

## 7 - SOLUTIONS TO THE SUGAR AGE

*“You have more control over your body than you think- you can control, manage, or completely avoid 60-70% of known chronic conditions with physical fitness, healthy nutrition, and mental balance.”* — Samir Becic

So, what’s the solution? How do we free ourselves from the bondage of illness?

Those who are sick have always wanted to understand what secret sauce the healthy subscribe to. Ponce de Leone famously explored the new world for the fountain of youth. I searched when I was sick. You may be searching right now.

Despite globalization, there are still pockets of people living in balance with the earth and still maintaining excellent health. These regions are called “blue zones.” A blue zone is a demographic/geographic area where exceptional health exists with longevity. Recently, Dan Buettner wrote a book about “blue zones” and their common characteristics. Some of the blue zones of the world include Okinawa (Japan), Nicoya (Costa Rica), Icaria (Greece) and Loma Linda (California).

To be among this elite group of people is the goal of life. Songs celebrate the blessing of a happy, healthy and long life. “To your health,” is always the toast I give! This age-old search for this elite formula of an exceptional life continues today. What makes some of us better, more robust, happier and healthier than others? What elixir is the fountain of youth? What creates health and what do healthy people look like?

It is known and documented that the healthiest people on earth have wide symmetrical faces, straight teeth, clear skin, bright eyes, and good skeletal posture. Physicians routinely document these characteristics as signs of health when evaluating patients. When I was a young man looking for a wife I definitely looked for these things in a partner. We are inspired by and attracted to beauty, because we instinctively know it translates to fertility. Like rapper Sir Mix-A-Lot famously said, “I like big butts and I cannot lie...shake that healthy butt.” Sorry, couldn’t resist.

When settlers came to America, the first thing they noticed was that the native population was beautiful. They had good teeth, wide symmetrical faces, and surprising physical abilities—to shake those healthy butts. Why do you think John Smith fell in love with Pocahontas? It wasn’t her money or language skills, I can tell you that.

The most common characteristic that all cultures have associated with beauty is symmetry of the face. Science defines this symmetry and measures the ideal ratio of the face as 1.62, based on Fibonacci’s golden ratio. Dentists and plastic surgeons improve beauty by aligning a person’s face closer to the magic 1.62 ratio. By the way, nobody is perfect, but my wife is pretty close!

95 years ago in Cleveland, Ohio an accomplished dentist asked these same questions. His name was Weston A. Price DDS. Looking day in and day out at his patients' teeth, he saw a dramatic rise in cavities, gum disease, crowding of the teeth and a narrowing of the shape of people’s heads and palates. He noticed a pattern of disease.

These signs of failing health concerned him because he saw them spreading through all levels of society. In his seminal book “Nutrition and Physical Degeneration,” he documents

the decline of healthy characteristics in modern American society. Dr. Price called these dysfunctions (dental disease, mental disease, heart disease, diabetes, cancer, obesity, and inflammatory pain conditions) the “displacing diseases of modern commerce.” Poor teeth and gums are a direct manifestation of poor health. As a dentist, Dr. Price was keenly aware of this. In his book, Dr. Price quotes Harvard physician Earnest Hooten, who stated:

“I firmly believe that the health of humanity is at stake, and that unless steps are taken to discover preventatives of tooth infection and correctives of dental deformation, the course of human evolution will lead downward to extinction. The facts that we must face are, in brief, that human teeth and the human mouth have become, possibly under the influence of civilization, the foci of infections that undermine the entire bodily health of the species and that degenerative tendencies in evolution have manifested themselves in modern man to such an extent that our jaws are too small for the teeth which are supposed to accommodate, and that, as a consequence, these teeth erupt so irregularly that their fundamental efficiency is often entirely or nearly destroyed.”

Dr. Price, in an effort to understand the increasing American disease state, explored the world in search of the answers. He talked his wife Florence into a journey that would take them through 14 countries and five continents. We are the beneficiaries of that journey, as he documented the results in his book.

His travels covered both modern and isolated people. They included the Swiss, the Gaels, the Eskimos, the Indians in the far North and West, the Polynesians of the Southern Pacific, the Aborigines of Australia along with the Maori tribes of New Zealand.

Understanding the implication of this important experiment is inspiring. This observational study, this meta-analysis, on the scale Weston A Price performed can never be performed again because there are now few places on the globe with societies untouched by the diseases of modern commerce. Products like Coke-a-Cola, phytochemical fertilizers, and genetically modified food permeate every corner of the globe. Even if there were such an experiment today, most of his observations could never again be performed. We are in the midst of the grand human experiment.

During his travels, he encountered some civilizations that consumed mostly red meat, some that consumed no red meat. Some that ate extremely high amounts of saturated fat while others had low amounts. Some ate seafood while others had none. Some that had access to fresh fruits and vegetables and some that had no access. Some were near the ocean in tropical destinations and others were in the Arctic Circle. Yet despite these differences, he was able to document what made healthy cultures similar.

His point of entry into their health was teeth and gums, width of faces and dental palates. Upon arriving at a new village or island he would sit down with the leaders and ask permission to examine the face and teeth of the people that lived there. What he found was the healthiest teeth he had ever seen, despite the fact that most never heard of toothpaste, fluorinated water or dental floss. In fact, the first isolated people he visited, a Swiss village, had a green slime covering their teeth. But beneath this slime were perfectly healthy teeth without cavities. He found only 1 in every 100 teeth contained a cavity. A whopping 30x lower incidence of cavities than in his practice in Cleveland.

In his searches, he found the thread that held all of these healthy cultures together. In doing so, he rediscovered Hippocrates’ formula for good human health. He observed that as

soon as the people departed from their traditional way of living and separated from living in symmetry with the earth and were ingesting or were exposed to the displacing foods, water, and air of modern commerce, they quickly lost whole body health regardless of where they were on the planet. He found that there is really only one disease on Earth, the diseases of modern commerce and human greed. Sadly he documented the final demise of the few remaining vibrant cultures as the sugar age engulfed the entire planet.

Through it all, like a final life-line being thrown to a drowning population, he was able to document how these people lived, giving us a way out should we choose to follow. The principles he documented that led to Whole Body Health were reaffirmed by Dan Buettner in the study of the blue zones and cemented by my own observations and travels. It can all be summed up like this: **What we eat and the terrain on which we live mold us into who and what we are.**

*“And when you want something, all the universe conspires in helping you achieve it.”*—Paulo Coelho “The Alchemist”

So what are the solutions? As we’re collectively waking up to the bad decisions our leaders and moneyed interests have subjected us to, we must take responsibility for how we live if we hope to shift from the sugar age and Rockefeller medicine back to Whole Body Health. While it can seem overwhelming, the solution is simple.

It starts with you and your belief in yourself and the desire to invest in your own wellbeing. Gandhi said, “Be the change you want to see in the world.” The first step is to quit buying subsidized processed foods. All of it, right now! Secondly, don’t fall prey to the lies of an easy pharmaceutical solution to the illnesses caused by these foods.

As we heal ourselves, we must choose where we put our continued support. Where and how are we voting with our money? The only way that this sick system continues to propagate itself is through a blind consumerist economy. Without our dollars, it flounders and flails like a mythological beast slain by a hero. It’s an incredibly powerful and effective vote for true change that evolves into a new system that cares for our planet and aligns us towards healing.

As more of us vote with our dollars, organic humanely raised food and real healthcare will spread throughout the world. Every time a restaurant or store goes “organic” or a “natural” healthcare clinic pops up, there is a ripple effect throughout the entire industry and the entire world. This is the only way real change ever occurs, because enough of us demand it. You can change the world by simply choosing to support what’s right. Like Dr. King said, “the time is always right” and the time is right now!

The solution to it all was theorized by Hippocrates, documented by Weston Price, and fixed in my own mind by reading thousands of studies and books and personally giving over 200,000 patient treatments.

So here it is in its entirety. The pathway to Whole Body Health can be accomplished in 10 easy steps. Get ready, you are about to embark on the journey of your life and awaken to a new world.

1) We must activate the power of the mind when it comes to healing. This has been called “placebo” and is said to be the most powerful tool in medicine. By aligning our thoughts with healing, we will take a major first step toward its attainment.

- 2) We must eat *no* refined, processed, or denatured foods. All foods should be taken directly from the Earth without modifying or changing them.
- 3) We must seek to increase the nutrient and mineral density of food we consume by selecting only organic fruits and vegetables and wild- and pasture-raised meats.
- 4) We must seek to increase the enzyme and probiotic content of food and therefore our digestive capacity and metabolic processes. If our digestive system is already damaged or insufficient, then supplements must be taken.
- 5) We must improve our detoxification abilities to keep up with modern-day toxins.
- 6) We must turn our bodies into fat burning machines and fuel them by consuming healthy fats that are balanced in Omega 3 and Omega 6 and high in fat-soluble vitamins.
- 7) We must move much more each day than modern day life requires.
- 8) We must have clean oxygen-rich air to breathe.
- 9) We must have chemical free, structured, and alive water to drink.
- 10) We must increase the flow of universal intelligence through the body by using the Earth's most powerful medicines to scorch out the remainder of disease.

Hopefully the previous chapters about health, stress, the history and theory of medicine, and the cellular theory of health have prepared you, like fertile soil, to receive the seed of healing. The second half of the book is the manual describing specifically how to heal yourself. Remember though, the path is narrow and you must follow the formula exactly if you want results.