

Health & Nutrition

Topics

- Condition of today's health and longevity
- My personal journey
- The human microbiome and it's relationship to health
- Healing our microbiome – “Good guys” & “Bad guys”
- What is healthy food
- Is sugar bad?
- Our immune system
- Importance of shalom and what hinders it
- Glutamate
- Importance of good sleep and what hinders it
- Toxins and detoxing
- Exercise

An Alarming Trend

- 150 yrs ago, with exception of occasional epidemic, most diseases were “acute” in nature
 - Pneumonia, Chicken Pox, Measles....
- Today the majority of diseases are “chronic” in nature
 - Cancer, Cardiovascular Disease, Diabetes, MS, Alzheimer’s, ADHD, Autism, NAFLD, Fibromyalgia, Parkinson’s, Lupus....
- These “chronic” or “modern” diseases were few and far between 150 yrs ago, however today they are the major cause of death.
- “Modern” disease rates are increasing rapidly, meaning our population is getting sicker rather than healthier
- One expert commented that the life expectancy of the younger generation will have decreased so much that by 2030 it will be common for parents to bury their children!
- Yet we have one of the most sophisticated health care systems in history
- What’s wrong with this picture?

Greg's Story

- Childhood – family garden, ate lots of fresh, or canned, garden food and little packaged or processed food
- Age 18-20– acne clinical trial at Boston University hospital. Heavy, above normal dosage of antibiotic and sunburn every 10 days. All this for a year or more!
- Age 26 – 32 serious urinary tract problems. Kidney, bladder, prostate infections. Heavy dosage of antibiotics, repeat conditions, kidney stones for several years following. Trip to Mayo Clinic
- Age 55 – began experiencing spasmodic dysphonia
- Age 58 – began hearing people say the importance of staying away from sugar in all forms and started complying
- Age 60 – began believing that regular fasting was important and choose to do a 40 day water fast. Felt good after that and then did several 15 day water fasts.
- Age 65 – Dealing with a lot of intestinal issues, SIBO, IBS causing a lot of stomach discomfort. Also severe leg cramps at night, sleep problems, always feeling cold (ong underwear even in summer), enlarged prostate and the subsequent problems, male hormone problems
- Age 66 – Began studying Standard Process materials and began using SP supplements to try to resolve these issues. Began to have some success but realized I needed to be on these supplements constantly otherwise the symptoms would return.

Greg's Story - continued

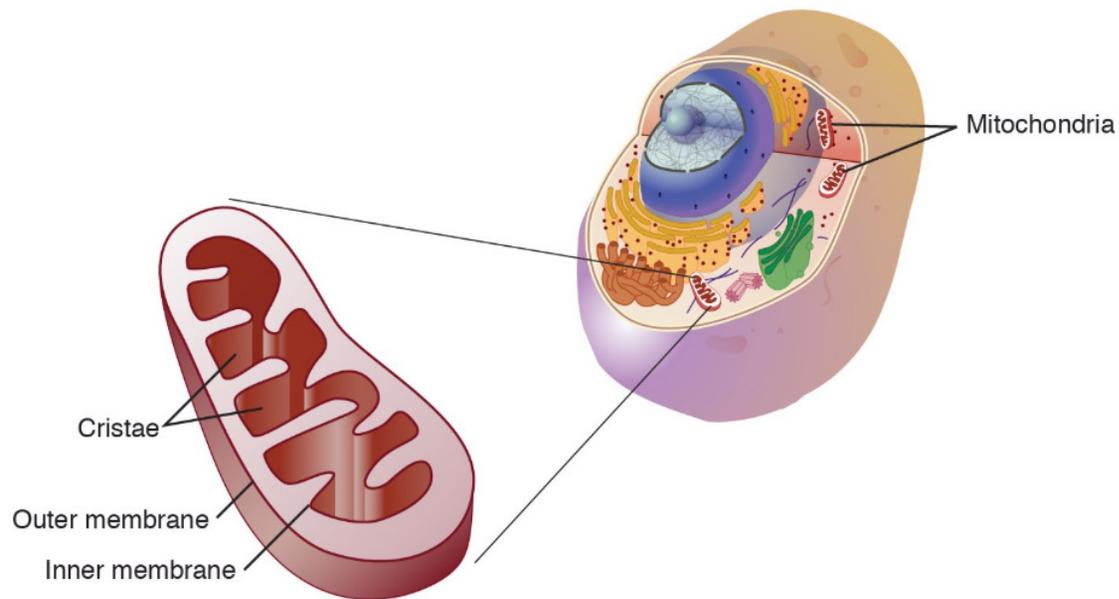
- Age 76 – Wanda and I attended a SDA health retreat because of our concern about Wanda's cancer diagnosis of 3 years prior. Began implementing a plant based keto diet. No change in my symptoms.
- Age 77 – Again, motivated by Wanda's health concern we committed to the diet and lifestyle plan that Chris Wark had developed and has an impressive track record for healing cancer naturally.
- Today, one year later as I'm about to turn 78 – No longer taking the 50 some supplements and all my symptoms have resolved with the exception of the spasmodic dysphonia. I believe it will resolve with time as well...some things, according to our coach, take quite a while. Wanda is making good progress toward natural healing of the cancer.

Observations

- My health was very good until about 10 years after college at which time it declined
- My health appears to have taken a major step towards good health 1 year after recent diet and lifestyle change!

How Yahweh intends our bodies to function

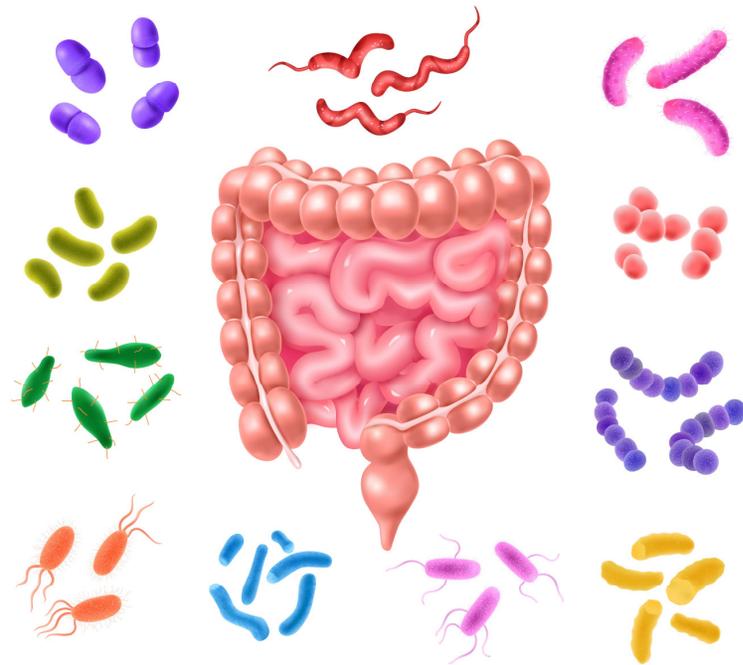
- Our bodies consist of about 37 trillion cells which are the basic life function
- Within each cell are many oblong shaped substances called mitochondria
- The mitochondria are the source of energy for the cell



- The mitochondria get the raw materials they need from the body's microbiome

The human microbiome

- Each of us have within our bodies a “subculture” of living organisms (bacteria)
- There are over 100 trillion bacteria in this subculture, 3 times the number of cells in our body
- These bacteria live in what is called our microbiome
- The microbiome consists of our mouth, digestive tract and our skin
- The purpose of the microbiome is to convert the food we eat into the nutrition needed by the mitochondria in the cells.



- There is a sophisticated signalling mechanism such that each cell's mitochondria tells the microbiome what particular substances it needs.
- The microbiome then goes to work to put that substance into the blood stream so the cell that is in need can retrieve it from the blood

- Our bodies are amazing! Organs, systems, brain and microbiome communicate with each other and provide what each other needs for the moment.
- Truly, we are fearfully and wonderfully made!
- Yahweh has given us this 100 trillion set of microbes to be an integral part of our fearfully and wonderfully made body!
- We have a responsibility to be good stewards of the body we've been given.
- Just like we take care of good care of those parts of our body that we are aware of, we need to take care of the parts of our body we are not aware of.

“Good guys” & “Bad guys”

- Just like everything in our fallen world there are not only good bacteria in our microbiome but there are also bad bacteria.
- The bad bacteria are responsible for diminishing the performance of the good bacteria such that the cells do not get the nutrition they need
- A healthy microbiome is one where the “good guys” are able to keep the “bad guys” sufficiently suppressed so they, the “good guys” can effectively do their job
- A healthy microbiome, in conjunction with the body’s immune system is able to ward off outside invaders, like colds, flu, chicken pox, measles, etc.
- However, an unhealthy microbiome is not able to deal with outside invaders and will also allow the various organs in our body to become dysfunctional
- When an organ becomes dysfunctional the body moves into a state of chronic disease
- For example when the heart becomes dysfunctional, CVD (cardiovascular disease) results. When the pancreas becomes dysfunctional, diabetes results.
- These chronic diseases remain and need to be regularly treated with pharmaceuticals or supplements.
- The only way to completely heal and restore the affected organs is to heal the body’s microbiome so the heart or pancreas or other organ can come back to health

Strategy for healing and health

- Chris Wark who is a 22+ year colon cancer survivor developed a strategy that has a proven track record for healing cancer naturally
- He gives the credit to God since at the time he put it together the microbiome “good guy, bad guy” science didn’t exist
- This is the strategy Wanda and I are using and as mentioned earlier are seeing very positive results

How to encourage “good guys” and discourage “bad guys”

- Chris Wark’s organization provides weekly group coaching sessions for people trying to deal with cancer naturally
- Jodi Ledley is the coach we meet with each week. She is a degreed microbiology lab scientist and works in a hospital lab where blood samples of sick patients are tested to determine which antibiotic should be prescribed.
- In her weekly coaching sessions she has repeatedly shown us examples of experiments she performs on growing good guy and bad guy bacteria



<https://www.hiswayacademy.org/wp-content/uploads/2026/Jodi-2026.01.26.mp4>

- So let's take a moment to think about what Jodi just showed us
- She showed that "good guys" don't grow on an animal based substrate, the blood agar
- She explained this was due to the fact that such a substrate consists primarily of naked amino acids
- She also said that it is this animal based substrate that must be used to grow the "bad guy" bacteria and viruses for the hospital lab testing work
- She also said that in order to grow "good guys" you need to use a plant based substrate
- Additionally she showed how certain plant compounds, in this case garlic, can kill the "bad guys" so much more powerfully than most pharmaceuticals!

So what does tell us about diet?

- If we don't have any plant compounds in our blood stream, what kind of bacteria will grow in our microbiome?
- If we don't have any plant compounds in our blood stream, will we be able to feed and strengthen the "good guys" in our microbiome?

The Plant Based (vegan) diet

- Two very significant studies have been done in the last 50 years. Adventist Health Study-1 was conducted on 34,000 participants and ran from 1974 – 1988. Adventist Health Study-2 was conducted on 97,000 participants and was started in 2002 and is still on-going.
- Both studies have revealed that the most healthy and longest living group of people were those who were either vegan or vegan with very occasional animal. The least healthy were those who consumed very little plant based food in their diet.
- Another interesting data point is from a documentary entitled “Live to 100: Secrets of the Blue Zones”
- The author and producer of this documentary is Dan Buettner. Dan set out on a world investigation in an attempt to learn the secret to health and longevity. He ended up discovering 5 geographically small locations where people were experiencing exceptional long life and good health. He called these locations, Blue Zones



<https://www.hiswayacademy.org/wp-content/uploads/2026/BlueZones.m4v>

- At the end of the documentary, Dan summarizes the common elements between these 5 locations. One is a whole food plant based diet with, in some cases, a small amount of animal product. Other common elements are community living, exercise, fulfillment in what they are doing.
- Notice the comment he makes at one point. These people live in great health and long life without even trying.
- In other words, the local doctors aren't building large medical campuses! I expect the only need for doctors are those acute things like a broken leg or pneumonia
- These people aren't plagued with the modern diseases of cancer, cardiovascular disease, diabetes, etc.

A note about sugar

- Eating raw sugar cane is very healthy but eating processed cane sugar is very unhealthy because the bad guy killer compounds have been stripped away.
- Sugar is very important for us. All our cells and our good guys need glucose to thrive. However the bad guys thrive on sugar as well
- God created the whole food with bad guy killer compounds. This is true of all foods so there's nothing inherently bad with any whole food.

Why there are only 5 small blue zones in the whole world

- As mentioned at the beginning of this talk, most of the world, especially the developed countries do not enjoy the health and longevity depicted in this documentary
- In our country our Standard American Diet (SAD) has caused our microbiome to be very compromised.
- It is believed that today in our culture we have only 10% of the “good guy” bacteria species that our ancestors had 150 years ago!
- It is no wonder that health is on such a decline since our body organs and systems are not getting the nutrition they need.
- This trend will continue to worsen since with a lack of “good guys” the “bad guys” will continue to take ground. Furthermore, children are deficient in “good guy” bacteria from day one since they get their bacterial species from their mother at childbirth.

A note about healthy digestion

- In addition to rebuilding our gut biome for the ability to properly digest our food we need to consider the importance of the oral biome.
- Digestion starts in the mouth. The mouth contains a large percentage of our body’s microbiome
- Chewing our food sufficiently that it becomes liquified means that a proper amount of “good guy” bacteria have been released through our saliva glands that healthy digestion can take place.

First on Dan's list is diet

- Hippocrates, (460-370 BC) the father of medicine said:



- I expect when Hippocrates said food, he wasn't talking about a BigMac or a Freddie's concrete
- Instead, I expect he was talking about a diet similar to what Dan found in the blue zones
- Yahweh designed our bodies to heal if given the right conditions

The Whole Food Plant Based (WFPB) diet

- There is a distinction between a plant-based diet and a whole food plant-based diet
- In our modern world we have the “opportunity” to eat processed food.
- A processed food plant based does not give the same healthy results as a WFPB diet
- Fiber and enzymes are stripped away during processing process resulting in a substance that doesn’t have the God given healing properties.
- For example, plant-based protein powders are typically a vegetable, like peas, that has been heated to extract the protein (amino acids) leaving the rest of the vegetable to be discarded
- Remember what was said earlier...unprotected amino acids grow “bad guys” but they don’t grow “good guys”

Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	28%
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: ORGANIC PEA PROTEIN, ORGANIC ALKALIZED COCOA, ORGANIC VANILLA POWDER, ORGANIC PUMPKIN SEED, ORGANIC MONK FRUIT EXTRACT, ORGANIC CHIA SEED PROTEIN	

The Whole Food Plant Based (WFPB) diet

- So just because some food you purchase says it is vegan, doesn't mean that is the whole food
- Generally, to do a WFPB diet you need to purchase a product that is only one ingredient! You can purchase a carrot, you can purchase an apple, you can purchase a raw almond.
- But if you purchase a roasted, or soaked, or salted almond you aren't eating the whole food
- A roasted or soaked or salted almond can't be placed in the ground and grow an almond tree, the life of that almond has been degraded through the roasting or soaking process.

Is there evidence that a WFPB diet is effective?

- Our cancer coach maintains a database of long-term cancer survivors
- Unlike conventional cancer statistics where a person needs to be NED for 5 years to be considered a long-term survivor, Jodi uses 10 years as the criterion since if the root cause isn't addressed cancer will often return at the 7 or 8 year mark
- Jodi has hundreds of long-term survivors in her database...the vast majority were using a WFPB diet in their healing process
- Jodi also has many confirmed reports of people being cured of diabetes, cardiovascular, MS, and other conditions using the WFPB diet
- It really is a no-brainer if we understand the concept of healing and strengthening the microbiome

The food we eat needs to be clean

- Clean does not mean free of dirt. Clean means free of made-man chemicals like pesticides, insecticides, fungicides, weed killers like RoundUp, and desiccants like Paraquat
- These man made chemicals can be avoided by purchasing only USDA organic or by washing with ozonated water or a baking soda & water mix at 1 tsp per 2 cups water and soak for 10-15 minutes

A note about the immune system

- The immune system is made up of a variety of interconnected systems in the body
- It is responsible for searching and destroying outside invaders to the body
- The immune system is fed, just like the other organs in the body, from the microbiome so a weak microbiome results in a weak immune system
- The immune system, just like our faith and our physical strength, needs to be challenged regularly to become strong to its full potential
- So although we should protect ourselves from man-made invaders, we should not be overly concerned about natural invaders.
- Children who play in the dirt as youngsters end up being healthier than those who have been kept away from the microbes in nature.
- Germophobia is a counterproductive strategy for good health
- In the same spirit we should not scrub or ozonate organic produce, a light rinse is all that is necessary

- If we do get a “bug” we should not try to eliminate the uncomfortable effects, like fever. These effects are the result of the body’s immune system being challenged which is it’s way of being made stronger. Only if a fever exceeds 104 deg should we intervene.
- A health hack to challenge our immune system. Regular contrast showers – 3 minutes as hot as you can stand, then 30 seconds as cold as you can tolerate. Repeat 3 times.

Shalom

- Another thing that stands out in the blue zone documentary is the peace and joy these people have. Science is now confirming that another key to health and longevity is the ability to be in shalom peace for the majority of your day.
- We have had some wonderful teaching about our brain and how we respond to life situations
- In a gentle protector-based community there is the kind of peace and joy found in the blue zones.
- Science talks about the Parasympathetic nervous system and the Sympathetic nervous system
- The PNS system is where Yahweh intended to spend most of our time. It is a restful, relaxing, and restoring mode. While in PNS our body is digesting food, rebuilding used resources, strengthening the immune system, and performing mental function at its peak
- The SNS mode is the heightened awareness from some sort of external or internal threat
- It is the mode where we go into flight, fight, or freeze.
- As long as we are in SNS mode our digestive process slows, our immune system goes on standby, our urinary system goes on standby and all our body resources are brought to full attention to the threat at hand and physical strength to attempt to evade the threat.

- Another thing that stands out in the blue zone documentary is the peace and joy these people have. Science is now confirming that another key to health and longevity is the ability to be in shalom peace for the majority of your day.
- We have had some wonderful teaching about our brain and how we respond to life situations
- In a gentle protector-based community there is the kind of peace and joy found in the blue zones.
- Science talks about the Parasympathetic nervous system and the Sympathetic nervous system
- The PNS system is where Yahweh intended to spend most of our time. It is a restful, relaxing, and restoring mode. While in PNS our body is digesting food, rebuilding used resources, strengthening the immune system, and performing mental function at its peak
- The SNS mode is the heightened awareness from some sort of external or internal threat
- It is the mode where we go into flight, fight, or freeze.
- As long as we are in SNS mode our digestive process slows, our immune system goes on standby, our urinary system goes on standby and all our body resources are brought to full attention to the threat at hand and physical strength to attempt to evade the threat.
- Clearly if we stay in SNS for a long period of time, we will be losing the ground we should be taking in terms of our health

Anxiety and Excitotoxins

- Yahweh did not intend for us to be in a condition of anxiety for any length of time. That is why so much of scripture is given to: “Fear not, for I am with you”, “Don’t worry about what you are to wear or what you are to eat”.



- A very big factor in shalom that Chris Wark talks about is “forgiveness”
- As we all know, things are not right in our lives when we have unforgiveness and bitterness in our lives.
- Chris says that of all the lifestyle elements toward health, forgiveness is the most important one...even surpassing the diet
- He encourages us to regularly go to God and ask Him to show us areas of unforgiveness in our heart so we can repent and forgive.
- Only with a right relationship with God and others can we truly live in shalom.



Excitotoxins

- Excitotoxins are substances that when consumed will stimulate our nervous system into SNS
- So consuming excitotoxins regularly will defeat all the progress we might be making with diet and forgiveness, etc.
- There are many excitotoxins that are found in the processed food we buy on the market.
- However, one of the worse offenders is glutamate.
- Glutamate is necessary for the body to live but it is manufactured by the body itself and in the right proportions and in the presence of other substances.
- However, if taken in as a food additive or the result of food processing, it becomes one of the most significant excitotoxins.
- Glutamate as found in food additives is responsible for ADHD and Parkinson's disease
- Food additives that contain glutamate are:

Glutamate sources

Glutamate is a non-essential amino acid bound as a protein in whole foods (bound glutamic acid) or unbound (free) in processed foods (free glutamic acid). Glutamate is a neurotransmitter that regulates the nervous system. The body only needs a tiny amount for proper nerve function and when excess occurs it can cause rapid nerve firing and many other symptoms.

- Notice that protein powders are on this list. The same processing of plant based items that extracts the amino acids also extracts glutamate! So protein powders are a double-whammy when it comes to compromised health!
- **Remember, we are to eat only the whole food...nothing processed!**

Substances below <u>ALWAYS</u> contain processed free glutamic acid (the G in MSG)	The substances below <u>OFTEN</u> contain free glutamic acid.	The substances below can <u>trigger highly sensitive people.</u>
MSG-Monosodium Glutamate Yeast Extract Soy Protein Calcium Glutamate Glutamate Yeast Nutrients Soy Protein Concentrate Magnesium Glutamate Autolyzed Yeast Natrium Glutamate Anything "Hydrolyzed" Monopotassium glutamate Anything "Protein Fortified" Autolyzed Plant Protein Whey Protein Textured Protein Whey Protein Isolate Calcium Caseinate Anything "Enzyme Modified" Gelatin Anything "Fermented" Vegetable Protein Extract Anything Containing "Protease"	Bouillon and Broth or Stock (homemade cooked low under 3 hours is okay) Anything "Flavors" Anything "Flavoring" or Natural Flavor Malted Barley Malt Extract Maltodextrin Anything "Ultra-Pasteurized" Pectin (E440) Oligodextrin Brewer's Yeast Carrageenan (E407) Low or No Fat Items Barley Malt Citric Acid (corn), Citrate (E330) Caramel Coloring "Flavoring" "Seasonings" When Not Labeled Individually Smoke Flavoring Dough Conditioners Amino Acids (think Braggs) Soy Sauce Soy Extract Protein Powders	Corn Starch Lipolyzed Butter Fat Milk Powder Certain Amino Acid Chelates Corn Syrup High-Fructose Corn Syrup Dextrose Reduced Fat Milk Anything "Vitamin Enriched" Modified Food Starch Rice Syrup Most Things "Low Fat" or "No Fat" Anything "Pasteurized" Fructose from Corn Brown Rice Syrup Anything "Enriched" Balsamic Vinegar Any gums (guar, xanthan, etc.) <div data-bbox="1501 1161 1822 1344" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>IMPORTANT!</p> <p>The higher the processing temp or degrading of a protein, the higher glutamic acid content.</p> </div>

Sleep

- Another element in the equation for good health and longevity is sleep
- Deep, restful sleep is a key element for health and longevity because this is where the majority of body repair and detox activities take place...and especially for the brain.
- Regardless what some people want to believe, science makes it very clear that the human body needs at least 7 hrs of quality sleep to maintain physical and mental health

- **What prevents quality sleep?**
- We've previously mentioned how excitotoxins, like glutamate, keep us in our SNS.
- Being in SNS is not conducive to sleep since this is a condition where we are on high alert, vigilant to all threats
- Of course there are other things, like unforgiveness, and concerns about the day that keep us in a partial SNS condition

- **The circadian cycle**
- Yahweh designed us to have a wake/sleep cycle consistent with the 24 hr day/night cycle
- Our bodies are designed to produce 2 different hormones to control this
- As we begin to arouse from sleep the production of melatonin slows and the production of cortisol increases.
- The cortisol production increases until early afternoon where it begins to taper off.
- The cortisol stimulates us to awareness, keen mental activity, and physical strength and stamina

- **The circadian cycle**
- Yahweh designed us to have a wake/sleep cycle consistent with the 24 hr day/night cycle
- Our bodies are designed to produce 2 different hormones to control this
- As we begin to arouse from sleep the production of melatonin slows and the production of cortisol increases.
- The cortisol production increases until early afternoon where it begins to taper off.
- The cortisol stimulates us to awareness, keen mental activity, and physical strength and stamina
- As the day wears on cortisol production diminishes and melatonin production begins to increase.
- We become less energetic and begin to get sleepy until bedtime where we quickly fall asleep

Show cortisol/melatonin cycle chart

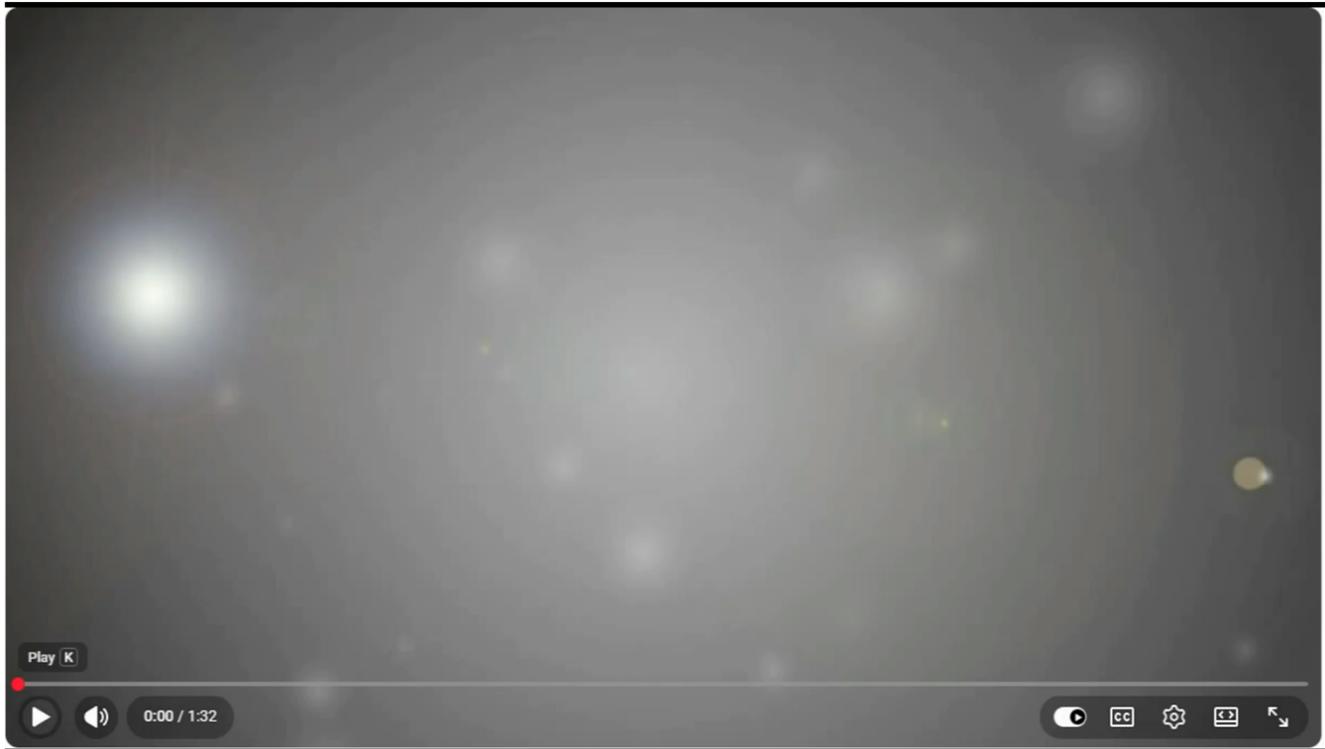
- Yahweh intended for this cycle to be stimulated by natural light
- Early morning and late evening sunlight are mostly infrared in content. It's this infrared content that resets our circadian clock so we can have the cortisol/melatonin action optimal for good sleep
- Artificial light, which is primarily ultraviolet in nature adversely affects our circadian cycle.
- To the best of our ability we should minimize artificial light in the morning and evening. One way to do this is inexpensive blue blocking glasses.
- However, the best way to get the reset is to spend 10 minutes outdoors in the early morning

- Yahweh intended for this cycle to be stimulated by natural light
- Early morning and late evening sunlight are mostly infrared in content. It's this infrared content that resets our circadian clock so we can have the cortisol/melatonin action optimal for good sleep
- Artificial light, which is primarily ultraviolet in nature adversely affects our circadian cycle.
- To the best of our ability we should minimize artificial light in the morning and evening. One way to do this is inexpensive blue blocking glasses.
- However, the best way to get the reset is to spend 10 minutes outdoors in the early morning and 10 minutes outdoors in the late afternoon. This can be effective even on cloudy days since the infrared does penetrate the clouds. However, it doesn't penetrate the windows of your house...so to be effective this needs to be an outdoor activity.

Toxins and Detoxing

- **Natural toxins and Man-made toxins**
- Our immune system is designed to efficiently deal with the natural “bad-guy” type toxin like the bacteria picked up on the surface of organic produce.
- However, our immune system is not designed to deal with man-made toxins.
- Man-made toxins cause our immune system to get so distracted as it attempts to rid the body of man-made toxins that it is unable to deal with the natural bad-guys.

- In addition to the excitotoxins mentioned earlier, there are many man-made substances that are added to our food, for flavor, for supposed additional nutrition.
- Man-made toxins are especially bad since our immune system is not designed to handle them.
- These food additives are generally not whole foods and as a result are not helpful and usually harmful to our health.
- The list of these is very long but if you see an ingredient in a food product you are considering to purchase that you don’t recognize stay away from it. Even if you recognize it be very cautious.
- One thing to be particularly aware of is the “Natural Flavors” ingredient
- The FDA has allowed makers of food to withhold the content of “Natural Flavors”. So when you see that beware.



<https://www.youtube.com/watch?v=nweK6VRM8a8>

- **Vegetable Oils and Seed Oils**

- Most such oils are healthy since they technically contain the necessary whole food components
- However, these oils are generally very volatile meaning that when exposed to the air, or light, or heat they decompose into some very toxic substances
- Bottom line...feel free to use things like extra virgin olive oil, avocado oil, canola, sunflower, etc. to put on salads or use in other food preparation --- **as long as you don't cook with them.**

- **Personal hygiene products**

- If you look at the ingredients in most of these products you'll find things you can't pronounce and various man-made substances.
- Such ingredients end up disrupting your skin microbiome which, in effect, is toxic to your health
- Personal hygiene products with only real, whole plant ingredients are few and far between.
- The Deep Well products are one of those few

- **Home cleaning, dish detergent, and laundry detergent products**
- If you look at the ingredients in most of these products you'll find things you can't pronounce and various man-made substances.
- Like personal hygiene products these ingredients also end up disrupting your skin microbiome which, in effect, is toxic to your health.
- Personal hygiene products with only real, whole plant ingredients are few and far between.
- The Truly Free Home products are one of those few
- **Other sources for clean products**
- Chris Wark has a list of his preferred products.
- I can provide, on request, a copy of his list

Toxins and Detoxing

- Since man-made toxins are so harmful and since we are constantly exposed to so many, it is important to consider a regular detox strategy.
- Other than those mentioned above there are things like automobile and truck fumes in the air, chlorine in the water, machinery cleaning and lubricating materials, yard and garden maintenance chemicals, etc..

- **Detox Strategies**

- 10 minutes daily rebounder – goal is flush the lymph system
- 30 to 40 minutes in sauna – goal is sweating
- 45 minutes in hot bath water – goal is sweating
- Daily consumption of raw garlic and/or cilantro – goal is heavy metal detox
- 3 to 5 day water fast repeated every 3 to 5 weeks

Exercise

- Another health hack is daily exercise
- Our bodies are 80% water. Just like a pond of stagnate water grows bad stuff, so a body that is stagnate will become a host for bad guys
- Don't allow yourself to sit for long periods of time. Keep moving. If you have a desk job, get up every hour and walk for few minutes.
- Recommendation is 8000 steps per day spread over the day
- Also, in order to maintain muscle mass and bone integrity, especially for women past menopause, is regular, 4 to 5 times per week of weight lifting

- **FAQ's**

Q: How can you believe that Yahweh has sanctioned a no-animal diet when we see so many OT and NT examples of people, including Jesus, eating animal?

A: My take on this. Scripture seems to indicate that in the Garden the food source for humans was only plant-based. The first indication of allowance for animal-based food was after the flood. Perhaps the human race then had a healthy microbiome and could tolerate some animal. Now, with our health condition what it is, we need to have the Garden example to encourage us that a plant-based diet is okay and is, in fact, necessary for recovering a healthy microbiome.

Q: How can I fast track the healing and recovery of my gut microbiome?

A: Eat an apple, the whole thing except stem and a cooked-cooled potato. The apple has over 100 million microbial species and the cooled potato provides the fiber for the food for those bacterial species. This isn't a one-time thing....do it frequently.

Q: How do I know if my microbiome is healthy?

A: A healthy microbiome should result in an average of 2 healthy bowel movements per day. Healthy means well formed and significant quantity.

Q: If I can't eat animal products how can I get sufficient protein?

A: Wanda and I have been w/o animal for a year now. Our serum protein levels are right in the middle of the good range. Chia seeds, flax seeds, hemp seeds, beans, soy, legumes all have substantial amounts of protein.

Q: If I can't take fish oil how can I get sufficient Omega-3 essential fatty acids?

A: Chia seeds and flax seeds are very high in Omega-3

Q: If I'm allowed to eat as much of all plant based whole foods as I want, won't I get overweight?

A: Apparently our bodies are able to send the nutrition we take in to the right places because we can eat as much whole food plant-based nutrition as we want and won't get overweight.

Q: Are probiotics helpful in restoring the microbiome?

A: No, probiotics will delay the recovery of the microbiome because it will cause an overpopulation of one particular organism which will push out the other "good guys".

Q: Should I be careful about gluten consumption?

A: Any gluten sensitivity you have now will ultimately be resolved with a WFPB diet. Today's wheat is not GMO but the gluten is harder, because of natural selection. It still is a healthy, whole food.