

Inflammation Bootcamp

"The core of all our health problems is poor soil health, genetically engineered foods and glyphosate usage but there is a solution."

Can we step back for a second and ask, "Why are autoimmune diseases so rampant, why are we seeing so many viruses and infections? Why do we see so many gut issues, why is autism increasing, why is the number of cases of diabetes skyrocketing? And why is there such a dramatic increase in dementia and Alzheimer's?"

Dr. Arden Anderson in his book, Food Plague, makes a powerful research backed argument that the core of all our health problems is threefold. First, our sick topsoil is creating demineralized plants. Second, GMOs are creating "Frankenstein" foods and the results are frightening. Finally the chemical poisons like glyphosate compound the effects of sick soil and GMOs.

I want to suggest a way to alert our patients so they can participate in the solution, but let me discuss the problems first. Dr. Anderson painstakingly provides detailed research data and alternative solutions. Let me give you an overview.

Let's go back to the soil. Since our soil is lacking minerals, plants are not able to grow in a



healthy manner and have reduced nutrient value. The plants may look good but they are not strong, vibrant and contain the nutrients that they did 75 years ago. Liquid Nitrogen is sprayed on plants to stimulate growth. However, without healthy soil, the plants can't develop to their potential, in essence they're unhealthy.

Here's a key point, insects don't like to eat healthy plants. Their digestive system can't break down the cell walls. But insects love unhealthy plants because they have access to the nitrogen that makes the sick plants grow. Creating healthy soil and growing healthy plants would drastically

reduce the need for endocrine disrupting pesticides.

Healthy soil grows healthy plants with extensive root systems. Healthy plants may not crowd out weeds completely, but they definitely minimize them. Also, healthy plants provide minerals needed to detoxify the chemicals from our environment.

The second problem is GMOs. Here are just a few reasons we must avoid them.

1) Every animal, wild or domestic, chooses regular food over GMO food 100% of the time unless they are starved.

2) In every single animal study using GMO foods, animals showed gastric inflammation. With what we know about the gut and autoimmune disease this alone should be enough to motivate people to stop eating them.

3) A Horizontal Gene transfer process from the foreign infective gene complex of the food product to our gut bacteria has been identified. One example is with BT sweet corn.

The protein Cry1B was found in the blood of 93% of pregnant women and 8% of fetuses. Here's the scary part, the amount found in blood was much higher than could have been ingested by the mother. The infective gene complex of the food turned on gut flora to produce this toxic foreign protein.

4) An Australian study showed three different species of animals, fed the Cry1B protein, developed pathological intestinal liquefaction and their behavior resembled those of the most acute autistic characteristics.

5) Nine groups of rats and mice were fed a diet of potatoes, corn, grapes and tomatoes containing only 10% genetically engineered foods and 90% non GMO foods.

Four weeks into the study researchers observed shrinkage of kidneys, saw changes in liver and spleen. Next, malignancies appeared. There was kidney failure and hemorrhages in the intestine, and learning and memory were seriously altered. Death rate of babies fed the GMO diet increased by 35%. 50% were dead after 3 weeks.

The third problem is glyphosate and the marriage between it and the GMOs. I added a link to an earlier discussion of how glyphosate chelates healthy minerals to weaken the plant's defense mechanisms.

More recently glyphosate's antimicrobial properties have been exposed. Glyphosate was a patented product known to kill healthy micro-organisms in the soil, allowing pathogenic microorganisms to kill the weeds. Since 1990 the amount of glyphosate sprayed on non-GMO

plants as a desiccant or drying agent has dramatically increased. We unknowingly eat plants with traces of round up. Glyphosate is showing up in urine of the urban population. Guess what? Glyphosate acts as an antimicrobial agent in our food but it acts as an antimicrobial agent in our GI system as well. In other words, it kills the healthy bacteria in our gut allowing dysbiotic bacteria to proliferate.

As clinicians how do we turn the tide? One of the most effective ways to do that is to put patients on what I call an Inflammation Bootcamp for 30 days. Because once patients start feeling better, have more energy and lose a few pounds they are motivated to take the next step.

The Inflammation Bootcamp has two steps. The first step is the NutriClear Plus cleanse program for 15 days. A small unpublished trial showed patients reduced 64% of their symptom burden by following this simple program.

While on the NutriClear Plus program, patients follow an anti-inflammatory diet devoid of GMOs and glyphosate.

The next step is to remain on the same diet for 15 days while taking nutrients to rebuild cellular infrastructure. The bootcamp has a definite "start-stop" date of 30 days. A lot of healing can take place in 30 days when patients are reducing poisons and are eating clean food. After 30 days, you can decide to put them on a maintenance program or dig deeper and order further tests.

If utilizing a simple program like this is interesting to you, click to the right to watch a webinar where I discuss the program in detail.

If patients are going to get their health back, they have to "get in the game". This simple little system really helps people "get in the game" and allows them to experience how getting off GMOs and glyphosates makes a big difference to regain their health.

Thanks for reading this week's Tuesday Minute. I'll see you next Tuesday.