 to 60 years prematurely of a preventable disease! In addition, with first time heart attacks or strokes killing a huge percentage of Americans, you never know when it will happen to you, maybe today - unless you are in homeostasis - and then it could **not** happen to you!

How do you get off the road that leads to an unnecessary, painful and premature death?

You must first understand what vital needs your cells have before you can bring your body to homeostasis.

**Your 75 trillion cells need seven things daily in order to survive, replicate, and function properly. They are: 1) nutrients, 2) water, 3) oxygen, 4) removal of toxic waste, 5) to be in a proper pH or alkaline environment (includes elimination of acid waste), 6) hydration to 45 dynes and stimulation of your lymphatic system so the lymph fluid surrounding your cells is flowing properly, and 7) keeping your cells in a proper electrical flow or construct.** If all of your 75 trillion cells are receiving these seven things, then they are healthy, and therefore your tissues are healthy, and your organs are healthy, and your eleven major systems (circulatory, nervous, respiratory, endocrine, etc.) are healthy, and that makes you healthy.

A special note needs to be made about the lymphatic system. You have four times more lymph fluid than you do blood. Why? Because it is your lymph fluid that surrounds your cells and delivers nutrients, oxygen, and water to them (not your blood). Your lymph fluid removes toxins from your cells. In addition, your lymph gets rid of the acidic waste that would otherwise build up in your body. If your lymph fluid is sluggish and not flowing properly, your cells are not getting the nutrients, oxygen, and water they need to survive, replicate and function correctly. Your cells and tissues become overloaded with toxins and become acidic. Cellular death is the result.

**All disease, aging itself and even death are caused by groups of your cells not functioning properly, not replicating efficiently, or dying off too rapidly. In other words, if your cells are healthy then so are you. If your cells are weak, not replicating properly, or dying, then you are sick, weak, and/or dying.**

*Mr. Sawyer, please take the time and briefly review each of the "seven categories of health", as you have described them, so we may understand them more fully.*



1) **NUTRIENTS.** Of the 75 trillion cells that make up your body, 99% of them are programmed to divide or replicate. This is called mitosis. The fact is, “**You are a cell-replicating machine.**” You create more than 150 billion new cells every day of your life! Do they appear out of thin air? No, they are created by each individual cell receiving the proper amounts and kinds of nutrients (amino acids, minerals, enzymes, vitamins, etc.). Only then are they capable of duplicating another cell. The Hayflick Phenomena limits the amount of cellular divisions to around 50 to 60 per cell. (Miraculously, on the Homeostasis Protocol this can be increased to 150 cellular divisions!)

Where do these nutrients come from? Well, they are supposed to come from the food you eat. However, as most people know, food today is lacking in most vital nutrients. Therefore, you are malnourished. Make no mistake about it. Your 75 trillion cells are not getting the proper amount and different kinds of nutrients they want or need for optimum cellular function. Moreover, your cells need nutrients to replicate. Therefore, if you are like most people, you take vitamin supplements. However, 95% of all supplements sold today cause malnutrition. Why? They are synthetic. They are made from petroleum or coal tar derivative hydrocarbon bases that are Trojan horse fake nutrients that cause damage to the cells.

*Aren't some supplements a good source of nutrients?*

NO! All “supplements” that are man-made are extremely harmful to your body! Did you know that 95% of **all** supplements sold today:

Are synthetic. Are made by pharmaceutical companies. Are not natural, though labeled as such. Are mostly made from coal tars or petroleum based materials. Are bio-actively DEAD. Are NOT in an ionic state (a natural state with two electrons, like all naturally occurring nutrients). Are considered by the liver ‘foreign’ substances, eliminating most of them through the kidneys. Can change or alter normal cells to abnormal cells. They **cause** malnutrition, or starvation of the cells. And if these facts don’t shock you, did you know that:

Polarized light passing through a natural vitamin will always bend to the right due to its molecular rotation. The same beam of light passing through a synthetic vitamin will split in two parts, half to the right and half to the left. Do not think for a second that this means half of the synthetic vitamin is ‘normal’ or useable in your body. Because it does not. If we cut your body in half, your head and arms could not go off performing tasks while your legs went to work somewhere else!

Consider this:

-Nearly all beta-carotene is an isolated synthetic compound made from acetylene gas.

-Almost all B-12 is made from toxic cow livers OR human sewage sludge!!!

-Most B vitamins are made from coal tar derivatives (what causes lung cancer in smokers) or from petro-chemicals (known central nervous system depressants, carcinogens, and respiratory irritants).

And the list could go on and on and on.

OK, I know some of you out there are saying, “But what about the brand of **minerals** I take? The literature says they are really natural because\_\_\_\_\_ (fill in the blank).” (IE. They are from coral, or the sea, etc.)

Elemental minerals (basic dirt or mined minerals), are first state minerals. When mixed with water and microorganisms in the soil they become second state minerals. When plants ‘absorb’ through their root systems these second state minerals they go through a quantum change. Third state minerals are 500% more assimilable than first state minerals. They have a vastly larger surface area that increases their zeta potential, the energy or ‘life force’ that keeps us alive. Third state minerals are bonded to protein enzymes. It is only in this state that the mineral can get to the cell site to deliver its beneficial nutritive payload. Third state minerals are ionic. It is only through ionic kinesiology that the cells in your body can be ‘fed’, so they may be healthy and divide properly. Third state minerals, which have a negative charge, are drawn into the cells because the outer surface of the trillions of cells in your body have a positive charge. It is this opposite polarity that causes the attraction, somewhat similar to the way that magnets attract. First and second state minerals have **none** of these benefits. AND synthetic minerals do not have any of these properties, in fact they have the exact opposite properties which cause them to be harmful to your body.

In other words, “supplements” not only cause malnutrition in your body, they are bad for you! Stop wasting valuable time and small fortunes trying to address the malnutrition problem with other therapies, supplements, and diets. They will not nourish your body, therefore preventing your body from being able to be in homeostasis!

I have searched the world over for the few products (out of millions) that properly nourish your body. They are life changing beyond your wildest imagination.

Outside of The Protocol's **HELP** (**H**omeostasis **E**ating for **L**ife **P**lan), which teaches you how to eat, what to eat, and what not to eat, there are a few (very few) products that contain organic, living, beneficial, and nutrient dense food that is found in a bottle.

We can mention their names, because we are addressing how to properly nourish your body, not cure a disease. Royal Velvet is truly the most miraculous product in existence today. It contains hundreds and hundreds of extremely rare and life-enhancing nutrients that can be placed directly into the blood stream for the body to use. Garden of Life's The Vitamin Code Family and Royal Chlorella are two other food source products that contain "real" nutrients that we use in The Homeostasis Protocol.

Obviously, growing your own organic, non-genetically modified food in re-mineralized enriched soil is the best way to go. However, most people cannot do this. That is why these very few, but extremely powerful nutrient-dense superfood products, are essential for you to come to homeostasis. They can make a huge difference in the health of the average person. Your body is starving for real nutrients. Your 75 trillion cells are signaling your brain, "Feed me! We need nutrients to live, function properly, and create new cells!" Your brain responds by creating hunger pains.

Sadly, the majority of the food you eat does not contain the nutrients that your cells need. So you over eat, because you are always "hungry". Subsequently, you eat lots of calories and very little nutrition. And guess what that does to your body? Yes, you know the answer to this one. You get fat from all the calories and sick and weak from a lack of nutrition.

2) **OXYGEN**. Your body needs oxygen. You cannot live very long without it, only a few minutes. Even though you are breathing, the reality is, you are hypoxic (oxygen deficient) right now! Shallow breathing, polluted air, insufficient exercise, sluggish lymph, processed foods, nutritional deficiencies, stress, an acidic body, and decreased oxygen in the environment are just a few of the reasons that your body is in an anaerobic state.

Most oxygen therapies today are either too feeble or too overwhelming to properly oxygenate your body. Many aerobic therapies over-oxygenate your body producing singlet and triplet oxygen molecules that damage your cells and their DNA! There are several very efficient and easy ways to correctly oxygenate your body. And some of them are free, like 4-16-8 breathing! This breathing technique will be discussed later.

Let's say you do breathe correctly and take the 'perfect' and most effective oxygenating product. Does this ensure that your cells will not become hypoxic? **Absolutely NOT!** Two important factors are necessary in order for oxygen to get to your cells.

A) Oxygen is carried in the blood stream to your lymphatic system. It is your lymph, not your blood that delivers oxygen to your 75 trillion cells. If your lymph is not flowing properly, it will not deliver enough oxygen to your cells to keep them alive, functioning effectively, or replicating properly. Even if the blood does deliver oxygen to the lymphatic system efficiently, if the lymph is thick and sluggish, the cells will die from hypoxia. Why? It is the job of the lymph fluid to deliver oxygen (along with nutrients and water) to your trillions of cells. If your lymph is thick and sluggish (not flowing properly) then the cells do not receive the oxygen, nutrients, or water they so desperately need to live, function properly and create new cells. The Protocol hydrates your lymph into the proper fluid state and stimulates its flow, so that oxygen is delivered to your cells.

B) Oxygen is stable in an alkaline environment (a pH of 7.5 or above). Oxygen becomes unstable in an environment below a pH of 7.3. If the cells themselves are in an acidic state, then the oxygen delivered to them becomes unstable and may turn into singlet or triplet oxygen molecules, which are harmful to the cells. These harmful oxygen molecules, known as free radicals, can even cause the death or destruction of the cells themselves and alter the vital DNA!

**Without properly alkalizing your body, you can NOT properly oxygenate your body!**

The Homeostasis Protocol effectively addresses each of these issues. Not only do you get the proper amount of oxygen into your body, oxygen is delivered efficiently to the cells, it stays in a 'stable' environment, and because the environment is correct, the cells benefit from this oxygen.

It is typical for a person on The Protocol to have their resting heart beat drop to an extremely slow pace. This pace is VERY beneficial for longevity, your overall health, and is a sign that you are in homeostasis. It is a condition that only the most finely tuned athletes in the world experience. Why does this happen? If your trillions of cells are NOT signaling your brain for more oxygen, the brain signals the heart to slow down. The slower your heart beats, the longer you live. It is a known fact that this is one of the main reasons for longevity in the mammal world. Let's take a look at the statistics – which tell no lies.

The average human heart beats between 70 and 75 beats per minute for men and 75 to 80 beats per minute for women. Mine beats around 50 times per minute. Sometimes even a little less. Most fine-tuned athletes have a heart beat of around 55 to 60 beats per minute.

A mouse has a heart beat between 500 to 700 beats per minute. A field mouse lives on average between a few months to a year or less.

A hamster has a heart beat between 400 to 500 beats per minute. A hamster lives on average 3 years.

A rabbit has a heart beat of near 200 beats per minute. A rabbit lives on average 8 years or so.

A small dog has a heart beat around 100 beats per minute. A small dog lives on average for 10 years.

A large dog has a heart beat around 75 beats per minute. A large dog lives on average 15 years.

A horse has a heart beat close to 45 beats per minute. A horse typically lives on average 40 years.

An elephant has a heart beat around 30 beats per minute. An elephant lives on average 70 years.

A large whale has a heart beat around 20 beats per minute. A large whale lives on average 85 years.

Do we see a pattern here? The slower the heart beat, the longer the life span. The faster the heart beats, the shorter the life span.

Hundreds of studies have been done on human longevity, and one conclusion that scientists mostly agree upon is a slower heart beat is one of the keys to longevity!

Properly oxygenate your body, and you statistically will live longer and healthier.

**3) WATER - HYDRATION.** Your body needs water. The proper amounts and the right 'kind' of water. Consider these startling facts:

- More than 75% of all Americans are chronically dehydrated!
- In more than a third of the people, the thirst mechanism is so weak

that it is often mistaken for hunger.

- Dehydration is a major cause of hypertension, currently affecting 50 million Americans.
- Over 70% of your body is made up of water.
- Dehydration is a major cause of disease.
- Dehydrated cells are easily attacked and weakened.

Moreover, as you will find out, not all water is even remotely the same. You most likely are drinking water that is causing you to be sick, have pain, headaches, depression, forgetfulness, and even pushing you toward a premature death. Do you drink distilled, reverse osmosis, tap, or bottled water?

Most health conscious people drink distilled or reverse osmosis water, not knowing that these two waters are the most deadly that you can consume. Plain ordinary tap water, despite its chlorides and fluorines and other toxic chemicals, is less damaging to your body than is distilled or reverse osmosis. Why? These two kinds of water are dead! That is right, dead! They are pentagonally shaped. They cannot hold an electrical charge or any form of life!

Just think about this startling fact: God created three kinds of genus to live in water: fish, plankton, and algae. There are thousands of different species of fish, thousands of different species of plankton, and thousands of different species of algae. Place any of them into pentagonally shaped water (reverse osmosis or distilled water) and they rapidly die!

Then there is the most perfect water in the world, ionized alkaline water. This water has twelve properties that no other water in the world has. It is a least 100,000 times more healthy for you than the next best water you can consume, which would be a good artesian or spring water.

The Homeostasis Protocol provides your body with the world's only perfect water. This water: is hexagonally shaped (six sided), is living, is ionic, is healthy, is life-giving, has a surface tension of 45 dynes, has a high bovis rating, has correct orbital spin, is a hundred to a thousand times more alkaline than any other water, has positive polarity, is virgin, contains millions of hydroxyl ions per glass to rid your body of damaging free-radicals, contains a perfect form of oxygen that helps oxygenate the cells, as well as having other properties that are beneficial to your body!

It is one thing to 'hydrate' your cells with less than perfect water. It is an entirely different story to hydrate your cells with perfect water.

Let's go over the twelve amazing properties of ionized alkaline water.

There are at least 12 positive properties of Ionized water. There is no other water (tap, reverse osmosis, distilled, bottled, spring, mineral, artesian, well...) or water product ('clustered' water, 'crystal' water...) from any other source or company that has all 12 properties as described below.

### **The Twelve Positive Water Properties of Ionized Water:**

**Super Conductivity:** There are super conductive effects of monatomic elements and trace minerals, which cause cell-to-cell communication via photons to be much faster and more efficient.

**High Bovis Rating:** According to Dr. Beneveste, a French scientist, the electrons in water molecules are spinning to either the right or left. Left spin is considered positive and right spin is considered negative. All substances with a right spin are harmful to the human body. Left spinning molecules are life-enhancing. The higher the speeds of the left direction spin, the higher the Bovis Rating. In Ionized alkaline water, the water molecules have a very tight and fast left spin. This is extremely beneficial to your health. The vitality and alive quality of the water is much higher than any other water.

**Hydrogen Bonding:** Water is either structured or unstructured, which establishes whether the Hydrogen atoms connect the water molecules together or not. Structured water based on hydrogen bonding is integral to every cell in order to allow all the bio-chemical activities to be maintained at their highest level of function to support life. Ionized alkaline water is the most structured water in existence.

**Low Surface Tension:** All liquids have a surface tension. Surface tension is measured in dynes. Most water falls between 75 and 95 dynes surface tension. This means that the water has a "skin" or noticeable surface tension. (Have you ever watched a water bug "walk" across a pond? Why doesn't it sink? The pond's water has a surface tension, or skin, that allows the bug to literally "walk" on water.) Ionized Alkaline water has a surface tension of around 45 dynes. It is extremely hydrating because of its low surface tension. A lower surface tension (measured in dynes) allows for the increased absorption of nutrients through the gut and by the cells. Drinking ionized alkaline water is how the lymph is properly hydrated and brought to 45 dynes, which is necessary for homeostasis. The lymph, at a proper 45 dynes, can actually "bathe" your cells of its toxic waste, thereby allow-

ing the cells of your body to function optimally.

**Alkaline pH:** Probably the most “famous” attribute of Ionized Alkaline water. Most waters in the world (tap, reverse osmosis, distilled, bottled, spring, mineral, artesian, well...) run between a pH of 6 to 7. Ionized alkaline water has a pH between 8.5 and 9.5. A pH of 9 is ten times more alkaline than a pH of 8, 100 times more alkaline than a pH of 7, and 1,000 times more alkaline than a pH of 6! Flushing disease causing acid waste out of your body and raising the level of your pH to over 7.5 is one of the most important things you can do for your health.

**High Electrical Conductivity:** Water that has Super Conductive properties and trace amounts of ionic minerals will demonstrate a higher level of electrical flow, which is an indicator of inherent vitality. Only ionized alkaline water can hold an electrical charge. This is the same property that determines whether or not your cells are alive or dead.

**Beneficial Polarity:** As you know, magnets have a negative or positive charge. (NOTE: There is nothing “wrong” or “bad” about a negative magnet.) We use the words “positive” and “negative” as electrical terms. Water that is structured and has a negative polarity, is very healthy and helpful to your body. This negative polarity, amongst many beneficial attributes, causes the flushing of toxins and pathogens from the body. Almost all other sources of drinking water have a positive polarity, which does not have any of the benefits that negative polarity water has.

**Available Oxygen:** Ionized alkaline water causes an increase in the Oxygen/Hydrogen molecular angle. This results in water that releases much more oxygen to the cells of the body. Oxygen is only stable in an alkaline environment. The alkalinity of Ionized Water increases available oxygen to all the cells.

**Free Hydrogen Electrons:** Everyone has heard of free-radicals. Those cancer-causing, DNA destroying, rapidly age causing molecules that wreak havoc inside your body. Free radicals are molecules with an impaired electron. Ionized alkaline water has millions of hydroxyl ions per glass, lending an extra electron to free radicals throughout your body, rendering them harmless. Ionized alkaline water is the most effective free radical scavenger in existence, more than Vitamin C, pine park extract, or any other antioxidant known to man. There are an abundance of free hydrogen electrons in ionized alkaline water.

**Positive EMF Signature:** This is the most over looked water property and yet one of the most important. Everything water has been exposed to leaves an



electromagnetic frequency signature, which in modern times exposes the body to a multitude of life damaging frequencies. Negative (harmful) frequencies are always associated with cancer and other diseases, while positive (helpful) ones are always associated with excellent health. Water that has come in contact with chemicals, pollution, toxins, or any other harmful substance, will leave its signature or imprint on the water in the form of a vibrational frequency. This renders the water molecule harmful as well. Ionized alkaline water “wipes out” those harmful frequencies, making the water “virgin”. The ‘memory’ has been ‘reset’ to make it pure or “virgin” water.

**Bio-Photon Exchange:** One of the most important mechanisms for cell-to-cell communication involves the transmission of photons from cell to cell. Highly charged ionized alkaline water provides an input of photons to the cells.

**Clusters Lowered:** Water is normally in clusters of 10 to 15 H<sub>2</sub>O molecules. Nuclear Magnetic Resonance has shown that ionized alkaline water is in clusters of 4 to 6 H<sub>2</sub>O molecules. This is one half to one third of ‘ordinary’ water. This cluster reduction helps cells absorb ionized alkaline water more quickly and more efficiently. This dramatically improves hydration.

Drinking Ionized Alkaline Water is the quickest and most efficient way to hydrate your body – with the most powerful and life-changing water in the world.

4) **REMOVING TOXINS.** You are toxic! There is no getting around it. Billions of pounds of toxins and poisons are dumped into our air, land and water every year in the United States alone. Chemical companies are creating bizarre chemicals with bizarre molecular structures that are in your clothes, the food you eat, your house, everywhere. You cannot escape them. In the past 100 years, 80,000 new man-made chemicals have been created. 99% of them are harmful to your body. Most can cause genetic mutations, disease, deformities, and most importantly, even death.

Because your body is so far away from homeostasis, it cannot efficiently remove these deadly substances. They are destroying your cells and causing sickness and disease.

Your entire body is toxic! Your colon is so toxic it has become a breeding ground for parasites, Candida, yeast, mold, bacteria, fungus, viruses, worms, and flukes.

The air you breathe inside your home is 10 to 20 times more toxic than the air outside your home! This is a major cause of emphysema, bronchitis, allergies,

asthma, sinusitis, chronic mucous, headaches, depression, and a plethora of other ailments.

Your body is full of chemicals. Chemicals such as toxic fertilizers, pesticides, and herbicides from the food you eat. These circulate throughout your body, finally lodging in fat tissue away from your vital organs. (NOTE: This is the number two cause of obesity! Toxicity to the point your body manufactures extra fat cells to store the massive amounts of toxins and poisons in your body!)

The Protocol is extremely effective at continually removing these harmful substances from every cell in your body. Until you properly detoxify your body, your cells will be in a constant and winless war with these bizarre molecular structures. Cellular death at an alarming rate will rapidly deteriorate your body to the point of manifesting illness and a premature death.

5) **REMOVING ACID WASTES AND RAISING THE pH.** Acidosis. What is it? All living things, including the cells in your body, have a pH. God designed your body to be alkaline (above a pH of 7). However, because of what you eat and your lifestyle, you are most likely very acidic. You might be only mildly acidic right now, but you really do need to take this seriously. Why?

**All disease thrives in an acidic environment.** Parasites, worms, and flukes dwell in an acidic environment. Harmful and disease causing bacteria and viruses live and thrive in a state of acidosis. Candida, yeast, fungus, and mold flourish in your body when it has a low pH. **More than 60% of all diseases are caused by acidosis** (including but not limited to cancer, cardiovascular disease, arthritis, osteoporosis, diabetes, fibromyalgia, and hundreds more.)

Cancer is caused by acidosis and replicates, spreads, and thrives in a low pH environment. Every time a clinical study is done on cancerous tumors and their environment, it always comes out the same. Scientists will take a tumor that has been removed from a patient and place half of it in an alkaline solution, and the other half in an acidic solution. The tumor in the alkaline solution shrivels up and dies rapidly. The tumor in the acidic solution grows and thrives.

Scientists have proven that cancer cells cannot live in an alkaline environment. Nobel prizes in medicine have been given out for the discovery of this fact.

Osteoporosis is mostly caused by acidosis. Do not let anyone convince you otherwise. It has little or nothing to do with the amount of calcium you consume or not consume. Osteoporosis kills more women than breast cancer. Nearly 90 mil-

lion Americans have some form of low bone density! 80% are women. Half of all women will have an osteoporosis related fracture in their lifetime. One fourth of those 50 years and over **die** within a year after a fracture from osteoporosis. What an incredible statistic! Osteoporosis accounts for 70% of all the fractures in people over 45 years of age. That is nearly 2 million fractures every year. It is a major cause of admissions to nursing homes.

Excluding cancer, cardiovascular disease (CVD) kills more people than all other diseases combined. Heart attacks and strokes kill nearly a million Americans annually! Acidosis is a major root cause of cardiovascular disease, not high cholesterol! (NOTE: dehydration also has a negative effect on the cardiovascular system.) Prescription drugs, 90% which are **extremely** acidic, are one of the main causes of acidosis induced heart attacks and are a major cause of dehydration. Acidic wastes 'scratch' arterial walls and cholesterol acts as a bandage on the 'scratches'. Get rid of acidosis and cholesterol does not need to be used by your body to patch up the damage.

What do Anna Nicole Smith, Marilyn Monroe, Judy Garland, Elvis Presley and Heath Ledger have in common? They all died from prescription drugs.

Let's examine just one drug out of thousands that are being prescribed by doctors and sold to the public. Vioxx, a pain medication manufactured by Merck, was taken off the market after less than five years of sales because tens of thousands of users died of heart attacks. Tens of thousands, that is, according to the FDA and AMA. The real death toll according to experts, was most likely more than one million heart attacks and hundreds of thousands of deaths.

Now let's just stop here for a minute and meditate on this fact. If you were angry or upset over the 3,000 innocent deaths on 9-11, just what are your emotional feelings about the hundreds of thousands of people who die **every year** from FDA approved prescription drugs?

According to the best selling book, "Death by Medicine" by Dr. Gary Null and Dr. Carolyn Dean, over 750,000 people die every year in the United States from "conventional medicine mistakes". A majority of those are from prescription drugs. These two doctors only considered medical establishment figures, and did not include the hundreds of thousands of people (possibly one million or more) who die every year of drug induced heart attacks and diseases.

It is a known fact that hundreds of prescription drugs cause disease, especially cardiovascular disease (CVD).

63 million Americans have one or more forms of CVD. 50 million have high blood pressure. More than one million Americans will suffer a heart attack this year. Nearly half of these people will die from the attack. Strokes will kill a quarter of a million Americans. Just as millions suffer from coronary heart disease, millions also suffer from cerebrovascular disease. Strokes have a devastating affect upon millions of people.

Statins, the drug that supposedly lowers “harmful” cholesterol levels are the most widely prescribed drugs in the United States. Tens of millions of people are on statins. Medical experts say these drugs cause massive heart failure due to their depletion of CoQ-10 from your body. Without CoQ-10, your heart could not function, your cells could not produce energy very effectively, and a host of other vital bio-mechanical functions of your body.

Statins are known, besides heart failure, to also cause extreme muscle pain and weakness, neuropathy, cognitive impairment, dizziness, cancer, pancreatic rot, depression, and a plethora of other side effects no one in their right mind would ever want to have. These harmful side effects are actually reported as such by the manufacturers of these drugs!

Considering the fact that cholesterol is not the cause of any cardiovascular disease, but is vital and absolutely necessary for the human body to function properly, don't you think it strange that the number one selling class of drugs in the United States are those that lower cholesterol levels?

Nearly all prescription drugs have an extremely low pH, making them some of the most acidic and toxic substances on earth. Acidosis is a devastating condition of the human body that invites a host of harmful critters to inhabit your body as well as weakening the cells, tissues, organs, and systems that keep you alive and functioning.

Acidosis is also at fault for the epidemic of arthritis in this country. Arthritis affects 43 million Americans. It is the most common disabling condition reported by women. Half of the people affected by arthritis are less than 65 years of age.

Acidosis is the most devastating condition affecting every American today.

**Moreover, it is not just the life-threatening diseases that thrive in an acidic environment. Your cells are badly weakened by acidosis, making them vulnerable to attack and being destroyed.**

Why has this happened? Starting with Adam and Eve and going forward for the first few thousand years, everyone ate a purely alkaline diet. Amazingly, they all lived to be several hundred years old! Around the turn of the century (1900), the Standard American Diet (SAD) was about 50-50. Fifty percent of the food people ate was alkaline and fifty percent was acidic. Twenty years ago, the SAD became 90% acidic and 10% alkaline. Today it is closer to 95% acidic and only 5% alkaline! This has had devastating consequences on your health.

Acidosis is caused by putting too many acidic foods and beverages into your body, taking drugs, and not eliminating acid wastes properly. Believe it or not, you are in a state of acidosis right now.

There are only a few exceptions, such as: if you have been eating a 100% organic and raw vegetarian diet for ten years or are already in homeostasis.

The reality is - you are acidic. That is why you and your family and friends have a 90 plus percent chance of dying 50 years prematurely of a preventable disease.

The bottom line is this. If you are properly alkaline, you eliminate the chance of getting all diseases by 90%. The more acidic you are the greater chances you have of getting disease, aging rapidly, and suffering from a plethora of symptoms.

**6) A PROPERLY FUNCTIONING LYMPHATIC SYSTEM.** The importance of moving your lymph fluid cannot be overstated. The lymph fluid delivers all nutrients, oxygen, and water to your cells. It is this very same lymph fluid that removes the toxins, poisons, and acid waste *from* your cells.

There are two sides to the lymph fluid coin. First, most people have very thick and sluggish lymph. Lymph is supposed to be very fluid, like water, not thick like mud or mucous. Even when you try to stimulate your lymphatic system to move your lymph fluid, it is ineffective when it is thick.

The other side of the coin is equally important. The blood is circulated throughout your body via a pump, your heart. Your lymphatic system does not have a pump to circulate your lymph. Therefore, even if your lymph is fluid, it needs to be stimulated so that it flows back and forth through your lymph vessels.

The Homeostasis Protocol addresses both of these aspects of your lymphatic

system. In order to possess optimum health, it is imperative for you to hydrate your lymph to 45 dynes and stimulate the flow of your lymph.

Even if you did place the perfect amount of nutrients, oxygen, and water into your body, if your lymph fluid is not circulating around your 75 trillion cells, then your cells will not receive these vital elements. The cells **MUST** have nutrients, oxygen and water. Your cells cannot function properly without them. Your cells also **MUST** be detoxified of their waste matter and have an alkaline environment. A sluggish lymph forces them to drown in their own toxic and acidic wastes, causing their premature death. Billions of your cells dying needlessly every day because of acidosis is the major reason why you have chronic pain, lethargy, disease, premature aging and other problems.

There are only a few known effective ways to move lymph fluid in your body. We explain the most effective ways in The Protocol. As I have repeatedly stated, the people who have overcome the greatest afflictions or life-threatening illnesses and are the closest to true Homeostasis, are those who apply the whole protocol every day, especially the things you can do to move your lymph fluid. Stimulating the lymphatic system is more important than you will ever know.

**7) PROPER ELECTRICAL CONSTRUCT.** Wow! Are you ready for this one? It really is not that difficult to understand.

Everything is made up of atoms. Atoms are the smallest unit of matter that is indivisible and invisible. All atoms have a nucleus. For a visual image of just what an atom is, consider this. If we enlarged the nucleus of an atom to the size of a ping-pong ball, the entire atom would have a diameter of approximately one mile! However, between the nucleus and the “edge” of the atom is a “void” of empty space. No solid matter here, just electrical energy known as the “Higgs Field”. 99.99% of every atom is not matter or particles, but energy in the form of electrical matrices.

The chair you are sitting on is made up of trillions of atoms. It is how these atoms interact with one another that determine what they are, whether wood, metal, fabric, etc. Even though you think your chair is “solid”, in all reality, it is 99.99% “energy”. What has this to do with your health?

Well, your body is made up of atoms. How these atoms interact with one another determines the health of your cells. What you place inside your body can have negative or positive affects upon the electrical construct of your cells.

Proper orbital spins, electromagnetic structure, polarity, electrical matrices, photon communication between cells, keeping free radicals in check, as well as other “electrical things” play a major part in whether or not your cells are healthy and functioning properly, or are weak, malfunctioning and/or dying.

What causes your body to get “out of whack” electrically? Here is the dirty dozen list:

1) **Eating non-organic food.** Chemical fertilizers, pesticides, and herbicides enter your body through the food you eat. These toxic chemicals have a profoundly negative effect on the electrical integrity of your body. These powerfully right spinning chemicals are very detrimental to your over all health through damaging your cells’ DNA and changing the electrical construct of your cells.

2) **Eating microwaved food.** Microwave cooking not only alters the nutrient structure but also creates bizarre chemicals in the food that before microwaving did not exist, nor would exist if the food was cooked with ordinary heat. Double-blind scientific studies have proven that after eating microwave food your blood and other bodily function are altered, in a harmful way.

3) **Eating chemically processed food.** MSG, aspartame, nitrates, nitrites, sulfates, sulfites, and other chemicals used in processed foods alter the electrical structure of your body, especially your brain chemistry.

4) **Eating cooked food.** Out of all the twelve listed harmful causes of damaging your electrical construct, this is the “least” harmful, but none-the-less does change some electrical flow in your body. Eating raw food is greatly beneficial to keeping a proper electrical flow throughout your body.

5) **Eating radiated food.** It is hard to come by accurate statistics of just how much of the food you eat is irradiated. The US government has made it legal to irradiate most food. We do know that vitamin and nutrient contents in food that have been irradiated drop significantly. We also know that the amount of kilo Grays (kGy) used in the radiation of food is huge. In the United States, fruits and vegetables are irradiated with up to one kGy, which equals the radiation output of approximately 33 million chest x-rays. Fresh meat and poultry products are irradiated with up to 4.5 kGy, which equal the radiation output of 150 million chest x-rays!

6) **Eating genetically modified food.** Genetically Modified Organisms

(GMO's) are a plague on society for many reasons, not the least of which is the way GMO's alter the electrons and electrical construct of the cells they come in contact with. Nearly all corn and soy, as well as many other "foods" are genetically modified, mostly to allow RoundUp, the toxic chemical herbicide, to be sprayed on them without dying. The plant absorbs the herbicide but does not die, however, when you eat the food, you are also eating the herbicide. Avoid them like the plague they are.

7) **Drinking tap water.** Actually, most all water in the world that has been "processed" by humans in any way are damaging to the electrical integrity of your body. As I mentioned previously about Ionized Alkaline Water, water receives a signature imprint when in contact with chemicals or other substances. This is manifest in its electrical charge, polarity, and structure. Only true spring, artesian or ionized alkaline water is non-harmful to the electrical integrity of your body.

8) **Drinking Reverse Osmosis or distilled water.** RO and distilled water "sap" the life-force and electrical charge from the cells of your body, killing them. RO and distilled water are the most deadly waters you can possibly drink.

9) **Being in contact with electromagnetic frequencies and electro-pollution.** Books have been written on this subject and there are now a "bazillion" websites dealing with this detrimental and harmful activity. Working with computers, living near power lines, wearing wired bras (a suspected breast cancer cause), sleeping next to an electric clock radio, sleeping on a bed that uses a metal bed frame, watching television too close, as well as working or being near a plethora of other EMF producing appliances and machines are extraordinarily harmful to the proper electrical flow in your body.

10) **Using cell phones.** Oh my, the damage that cell phones create is mind-boggling (pun intended). It is a major cause of brain tumors and other mental illnesses through changing brain waves in your head!

11) **Using prescription drugs.** As previously mentioned, drugs of any kind are toxic and have bizarre molecular structures and damaging electrical polarity and spins. These harmful drugs wreak havoc in your body, even down to the cellular level, damaging the DNA of your cells.

12) **Living, in general.** You can't get totally away from the harm done to the human body through everyday living. Here is but one example: The United States military has used the equivalent of 40,000 atomic bombs in the wars in Iraq



and Kosovo through depleted uranium weapons. This has left “nuclear dust” with billions of harmful radioactive isotopes circulating through the Northern Hemisphere 24/7. It’s like living next to Chernobyl after the nuclear power plant accident. We have so polluted this planet with unhealthy EMFs and harmful electrically charged molecules that there is virtually no escaping it. NOTE: One exception would be living in the southern parts of South America.

## HOW TO BRING YOUR BODY TO HOMEOSTASIS

You are probably no different from most people. Your number one concern about The Homeostasis Protocol is: what do you do on The Protocol? Is it hard? What will I have to give up?

We would love to answer honestly and fully all those questions, but as stated in the beginning of this book, that is considered a no-no by the government. We can not name products or tell you how to use them for the treatment of any disease or illness you have. However, we can give you some overall information about bringing your body to homeostasis. Let us go over some of these important insights about homeostasis.

### **Bring Your Body To Homeostasis**

Always keep in mind that The Homeostasis Protocol has only one purpose: to bring your body to homeostasis. Homeostasis is when your 75 trillion cells are replicating and functioning as they were designed. Because you have properly: nutrified, oxygenated, hydrated, detoxified, alkalized, stimulated the lymphatic system, and brought into a correct electrical construct your body. Homeostasis is the condition in which you live without disease, premature aging, chronic pain, dementias, depression, and everything else that is considered ill health. In homeostasis, you have energy, vitality, happiness and mental clarity every day of your very long life. What more can you ask of your physical body? Answer: Nothing! Homeostasis is the ultimate goal!

### **Unique**

The Homeostasis Protocol is very unique. Because it addresses each of the seven internal environments, it is effective for everyone. **There it nothing greater you can do that will bring you towards health, healing, and homeostasis – than The Protocol.** This is true for everyone, from the professional athlete who

makes his fame and fortune on the performance of his body, to the person on death's door with an "incurable" illness. Read this paragraph again. You could 'do' a thousand 'things' that are considered 'healthy', and they will NOT bring you any closer to divine health than what the Protocol will do!

### **Inexpensive**

The Protocol is incredibly inexpensive! What would you be willing to pay for divine health? Health care in the United States is a 1.5 trillion dollar a year industry. That is \$5,000 for every man, woman, and child in this country, annually! And what does it purchase? Certainly

not healthy citizens! Dozens of countries have greater quality of life (less disease, longer life, and/or less pain and suffering) than that of the United States.

Even those who do the entire Protocol right from the beginning recognize this is the least expensive thing they have ever done to achieve the greatest amount of results. The Protocol saves you a fortune in: lost wages (because of illness), your grocery bill (you purchase considerably fewer groceries – because you nourish your body more efficiently), medical bills (there should be none for the treatment of disease), insurance, supplements (virtually no others are needed), prescriptions (once you come to homeostasis – you need none), medications (the plethora of over-the-counter drugs, pain pills, cold & flu remedies, ad nauseum), plus many more. Many people report that they have such mental clarity that they advance rapidly at work or start their own business. Most people report they have such incredible energy they no longer 'sit around and vegetate because they are exhausted all the time'. On the contrary, they are 'getting ahead of the game', instead of being behind all the time. Many report no longer needing a psychiatrist. The joy and peace in their life is real and stable. Truly, The Homeostasis Protocol is inexpensive.

### **An Education Process**

The Protocol is an education process. Every single person who has an incurable disease or has been sent home to die because they were told there is nothing more the medical establishment can do for them has faced the most terrifying crossroad of their life. Is it true? Is there nothing that can be done? Millions have died not knowing they had an option. Those that address the seven categories of health have a chance at a truly healthy life. These people are alive today to testify that the body is capable of healing itself, despite the fact that the government

says that is not true without doctors and drugs. The Homeostasis Protocol is an education process that gives you life, frees you from deception, and unlocks you from the chains of bondage to a system that causes irreparable harm.

## Easy

The Protocol is formulated to be easy and not complicated. Incorporate the Protocol into your life in stages. Eventually, the whole Protocol becomes a way of living. Bad habits are replaced with good habits. Deadly ‘foods’ are replaced with life-giving foods. Ignorance or deception is replaced with knowledge. A costly yet harmful life style is replaced with inexpensive yet healthful living. Unhappiness is replaced with joy. Pain and suffering is replaced with vitality. Fatigue is replaced with energy. Premature aging is replaced with youthfulness. The Protocol is so much easier than the ‘other’ alternative, which is ineffective, painful, embarrassing, costly, time-consuming, and produces the exact opposite result than what you are looking for.

## The PATHs

The Homeostasis Protocol consists of actions in which each one addresses one or more of the seven internal environments. (Remember the Seven Internal Environments are: Nourish. Oxygenate. Hydrate. Detoxify. Alkalize. Stimulate the Lymph. And Keep Your Body in a Proper Electrical Construct!) We call each ‘action’ a **PATH**. **PATH** stands for **P**rotocol **A**ction **T**owards **H**omeostasis.

Never underestimate the significance of any of the PATHs. They all are beneficial. However, there are a few PATHs that are so powerful at changing your body, that many people think that they have obtained homeostasis from only doing the top four PATHs. This is understandable, for a majority of people, the top four PATHs make them feel and look better than they can ever remember. However, there are more PATHs you can do to fine-tune your body into its ultimate condition – homeostasis.

There are four **PATHs** in The Homeostasis Protocol that are **absolutely essential**. They are **The Foundation** of The Homeostasis Protocol. Hence, we call them **The Foundation**. There is nothing you can do to substitute what these four things can accomplish towards bringing your body to homeostasis. **NOTHING!** Even if you lived in a perfectly non-toxic home, ate 100% organic, raw, non-genetically modified food, did two hours of exercise every day, drank pure artesian water and nothing else, wore 100% organic cotton clothing and washed them in 100% natural soap, lived in a pristine, clean-air environment, and did

even more healthy things – you would still not move closer to homeostasis than if you simply did the first four PATHs of The Protocol.

When you are consistently doing these four things, you can say you are “doing **The Foundation** of The Homeostasis Protocol”. However, there is more to The Protocol than just these four **PATHs**.

**\*1\* IONIZED ALKALINE WATER.** Drink 8 to 12 glasses of alkaline water daily. Between meals, never during meals. Anytime one half hour before a meal and at least one hour after the meal is finished is best. First thing in the morning upon arising, drink two glasses of ionized water immediately. This PATH addresses each of the Seven Categories of Health. Drinking Ionized Water almost perfectly alkalizes and hydrates your body. It is the most effective way to detoxify and oxygenate your body. It is the only way to rapidly hydrate your lymph so you can stimulate it properly. It is extremely effective at keeping your body in a proper electrical construct. In addition, drinking ionized water changes the lymph fluid to 45 dynes so that nutrients can readily feed into your cells.

**A word of caution:** Beware of scams and companies selling all different kinds of water and water machines that are either useless or harmful. We have spent more than 35 years examining and researching the good, the bad, and the ugly when it comes to water products. We constantly get calls from people telling us their horror stories about getting ripped-off by purchasing some water ionizer that breaks within the first year or the company will not repair it or any number of problems. (If you want to take advantage of our expertise on the subject, feel free to contact us. Email us at [info@thehealthyprotocol.com](mailto:info@thehealthyprotocol.com) and ask for the water ionizer information and we will send it to you.) There are more scams out there than you could possibly imagine. Buyer Beware.

**\*2\* Super-dense nutrient-rich phenomenal product. Sorry, we can't tell you the name of this product.** But you need to take this product because it contains hundreds of vital nutrients, all in the exact state that your body needs and uses them. Dozens of rare or powerful nutrients, **that are not found in any other food source on this planet:** causes repair of the myelin, causes the pancreas to regenerate, causes repair and/or miraculous growth of new motor neurons, effectively replenishes neurotransmitters in your brain better than anything else you can do, causes cellular replication to triple from the Hayflick limit of 50 cellular divisions to more than 180 cell divisions, as well as hundreds of other mind-boggling beneficial effects upon your body. **Even if you consumed every other supplement on the market today, this product alone would nourish your body better than all others combined!** We have received thousands

and thousands of dramatic testimonies from people using this product. We sell more of this product than the other 60 or so products that are in our Protocols combined!

**\*3\* REBOUND** for at least 30 minutes per day on a rebounder, not a trampoline. (Mini-trampolines simply do not work as well as a rebounder.) This can be in 5 sessions of 6 minutes each, four sessions of eight minutes each, three ten minute sessions or two sessions of 15 minutes each. The more you rebound, the healthier you will be. There is no limit to the amount of time you can rebound. The more the better. This is the most perfect form of exercise ever devised. However, rebounding's purpose is to move your lymph fluid by stimulating your lymphatic system. If this is your only form of exercise, we recommend 45 minutes to an hour per day. There is no substitute for rebounding. This is the most effective way to move your lymph fluid so your cells receive nutrients, water, and oxygen and have the toxins and acid waste removed from them. We don't stock rebounders, but we can point you in the right direction of a good quality rebounder instead of the highly advertised cheaper models that have a tendency to break and not work as well. (Email us at [info@thehealthyprotocol.com](mailto:info@thehealthyprotocol.com) and we will send you information on the best rebounders. Note: We do **NOT** make any money or commissions. We only do this to help you.)

**\*4\* SUPER DETOX!** Oops! Sorry again. We can't tell you the name of this product. This product can be taken 3 at a time between each meal or an hour or so before each meal. Make this a priority! This special proprietary blend is used by thousands of doctors in the United States to detoxify heavy metals, chemicals, and toxins out of their patients. This is just one of scores of health benefits this product has. It also aids in digestion, increases interferon production, stimulates the activity of T-cells and macrophages, stimulates tissue repair, helps alkalize your body, as well as a plethora of other beneficial actions. There is also an adjunct product we recommend for detoxifying your body very effectively. It is a liquid that you place a few drops in a glass of water three times a day.

These four **PATHs** are able to effectively change your body dramatically enough that 99% of all the people who do them see a significant change for the better. **These four PATHs alone account for 70% to 75% of The Protocol.** They are vitally important. Without doing them, the other **PATHs** that follow, which account for the other 25% to 30% of The Protocol, are not nearly as effective at bringing your body to Homeostasis. In other words, **these four PATHs are what make all the other PATHs work efficiently.**

The following six **PATHs** are also very important. They provide a very vital part of your body coming to homeostasis. These are **MUSTs** in The Protocol. They are the next step in how to rapidly, efficiently, and effectively bring your body to homeostasis. After doing these ten **PATHs**, you may feel as though you have sufficiently changed your life enough and do not think you need to go any further on The Protocol. However, you need to realize that there are several more **PATHs** that can really fine-tune your body and help you reach homeostasis quicker.

**\*5\* 4-16-8 BREATHING.** Do ten or more 4-16-8 breathing sessions per day. Always begin your day (right **before** you get out of bed) with a 4-16-8 breathing session. This will oxygenate your brain and muscles, giving you a more energetic start to your day. Throughout the day, do as many 4-16-8 breathing sessions as you feel comfortable with. One every half hour is ideal. One per hour is optimal. Ten per day is the minimum. For mental clarity and mental stamina, you can do a session every ten minutes when needed.

4-16-8 breathing is simple. 1) Breathe in to the count of 4. 2) Hold that breath to the count of 16. 3) Exhale to the count of 8. (Keep pushing out the air in your lungs to the full count of 8.) Do this 5 times in a row. It is called a 4-16-8 breathing session.

4-16-8 breathing helps oxygenate your entire body, brain, and cells. It very effectively eliminates carbon dioxide. (Which is a problem for everyone because of shallow breathing.) It helps bring your oxygen/hydrogen ratio to an ideal balance. Your energy levels will go up, headaches will decrease, sleep time will be better, and all your aches and pains will diminish at least slightly. And it is free!

**\*6\* NORMAL BOWEL MOVEMENTS.** You must have normal bowel movements. If you are not eliminating properly, then you are toxic and therefore far away from homeostasis.

A normal bowel movement is considered when: 1) You have a minimum of two to three bowel movements per day. 2) They are 'banana' shaped. 3) They float (do not sink to the bottom of the toilet). 4) They do not 'stink' or smell bad (only a slight ripe-fruit smell is acceptable). 5) When you sit on the toilet, you are finished within two minutes, **maximum**. Any longer is not considered a normal bowel movement. 6) When you wipe with toilet paper, there is very little on the paper and you need not wipe more than twice.

Of course you are going to ask, "What if I don't have normal bowel movements?"

What must I do to correct this?” The first four PATHs are going to help build a healthy foundation for your gastrointestinal system, but you are going to need a little extra help to bring this system to homeostasis. There are a few products that can help you achieve this. We use a couple of different extremely powerful and unique probiotics (friendly bacteria) and a high fiber product (for increasing water and bulk) to help “sweep clean” your gastrointestinal tract. Contact us at [info@thehealthyprotocol.com](mailto:info@thehealthyprotocol.com) for info on these products.

Putrified fecal matter starts building up in crevices in your gastrointestinal tract. This becomes a breeding ground for: parasites, worms, flukes, Candida, yeast, fungus, mold, bacteria, and viruses. Our probiotic products are the most effective way to remove all this life-threatening putrefied fecal matter. Forget the colonics and other colon therapies. They are archaic, ineffective, time consuming, costly, and painful compared to these incredibly advanced probiotics. If you are currently taking a probiotic and you do not have normal bowel movements, then that should tell you something is seriously wrong, with you, your probiotic, or both.

Having a ‘dirty’ and improperly functioning gastrointestinal system is a major cause of obesity. When your system is full of post putrefactive fecal matter, you do not effectively absorb nutrients to feed your cells and instead you absorb toxins in the waste matter attached to the lining of the GI tract that are then circulated throughout your body! You also have pounds of this waste matter and harmful bacteria inside you!

FYI: The average American has 5 to 7 pounds of this waste matter attached to their GI tract. Autopsies revealed Elvis had 20 pounds and John Wayne had 44 pounds of this unhealthy material inside their GI systems at their deaths.

**\*7\* GET SOME SUNSHINE DAILY.** Try to expose as much skin to direct sunlight for a minimum of 30 minutes daily. There is no maximum as long as it is within reason and your skin does not burn, peel, or dry out. One to two hours is ideal. Sunshine is vital for Vitamin D production, helping boost your immune system, brain hormone production, as well as many other biomechanical processes. Of course I have promoted sunshine for 35 years, when nearly the entire medical and “health” communities have warned against it.

Recently, it seems like almost half the industry has gotten on the “bandwagon” of promoting vitamin D production through sunshine exposure. The documented proof that getting daily sunshine is vital for health is pouring in like a flood. It always amazes me that truths that some of us have known all our adult lives,

and promoted, but have been persecuted for, are somehow considered “new” or recent discoveries by the media and/or medical/health communities!

Without Vitamin D, your body cannot be in homeostasis. Vitamin D plays a major role in dozens of vital functions in your body. These include, but are not limited to:

A) Maintenance of blood calcium levels within a narrow range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body.

B) Active vitamin D is a potent immune system modulator. There is plenty of scientific evidence that vitamin D has several different effects on immune system function that may enhance your immunity and inhibit the development of auto-immunity.

C) The active form of vitamin D plays a role in insulin secretion under conditions of increased insulin demand.

D) Adequate vitamin D levels may be important for decreasing the risk of high blood pressure.

E) Osteoporosis is most often associated with inadequate calcium intake. The real reason is acidosis. However, a deficiency of vitamin D also contributes to osteoporosis by reducing calcium absorption. While rickets and osteomalacia are examples of vitamin D deficiency, osteoporosis is an example of a long-term effect of vitamin D insufficiency coupled with acidosis. According to documented studies, adequate storage levels of vitamin D help keep bones strong and may help prevent osteoporosis in older adults, in those who have difficulty walking and exercising, in post-menopausal women, and in individuals on chronic steroid therapy. Vitamin D deficiency, which is often seen in post-menopausal women and older Americans, has been associated with greater incidence of hip fractures. In a review of women with osteoporosis that were hospitalized for hip fractures, 50 percent were found to have signs of vitamin D deficiency.

F) Laboratory, animal, and some preliminary human studies suggests that vitamin D may be protective against some cancers. Several studies suggest that a higher dietary intake of vitamin D correlates with lower incidence of cancer. In fact, for over 60 years researchers have observed that greater sun exposure reduces cancer



deaths. Vitamin D emerged as a protective factor in a study of over 3,000 adults who underwent a colonoscopy to look for polyps or lesions in the colon. There was a significantly lower risk of advanced cancerous lesions among those with the highest vitamin D intake.

G) Diabetes mellitus, multiple sclerosis, and rheumatoid arthritis, are each examples of autoimmune disease. Autoimmune diseases occur when the body launches an immune response to its own tissue. Treatment with vitamin D has beneficial effects in animal models of all of the above mentioned diseases. Studies have found that the prevalence of diabetes, multiple sclerosis, and rheumatoid arthritis increases as latitude increases, suggesting that lower exposure to sun light and associated decreases in vitamin D synthesis may play a role in the development of these diseases.

All of the above information on Vitamin D was taken from a medical website.

NOTE: Avoiding the sun in the summer between 10am and 3pm is advisable. In extreme winter environments, at least expose your face to the sun for 30 minutes or more daily. Even though little or no vitamin D production is possible in the winter months for most of the United States, do your best and try to get some daily sun exposure. We understand that not everyone can do this PATH daily, because of weather and geography.

To maintain healthy levels of Vitamin D in the winter months, when it is almost impossible to get any via sunlight exposure, our Protocol contains the only supplement that we believe works with the body naturally to maintain adequate Vitamin D levels.

**\*8\* HELP - WHAT TO EAT AND WHAT NOT TO EAT!** We call this PATH the HELP. HELP stands for **H**omeostasis **E**ating for **L**ife **P**lan. This PATH is one of the most important, yet honestly, the most difficult one to do. If you have any major health problems, you must follow this PATH as closely as possible. If you consider yourself 'healthy', you still need to begin to follow this PATH more carefully. No matter how much of this PATH you currently are NOT doing, try week by week, and month by month, to incorporate more of this PATH into your daily lifestyle. PATH #8, the **HELP**, is what to eat and what not to eat!

This is a guideline placing all foods and beverages within a scale. Everything is rated, from the most harmful to the healthiest foods, (and everything in between).

Never consume the foods that kill (The -10's through the -8's.). Rarely, if ever, consume the bad foods (The -7's through the -3's.). Try to eat mostly the foods that give life, (The +1's through the +10's). This will help you come to homeostasis quicker. Everybody does 'cheat' on what they eat. However, this is the one PATH that takes self-control. **You** are responsible for your own actions. You reap what you sow!

## WHAT TO EAT –WHAT NOT TO EAT!

Before we address what to eat, let us look at a few very important facts on how to eat.

### **Organic! Raw! Chew! Small portions! Healthy! Variety!**

**Organic!** Eat organic! It is actually much cheaper to eat organic food than genetically modified, chemically grown, or irradiated food. Organically grown food has a much higher nutrient content than non-organic food. The reason you eat is to place nutrients in your body. Dollar per dollar, organic food is much more cost effective at accomplishing the reason you eat – nutrifying your body. Organic food is also free from the toxic chemicals that cause a host of problems, that will end up costing you a fortune – not to mention pain and suffering!

**Raw!** Eat as many organic and raw vegetables and fruits as you want. Especially vegetables. There is no limit (exception: people with hypothyroidism.) Snack on organic and raw vegetables. IE: carrot sticks, apples, bananas, celery, etc. (Read my article, “Why Cooked Food is Bad For You” at the end of this book.)

**Small portions!** Eat small meals only! Never gorge yourself. Avoid “all-you-can-eat” buffets.

**Chew!** Chew your food until it turns liquid, then swallow! Stop eating so fast, it is very unhealthy. Slow down. Enjoy your food.

**Variety!** Do not eat the same fruits and vegetables all the time. Eat a wide variety for optimal nutrient intake. Organic carrots and apples can be eaten daily. However, as an example, asparagus has a combination of nutrients not found in any other source. Unique nutrient combinations are also found in red raspberries, blueberries, melons, figs, garlic, spinach, beets, apricots, avocados, grapes, kiwi, pineapple, and many other fruits and vegetables.

Avoid all unhealthy (junk) food, especially those that are fried, that have sugar, and those with chemicals.

**NEVER** drink colas or soft drinks of any kind. They are the most deadly “foods” you can put into your body. This is the single most harmful thing you can do (besides drugs.)

## THE RATINGS

This rating system has 21 “levels”. The higher the negative number the more harmful and deadly the “food” is for you. Neutral rated food is neither overall harmful or healthful. There may be healthy or harmful aspects about the food, but they neutralize themselves, making the food neither good or bad. The higher the positive rated food, the more beneficial and healthy it is for you. The rating scale goes from -10 (deadly foods) to +10 (life giving foods).

This scale is logarithmic. Think of the Richter scale that measures earthquakes, it is similar. A -10 “food” is twice as bad as a -9 food, four times worse than a -8 food, eight times more deadly than a -7 food, and so forth. A -10 food is more than 1,000 times worse for you than a neutral food and more than 500 times more unhealthy than a -1 food. Get the picture?

Here are the categories of foods and beverages with their ratings. We start with the most deadly.

- 10 All soft drinks, colas, carbonated beverages. Including diet sodas.
- 10 Anything with aspartame in it. Diet colas, sugar-free foods, etc.
- 9 Foods that contain a lot of sugar. Such as donuts, candy, cookies, cakes, ice cream, fruit juices, condiments, bakery items, etc.
- 9 Foods that contain chemicals such as preservatives, additives, artificial flavors, artificial colors, flavor enhancers, nitrates, nitrites, sulfates, sulfites, MSG, artificial sweeteners, etc.
- 8 Fried foods. Deep fat fried or pan-fried. Such as French fries, fried chicken, etc.
- 8 All pork products, such as bacon, pork chops, gelatin, ham, etc.
- 8 Nearly all oils: canola oil, lard, margarine, soybean oil (especially bad), vegetable oil, corn oil, safflower oil, etc. (ONLY exceptions: extra virgin olive oil, coconut oil, flax seed oil, and butter.)
- 8 Any food with genetically modified (GM) ingredients. Most grains are now GM, especially corn.
- 8 Irradiated foods.
- 8 Distilled or Reverse Osmosis (RO) water.
- 7 All shellfish, such as shrimp, crab, lobster, scallops, mussels, clams, oysters, as well as catfish, shark, and squid.
- 7 Soy products of any kind (exception is fermented soy products, which is a -1). Please take time to read labels. Soy is ‘everywhere’ and in ‘everything’. Soybean oil should be avoided like

the plague.

- 6 Tap water.
- 6 Foods with some processed sugar, such as sauces, juices, some bakery items, ketchup, etc.
- 6 Caffeine products. Coffee, colas, tea, cocoa, and yes, even chocolate.
- 6 Dairy products. Especially ice cream and milk of any kind. (Goat's milk is a neutral.)
- 5 Venison from North America. (Chronic Wasting Disease concerns amongst other things.)
- 4 Non-organic cooked meats and eggs: fowl, fish, beef, lamb, etc.
- 4 White breads, white flour and items made with it like pasta, etc.
- 4 Alcoholic beverages (not including wine). Such as bourbon, vodka, gin, beer, etc.
- 3 Junk foods such as those with no nutritional value. (Many are already included in the above categories.)
- 3 Non-organic cooked fish and fowl.
- 3 All peanuts and peanut products. Aflatoxin concerns.
- 2 Refined salt, table salt, salty foods, etc. (ONLY exceptions are Celtic Sea Salt or Himalayan Salt)
- 2 Baked foods. Anything not listed above that is baked in the oven, except fruits and vegetables, see below.
- 2 All non-organic wheat and grain products.
- 1 Yogurt, commercial brands.
- 1 Fermented soy products such as miso, tempeh, natto, but NOT tofu.
- 1 White wine in moderation.
- 1 Butter.
- 1 White rice.
- 1 Natural eggs, cooked.
- 1 Organic chicken breasts, cooked.
- 1 Processed honey.

Neutral Whole Grain foods made from spelt or wheat, such as bread, pasta, cereals.

Neutral All raw, cooked, or steamed nightshade vegetables: white potatoes, tomatoes, bell/green peppers and eggplant.

Neutral Natural 'clean' fish, baked.

- +1 Natural, mercury-free, cold water (not farmed raised) salmon, trout, tuna, cooked. (Excellent source of Omega 3's, EPA's and DHA's.)
- +1 Natural honey.
- +1 Red wine in moderation. (Organic and sulfite-less red wine is a +4, in moderation.)
- +1 Natural organic yogurt.
- +2 Mushrooms.
- +2 Glass-bottled truly spring or artesian water.
- +2 Organic, range fed, un-caged eggs – cooked.
- +2 Celtic sea salt or Himalayan salt.
- +2 Non-organic olives.
- +2 Organic legumes (beans and peas) steamed or boiled.
- +2 Baked organic fruits and vegetables.

- +3 Whole grain, brown, and wild rice.
- +4 Steamed organic vegetables. (Exceptions are the nightshade veggies: white potatoes, tomatoes, peppers and eggplant. See under neutral.)
- +4 Extra virgin olive oil, coconut oil, flax seed oil.
- +5 All organic nuts and seeds, roasted. (Exception: peanuts, which are not nuts. See under -3.)
- +6 Raw organic legumes (beans and peas).
- +7 Organic garlic in any form, raw is best.
- +7 Organic olives and olive products.
- +8 All raw organic nuts and seeds. (Exception: peanuts, which are not nuts. See under -3.)
- +9 Raw organic fruits.
- +10 Raw organic vegetables. (Exceptions are the nightshade veggies: white potatoes, tomatoes, peppers and eggplant. See under Neutral.)
- +10 Ionized Alkaline Water.

Try not to eat any fried food. Deep fat fried is the worst! (Donuts, fried chicken, French fries, etc.) Deep fat fried foods should account for 0% of your diet.

Skillet or pan fried foods should be limited to less than 10% of your diet. Use only virgin olive oil or coconut oil for your cooking oils. No other oils are acceptable! Sautéed onions, mushrooms, vegetables, and occasional chicken breasts (organic preferred) and salmon/trout are acceptable. Remember, this should account for less than 10% of your total food intake.

Baked foods should represent less than 15% of your diet. Baked fish, breads, potatoes, chicken, vegetables, and very rarely healthy lean meat are acceptable. Remember, baked foods should account for less than 15% of your total food intake, unless you eat NO skillet or pan fried foods, and then it can be 25% or less.

Boiled or steamed foods should be limited to less than 25% of your diet. Vegetables and even chicken (boiled) that are cooked this way are ten times (1,000%) more healthy (less harmful) for you than if they are cooked by being baked or fried. If you consume no baked or fried food then your percentage of boiled or steamed foods may be 50% or less.

For a very **informative** article on why cooked foods are harmful, please read my article titled, “Why Cooked Food Is Bad For You”. It is on pages 44 to 47 in this book.

Any food that is cooked by any method over 118 degrees Fahrenheit destroys the enzymes in the food. This is very harmful to your body. Every bio-mechanical function in your body uses enzymes. You can't blink or even have a heart beat

without them.

If you do consume cooked food, we highly recommend the addition of an enzyme product before you start your meal. The Protocol includes what we believe are the best enzyme products in the world.

The remaining 50% of your diet should consist of raw fruits and vegetables, as well as nuts, seeds, and legumes. This can easily be accomplished by eating fruit for breakfast, juicing vegetables (such as carrots, apples, beets, celery, etc. in a juicer) or having a salad for lunch and eating a healthy cooked (steamed is always better) meal for dinner.

**\*9\* SLEEP.** This is very important. Please, pay careful attention. There is one and **only one purpose** for sleep.

To replenish the neurotransmitters that you used up throughout the course of the day.

What are neurotransmitters? Neurotransmitters are liquid chemicals that allow electrical impulses to move across one brain cell to another brain cell. Your brain has 100 billion brain cells, called neurons. Amazingly, none of them are connected to each other. There are huge spaces, called synapses, between all your neurons.

Your brain functions through electricity flowing across your brains cells. Tens of millions of brains cells are involved in nearly every electrical impulse, happening every second at lightning speed. So how does an electrical impulse “hop” from one brain cell to another? Actually, it cannot “hop”. It uses neurotransmitters as a conduit for the electrical impulse. When an electrical impulse comes to a brain cell that has no neurotransmitters connecting it to another brain cell, the electrical impulse stops.

The more neurotransmitters, the more brain function. The less neurotransmitters, the less brain function. If your brain had no neurotransmitters, you would be dead.

Without neurotransmitters, you have no brain function. Believe it or not, your brain controls everything that goes on in your body. The 75 trillions cells that make up your physical body are constantly signaling your brain. And your brain is constantly signaling them.

So what does sleep have to do with this?

You have four dimensions of sleep. Alpha, Beta, Gamma, and Delta sleep. During the deep dimensions of sleep, your brain goes into a “replenish mode”. Your brain utilizes amino acids and a plethora of other substances to make neurotransmitters. This is when the various neurotransmitters are manufactured and replenished in your brain.

You spend on average around two hours every night in each dimension of sleep. In the first two dimensions of sleep, no neurotransmitters are replenished. This is your brain basically going from consciousness to unconsciousness.

It is in the two deep dimensions of sleep in which neurotransmitters are made and replenished in the brain. A couple hours each in Gamma and Delta sleep are when your neurotransmitters are manufactured in your brain. This replaces those that have been used up the previous day.

Have you ever had “one of **those** nights”? The dogs are barking, the sirens wail, you are too hot or too cold, your spouse is snoring or pulling on the covers, the baby is crying, there’s a cat fight in the backyard, you are worried about something, have something important you can’t stop thinking about, or any number of sleep disturbing things that can happen.

What happens on a night like that is you were in and out of Alpha and Beta sleep all night (moving from consciousness to shallow sleep). You never spent much time in the deep dimensions of sleep and therefore did not replenish any (or very few) neurotransmitters. So you get up in the morning and feel worse than when you went to bed at night. You “drag your wagon” all day.

Here is one of the most important facts that you need to know, so pay careful attention to the following information. I call this “The Holy Grail of Sleep Information”.

Even if you got a “perfect” eight hours of sleep, it does NOT mean that you are going to be able to replenish all the neurotransmitters that you used up throughout the course of your day. You need BUILDING materials to replenish the neurotransmitters!

Neurotransmitters do not come from thin air. They are manufactured from nutrients. Therefore, if your brain does not have the PROPER KINDS of NUTRI-

ENTS and the PROPER AMOUNTS of those NUTRIENTS, you will not be able to make enough neurotransmitters to replenish what you used up that day.

And what does it mean when this happens?

You are tired.

You are grumpy or depressed or angry or moody or mentally not all there.

You do not think clearly.

You make mistakes.

You forget things easily.

You are not productive.

And those are just the things that go wrong mentally.

Physically you are more prone to manifest illness. After all, when your lungs and liver and left toe signal your brain, it simply can NOT analyze the information as well. (Ever use a REAL SLOW computer? One that drives you crazy? OK, that is what the rest of your body is thinking about your brain when you are lacking in neurotransmitters!)

So every system in your body, every organ, EVERY CELL suffers!

What about the exact opposite?

What if you are able to not only replenish the neurotransmitters that you use up every day, but are able to add copious amounts of neurotransmitters to your brain?

Aha! Are you ready for the answer?

You would increase your intelligence, be more happy, have more mental energy, be able to multi-task, handle stress better, improve your overall health DRAMATICALLY in addition to a plethora of other mind-boggling benefits!

The PURPOSE of sleep is to replenish neurotransmitters!

The PRODUCTION of neurotransmitters is TWO-FOLD: Getting deep dimension sleep and having the building materials (nutrients) available to make the neurotransmitters.

This needs to be repeated again!



The PRODUCTION of neurotransmitters involves Two Important factors: Getting enough deep dimension sleep AND supplying the building materials (nutrients) your brain needs.

There are two incredible products in The Protocol that accomplish this. One is PATH #2 (that amazing product we can't mention the name) and another product that naturally allows you to get into the two deep dimensions of sleep quickly.

Most people on The Protocol sleep between one and two hours less per night yet feel as though they have slept for days, feeling bright-eyed and revitalized upon awakening.

Imagine having two hours more every day to do the things you never have time to do. This would be like giving you an extra month and a half every year. While the rest of the world is trying to get everything done in 365 days, you would have well over 400 days! And on top of that, your mind would be clear and functioning optimally. You would be very productive, accomplishing tasks in much less time than it would normally take you.

Ideal sleep. It is one of the incredible benefits you receive when doing The Homeostasis Protocol.

**\*10\* SWEAT/EXERCISE DAILY.** Sweating is the fourth most effective way to remove toxins and poisons from your body (Rebounding is the best way. Drinking ionized alkaline water and doing PATH#4 are a close second and third). There are many things you can do to sweat and exercise daily, including: working out, yard work, jogging, manual labor, most any exercise, playing sports, and many others. The healthiest, least stressful, and most efficient way to sweat is to use a far-infrared sauna. If you have cardiovascular disease (40% of all American adults do), then the far-infrared sauna is a must for you. It is the only way to sweat without overheating your body, which forces the heart into a compromising position. A few of the best forms of exercise are: tennis, bodybuilding, volleyball, basketball, and jogging. (Of course, rebounding is THE best.) Most sports and walking are moderately good forms of exercise.

Those are the Top Ten PATHs of The Homeostasis Protocol. Do these ten things and you will certainly and dramatically change your life for the better.

There are some PATHs that you can add to your way of life that do not cost anything and amazingly use up very little time for the benefits you receive from doing them. They are:

**\*11\* Skin brush and do hydrotherapy daily.** It only costs \$10 or so for the skin brush, and the benefits are incredible. Skin brushing helps you detoxify, stimulate your lymphatic system, oxygenate your body, and keep your skin healthy and smooth. Skin brushing right before you go into a shower or bath is a great time to do it. While you are in the shower, try doing some hydrotherapy. This is alternating between hot and very cold water, at least one minute at each extreme. It has some of the same benefits as skin brushing.

**\*12\* “Ground” yourself daily** (or at least every other day). What is “grounding”? Go outside **barefoot** and walk around on the grass or the ground for a minute or two. Draining the built up EMP’s (Electrical Magnetic Frequencies) in your body will help keep your body in a proper electrical construct and help prevent damage to the cells. Walking barefoot on cement is not nearly as effective. The ground needs to be soil or grass. This may sound ‘weird’, however it is effective, especially with those that have cardiovascular problems, such as arrhythmias.

**\*13\* Proper Attitude** about life. This incorporates several things.

- Stress reduction. Get a massage. Relax. Vacation.

- Rest. Slow down. Mellow out! It will do wonders for your attitude and health.

- Laugh. Enjoy life. Read the comics. Smile! Dance. Sing a joyful tune.

- Forgive. Do NOT harbor bitterness or resentment. Let it go.

- Love. Love your family. Your friends. Be compassionate to all. Love Life.

- Have Faith. Trust in God. Recognize Him as Creator. Read the Bible. Pray. Meditate on His goodness.

**\*14\* Breathe pure air** in your home. Cleanliness is not only important in your personal hygiene, but also in your surroundings. Believe it or not, the most toxic (and chemically dirty) place you ever go is your home. In fact, statistics show that the air inside your home is 10 to 20 times more toxic than the air outside your home. Dust mites, dust mite feces, mold, human skin, bacteria, dust, pollen, chemicals, fumes, smoke, mildew, viruses, pet dander, and much more are in the air you breathe inside your home. These are not only irritants, but also toxic to your body. Many of these toxic substances are the cause of asthma, allergies, sinusitis, respiratory problems, chronic headaches, chronic phlegm or mucous problems, irritability, depression, lethargy, fatigue, and too many more to name here. Air purifiers can help. Large ordinary houseplants are also very helpful at

purifying the air in your home or workplace.

## **\*15\* AVOID the Nine Dangerous and Deadly No-No's!**

**1 Drugs.** Illegal, over-the-counter, or prescription. All drugs are harmful in some way to your body. It is impossible to bring your body to homeostasis with the use of drugs. In truth, very few things can more rapidly take your body away from homeostasis than drugs, of any kind! Drugs negatively affect all seven categories of health! This is a fact. More people in the United States die from drug usage (prescription and over-the-counter included), than all murders, suicides, wars, and accidents (lightning strikes, falls, drowning, plane, train, and automobile accidents, etc.) combined! We cannot “legally” ask or tell you to stop taking any prescription drugs, nor are we trying to. We simply want you to be informed on the harm that all drugs can do to your body.

**2 Smoking** and the use of any tobacco products.

**3 Colas and soft drinks.** Even though this has already been addressed in the HELP (Homeostasis Eating for Life Plan, see PATH #8), drinking colas are so detrimental to your health and hindering your body coming to homeostasis, that it deserves an additional category of its own here. Soft drinks are one of the most acidic substances you can put in your body. AVOID them at all costs!

**4 Chemicals.** All man-made chemicals are bad for you, some worse than others. Scores of books have been written on this subject. The most important thing you need to do is become educated on the subject.

Secondly, take the time to read ingredients! Not just on food items, but everything you purchase or use. Here are a few (very few) examples: Hair care products, cosmetics, deodorants, toothpastes (very deadly fluorides), clothing (if it is not cotton, silk, wool, leather or one of the new plant fibers, it isn't natural – and therefore it is harmful!), household cleaners, laundry detergents, body care products, baby products, paint, furniture, building materials, dinnerware, ad infinitum. We sell a host of natural products that meet all the requirements that are stated in the Protocol, including soaps.

**5 Supplements.** YES, supplements! Multi-vitamins, multi-minerals, Vitamin C, amino acids, 'sports' supplements and the list could go on and on. More than 95% of all supplements sold in the United States are synthetic, petroleum or

coal-tar based, man-made, single isolated, non-viable, Trojan horse, harmful ‘nutrients’. They cause malnutrition, toxemia, dehydration, acidosis and a plethora of harmful affects upon your body.

Out of thousands of different kinds of supplements available today, only a handful are actually beneficial. Though they are labeled ‘natural’ or ‘organic’ or some other benign sounding name, a vast majority of them are most likely harmful for you. You also need to beware of herbal products, ‘food’ source products, and other supposedly healthy products made from the ‘earth’, the ‘sea’, or ‘Mother Nature’ that are not natural or have been processed in some way that renders them useless or harmful.

**6 Medical Procedures.** Become educated on the harmful side affects of medical procedures. They include but are not limited to: Vaccines, shots of any kind (flu, allergy, etc), medications, surgery, chemotherapy, radiation, dental amalgams, doctor offices, hospitals, clinics and places where antibiotic resistance strains of viruses are ‘caught’, x-rays, mammograms, cat scans, MRI’s, etc... Educate yourself on the harmful side affects of any medical procedure. NOTE: Some Medical Procedures are beneficial for the treatment of injuries, accidents, and life threatening situations.

**7 Electrical Pollution.** Electrical Magnetic Frequencies (EMF’s), microwaves, cell phones, high-voltage power lines, ambient fields, radiation, fluorescent lights, VDT’s (Video Display Terminals), etc.

**8 The Nine Bad Attitudes.** Hate. Unforgiveness. Anger. Jealousy. Selfishness. Unhappiness. Impatience. Meanness. Out-of-control behavior. Replace these with The Nine Good Attitudes: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

**9 Deception.** Stop being deceived by slick infomercials, multi-level marketing ploys, health scams (the alternative health industry is saturated with dishonest companies trying to make a buck off of desperate and hurting people), fads, so-called best selling books on everything from diets to “health products”, and a plethora of other deceptive practices used to snare you into doing something advertised as healthy but in all reality is harmful.

Remember the truths presented here. What good is a product that supposedly helps you with an illness if your body’s seven internal environments are not corrected first? You **MUST first** nutrify, oxygenate, hydrate, detoxify, alkalize,

hydrate the lymph to 45 dynes and stimulate it, and bring your body's electrical construct to its proper state **before** you can truly be in a healthy healing state. As long as you are in a degenerating, diseased state, your body can **not** heal properly.

## THE SEVEN CATEGORIES OF HEALTH

1. NUTRIFY
2. OXYGENATE
3. HYDRATE
4. DETOXIFY
5. ALKALIZE
6. STIMULATE LYMPH
7. PROPER ELECTRICAL CONSTRUCT

Conclusion: Living a healthy, long, vibrant life is only obtainable through bringing your body to homeostasis. Homeostasis is when your seven internal environments are in their proper balanced state. Keeping your body in this condition protects against rapid aging, disease, and degeneration of bodily functions.

The Homeostasis Protocol is an education process of learning how your body functions and what you can do to bring it to this ideal condition.

### The True Story of Doctor Ignaz Semmelweis

Ignaz Semmelweis was born in Hungary in 1818. For nearly all of eleven years, from 1835 to 1846, he was attending various universities and medical schools, where he earned a Master's Degree. Semmelweis was hired on at the famous hospital in Vienna, the Allgemeines Krankenhaus, which was the teaching hospital for medical students. This hospital became one of the most prominent centers of medicine for over 100 years. However, the fame was not due to Semmelweis.

Semmelweis became the titular head house officer of one of two wards in the hospital that delivered babies. The ward in which he was in charge of had a maternal mortality rate, due to puerperal fever, of more than 13%. That meant that 13% of the women who came to the hospital and ended up in his ward to give birth, died of what was called, "childbed fever".

Interestingly to Semmelweis, was the fact that the other maternity ward had a maternity death rate of only 2%. Both wards were in the same hospital and used the same techniques. The only difference being the people who worked there. Semmelweis's ward was a teaching service for medical students and the second ward was for midwives.

A tragic event in 1847 led to the discovery of what was causing the inordinately high deaths in his ward. A friend of Semmelweis, and fellow doctor, died from an infection he contracted from an accidental knife wound while performing a postmortem examination. Semmelweis's friend's death was very similar to those women who were dying from puerperal fever.

It was common for students to work in the autopsy room and go directly into the maternity ward. Washing hands for hygienic reasons was unheard of in those days. Semmelweis concluded that he and his students were carrying some unknown material from the cadavers they were working on and infecting the women in the maternity ward.

Semmelweis immediately instituted a policy of washing hands with a chlorinated lime solution between autopsy work and examination of patients in the maternity ward. The death rate in his ward quickly dropped from 13% to 2%. This lower rate was comparable to the second ward's mortality rate.

Semmelweis was ecstatic that his hypothesis, that something in the cadavers was getting on the hands of him and his students and then infecting the women, was true. The joy of this discovery was short lived. The death rate at the famous Vienna Hospital was so notorious that many women proclaimed that they would rather give birth on the streets of Vienna than at the hospital. The untimely death of so many women was a tragedy. Semmelweis thought his discovery would be welcomed by all.

But it was not to be. His 'theory' went against the current medical opinion of the day, which blamed all disease upon an improper balance of "the humours" or fluids in the body. Of course this was later discovered not to be true. However, for nearly two thousand years, (since the Greek physician Galen) physicians used treatments like blood-letting (draining blood out of the patient) as treatment for nearly all ailments, even using this barbaric procedure prophylactically (as a prevention for disease).

Doctors complained, that even if what Semmelweis had theorized was true, that washing hands between patients was simply "too much work". For that matter, doctors weren't about to admit that they had been the cause of so many deaths. Subsequently, Semmelweis and his theory were viciously attacked. Semmelweis, knowing the truth and wanting to do more, included the instruments used in working on cadavers and patients in his washing protocol, which further reduced the rates of death and infections.

However, in the medical community, Semmelweis was considered a 'liberal', and the conservatives were gaining in numbers and power. Within a year of these astounding changes, he was fired from his position at the hospital. The Viennese medical community would

continue to reject him, for the rest of his life. Rejected by the politics, Semmelweis went back to his homeland of Hungary, where he headed up the maternity ward of Pest's St. Rochus Hospital. Dropping the puerperal fever rates to below 1%, his ideas began to be readily accepted throughout Hungary in the 1850's.

However, even by 1860, back in Vienna, at the hospital where he made his discovery, 35% of the pregnant women were dying of "childbed fever". His works were published throughout his lifetime, nearly always being rejected by the medical community. Many doctors, scientists, hospitals, and organizations attacked him relentlessly. The hostile attacks took their toll on Semmelweis. Little did anyone know that it would be the hostile actions of the Viennese that would end his short life at the age of 47.

In July of 1865, after 18 years of vicious attacks by the medical community, Semmelweis suffered a nervous breakdown. Friends and relatives strongly recommended that he leave Hungary and sent him to Vienna, where he was committed to a mental asylum. Within two weeks, asylum personnel had beat him so severely that he died within days.

The life and death of Semmelweis, is not unique.

Many doctors, health practitioners, or persons who have made life saving discoveries in the field of health and disease, have been persecuted, threatened, destroyed, and 'ran out of town'.

I know, because I am one of them.

I have chosen to leave the country of my birth (the United States of America) because of the insane persecution of the truth. Just like the doctors in Semmelweis's day, most doctors today are not interested in saving lives or taking the time to do the right thing.

I hope you never forget the life of Ignaz Philipp Semmelweis.

May he rest in peace.

## **Why Cooked Food is Bad for You**

By Blake Sawyer

Nature has provided humankind with food that is able to keep us whole, healthy, and alive. Man, on the other hand, has scoffed at the Creator, deciding instead, to create his own food. The changes are no longer subtle.

Food that is genetically modified, irradiated, chemically grown, sprayed with pes-

ticides and herbicides, choked with ripening gases and a plethora of other deadly and dangerous scientifically advanced ‘treatments’ is no longer even remotely similar to what it once was. Cooking, is just one of the many ways in which man changes naturally and beneficial food, into a toxic and harmful substance.

What exactly happens to food when it is cooked? What happens to your body when you eat cooked food? Some key points are covered in this article, but this is only the tip of the iceberg.

Due to space limitation, we can only touch on the topic here; however, a brief overview is given below.

### **Key Points Regarding the Effects of Cooked Food**

- The food’s life force is greatly depleted or destroyed. The bioelectrical (energy) field is altered and greatly depleted (as is graphically demonstrated with Kirlian photography). Food that once was alive and bioactive is rendered dead and inert.
- The biochemical structure and nutrient makeup of the food is altered from its original state. Molecules in the food are deranged, degraded, and broken down. The food is degenerated in many ways. Fiber in plant foods is broken down into a soft, passive substance, which loses its broom-like and magnetic cleansing quality in the intestines. This causes a domino affect in which the gastrointestinal tract becomes a toxic breeding ground.
- Nutrients (vitamins, minerals, amino acids, etc.) are depleted, destroyed, and altered. The degree of depletion, destruction, and alteration is simply a matter of temperature, cooking method, and time. Deep fat fried food is the worst, pan fried next, then baked, boiled and ‘least’ altered and not as harmful is steamed food.
- This depletion of nutrients is a major cause of obesity. Hunger pains are generated by the brain when the trillions of cells that are programmed for mitosis (cellular replication or division) ‘scream’, “Feed me! Feed me!” to the brain. When these trillions of cells do not receive the nutrients needed to create new cells, the brain induces hunger pains. Continuing to eat cooked food, depleted of nutrients, causes over eating, which causes the caloric/nutrient ratio to be way out of balance.



- Up to 50% of the protein is coagulated. Much of this is rendered unusable. No other mammal or animal “cooks” their food. Protein from plant sources is much more assimilable in its original state.
- High temperatures also create cross-links in protein. Cross-linked proteins are implicated in many problems in the body, as well as being a factor in the acceleration of the aging process.
- Starchy foods cooked at high temperatures, especially those fried, create a huge amount of the toxic chemical acrylamide. Acrylamides are used in the creation of plastics. They also have been shown to be carcinogenic (cancer causing).
- The interrelationship of nutrients is altered from its natural synergistic makeup. For example, with meat, more vitamin B-6 than methionine is destroyed, which fosters atherogenic free radical-initiating homocysteine accumulation (which is a factor in heart problems).
- The water content of the food is decreased. The natural structure of the water is also changed. This is a cause of dehydration in the body.
- Toxic substances and cooked “byproducts” are created. The higher the cooking temperature, the more toxins are created. Frying and grilling are especially toxin generating. Various carcinogenic and mutagenic substances and hordes of free radicals are generated in cooked fats and proteins in particular.
- Heat causes the molecules involved to collide, and repeated collision causes bivalent bonding that creates an order of new molecules, and hence a new substance. In an ordinary baked potato, there are 450 by-products of every description. They have even been named “new chemical composites”.
- Unusable (waste) material is created, which has a cumulative congesting/clogging effect on the body and is a burden to the natural eliminative processes of the body.
- All of the enzymes present in raw foods are destroyed at temperatures as low as 118 degrees Fahrenheit. These enzymes, named “food enzymes” are important for optimum digestion. They naturally aid in digestion and become active as soon as eating commences. Cooking destroys 100% of these enzymes. Eating enzyme-dead food places a burden on the pancreas and other organs and overworks them, which eventually exhausts these organs. The digestion of cooked food

the digestive tract in half to a third of the time it takes for cooked food.

- The total destruction of the enzymes is a major cause of fatigue or lethargy in people, especially in those who have a “lull” within a few hours after eating. The body must go through an energy sapping process to digest the food just eaten, without the natural aid of enzymes
- After eating a cooked meal, there is a rush of white blood cells towards the digestive tract, leaving the rest of the body less protected by the immune system. From the point of view of the immune system, a foreign (toxic) substance is invading the body when cooked food is eaten.
- A general augmentation of white corpuscles in the blood and a change in the relative proportions of different blood cells occurs. This phenomenon is called “digestive leukocytosis”.
- The natural population of beneficial intestinal flora becomes dominated by putrefactive bacteria (particularly from cooked meat), resulting in colonic dysfunction, allowing the absorption of toxins from the bowel. This phenomenon is called dysbacteria, dysbiosis, or intestinal toxemia (toxicosis).
- A buildup of mucoid plaque is created in the intestines. Mucoid plaque is a thick tar-like substance, which is the long-term result of undigested, uneliminated, cooked food putrefying in the intestines. Cooked starches and fats in particular are a major culprit in constipation and clogging of the intestines.
- The intestines become a breeding ground for Candida, yeast, fungus, molds, and parasites with the build-up of this putrefied matter.
- A build-up of toxins and waste material in many parts of the body, including within individual cells occurs. Some of these toxins and wastes are called lipofuscin, which accumulates in the skin and nervous system, including the brain. It can be observed as “liver spots” or “age spots.”
- Cooked food causes malnutrition at the cellular level because it is lower in nutrients. In addition to containing wastes and toxins, individual cells do not receive enough of the nutrients they need.
- Cooked food is also less likely to be properly metabolized, which is another

factor in excess weight gain.

- From time to time, the body experiences detoxification crises (also called purification or healing crises). This happens when toxins are released through the skin or dumped in the bloodstream for elimination by the liver, kidneys, and other organs. The symptoms may include headaches, fever, nausea, vomiting, colds, bronchitis, sinusitis, pneumonia, diarrhea, etc.
- The body can become so toxic that all kinds of particles, such as pollen, can cause detoxification crises, called “allergies”. An estimated 80 million Americans suffer from such “allergies”.
- The immune system, having to handle the massive daily invasions of toxins and toxic by-products, eventually becomes overwhelmed and weakened. A key factor in the aging process.
- Some of the waste material builds up in the arteries and clogs them, leading to high blood pressure, atherosclerosis, arteriosclerosis, strokes, etc. – killing an estimated 35% of Americans.
- The acid wastes, toxins, mutagens, and carcinogens that build up within cells, as well as the daily onslaught of excess free radicals eventually cause some cells to become cancerous – killing an estimated 30% of Americans.
- In general, the natural aging process is accelerated by cooked food. People who switch to raw food often become biologically and visibly younger.
- Tens of thousands of people who have gone on a strict organic and raw diet have not only reversed the affects of aging, but many of life’s most deadly ‘diseases’, including cancer, diabetes, arthritis, osteoporosis, cardiovascular disease, as well as others.
- Avoiding cooked food is one of the single most important and life changing things you can do. It assists The Protocol in rapidly reversing malnutrition, hypoxia, dehydration, toxemia, acidosis, a sluggish lymphatic system and the improper electrical construct of your body.

“Beloved, I wish above all things that thou mayest prosper and be in health,  
even as thy soul prospereth.”

3 John 2

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