WARNING!

This book contains provocative material not for children or the sexually immature.

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If you do not have the money pay what you can, and if you cannot pay anything please pay the cosmos back with good deeds to others. Pass on the good karma by being good to others and helping them the way I am helping you. Pass it on.
Desi on Self-defense

Intro

Every course should have a Physical education component to go with its mental training for you degree. I believe that self defense is the best training for your body and mind. No one can know what the world will bring to you but a course in self defense will greatly serve you to make your body and mind better trained to help yourself and then to help others. So the training course on Yoga and self defense are important for your development as a health care practitioner. This can also help with Psychic self defense. If you make your emotional water still they act as a mirror and reflect bad energy back to its source three fold. Be more like the window and let the energy pass thru, be less like the wall that is destroyed by the evil rays that it fights. So by learning to discipline the mind, spirit and body we best defend ourselves, this is but a guide on How.

Self-defense, self-defence (see spelling differences) or private defence is a countermeasure that involves defending oneself, one’s property or the well-being of another from physical harm.[1] The use of the right of self-defense as a legal justification for the use of force in times of danger is available in many jurisdictions, but the interpretation varies widely.[2] To be acquitted of any kind of physical harm-related crime (such as assault and battery and homicide) using the self-defense justification, one must prove legal provocation, meaning that one must prove that they were in a position where not using self-defense would most likely lead to death, serious injuries and property damage.

Physical

Physical self defense is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed. In either case, the chances of success depend on a large number of parameters, related to the severity of the threat on one hand, but also on the mental and physical preparedness of the defender.

Unarmed

Many styles of martial arts are practiced for self-defense or include self-defense techniques. Some styles train primarily for self-defense, while other martial/Combat sports can be effectively applied for self-defense.[citation needed] To provide more practical self-defense, many modern day martial arts schools now use a combination of martial arts styles and techniques, and will often customize self-defence training to suit the participants’ lifestyles, occupations, age groups and gender, and physical and mental capabilities.

The best Unarmed Defense Techniques (UDT) are often a handful of simple gross motor skills that are used to ‘bash and dash’ rather than highly complex fine motor skills that deteriorate under stress. Learning UDT is about increasing confidence and awareness not about ‘beating’ an attacker. Good UDT lessons will teach simple, high impact techniques to momentarily distract or off-balance an attacker so a victim can get away. Another technique, dangerous unless the practitioner is highly skilled, instead of punching rapidly and just hitting, you can always wait for another person to make a move, and then you use a basic counter that leaves them wide open. Close Quarters
Combat (CQC) tactics, like Kapap, teach preemptive strikes once it becomes apparent that the situation has passed the point of no return and physical confrontation is imminent. It is always better to strike first, delivering a series of devastating blows to the attacker in the shortest time possible and escape.

**Self Defence**

**Vulnerable points with methods of attack**

- Eyes — fist, fingers
- Ears — flat of hand
- Bridge of nose — back fist, head
- Chin — kick, fist, elbow
- Windpipe — fist, elbow, chop
- Solar plexus — kick, knee, fist
- Groin — kick, knee, fist
- Knee — kick to front or side
- Shin — kick
- Instep — stamp on

Years ago I was excited to see some infomercials about alternative medicine treatments for diseases. The speaker talked a good show and sold me to buy his books. But there was absolutely no real advice in the books, only multilevel companies with more to buy. This made me angry and then I decided to write the best self help books on natural medicine. Editing and collecting the best in real substantiated advice.

Desi has written two incredible books and made movies to go with them. What to do for influenza and specifically what to do when the next major virus hits. A movie and a self help book designed to really help you and your families understand what to do to protect yourself.

Also cancer is such a devastating disease, and there are ways to help yourself in the kitchen with cooking for cancer patients. Full advice from soup to nuts on exercise, meditation, cooking, and more. Coupled with a video of the science of how it works.

The health care debate is bringing a question of health and care. In this incredible new book Desi has outlined a very thorough review of the real problems of Health Care. This book will tell you the truth the chemical companies do not want you to hear.
Armed

Further information: Non-lethal weapon and knife fight

In some countries, it is legal to use or carry weapons (for example knives, firearms or batons) for purposes of self-defense. In other countries, this may be illegal or may require a license, or some items may be legal to carry without a license, while others, most commonly firearms, are not. Limitations on the use of weapons for personal defense are a source of controversy in some countries, pitting self-defense rights against efforts to combat violent crime via restricting access to common weapons.[citation needed]

Everyday objects, such as baseball bats or aerosol spray cans, can also be used as improvised weapons for self-defense, but are not likely to be as effective as purpose built weapons. Some non-lethal weapons such as the Kubotan have also been built to resemble everyday objects, such as keychains.[3]

Pepper spray and personal stun guns are non-lethal self defense alternatives, which are legal in some countries. Pepper sprays can have a range between 5–20 feet, and act by delivering a spray or foam containing highly irritating chemicals. Handheld stun guns operate by delivering an incapacitating electric shock, and must actually come in contact with the assailant to be effective, with the exception of tasers which use gas-propelled barbs connected to the taser by conductive wire to deliver the shock.

Other forms

De-escalation

Verbal Self Defense aka 'Verbal Judo'[4] is defined as using one's words to prevent, de-escalate, or end an attempted assault.[5] It is a way of using words as weapons. This kind of 'conflict management' is the use of voice, tone, and body language to calm a potentially violent situation before violence actually ensues. This often involves techniques such as taking a time-out, and deflecting the conversation to individuals in the group who are less passionately involved.

Author Katy Mattingly defines Verbal self-defense as simply saying no to someone or repeatedly refusing a request or telling someone who has violated a boundary what you want, or it could entail a more complicated scenario in which you are called on to refuse to engage verbally with someone manipulative, to set limits, and end the conversation.[5]

Suzette Haden Elgin the author of The Gentle Art of Verbal Self-Defense states that verbal self-defense defends against the eight most common types of verbal violence, and redirect and defuse potential verbal confrontations.[6]

Avoidance

Being aware of and avoiding potentially dangerous situations is an emphasis of self defense. Attackers are typically larger, stronger, and are often armed or have an accomplice. These factors make fighting to defeat the attacker unlikely to succeed. In order to attack, an aggressor must have three elements in place: desire, distance, and decision. If any one of these elements can be removed, an attack can be avoided without resorting to physical self defense.[7] When avoidance is impossible, one often has a better chance at fighting to escape, such methods maybe referred to as 'break away' techniques.[8]

Personal alarms

Personal alarms are a way to practice passive self defense. A personal alarm is a small, handheld device that emits strong, loud, high pitched sounds to deter attackers because the noise will draw the attention of passersby. Child alarms often function as locators or device alarms such as triggering an alert when a swimming pool is in use to help prevent dangerous situations in addition to being a deterrent against would-be aggressors.[9][unreliable source?]

Self-defense education

Self-defense techniques and recommended behaviour under the threat of violence is systematically taught in self-defense classes. Commercial self-defense education is part of the martial arts industry in the wider sense, and many martial arts instructors also give self-defense classes. While all martial arts training can be argued to have some self-defense applications, self-defense courses are marketed explicitly as being oriented towards effectiveness and optimised towards situations as they occur in the real world. There are a large number of systems taught commercially, many tailored to the needs of specific target audiences (e.g. defense against attempted rape for women). Notable systems taught commercially include:

civilian versions modern military combatives, such as Krav Maga and Systema
self-defense oriented forms of jujitsu, such as Bartitsu, Goshin Jujitsu, Ketsugo jujutsu, Kodokan Goshin Jutsu, Yawara-Jitsu, etc.
rape prevention, including Rape Aggression Defense System (RAD),[10] AWARE,[11] etc.
Reality-Based Self-Defense (RBSD)[12]
Legal aspects

Main article: Right of self-defense

Further information: Justifiable homicide, Self-defense (United States), Self-defence in English law, Self-defence (Australia), and Self-defense (Sweden)

The most crucial difference between self-defense training for civilian application in a society under rule of law to military combatives is the necessity to consider the extent of force permitted in a given situation under the self-defense laws of the applicable jurisdiction.

The self-defense laws of modern legislation build on the Roman Law principle of dominium where any attack on the members of the family or the property it owned was a personal attack on the pater familias.[13] In Leviathan (1651), Hobbes argues that although some may be stronger or more intelligent than others in their natural state, none are so strong as to be beyond a fear of violent death, which justifies self-defense as the highest necessity. In his 1918 speech Politik als Beruf (Politics as a Vocation), Max Weber defined a state as an authority having the monopoly of the legitimate means of organised violence within defined territorial boundaries (see Weber’s Thesis). Modern libertarianism characterizes the majority of laws as intrusive to personal autonomy and, in particular, argues that the right of self-defense from coercion (including violence) is a fundamental human right. In this context, note that Article 12 Universal Declaration of Human Rights states:

“No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Combined with the principle of the state’s monopoly of violence, this means that those authorized by the state to defend the law (in practice, the police) are charged with the use of necessary force to protect such rights. The right to self-defense is limited to situations where the immediate threat of violence cannot be prevented by those authorized to do so (in practice, because no police force is present at the moment of the threat). The right to self-defense granted by law to the private citizen is strictly limited. Use of force that goes beyond what is necessary to dispel the immediate threat of violence is known as excessive self defence (also self-defence with excessive force, excessive self-defence). The civil law systems have a theory of “abuse of right” to explain denial of justification in such cases. Thus, in English law, the general common law principle is stated in Beckford v R (1988) 1 AC 130:

“A defendant is entitled to use reasonable force to protect himself, others for whom he is responsible and his property. It must be reasonable.”

Similar clauses are found in the legislation throughout the western world. They derive historically from article 6 of the French Penal Code of 1791, which ruled that “manslaughter is legitimate if it is indispensably dictated by the present necessity of legitimate defense of oneself or others”. [14] The modern French penal code further specifies that excessive self-defense is punishable due to “disproportion between the means of defense used and the gravity of the attack” defended against.[15]

The evaluation of whether use of force was excessive in a given case can be a difficult task. The British Law Commission Report on Partial Defences to Murder (2004) Part 4 (pp78/86) recommends a redefinition of provocation to cover situations where a person acts lethally out of fear. This reflects the present view of psychiatrists that most people act in violent situations with a combination of fear and anger in their minds, and to separate these two types of affect is not legally constructive. In practice, self-defense laws still do make this distinction. German criminal law (§ 33) distinguishes “asthenic affect” (fear) from “sthenic affect” (anger). Excessive self-defense out of asthenic affect is not punishable. Outside of the western world, justifiable self-defense tends to be interpreted more loosely, including the right to defend against any criminal act, without limitations to reasonable or proportionate use of force. Thus, the Intermediate People’s Court of Foshan, People’s Republic of China in a 2009 case ruled as justifiable self-defense the killing of a robber who was trying to escape, because “the robbery was still in progress” at this time.[16]
The SCIO can undo the damage by regulating and balancing the Body Electric’s Regulatory Processes + increasing VARHOP

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Protecting Yourself

We learned not to talk to strangers in preschool. But on campus, we need to reinforce more complicated rules to keep ourselves safe. In a society where crime awareness is necessary, a basic knowledge of security precautions and self-defense techniques can be a helpful tool for anyone who feels threatened.

Safety Tips

General Guidelines (Common Sense Rules)

Wake up! Who’s watching you? Look around, is someone giving you a hard look? Or alternately, does someone quickly avoid your gaze? Watch people’s hands as you are walking, don’t look away when you pass. Cross the street if you have to avoid a group of punks. Or are you doing something stupid like hitting on someone’s girlfriend at the bar? Or are you in the habit of getting hammered or boasting about your fancy watch, car, apartment? It’s always easier to STAY out of trouble than to GET out of trouble.

Second of all, keep from getting hit in a vital area:

1. Get your hands up in front of your face to protect your head;
2. Keep your mouth closed with your teeth clenched. When your mouth is open you are ripe to get your jaw broken (which means you should forget about ‘talking trash’);
3. Circle AWAY from his power side (circle to the right if he has his right hand cocked back, circle to the left if he has his left hand cocked back);

You need to be either two arms lengths away from him (outside of his kicking range) or all the way in tight against him (holding him in a boxing clinch). Anything in between puts you in range for his punches and kicks.

Third, Use your strongest weapons against his weakest targets:

1. Kick him in the knee, groin or lower abdomen. Kick straight ahead using the bottom of your foot like you would kick in a door. Or kick straight back like a mule using your heel. If you are untrained, resist the urge to kick with the top of your foot like you are punting a football, you will probably use too much of your toes instead of your shin (ouch!);
2. Use the proverbial knee to the groin when you are clinching;
3. Smash him with your elbows in the face, throat and neck.
4. Finally, get a barrier between you, yell for help, use a weapon, and make your escape.

Do not walk down dark streets alone at night. Two or more women have a smaller risk of being attacked than one woman. If you must be out in the street at late hours, consider a buddy system. Always choose well-lit, populated streets.

If you are alone on a dark street, walk near the curb to put as much space as possible between yourself and the alleyways and doorways where attackers may lurk. At the same time, do not get too close to parked cars into which an attacker could force you, or in which an attacker may hide. Be aware of your personal space. Attackers often test potential victims by judging how they react (passively or assertively) when their area of comfortable space is invaded. Act alert and confident; walk briskly with your head up. If you feel that you are being followed, turn around and look behind you. If you are followed by a car, turn and walk in the other direction. If you feel threatened, walk briskly, and look for a store or a well-lit, comparatively safe area. If you feel uncomfortable, run! Do not allow yourself to be overtaken. Change directions, cross the street, TAKE ACTION; do not be afraid to appear rude.
Carry a whistle with you and blow it if you are accosted by a stranger.

Avoid conversations with strangers. If you feel that you have to answer, do so simply but firmly, and keep walking. Always keep your eye on anyone who is close enough to grab you. If he or she attempts to keep you from leaving, make eye contact and say "LEAVE ME ALONE" or "GO AWAY" in a loud, controlled voice. Be firm about what you want, and be as public as you can. Attract attention: if necessary, move into the street, knock things over, or grab onto a bystander and don’t let go. Yell "FIRE!" to attract attention of people who might be weary of getting involved in an aggressive situation.

Judge potential attackers based on their behavior, not appearances. Do not rely on preconceived notions of what attackers look like (especially racial stereotypes) to decide who is dangerous. Instead, look for suspicious behavior, such as loitering, looking around excessively, skulking, and aimless walking to determine who is a potential attacker.

Remember that you can get help by phone. Know your community’s emergency phone number and the phone numbers of the police and fire departments. Store the numbers in your cell phone for easy access. Emergency calls are always free from pay phones. Simply pull or twist the handles to open the door and push the button inside. The police will arrive at the location where the button is pressed. If you are running, pushing the buttons in each of the phones you pass marks your path, so that the police can follow you.

At Home

Secure your home! First and foremost, be certain that your door is protected with an adequate lock. This is important even in the residence halls. Even though you may know your housemates well, you should take the precaution to lock the door.

Windows should also be secured; if you have windows located on a ground floor, it is wise to have secure window locks installed. Never hide your keys in a “secret” place outside of your home; burglars know where to look. Make sure all entries are well-lit.

Have a peephole on your door and look through it before answering the door. Remember, you have no obligation to invite door-to-door salesmen or anyone else who comes uninvited to your door, into your home. The fear of appearing rude should not stop you from asking an unwanted visitor to leave. (If someone comes to your door in search of help, or wanting to use your phone, you can offer to make the phone call for them; do not let them come in).

If you are in the lobby of an apartment with a stranger, allow him or her to take the elevator first and wait for the next one. If you are in the elevator and someone whose presence makes you uncomfortable gets on, get off on the next floor. If you do stay on the elevator, be on your guard: face the other passenger, and stand within reach of the call buttons in order to quickly press the alarm, if necessary. Look alert (an important defense).

If you live alone, do not broadcast this fact. It is a good idea not to be listed in the telephone book; however, if you are listed, have only your first initial and last name printed, so that it is not immediately evident that you are a woman living alone. Consider posting a “Beware of Dog” sign outside your home, or place a large dog dish and bone outside your door. Though far from foolproof, such props might deter an intruder by the threat of a vicious guard dog.

If a Commonwealth Edison or other service person rings your doorbell, ask to see some form of identification before letting the person in. Never let an unexpected repair person into your house. Instead, ask for his/her service number and then call the company to confirm that they were sent to your home.

Do not leave front or back doors propped open and unattended.

Never buzz anyone into an apartment or let anyone into a dorm if you do not know him or her. If you live in an apartment or dorm and have a visitor, it is safer to go down and let him/her in yourself than to buzz him/her in, as doing so might allow others to enter as well.

Driving

Routinely check your car’s tire pressure and fluid levels, and make sure that you have enough gas to arrive at your destination. Also, keep jumper cables in your car. This way, you can avoid auto trouble that might leave you stranded in remote areas.

When driving alone, keep car doors locked and windows rolled up. If you open a window, make sure you will be able to close it quickly in the event of trouble.

If you notice someone following you in another car, do not try to evade them as doing so may lead to an accident. Instead, honk your horn to attract attention and drive to the nearest gas station or police station.

If you see a stranded motorist, do not stop. Note the location of the car, then drive to the nearest phone and call the police.

If you are stranded on a well-traveled highway, put on your flashing emergency lights and wait for help inside the car. If you are on a local road within walking distance of a telephone or gas station, lock the car, and walk along the left-hand, curb side of the road, facing oncoming traffic. If stranded in a remote area, it is safest to remain in your car. If a stranger stops, do not roll down your window or accept a ride. Instead, ask him or her to go to make a call for you.

Park in parking lots or well-lit areas, not in dark streets. Be very alert when getting into your car in a deserted area. Make sure you are not being followed. Carry your keys in your hand so you do not need to stand and fumble for them. As you walk towards your car, check to see that no one is hiding underneath the car or in the back seat. When you arrive home, always take out your keys before getting out of the car.

Remember that your car horn can be used to attract attention in an emergency.

NEVER hitchhike or pick up a hitchhiker. Sexual assault is closely associated with hitchhiking, and it is not worth the risk.

Keeping a cell phone handy in case of an emergency is never a bad idea. It prevents you from getting stranded in remote places. However, do not distract yourself while driving. As of July 8, 2005 it is illegal to talk on a cell phone without hands-free device while driving in the city of Chicago. The only exception to this law is when a driver is calling 911 or another emergency number.
Public Transportation

Public transportation stations can be dangerous. When waiting for trains and buses, remain in populated areas, near a ticket booth or newsstand.

Never fall asleep in a station or on the bus, train, or El.

On the train or bus, do not listen to a walkman or become engrossed in a book. It is safer to be aware of everything that is going on in your surroundings.

Sit in an aisle seat near the conductor or driver so that you may obtain help quickly if necessary.

If someone near you makes you feel uncomfortable, do not hesitate to move. Do not worry about appearing to be rude. Change your seat or change cars at the earliest opportunity.

If you are alone in a subway car, move to a more populated car. When you are alone, you run the risk of being trapped in the car with whoever enters at the next station.

In Chicago, you can call the Regional Transportation Authority (RTA) transportation hotline at 312-836-7000 for more information on public transit (including buses, the Metra, and the El). Plan your trip ahead of time with RTA’s “Trip Planner.” Provide them with your starting point and destination and they will tell you which buses and trains to take to reach your destination. It is important to note, however, that RTA will not try to provide you with the safest route possible, nor will they comment on the safety of the route they recommend. It is up to you to be aware! The more prepared you are, the less likely you will wander around lost or require the assistance of a stranger.

In Social Situations

Avoid accepting drinks from strangers or anyone you do not know well, unless they are handed to you in a sealed container that you open yourself. Rohypnol, a potentially dangerous drug, is odorless and colorless, and is increasing in popularity in the United States. The drug, dissolved in a drink, takes effect in about ten minutes and creates an effect similar to inebriation that can last up to eight hours. In addition to causing a loss of inhibitions, Rohypnol causes extreme drowsiness and relaxation and blocks out short term memory, causing temporary “amnesia” in the period that one is under the drug’s influence. Police report an increase in incidents involving “roofie (as the drug is popularly known) rape.” Roofie rape crimes can be extremely difficult to prosecute because the victim usually remembers nothing—some victims may not even know that they have been raped. In addition, because a victim under the influence of roofies would not be alert enough to refuse sex or resist her attackers, men who use the drug may not see themselves as criminals or rapists. The pills, illegal in the United States, are cheap and readily available on some high school and college campuses and constitute a threat of which women should be aware.

A party or any social situation in which you are surrounded by strangers can be a potentially dangerous one. Make use of the “buddy-system.” Attend parties with friends who will watch out for you, and who you are willing to watch.

Do not drink to a point where you cannot control your actions.

Do not leave a party with someone you do not know, or do not know WELL enough to trust.
Stalking

Stalking is an insidious crime that affects at least 200,000 Americans a year. It has been estimated that 1 in 20 women will become targets of stalking behavior at some point in their lives. These are the best estimates currently available, but as with cases of rape, sexual harassment, and domestic violence, cases of stalking are under-reported. This is especially true given that stalking has only recently been designated a crime, defined mostly by state statutes. Stalking is not something to joke about. Such behavior can have detrimental psychological and emotional effects on the target, and advanced stalking may lead to an assault. Stalking can last for months and even years, and so cannot be easily dismissed as a problem that will go away in its own time.

Introduction to Stalking

You are being stalked if you are the specific target of another person’s persistent and/or frightening, even “obsessive” behavior. Stalking can be described as an extreme form of harassment, since the harassment is protracted and not limited to a particular environment, such as school or the workplace. The legal definition of stalking is determined by the specific state law; although state statutes vary, most acts of stalking include repeated incidents of the following:

- following a person
- appearing at a person’s home or workplace
- making harassing phone calls
- leaving written messages or objects
- vandalizing a person’s property
- calls you at your home, school and/or workplace after you have told him/her to stop
- leaves repeated, harassing or threatening messages on your answering machine or voice mail
- repeatedly “accidentally” runs into you at places you regularly frequent
- "coincidentally" runs into you at places you do not usually frequent
- observes you from a distance and/or follows you
- drives by your home, school, or place of business
- shows up at your home, school, or office uninvited
- becomes angry when you reject his/her attention
- repeatedly leaves or sends you unwanted letters, notes, or presents
- asks people you know about your habits and/or whereabouts
- has another person contact you or people you know

Who Are Stalkers?

Anyone can be a stalker, including but not limited to: strangers, classmates, casual acquaintances, ex-spouses, ex-partners, coworkers, neighbors, professors etc. Numerous examples have shown that stalkers are not easy to characterize demographically; they are as diverse as the general population and do not come from any particular socio-economic background. Similarly, anyone can become targeted for stalking--none of us are immune.

Stalking can affect both women and men, and either sex can be the stalker or the target. But most stalkers have been men, and it has been estimated that 75-80% of stalking cases involve a man stalking a woman. Therefore stalking is an important issue of concern for women, since it threatens their autonomy, safety, and privacy.

What To Do If You Are Being Stalked

- Make sure that you are candid and assertive when telling a stalker that you are uninterested in him/her. You do not want to leave room for misinterpretation.
- Document everything.
- Warn people you know.
- Avoid contact with the stalker; do not attempt to reason with him.
- Notify the police from the beginning by calling 911 or 773-702-8181 for the campus police.
- Establish a good working relationship with one police officer.
- Notify your telephone company. If you alert them early, they can help you have the appropriate services installed to gather calling evidence against the stalker.
- Be your own advocate.
- Instate a restraining order.

Although we hate to admit it, it is very possible that you may be charged with stalking the real offender if you try to contact him, even if just to tell him to stop bothering you. You do not want to cause any confusion as to who is pursuing whom. Moreover, the stalker may interpret any contact on your part as a sign of encouragement. Finally, you cannot always gauge how dangerous the stalker may be, and you do not want to take any risks by coming into close contact with him/her. If you are contacted by the stalker, clearly inform him/her that you do not want any type of contact.

How to Handle Phone Calls in America

Telephone companies offer different services to help stop harassing calls:

- Caller ID
- Call Trace (*57, has a per-use charge)
- Return Call (*69, has a per-use charge)
- Call Block (*60 to active, *80 to de-activate, has a per-use charge)
Introduction to Self-Defense Basics

The underlying principles of self-defense instruction are self-respect, self-reliance, and autonomy. By learning simple techniques of self-defense, you can affirm that you are competent and capable of taking care of yourself. Although techniques of self-defense are not difficult to learn, the basic skills are not always instinctive. By familiarizing yourself with a few simple physical actions you can reduce the anxiety over the possibility of attack and enable yourself to deal with aggression when threatened. Essentially, learning self-defense is learning how to avoid being targeted as the victim.

The main objective of a self-defense course is not to learn how to challenge an assault or defeat an attacker, but rather to learn how to avoid the assault. Knowing self-defense techniques does not mean that it is safe to walk alone through dangerous places. Avoiding a dangerous area altogether is the best form of self-defense. Remember that the best techniques are being aware and avoiding the need to use self-defense. The main point of fighting is to create an opportunity to run. In other words, catch your attacker off guard, then flee. When employing self-defense techniques, your main resources are your voice, your fingers and thumbs, your hands, your knees, and your legs.

NOTE: Self-defense classes are routinely offered in Chicago (see end of chapter for listing). It is recommended that you take a class if you wish to learn the proper self-defense techniques. It is extremely difficult to learn the proper techniques through a written description only.

The following are some basic tactics of self-defense

Thumb gouge to the eyes: Grasp your assailant’s head between your hands with your palms against his/her ears, then plunge your thumbs into his/her eyes. This tactic can be effective in immobilizing an attacker.

Groin pull: Though harder to execute than the thumb gouge, the groin pull, in which you squeeze, twist, and pull the assailant’s testicles, is another good way to try to immobilize your attacker.

Finger jab to the eyes: Hold your wrist firmly, with fingers slightly curved, and jab all four fingers into the assailant’s eyes. This tactic is useful if the assailant is holding one of your arms, ruling out the thumb gouge.

Knee blow to the groin: This tactic is effective in immobilizing your attacker; however, it is only effective when the assailant is standing directly in front of you. It also has the disadvantage of being rather predictable; in other words, this is a defense your attacker may anticipate.

Yelling: Always accompany your counterattacks with loud, forceful shouts.
Some women may feel that carrying a self-defense aid with them offers more protection than just the knowledge or training of physical defense techniques. While such weapons may be helpful in some cases, it is important to remember that they have their disadvantages as well; you should not put all of your trust in a weapon which might fail you.

Tear gas and mace, two common self-defense tools carried by women, have distinct disadvantages. Defense sprays are only effective if you carry them in your hand while walking in a potentially dangerous area. If a can of mace is in your purse, you may waste the time in which you could be fleeing from your attacker, fumbling for it. Also, if you are downwind from your attacker, you may end up feeling the effects of the spray more so than your attacker. Finally, it might take several seconds for the spray to take effect or the spray might fail to incapacitate your attacker. In such cases, your attempt at self-defense might serve as a further provocation to your attacker.

Use a pocket comb. Put the bristles up under the nose and thrust the comb to the side, as you saw in the movie Water Wine Homeopathy. The attacker is immobilized for a min or two.
While screaming is an effective attention-getter and can throw an attacker off-guard, carrying a noisemaker can also be helpful. A whistle or a compressed air siren, which will emit a continuous high-pitched sound, can be effective. Find a compressed air siren that emits a sound when you pull a plug. You can throw the plug and make it impossible to stop the sound of the siren. Keep your noisemaker on a keychain or in your pocket, not around your neck on a cord (an assailant could attempt to strangle you with a cord). Again, in order to be effective, you must have the noisemaker in your hand. It will do you little good if you have to dig into your pocket to pull it out.

Pencils, keys, flashlights, even rolled up newspapers can all serve as defense weapons in an emergency. However, in an attack situation it might be easier to rely on your own hands and feet for defense.
Battle of the Millennia: David Desi vs. Goliaths
by Heather Swanson

There’s a battle outside your door, shaking your house. The battle cry has reached your ears, it’s raging in them. Only this is between the big guy and the little guy, and you don’t think he has a chance. Or are you already getting prepared to live under the big guy for the rest of your life?

We all remember the story of David and Goliath. Well, today, it’s not just one Goliath, it’s a host of THE GOLIATHS that freely roam the earth victimizing the human race all in the name of greed and money.

So, about now, you are thinking: This is a big fairy tale, right? Let’s meet our modern-day corporate Goliath.

1) Big Sugar. Don’t tell me you don’t eat it. Dig your teeth into this: white, refined sugar weakens the immune system and causes obesity. Over consumption of sugar is linked to lethal health problems and terminal illnesses such as diabetes and heart disease and it happens to be one of America’s top money makers.

2) Big Tobacco. One in every five deaths in the United States is smoking related. Need we say more? It’s legal, socially acceptable, and though a consumable drug right? The FDA happens not to be responsible for it.

3) The FDA. A kind of I.Q. Frankenstein’s assistant, for these Goliaths. A polymeric agency, which has risen to its Goliath stature by consuming billions of dollars fed to it by pharmaceutical, big sugar, and other polluters. The FDA protects Big Sugar, Big Pharmaceuticals, and Big Tobacco more than it protects the American people.

4) The Music Industry. Think of the death of Woodstock and the birth of MTV. Opposing, independent ideas, free creativity and a host of concepts related to freedom of expression, music has become a bloody battle for sales and power for this race of Mega-Po-Pornos. It’s all about hype and nothing about talent.

5) The Pharmaceutical Industry. A multi-billion dollar business, the backbone of current allopathic, medicinal practice, a leading cause of death in the USA and a killer of over one million Americans yearly.

6) Hollywood. One consumable that needs no introduction. In America, 60% of homes have at least one television set. In 2004, top studios totaled revenues of $7.8 billion from world box-office sales, $2.9 billion from world video sales, and $17.7 billion from world television licensing. Hollywood is a media monopoly with no room for pretent or true idealism.

Now, meet David! I mean, Desi. Poet, musician, and healer Desi Duboism is currently fighting a 6-way battle armed only with her special superpower, clarity of mind, and the SCOTUS (a buttocoon machine) Desi patented that caught the FDA’s attention because it doesn’t match their “regular” clients. It’s chemical free and doesn’t need the FDA to market it because people buy it because it works. In 2002, SCOTUS died from falling over furniture to date, no one has died due to one of the SCOTUS. So, why don’t they go investigate furniture manufacturers?

With her independent media company Change the World Productions, Desi has been fighting the propaganda that has monopolized Hollywood for generations. If you take a trillion dollars and stack them up, they would reach to the moon and back. Well, these trillion dollar industrial Goliaths are putting themselves against one solitary individual who has stood up and showed that there is a different way – a better, more noble path to the future betterment of this planet. After all, it isn’t an accident that her company is called Change the World Productions. It’s Desi Duboism’s life.

Take a stand today behind truth and justice. Join Desi in the fight against these malformed modern-day Goliaths that now enslave our souls.
Great Spirits get Incredible Resistance from Mediocre Minds

Small Petty Minds hate to see a Powerful Alive and Free Intellect.

Small Minds often become bureaucrats so they can compensate for their insecurities.

They hate thinking big words like holistic, international, freedom the powers of the mind, the powers of the spirit.

These concepts scare them and they use every rationalization technique available to deny, twist, distract, divert, degrade, and discourage all from thinking big.

Erase Any "Negative Images" with a Bright Eraser Made Of LIGHT & Send Healing Energy Out To The "Negative Images"
Psychic Self-defense is believed to create a sense of strength and confidence through the application of techniques that are easy to learn and apply.

Melita Denning and Osborne Phillips, authors of Practical Guide to Psychic Self-defense indicate each person is composed of body, feeling, mind, and spirit interacting on an ongoing basis. Further, that one’s imagination can be directed by the rational mind to visualize that which is good for the whole person.

Tower of Light Psychic Self-defense

The aura is believed to be an electromagnetic energy field which passes through the human body and extends beyond the physical body. When the aura meets another energy field, a wave is sent through it, much like a pebble falling into water creating a ripple effect on the surface of the water. The vibration then passes through the skin of the human body and enters the physical nervous system. The brain notices the sensation within the body and subsequently interprets the experience. For instance, one is able to differentiate between the energy of an angry dog versus the energy of a close friend.

The Tower of Light exercise is believed to help keep the aura luminous and create a potent shield of spiritual protection according to Denning and Phillips. Start the exercise by standing erect without any stiffness in the body, arms at the sides. Breathe deeply and evenly while progressively relaxing the body.

Imagine an intense, bright blue light in a long ellipsoid shape that surrounds the entire body, extending nine inches beyond the surface of the body and sixteen inches above the head and below the feet. Above the head but not touching and within the summit of the blue light, imagine a globe of brilliant white light.

Focus on the globe of white light and make it glow brightly while maintaining the blue light surrounding the body. Keeping the focus on the globe of white light, aspire to the highest good possible. Visualize the globe sending down glittering white light filled with silver sparkles that permeate the body. Maintain the visualization of the outer blue light while the brilliant silver sparkles flow down into and around the body. Let the globe fade from consciousness, knowing that it has not faded from reality. Do this exercise at the beginning and end of each day to develop proficiency in the technique.

Inner Smile to Calm One’s Self-critic

When feelings of self-doubt, self-criticism and insecurity rise, it is believed that one will feel a loss of motivation, the body will feel irritated and listless, the attention span will be short with the mind wandering from thought to thought. To get healthy energy moving throughout the body and create a positive vibration, try the inner smile exercise.

Sit in a comfortable position, feel centered and grounded within the body by focusing on the lower abdomen as the body’s center of gravity. Breathe calmly and deeply. Imagine an inner smile while turning the focus of attention to the inner body; as if looking down on the inner organs. Focus on each body part and greet the organ with a warm inner smile and wish it well. Sense its response and assess how it feels.
Next, focus on the area just below the center of the rib cage; the solar plexus. Continue breathing gently and become aware of the emotion that is sitting in that area. Gently become aware of the full spectrum of emotions and accept them, smile at them. Understand them as well as possible; embrace them. Practice the inner smile exercise on a regular basis to develop proficiency. One can then use the exercise during moments of self-criticism to turn the negative energy into a healthy acceptance of the whole range of human emotions.

The use of visualization and intent as a means of psychic self-defense helps liberate one from hidden fears and inhibitions while self-confidently moving into a bright future.

See my Book on the Warrior Witch Book for more info.
on self-defense
The SCIO can be prescribed for HOME USE to help your children with autism, attention difficulties, superlearning, sports, injury, pain, relaxation....

See also

- Carrying concealed weapon
- Hand to hand combat
- Right of self-defense
- Sell your cloak and buy a sword
- Turning the other cheek
- Verbal self defense

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Exercise to Reduce Fat

"The three things that stop people from losing weight with exercise are boredom, laziness or injury," says physical therapist and strength and conditioning specialist Ben Quist, PhD, NSCA.

HIIT (High Intensity Interval Training) is cardio performed at such an intense level that your body will spend the rest of the day expending energy to recover from the ass-kicking you gave it. This is commonly referred to as EPOC (excess post-exercise oxygen consumption) and it means that you consume a great deal more oxygen recovering from the exercise bout than you would have if you’d just done a steady-state workout. When you push the body to the physical max even for just 30 sec the brain will sense that you need to improve to survive. The Brain will then send out Human Growth Hormone and other fat dissolving muscle building enzymes, hormones, chemicals to increase survival. And even if you just imagine and visualize the high intensity self defense workout your brain will still release some HGH.

"A new study shows, and this is really exciting, that when you work the fast twitch fiber and work your heart muscle anaerobically, your body releases exercise-induced human growth hormones (HGH) that actually mimic taking injections of growth hormones. You get as much as a 530 percent increase in growth hormone! It stays your body for two hours, going after body fat like a heat seeking missile. It’s so powerful that if you were to do the program today and monitor your blood, it will look like you injected growth hormone illegally. That’s why there is no HGH test for Olympic athletes today.”
It's central to realize that your body does not make much HGH after long, slow exercise. Short, quick-burst anaerobic type of exercise, for short periods of time make more of the human growth hormone. This is natural and safe whereas injecting human growth hormone is unnatural and has many adverse side effects. Many HGH supplements are not fully tested and have fraudulent claims.

Here is a designed HIIT exercise protocol that takes just 20 minutes, three times a week, and then you reduce fat. The brain needs to sense danger or intensity to build more muscle and reduce fat.

Research shows that a spike of insulin after training increases somatostatin (the hormone that shuts down HGH). Dextrose Sugar or processed carbohydrates produce an insulin spike. So avoid sweets, chips, corn, potatoes and go to low glycemic foods and extra protein right before and after training.

Carbing up with unprocessed spaghetti or pasta one or two days before and event can help to saturate some energy reserves in the liver as glycogen. But this is a before competition practice not a training practice and this is not for weight loss.

One of the first books I read on exercise, which set me on the path toward a career in health, was Dr. Ken Cooper's book Aerobics. That was back in 1968. Cooper was a physician and an Air Force Colonel, and he helped develop a fitness program for the astronauts. His program was based on cardiovascular exercise, and the book incited a revolutionary shift in how people approached exercise and fitness.

Dr. Cooper actually created the term Aerobics and I bought his program hook, line, and sinker, and it had a major impact on my life. I was incredibly cardiovascular fit. I chose distance running as my approach, and I spent the next 40 years running.

Then, about five years ago Dr. Al Sears opened my mind to the possibility that extensive cardiovascular aerobic-type training might be counterproductive. His program introduced me to the concept that high intensity; burst-type sprints could be a far healthier alternative to long distance running. However his program is a bit more generalized.

One of the questions that stood out to me though was when you compare the two types of physiques, which would you rather have – the physique of a sprinter or a long distance runner? Who looks healthier?
It works because it promotes human growth hormone (HGH), which is a synergistic, foundational biochemical underpinning that makes your strength training and everything else work like a charm, and effectively burns off calories.

Perhaps the most important aspect of fitness is fast and super-fast muscle fiber development. While many people focus on endurance, endurance comes as a by-product of super-fast-twitch fiber development, which takes about a month to build.

When you work your heart anaerobically and aerobically, you get great endurance.

However, endurance comes and goes in as little as two weeks. You can double your endurance in just two weeks, but you can also lose it pretty quickly.

The beauty of HIIT exercises is that you don't have to worry about the regular, traditional cardio exercises because you're going to get that (and more) anyway through this program. In fact, HIIT type exercises can dramatically improve your cardiovascular fitness and fat-burning capabilities in a fraction of the time.

But First, Know Your Muscle Fibers...

We now know, from more recent research, that you have three muscle fiber types with three energy systems that fit together. The three different types of muscle fibers are:

1. Slow (red muscle, which contains more oxygen)
2. Fast (white muscle); The white fiber essentially has two types of fiber -- what the researchers call 2A and 2B -- but it's easier to call it fast twitch and super-fast fiber.
3. Super-fast (white muscle)

“... The blood supply is going to the red muscle. The white muscle really doesn't get a lot of blood because it doesn't need a lot of blood. It gets its energy from the stored up energy in your body. That's six to eight seconds worth of stored up energy and through the oxygen you breathe for 30 seconds or less.

The fast twitch fiber moves about five times faster than the slow, but about 30 percent of your muscle fiber, the super-fast fiber, move 10 times faster than the slow.

Working your super-fast fiber forces your heart to work anaerobically. So you get a great comprehensive heart muscle workout when you do that.”

If you don't work all three muscle fiber types and energy systems, then you're not going to work...
both processes of your heart muscle. Many mistakenly believe that cardio works out your heart muscle, but what you’re really working is your slow twitch muscle fibers. You’re not working the anaerobic process of your heart.

Your heart actually has two totally different processes; the aerobic process and the anaerobic process.

The anaerobic process lines up with your fast and super-fast twitch muscle fibers that are used during HIIT type exercises.

Meanwhile, traditional strength training and cardio only works your slow twitch muscle fibers. Your body kicks in these slow twitch muscles first, in an effort to not recruit your fast twitch muscles or work your heart anaerobically. This is why you may not see results even though you spend an hour on the treadmill a few times a week – you’re basically denying the natural physiology of your body by not working the other half of your muscle fibers; your fast-twitch muscles.

In addition, about half of your muscle fibers are fast twitch fibers, and if you do not exercise these fast muscles, they begin to atrophy, which is detrimental to physical health and fitness.

This HIIT exercise program Naturally Increases Human Growth Hormone Production –

The research is so clear about the superior benefits of this type of exercise that the American Heart Association and the American College of Sports Medicine have now totally changed their exercise cardio guidelines.

Long, slow cardio simply doesn’t work because it does not work both processes of your heart enough; it doesn’t work all three muscle fiber types.

Their new guidelines now state that you can do moderate intensity cardio, five days a weeks for 30 minutes, or you can do vigorous intensity cardio for 20 minutes, three days a week, which is exactly what HIIT is.

Dietary Recommendations: Fast Recovery vs Growth Hormone Release

In order to promote HGH release, you do need to restrict sugar intake post-exercise, while carbs can benefit those more interested in fast recovery, such as professional athletes.

“When young athletes train for speed – www.40speed.com – I explain to them that the research shows 20 to 25 grams of protein (within 30 minutes of training) with a 4 to 1 ratio of carbs to protein, starts the recovery process quicker.

This advice is given to everyone as general advice in most fitness magazines today and is mostly based on research led by Dr John Ivey on young cyclists who have to perform several days in a row, and a quick recovery during competition is extremely important. Clearly, young athletes more concerned with fast recovery than maximizing HGH release should use this strategy.

However, if you are middle-aged, or in a non-competitive phase of training, and keeping HGH circulating as long as possible is your goal, then protein intake (20 to 25 grams after training) is a great strategy, but you need to monitor the glycemic impact of carbs because of the variable impact of carbs on insulin, which in turn impacts the HGH release process.

There are a couple of variables that come into play that can change the rules for adults wanting to maximize human growth hormone from exercise.
Research shows that a spike of insulin after training increases somatostatin (the hormone that shuts down HGH).

So, here’s where this issue gets complicated, because it’s difficult to estimate the glycemic impact of food on different people with different muscle to body fat ratios. And what makes this issue very complicated is that the insulin producing process is variable for every adult to some degree. It depends on where you are on the Metabolic Syndrome scale. Metabolic Syndrome just became an official medical condition in 2001, and the research shows that even a few carbs can spike insulin for some people with insulin resistance.

If you are lean and do not need to drop a lot of body fat, then you can probably eat some carbs without spiking insulin -- and maybe even some refined sugar depending on the interaction of the carbs with an intake of post-training protein, which will somewhat negate the impact of the carbs on the insulin response -- as opposed to an intake of carbs on an empty stomach.

So, as you can see, there are many variables that come into play.

In short, carbs with the protein can be good after training as long as the glycemic response doesn’t spike your insulin.

Research shows that the insulin response of an individual is lessened with youth and/or lean body weight (muscle vs. body fat), and that’s another reason why it’s so important to maintain muscle throughout life.

From a performance training strategy perspective for runners, I would suggest consider training with the strategy of maximizing HGH release (except on really hot days or on the one-long-run-a-week day) because this strategy should build muscle to make you faster, and reduce body fat so you have less to carry.

For competitions, and those hot, long-training days, I’d suggest using the quick recovery strategy of 1 to 4 ratio of protein to carbs, because in this instance, your body does not care what the quality of glucose is; it just needs glucose.

Special Note about Synthetic Fructose (like high fructose corn syrup HFCS) The following point is a minor one, but it’s significant nonetheless. Keep in mind that the glycemic index of carbs has become slightly outdated due to the more recent research on synthetic fructose like HFCS. Synthetic Fructose actually causes a very minor, if any, change in insulin response, but we know its incredible damaging. It causes this damage through other mechanisms besides insulin. Therefore, now look at carbohydrates as the percentage of fructose it contains. And higher dextrose, although it can raise insulin, may not cause as many adverse biochemical side effects as synthetic fructose does... What You Need to Know about Somatopause, and Why HIIT is so Beneficial. The concept of somatopause is frequently overlooked, but it is what makes growth hormone production so important, and why HIIT high intensity burst exercises are so incredibly beneficial. Somatopause is tied directly to decreased amounts of growth hormone (HGH), which is also called “the fitness hormone.” As you reach your 30s and beyond, your levels of HGH begin to drop off quite dramatically, which triggers somatopause. This is part of what drives your aging process. You start putting on body fat and losing muscle; you become more fatigued, and the “middle age spread” sets in. It has become apparent thru experience that nearly everyone over 30 has dramatically abnormally low levels of this important hormone because they begin leading increasingly sedentary life styles. Children and most animals in the wild do not run marathons or lift weights, they move at high speeds for very short periods of time and then rest. This is natural and what optimizes the production of growth hormone. The higher your levels of growth hormone, the healthier and stronger you’re going to be. And the longer you can keep your body producing higher levels of HGH, the longer you will experience robust health and strength.

High-intensity interval training (HIIT) or sprint interval training is an exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardiovascular exercise which is beneficial to burning fat in a short and intense workout. Usual HIIT sessions may vary from 9–20 minutes. The original protocol set a 2:1 ratio for work to recovery periods. For
example, a runner would alternate 15–20 seconds of hard sprinting with 10 seconds of jogging or walking. And even if you just imagine and visualize the high intensity self defense workout your brain will still release HGH.

"Really, if you think about it, when you're looking at exercise-induced growth hormone it's like you're listening to your body tell you how, as a human being, you should exercise. Because when you do it this way, your body releases this huge amount of growth hormone that does so many things synergistically for you for two hours after you work out."

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<th>Interval Training for Different Energy Systems</th>
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<td>% of Maximum Anaerobic Power</td>
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From Essentials of Strength Training and Conditioning, NSCA (2008)

**How to Perform High intensity HGH stimulation Exercises**

Here's a summary of what a typical peak fitness routine might look like using a recumbent bike (although you can perform this on an elliptical machine or treadmill, or with any type of exercise you prefer):

1. Hydrate with some good water. Warm up for three minutes, Stretch the spine in all directions while holding the extreme for 20 sec. This will bring flexibility to the spine and start to set the hormones free.
2. Exercise as hard and fast as you can for 30 seconds. You should feel like you couldn’t possibly go on another few seconds. Go past 10 METs of training intensity. (The movies on Self Defense have in them many different self defense moves you can use to do your High intensity Repetitions, just repeat them very fast for the 30 sec) And even if you just imagine and visualize the high intensity self defense workout your brain will still release some HGH.
3. Recover for 90 seconds, with deep belly breaths. Remember fat is carried away most by the breath. (see bellows breath exercises.)
4. Repeat the high intensity 30 sec exercise and 90 sec recovery 7 more times (don’t be afraid to
do just five in the beginning, work up slow)

5. Hydrate with good water after and eat high protein foods before or after.

6. Be aware of your present fitness level and don’t carry on too far when you first begin.

7. No carbs before bedtime. Avoid processed foods and high glycemic foods.

If you are not in great shape and just starting this you may want to start with just two or three repetitions, and work your way up to eight. You may need to start with just walking and when you do your 30 second bursts your legs would be moving as fast as possible without running - and your arms would be pumping hard and fast. Breathe deep into the abdomen in the 90 sec recovery times.

Ultimately you want to exercise vigorously enough so you reach your anaerobic threshold as this is where growth hormone release is triggered. If you do this in your mind, believe it, see it, feel the burn, become it deeply. Your mind will still trigger the hormone and dissolve your fat. But it works better if you get off of your butt and burn the fat with exercise. If you can’t (or won’t) train in the mind.
Proper warm-up and cool-down may prevent or reduce the incidence of exercise-induced asthma.

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When you push the body to the physical maximum even for just 30 sec the brain will sense that you need to improve to survive. The Brain will then send out Human Growth Hormone and other fat dissolving muscle building enzymes, hormones, chemicals to increase survival.
Here are some self-defense moves to repeat very fast for 30 seconds for your High Intensity workout. These are to be done very fast like speedy shadow boxing. Two to Three strikes a second for 30 seconds.
Whatever activity you choose, by the end of your 30 second sprint period you will want to reach these markers:

66
1. It will be relatively hard to breathe and talk because you are in oxygen debt
2. You will start to sweat profusely. Typically this occurs in the second or third repetition unless you have a thyroid issue and don’t sweat much normally.
3. Your body temperature will rise
4. Lactic acid increases and you will feel a muscle “burn”
5. If you are using cardio equipment like an elliptical or bike, you don’t need to reach any “magical” speed. It’s highly individual, based on your current level of fitness. But you know you’re doing it right when you’re exerting yourself to the point of typically gasping for breath, after a short burst of activity.

Human Growth Hormone (HGH)

Human Growth Hormone (HGH) is a very powerful hormone that changes the chemistry of the body so that it starts using fat for energy instead of just sugar. It is triggered when your brain is threatened and feels inadequate to the tasks you are doing. It reduces the age of your metabolism and makes you stronger. In other words it turns the age of your metabolism to that of a younger body. Some of the things HGH Does For You:

- Increases muscle mass, decrease fat mass
- Promotes lipolysis (breaking down fat for fuel)
- Increases protein synthesis
- Stimulates the growth of all internal organs excluding the brain
- Promotes gluconeogenesis in the liver
- It stimulates the immune system

It doesn’t take much to see how this affects your weight loss and fat loss progress. All the above allows your muscles to recover faster, grow stronger and burn fat (lipolysis).

Makes Your Metabolism Younger

Internally, it makes your metabolism younger. If you are someone who used to be low fat and very lean when you were younger, and now you are having a hard time getting there when it was so easy before, there is a different internal environment in your body. In fact, human growth hormone has also been regarded as an anti-aging agent. One of the changes is the amount of HGH that is released and present in the blood. As a person grows older, the amount of HGH produced decreases. The graph below shows the natural decrease of HGH.


Do this HIIT exercise two to three times a week, and you’re virtually guaranteed to drastically improve your HGH production. When you push the body to the physical max even for just 30 sec the brain will sense that you need to improve to survive. The Brain will then send out Human Growth Hormone and other fat dissolving muscle building enzymes, hormones, chemicals to increase survival.

And even if you just imagine and visualize the high intensity self defense workout your brain will still release some HGH.
What Promotes HGH?
- Deep Sleep. Most HGH is secreted during deep sleep, or a good power nap.2
- Intense exercise (in particular resistance training)[3]
- Low levels of blood sugar [hypoglycemia][4]
- Dietary protein[5,6]
- moderate amounts of Natural Fruit Levulose Fructose (Not processed HFCS)

What Stops HGH Secretion?
- Chronic Stress[7,8,9]
- Cortisol (which is caused by stress)
- Dextrose or any High Blood Sugar[10]
- Insulin[11,12]
- Lack of Sleep[13,14,15]

HGH and Sleep
Other than intense exercise, the bulk of your HGH is produced and secreted in deep sleep, especially in the first two hours of sleep.16 This is the reason why fat is burned when you sleep and not during exercise.

That’s right ...fat is burned when you sleep if you do not eat carbs 2 hours before sleeping.

In fact, you will learn later in the book, sleep deprivation and weight gain are interconnected. So much so that with a client I will usually have them first start with a sleep diet before anything else!

Professional weightlifters and bodybuilders all make sure recuperation is a part of their entire program. This includes making sure there is enough sleep or good power naps.

How Is It Increased?
Reduce cortisol levels but reducing stimulants (like coffee, gaurana, caffeine, yerba mate, cola, or caffeine teas), eating nutritious water-rich foods, eating more frequently so you are not going for long periods without food.

Reduce high levels of Insulin. High levels of insulin will suppress growth hormone. This also means you must reduce or eliminate sugar from the blood to help increase growth hormone or restore normal levels of growth hormone. You will learn about how to do this in a next few chapters.

Increase Dietary Protein.
Partake in intense resistance exercise. If you partake in intense exercise, rest the next day or do only aerobic exercise. As you can see from the graph below, there is a phase right after intense exercise where growth hormone decreases. But 15 - 18 hours later, it surges. So with intense resistance exercises, there is a latent rise in human growth hormone.

When you push the body to the physical max even for just 30 sec the brain will sense that you need to improve to survive. The Brain will then send out Human Growth Hormone and other fat dissolving muscle building enzymes, hormones, chemicals to increase survival.

Get more sleep. Other than intense exercise the greatest amount of human growth hormone is secreted during the first half of sleep. The graph below shows this surge in human growth hormone during sleep.

Take Power Naps (35 min) This can also release pituitary hormones and help reduce fat.
To learn more about how to structure your HIIT exercise to enhance your fat burning hormones you can learn this in Best Exercise To Lose Weight.

Reversing Somatopause- Middle Age Metabolic Slowdown
It starts in your 30's then progresses as you continue into your middle age years. You start to lose lean muscle, gain weight, and see a sharp decrease in energy. What's the cause? It's a series of hormonal changes that is commonly referred to as “somatopause.”

Basically both men and women will see a decline in androgen and growth hormones levels with aging. While hormone replacement therapy is an option there's also a way to reverse the effects of “somatopause” with one simple type of exercise.

The Fitness Fix For Middle Age Somatopause
When you look at how people in their 30's to 50's exercise, you'll find one thing almost always lacking—anaerobic exercise. This is the short burst, “get-you-out-of-breath quickly” type of exercise.

Most people in this age group do low-moderate intensity cardio workouts (30-60 minutes on a treadmill, elliptical, bike, etc) along with light resistance training typically done on machines. This type of exercise may burn a few calories but it does next to NOTHING for increasing growth hormones.
hormone and testosterone levels.

High intensity, short burst types of anaerobic exercise is the missing ingredient in the fitness programs for people ages 30 and above. Research has shown this type of exercise to be best at reversing the effects of somatopause.

Why is it that most people quit doing anaerobic exercise?
The short answer is because there seems to be a big misconception on what type of exercise works best as we age. The reality is we should never stop doing anaerobic or burst training exercise. It gets more and more beneficial as we age.

Watch kids when they’re outside playing.
Are they moving methodically at the same pace for long periods of time, or do you typically see them running, chasing, zig-zaging, and going all out in short-bursts until they’re totally spent and exhausted?

There are lessons to be learned here by watching kids complete their style of “exercise.”

In both your resistance and cardio workouts you’ll want to incorporate anaerobic exercise through the use of burst training. As the name implies, this is just a means of doing short “bursts” of high intensity movement followed by brief recovery periods.

With resistance workouts you can accomplish this by combining exercises in “super-sets”, completing 3-4 exercises in a row with minimal rest, or doing anything that will work you at a high intensity for a short period of time.

This is way different than the typical “3 sets of 10 reps” on each exercise and rest two minutes between sets talking to people in the gym.

If you want to create a hormonal response (increased growth hormone) you have to work at these higher intensities. The good news is your workouts will be short-sweet and over quickly. High intensity, short duration, burst training workouts take less than 30 minutes to complete while producing better results than typical health club workouts on machines taking twice the time to complete.

Burst training can be completed with your cardio workouts by doing interval training. While slow paced cardio is beneficial for developing an aerobic base, healthy individuals should look to progress to higher intensity, short duration workouts for maximum benefits.

You Have To Apply Some EFFORT For Growth Hormone Release!

There are four main benchmarks that must be achieved in order to see an exercise-induced growth hormone release.

Oxygen Debt
Oxygen demand is an important regulator in the body’s release of growth hormone during exercise. The objective with high-intensity, burst training exercise is to get you in a short-term “winded state.”

After 10-30 seconds of 90-100% maximal high intensity effort on something like sprinting, weight lifting, etc, the body experiences an “oxygen debt.” During the recovery period your body tries to replenish oxygen by raising heart rate and increasing respiration. It’s this oxygen debt that works to trigger a growth hormone release.

Muscle Burn
That burning feeling you get in your muscles when you’re training hard is a result of lactic acid. While discomforting it’s a positive sign. The problem is most people who experience this burning sensation during exercise typically stop. If they only knew how helpful it would be to push on a little bit more.

Researchers have found that growth hormone is commonly released 16 minutes after reaching the “lactic acid threshold.” Reaching the “burn” phase in your training is a good sign that you’re able to start releasing growth hormone.

Increased Body Temperature
If you’re not sweating during your workouts chances are you’ve not reached the necessary intensity to produce growth hormone release. You need to raise your body temperature just a
little for the hormonal response to kick in.

No this doesn’t mean working out in a sweat suit or some other crazy idea! You just need to raise your body temperature slightly which will not be difficult if you’re training with intensity.

**Adrenal Response**

For your body to release growth hormone there must be an adrenal response. Specifically, it’s the release of epinephrine (adrenaline) and nor-epinephrine by your adrenal glands during high intensity exercise that triggers growth hormone release. If you don’t work at a high enough intensity (the old “3 sets of 10, take two minutes and talk between each set” workout) you simply won’t see a change in your hormonal responses.

**Getting The Most From Your Workouts**

Typically by the end of 20-30 minutes of high-intensity exercise you’ll experience a rise in growth hormone. The levels will continue to rise after your workout and peak about one hour later. Once peaked, the growth hormone levels return back to normal after a few hours.

You’ve got a golden window of opportunity here that you don’t want to miss out on though. If you do things correctly, this can be a several hour window to turn your body into a fat burning machine.

Here are a few strategies to follow that will help you maximize your results in a fitness program.

**Don’t eat a high fat or high processed carb meal before training**

Researchers have found that eating a high fat or high glycemic carb meal before working out can stop the release of growth hormone. This is due to the fat triggering an increase in the hormone “somatostatin,” which inhibits growth hormone release.

**Take Some Amino Acids before training**

L-Glutamine, L-Lysine, L-Arginine, L-Orinthine, Glycine, Leucine, Valine

These are inexpensive amino acids that can help stimulate growth hormone release.

**Drink plenty of water during your training session**

Research has shown that if you’re not hydrated you’ll see a significant reduction in growth hormone release in high-intensity exercise.

**Limit dextrose sugar for two hours before after training**

While you’ll need a small amount of carbohydrate with some protein post-workout, you’ll want to minimize your sugar intake. This means no Gatorade drinks, etc. While these “electrolyte replenishing” drinks work fine for young athletes then can wreck havoc on the hormonal responses in middle age adults going through somatopause. See below for some good examples of post-workout choices.

**Take 15-25 grams of protein after training**

Try and get between 15-25 grams of fast-assimilating protein (whey protein is ideal) post-workout combined with a small amount of carbohydrate. This is the best strategy for speeding up the recovery process and extending growth hormone release window.

A lot of protein shakes contain far too much protein for most individuals and too much is just as counterproductive as not enough. The idea is to get a small amount of both protein and carbs in quickly then wait a couple of hours before eating your next meal.

Your own whey protein smoothie with water, 1 scoop whey protein, and ½ cup berries.

The recipe for reversing the effects of somatopause is simple. Train with intensity (get yourself out of breath – do some sprinting, lift something heavy, push yourself!), follow a primal nutrition diet, and get plenty of rest.

That’s it if you want to lose unwanted body fat, get trim and toned again, increase your energy and turn back the aging process.

A word of advice: If you’re new to an exercise routine, starting back after a while, or if you’ve simply been working out without much intensity – please go slow!

Take your time and progress to higher levels of intensities little by little. The last thing I want is to see you go out and try and do some sprints and pull a hamstring or suffer some other type of injury.

Play it smart and know your limits. It’s always a good idea to go to your physician first then seek the counsel of a certified personal trainer who can help design your fitness program to meet your needs.

When you push the body to the physical max even for just 30 sec the brain will sense that you need to improve to survive. The brain will then send out Human Growth Hormone and other fat dissolving muscle building enzymes, hormones, chemicals to increase survival.

**Special Warning to Over-Achievers…**

I want to stress this point: perform HIIT only two to three times a week. I’m continuously shocked and surprised when people say they do this program every day!

Folks, if you do that your body will shut down. You’ll be bedridden. Nearly every time someone tells me they are doing it more than four times a week, they are not doing it properly as they are not pushing themselves hard enough and getting their heart rate up to their maximum.

You can do it four days straight but it’s very difficult. The brain just shuts down. You can become totally lethargic the next day. That’s really too much… you should not do it five days in a row."

So please understand that not only do you not NEED to do it more than three times a week, you may actually cause more harm than good if you over-do it.

To get all the benefits from HIIT, just focus on gradually increasing intensity, as opposed to doing it more frequently.

Again, this interview contains countless additional nuggets of pure gold, so please listen to it in its entirety, or read through the transcript at your leisure. It very well could change your life. I know
it has had the most dramatic impact on my body and health than any other fitness program I’ve ever tried.
There are lots of reasons to exercise. The most important is that it is fun. There are also health benefits, some better documented than others. Those benefits supported by substantial or overwhelming evidence include the following:

- Helps in weight control
- Can relieve tension and feelings of stress
- Reduces the risk of heart attack
- Can lower blood cholesterol levels (mostly through weight loss)
- Can lower blood pressure to a modest degree
- Helps build strong bones
- Reduces the risk of adult onset diabetes
- Can raise blood concentrations of high density lipoprotein cholesterol - so-called good cholesterol that reduces the risk of arteriosclerosis and heart attack

The evidence also suggests that exercise lowers the risk of bowel cancer and it may lessen the extent of osteoporosis.

**MET in exercise (metabolic equivalent tasks)**

The question is how much exercise do you need to do, what type, and at what frequency?

In past decades, the exercise goal was set at achieving about 80 percent of your maximal heart rate. Now, the focus is on METs (metabolic equivalent tasks).

One MET is the energy expenditure and caloric requirement at rest. Mild exercise such as walking at a leisurely pace increases energy expenditure to perhaps 2.5 METs/hour of walking. Vigorous activity can result in 6 to more than 12 METs/hour of activity.

The following is a table of energy expenditure per hour of activity in METs (this is a general approximation; there is a lot of individual variation).

![Table of energy expenditure per hour of activity in METs](image)

What should be the goal in MET-hours per week? METs per hour of each activity multiplied by hours per week of each activity. For weight control, relief of tension or stress, the MET hours per week goal is basically what works for you. For reduction in risk of heart disease, it is still not clear what the goal should be - a reasonable goal would be at least 12 MET-hours per week of moderately vigorous or vigorous activity. That could be accomplished by about four hours of brisk walking at a pace of one mile every twenty minutes (3.5 METs/hour). Whether average pace walking (one mile every 25 to 30 minutes) for four or five hours a week would be satisfactory is not yet clear, but there are some encouraging studies.

It might be a good idea for everyone to be METs conscious and to calculate the MET-hours of every leisure or work-related physical activity and keep a weekly record of MET-hours, assuming that a total of at least 12 MET-hours per week is a reasonable health promotion goal.

If you walk very briskly (one mile every 15 minutes) for 1/2 hour, that is 2.5 MET-hours. Play doubles tennis for one hour - maybe that’s worth 5 METs, depending on how much running you do. There is so much variation from individual to individual that all you can do is make a reasonable guess about MET values during exercising, but it still makes sense, and is sort of fun, to estimate MET-hours for each activity, set weekly goals, and try to reach them.

Some would say 6 to 8 MET-hours per week of moderately vigorous physical activity is enough to achieve substantial benefit; others would put the figure at 9 to 12; still others would argue 20 or even 30 MET hours/week of at least moderately vigorous activity is needed for reduction in risk of heart attack, diabetes, and some cancers.

There is no absolutely definitive figure. Thirty minutes of vigorous activity three times a week would result in at least 9 MET-hours (>6 METs per hour for vigorous activity divided by 2 for the 1/2 hour of activity, multiplied by 3 times per week). One hour of moderately vigorous activity, such as brisk walking, three times a week at 3.5 to 5 METs/hour would give 10.5 to 15 MET-hours. Although the evidence is convincing for the health benefits of moderately vigorous or vigorous exercise, it is less persuasive for less vigorous exercise or average pace walking (at least as far as heart attack prevention is concerned).

Still, the bottom line is that, if you cannot achieve the 12 MET-hours per week by moderately vigorous or vigorous activities or even by less vigorous activity done more often, do what you can. The evidence suggests reasonably strongly that doing something is better than being sedentary.

For example, walking for one hour at a leisurely to average pace, one mile every 25 to 30 minutes, three times a week is 3 to 2.5 METs each time or a total of 7.5 (one mile every 30 minutes) or 9.0 (one mile every 25 minutes) MET-hours a week. That may reduce risk of heart attack, especially...
in persons over 65 years of age. The least healthy situation appears to be that of being sedentary, and that appear to be more true for older age groups (over age 65). So, do what you can, taking into account your age, time constraints, and any underlying conditions. For those in older age groups or with underlying health conditions, it is a good idea to consult with your health care provider before undertaking any physical activity regimen.

Remember, although a reasonable goal is 12 MET-hours per week of at least moderately vigorous physical activity, if your age and any underlying condition permits, 20 to 30 MET hours of at least moderately vigorous activity is even better. Activities at home or at work count as much as recreational activities.

Here is the Healthful Life summary recommendation in regard to moderately vigorous (or vigorous) physical activity and lesser activities for those who cannot engage in moderately vigorous activities.

1. 30 or more MET-hours/week of at least moderately vigorous activities - excellent
2. 20 to 29 MET-hours/week - very good
3. 12 to 19 MET-hours/week - satisfactory (but, you should still try for 20 MET-hours/week or more.
4. Set 12 MET-hours of at least moderately vigorous activity as a minimum goal. Walking briskly at 3 miles per hour (one mile every 20 minutes four times a week would meet that requirement; so would walking at a pace of 17 minutes a mile three times a week). Remember, moderately vigorous physical activities at home or at work also count.

If you cannot get to the 12 MET-hours/week goal, do what you can of moderate intensity physical activity (at least 3.5 METs/hour). Even 5 MET-hours/week of moderately vigorous physical activity may be beneficial.

If you cannot manage moderately vigorous physical activity, do lesser intensity activities (2.5 METs/hour or more) with a minimum recreational goal of 10 MET-hours/week (for example, walk casually at a pace of one mile every 30 minutes - 2.5 METs/hour - for one hour four times a week). You can substitute home activities that get at least 2.5 METs/hour. The important point is that, unless you are restricted by underlying condition or disease, you should not be sedentary; some physical activity is much better than virtually none.

If you are over age 40 and moving from sedentary to physically active, or if you are substantially increasing the amount of your physical activity, it is a good idea to first consult your health care practitioner.

### CALCULATING YOUR WEEKLY ENERGY EXPENDED IN RECREATIONAL-TIME PHYSICAL ACTIVITY USING METs (Metabolic Equivalent Task)

One MET is the energy expended at rest. Two METs indicates the energy expended is twice that at rest. Three METs is triple the resting energy expenditure, etc. Thus, the METs per hour score is a measure of the intensity of a physical activity.


<table>
<thead>
<tr>
<th>METs/hour</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>Reading, writing, using computer</td>
</tr>
<tr>
<td>1.5</td>
<td>Sitting, studying, note taking</td>
</tr>
<tr>
<td>2.0</td>
<td>Walking on job, at 2 mph (in office or lab area), easy casual</td>
</tr>
<tr>
<td>2.0</td>
<td>Light gardening</td>
</tr>
<tr>
<td>2.0</td>
<td>Light office work, light use of hand tools (watch repair or micro-assembly, light assembly/repair); standing, light work (bartending, store clerk, assembling, filing)</td>
</tr>
<tr>
<td>2.5</td>
<td>Walking downstairs</td>
</tr>
<tr>
<td>2.5</td>
<td>Cooking, light housekeeping, shopping</td>
</tr>
<tr>
<td>2.5</td>
<td>Somewhat heavier gardening or yard work</td>
</tr>
<tr>
<td>2.5</td>
<td>Pushing stroller with child, walking dog</td>
</tr>
<tr>
<td>3.0</td>
<td>Standing, light/moderate work (assemble/repair heavy parts, welding, auto repair, pack boxes for moving, etc); patient care (as in nursing); driving heavy tractor, bus, truck</td>
</tr>
<tr>
<td>3.0</td>
<td>Washing car or windows, mopping, moderately vigorous playing with children, sweeping outside house, vacuuming, picking fruit or vegetables, scrubbing floors</td>
</tr>
<tr>
<td>3.5</td>
<td>Walking on job, 3 mph (one mile every twenty minutes), in office, moderate speed, not carrying anything, or carrying only light articles</td>
</tr>
<tr>
<td>4.0</td>
<td>Raking lawn, planting shrubs, weeding garden, heavy yard work or gardening activities</td>
</tr>
<tr>
<td>4.0</td>
<td>Masonry, painting, paper hanging, moderately heavy lifting, moderately heavy farm work</td>
</tr>
<tr>
<td>5.0</td>
<td>Walking downstairs or standing, carrying objects about 25-49 lb</td>
</tr>
<tr>
<td>5.0</td>
<td>Digging, spading, vigorous gardening, using heavy power tools; general gardening, mowing lawn (hand mower)</td>
</tr>
<tr>
<td>5.0</td>
<td>Painting, carpentry, cleaning gutters, laying carpet, other vigorous activities</td>
</tr>
<tr>
<td>5.0</td>
<td>Chopping wood</td>
</tr>
<tr>
<td>6.0</td>
<td>Using heavy tools (not power) such as shovel, pick, spade; driving heavy machinery, forestry</td>
</tr>
<tr>
<td>6.5</td>
<td>Walking downstairs or standing, carrying objects about 50-74 lb</td>
</tr>
<tr>
<td>6.5</td>
<td>Loading and unloading truck (standing); moving heavy objects; heavy farming work</td>
</tr>
<tr>
<td>7.5</td>
<td>Walking downstairs or standing, carrying objects about 75-99 lb</td>
</tr>
<tr>
<td>8.0</td>
<td>Heavy farming</td>
</tr>
</tbody>
</table>

One MET is the energy expended at rest. Two METs indicates the energy expended is twice that at rest. Three METs is triple the resting energy expenditure, etc. Thus, the METs per hour score is a measure of the intensity of a physical activity.
Don’t eat carbs at night

Sleep is directly related to how much fat you store. However, in the past it was mainly related to Human Growth Hormone. While reading a new weight loss book, they also related it to carbohydrates. That old saying “don’t eat carbs at night,” makes a lot more sense when you relate it to the science of HGH.

The age old rule of not eating carbs at night has been proven true. While researching it further, it’s clear that this rule is not a myth.

Why You Shouldn’t Eat Carbs At Night

• Eating carbs late at night doesn’t give your body time to burn them off before you go to bed. Therefore your body more readily stores them as fat.
• As you eat throughout the day your insulin levels get less sensitive. By night time your insulin is not as active leading to a higher amount of fat being stored.

Growth Hormone is released more readily at night in a slightly fasting state.

According to researcher Dr. Bill Misner Ph.D., “allowing the body to settle into a fasting state 3 hours prior to bedtime totally clears gastric-related digestive activity, allowing the maximum 5-pulsatile human growth hormone (HGH) bolus to be released from the pituitary gland. The mechanism of postprandial diurnal pulsatile growth hormone peak is largely dependent upon lowering blood levels of free fatty acids, blood sugar (including insulin) which in general takes 3 hours before levels reach their respective nadir.”

Refraining from carbs at night CAN BE DONE. You don’t have to do it every night to see a noticeable difference. Four to five times a weeks will still give you results. Hopefully this article inspired you to eat your carbs during the day and cut them at night! Eat Fruit carbs in the morning. The banana diet and fruit before noon diets.
Stick to your New Year’s resolution to Lose Weight

DOLE Banana Diet
Bananas contain resistant starch which research shows blocks conversion of some carbohydrates into fuel, boosting fat burning by forcing your body to rely on fat stores instead – a sure aid to sustainable weight loss. Dole has created a delicious banana diet to help you stick to your New Year’s resolution.

Visit DoleBananaDiet.com or your favorite store to learn more.

Eat Grapefruit and Lose up to 10lb!

100% Grapefruit juice (diluted) or grapefruit in the morning is anti-aging and anti-fat.
Heat Exhaustion risk of 10+ Met activity

Exercise is good for you, but make sure you enjoy it as much as possible by staying safe. We don’t want to put a damper on your enthusiasm, but it is important to be aware of potential dangers, including crime, traffic, and injury. Use your common sense and good judgment while exercising, and you should be fine. Here are a few tips:

Outdoor hazards

- Avoid crime by exercising with someone else, or stay in populated, well-lit areas. Carry a whistle in case you have a problem.
- Always obey traffic rules when exercising near streets or intersections. If you can, try to use sidewalks, parks, or pedestrian paths. These “exercise friendly” places take you out of the way of traffic and are much safer than the street.
- If you choose to exercise at night, wear a reflective vest or sash. This will help drivers see you in the dark.
- Do not wear earphones — they distract your attention and obstruct your ability to hear traffic.
- Carry identification and a small amount of cash, just in case you need them.

Injury

- The risk of injury increases if you do weight-bearing exercises more than five days per week. If you exercise every day of the week (physical activity every day is good), reserve at least 1 - 2 days per week for non-weight bearing activity.
- When cycling, skating, or rollerblading, always wear a helmet and knee pads.
- Always warm up before your workout, and cool down after it. Don’t forget to stretch when you are done.
- Don’t do the same kind of exercise day after day. You want to avoid putting too much stress on one part of the body while neglecting the others. Don’t continue to exercise on joints that hurt – stop or change your activity.
Dehydration and overheating

- Drink plenty of water before, during, and after you exercise. This is important at all times of the year, but especially when exercising in warm weather.
- Take it slow and be cautious about pushing your limits. Don't push yourself too hard, especially in the heat. Remember that you still need to replenish fluid even when you don't feel thirsty. If you do feel dizzy, lightheaded, or sluggish -- stop, rest, and drink some water immediately!
- Heat stroke is a medical emergency. It may decrease your level of consciousness or even cause a seizure. If you experience any of the more serious symptoms -- such as nausea, headache, confusion, clamminess, trouble focusing, fever, or sudden lack of sweating -- you should go to the hospital right away. You should also promptly see a doctor if your heavy breathing, dizziness, and excessive fatigue remain after you have rested and drank water.
- If heat, humidity, or pollution make exercise too hard, exercise indoors or during cooler hours.

on self-defense

Desi


• Actions of Anterior Pituitary Hormones: Growth Hormone (GH). Medical College of Georgia. 2007.


LIPASE and the FAT METABOLISM

by Walter Last

Lipase is the fat-splitting enzyme. Lipase has vast importance for our health, not just in regard to the commonly recognized diseases of the fat metabolism such as overweight and underweight, cardiovascular disease, diabetes, strokes and degenerative muscle diseases, but also for skin problems, autoimmune diseases, cancer; degenerative diseases of the brain and nervous system, and also for rejuvenation and regeneration in general. How can lipase be important with all of these problems and diseases?

The answer lies in the overriding importance of fats and oils not only for our energy metabolism, but even more so for the structural integrity of our body. Fats, oils and related fat-soluble vitamins and other biochemicals, such as lecithin and cholesterol, are collectively called lipids. Most of our brain, nerves and cell membranes consist of lipids. Lipase is important to maintain optimal cell membrane permeability; this allows adequate nutrient supply into the cells and wastes to flow out. P.G. Seeger, the most prolific researcher into the relationship between nutrition and cancer, has clearly shown that the first biochemical step towards cancer is a deterioration of the cell membrane.

Fats are chemically called triglycerides, and consist of three fatty acid molecules combined with the alcohol glycerol. The biochemical function of lipase is to split fats into their components, specifically to remove two or all three fatty acids from their glycerol base in order to transport the individual components through the intestinal wall. There are several lipases for different functions, including phospholipases, which split phospholipids, such as lecithin. Phospholipids are important structural components of brain, nerves and cell walls. Lipase is not only needed to digest and absorb lipids from food, but also for the internal use of lipids.

Fat Absorption

Most of our digestive lipase is released by the pancreas. It is water-soluble and works at the interface between water and lipids. Therefore, lipase can only do its work properly if the lipids in our food are finely emulsified which is done by bile released from the liver and gallbladder. The sulfur-amino acid taurine is a major component of bile. A deficiency of lipase, taurine or lecithin...
can lead to a lack of bile and the formation of gallstones from cholesterol. This can then lead to malabsorption of lipids and liver problems. Lipase and lecithin added to meals help to avoid deficiencies of essential lipids after gallbladder removal, and are also beneficial with liver diseases.

Another common cause of lipid and mineral malabsorption is gluten sensitivity. Gluten causes irritation and inflammation of the intestinal wall and this erases the absorption villi. Instead of long and slender they now become blunt with a greatly reduced absorption surface. Fat malabsorption is called steatorrhea. It leads to fatty, bulky and smelly stools that may be noticed to frequently stick to the side of the toilet bowl. The stickier it is the higher is the fat content. In this case the fat is split into fatty acids but instead of being absorbed, these combine with mineral ions, especially calcium, to form insoluble soaps. This causes chronic deficiencies of minerals, essential fatty acids and fat-soluble vitamins.

As we age, also pancreatic lipase production declines. This combination of declining lipase production, reduced bile flow, reduced intestinal absorption surface, and poor food choices leads to internal lipid deficiencies, especially in regard to fat-soluble vitamins, phospholipids and essential omega-3-fatty acids. This, in turn, causes or contributes to the common symptoms of aging and the development of degenerative diseases. Widespread mineral deficiency despite an adequate diet is commonly due to a lack of gastric acid, or fat malabsorption, or usually a combination of both.

**Lipid Transport**

After passing the intestinal wall, the individual components are put together again to form fats and phospholipids. Now they are combined with protein carriers, called chylomicrons, and carried in the bloodstream to all the cell structures. Chylomicrons belong to the class of lipid carriers called lipoproteins. They are the largest and least dense lipoproteins because of their high fat content.

Another group is the VLDL or Very Low Density Lipoproteins. They are made in the liver to carry fats synthesized in the liver from glucose and fructose to the body cells. As they lose some of their triglycerides they collect cholesterol from other lipoproteins and are then called HDL or High Density Lipoproteins. They carry cholesterol to tissue cells and fat stores. HDL is an essential factor in the synthesis of insulin in the beta cells of the pancreas. Lipase Deficiency

As you can see from this short description, there is a lot of internal lipase required to keep the body functioning and in good working order. If there is not enough liver lipase, we may develop fatty degeneration of the liver, if there is a deficiency in the blood, the blood vessels may clog up, if it is lacking in fat cells, then we may only be able to deposit fat but not mobilize it again when needed, and when lipoprotein lipase is in short supply, then chylomicrons and VLDL build up in the blood and cause a range of problems, while cells are starved of lipids for energy production or structural regeneration.

Internal lipase deficiency may develop when more lipase is needed for fat digestion and absorption than can be produced in the pancreas. Then lipase is taken from the internal lipase store to prop up the pancreas. Actually, lipase is recycled similar to bile. For the purpose of fat digestion bile and lipase are released, but unused amounts of each are reabsorbed in the lower parts of the small intestines, and re-supplied to the liver and pancreas through the blood and lymph circulation. Internal lipase deficiency arises when we habitually eat food low in lipase. Then the body has difficulties reabsorbing and generating enough lipase as we get older, and we develop age-related degenerative body changes.

Another problem is the increasing incidence of genetic, inherited or familial lipoprotein lipase deficiency, also called familial chylomicronemia. This leads to all of these problems already at a younger age. The most severe form is seen when a genetic lipoprotein lipase deficiency is inherited from both parents. Fortunately, this is rare with a frequency of only one in a million. Much more common is a relative deficiency inherited from only one parent. In this case problems may be mild in childhood, and become more disabling as we get older.

Depending on the exact nature of the deficiency, cholesterol may accumulate and lead to cardiovascular disease, or problems may be due to excess triglycerides. This may cause enlargement of liver and spleen, inflammation of the pancreas or chronic pancreatitis; fatty deposits, fatty
tumors or lipoma under the skin; deposits in the retina of the eye, white inner eyelids, yellow-brown skin patches, inflammatory skin and muscle diseases, chronic muscle pain, spasms and cramps, varicose veins and fragile arteries, and generally lack of energy. A frequent sign is the early formation of an arcus senilis – a bluish-white opaque arc in the top part of the iris, which may later become a full ring around the iris.

With this I see lipase deficiency causing or contributing to a wide range of health problems and diseases such as aging skin, Alzheimer’s disease, arteriosclerosis and atherosclerosis, auto-immune disease, cancer, cardiovascular disease, chronic fatigue syndrome, cystic fibrosis, dementia, depression, diabetes, eye diseases, fibromyalgia, lateral sclerosis (A.L.S.), liver diseases, malabsorption, multiple sclerosis, muscular dystrophy, obesity, pancreatitis, Parkinson’s disease, psoriasis, Raynaud’s disease, stroke, and vertigo (labynthitis or Meneire’s Disease).

The medical solution for elevated triglycerides and cholesterol levels, apart from drugs, is a low fat diet. However, this has its own problems. It leads to severe deficiencies in essential lipids, such as fat-soluble vitamins, essential fatty acids and phospholipids; while a high carbohydrate diet predisposes to the development of diabetes, and any excess carbohydrate is converted in the liver into saturated fat and cholesterol, and is a main cause of obesity. This applies to genetic as well as acquired forms of elevated lipids.

**Overweight**

If we have a good metabolism, then we can easily gain or lose weight. When the metabolism becomes inefficient, we have difficulty either gaining or losing weight. I see the present epidemic of overweight mainly as a symptom of lipase deficiency. This is especially a problem with high-carbohydrate diets because of their low satiety value.

The problem is this: the less fat there is in a meal, the faster it is released from the stomach into the small intestine. Unlike fats, carbohydrates are easily and rapidly absorbed. This can lead to damaging high blood sugar levels. To prevent this, the pancreas releases large amounts of insulin. This helps glucose to enter cells more quickly but if you are not doing hard work or exercise at the time, the excess glucose is either converted to lactic acid, thereby causing acidosis and mineral deficiency, or the glucose is converted to fat (mainly in the liver).

Fat is then stored in fat cells. When the blood sugar level drops, this stored fat can now be used to generate energy – but only if you have sufficient internal lipase. If lipase is deficient, fat remains in the fat cells and you feel hungry again, having another carbohydrate meal with a replay of the same story. After several years of repeating this cycle with habitually elevated blood sugar levels, diabetes may be diagnosed.

There are two ways to solve this problem, and it is best to use both simultaneously. Firstly get plenty of lipase, preferably from raw fats and oils, or otherwise from lipase supplements. Secondly slow down the absorption of carbohydrates. This may be done in several ways. You may use a low carbohydrate diet, or slow down the emptying of the stomach by mixing carbohydrates with sufficient oil or fat. You may, for instance, eat fruit mixed with (coconut) cream.

Alternatively, you may eat mainly slow-digesting carbohydrates, such as legumes, especially chickpeas and sprouted mung beans and lentils, in addition to vegetable salads. Another possibility is snacking - nibble, space out the food intake. Ingest only as much carbohydrate as you need to
produce energy during the next 30 to 60 minutes so that nothing is converted into fat. Then have another snack. Finally be aware that if you do have a high-calorie meal in the evening, then it just cannot help but enrich your fat cells.

However, lipase deficiency is only one factor that may prevent converting body fat into energy. Others necessary nutrients are L-carnitine, coenzyme Q10, choline or lecithin, inositol, methionine, and vitamin B3 (niacin and niacinamide). Furthermore, fat burning can be accelerated by drinking diluted lemon juice, grapefruit juice or cider vinegar before meals.

Lipase to the Rescue

The natural solution to these problems originating from lipase deficiency is to use a diet that is high in lipase. All fatty or oily foods naturally have a high content of lipase. Lipase is destroyed by heating over 40 to 45ºC. Therefore, to improve genetic or age-related problems of the fat metabolism, we need to maximize our intake of raw, unheated and unrefined fats and oils.

Raw butter, for instance, has formerly been used to cure psoriasis but pasteurized butter causes or aggravates it. The healing effect of raw butter is due to its high content of lipase. The same is true for heart and liver problems, which are caused or aggravated by processed cheese and butterfat. Such health problems did not occur in the inhabitants of the Caucasus and Bulgaria with their high intake of raw milk products. Cholesterol did not harm anyone in former times when mainly unheated milk products were used; cardiovascular disease was almost unknown.

Raw milk was formerly used to cure tuberculosis but pasteurized milk is more likely to cause it. Carnivorous wild animals have diets high in fat and cholesterol but no signs of atherosclerosis and heart disease. In contrast, dogs and cats on canned food, pasteurized milk or cooked meat develop the same diseases as their masters.

Lipase in Food

All lipid-rich foods also are high in lipase. However, you need to be aware that lipase is water-soluble while being attracted to the lipid phase. Therefore, you cannot get much lipase by using only the lipid phase, such as vegetable oil. Even extra virgin olive oil does not contain lipase, except as unfiltered, milky or turbid oil, but this is not commercially available because lipase would cause it to spoil quickly. The same applies to avocado oil or coconut oil.

This is not a problem with fresh avocado, coconut flesh or raw animal lipids as they usually retain enough water and, with this, all their lipase. Cream, for instance, has still about 60% water, butter 16% and egg yolk about 50%. Other animal sources of lipase (and protein-digesting enzymes) are minced raw meat and raw, possibly marinated fish.

In addition to a high intake of refined carbohydrates, I see the current epidemic of diseases, such as Alzheimer’s disease, cardiovascular disease, diabetes, and obesity, largely as long-term manifestations of lipase deficiency, caused by the restrictions of health departments on the sale of unpasteurized milk products. To overcome this in countries where pasteurization is mandatory, groups of people could become part owners of a cow or a small herd managed by a farmer.

Preferably do not use Friesian cows (which give the largest volume of milk) but rather Jersey cows which have the highest fat and lipase content in their milk. Friesians are linked to allergies and diabetes, but Jersey and other breeds seem to be fine. However, only butter, cream, cottage cheese and other cheeses are safe for regular use, the high lactose content of milk tends to cause mucus problem, while milk allergy occurs mainly to whey proteins.

In order to obtain a high lipase intake from vegetable sources, we need to consume the whole food. This means eating the avocado instead of using just the oil, or pressing, juicing or blending the coconut flesh to make and use coconut milk or cream. This needs then to be refrigerated or frozen because the high enzyme content causes it to deteriorate rapidly at room temperature.

We encounter another problem with nuts and oily seeds. Even if we do eat them whole, we may not get much benefit from it because of the presence of enzyme inhibitors. Eaten frequently or in high amounts these inhibitors tend to cause indigestion. The solution is to soak and possibly sprout or ferment these seeds (see Recipes section). In one reported experiment all enzyme inhibition had been removed after 24 hours of soaking.

**RECIPES**

I am not fond of using recipes. Most recipes seem to be designed to tickle our palate by harming the nutrients in the food. The healthiest recipe for carrots, for instance, is to pull one out of the ground, clean it and chew well. Any additional step is less nutritious. Also I favor experimenting: mixing this and that within the framework of the food combining rules and seeing how it turns out. In this spirit I offer the following recipes as starting points for finding ways to make healthy food tasty.

If you are willing, you can gradually change your taste preferences, and come to like the new diet with healthier meals. If your life is in no immediate danger from an advanced disease, it will be best to change slowly, making a gradual transition from the present diet to the high quality diet and possibly the raw-food diet over a period of years.

**ACID FOOD**

Food acids, such as in cider vinegar, fermented liquids, citrus fruits, and other acid fruits, and tomatoes are usually beneficial for individuals with an insensitive body and raised blood pressure. However, fruit acids cause problems for those with a sensitive body and low blood pressure. The main reason for this is an inefficient metabolism that causes the body to become overacid and mineral deficient. The main problem is not the ingesting of fruit acids but rather the mineral deficiency caused by the overacidity. In the right way, in neutralised form, fruit acids can be used to re-mineralise and alkalise the body and in this way are highly recommended. Dolomite or bicarbonate may also be used by sensitive individuals to neutralize acid ferments, or Kambuchatea, or tomatoes.

When using dolomite or eggshell powder it is best to let the powder react with the acid for some time before drinking or pouring it off from the residue. Bicarbonate, on the other hand, acts instantly. You may keep adding a pinch of bicarbonate and stir until it stops bubbling with the next lot. If it has become alkaline it may not taste so good, and you may again add a small amount of acid liquid to make it slightly acid. Individuals with an insensitive body or raised blood pressure on the other hand do not need neutralizing fruit acids but may optionally add magnesium oxide or magnesium carbonate.
BAKING

The best method for baking is one in which enzymes in the food remain alive. This means heating to less than 50ºC/120ºF. Furthermore, it is preferable to start from whole, soaked or sprouted seeds that are rich in enzymes rather than from commercial flours.

Rice Flat-Bread: After blending soaked or sprouted rice, the dough continues to absorb water and so becomes firm almost without any heat. This property seems to be unique for rice. Try different varieties of brown rice to find one that sprouts.

Soak brown rice overnight. If it is viable, rinse for two or three days until sprouts appear; otherwise use after soaking. Wash well and blend with a minimum of water. If the blended rice does not have the consistency of a paste, add rice or buckwheat flour, or strain off excess water. Lightly cover a tray with some rice flour or baking paper and spread the paste out flat. Preferably leave in the sun or otherwise a warm place, such as a warm oven with the heat turned off, until the dough has solidified, usually after a few hours.

Any other soaked or sprouted and blended seeds may be used for making flat bread by baking at 70º-80ºC/160º-180ºF with or without adding some sourdough starter. Again, it is advisable to spread the dough over a layer of flour to absorb excess moisture. You may also add other flavorings, such as banana or carrot pulp. Buckwheat flour helps to bind all other ingredients together. It may take five hours or more of baking for the bread to solidify. At this temperature the enzymes are destroyed and, unlike sun-baked rice, it is not a raw food any more. However, the protein structures generally are not damaged and there is no digestivewaleukocytosis when eating this bread.

Sourdough baking with lactic acid fermentation is much healthier than yeast baking. It breaks down gluten so that it tends to be less of a problem, and it makes minerals andinositol available that otherwise remain locked up in conventional cereals. Furthermore, you can use part of the ferment unheated as a live food and source of probiotics.

Rye-Sourdough: Mix a cupful of acidophilus starter with rye flour, water, flavorings (for example, caraway seeds) and a tablespoonful of honey or molasses as food for the bacteria. Leave covered overnight in a warm place. Before adding salt, reserve and refrigerate 1 cup of this as a starter for the next baking. Add more flour, knead, shape and cover the loaves and let them rise in a lightly warmed oven for several more hours. Then bake at moderate heat for 90 minutes. Place a pan with hot water on the bottom rack to develop steam.

Buckwheat-Rice Dough: Mix the following:

- 2 cups of brown rice flour
- 1 cup of buckwheat flour
- 1 cup of sourdough starter
- 1 cup or more of warm water
- 1 or 2 tsp of honey or molasses

When doing this for the first time then use as sourdough starter a cup of Kefir, or sauerkraut juice, or pollen ferment, or any other suitable source of acidophilus (e.g. Grainfields liquid). Honey or molasses are added as food for the bacteria to be converted to lactic acid. Normally you save a cup of the sourdough for the next batch, and also adjust the amount of water to obtain firm dough.

Buckwheat flour is recommended in all non-gluten baking to make the bread stick together. You may replace part of the rice flour with some other non-gluten flour.

Keep the mixture warm for several hours or overnight, possibly in a yogurt maker. When it has become somewhat frothy and risen by up to half in volume it is ready to bake. Take a cupful out and refrigerate as starter for the next batch. If you want to add salt you can do it at this stage. If it is too acid for your taste, mix somealkalizer (e.g. bicarbonate) into the dough.

There are now two possibilities. The conventional one is to put it into a (lightly greased) baking tin, keep it warm for an hour or more to let it rise again, and then bake for 35 to 40 minutes at 180ºC. However, the healthier option, which you may explore with some of the dough, is to spread it out flat on a tray and preferably let it dry in the sun for a few hours, or otherwise just in a warm place. The aim is not to get it dry like a baked product, but rather moist and crumbly.

This is now a live fermented food, similar in health qualities to yogurt and it tastes somewhat sour just like yogurt. You may use it with any good spreads and in addition to salads and other meals just like you use bread. Start with a small amount and hopefully you come to like it and use more.

BEEF JUICE

Beef juice was recommended by Edgar Cayce in cases of serious muscle weakness. To make beef juice: dice about 500 grams or one pound of lean beef. Put in a jar without water, cover well and stand the jar on a piece of cloth in a pot filled with water. Boil for 3 hours. Press the accumulated juice in the jar through a strainer and refrigerate or freeze. Sip a teaspoonful 5 to 10-times daily and keep in the mouth for some time. Make fresh weekly.

BLENDED GREEN LEAVES

This is highly recommended as a daily drink, either on its own or mixed with other ingredients. Blend a handful of dark-green leaves, such as spinach, with water or juice at high speed, and drink just like yogurt. You may use it with any good spreads and in addition to salads and other meals.

The aim is not to get it dry like a baked product, but rather moist and crumbly.

BONE BROTH

This is beneficial with connective tissue problems, including arthritis and ageing skin. Use the soft bones of fowl, or bones and heads of fish. Add one or more tablespoons of vinegar, depending on the amount of bones you have. Simmer with sufficient water in a covered non-metal container for several hours until the bones become brittle and the liquid is nearly neutral. With larger quantities and longer cooking time you may repeatedly add more water and vinegar. Alternatively, use a pressure cooker for 30 minutes, but without adding acid. When the bones have become soft, blend it all, strain (optional) and freeze in ice cube trays. Use some of the broth frequently with meals; especially add it to vegetable salads - it is an excellent source of gelatin, calcium and other minerals.

BUTTER SPREAD

In order to cut down on butter consumption, lightly warm some butter and mix it with an equal amount of extra virgin olive oil. Add lecithin, chopped onion, kelp, herbs and spices to taste.
Alternatively or in addition to using oil, butter may be mixed with an equal amount of hot gelatin; flavor to taste. Keep the butter spread refrigerated.

COTTAGE CHEESE or QUARK

‘Quark’ is the German name for fermented cottage cheese, which has health benefits compared to conventional cottage cheese made with rennet. While raw, organic milk is best, you may use milk or milk powder of any type of animal. As starter culture you may use kefir grains or acidophilus-bifidoculture from capsules, powders or from suitable commercial yogurt.

Keep in a warm place or in a yogurt maker until it has curdled, or until curd and whey have separated, then strain, press lightly, and refrigerate. Use part of the whey as starter for the next lot. Mucus problems, such as colds, sinus congestion or running noses are mainly caused by lactose (in combination with fungi or molds). The longer you ferment the milk and the more you press out the curd the less lactose remains.

You may also improve commercial cottage cheese by adding sufficient water, and a probiotic culture. Keep warm overnight and then strain and refrigerate. This greatly reduces unwanted ingredients and improves its healing potential.

If you can buy raw milk of any type of animal, you may make quark the traditional way. Just keep the milk in a warm place in a covered bowl until it has curdled and the whey separated from the curd. This may take two days but less time if you add whey from a previous lot as a starter. Pour into a large strainer, let drip overnight, and then refrigerate.

Oil-Protein Mix: This is recommended for overcoming cancer and autoimmune diseases by restoring the oxidative energy production in the mitochondria as in the Budwig Diet. Mix 3-4 heaped tablespoons of low-fat cottage cheese with 3 tablespoons of flaxseed oil, a small amount of lecithin and additional liquid as needed. Stir well until the oil is no longer visible. This basic mix may be added to other food, such as sprouts or vegetable or fruit salad, or cooked vegetables, or it may be flavored with berries or chopped pawpaw or grated apple. Also 2 or 3 tablespoons of freshly ground or frozen linseed may be added.

FERMENTS

Self-made ferments are more effective for sanitizing the intestines than commercial capsules or powders. The commonly used yogurt based on cows’ milk has some problems in that many individuals are allergic or sensitive to some ingredients of milk. While whey contains most of the beneficial bacteria it also has most of the mucus-forming lactose and a factor (IGF-1) that may stimulate tumor growth. The most commonly used milk from Friesian cow’s milk is also implicated in causing type 1 diabetes. Therefore for most individuals it is better to use non-milk ferments for sanitizing the intestines.

Better suitable are ferments made from vegetables, fruits, grains, seeds and nuts, but even honey or molasses may be fermented, also see the recipes for cottage cheese/quark, rejuvelac, sauerkraut, seed cheese, seed yogurt, and sourdough. The key component for fermenting is a good starter culture. Commercial acidophilus cultures are commonly grown on milk with lactose as the main energy source and are not very good at
FISH, MARINATED

Dice the fish and cover with lemon juice or diluted cider vinegar or a mixture of both. Refrigerate overnight; add onion, cooked or raw, or herbs and spices, and possibly some juice or leaf or green skin of papaw. Eat with vegetables or sprout salad. You may also marinate liver or other soft cuts of meat.

FRUIT BALLS

These are for festive occasions. Mince any of following: nuts, sesame or sunflower or pumpkin seeds, fresh coconut, dried fruits such as apricots, dates, mixed peel, papaya, pineapple. Mix well, add lemon juice to taste and also lecithin; bind with oil. Make into small balls and roll in desiccated coconut. For different flavors add carob powder or spices to the mixture.

HOMMOS

Soak chickpeas (garbanzo beans) overnight. If viable sprout them, otherwise use soaked raw or soaked and cooked for a few minutes only. Puree the prepared chickpeas in a blender and mix with any combination of the following: olive oil, tahini, lecithin, cayenne, herbs or spices. Keep refrigerated. This may be used as bread spread or as an addition to meals.

HOT VEGETABLE JUICE

Normally you drink fresh vegetable juice cold. However, in cold weather you may enjoy drinking it hot, flavored like a broth. Use a handful of fresh green leaves, add cabbage, celery, tomato, cucumber - whatever is available - and finally some sliced carrot, pumpkin or beetroot. Mix this in an electric blender, together with a suitable warm to hot liquid, for instance herb tea, bone broth, or just water. Drink without straining or only coarsely strained. Try to keep the temperature of the broth below 50°C / 120°F.

A juice extractor may be used instead of the blender. You may also mix the hot liquid with some freshly pressed juice. Flavor the drink to taste; you may use herbs, spices, miso, oil, lecithin, egg yolk, food yeast or molasses in any combination you like. Drink the juice immediately, taking sips. Another possibility is to simmer the residue left over from juicing in water for ten minutes, strain; add some flavoring and drink hot.

JELLIES

Dissolve 4 teaspoons of white, unflavored gelatin in half a liter of hot water. Pour it over diced fruits or over sprouted seeds and diced or grated vegetables (for example, cucumber, tomato, carrot or chopped onion). You may add herbs, spices, and salt. Alternatively, the gelatin may be dissolved in a smaller amount of hot water and mixed with an appropriate amount of fruit juice or fresh vegetable juice. Refrigerate for setting. Instead of commercial gelatin, a gelatinous bone or fish broth may be used. Gelatin aids in the absorption of vitamins and minerals.

LIVER JUICE

Raw liver juice is the most nutrient-rich food. Use only organic liver, lambs fry or liver of other free-range animals. Blend with sufficient water, strain and freeze in ice cube containers. Drink one or more cubes daily dissolved in fresh juice.

MINCED MEAT

Use only mince from lamb or grass-fed or organic meat; do not use anything from a feedlot.
Keep larger amounts frozen in meal-size portions. You may flavor a portion with chopped or grated onion, radish, ginger and tomato, use chili or cayenne, add some magnesium chloride, and squeeze some lemon or lime juice over it. If possible expose previously frozen or refrigerated food for several minutes to sunshine before eating.

**PAPAW SMOOTHIE**

This may be used as a special health food to aid the digestion, cleanse the body of protein residues and dissolve tumors or other unwanted growths. Mix in a blender mature green papaw (when it just starts turning yellow and the seeds are already black) with skin, seeds and flesh, also banana and any other fruit in season and sufficient of a suitable liquid, such as a juice. Eat on its own or as part of a meal. You may also add protein powders as described for the Protein Drink.

**POTATOES - grated**

In addition to baking or steaming potatoes with skin, they may sometimes be prepared in the following way. Bring a cupful of water to boil, keep the element on high, add coarsely grated potato and stir for 2-3 minutes. This leaves the potato semi-raw with a quite distinct flavor; add oil, salt and other flavoring, and eat with vegetables or sprouts.

**PROTEIN DRINK**

You may use this as a basic snack or meal: Mix one teaspoon of spirulina, two of barley or wheat grass powder and three each of pollen and ground linseed with a suitable liquid. You may, of course, change the composition of the mix as it suits you. As liquid you may use seed milk, seed yogurt or (goats’) milk yogurt, kefir, fresh vegetable juice, apple juice or grape juice, orsmothiemade with raw egg, pawpaw, banana or other fruit. You may add lecithin granules, coconut oil, linseed oil or extra-virgin olive oil, any fermented liquid, and suitable supplement powders or crushed tablets. You may make the consistency so that you can drink it, or like porridge to eat with a spoon.

**REJUVELAC (FERMENTED SEED DRINK)**

Wash a cupful of whole grain (preferably organically grown) and cover with 2 cups of warm water. Suitable are brown rice, millet, rye and other grains. Keep in a glass or porcelain container in a warm place. Pour off the liquid the next day or when it tastes slightly sour. Use possibly refrigerated culture.

To make it easier for beneficial bacteria to develop, you may sprinkle some suitable fermented into the different layers, such as sauerkraut juice, organic cider vinegar, kefir, or some acidophilus culture.

**SEED MILK**

Soak oily seeds such as almonds, nuts, sesame seeds, pumpkin or sunflower seeds for 8-12 hours. Puree in an electric blender and add kefir or acidophilus culture, or possibly sauerkraut juice orrejuvelacas starter. Keep in a warm place for several hours until the desired degree of sourness develops. Refrigerate and use within 3 days. If it is too sour or if curd and whey have separated, just strain and discard the whey, possibly even rinse the curd. You may use seed yogurt as part of a salad dressing, for flavoring meals or as bread spread. The more sensitive you are the less sour it should be when you use it. If it smells or tastes bad, discard it.

**SEED CHEESE - SEED YOGURT**

Soak oily seeds such as almonds, nuts, sesame seeds, pumpkin or sunflower seeds for 8-12 hours. Puree in an electric blender and add kefir or acidophilus culture, or possibly sauerkraut juice orrejuvelacas starter. Keep in a warm place for several hours until the desired degree of sourness develops. Refrigerate and use within 3 days. If it is too sour or if curd and whey have separated, just strain and discard the whey, possibly even rinse the curd. You may use seed yogurt as part of a salad dressing, for flavoring meals or as bread spread. The more sensitive you are the less sour it should be when you use it. If it smells or tastes bad, discard it.

**SOY MILK**

Self-made soymilk is less harmful than commercial soymilk and may be used for making yogurt. Soak whole non-GM soybeans for 2 days in the refrigerator, changing the water several times to remove all the anti-nutrients. Then blend and strain through a cheesecloth. Bring the strained liquid to boiling and simmer for 3-5 minutes, cool quickly and refrigerate until needed. One cup of dry beans yields about 3 cups of soaked beans and 2-3 litres of soymilk. When using this to make yogurt add a tablespoon of raw honey as food for the starter bacteria.
SPROUT SALAD
Mix a variety of freshly rinsed sprouted seeds with a combination of fresh, raw vegetables, basically using whatever is available. Most suitable are sprouts of mungbeans, lentils, sunflower seeds and fenugreek together with finely grated beetroot, carrot and turnip or radish. Tomato and cucumber (try grated) are good for flavoring. If you have difficulty chewing, you may put all of it through a mincer or you may also liquefy and drink it, possibly as part of a protein drink.

The key to enjoying a salad is to find a delicious dressing. Experiment until you succeed. Try a general dressing of extra virgin olive oil, lemon juice or whole blended lemon or cider vinegar or rosehip powder, any fresh or dried herbs or spices, possibly a dash of cayenne. These may be added individually or mixed beforehand and refrigerated in a jar. You may flavor olive oil by mixing in a jar one part of tahini with 3-10 parts of oil, lemon juice and lecithin. Raw egg yolk is a good addition to the dressing, and possibly seed cheese or sour milk. You may also flavor this salad with tofu or yogurt.

SWEET VEGETABLES
Use any combination of the following: sliced pumpkin, sweet potato, onion, turnip, carrot and tomato. Adjust the cooking water so that finally almost all of it has evaporated. Vegetables with short cooking times (tomato, pumpkin) may be added later to preserve their flavor. Also any salt, oil, curry, cayenne, herbs and spices are best stirred in at the end of cooking.

VEGGIE BURGERS
Soak overnight one cup of chickpeas or lentils; next morning replace the water and blend. Soak two cups of rice overnight and cook. Combine the blended legumes with the cooked rice and add some buckwheat flour or an egg to bind. Flavor this with any combination of the following: miso, soy sauce, fresh parsley, coriander, cumin, fresh ginger, onion, and any other herbs or spices. Form flat burgers, and bake crisp in a grill or a non-stick pan.

Lipase Supplements
Unfortunately, the richest food sources of lipase, raw butter and cream, have been outlawed in most Western countries. Individuals with genetic or age-related lipase deficiency will find it difficult to obtain enough lipase in commercially available raw food. Fortunately, lipase powder has in recent times become more easily available.

Originally lipase could only be obtained in relatively low concentrations as an ingredient of pancreatic from animal sources. In order to protect it from de-activation in the stomach, pancreatic is commonly available as acid-resistant or enteric-coated tablets that dissolve only in the intestines. While these can be helpful with malabsorption syndromes such as cystic fibrosis, because of their late activation, they are less effective than pancreatic released from the pancreas or enzymes already present in the food.

Furthermore, in children high spot concentrations of pancreatic from dissolving tablets in the lower intestines have been reported to cause damage to the intestinal wall. Another problem of mixing high levels of protease with a low level of lipase is that lipase is a protein. Its activity
can be diminished by being partly digested by close contact with proteases. Presently pancreatic lipase and lipase from animal sources are increasingly replaced with enzymes from plant and microbial sources. One well-known enzyme factory is papaya or pawpaw, especially the white sap in underripe fruit and in leaves and twigs. The highest concentration is in the green skin of unripe fruit. Besides the protease (protein-digesting enzyme) papain, it also contains appreciable amounts of lipase.

Commercially lipase is produced mainly from special strains of fungi and bacteria. It is highly purified with no contamination from fungal or bacterial protein. Its main advantage is its activity over a wide pH range. Therefore, it is not de-activated by stomach acid, and is effective when mixed with the food in powder form before ingestion. With some fatty or oily food, it can be mixed already up to one hour before mealtime and kept in a warm place to react. However, if waiting too long an off-flavor may develop, especially in the presence of short-chain fatty acids.

The advantage of using pre-mixed enzyme powder rather than pancreatic lipase tablets can be seen from a reported case in which enteric-coated pancreatin tablets failed to arrest the progression of cancer of the pancreas, while fungal enzyme powder pre-mixed with food helped this patient to survive. Tests have revealed that under favorable conditions about 40% of pancreatic lipase powder added to food is being absorbed into the bloodstream. I assume that by taking lipase in juice or water before meals this percentage will be even higher.

Pre-mixing of lipase with food overcomes a common problem with microbial lipases: they tend to be degraded by the pancreas enzyme trypsin in the small intestine. Pre-mixing gives lipase time to react not only before ingestion but also for a considerable time before the meal becomes too acid in the stomach and lipase becomes dormant. Lipase activity tests measure the amount of free fatty acids liberated from olive oil per minute; however for complete hydrolysis much longer reaction time is required.

On the other hand, if we want to maximize absorption of lipase into the bloodstream, then we need to avoid the release of trypsin by taking it on an empty stomach and with a reasonably large volume of liquid. I have experimented with absorbing small amounts of high-strength lipase under the tongue, and believe that this is an effective way of getting lipase into the bloodstream, although it may be equally effective carrying it across the skin with DMSO but I have not tried it.

Cod liver oil and other fish oils are highly beneficial for most individuals who do not eat much cold-water fish. If you suspect fat malabsorption or lipase deficiency, shake a tablespoon of cod liver oil or several opened capsules of fish oil together with some lecithin and lipase in juice before ingestion, or alternatively emulsify the oil by swishing the mixture around the mouth for a while. The omega-3 fatty acids in fish oils have been shown to reduce elevated fat levels in the blood. Lipase activity tests measure the amount of free fatty acids liberated from olive oil per minute; however for complete hydrolysis much longer reaction time is required.

Technical Details

Lipase is also used for other purposes, such as in washing powders. Therefore, when trying to source lipase, look for food-grade or supplement quality lipase. I have not been able to find single ingredient lipase supplements in the retail market. They are always in tablet form, usually in low concentration, and mixed with other enzymes. While pancreatic tablets have their place, I believe that tablets or capsules of microbial lipase are relatively inefficient as they start working only in the small intestine where they may soon be degraded by trypsin. Alternatively you may of course, open capsules and pre-mix their content with the meal.

For individuals with genetic or advanced age-related lipase deficiency, and no access to raw butter or cream all this is not satisfactory. Therefore, search on the Internet for enzyme manufacturers, you may be able to obtain lipase powder in kilogram quantities. Preferably store lipase powder refrigerated in a closed container. At room temperature the loss of activity is generally stated as 10% per year if kept in a tightly closed container.

The activity is commonly expressed as Lipase Units or LU, and in the US sometimes as US Pharmacopeia (USP) units. Different lipase preparations may have different activities. For fungal lipases these may range from 2,000 to 2,000,000 LU per gram. However, to make it more complicated, activity presently is also stated as FIP units/g or FfCC III LU/g. One of these new Lipase Units is equivalent to ten of the old LU, or 1,000 FfIP units/g = 10,000 LU/g.

Depending on the nature of your health problem you may use up to 500,000 LU daily, although no research on maximum amounts is available. Start with small amounts, such as 20,000 LU daily, and increase gradually according to your observations of any benefit or reaction. Half a level teaspoon of lipase 80,000 LU/g provides about 120,000 LU. Lipase powder easily dissolves in water. Mix more with meals high in fats or oils, and less with food of lower fat content. With cooked food always add after cooling to below 45°C. Also add some lecithin and mix and chew well.

For better absorption to clean congested blood vessels, or with lipoprotein lipase deficiency, or to lose weight, stir lipase in a glass of juice, herb tea or water and take before meals. Drink more afterwards. Alternatively try absorbing 100,000 to 200,000 LU under the tongue, possibly best at bedtime.


External Use of Lipase

To remove fatty lumps (lipoma), or yellow-brownish skin marks (xanthomas), or to rejuvenate aging or damaged skin, mix a suitable amount of lipase with a carrier agent, such as unheated honey, MSM in water or fresh aloe vera gel. It may also help to add a small amount of lecithin and fish oil (possibly odorless). Apply this to the problem area and cover to leave overnight or for several days. Repeat from time to time if and as required. You may also try it on external tumors, skin cancer, moles and boils, but in this case also add a capsule of halibut liver oil. I would use this method for skin cancer on a sensitive area such as the lips in preference to any harsher measures. Also applying the south pole of a magnet to lipomas, moles or skin cancer may help, while xanthomas may respond to rubbing on lemon juice or vitamin C.

For individuals with genetic or advanced age-related lipase deficiency, and no access to raw butter or cream all this is not satisfactory. Therefore, search on the Internet for enzyme manufacturers, you may be able to obtain lipase powder in kilogram quantities. Preferably store lipase powder refrigerated in a closed container. At room temperature the loss of activity is generally stated as 10% per year if kept in a tightly closed container.

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To regenerate aging skin, you may rub on a mixture of lipase with aloe vera gel, deodorized fish oil and vitamin E oil, or add some lipase to your favorite natural skin lotion just before you rub it on. Alternatively, you may rub the skin with a lipase-rich nutrient, such as unpasteurized cream, or mix some raw egg yolk or avocado with your skin lotion. Unheated coconut milk is highly germicidal, and especially good for areas affected by Candida and other fungi.

To lose weight from specific parts of the body, such as thighs, buttocks or stomach regularly rub on lipase dissolved in an agent that easily penetrates the skin such as aloe vera gel, vanishing cream or, possibly most effective, DMSO. In addition frequently stimulate this area by rhythmic tensing and relaxing the involved muscles, by massaging the area and using alternating hot and cold showers on it.

Safety

In regard to safety, tests with rats did not show any side-effects after intakes of 2 g/kg of high-potency lipase for several months. For a human that would be equivalent to taking 100 to 150 g daily. Also there are no reported health incidents. Therefore health authorities generally do not have any concerns about lipase as nutritional supplement. A committee report of the Australian TGA states:” Authors of safety studies and reviews indicated that they could find no reports of adverse reactions for oral consumption of microbial-derived enzymes in humans”(CMEC47).

Caution:There is a theoretical possibility that a continued high intake of lipase supplements, especially in combination with elevated blood fat levels, may cause the blood to become high in free fatty acids. This can cause overacidity, and in addition fatty acids may enter cells too rapidly. Over time, this may cause muscle problems. Therefore, if you notice overacidity or any kind of muscle problems developing, temporarily stop lipase supplementation, and possibly re-introduce it at a later date at a lower dose. Furthermore, as enzymes are proteins, there is always the possibility of an allergy against the used lipase developing. Therefore watch out for this possibility, and possibly switch to a lipase produced by a different strain if you suspect any allergic reaction.

The information in this article has been provided in good faith according to my experience and understanding. I cannot guarantee results or accept responsibility for any side effects.

In 1930, under the direction of Dr. Paul Kouchakoff, research was conducted at the Institute of Clinical Chemistry in Lausanne, Switzerland. The effect of food (cooked and processed versus raw and natural) on the immune system was tested and documented. Dr. Kouchakoff’s discovery concerned the leukocytes, the white blood cells.

It was found that after a person eats cooked food, his/her blood responds immediately by increasing the number of white blood cells. This is a well-known phenomena called ‘digestive leukocytosis’, in which there is a rise in the number of leukocytes - white blood cells - after eating.

Since digestive leukocytosis was always observed after a meal, it was considered to be a normal physiological response to eating. No one knew why the number of white cells rises after eating, since it appeared to be a stress response, as if the body was somehow reacting to something harmful such as infection, exposure to toxic chemicals or trauma.

Back in 1930, the Swiss researchers at the institute of Chemical Chemistry made a remarkable discovery. They found that eating raw, unaltered food did not cause a reaction in the blood. In addition, they found that if a food had been heated beyond a certain temperature (unique to each food), or if the food was processed (refined, chemicals added, etc.), this always caused a rise in the number of white cells in the blood.

The researchers renamed this reaction ‘pathological leukocytosis’, since the body was reacting to highly altered food. They tested many different types of foods and found that if the foods were not refined or overheated, they caused no reaction. The body saw them as ‘friendly foods’. However, these same foods, if heated at too high a temperature, caused a negative reaction in the blood, a reaction found only when the body is invaded by a dangerous pathogen or trauma.

The worst offenders of all, whether heated or not, were processed foods which had been refined (such as white flour and white rice), or pasteurized (a process in which milk is flash-heated to high temperatures to kill bacteria), or homogenized (also seen in milk where the fat in milk is subjected to artificial suspension), or preserved (chemicals are added to food to delay spoilage or to enhance texture or taste).

Raw foods and digestive enzymes

Let’s get back to enzymes. Raw foods are rich in enzymes. Enzymes are needed for the digestive system to work. They are necessary to break down food particles so they can be utilized for energy. The human body makes approximately 22 different digestive enzymes which are capable of digesting carbohydrates, protein and fats. Raw vegetables and raw fruit are rich sources of enzymes.

While all raw foods contain enzymes, the most powerful enzyme-rich food is sprouted seeds, grains, and legumes. Sprouting increases the enzyme content in these foods enormously.

Lack of digestive enzymes can be a factor in food allergies. Symptoms of digestive enzymes depletion are bloating, belching, gas, bowel disorders, abdominal cramping, heartburn and food allergies.
All of us loose our ability to produce concentrated digestive enzymes as we grow older. In cases where age is a factor, or where lack of digestive enzymes causes food allergies, supplementation may be helpful. You may also want to explore food combining.

The following digestive enzyme supplements aid digestion:

- AMYLASE works to breakdown carbohydrates i.e. starches, sugars
- BROMELAIN taken from pineapple plant, helps break down proteins
- HCL hydrochloric acid stimulates pancreatic secretion, activates pepsin and sterilizes the stomach from bacteria and parasites
- LACTASE needed to break down lactose found in milk products
- LIPASE works to break down fats into fatty acids and glycerol
- BROMELAIN taken from pineapple plant, helps break down proteins
- PAPAIN extracted from papaya fruit, aids in protein digestion
- PEPsin breaks down proteins, function depends on availability of HCL
- PROTEASE works to breakdown protein into amino acids

The more food that you can eat raw, the better.

If you do cook your food, the best way to cook food is to lightly steam, stew, or use a slow cooker. Eat as few over-processed and over-cooked foods as possible. The body has a difficult time digesting fried, pasteurized, barbecued, dried, and other over-processed and over-cooked foods which you find in boxed and processed foods.

In other words, foods which were changed from their original God-given state.

Go to http://imune.name to learn and to get your course materials. You could get a Doctorate in Wellness and an international or accredited European professional qualification in neurophysiological bioresonance and biofeedback.

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Big Tobacco, Big Sugar, Big Pharma, Big Oil, and Big War Industry are exempt from lay and they kill and injure, maim and cripple in the name of profit. They seek to control and dominate medicine to further build their profits.

Their money controls governments, regulators, and the small minded media. The Ultra Rich Master Echelon Computer now sees and hears all the things we say, write, and do. Rights of privacy are gone worldwide. They have taken away our rights of free speech.

The Ultra Rich control the media and refuse to tell stories that expose or offend the Ultra Rich Power. They control every movie that gets distribution, every song that hits the radio, everything that is put on the world news. They use science and psychology to control and manipulate the minds of the masses.

But medicine is controlled by Universities that teach medicine. There is now one university starting to defend Natural Medicine. IMUNE has a new 12 month home study course that can be bought with Karma and you can learn how to do natural medicine and how to break free from the Ultra Rich control.

Well, the game of Reality Monopoly is still being played all over the world. One percent of the world’s population is winning and now controls over 80% of the wealth. The law allows the game to continue till we will see one winner and 6 billion plus losers.
The synthetic sweeteners drive neurological diseases that can actually make you gain weight, make you depressed, chronic fatigue, irritability and loss of concentration.

Drink only 100% fruit juice diluted 50/50. By no means ever drink Fruit DRINKS.
Blood is the key to life and to healing. So exercises that bring blood to an area are good for the area and the diseases that come from it. We do not get enough blood to our heads as we get older and more sedentary. These yoga exercises will bring blood to the head thus the thyroid, pituitary, hypothalamus etc. thus helping with weight loss.
Use these carefully to bring blood to stimulate the hormones.

Always Remember

Natural fruit non-processed Fructose in moderation builds Hormones especially HGH

All Dextrose blocks and Impedes Hormone Production Especially Processed Dextrose

Professor Desiré Dubounet and her friends have spent over 35 million dollars to bring the world a professional and through course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma...

These are the TOP FIVE REASONS to get a Doctorate in Wellness PHD International Medical University degree at home.

1. Getting a degree means you will increase your earning potential. Studies have shown that at home study is just as good as attended classes.

2. Study and Complete Courses at Your Own Pace. Use this to maximize the learning.

3. Scheduling Conveniences. Work when you are ready to work.

4. Teaching Faculty Who Actually Have Work Experience in your Field of Study. Global faculty at IMUNE is with worldwide famous doctors.

5. Save Money on Travel, Parking, Childcare, and Books. You save money the world saves energy, this makes you and the world better.

6. Employer Support. Many employers offer tuition reimbursement for employees' tuition associated with training in their fields. Employers also tend to encourage enrollment in online degree programs because they know employees will be able to go to school and still be able to be committed to their jobs. Don’t be afraid to ask your employer. Every company needs a wellness consultant.

Professor Desiré Dubounet the world’s most famous Naturopath and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel. She lets you pay for the course videos, books and materials with Karma... go to www.imune.name for more information.
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SINthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.