



**Health and Wellbeing**  
**“The fundamentals”**

# Introduction



# Introduction

- **This presentation covers the basics of human health and wellbeing, including how the body works, disease and wellbeing management (self-help) and humans in their environment**
- **It aims to provide information to further enhance your ability to sustain yourself and improve your wellbeing.**

# Presentation outline

- **The state of human health**
- **What are we and how does the body function?**
- **Light and life**
- **Body integration**
- **Body functions**
- **Health fundamentals**
- **Nutrition and health**

# Time to refocus

- **Current health practice is primarily focused on body symptoms and gives little or no time to hydration (water), gut biology, nutrition, mineral balancing, the body's energy system or the patient's environment**

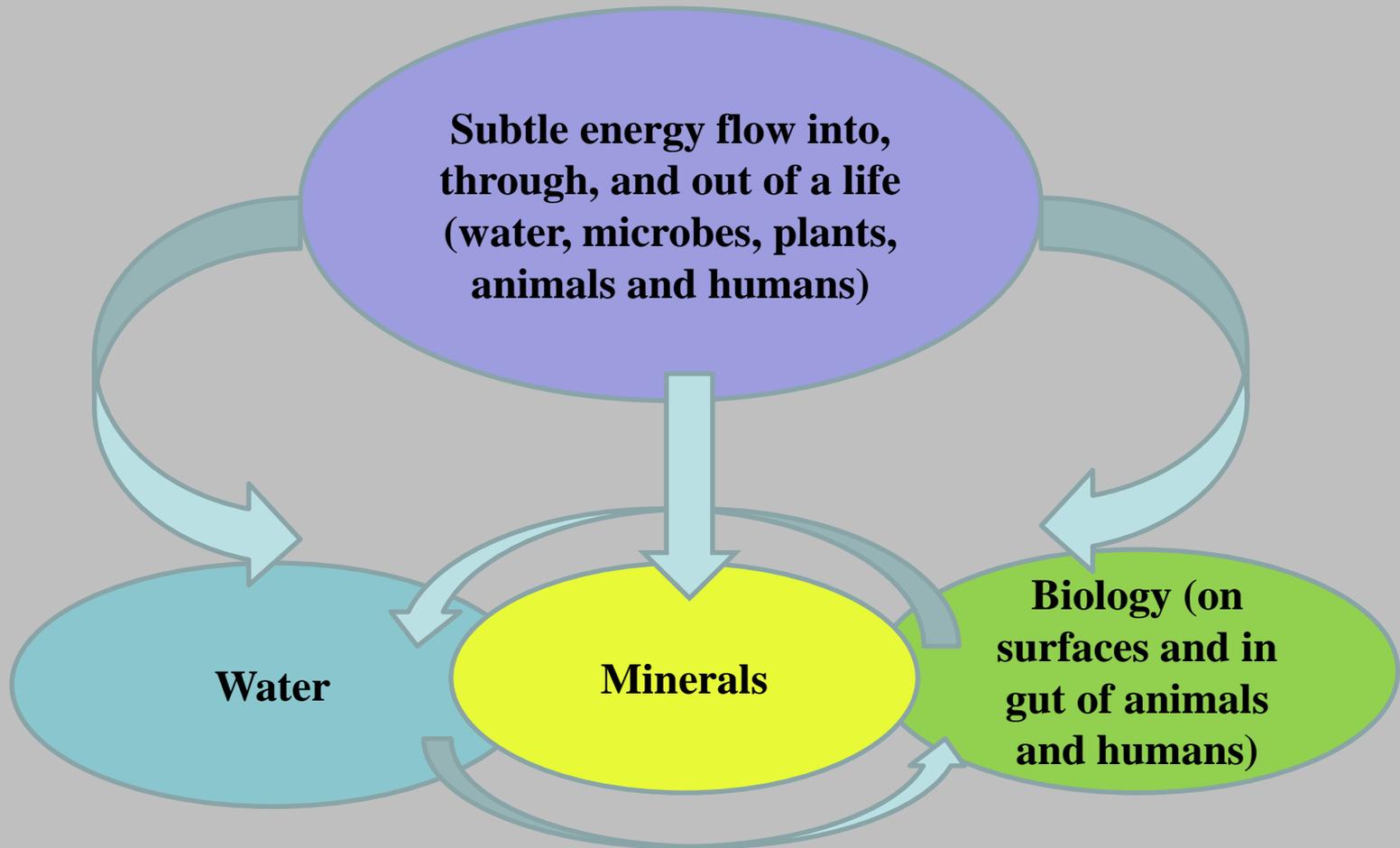
# Setting the scene



# **Basis of life on Earth**

- **All life (microbes, plants, animals and humans) is formed from the same basic constructs of minerals, microbes (biology), subtle (negatively charged) energy and water**
- **Nature provides all of the resources necessary for life to achieve its fullest potential for survival and healing**
- **Nature cycles all life forms back to nature and life forms out of nature.**

# Life elements



**Life force is all about the flow of energy within water, biology and minerals**

# 3 basic principles of health

- **You are healthy by design and sick by default**
- **You do not catch a disease. It may stem from poor balance of gut biology, low intake of nutrients and poor lifestyles choices**
- **You get well by elimination of toxins and assimilation of nutrients.**

protein, carbohydrate and fat architecture.

O

OXYGEN

65.0%

Critical to the conversion of food into energy.

C

CARBON

18.5%

The so-called backbone of the building blocks of the body and a key part of other important compounds, such as testosterone and estrogen.

H

HYDROGEN

9.5%

Helps transport nutrients, remove wastes and regulate body temperature. Also plays an important role in energy production.

N

NITROGEN

3.3%

Found in amino acids, the building blocks of proteins;

## Elements

Calcium 1.5%

Lends rigidity and strength to bones and teeth; also important for the functioning of nerves and muscles, and for blood clotting.

Phosphorus 1.0%

Needed for building and maintaining bones and teeth; also found in the molecule ATP (adenosine triphosphate), which provides energy that drives chemical reactions in cells.

Potassium 0.4%

Important for electrical signaling in nerves and maintaining the balance of water in the body.

Sulfur 0.3%

Found in cartilage, insulin (the hormone that enables the body to use sugar), breast milk, proteins that play a role in the immune system, and keratin, a substance in skin, hair and nails.

Chlorine 0.2%

Needed by nerves to function properly; also helps produce gastric juices.

Sodium 0.2%

Plays a critical role in nerves' electrical signaling; also helps regulate the amount of water in the body.

Magnesium 0.1%

Plays an important role in the structure of the skeleton and muscles; also found in molecules that help enzymes use ATP to supply energy for chemical reactions in cells.

Iodine (trace amount)

Part of an essential hormone produced by the thyroid gland; regulates metabolism.

Iron (trace amount)

Part of hemoglobin, which carries oxygen in red blood cells.

Zinc (trace amount)

Forms part of some enzymes involved in digestion.

# Elements in us

A healthy human body comprises all of the elements (minerals and gases, eg. oxygen) that are essential for life. These elements work in an integrated manner, along with cell water (H<sub>2</sub>O) and microbes, to support life functions (eg. metabolic processes)

# How your body works

- The human body is an unique self regulating and self healing system (you are the cure)
- Cellular regulation and healing depends on a **balance of microbes in the gut, nutrient dense food to deliver the necessary minerals to support metabolic processes, oxygen, and a high negative (mV) charge for every cell (50 trillion of them)**
- Prescription medications can cure medical conditions. But nearly all prescription medications (drugs) have potential adverse (negative) effects on health
- Many environmental and lifestyle factors (including emotions, eg. grief, anger, etc.) interfere with self regulation and self healing processes (ie. lower cell charge or voltage)
- Every person has choices to maximise human health and wellbeing.

# What factors determine life expectancy

- **Lack of access to nutrient dense food**
- **Lack of access to natural (negatively charged) water**
- **Lack of access to natural therapies and medicines**
- **Low oxygen & healthy collagen levels (pathway to cancer)**
- **So lifestyle choices and taking responsibility for personal and family health outcomes are very important.**

# The state of human health



# The health and wellness crisis

- **There is an epidemic in disease (eg. cancer and heart disease) and food borne illnesses (particularly since the 1970's)**
- **Processed (dead) food is now the food of choice rather than nutrient dense (living) food**
- **Chemical farming has transformed food into a chemical, nutrient deficient product of convenience living**
- **People have lost responsibility for their own health and given this responsibility to their doctor**
- **The large corporations (chemical, pharmaceutical and food processing) now strongly influence government policies in relation to food and medicine**
- **Our environment has become increasingly toxic to the point that it now directly affects people on a daily basis.**

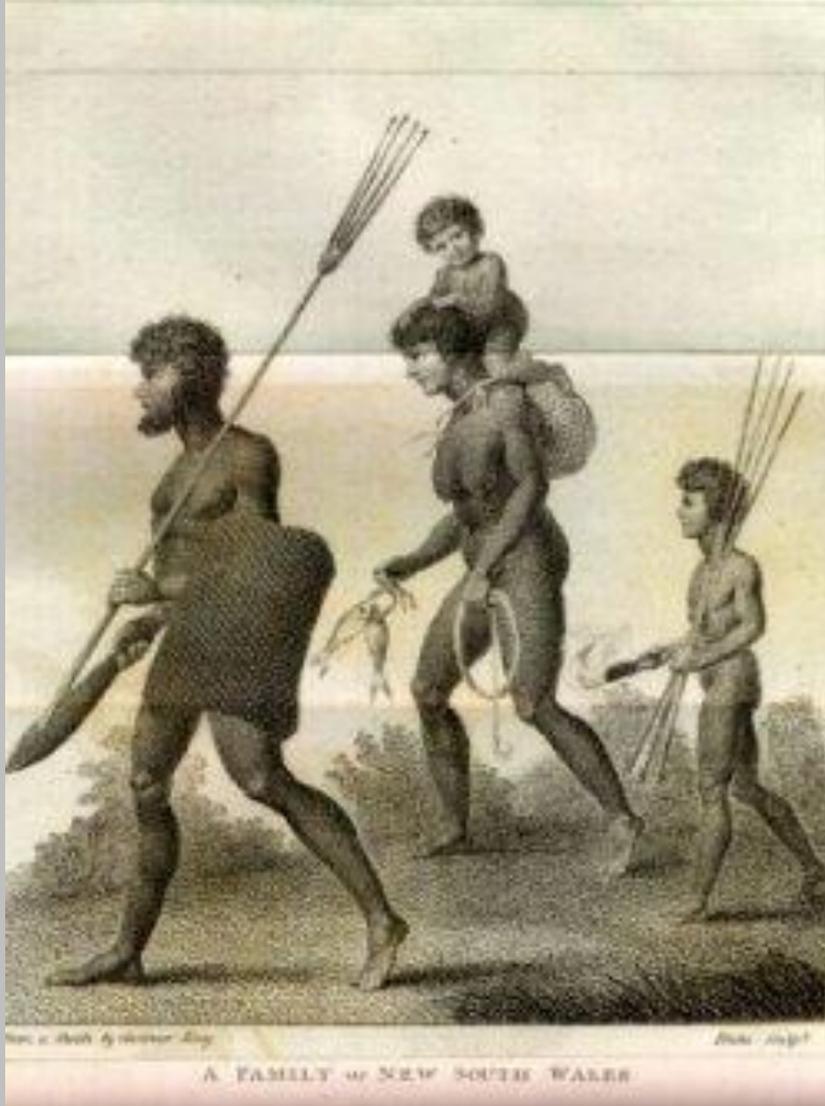
# Wellbeing = balance

- **All life experiences originate from a basis of balance (it is not about good or bad). Natural processes always try to achieve balance or equilibrium (homeostasis)**
- **Many illnesses originate from a gut that is microbially out of balance**
- **Abuse and neglect of the body opens up the opportunity for decay through environmental chemicals, the modern diet with low nutrition, and lack of contact with natural Earth energies**
- **Life protection (eg. nutrition) opens up the opportunity for growth (life sustaining) and wellbeing**
- **The way that you interact with your environment, human systems (eg. education, medical, etc.) and other people is an outcome of your state of balance or wellbeing.**



**What are we and how  
does the body function?**

# Our body is 99.9% hunter gatherer

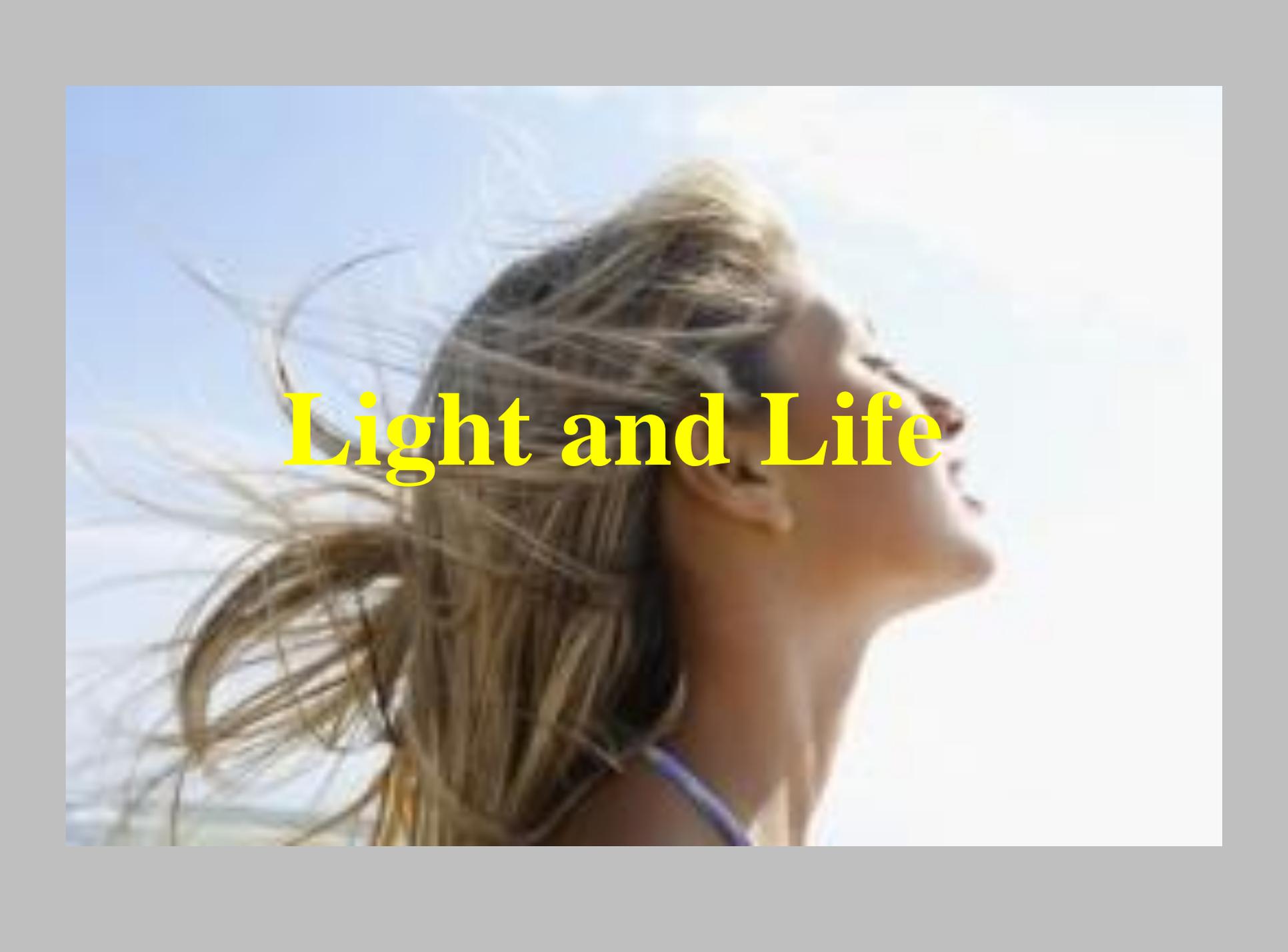


- We are designed and evolved to be part of the natural environment, and gather food from this natural environment
- The onset of agriculture diminished the range of foods through monoculture, and climate/seasonal variations
- Humans have changed the environment dramatically in the past 500 years to an environment with polluted air, soil and water
- Industrialisation of agriculture has changed food quality to low nutrient levels and high levels of chemical contamination
- Most people are no longer grounded with the earth and their make-up, and consequently have lost the understanding of how the body works
- We have a primal body and we need to think this way in relation to health and wellbeing.

# Early human teeth structure



**Photo by Rob Gourlay, South Africa 2001: Teeth of humans > than 100,000 years ago. The teeth structure is designed for grinding vegetation, nuts, grain and fruit. There are no canine teeth. These people lived in a savannah environment. However, modern humans are omnivores and require collagen from bone, bone marrow and bone muscle to achieve maximum health.**

A close-up, profile view of a woman with long, wavy blonde hair. She is looking upwards and to the right, towards a bright, overexposed sky. Her hair is blowing in the wind, creating a sense of movement. The lighting is soft and natural, highlighting the texture of her hair and the contours of her face.

# Light and Life

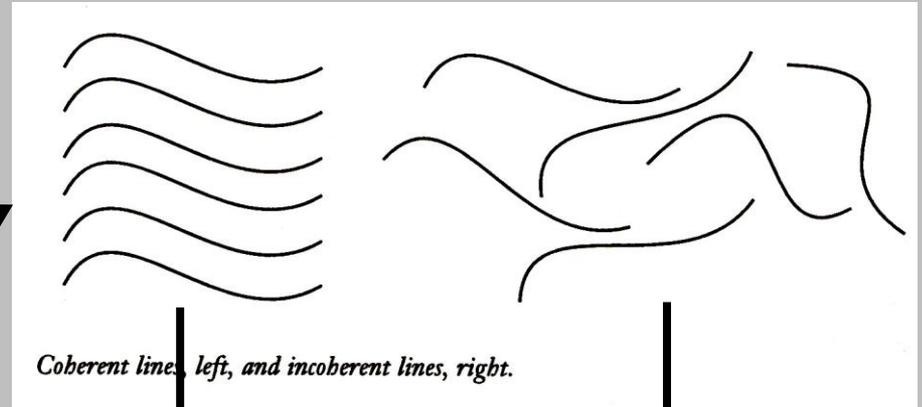
# Healing is charge (voltage)

- **All cells in the human body are designed to carry negative (-) charge (voltage)**
- **These cells can only heal and renew with high negative charge (-60 to -90mV)**
- **Poor lifestyle and diet choices can cause the charge to drop to a positive charge and this is when disease sets in**
- **Oxygen (O-) deprivation (eg. acidic blood and toxins in cells) will cause cell charge to fall towards positive**
- **Sunlight energy and natural sourced waters are active in restoring charge.**

# SuperLight (super subtle energy)



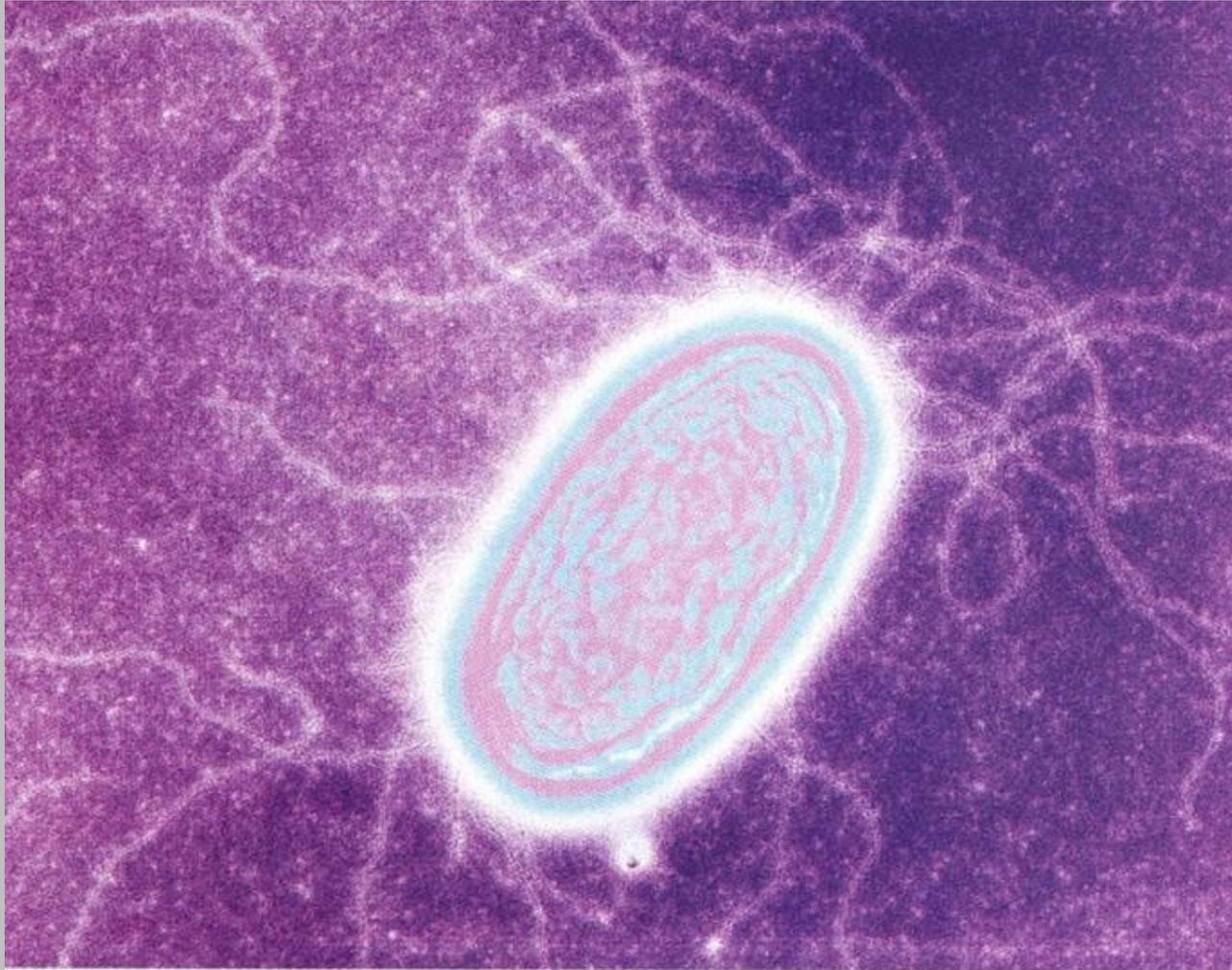
SuperLight



Order  
Wellbeing

Disorder  
Disease

# Basis life is electronic



**Bacterial 'wires' an electronic dream**

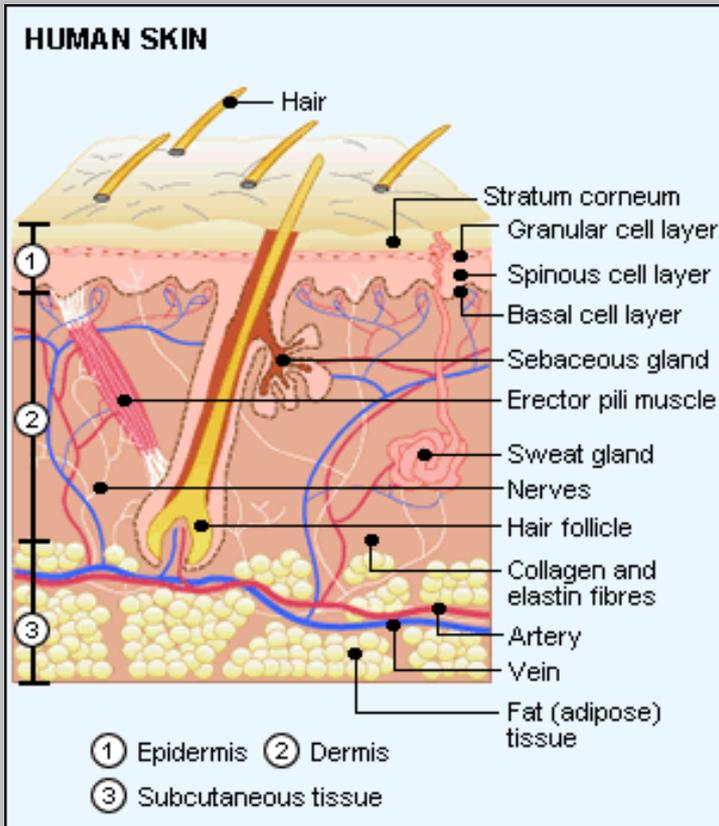
**New Scientist: 13 August 2011**

# Sunlight for cellular energy

- Your skin needs all parts of the sunlight spectrum, such as near-infra-red (NIR) and red light, to transfer energy to your cells
- Infrared light charges up the negative charge of the water molecules of all cells (99% of all molecules in the body are water molecules)
- Many chronic health issues are related to low sunlight energy exposure
- Sunlight energy helps to make blood nitric oxide, an anti-oxidant that helps to lower blood pressure, stimulate the brain, and defend against tumour cell proliferation
- Red light activates the mitochondria to form ATP (energy)
- Sunlight is also implicated in enhancing mood, protecting against MS, regulating pineal gland photoreceptors, synchronise biorhythms and regulate body temperature.

# Human skin captures sunlight

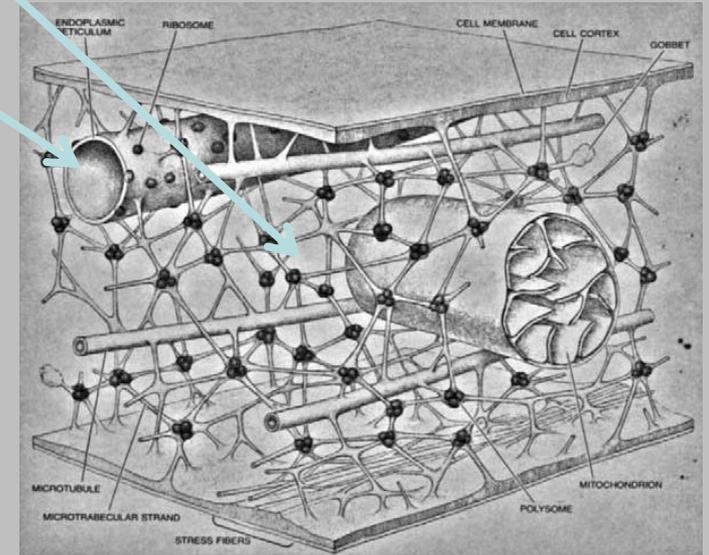
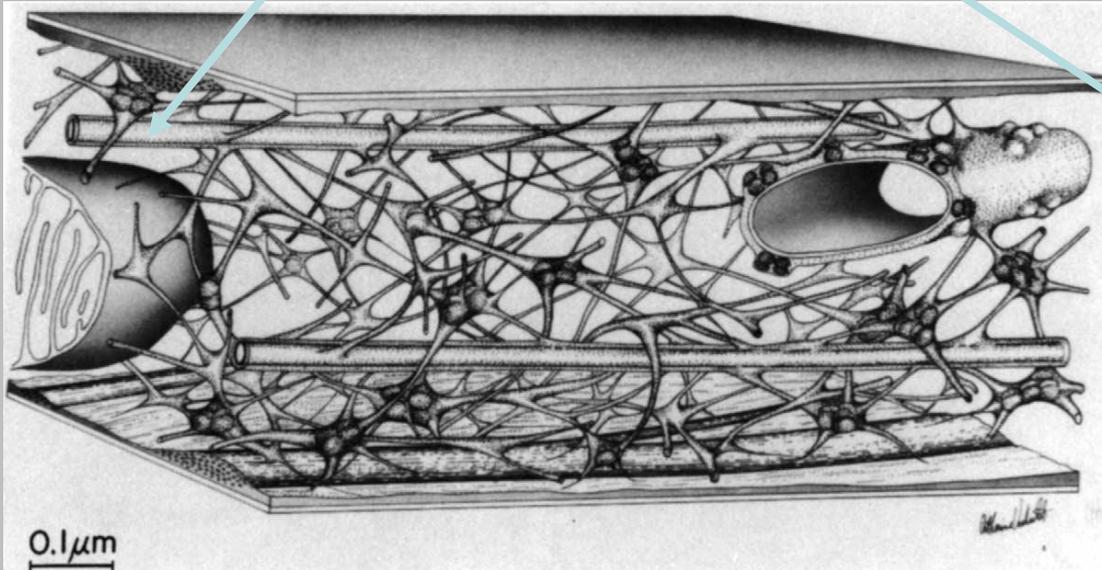
**Skin captures sunlight (eg. ultraviolet) like solar panels and converts these photons of light into metabolic (biologically/metabolically) energy. The effectiveness of this conversion depends on skin health. The human body receives, communicates with and transmits energy through the skin. This energy may be a source of sustenance for skin microbes.**



# Light energy is also stored and moves in the empty spaces of the body

Water(confined) in cellular tubes is  $H_3O_2$ )

eg. Negatively charged hydrogen ( $H^-$ )



# Cellular Charge



# The body is electric (electrons -)

High cellular negative (-) charge = life. Low cellular charge (+) = disease



Make new cells/healing=  $-60\text{mV}$

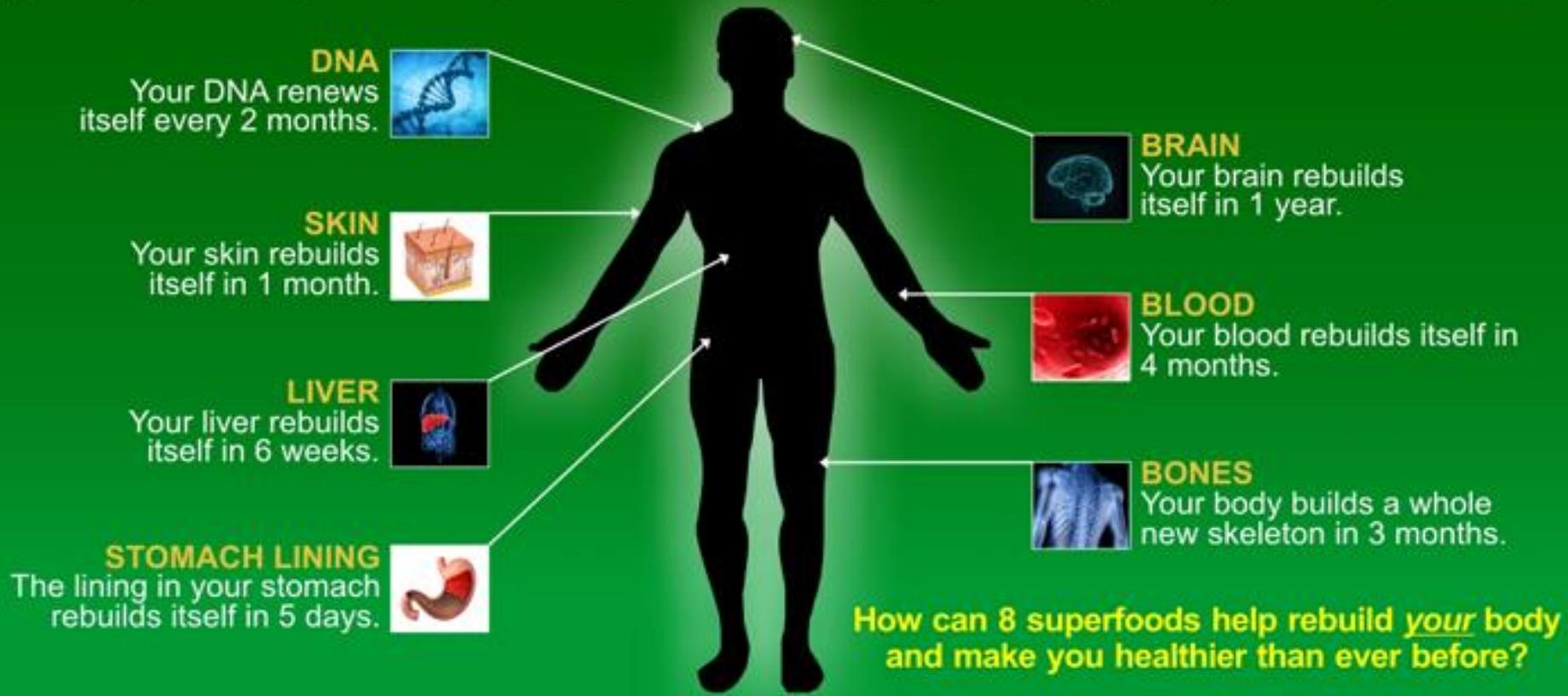
Normal human charge=  $-25\text{mV}$

Tired or sick=  $-10$  to  $-15\text{mV}$

**Disease = + charge (0 to  $+35\text{mV}$ )**

# How Your Body Rebuilds Itself in Less Than 365 Days

**FACT:** Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.



We maintain our health and heal primarily by making new cells.

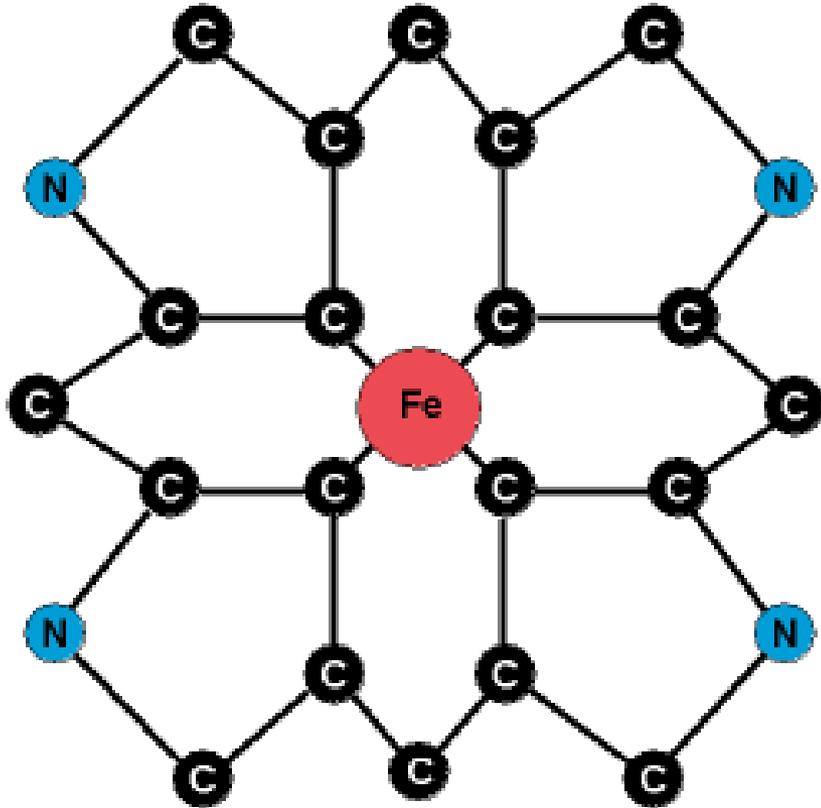
A major trigger for low cell negative charge is low oxygen (O-), low blood nitric oxide and low sunlight energy.

# Ways to sustain negative cell charge

- **Drink negatively (-) charged water (99% of body molecules)**
- **Eat clean/organic vegetables/ fruit and meat (grass fed)**
- **Maximise sunlight energy (early morning red light) on skin**
- **Keep blood alkaline (oxygen's - charge is lost in acidic blood by up to 60%)**
- **Use antioxidant supplements, eg. Vitamins, A, C and E in foods and lipoic acid**
- **Sustain high blood oxygen (eg. DMSO spray)**
- **Increase connective tissue collagen (bears negative charge)**
- **Avoid food that is cooked with high heat and trans fats**
- **Avoid processed/ chemically treated/ GMO food**
- **Avoid all carbonated/soft drinks**
- **Avoid air conditioners (drafts/winds steal electrons)**
- **Avoid chemically treated water (fluoride/chloride steal electrons)**
- **Avoid stress (all emotions steal electrons or negative cell charge)**
- **Live in a pollution free/low environment (air, soil and water)**
- **Ground yourself on the earth: soil/flowing water/hugging trees**
- **Stay positive in your attitude (gives electrons to those you love)**

# Light's link to the body

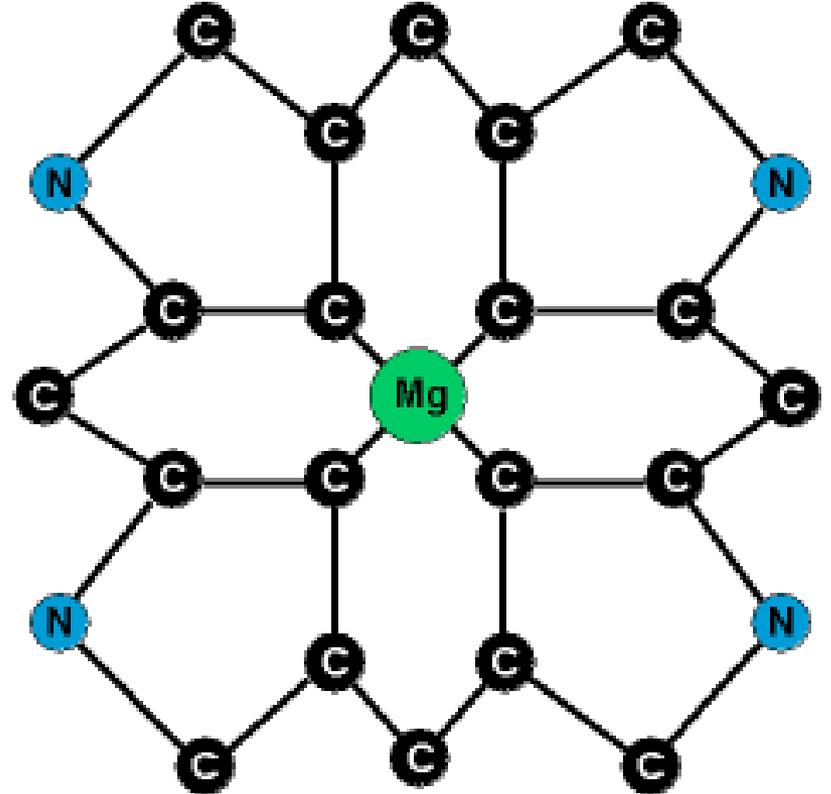
## Haemoglobin in blood



### Heme

a porphyrin ring  
with Iron at the center  
transports oxygen in red blood cells

## Chlorophyll: the blood of plants



### Chlorophyll

a porphyrin ring  
with Magnesium at the center  
captures photons in green plant cells

This is why lots of green leafy vegetables (raw) are critical to good cellular health

# Earth grounding activity

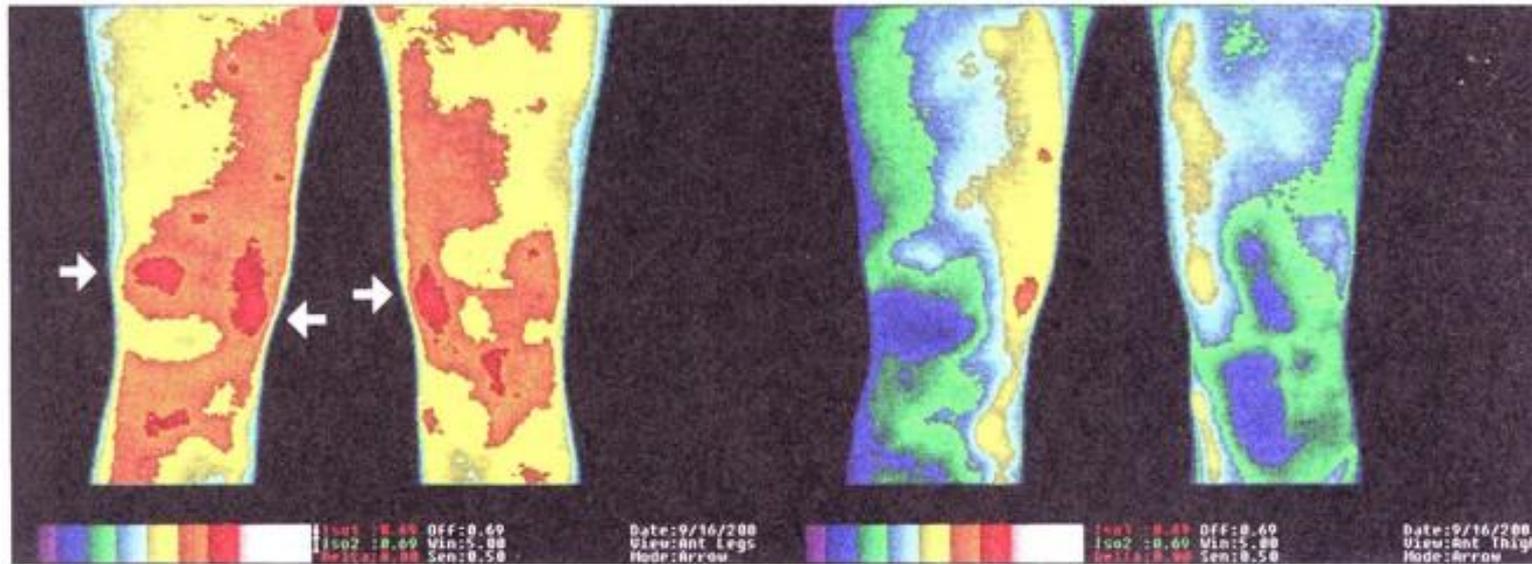


# Earth connection: exchanging charge



# Earthing/grounding effects

## THERMAL & PHOTOGRAPHIC IMAGES OF THE EFFECTS OF EARTHING



**Plate 1.** Inflammation as seen through infrared imaging. Thermal imaging cameras record tiny changes in the temperature of the skin to create a color-coded image map. Because tissue damage causes increased heat, abnormally hot areas indicate inflammation. The infrared photos shown here were taken only thirty minutes apart—before (left) and after grounding (right). They illustrate a rapid resolution of inflammation and help explain the impact of Earthing on chronic pain, stiffness, and a variety of symptoms.

# Part 2



# Structured Water



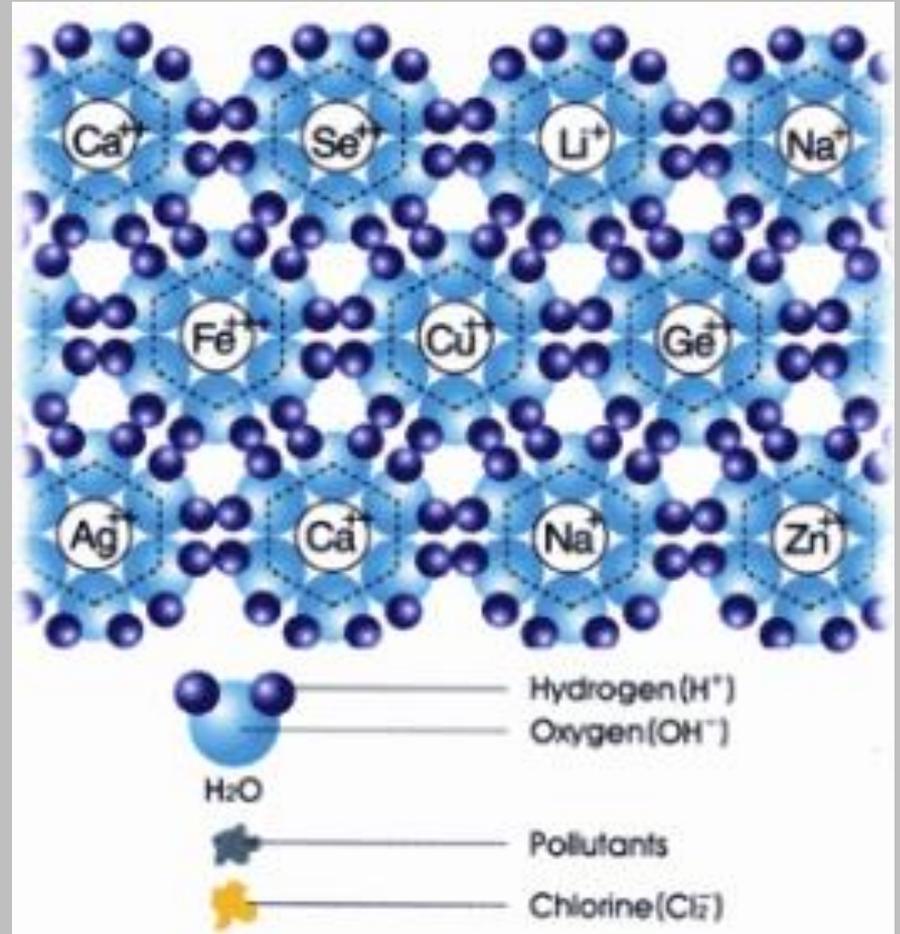
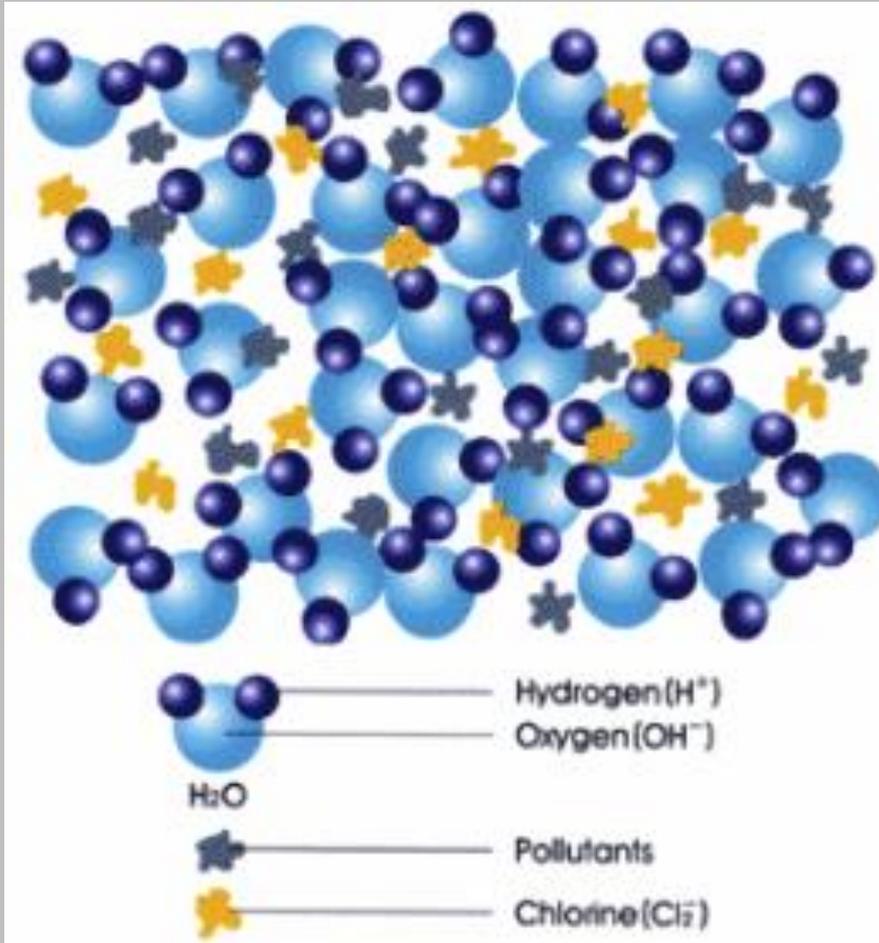
**All natural flowing water in nature has negative (-) mV charge, ranging from about -60mV - 350mV (Cell membrane = -60mV to -90mV)**

# Structured/ Energised water

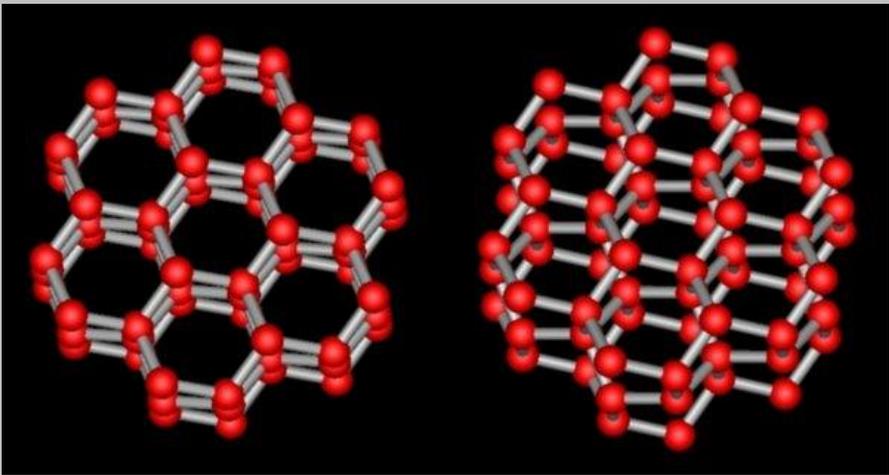
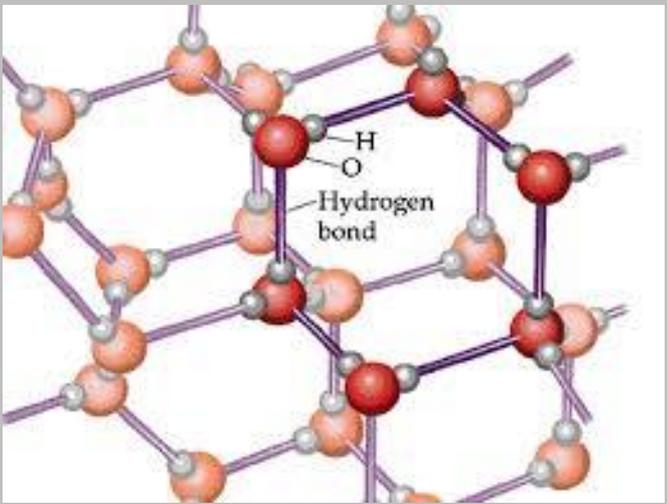
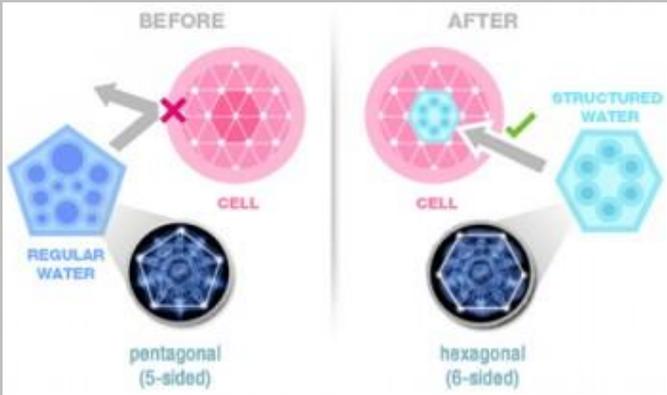
- **Structured water is also known as energised water/ living water/ coherent water/ exclusion zone water and activated water**
- **Energised water is structured water that has been activated to permanently hold a negative voltage (- millivolts).**
- **Water structuring occurs in nature when water is allowed to move in a natural flow of vortexes (left and right turning).**
- **Most wild (pristine) rivers and some springs produce structured water in the presence of sunlight energy and natural biological conditions.**
- **Electric storm water is in an energised, negative voltage form before it hits the ground, air particles (eg, smog) or a surface.**
- **Some spring waters are also energised through contact with magnetic forces in the groundwater rock strata.**



# Structured water exclusion

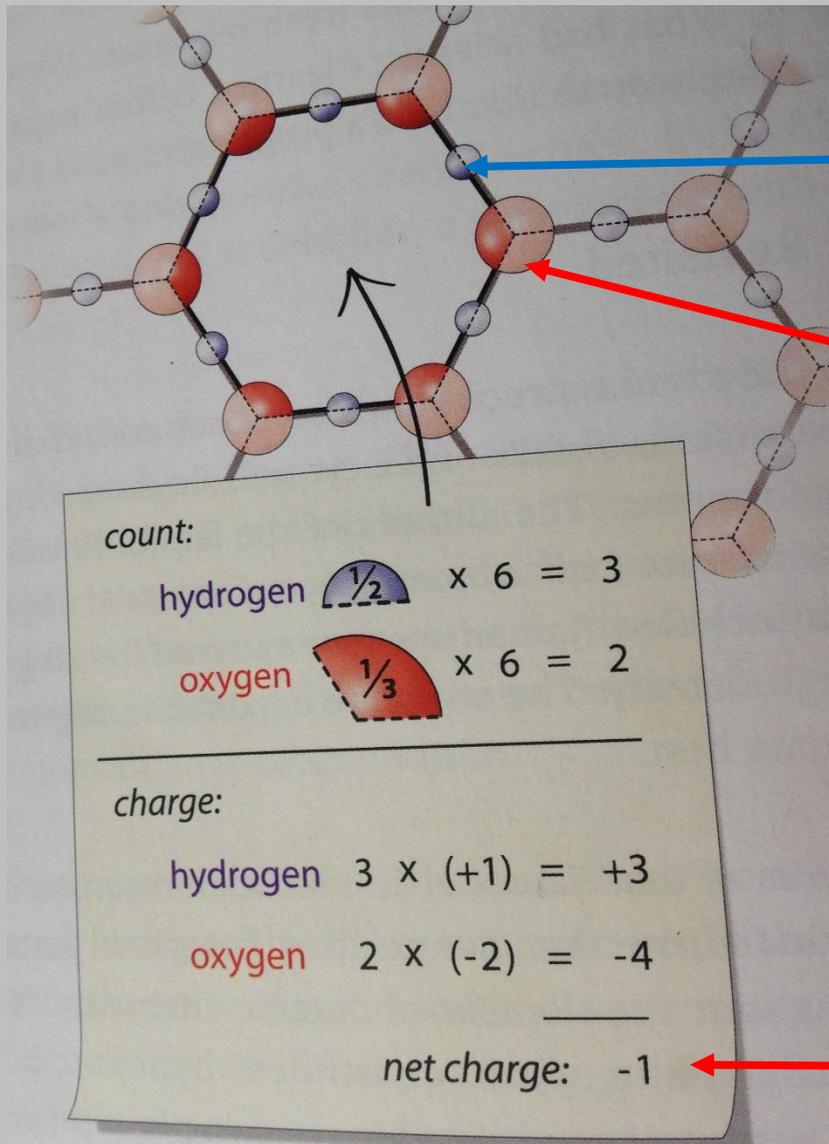


# Structured/ negatively charged water



High density of electronegative oxygen (O-) atoms that excludes toxic solutes

# Negative charge in polygonal structure

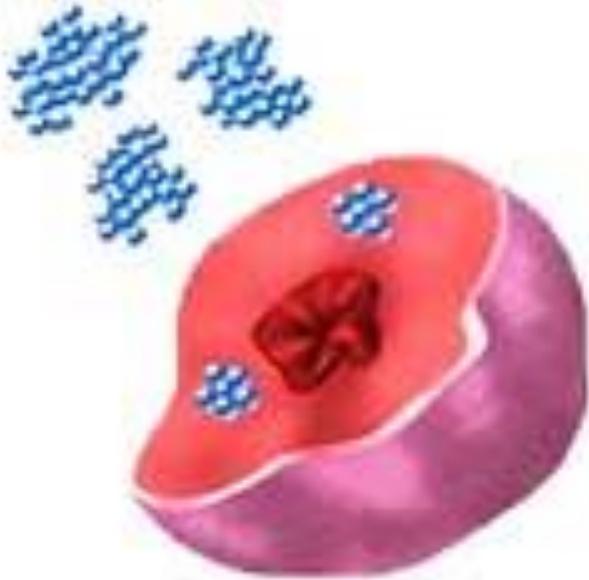


Hydrogen:  $\frac{1}{2}$  in polygon

Oxygen:  $\frac{1}{3}$  in polygon

Net negative charge

# Cell penetration



Large water clusters do not hydrate cells easily.



Small water clusters can easily penetrate cells for improved hydration.

# Phi'on: MEA Devices (new versions)

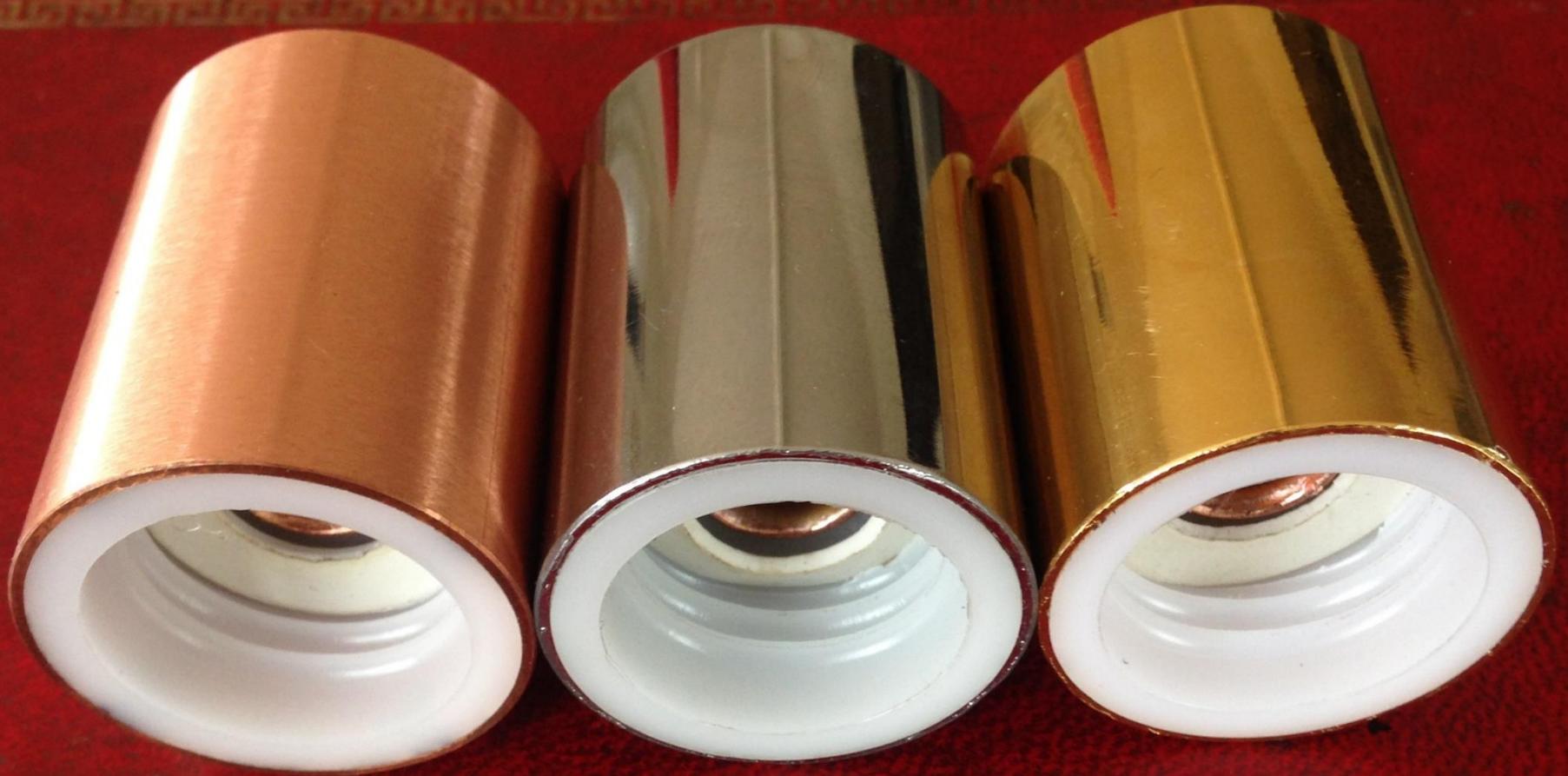
**Devices to magnetise, energise and activate water into a coherent structure and hold the negative (-) charge, much greater than -60mv (millivolts)**



# Bottle top device



# Types of bottle top devices



**Copper**

**Silver/chrome**

**Gold: 24 carat**

# Vegetables grown with MEA water



**These vegetables have grown to 2-3 times normal size (increased potential) in a short timeframe, without insect attack (see: no cabbage moth attack), nutrient dense and retained sweet taste in large form.**

# Tables grapes grown with MEA water



**These grapes were grown in 2013 after the application of MEA water. Prior to 2013, this vine normally produced about 20 grapes per bunch. This bunch has 375 grapes.**

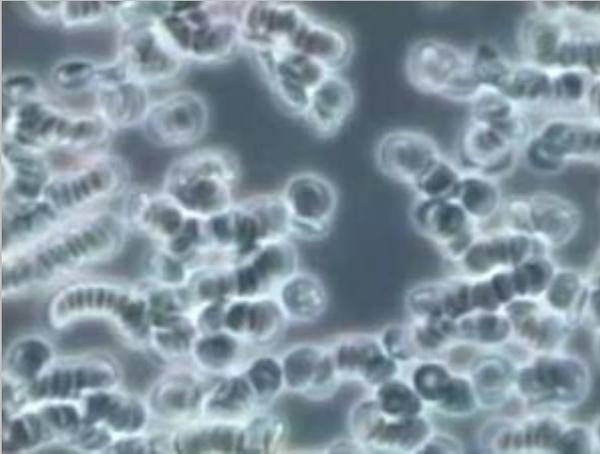
# Roses watered with negatively charged water



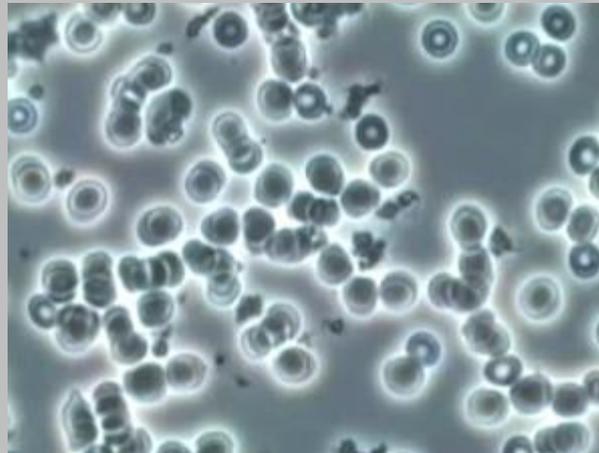
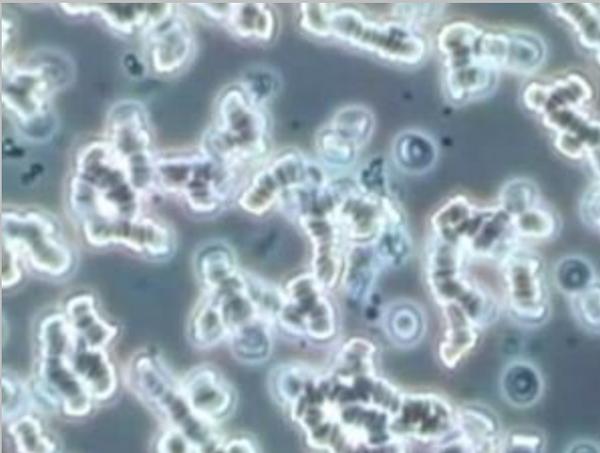
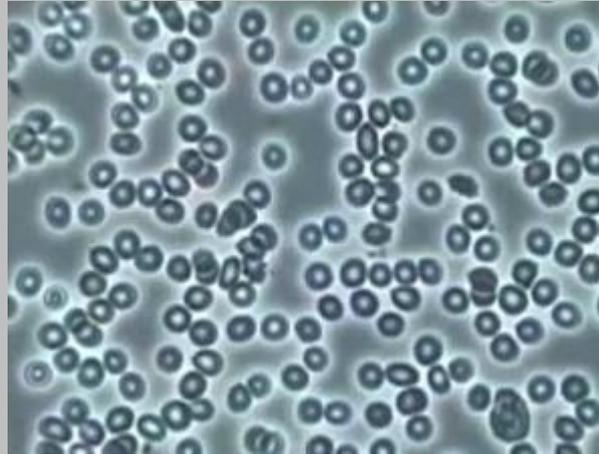
**Roses are much larger, last longer in a vase and are healthier**

# Blood test before and after ingestion of structured/energised (activated) water

**Before**

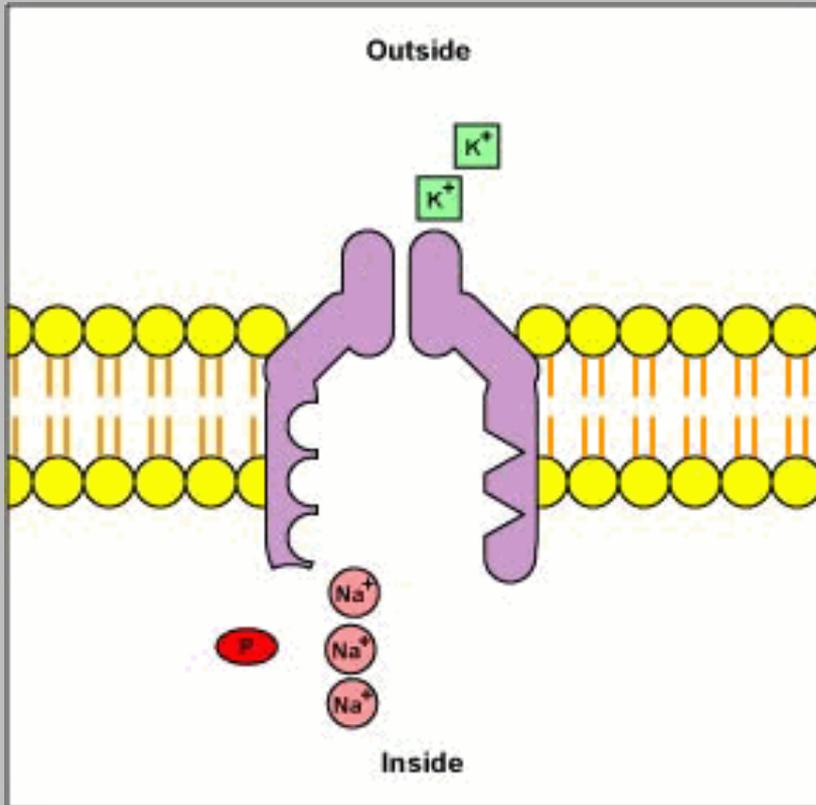


**After (less clumping of blood cells)**



- **Vortised**
- **Magnetised (-)**
- **Sunlight**
- **Added alkaline minerals**

# Cell function



A cell regulates (pump) the movement of sodium and potassium into and out of the cell

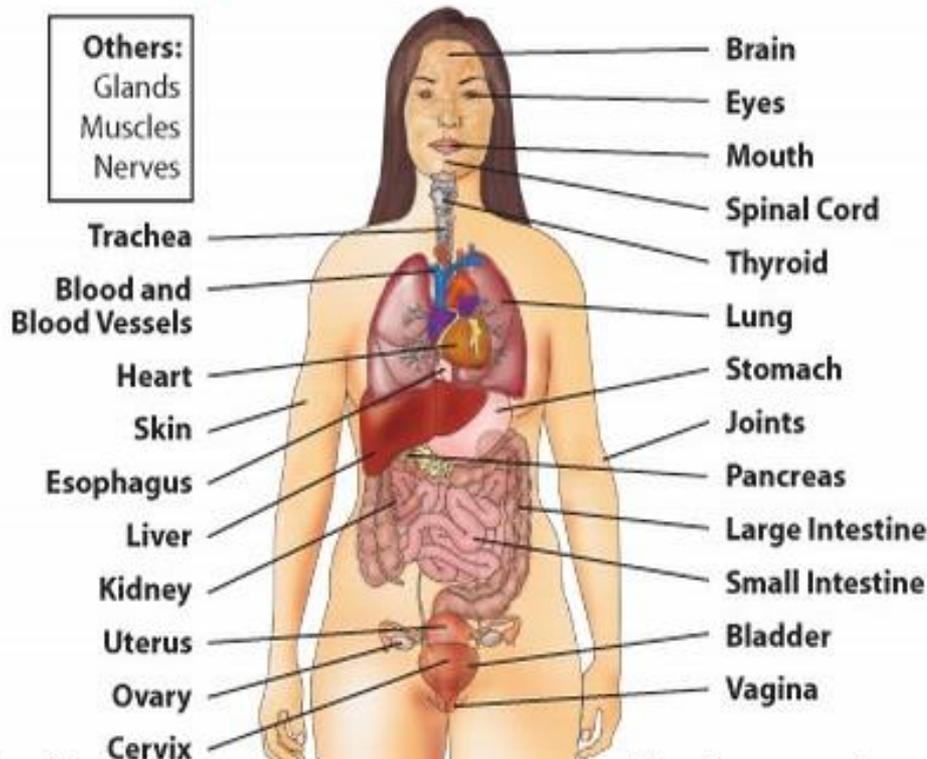
A **NORMAL** cell has an electrical potential of **-70 millivolts**, an **AGED** cell less than **-50 mV**, and a **cancer or autoimmune disease** (ill cell) is as low as **-15 mV** to a positive charge. When a cell is in electrical difficulty the mV and the sodium-potassium balance are out. The **high potential** brings the cells to an equal level basically resetting them. This allows **healing to occur at a higher pace** without stressing the cell. And the additional energy restores cell integrity by reorienting it's molecular structure to allow for easier potential movement. Basically it bolsters the field of each cell individually so they support each other more easily.

# Loss of cell voltage in aging



# Disease and low cell voltage

## Body Parts That Can Be Affected by Autoimmune Diseases



Overall, autoimmune diseases are common, affecting more than 23.5 million Americans. They are a leading cause of death and disability.

Diseased or weakened cells tend to vibrate out of harmony with the rest of the body and with a lower voltage. It is likely that **negatively charged water is the natural water voltage system** to broadcast millions of radio-waves, harmonic frequencies within the cell. All cells have water and thereby help the cell to regain a normal vibratory rate and restore a state of equilibrium or cell health.

# Health benefits of magnetised water

- **Inhibits the build up of cholesterol**
- **Improves blood flow and decreases acidity**
- **Improves solubility of calcium thereby inhibiting/dissolving the formation of kidney and gallstones**
- **Increases the weight of the spleen and thymus and thereby heightens the production of disease resistant antibodies, and aiding anti-aging**
- **Increases the cellular capacity of the immune system (ie. white blood cells, liver, spleen and blood vessel capacity)**
- **Frees amino acids (eg. preventing renal failure)**
- **Protects stomach mucous and improves digestion**
- **Gargling improves gum health**
- **Helps to prevent hypertension and heart disease**
- **Supports detoxing of chemicals and heavy metals**

# How different and effective is magnetised water

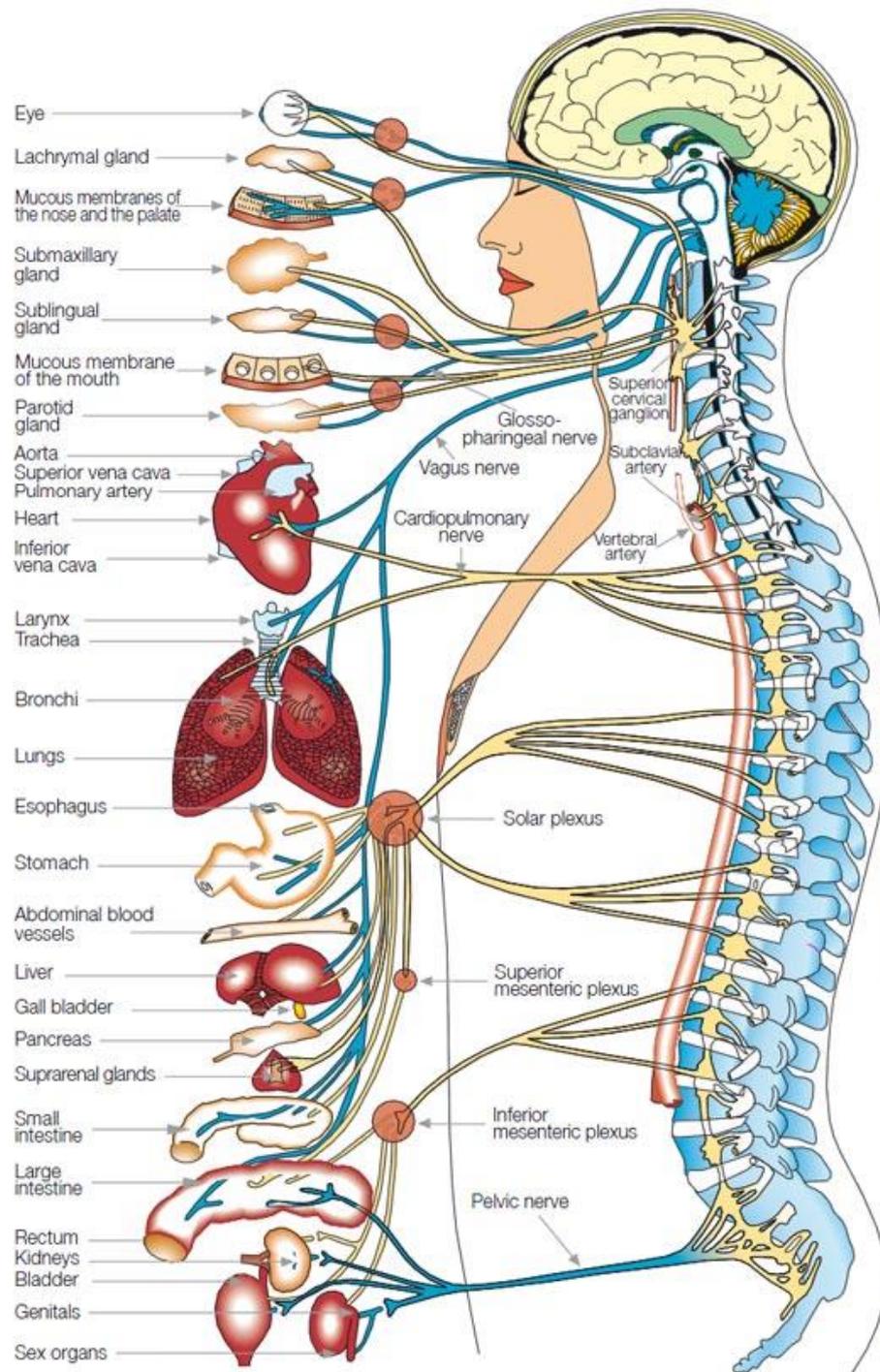
- **The water holds a negative charge indefinitely**
- **The water/ liquid tastes soft and balanced (same effect on wine)**
- **The water has a lower viscosity (less friction or resistance on a surface) and is therefore better as a wetting agent**
- **The water enhances the life energy of all natural materials that it embodies**
- **Plants increase photosynthesis and uptake more nutrients (often between 2-4 fold increase)**
- **Plant life energy is extended (ie. nutrient density/value and longer storage capacity)**
- **Increased resilience of vegetables and fruit to pest attack**
- **Shorting growing period for vegetables and fruit to maturity**
- **People who drink structured and energised water feel more energy and creativity. This water will *lift the fog* on thinking.**

# Body integration



# The body works as an integrated system

- While medical science is focused on the chemical, genetic and physical functions of the physical body, little understanding and attention is given to the biological and energy functions
- For example, **vitamin D** synthesis depends on **sulphur** (in the blood) and adequate sunlight energy. **Melatonin** production depends on adequate exposure to red waveband **sunlight energy** and this stimulates certain **immune cells**. The health of the immune system relies on healthy **gut biology**.
- In this cycle of life there are negative consequences when components of the integrated system are compromised. For example, the medical and political push to *shun the sun* has lead to lower levels of vitamin D and the consequences are: increased childhood rickets, cancer (mainly breast, prostate and colon), depression, autoimmune disorders, etc.

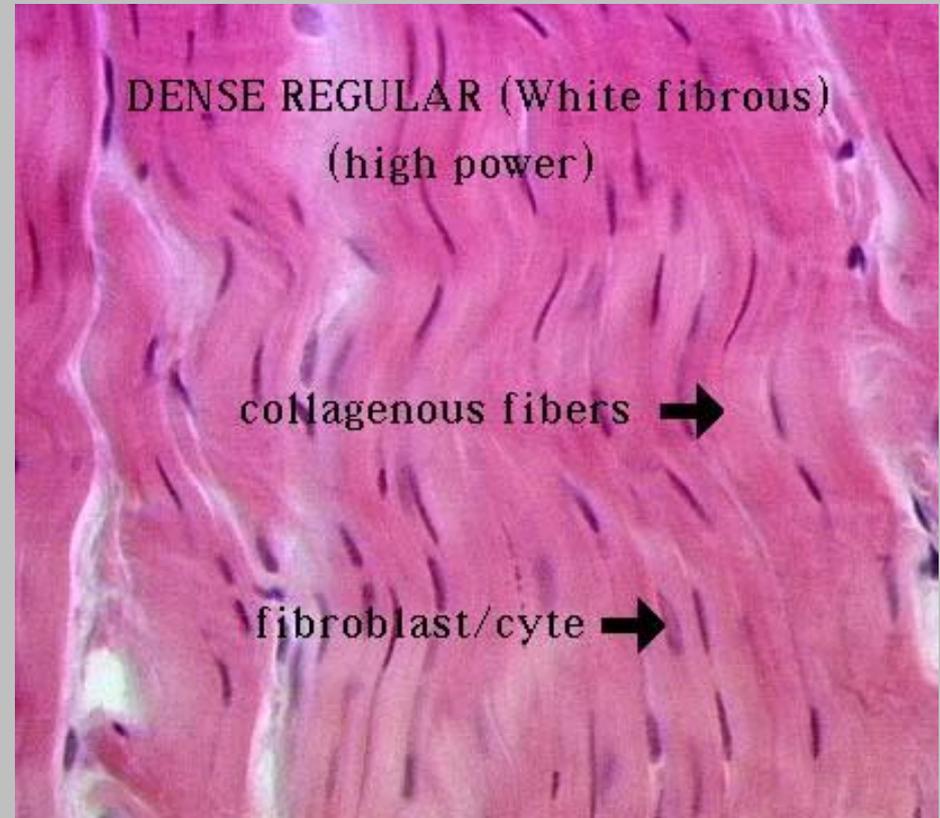
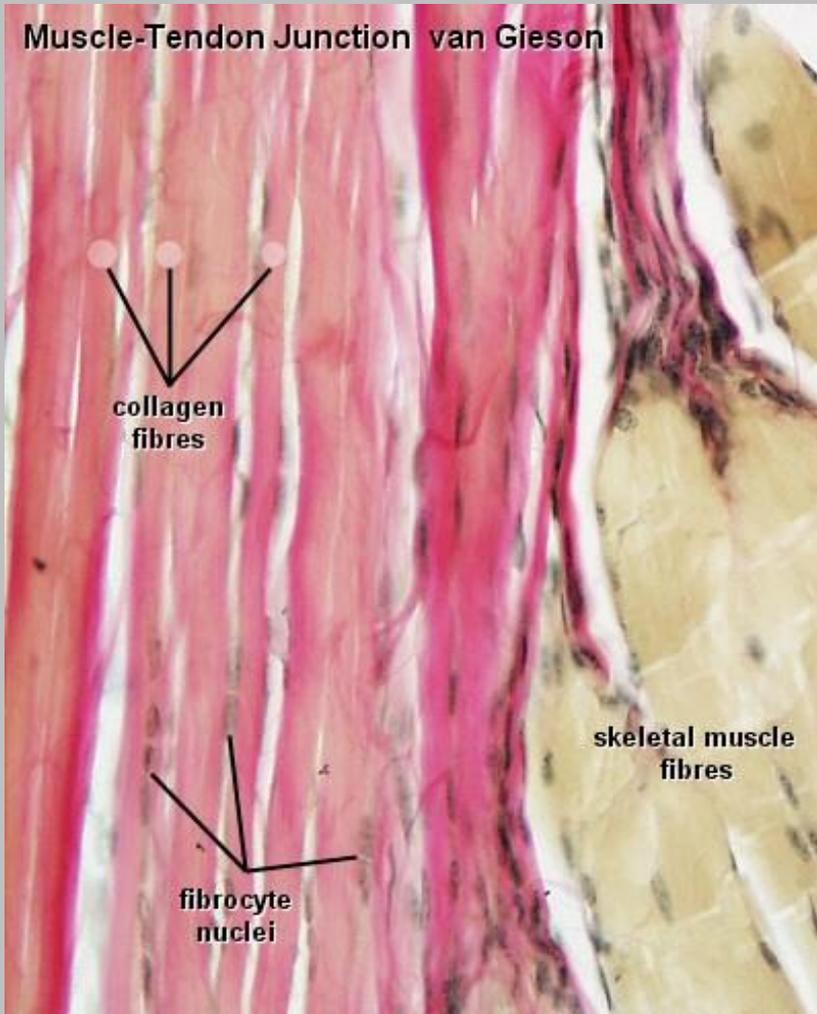


VERTEBRAE	AREAS AND PARTS OF THE BODY	POSSIBLE SYMPTOMS
<b>CERVICAL</b>		
C 1	• Back of the head	Headaches (including migraines, aches or pain at the back of the head, behind the eyes or in the temples, tension across the forehead, throbbing or pulsating discomfort at the top or back of head)
C 2	• Various areas of the head	
C 3	• Side and front of the neck	Jaw muscle, or joint aches or pains
C 4	• Upper back of the neck	
C 5	• Middle of neck and upper part of arms	Dizziness, nervousness, vertigo
C 6	• Lower part of neck, arms and elbows	
C 7	• Lower part of arms, shoulders	Soreness, tension and tightness felt in back of neck and throat area
<b>DORSAL</b>		
D 1	• Hands, wrists, fingers, thyroid	Pain, soreness, and restriction in the shoulder area Bursitis, tendonitis
D 2	• Heart, its valves and coronary arteries	
D 3	• Lungs, bronchial tubes, pleura, chest	Pain and soreness in arms, hands, elbows and /or fingers
D 4	• Gall bladder, common duct	
D 5	• Liver, solar plexus	Chest pains, tightness or constriction, asthma, difficulty breathing
D 6	• Stomach, mid-back area	
D 7	• Pancreas, duodenum	Middle or lower mid-back pain, discomfort and soreness
D 8	• Spleen, lower mid-back	
D 9	• Adrenal glands	Various and numerous symptoms from trouble or malfunctioning of: - Thyroid - Heart - Lungs - Gall bladder - Liver - Stomach - Pancreas - Spleen
D 10	• Kidneys	
D 11	• Ureters	- Adrenal glands - Kidneys
D 12	• Small intestine, upper/lower back	
<b>LUMBAR</b>		
L 1	• Ileocecal valve, large intestine	- Small and large intestines - Sex organs - Uterus - Bladder - Prostate glands
L 2	• Appendix, abdomen, upper leg	
L 3	• Sex organs, uterus, bladder, knees	Low back pain, aches and soreness Trouble walking
L 4	• Prostate gland, lower back	
L 5	• Sciatic nerve, lower legs, ankles, feet	Leg, knee, ankle and foot soreness and pain
<b>SACRO</b>		
	• Hip bones, buttocks	Sciatica, pain or soreness in the hip and buttocks
<b>COXIS</b>		
	• Rectum, anus	Rectal trouble

# Vagus nerve.

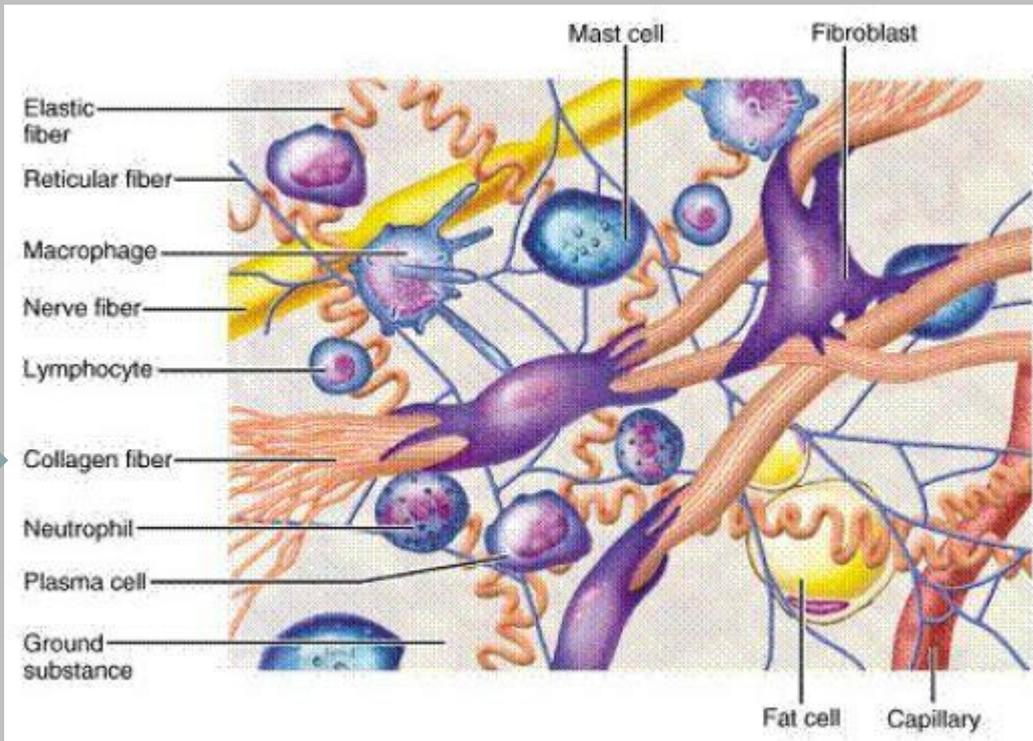
The communication link between the brain and major organs

# Collagen fibres in connective tissue



# Collagen role in health

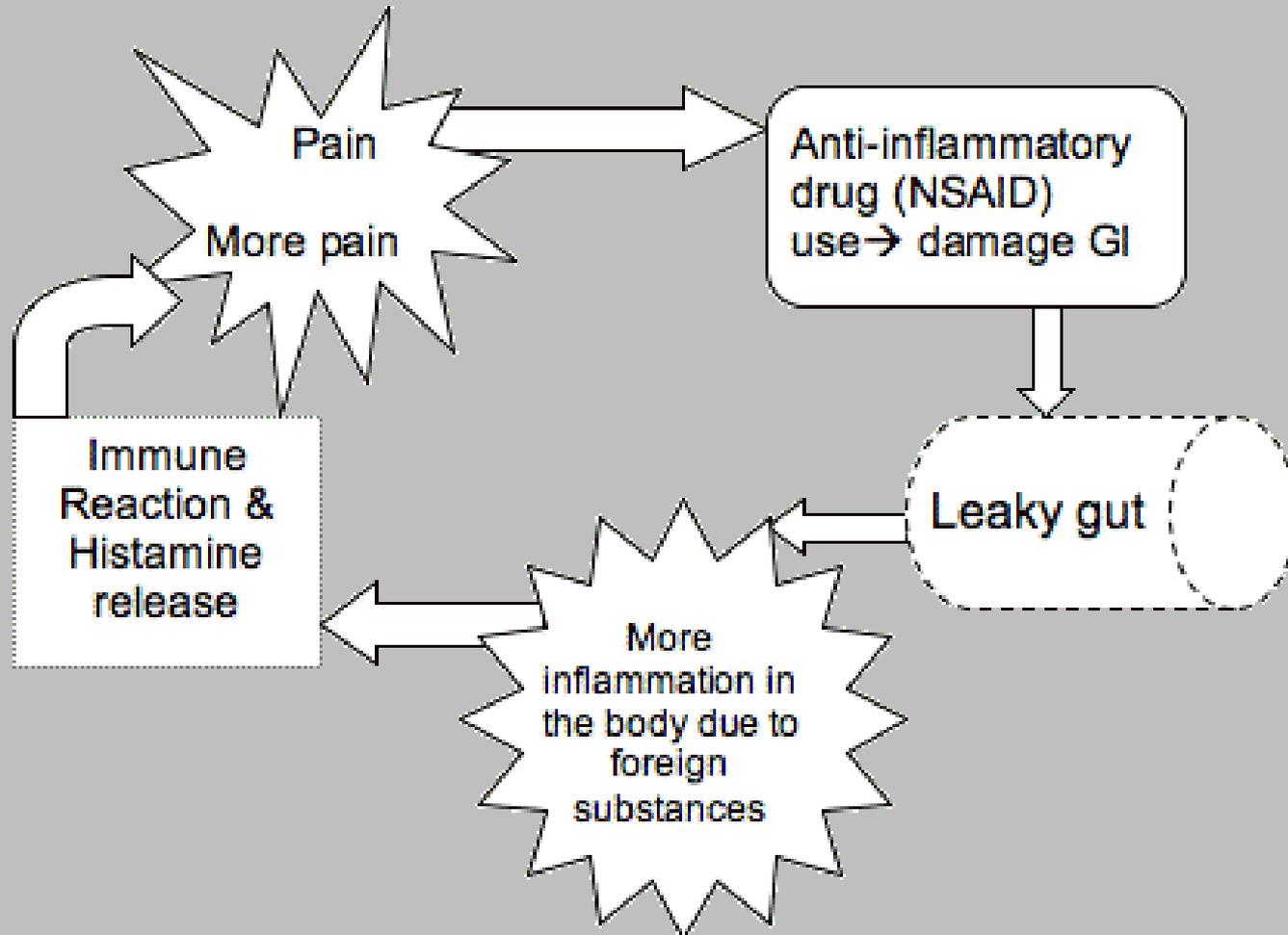
- The role of the collagen protein in the body includes direct support to the health of eyes, teeth, hair, skin, muscle, skeleton, motion, digestion, immune, reproduction, hormone system, blood circulation and **fat metabolism.**



# We create our own reality

- Through our thoughts, beliefs, intentions and emotions (positive or negative) we affect and influence the whole, and like a giant organism made-up of inter-connecting parts, when one part is **diseased** it affects the whole. For example, if you continually hold grief in your lungs you will adversely affect oxygen uptake and the mix/ratio of oxygen and carbon dioxide in a breath.
- Everything is inextricably connected: what affects one cell, affects all cells in our body (eg. collagen).
- Your genes live in the NOW and not in the PAST
- Your genetic script is passed to the next generation to rewrite/edit, etc.

# Medicine cycle of treating the symptoms



# Body Functions



# The fundamentals

- **The human system is essentially run by a biological and energetic (cell charge) system**
- **Gut biology, nutrition and negative cell charge are essentially the keys to wellbeing**
- **Disease and aging status are primarily a consequence of an imbalance in gut biology, exacerbated by poor nutrition (lack of trace minerals), toxic overload from processed (dead) food, drinking chemical water (chlorinated/fluorinated) and poor lifestyle choices (eg. over-eating, smoking and alcoholism)**

# 4 life processes

- **Digestion**
- **Absorption**
- **Assimilation**
- **Elimination**

# Gut biology functions

- **Communication and collaboration between all microbial species to enable body regulation and healing**
- **Sustain microbial activity, balancing the beneficial microbes and the pathogenic microbes**
- **Extract minerals and other nutrients from food to make (manufacture) essential compounds, such as vitamins (eg. B12), amino acids, enzymes, sulphates, etc.**
- **Process or convert *anti-nutrients* such as phytic acid into inositol that along with collagen are the main fat metabolisers**
- **Alleviate depression and anxiety, and minimise the onset of autism and a wide range of gut disorders (eg. irritable bowel syndrome, leaky gut, Crohn's disease and ulcerative colitis)**

# Micro-organisms in nature

**Cooperative activity**

**Natural control of disease**

**Balanced microbial ecology**



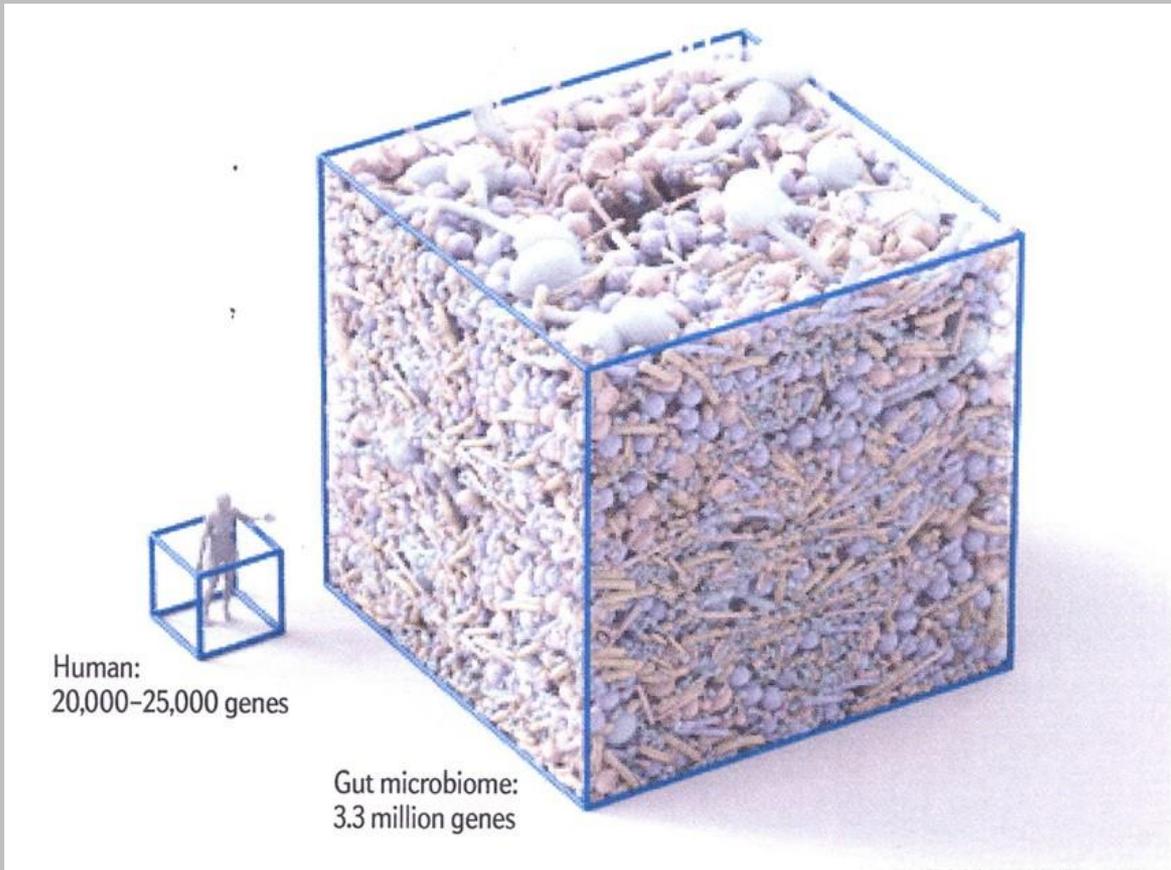
**Neutral Microbes**

**Pathogenic Microbes**

**Beneficial Microbes**



# We are 10% human



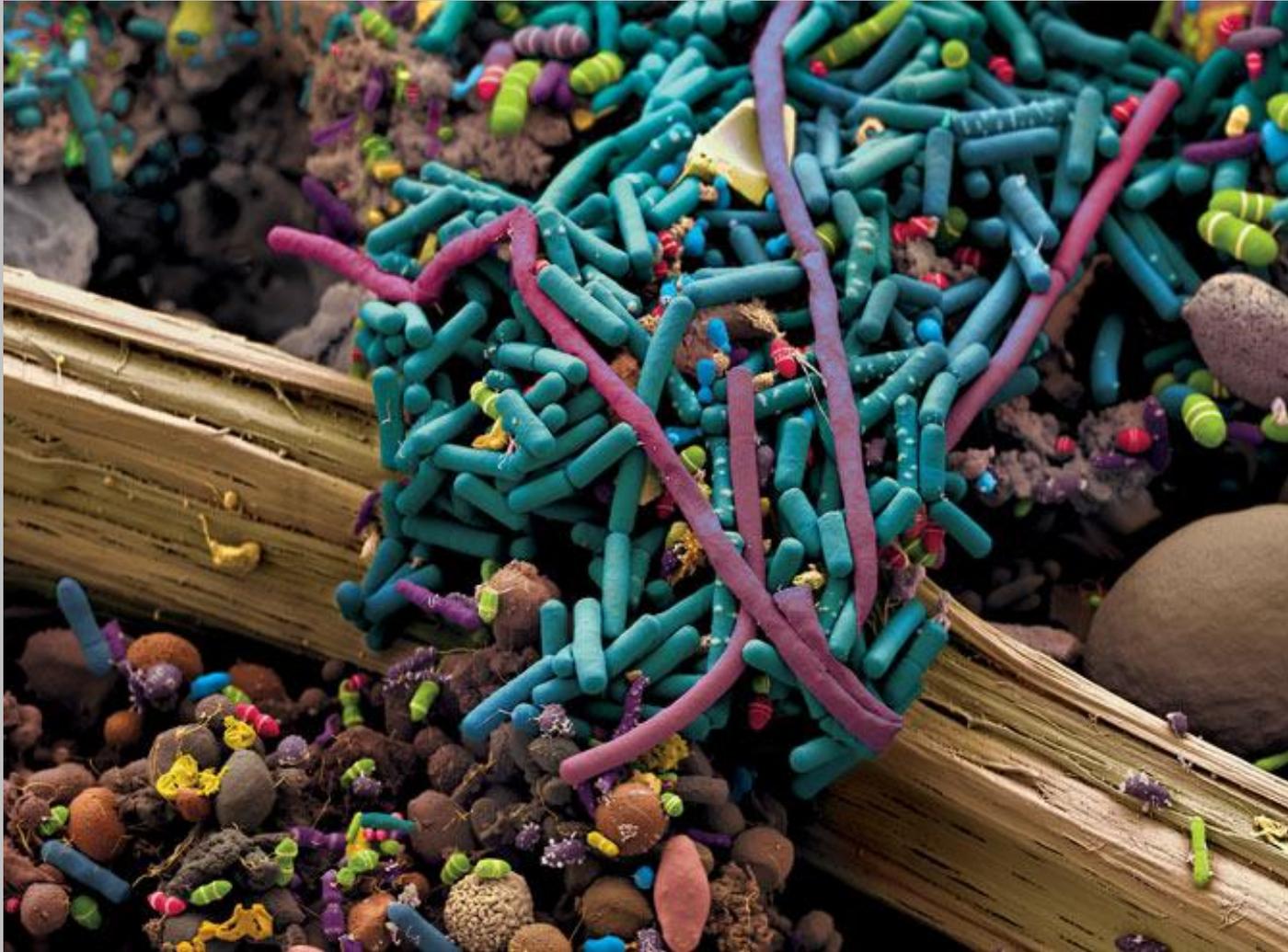
**The microbes that are contained within a human (eg. gut, mouth, etc.) have about 100 trillion cells**

**The human body has 10 trillion cells**

**So we are 10% human**

**However, why do we have so many microbes and what is their function in human health?**

# Microbes in the gut



**The human gut teems with bacteria, many of their species still unknown. They help us digest food and absorb nutrients, and they play a part in protecting our intestinal walls. Gut bacteria may also help regulate weight and ward off autoimmune diseases.**

# Human microbiome



## Our Microbiome

In our bodies human cells are outnumbered ten to one by bacteria. Some eight million genes function in this invisible universe—more than 300 times the number in our own cells. Though some of our microbial tenants pose threats, we literally can't live without most of them. They help digest our food, guide our immune system, and ward off deadly germs.

### THE BODY'S NEIGHBORHOODS

Different regions of our body have unique populations of bacteria, some more diverse than others.

### TONGUE 7,947 species

Major player:  
*Streptococcus salivarius*  
This bacterium is an ally, helping prevent tooth decay, gum disease, and throat infections.

### INNER ELBOWS 2,012 species

Major player:  
*Corynebacterium simulans*  
Generally beneficial, this species has antimicrobial properties that inhibit or kill more harmful pathogens.

### VAGINAL OPENING 2,062 species

Major player:  
*Lactobacillus acidophilus*  
Lactobacillus produces lactic acid, which maintains a low pH and inhibits the growth of harmful bacteria.

### Four species of bacteria

### THROAT 4,154 species

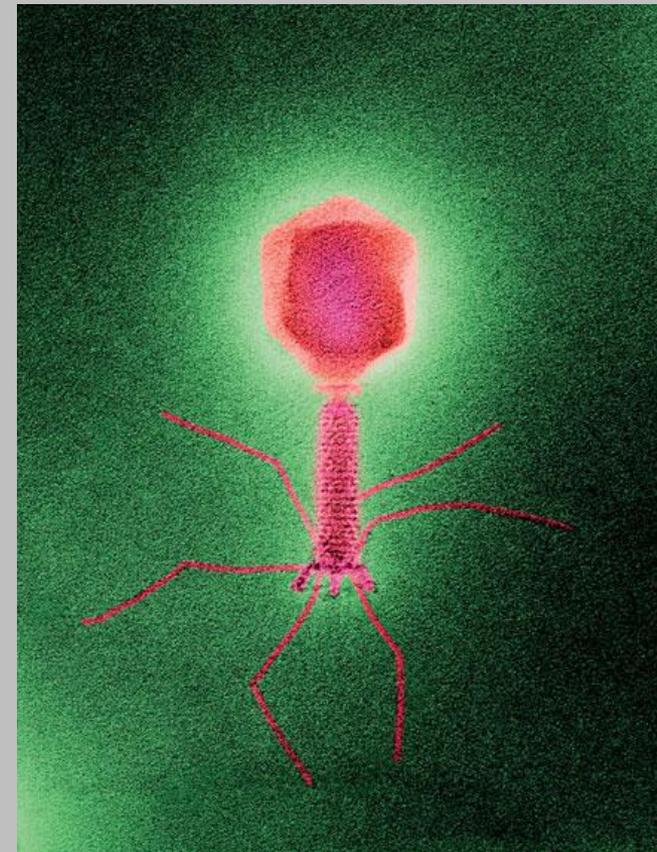
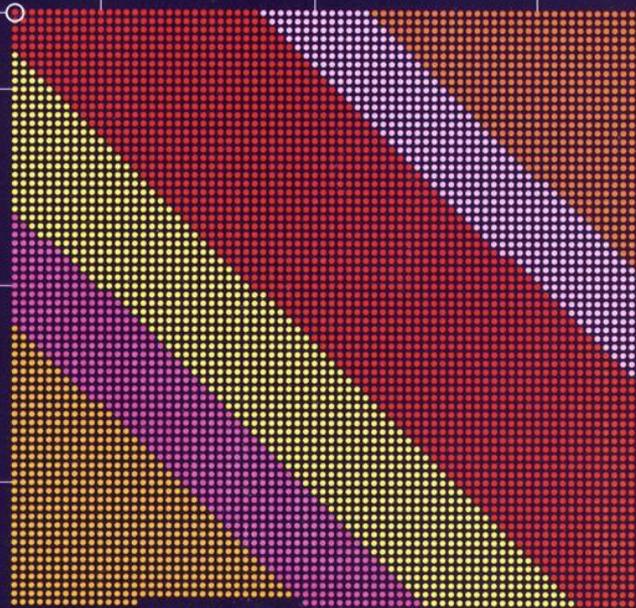
Major player:  
*Neisseria lactamica*  
Babies have more of this microbe than adults, perhaps because it may help build immunity against meningitis.

### BEHIND THE EARS 2,359 species

Major player:  
*Propionibacterium acnes*  
Although associated with acne, this bacterium also inhibits the growth of fungi and yeast on the skin.

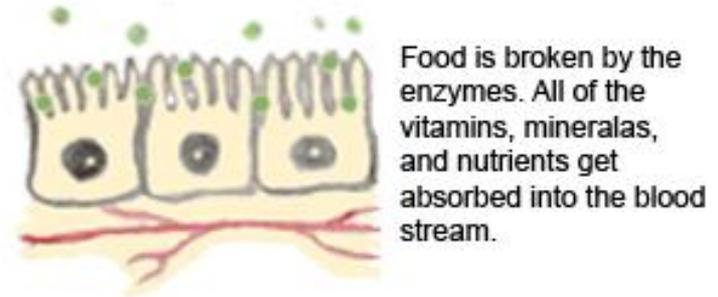
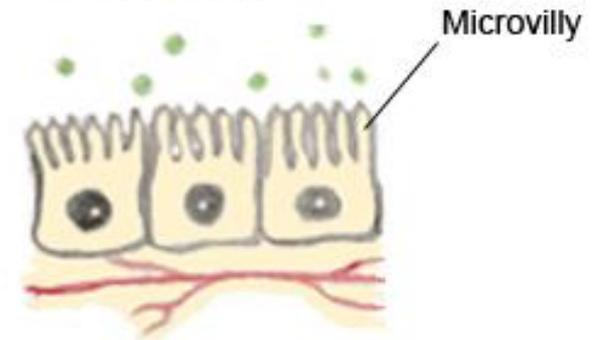
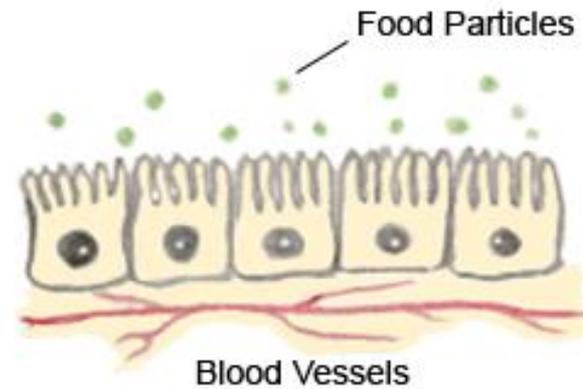
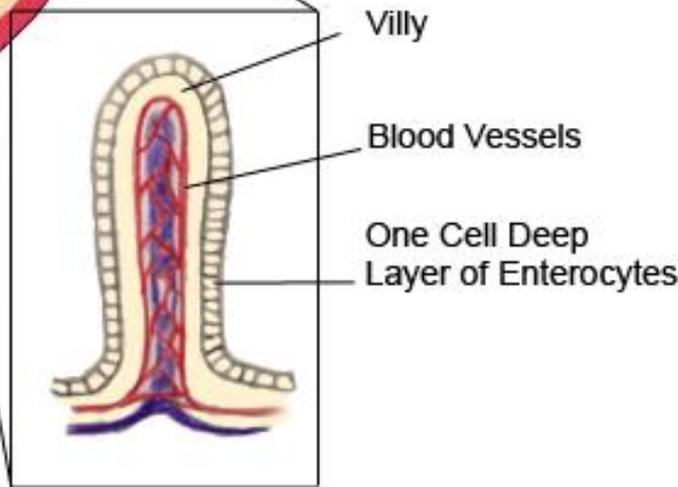
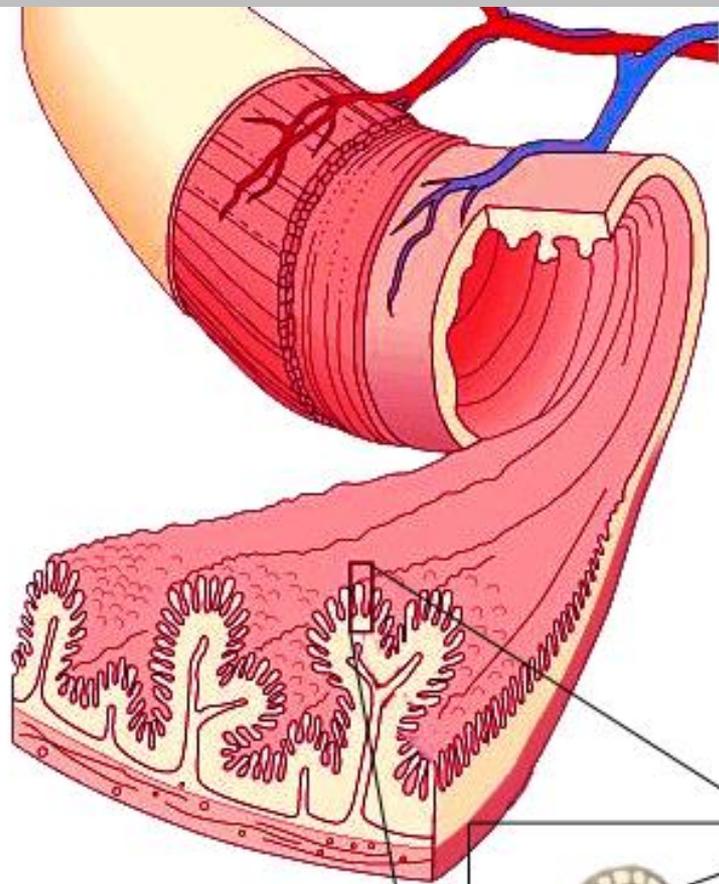
### NOSTRILS 2,264 species

Major player:  
*Staphylococcus epidermidis*  
This species keeps the nostrils' teeming bacterial colonies in equilibrium and suppresses dangerous strains of staph.



These bacteria-infecting viruses, phages for short, are the most abundant life-form on the planet, their number far exceeding that of stars in the universe. Trillions inhabit each of us.

# Healthy Gut



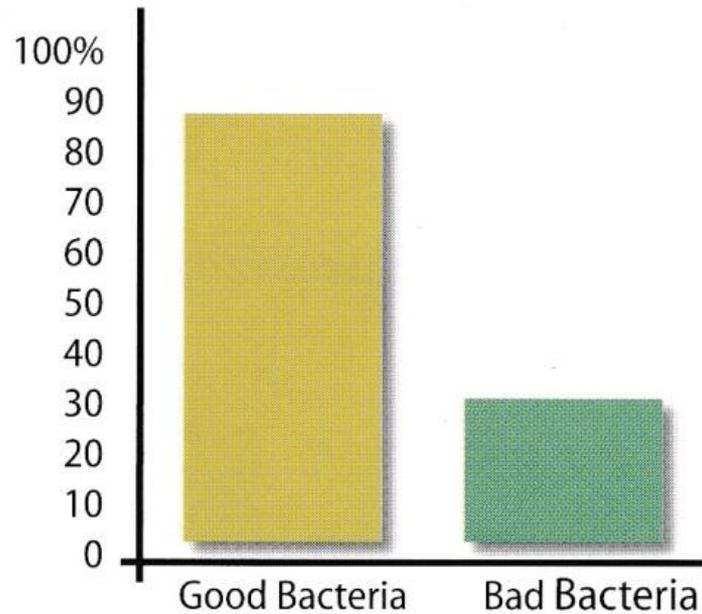
Food is broken by the enzymes. All of the vitamins, mineralas, and nutrients get absorbed into the blood stream.

# The gut biology reflects food intake

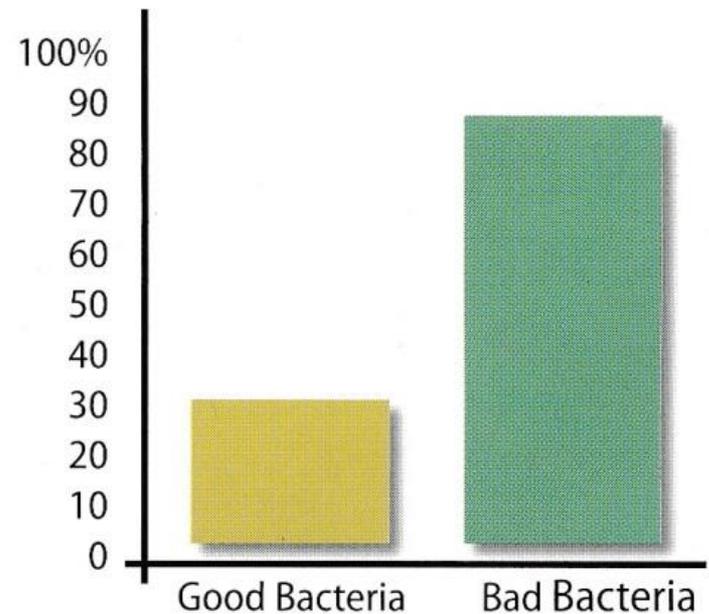
- **The composition (range of species) of microbes in the gut is an outcome of food intake or composition**
- **If you increase and sustain carbohydrate intake to the gut the microbial biology will adjust to this type of intake**
- **Consequently, the new carbohydrate munching microbial community in the gut will become most efficient at extracting sugar nutrients**
- **These excess carbohydrate/sugar/glucose nutrients will eventually be converted to fat by the liver and the fat will be deposited in the liver, or on your backside, hips and tummy.**
- **Diets will not change this move to obesity: only a complex probiotic with diverse and abundant range of beneficial microbes will change the gut microbes species back into a balanced and cooperative community that extracts a wide range of nutrients from food to form the right enzymes.**

# Why we need probiotics daily

PERCENTAGE OF GOOD AND BAD BACTERIA WITHIN THE COLON

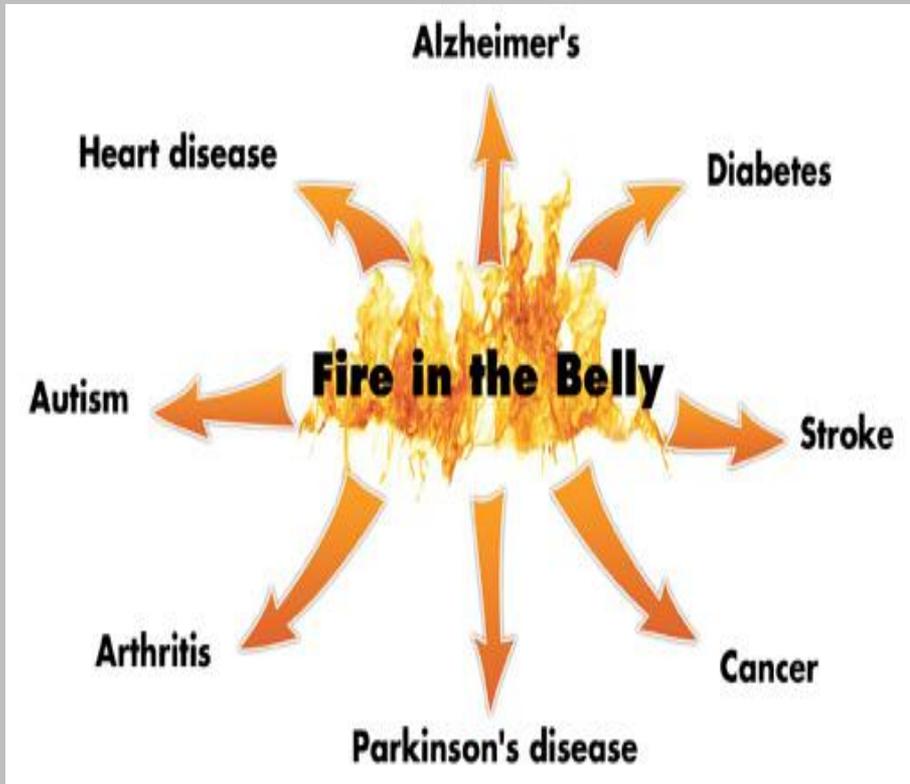


**1910**



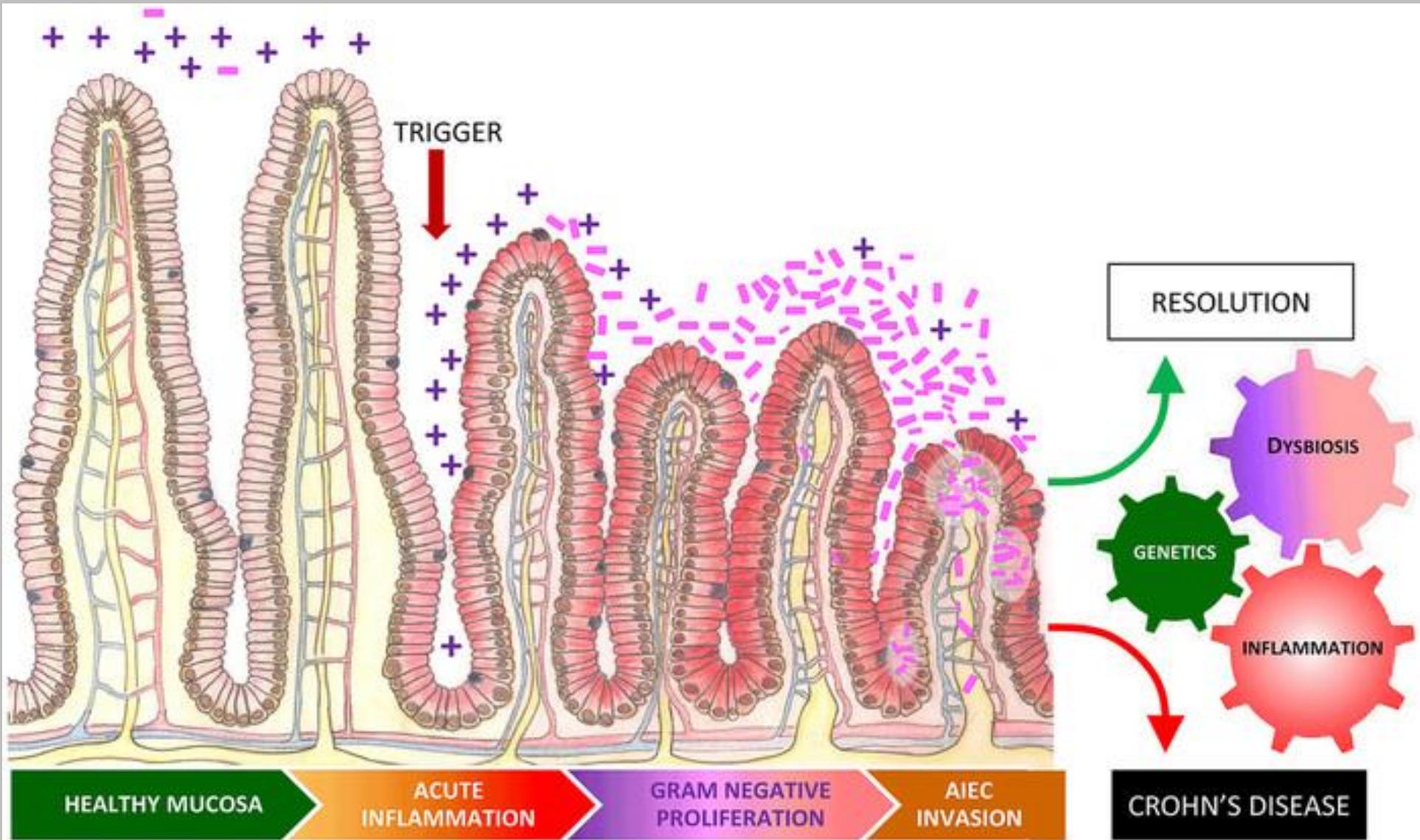
**2010**

# Inflammation starts in the guts



- The genes of microbes in our gut *tell our own human cells what to do.*
- When the gut biology is out of balance the pathogenic microbes create dangerous inflammatory reactions: eg. heavy metal poisoning and food allergies, to enzymes dysfunction and toxic overload.
- Our guts are far more complex than ever recognized; ie. with over 80% of our serotonin coming from our gut.
- It's no wonder that an imbalance in gut biology (fire in the belly) can affect our moods (anxiety) too!

# Progression to disease

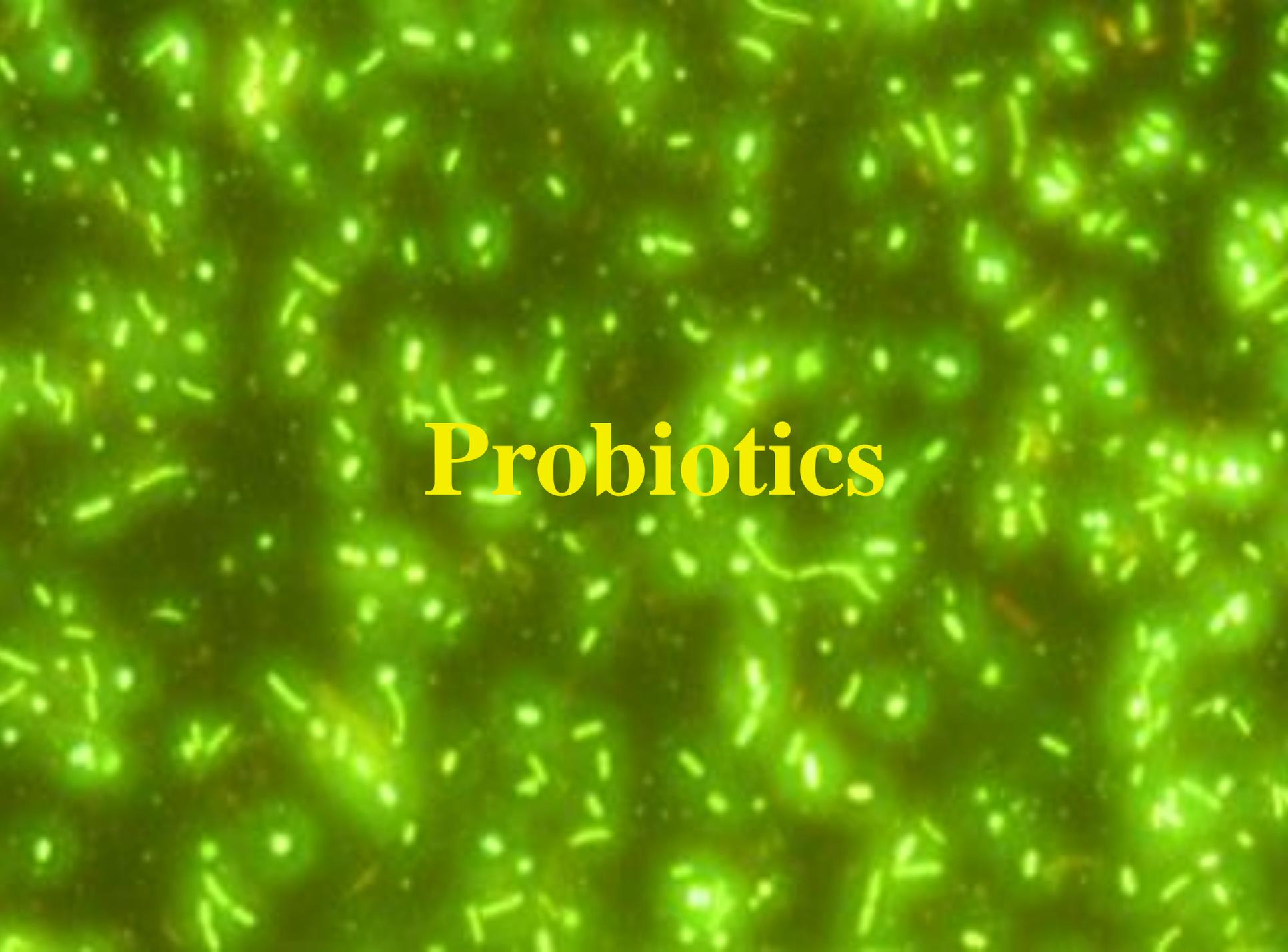


Adherent invasive *E. coli* (AIEC)

# The gut can trigger disease

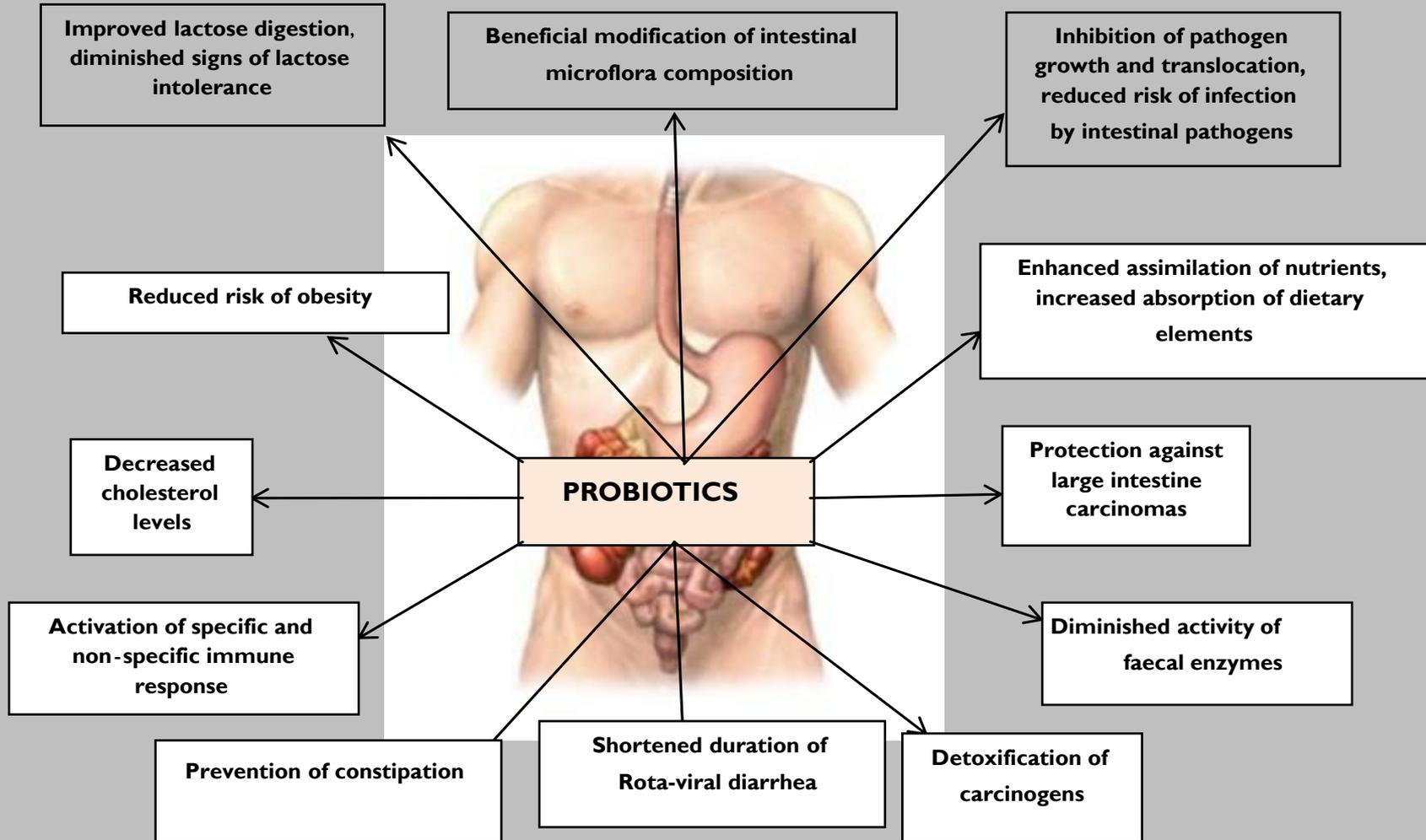
- **If the diversity and abundance of gut beneficial biology is diminished, the immune system learns wrong lessons**
- **This triggers wrong signals being sent to the brain (perhaps the onset of autism, Alzheimer's disease, depression, etc.)**
- **The confused immune system can then classify the body cells as foreign cells which triggers allergic reactions and auto-immune diseases.**

# Part 3

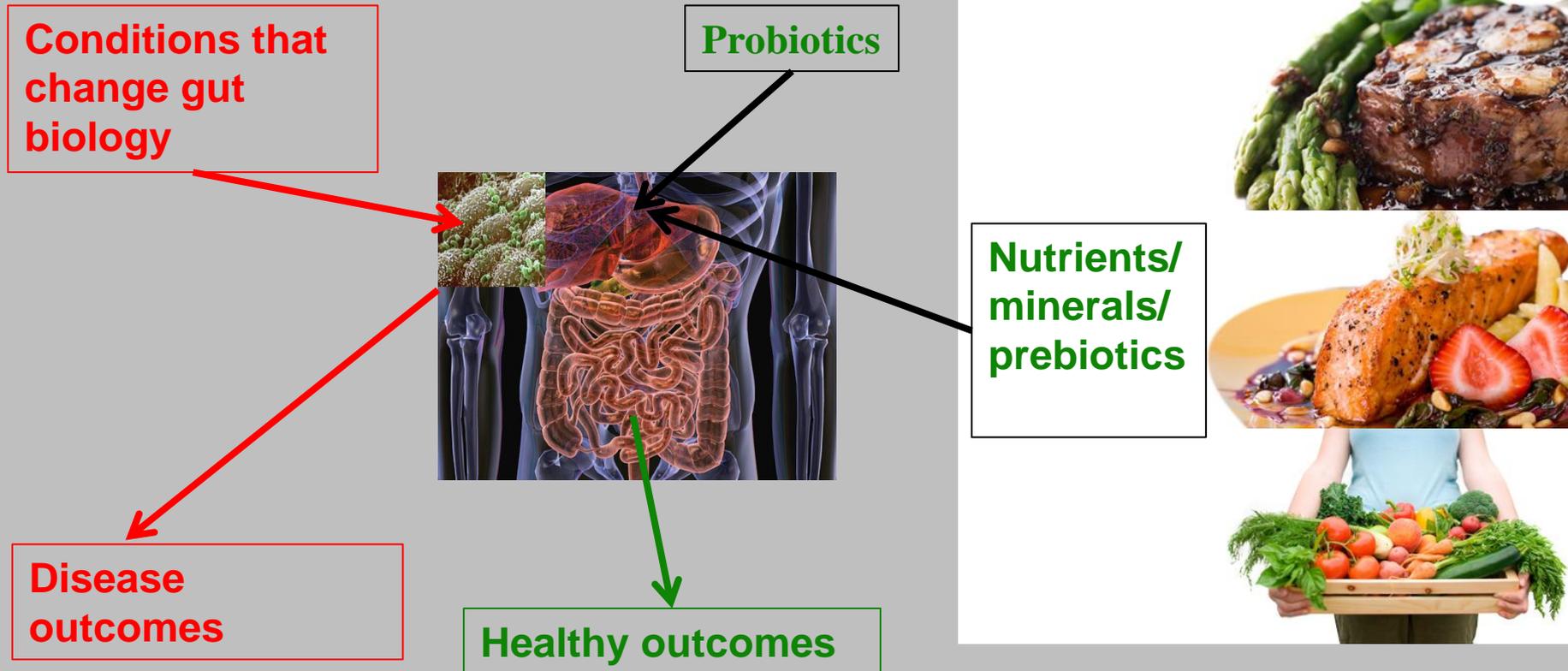
A microscopic view of numerous green fluorescent bacteria, likely Bacillus subtilis, showing their characteristic rod-like shape and some flagella. The bacteria are densely packed and appear to be in a liquid or semi-solid medium. The fluorescence is a bright green color, and the background is dark, making the individual bacteria stand out.

# Probiotics

# Probiotic values



# Feeding the gut the right biology, nutrients and minerals



The human gut microbiota encompasses a complex ecosystem in the intestine with profound impact on metabolism when fed diverse nutrients and minerals. Nutrition from food represents the strongest life-long impact on human health. Nutrition is essential for balancing gut biology, promoting health, preventing or delaying the onset of disease and aging, and optimising energy performance.

# Beneficial microbes: Probiotic benefits

- **Maintains a balance, diversity and abundance of beneficial microbes for gut health**
- **Important tool for preserving health and the minimising the onset of aging**
- **Supports regulation and healing powers to your body through support of the immune system**
- **Some of these major benefits include: enhancing bowel function, prevention of colon cancer, cholesterol lowering, lowering of blood pressure, improving immune function and reducing infections, reducing inflammation, improving mineral absorption, preventing growth of harmful bacteria, fighting off diseases like Candida and eczema, and many more.**

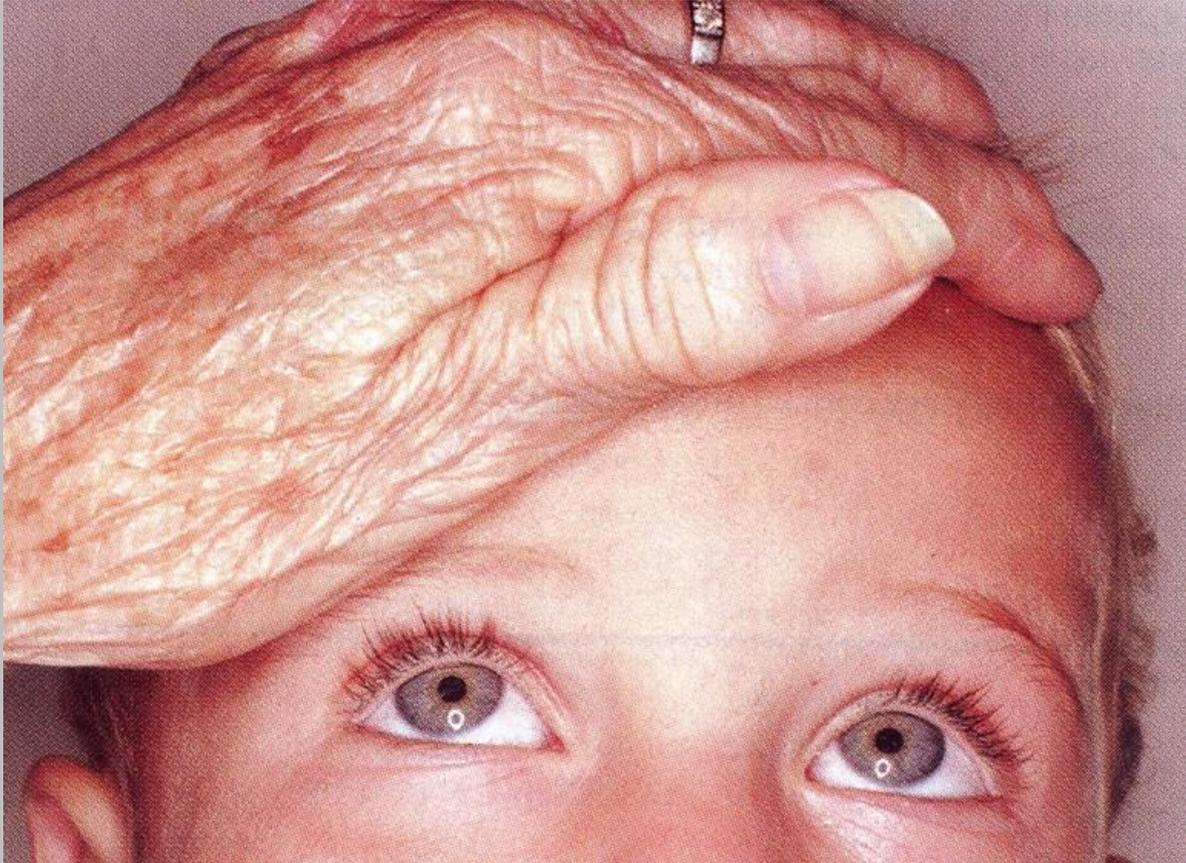
# Probiotics reduce health risks

- **Gut diseases**
- **Auto-immune diseases**
- **Heart disease (particularly for women)**
- **Liver and kidney diseases**
- **Diabetes and obesity**
- **Hormonal issues**
- **Depression and anxiety**
- **Mineral imbalances**

# Genes



# Your genes & you

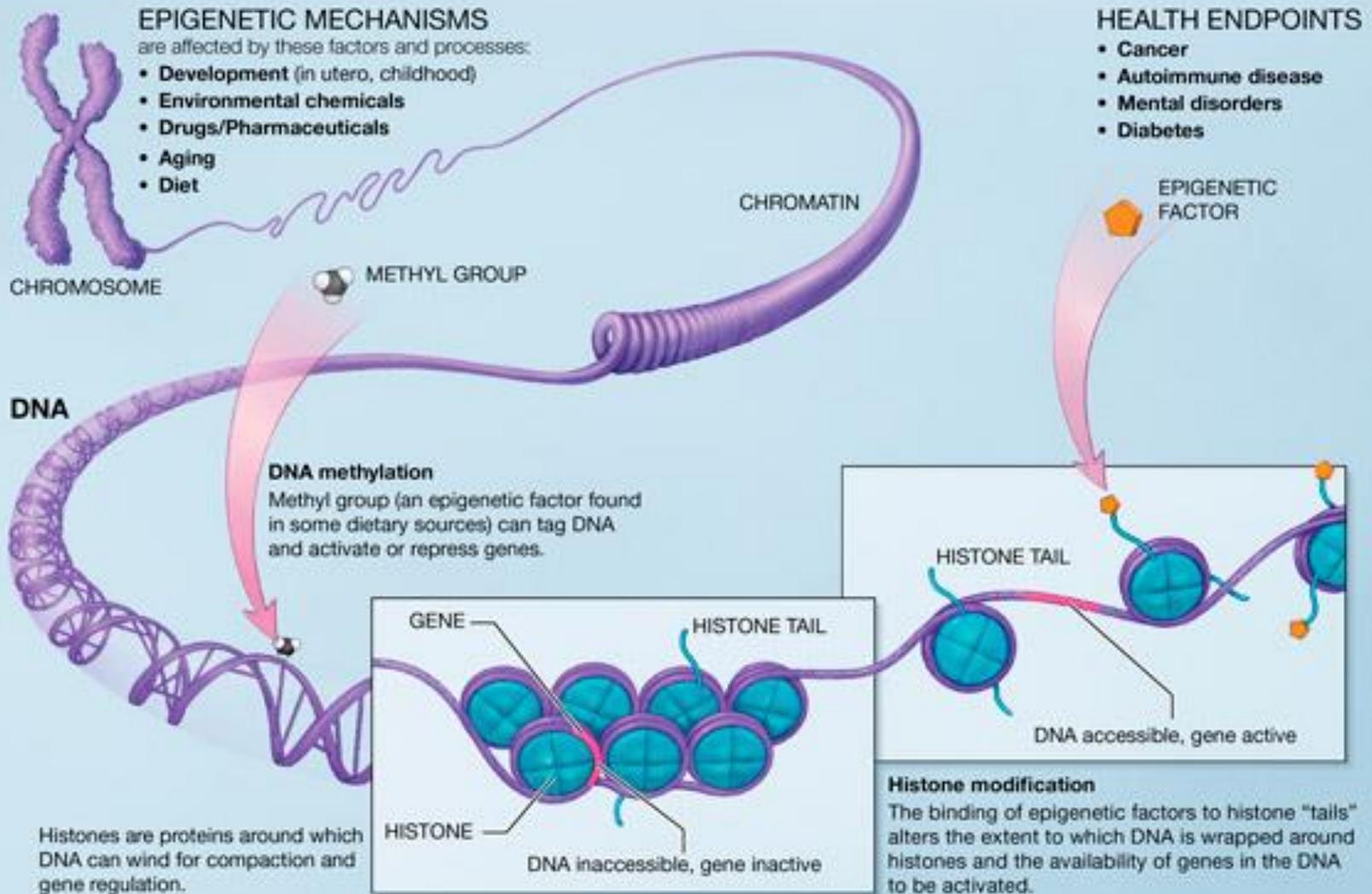


**The quality of your food, water, your thoughts, your choices in health and wellbeing, and the environment you live in will determine 99% of your health outcomes.**

# Gene expression

- **The primary role of a gene is to synthesise protein from amino acids**
- **Genes do not control your health (genes encode proteins). Genes are very *plastic* and can be easily altered by your environment (epigenetics)**
- **The human body contains more than human genes. Humans harbour the genes from food (plants and animals) and from insects (poisons). All genes interact and influence human health and wellbeing**
- **DNA and genes are influenced by the environment (ie. adaptation and evolution)  
Everyone is an extension of the environment, beginning with biology and nutrients**
- **The human DNA/genes/biology are collectively influenced by thoughts and beliefs, toxic exposure to chemicals, loss of connection with earth (ie. bare-feet on the earth and in running water), loss of exposure to sunlight, loss of nutrients**
- **Gut biology will change depending on the gut environment (ie. good or bad conditions due to diet) and this changes the cell conditions and hence the gene expression. Genes can be activated or deactivated depending on the cell conditions**
- **Every person has control of over their health through their responsibility to themselves (ie. behaviour to modify gut conditions) and intent to shape their health and wellbeing (power to heal yourself)**
- **When you impact or influence your gut biology you impact or influence your gene expression (ie. what genes are turned on and off). You control your gene expression through your environmental choices.**

# Factors affecting genes



# Cancer in perspective

- **Cancer began to emerge in humans with lifestyle changes due to diet, lack of mobility, low cellular oxygen, pollution, medications and other forms of toxicity, loss of gut biology balance, and degradation in water quality.**
- **While cancer has been recorded in Pharaohs, it was not until the 17<sup>th</sup> Century that cancer was first described as it appeared in the scrotum of chimney sweeps (soot pollution) and nasal cancer in users of snuff (finely ground tobacco)**
- **Major modern, lifestyle causes of cancer are: drugs (includes tobacco), GM food, household chemicals, hair dyes, air pollution, foods laced with chemicals, many canned foods, chemicals in water, micro-waved food, x-rays and mammograms, EM emissions, positive charged water, rancid nuts and seeds, lifestyle stresses (includes lack of contact with nature), emissions from granite and basalt soils (radon gas in the house) and common aerosol sprays.**

# Triggers for disease

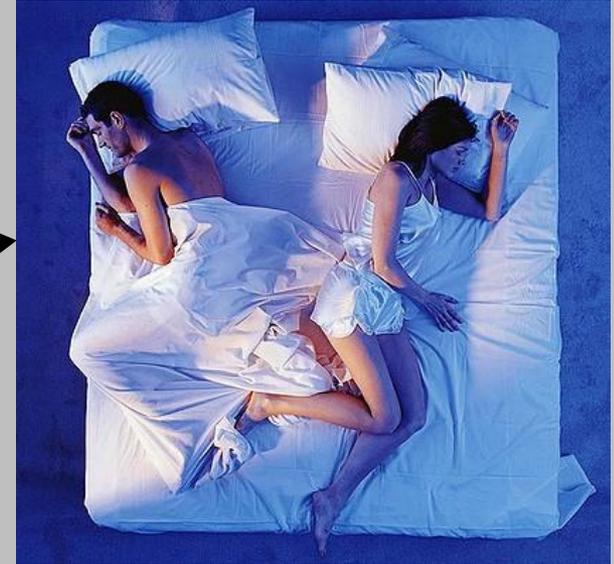
- **Lack of nutrient dense food (ie. trace minerals)**
- **Lack of sufficient vegetables and fruit in a diet**
- **Low oxygen and collagen levels**
- **Overuse of certain drugs like steroids and antibiotics**
- **Overuse of processed food (high in sugars, nitrates and other chemicals)**
- **Imbalance in gut biology (pathogenises)**
- **Acidic blood and cell water (urine less than pH 6.4)**
- **Lack of exercise and insufficient exposure to sunlight**
- **Continuous chemical exposure**
- **Overuse of sugar, including soft drinks**
- **Continuous exposure to electro-magnetic radiation (eg. electricity, microwave, Wi-Fi, x-rays and CT scans, etc.)**
- **Fatigue, lack of sleep and stress**
- **Negative attitude to life and social isolation.**

# Your environment impacts your genes

**Chemicals, medications, lack of nutrient dense food, poor water quality, loss of contact with nature, etc.**



**Loss of libido**



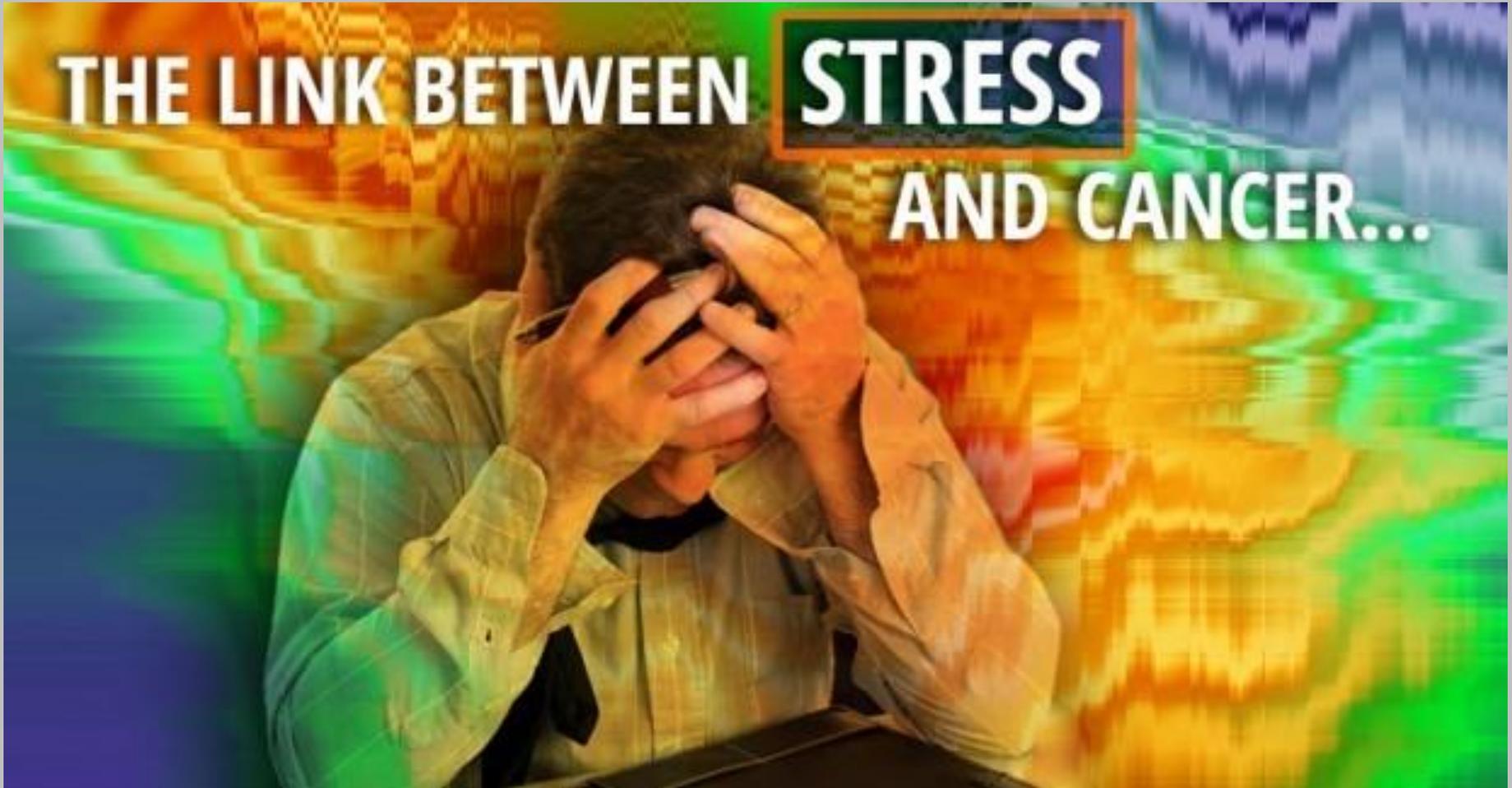
**Obesity and chronic disease**



**Stress and depression**



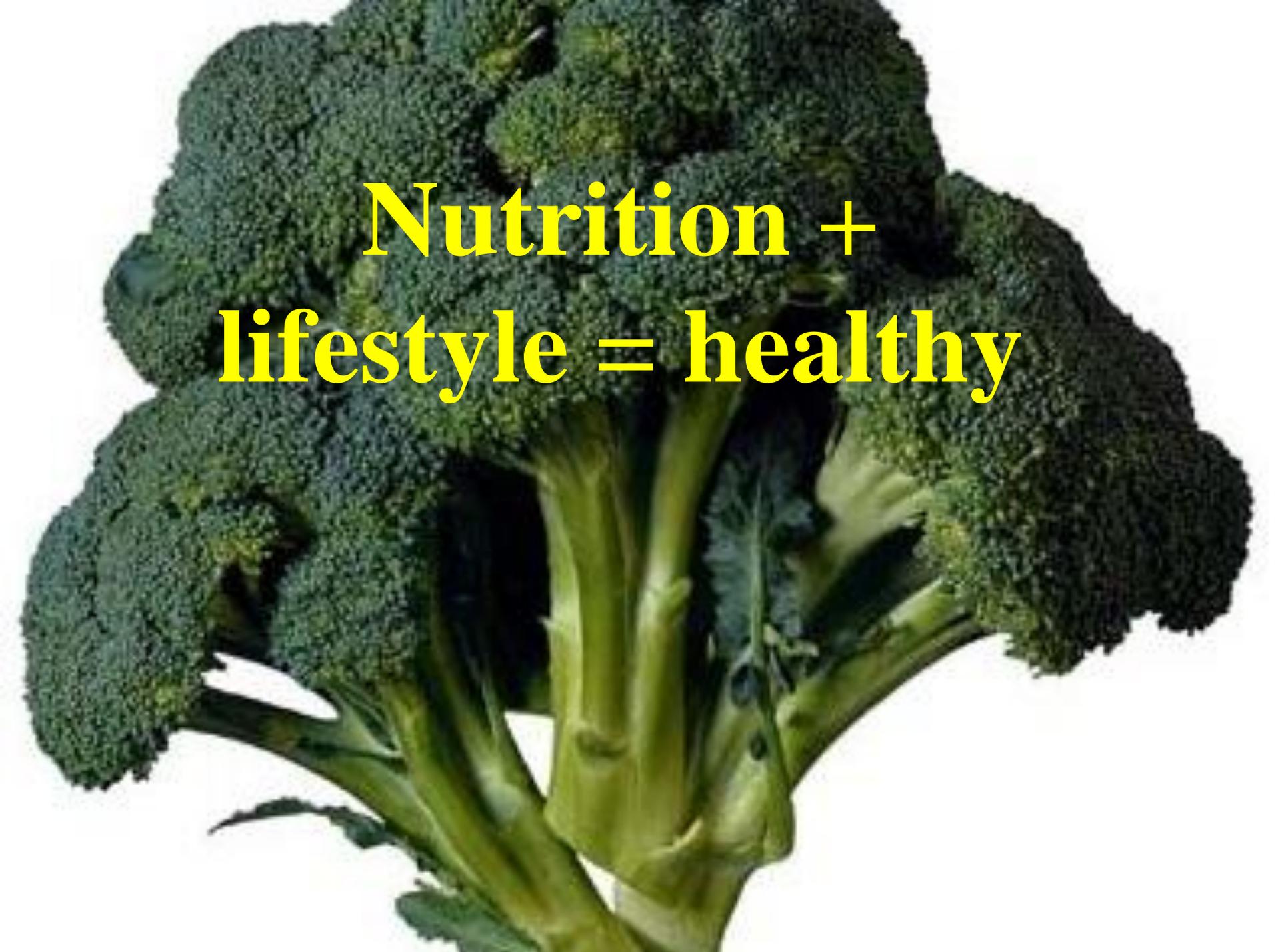
**Stress = any toxicity and form of emotional and physical stress**



# Staying healthy in a toxic environment

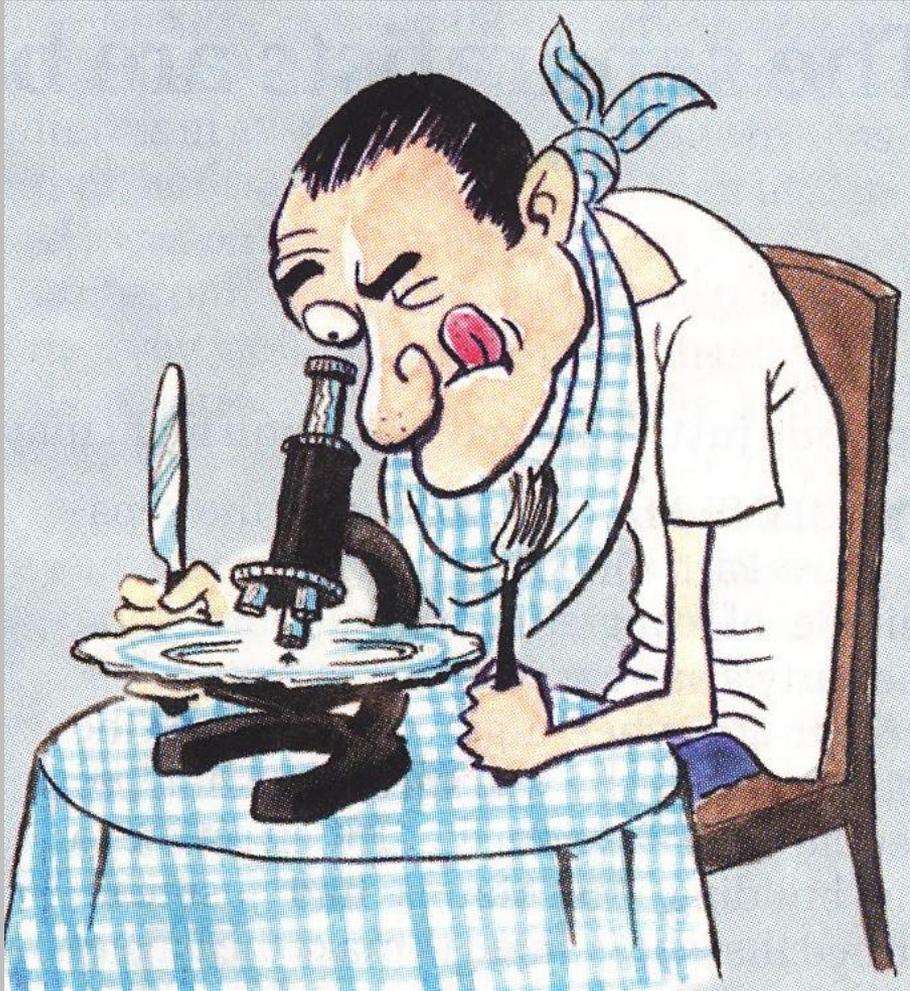
- **We all know that there are now toxic substances (synthetic chemicals) and contaminants in many foods, personal care and cleaning products, toys and household goods that are harming people (in their blood)**
- **Premature births have jumped nearly 30% since 1981 and there could be a strong link with toxic food. However, this is difficult to prove when governments and the health industry show little interest in the proof. Autopsies have reduced to about 1% of deaths and therefore medical induced deaths are concealed**
- **Once we have access to information and once we pay attention to these wellbeing issues, we develop a fuller, more personal connection to the actions we need to take (ie. avoid imported vegetables from China).**

# Part 4



**Nutrition +  
lifestyle = healthy**

# Putting food under the microscope



- What has changed in food quality since the 1970's.**
- What is the link between food quality and disease.**
- Who controls food growing, distribution and selling.**
- The hidden chemicals and sugar in food.**
- How food quality changes gut biology and hence signals to the brain.**
- How to access quality food.**
- What supplementation is now essential to replace deficiencies in food quality.**

# Obesity on the rise

## A weighty problem

Areas with the highest rates of obesity

Townsville



Regional South Australia

Gippsland

Areas with the lowest rates:  
Sydney's eastern suburbs,  
north shore and northern beaches.

## Comparison of Australian adults

1989



44%  
overweight

11%  
obese



Between 1995 and 2012, an average adult man's weight increased by 3.6kg and a woman's by 4kg

2013



63%  
overweight

28%  
obese



SOURCE: NATIONAL HEALTH REPORTING AUTHORITY FOR THE COUNCIL OF AUSTRALIAN GOVERNMENTS, AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE

# Since the 1970's

- **Doubling of lung cancer in women**
- **Tripling of liver cancer**
- **Tripling of stage 2 breast cancer**
- **Doubling of testicular cancer (Europe)**
- **Tripling of malignant melanoma**
- **Four fold increase in thyroid cancer**
- **64% increase in bowel cancer (under 35 yrs of age in Australia)**
- **Along with significant increases in obesity, cardiovascular disease, ADD in children and diabetes**
- **Obesity has increased by 3 fold.**

# **We have reached a turning point**

- **It is now fair to say that we have reached a point where human and animal health has been trashed by the chemical, pharmaceutical & food processing industries; and relevant government agencies**
- **If this process continues at the same pace then humanity will be reduced to living under food production conditions similar to pre 1920's (ie. anti-biotics will not work, people will have to grow their own food and develop their own strategies to maintain their health)**

# Nitric oxide function

- **Nitric oxide (NO) is one atom of nitrogen and one atom of oxygen, a gas and found in the endothelium (lining of the blood vessels)**
- **It allows the arteries to relax and expand, control pathogenic microbes and cancer cells**
- **It enables signalling between the brain cells and other cells**
- **It essentially controls damage to arterial cells from inflammation and oxidation**
- **Excess carbohydrates/glucose/sugars are the enemy of nitric oxide formation and function.**

# Nitric oxide sources and health issues

The NO Index

HIGH		MEDIUM		LOW	
Kale	6825	Coleslaw	84	String beans	9
Swiss chard	2055	Asparagus	82	Sausage	8
Arugula	1452	Celery	80	Figs	7
Spinach	1123	Watercress	73	Prunes	6
Chicory	938	Artichoke	63	Sweet potato	5
Wild radish	814	Eggplant	39	Raspberries	5
Bok choy	775	Strawberry	34	Raisins	4
Beet	632	Potato	26	Banana	4
Chinese cabbage	499	Garlic	19	Cherries	3
Beet (root) juice	482	Tomato	14	Onion	3
Lettuce	388	Vegetable juice	11	Red wine	3
Cabbage	312	Vegetable soup	10	Bean sprouts	2
Mustard greens	226	Cereal	10	Hot dog	1
Cauliflower, raw	167	Melon	10	Bacon	1
Parsley	150			Chickpeas	1
Kohlrabi	136			French fries	0
Carrot	127			Ham	0
Broccoli	122			Ketchup	0

Low nitric oxide (NO) in the blood is implicated in the following health conditions:

- **Cardiovascular disease (clogged arteries)**
- **High blood pressure**
- **Diabetes**
- **Cancer**
- **Erectile dysfunction**
- **Inflammation (arthritis)**
- **Obesity**
- **Mood swings**
- **Kidney disease**
- **Cholesterol imbalance**
- **Osteoporosis**
- **Low immune system**
- **Skin disorders**
- **Eye disorders**
- **Aging**
- **Asthma**
- **Prostate and bladder problems**
- **Dementia**
- **Chronic infections**
- **Stomach ulcers**
- **Premature babies**
- **Anaemia**
- **Stress**

# Diet reversal

Mediterranean v Western diet



# Food for prolonging life..

**Grass feed meat 1-2  
times a week (Slow  
cooked only)**



**Fish 2-3 times a week  
(Slow cooked only)**



**Fresh vegetables  
and fruit every day  
with 80%  
vegetables by  
volume**



# Cooking methods can add years to your life



**When you ingest meat cooked with high temperature, your body is exposed to dangerous levels of mutagens and advanced glycation.**

**Advanced glycation (oxidative stress and inflammation) is linked to bowel, prostate and breast cancer, LDL cholesterol imbalance, diabetes, cardiovascular disease, obesity, etc.**

**Mutagens damage DNA and increase cancer risk. Glycation damages your body's proteins (amino acids that build proteins) and this causes tissues to lose functionality and increase premature aging.**

**Pan fried meat can be 15 times more toxic than raw meat. Fried bacon is the worst on the toxic scale.**



# Vegetables to reduce glycation effects



**Carnosine (complex amino acid supplement and anti-glycation agent)**

**Kale**

**Cabbage (red)**

**Broccoli**

**Cauliflower**

**Brussel sprouts**

**Spinach**

**Bok Choy**

**Carrots (anti-oxidants)**

**Kohlrabi**

**Mustard greens**

**Radish**

**Turnip**

**All of these vegetables can reduce tumour development by up to 200%**

# Diet choices



# There is no choice for nutrition



**Unfortunately, in an economic crisis most people reduce the intake of fruit and vegetables due to cost and buy dead food (eg. white bread) at a low cost.**

# Fast track to inflammation



# Fast food is fast track to fat



**Big food companies have been fooling some people for years...**

**They package up a big slew of crappy ingredients and preservatives, and then slap some creative marketing on it and suddenly some people think it's a *health food*...**

**Fast food makes you fat and unhealthy...**

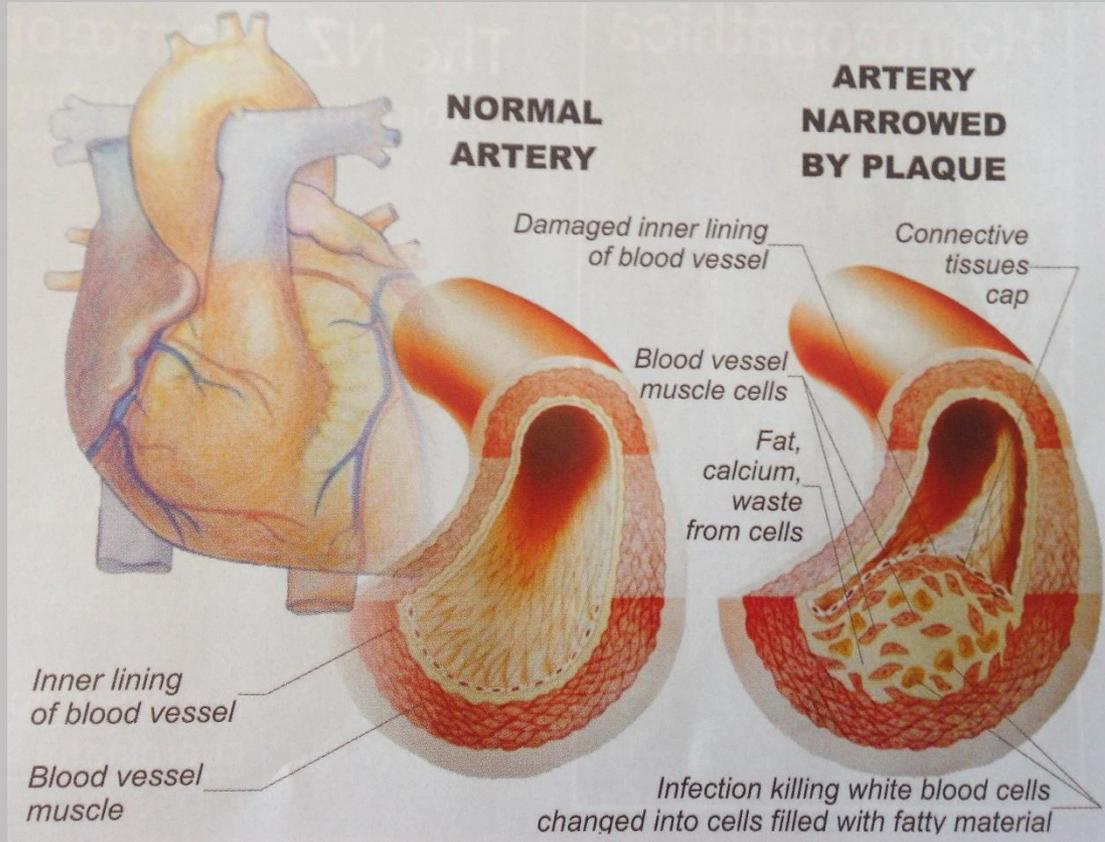
# **This product radically increases your risk of cancer**



© iStockphoto / Thinkstock

**Recent studies have shed new light on aspartame's (the sugar substitute of choice for soft drinks) dangers to your health, including risk of cancer, stroke, and type 2 diabetes.**

# Unclog arteries



**Apple cider vinegar**

**B vitamins (B1, B2, B3, folic acid)**

**Biotin (Coenzyme)**

**L-Citrulline (Amino Acid)**

**L-Arginine (Amino acid)**

**Choline (like a B Vitamin)**

**Garlic**

**Fermented cabbage (Korean Kimchi)**

**Turmeric**

**Sesame seed**

**Asparagus**

**Avocado**

**Broccoli**

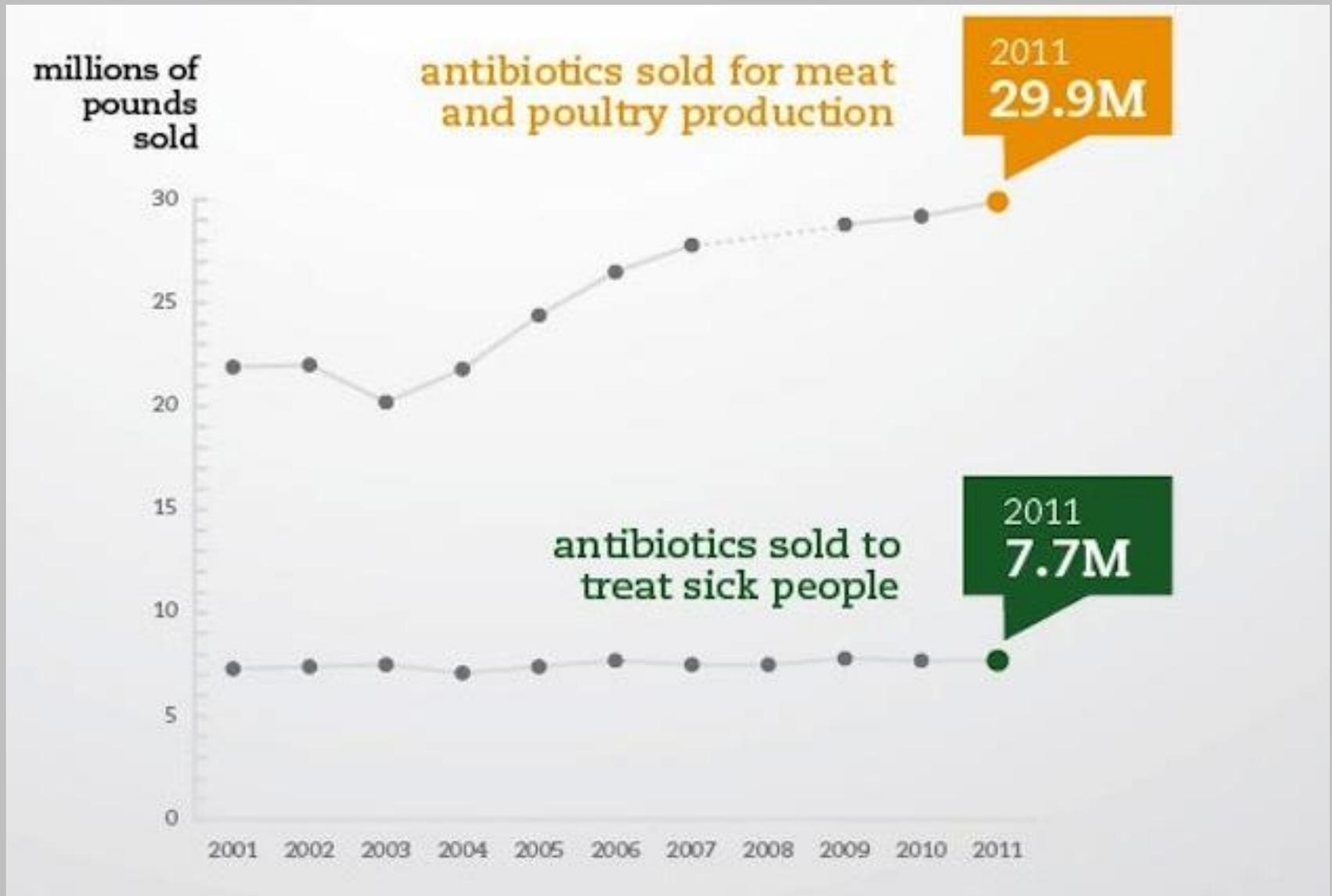
**Chia seeds**

**Cinnamon**

**Coconut oil**

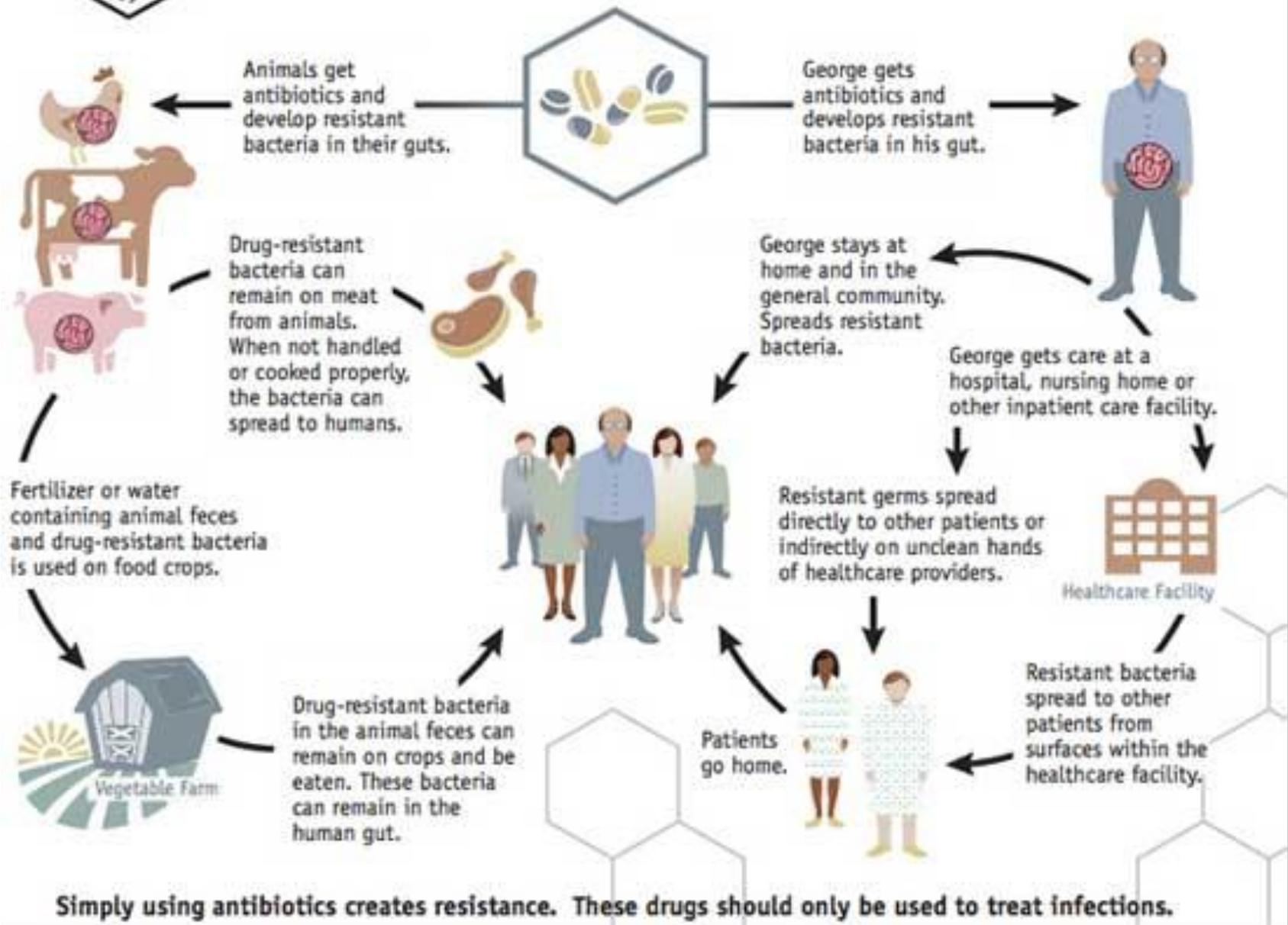
**Hemp seed oil**

# Anti-biotics in meat





# Examples of How Antibiotic Resistance Spreads



# EMF radiation of children



# Kids and soft drinks do not mix



**PRECURSORY** signs of cardiovascular disease can be seen in children as young as 12 who have a high intake of sugary drinks which could have implications for the rates of the disease in the future.

While narrowed blood vessels inside the eye are a known precursor to cardiovascular disease in adults, researchers from the Westmead Millennium Institute for medical research have for the first time looked at the link between carbohydrates, which includes sugars, and the retinal health of children.

**What to do???**

# Building immunity at an early age



# 3 foods to sustain the immune system

- **Pu-erh tea (The Tea Hut, Australia), also get green tea from this supplier**
- **Cistanche (get as a supplement from Life Extension Foundation: USA)**
- **Reishi mushrooms**

# Veggies (80%) and fruit (20%) @ 50-60% of food intact

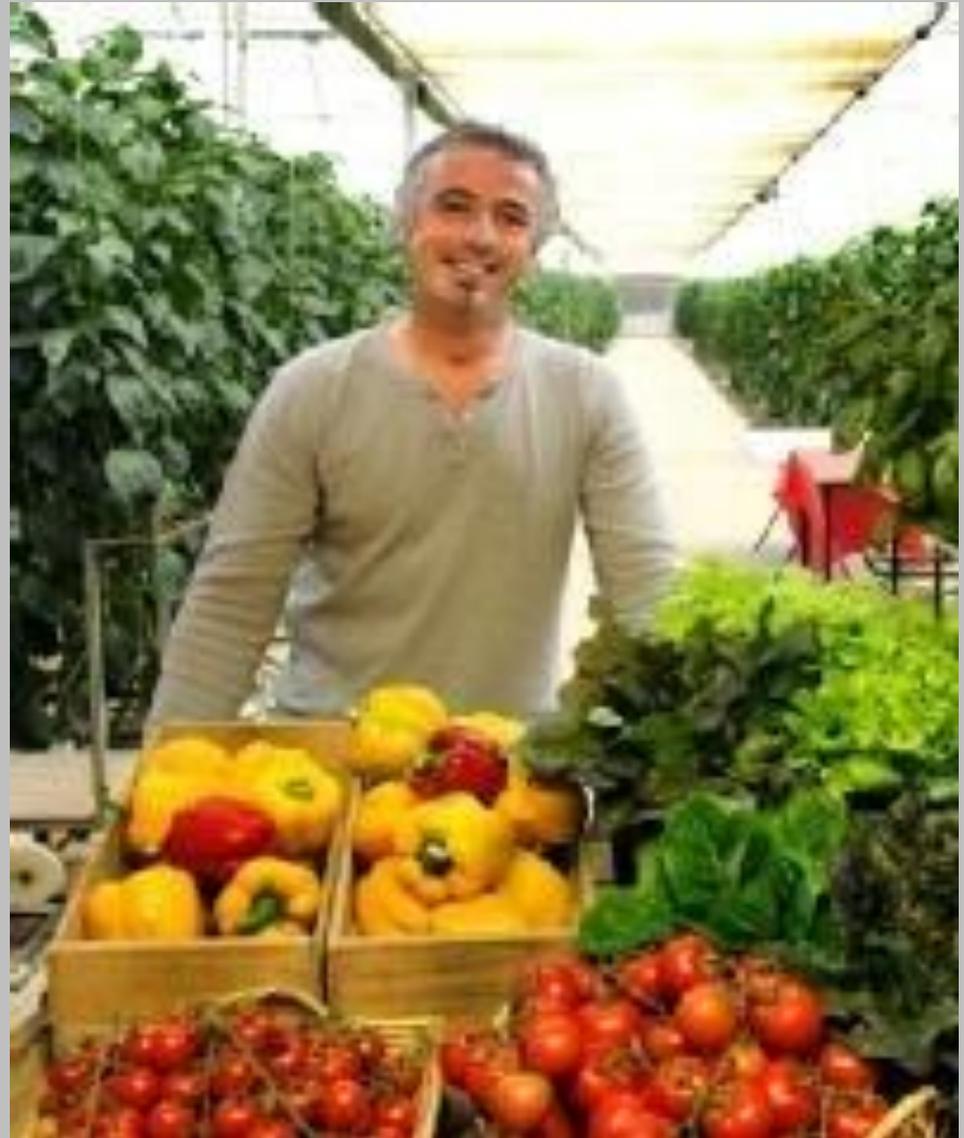


**Your kitchen should be a place of nourishment and healing**

# Grow your own veggies and fruit



# Buy local



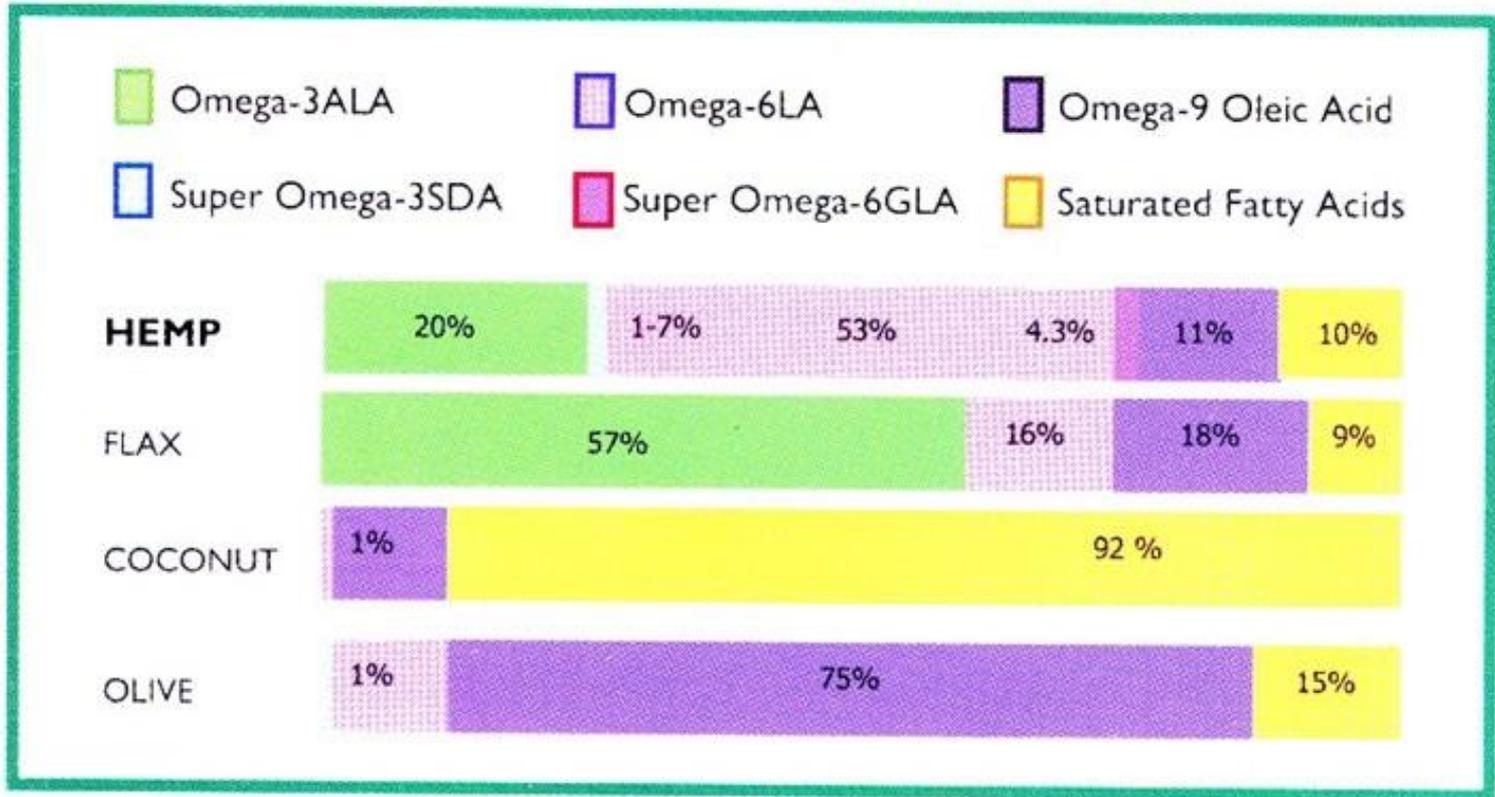
# Green (fresh) vegetable drinks 2-3 pw



**Sunlight energy in a glass**

# Oil comparisons

## Comparison of Cold Pressed Oils



**PLEASE NOTE:** At this time Australian legislation recommends Hemp for external use only. However, Europe, Asia and North America have been using hemp seed products as a food source for centuries...

# Stay hydrated



# Adequate early morning sunlight exposure

**Our bodies need  
sun exposure to  
produce cholesterol  
sulfate, which  
provides  
cholesterol and  
sulfate to all the  
tissues of the body**



# Contact with natural environments



**If only we could put forest and sea air into a bottle!**

**Tiny doses of plant toxins (phyto-toxins) in forest air can boost health.**

**These toxins trigger body repair mechanisms and enhance tolerance to big doses of toxins.**

**Forest and sea air *bathing* can lower blood pressure, lower the stress of the hormone cortisol and improve regulation by the immune system.**

**Our gut biology evolved with these toxins to support regulation and healing and therefore we need to have regular contact with natural air to support human health.**

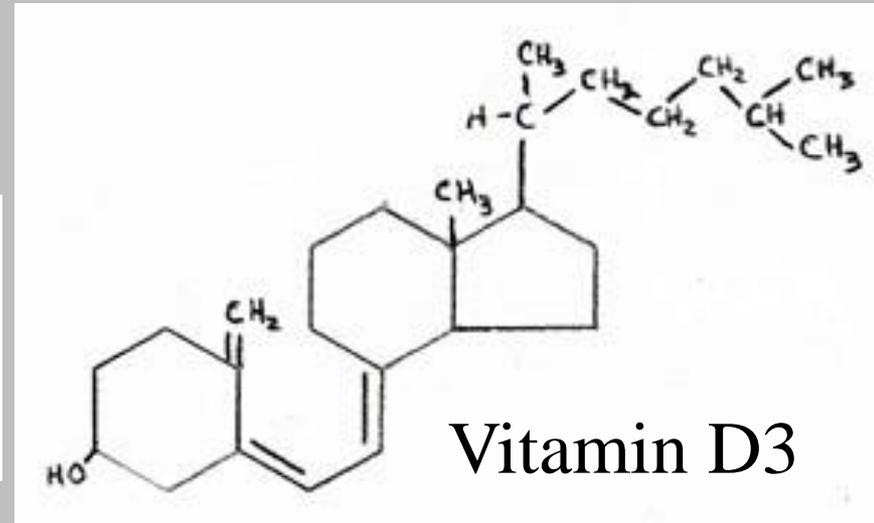
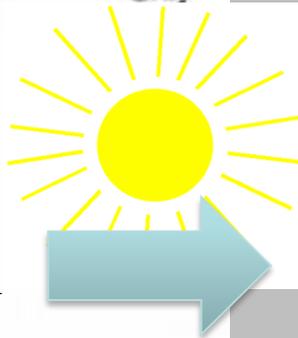
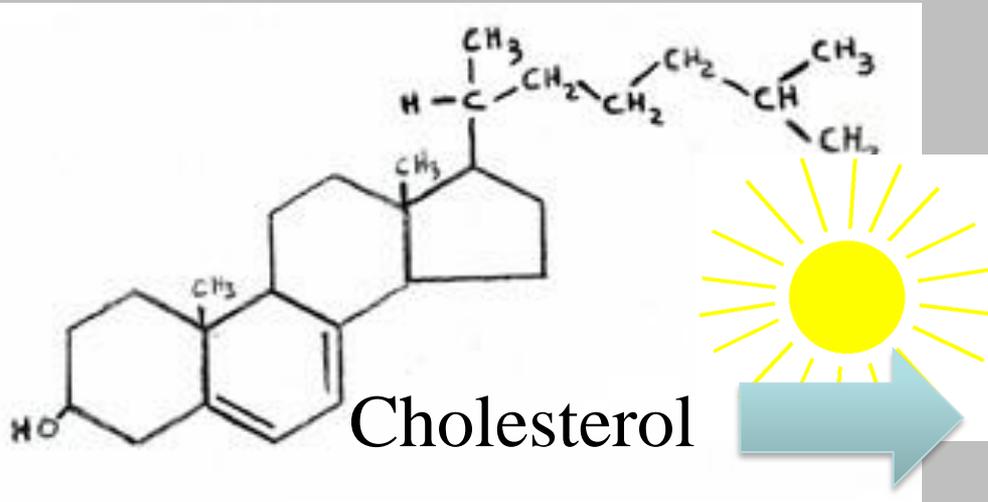
**Negatively (-) charged static electricity is abundant in the air of natural environments.**

# How to stay healthy

- **Plenty of dietary *sulfur***
- **Plenty of dietary *cholesterol***
- **Plenty of dietary *collagen***
- **Plenty of *sun exposure***



# Cholesterol and Vitamin D3



- **Cholesterol and Vitamin D3 are nearly identical in chemical structure**
- **Vitamin D3 is synthesized from cholesterol in the skin upon exposure to sunlight**
- **Cholesterol is the pathway to making Pregnenelone (master hormone) and DHEA that makes estrogen/testosterone hormones.**

# Health fundamentals



# Your body strives for survival

- **Your body naturally strives to be healthy.**
- **Given proper, absorbable, life-giving nutrition from nutrient dense plants, your immune system can work efficiently to heal and maintain health.**
- **Natural organic super-foods (eg. Chia, MACA, etc.) are essential for proper nutrient absorption and toxin elimination, enabling a naturally healthy, pain-free body.**
- **Super-foods provide the building blocks that are missing from a typical diet. They are an excellent way to provide natural, living energy for your body. Many of these super-foods are contained in the **Phi'on** probiotic and preserve their inherent life-giving enzymatic activity (ie. bio-availability) through the fermentation of the ingredients.**

# Diet for good health

- Eat enough protein (especially for breakfast, eg. poached eggs).
- Minimise commercial breads, rice, pasta, high fructose fruits (dates, figs, grapes, oranges) and most processed carbohydrate foods (biscuits, soft drinks/cordials, fruit juices, cakes, etc.)
- Sustain fats in the diet (eg. Plant and sea based oils, eggs, cheese)
- Eat only fresh and organic foods (the real foods/real medicine).  
Grow your own foods in biologically active soils with negatively charged water.
- Maximise the foods from the Brassica family (eg. kale, cabbage, Brussel sprouts, broccoli, spinach, etc.) for I3C compounds (indole-3-carbinol) that mitigate glycation (mutation of DNA and cause inflammation)
- Avoid cooking meat with high heat (eg. pan fried, BBQ, grill, etc.).  
This causes (red) meat to become 15 times more toxic (compared to raw meat). This is a fast track to glycation.
- Avoid trans fats in canola oil, margarine, etc.

# Diet for good health 2

- Avoid genetically modified foods (most soy, corn foods, etc.)
- Never cook and warm food/liquids in a microwave. Microwaves are violent to water structure and affect both red and white blood cells.
- Avoid processed meats due to additives.
- Avoid soft drinks as they are filled with high fructose corn syrup, dyes (Bromate and that reduces Iodine in the body), and often Aspartame that is toxic to the body.
- Avoid canned foods as the tin lining contains bisphenol (BPA) that can cause gene modification.
- Avoid fast (junk foods) due to high concentrations of trans fats, sugar, preservatives, and low to zero nutrition, etc.
- Give priority to foods with Boron, Magnesium, Selenium and Zinc.
- Drink adequate water per day (your kg weight x 30 = ml per day)
- Avoid eating after the evening meal.
- Early to bed and early to rise. Get early morning red sunlight in eyes.

# Why self help health...

- **We need to put food and health together in a meaningful way, and in a way that has been lost over the past 50 years due to major changes in lifestyle and health services**
- **Economic stress will force people to adopt a new approach to wellbeing due to the cost of medical services and risks associated with hospital admission**
- **Food price will escalate due to the control of food by large corporations. Therefore, grow your own food**
- **Self diagnosis and self help is a good first step, however if you need medical advice consult a professional medical practitioner**
- **Human health can be nourished through the gut and skin (including universal negatively charged energies)**
- **Nutrient dense food is the real medicine.**

# **Prepare your body to utilise nutritious food**

- **Use a good probiotic daily**
- **Sustain collagen levels with slow cooked meats**
- **Use apple cider vinegar in every glass of water**
- **Detox at least once per year (slowly)**
- **Rebalance minerals and oxygen in cells (eg. Magnesium Oil and DMSO)**
- **Avoid toxic environments**
- **All things in balance, especially mineral intake and lifestyle (exercise, sleep, recreation, work activity and time in natural environments)**

# Getting it right for life (1)

- **Adopt a positive attitude to yourself and others**
- **Take time out to experience nature (eg. bush walking and camping) and earth grounding**
- **Take a probiotic daily to maintain a balanced gut biology**
- **Use the Quantum Resonance Magnetic Analyser results at least every 6 months to balance body functions**
- **Obtain a comprehensive blood test every year to monitor trace minerals (eg. copper), hormones and other critical health factors**
- **Use a hair analysis every year to provide a second opinion of toxic elements (eg. mercury, arsenic, aluminium, etc.) and trace mineral balance**

## Getting it right for life (2)

- **Keep your urine or saliva pH above 6.4 (less than 6.4 is a fast track to disease), ie. alkalise the body's cell water**
- **Eat from balanced food sources (ie. diversity), but keep the intake volume down to the minimal necessary for your lifestyle (ie. energy expended)**
- **Eat grass fed meat only, and use organic/biological food as much as possible**

# How to avoid drugs

- **Maintain your own health and wellbeing**
- **Learn about the role of nutrition in disease prevention**
- **Minimise the use of medications for children wherever possible**
- **After anti-biotics use a probiotic**



**Conclusion**

# First steps to wellbeing or balance

- **Understand how your body works**
- **Take responsibility for your own health** and your family (in the best way you can)
- **Use nutrition as your first line of defence** against disease
- **Prevention is better than cure, ie. build your immune system.**

# Making new cells

- **Voltage** - you get voltage from drinking negatively charged water, eating unprocessed food, sunshine, exercise, maximising time in nature, fulvic acid, etc.
- **Protein** - to digest the protein you need Iodine, Zinc, Vitamin B1, and Sea Salt
- **Fats** - to digest fat you need Bile (Cleanse the gallbladder every 10 years)
- **Thyroid** - to have your thyroid work you need to avoid Fluoride and you need to have - Iodine, Zinc, Iron, Selenium, Progesterone, Cortisol, and Glutathione, Vitamin A
- **Vitamins and Minerals** - Vitamin C, D3, B12 with Folic, Boron, Sea Salt and Fulvic Acid
- **Water** – Negatively charged water with alkaline minerals give you voltage – Positively charged water takes away your voltage.

# Eliminating toxins

- **Liver** - needs good fats to function like Hemp Seed Oil, Flaxseed Oil, Coconut Oil and Extra Virgin Olive Oil
- **Bad Fats** - any partly hydrogenated oils are bad - Soybean, Canola, Vegetable, Corn, Safflower, Cottonseed, Grapeseed are all unhealthy oils. Cold pressed oils are fine.
- **MSG, Aspartame, Fluoride, GM Soy** - Are all Neurotoxins (there are many more, but these are the ones you can come in contact with every day)
- **Dental Infections** - create Gliotoxins that are very harmful, and one of the main reasons we don't have enough voltage. This includes Root Canals, Crowns, and Amalgam Fillings that are infected by decay.

# Nutrition is the pathway to disease prevention



# Seek early morning sunlight



# Seek out alternative health strategies



# 8 free medicines in nature

1. **Attitude:** stay positive to boost the immune system
2. **Nutrition:** Eat nutrient dense, whole and organic food, including a probiotic for microbial balancing for sustaining all body functions (eg. the immune system)
3. **Sunshine:** Early morning sun stimulates the pineal gland, boosts energy and Vitamin D
4. **Air:** Make regular contact with nature and breathe in the fresh (negatively charged) air for cell function
5. **Grounding:** regular contact with nature (ie. barefoot on beach)
6. **Water:** Use negatively charged (-mV) water from natural sources to recharge your cells
7. **Activity:** Use (work/exercise) your muscles regularly to improve flow of blood and lymphatic fluids
8. **Rest:** Sleep and relaxation are necessary to rebalance body energy and heal.

# Stay hydrated



# There is no magic drug pill



# Getting it right for life



*Take responsibility for your own health and the wellbeing of others. That is, do not let helplessness become a habit and surrender your health responsibility to others*

**Thank you**

