

# **The Counter Intuitive Guide to Better Health**

## **Introduction**

We've all been told "Don't eat fried foods, get lots of sleep, don't get stressed, don't get cold..."

The truth is just the opposite. This report will introduce you to some counterintuitive ideas about being healthy. Each topic could be a book in of itself, so this will be brief. If you want more information on any of these topics, a quick internet search should satisfy your scientific curiosities.

### **#1 Eat more fat**

With the advent of the agricultural revolution, 100,000+ years of food habits changed in a few generations. We went from fresh meat, fish, eggs, insects, nuts, tubers, fruit, dairy and honey when available to a diet dominated by grain and beans. We are already adapting to this diet with enlarged pancreases to deal with all the starches but it still causes a lot of trouble for us.

There are thousands of books on how to eat. While exactly what and how a person should eat is

of course affected by their genetics, here are some basic rules.

1- Don't eat food you are allergic to. You may not realize that the joint pain, fatigue and brain fog you might experience could be the result of a food allergy. The best way to know is to get a food allergy test. If you can't afford that, look at the Eat Right For Your Blood Type books by Dr. D'Adamo.

2- Keep your omega 3 to omega 6 ratio as close to 1:2 as possible. Prehistoric man had no access to vegetable or nut/seed oils. His and her fats came from the animals they ate. We are told that we should avoid animal fats, but this was based on a study where rabbits were fed animal fat and developed plaque in their arteries. Rabbits are vegetarians with no efficient way of metabolizing animal fats. We on the other had have gall bladders and lots of fat digesting enzymes. Beef fats and butter are just fine, but if you utilize chicken or pig fat, they have a higher omega 6 to omega 3 ratios so add some fish oil to balanced the omega ratio.

By keeping the omega ration close to 1:2 inflammation is minimized. To make it simple, minimize nut and vegetable oils and add fish oils to your diet. This will keep your inflammatory levels

(ecosanoids) down. Canola oil, oil heated to the point that it smokes, old oils and hydrogenated fats are of course to be completely eliminated.

3- Keep to a ketogenic diet using fats not sugars or starches as your predominant fuel source. Since fat does not require insulin to enter the cells like sugars do, this will drop your insulin levels decreasing inflammation, giving you more stamina, less food cravings and a leaner stronger body. You can learn more about this from the book Keto Clarity.

4- Stop eating when you are 80% full and 20% hungry. There is a time lag between when you eat and when the sensors in your body tell you that you have had enough. If you keep eating until you are full, you will eat more than your body wants and this will raise your orexin levels causing fatigue and overwork your digestive system.

Fat can and should account for 80% of your caloric intake. Unlike sugars and starches, once you shift your body into Ketosis (fat burning) you'll have more energy, more resistance to the cold, less mood swings, less mental fog and a stronger leaner body. Just make sure that it is omega 3 to omega 6 balanced, fresh and unburnt. The rest of your diet

can be vegetables, nuts and the occasional fruits. Remember, stop eating while you are still a little hungry. Remember what you were told: “Finish everything on your plate.” Nope, ignore the plate, listen to your stomach, then stop at 80%.

The only time a high fat diet can be a problem is if your liver or gall bladder is blocked with bile sludge which would keep fat from being digested. If you have any trouble eating fats or just want a good liver gallbladder cleanse, try our glytamins product. It is designed to support the body in dissolving gallstones, kidney stones and bile sludge.



## #2 Get lots of Sleep

Studies show that the optimal amount of sleep is 6.5 hours. If you need more than this, here are something is wrong. Sleep is when we repair ourselves and regenerate. It's where we deal with the free radicals we were exposed to during the day and replenish our brain's neurochemicals. If you need more than 6.5 hours then either:

- 1- It is just a bad habit you need to break.
- 2- You don't like your life and sleep is escapism.
- 3- Your sleep quality isn't good enough.
- 4- You are asleep at the wrong time.
- 5- You have too much inflammation.
- 6- You have a chronic low grade infection.
- 7- You think too much.

Let's look at each of these in turn.

1- It's just a bad habit. Okay. Change your habit.

2- It's escapism. Okay, change your life.

3- Bad sleep quality. For the best sleep, a pitch black room is necessary. Turn off or cover up all the little blue and green led power lights on your

electronics, get black out curtains and that will help. A good night's sleep generates melatonin a powerful antioxidant that keeps us looking and feeling young. Any light in your bedroom will lower your melatonin production.

4- You are asleep at the wrong time. It is important to be asleep between the hours of 1am and 3 am as this is when the liver regenerates. While Glytamins is great for supporting the liver and gallbladder in clearing stones and sludge, to detoxify the cells of the liver, consider our chemical detox product Xeneplex.



5- Too much inflammation. Inflammation is caused by free radicals in the body. While there are many sources of free radicals in the body, metal toxicity is one of the main ones. Transition metals such as mercury, lead, cadmium and nickel continue to create free radicals as long as they are in the body. To support the body in removing these metals consider our Medicardium Chelation product.

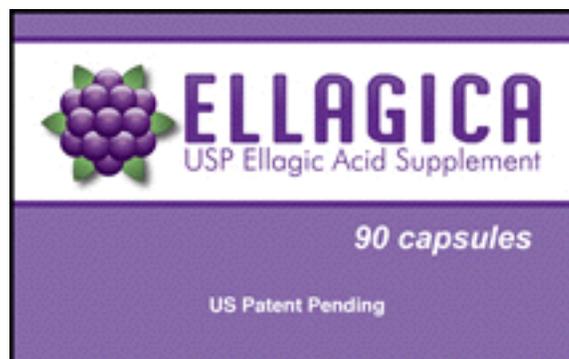


Even with all the toxic transition metals out of the body, we still create free radicals in our bodies as a result of aging. When we are young, our mitochondria only misfire and make a free radical about 1 out of 10,000 times, but as we get older we make free radicals 2 out of 100 times. To help deal

with free radicals in the body directly, consider Rejuvelon, our free radical product.



6- If you have a chronic low grade infection, it raises orexin and can make you sleepy all the time. If you would like to support your body in dealing with chronic infections, consider our product Ellagica.



7- You think too much. If you want to get by on less sleep, think less. The brain uses 80% of our oxygen and thinking is what the brain does. As the brain thinks, it creates adenosine and when adenosine reaches a certain level, it triggers the need to sleep. Caffeine works by blocking adenosine receptors. Better to meditate and think less, this will minimize adenosine production and make us need less sleep.

Too much sleep is a problem. As we sleep, prolactin levels rise, if we oversleep, our prolactin levels are too high leading to depression. It is better to wake early. Cortisol rises as we sleep until it reaches a point that wakes us up. Cortisol is a stress hormone. Better to wake ourselves up early than to start the day with a stress hormone.

If you would like a better night's sleep and want to support your body in dealing with free radicals, consider our antioxidant regeneration product Rejuvelon.

### **#3 Orgasms are good for you**

Sex is a great pleasure but orgasms and ejaculations have an effect on us. For both men and women, orgasms cause a crash in dopamine as well

as several spikes in prolactin (the depression and hopelessness hormone) over the next 48 hours making us more depressed and less interested in our partners. On the other hand, lovemaking without orgasm raises oxytocin (the love and trust hormone) as well as dopamine (the excitement and novelty hormone).

Oxytocin is known to increase emotional intelligence, speed wound repair, lessen addictions, decrease pain and improve mood in general.

So, sex is very healthy, orgasms, not so much. If you would like to experience a boost of oxytocin, consider our Oxytocin Nasal Spray.



## **#4 Take a deep breath**

Some people suggest deep breaths to relax, but this has the opposite effect. A deep breath blows out all of our carbon dioxide and that is what we need to relax. Slow breathing raises blood carbon dioxide which increases the threshold required for nerve cells to fire which we experience as relaxation. Most people breathe too much. The optimal breath is deep...and slow. Optimal blood carbon dioxide levels are 27. Symptoms of low blood carbon dioxide (hypocapnia) begin at 25. At 23 and below a person will have serious issues. Hypocapnia symptoms are identical to what doctors call hypochondria. In truth, the varied symptoms that doctors have for years said were all in someone's head are often low blood carbon dioxide levels. For more information see the work of Buteyko and Meduna.

## **#5 Avoid stress.**

We try to minimize stress in our lives but a degree of stress is necessary for our health. Healthy stressors include:

**1-** Missing an occasional meal. This will be easier if you are in ketosis, otherwise the blood sugar crash can raise cortisol and make you grouchy. Missing an occasional meal forces the body to eat its own protein stores. Fortunately, it eats damaged tissue first so this is a way to clean damaged tissue out of the body.

**2-** Cold exposure. At a minimum end your showers with cold water. If you can work up to it, cold plunges, lower the thermostat in your house and when appropriate, wear lighter clothes so you are a little cold. This triggers mitochondrial growth and exercises the vascular system.

**3-** Exercise with weights to maximum capacity. This strengthens the bones, tendons, ligaments and muscles.

Stress is good for us. It is the lack of gravity stressing the bones that causes astronauts to experience osteoporosis in space. We need stress in our lives, the point is to choose the kind of stressors. For more information look up the term Hormesis on the internet.

## **Conclusion**

It's how we do the simple things that affect us the most. Sleep, eat, make love and breathe properly and you can be happier, stronger, smarter, and live longer than you ever thought possible.

Well that's the report. If you want to know more, feel free to send us an email...