



# JOURNAL OF THE ANMA

**ANMA 36<sup>TH</sup> ANNUAL  
CONVENTION & EDUCATIONAL SEMINAR  
AUGUST 25, 26, 27, 2017**



# JOURNAL OF THE JANMA

***CIRCULATION 25,000***





## Letter from The President

As President of the ANMA, I would like to take this opportunity to introduce myself to all of you. I am Dr. Filippas Diamantis, I was born in Greece, where I graduated from the University of Athens. In 1968 I participated in the Mexico City Olympics as an Athlete & Team Trainer. I was granted political asylum, and immigrated to the United States, where I successfully completed the Physical Therapists exam in Atlanta GA. After practicing in several hospitals and clinics, I opened a Rehabilitation Clinic in Las Vegas NV in 1972. I have been a member of ANMA since 1988 and successfully completed the certification exam in 1992. It is an honor to be President of ANMA. I have a genuine appreciation for the profession and wholeheartedly support naturopaths' freedom to practice as well as the publics' right to choose naturopathy.

I urge you to demonstrate your support for the association that supports you. You can do this by getting involved in the decision making process regarding legislation. Also if you have not already done so, NOW is the time for you to get acquainted with your representatives, this will make them far more receptive to your requests. Making you ready for quick action as this is imperative at crucial times.

Making plans to attend the annual convention is another way to show your support. ANMA conventions bring you up to date on all association activities and provide many opportunities that can **benefit you professionally and financially**. What started out as a 3 day event has turned into a week long extravaganza. With additional education opportunities, school graduations and exhibitor events. ANMA is proud to host graduation ceremonies for Trinity School of Natural Health, Academy Epic, and Int'l Institute of Natural Wellness Education.

I would like to extend to you a personal invitation to attend the 36th annual ANMA convention. We take great pride in this event. Our goal is to create an environment where you get exposed to ideas you never knew existed in a relaxed collaborative setting. This event takes place at the Westgate Hotel Convention Center, Las Vegas, NV, **Friday August 25 thru Sunday August 27, 2017**. Westgate has kept the price of rooms low and ANMA has kept the price of registration low.

These additional seminars have been scheduled **August 22-24, 2017** prior to the ANMA convention so you won't miss a single minute of the 36<sup>th</sup> Annual ANMA convention. If you are interested sign up with Dr. Pesek or Roger Bezanis.

Please review additional seminars at [ANMA.org](http://ANMA.org)

**ANMA BONUS SEMINARS LAS VEGAS NEVADA 2017 - Westgate Hotel****Day # 1 • Tuesday 22 August 2017 • Time: 10 am until 5 pm****• Delivered by Author and Researcher Roger Bezanis****• Title: Basic Diagnostic Face Reading****• Cost \$525.00**

Roger Bezanis' Diagnostic Face Reading & Holistic Healing is considered the benchmark of Face Reading techniques for practitioners from Naturopaths to OMDs. This seminar presents the instantly usable nuts and bolts of this amazing diagnostic method. With testing and "to the bone explanations," make this class a must attend. Many attend Mr. Bezanis' classes over and over. This class is the prerequisite for taking Advanced Diagnostic Face Reading offered Wednesday 23rd August 2017. You will walk away with: Rock solid ready to use insights. Don't miss it.

*(Students should own & have read Diagnostic Face Reading & Holistic Healing 5<sup>th</sup> edition)*

**Day # 2 • Wednesday 23 August 2017 • Time: 9 am until 5 pm****• Title: Advanced Diagnostic Face Reading****• Prerequisites: Attended a previous Bezanis Face Reading Basic Class****• Cost \$650.00**

Roger Bezanis takes you into new professional levels of understanding and use of his Diagnostic Face Reading & Holistic Healing techniques. As a bonus he adds "The Energy Balancing Technique" which by itself is a 1 day \$600.00 class. In this comprehensive seminar, you will work hands on and receive ample personal instruction. The "end phenomena" of this class is a personal certainty in DFR so complete, that even phone consultations are effortless and spot on accurate. People pay from \$125.00 to \$200.00 for a fully done DFR assessment. Adding this tool to your toolbox makes the student exceptionally busy once word gets out that he or she does Diagnostic Face Reading.

**Day # 3 • Day: Thursday 24 August 2017 • Time: 9 am until 12 noon****• Title: Raw Foods for Anti-Aging & Telomere Elongation****• Cost \$395.00**

Roger Bezanis' landmark book, The Ancient Raw Food Diet, is the springboard from which this class stems. In 2013, University of San Francisco Scientists discovered the life elongating and Telomere repairing effects of Whole Raw Foods. This class gives you the step by step keys to transform anyone from unhealthy and effected, to rejuvenated & forever able to repair their body long into the future. There is nothing that can't be addressed through diet change, detox and habit change. A powerful must attend class for practitioners from new and fiery, to old smart and seasoned.

Center for Empirical Interests RogerBezanis.com 805-653-5448 / 805-797-0822

Fax 805-653-2458 rogerbezanis@aol.com

*Dr. David J. Pesek has been heralded as "One of the World's Pre-eminent Iridologist" and founder of International College of Iridology. He has created a dynamic, leading edge system of analysis called Holistic Iridology. He will be offering Holistic Iridology Level 1 Aug 22-24 from 9am-6pm each day. CEU's available. For more information call 1-828-926-6100*

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# AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



## Body-Mind (Bio-Neuro) Technology

Neville W. Cramer M.D.(M.A.)...Bio-Tracker Technologies

When first introduced to the primitive electronic technology that developed into the now computer-linked Body-Mind technology, I entertained the thought that this technology was probably accessing the sub-conscious or super-conscious part of the human brain. That part of the brain which controls the seemingly automatic monitoring and adjusting of the physical body functions, such as temperature, blood pressure, chemistry, circulation, cell production, hormone levels, PH levels etc. and a great variety of other operational processes.

Consider now with me the truth discovered, that our human body bio-systems contain an immense amount of intrinsic information, of which, the conscious mind is seemingly unaware. Just imagine the storehouse of knowledge available if we could access this level of the sub-conscious intelligence and work with that part to optimize the functioning of our physical bodies.

The physical body has been compared in recent years to the hardware and software of artificial intelligence, strikingly similar because patterns of operation were in fact copied by engineers, from the far superior model...the human body.

Consider with me the great superiority of the human bio-system which unlike the artificial intelligence of the finest computers can not only sense the problems of the physical body, through the sub-conscious Body-Mind intelligence but, on an ongoing basis perform remedial actions within the physical body to repair or restore to near optimum conditions over many years, unlike most of our artificial intelligences and or automotive devices. Observe how the human bio-system repairs wounds of the skin and muscle tissue as a matter of course, automatically. It knits bones when broken and

so on by the Body-Mind processes as described.

### BIO-NEURO COMMUNICATION

Consider again the potential benefits of accessing that super-conscious part of the human Body-Mind and obtaining meaningful readout from that store of intrinsic knowledge which the Body-Mind is using internally on a regular basis. Hence, our BioTracker Logo, "Accessing the Genius within..."

This Body-Mind technology was researched and developed as a computer-linked communication device, enabling operators to access the sub-conscious part of the Body-Mind in order to obtain readout of current conditions within the various bio-systems such as Heart, Lungs, Lymphatics, Endocrine, Nervous system, Liver, Kidneys etc. These responses accessed may then be recorded with the help of the computer in graphic form for use in the treatment of the human condition which is often stressed because of poor nutrition, bad lifestyle, polluted environment, trauma etc.

This Body-Mind communication technology takes the process another step further in automated question asking protocols. The Bio Tracker Body-Mind technology contains coded virtual lists of over 100,000 software formulated remedy items which the Body-Mind intelligence may be observed to recognize and respond to, via the stress/resistance digital readout of the instrumentation.

For instance, it has the capacity to ask the question "What is your Mind-Body response to bee-sting (Apis Mellifica)" or "Cat Hair" etc. and then record the stimulus response accordingly in graphic form.

We choose to characterize the Bio Tracker Body-Mind technology as a communication device

which shows the Body-Mind responses to stress levels within the different bio-systems and also the responses to various remedies which aid the return to optimum health for the individual patient.

At the crux of this matter it is important never to forget that the Bio Tracker Body-Mind technology protocol is firstly, a communication with a highly intelligent living organism (the patient), not simply performing a stress measurement via an intervening computer.

There is also an implied linguistic within the Bio Tracker Body-Mind technology protocol, which indicates that a normal or optimum response from the Body-Mind is shown via a steady mid-range measurement (45-55), whereas a high measurement response (56-100) indicates an acute/inflammatory condition and a low measurement response (1-44) indicates a chronic degenerative condition.

The Body-Mind intelligence responds with the following set of words:

OK, Healthy = Mid-range measurement (45-55)

Inflammatory – High measurement (56-100)

Chronic/degenerative – Low measurement (1-44)

We are very familiar today, with the verbal linguistic that we use for writing and conversation (English, French etc.) We are however, far less familiar or aware of our Body-Mind's use of symbolic, tactile, olfactory, kinesthetic, chemical and electro-magnetic codes in processing information on a daily basis. We have come to recognize that this repertoire of information processing protocols or codes used within, are part of our Bio Tracker conversation with the super-conscious Body-Mind.

It logically seems very easy to assume that the Body-Mind in addition to controlling factors at a bio-systems level is also working further down at a cellular level, and still deeper perhaps at a spiritual level.

Many of the analyses done in clinical laboratories are attempting to make extrinsic some of the information that the sub-conscious Body-Mind intrinsically knows already. They use quantitative tests to insert numbers to parameters so we can process that information with our conscious "left brains" (numbers of platelets, temperature, hormone levels, etc.).

## DIAGNOSTIC INSTRUMENTATION

Generally devices that process data through some decision type algorithm, based on input data are "diagnostic" instruments. In some cases a pure measurement device may also be a critical part of a diagnostic process. For example, a thermometer that quantifies the information (temperature) from the body being measured, for the purpose of placing in a model and to diagnose the human condition, may be termed a "diagnostic instrument". The interpretation being done by an external party (physician, operator) and the diagnosis is dependent on the quantitative value from the measuring instrument.

On the other hand, when qualitative judgment is being assessed by an individual who asks, "How is your lower back feeling today?" response from the other person "It feels fine today!" The judgment formed by the first person is pure communication even if there is an additional device involved (telephone, fax or computer etc.). The intervening device is not a part of the diagnostic process it is merely the communication channel which conveys the information from one to another.

Assuming that the computer-linked Bio Tracker technology instrument takes information and accurately records that information, then it has remained purely a communications device. As stated previously we choose to believe that the Bio Tracker Body-Mind technology is not merely taking stress measurements, but is communicating with a highly intelligent sub-conscious Body-Mind system. We also believe that the Bio Tracker Body-Mind technology can aid in improving the quality of life of the individuals involved in this communication process. Furthermore, the capacity of the latest version Bio Tracker Body-Mind technology to electronically encrypt the tailor-made virtual remedy (ies) from the patient's DNA via the BT Software encoded Virtual Remedies Lists is a quantum step forward in this developing communication technology.

Websites: [www.biotracker.com](http://www.biotracker.com) & [www.biotracker.info](http://www.biotracker.info)

Emails: [info@biotracker.com](mailto:info@biotracker.com) & [drcramer@biotracker.com](mailto:drcramer@biotracker.com)





## **Bio-Tracker's Electro-Meridian Stress Technology gives added dimension to Homeopathy**

Melissa Smith/ Dr Juanita Cramer

In the early 1800s, when the harsh tactics such as inducing bleeding, purging, vomiting and sweating were common treatments used by conventional medical doctors, Homeopathy, a less invasive, alternative form of medicine that stimulated the body's own immune system, was created.

Although quite popular in its infancy, Homeopathy eventually was replaced by Allopathy as the medicine of choice because of unprecedented scientific and technological discoveries in modern medicine at the beginning of the 20th century.

Perhaps it is another technological achievement—ElectroMeridian Stress Response Analysis that will bring patients and doctors back to Homeopathy and give it the added dimension it needs to be the preferred form of medicine for the 21st century.

Juanita Cramer, M.D.(Hom).S.A., D.Ac., thinks so. In her practice in Mesa, Arizona, she successfully treats everything from Allergies to Chronic Fatigue Syndrome- and Chronic Immune Problems... all primarily 20th century ailments- using Bio-Tracker's ElectroMeridian Stress Analysis and Homeopathy.

Homeopathy, based upon the idea of Like curing Like, was developed by Samuel Hahnemann

in 1810 and is somewhat analogous in theory to our present-day vaccine therapy. It uses very dilute amounts of a substance to help an ill person's immune system overcome the medical problem and, in turn, eliminate bothersome symptoms. An example of Like curing Like is Ipecacuanha, a medicine derived from the root of a South American shrub. If a healthy person takes Ipecac in an average dose, it will cause him to vomit. However, if an ill person with uncontrollable vomiting takes Ipecac in very minute, Homeopathic doses, it will stop his vomiting. More accurately, the Homeopathic dose of Ipecac will stimulate the person's body to cure his condition.

According to "Health and Healing" by Andrew Weil, M.D., Homeopathic medicine became popular with patients and physicians alike shortly after it was developed and had greater success rates than allopathic for treating the epidemics of that time in Europe. It gained a firm foothold in the United States as well until political pressure from the Allopathic-run American Medical Association began to take its toll.

But, ultimately it was the rise of scientific and technological breakthroughs in Allopathic medicine in the 20th century that made Americans turn away from Homeopathic medicine as something too antiquated to be useful. People chose to turn toward the form of medicine that seemed more progressive, not knowing that major technological breakthroughs such as antibiotics and X-rays would one day prove to produce harmful side effects in the body.

In fact, most of today's growing dissatisfactions with conventional medicine among patients come about either as a direct or indirect consequence of the technology that made it the only discipline most Americans think of when they hear the word medicine today. Common complaints include doctors not really listening to what the patient says, putting the patient through a multitude of expensive and invasive diagnostic tests, not treating the whole person (body, mind and spirit), giving the patient drugs that cause toxic side effects and, worse yet, iatrogenic (doctor induced) diseases and, finally recommending surgery on essential parts of the body that help the body maintain its health. All of these have come about by conventional medicine's increasing reliance on the results of more and more high-tech tests with less attention paid to the patient's symptoms and lifestyle, and using intuition and simple tests to arrive at a course of treatment. According to Dr Cramer, many of these problems are brought about because regular medicine tends to either go into warfare against microorganisms or palliate, or suppress the symptoms.

Microbial warfare dates back to when researchers discovered the first microorganism. They realized there was an enemy that invaded the body and the natural course of treatment seemed to be to go into warfare against that agent.

"Antibiotics seemed like an effective weapon to use against a bacteria, but doctors couldn't always isolate the organism so they had to use broad-spectrum antibiotics," Dr Cramer said. "What they ended up doing was they annihilated the microorganisms, but they also annihilated the friendly flora of the intestines and the body. The side effects that we see today from that type of treatment are diseases like candida."

This approach relied on having a lot of tests done to isolate the offending organism. Doctors tended to rely so much on the results of these tests that

listening to what the patient was saying was often put on the back burner. If no organisms were found, doctors often dismissed patients, saying, "There's nothing wrong with you." And if an organism such as a virus were found for which there was no "magic bullet" drug invented yet, doctors often tried to give relief to patients by suppressing their symptoms with drugs.

Relief was many times welcomed by patients but it did not solve the underlying problem. The body produces pain as a symptom that something is wrong. Many times people understand this better if they think of their car. If they hear a strange sound while they're driving or see the oil light come on, they know their car has a problem that needs to be fixed. The body works the same way.

"If you destroy a symptom, the body will produce another, stronger symptom to draw your attention to the fact that something is still not right. Or it might even develop another problem because you didn't fix the first problem," Dr Cramer explained. "The more you palliate or suppress a symptom with a drug, the more the body is going to go about producing more eye-catching symptoms to let you know."

Homeopaths help give symptomatic relief like Allopaths do but, Dr Cramer emphasized, "We're stimulating the body at the same time to take care of the problem."

What it boils down to, she added, is, "What Allopathic medicine is not doing in many instances – I don't say in all instances – is getting to the root of the problem."

Part of the way Dr Cramer finds the root cause is through the assistance of a machine called the Bio-Tracker, which she calls "the Rolls Royce of Electro-Acupuncture technology."

But to understand how Electro-Meridian Stress

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Analysis through the Bio-Tracker works, one must first understand that the body is not simply a biological entity constantly being exposed to other biological agents. More and more evidence is starting to show that the human body is governed by an electromagnetic field that is constantly dealing with electromagnetic vibrations from various agents and phenomenon. Furthermore, the electromagnetic energy of the body flows along very specific paths called meridians, something the Chinese discovered more than 4,000 years ago with their system of acupuncture.

The amount of electrical energy flowing through these meridians can now be determined by doctors who use the Bio-Tracker. The machine measures the amount of energy at 50 key points along the various meridians, which in turn correspond to various organs or systems of the body.

“Just as you can measure a pulse at certain points in the body that are convenient, you can also measure the resistance to electrical energy at points that are convenient,” Dr Cramer said. She does this by applying an electrically sensitive, pen-like probe to convenient acupoints on the hands and feet, and the information is immediately sent to a computer, which displays the readings on the monitor.

The system of measuring electrical energy on acupoints was originally developed by Rheinhart Voll, M.D., in Germany and is reflected in some of the other evaluation machines like the Vega, the Vitel and the Dermatron. In the United States, however, the computerized aspect of this type of equipment was developed to it's greatest dimension by a collaborating group of physicians, programmers and engineers. The Bio-Tracker is the 3rd generation development of this computerized technology.

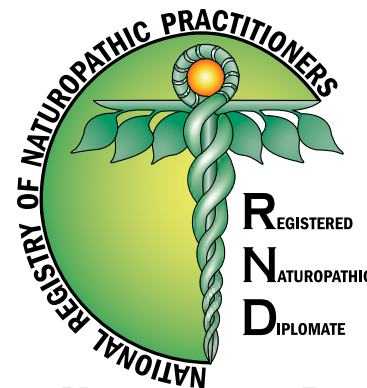
Although still considered a work in progress, The Bio-Tracker has been clinically successful in helping Dr Cramer determine the causes of, and the treatments for, patient's medical problems.

Many of these causes turn out to be problems from the past that the body never completely eradicated. “Because we live in a society that has so much provocation, it is my opinion that the body gets distracted to deal with other things first while it is producing that symptom. And this vibration is perpetuating itself,” she explained.

“When we go back on the Bio-Tracker, we go back on that history and focus the body on whatever it is that is provocative to it. So we deal with those things step by step and help the body to eliminate things it hasn't effectively dealt with in the past.”

This latest technology was called the Bio-Tracker because it helps track the intelligence of the body. When patients come into Dr Cramer's

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office and explain their symptoms, they are essentially using their left brains to communicate what problems they have. But the Bio-Tracker “right brains” the information of the body. “No longer do I just deal with the symptoms. We can tap the intrinsic intelligence of the body and get down to the root causes,” Dr Cramer said.

By accessing an extensive virtual list of sub-directories on the Bio-Tracker while remeasuring the energy at problematic acupoints, Dr Cramer is able to determine if the energy from a microbial agent such as a virus or bacteria is causing a blockage or breakdown of healthy electrical flow, or if it’s something more unique to the 21st century, such as radiation or allergies from things like pesticides, pollution, formaldehyde or other harmful man-made chemicals.

This is where the Bio-Tracker really shines. Whereas the original Homeopathic remedies Hahnemann developed were useful for most ailments of the 19th century, they weren’t always enough to treat all the maladies of today. Since the Bio-Tracker has the capacity to identify the exact agent that is problematic, Homeopathic physicians like Dr Cramer can now make individualized Homeopathic remedies from that agent, whether it be a type of radiation or a virus or a chemical. These remedies will then allow the body to focus back on the problem and heal itself.

Many of the technological medical achievements of the 20th century have turned out to be too invasive and many times harmful, particularly to the little-explored “vital force” or governing energy of the body. Too many X-rays, for example, can seriously harm the thyroid and thymus, two important endocrine glands.

Electro-Meridian Stress Analysis through the Bio-Tracker however, seems to be a very significant exception. It combines the wisdom of the age-

old Chinese knowledge of acupuncture and the electrical flow of the body, the gentle and innovative field and remedies of Homeopathy that were developed a century ago in Europe, and the groundbreaking computer technology in the United States today. Dr Cramer thinks the Bio-Tracker is a development that gives homeopathy the added dimension to effectively aid the diagnosis and treatment of the ailments of today and the future.

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Dr Juanita F Cramer has her offices at the  
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Tel: 480-495-3181 for appointment.  
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## The Institute for Skin Sciences Inc.

### Abstract: TRANSDERMAL INFUSION

.....the Health of the Future

**Michael Tick, PHD, ND**

#### About the Institute for Skin Sciences

ISS is a thirty-five year old private Skin research facility based in the United States. Originally created for the purpose of defining, diagnosing and treating Skin diseases, problems and conditions, the Institute became aware, shortly into its 'mission', that the Skin was much more than just the largest organ of the body. We noted that while both the medical and scientific communities had previously mutually agreed that dealing with the Skin was a 'Gone-with-the-wind', our experimentation seemed to prove otherwise. With this new-found knowledge, the Institute changed its focus, and for the last twenty years has specialized in using the Skin to promote different health protocols. The Institute for Skin Sciences is now considered to be the pioneer of Transdermal Infusion.

#### What is Transdermal Infusion?

From the earliest medical practitioners, to Hippocrates, to the scientists of the 19th century, it was always believed that all internal organs of the body could in some way effect/influence the Skin, but that the reverse was not true. In other words, applying a topical product for the purposes of penetrating the various layers of the Skin was not possible. In fact, the theory, put in lay terms, argued that if the Skin allowed penetration, then a person would drown in a swimming pool or a bathtub or the ocean. The

inference here is that because no drowning occurred merely from submersing one's body, the Skin obviously prevented absorption. The Institute for Skin Science, and its Laboratory Director, Dr. Michael Tick, has been studying, researching and testing this concept for years. Their diligence and persistence has been rewarded with a new protocol for diagnosis, treatment and medication infusion-

This new health concept has been named Transdermal Infusion. It involves the preparation of topical agents, all of which are natural botanicals and herbs. Using such other modalities as Ph balancing science, naturally occurring diffusion factors and advanced technological manufacturing processes, the protocols were formulated and developed to work with the Skin by applying topical creams, lotions, gels, etc. which would penetrate through all layers to the inner body.

Thus, the active ingredients can be infused through the Skin to allow the inner body to self-repair. To date, this process has been used on thousands of human research subjects, and boasts a track record of 75% success.

Considering the severity of the cases involved, which included heart attacks, strokes, cancer, liver, kidney, lung, arthritis and many other illnesses, Transdermal Infusion is most definitely the 'delivery' system of the future.

\*\* It is important to note here that the Skin itself does not have or offer and curing, healing, preventative, and/or remission abilities. This Skin is being used simply as a 'vehicle' to get required protocols from the outside world to the inside of the body where a self-repair mechanism can be initiated. It replaces an IV, a pill, a surgeon's scalpel and even radiation. It is this ability to penetrate through all layers of the Skin to the inside of the body that makes Transdermal Infusion so special.

### **What is the Future using Transdermal Infusion?**

Currently, the majority of the development of this highly effective protocol is channeled towards the major diseases facing modern day society. However, recent developments in improved penetration speed have allowed us to pursue more 'everyday' chronic situations. To date, we have formulated topical end-user products for out-of-balance hormones, stress-related problems, eyelash regrowth, vaginal re-lubrication and candida/yeast/fungus of the vaginal tract, natural botox replacement, mole/wart/Skin tag remover, and a non-surgical face lift. At this time, our laboratory is working on a 'headache' cream, a 'stomach-ache' cream and a one-a-day multi-vitamin cream. Years down the road, we will experiment with a 'substance-abuse' cream.

The current health 'craze' is one of anti-aging. The dictionary definition of 'anti' is "to stop, to prevent, or to reverse". When applied to the aging process, it would mean to stop, or prevent, or even to reverse aging. That is impossible! The only way not to age is to die. The new theory in the evolution of healthcare is one of 'successful aging'. We know we are going to get older, but we are more in control of the circumstances that affect our health. Such everyday functions as diet/nutrition, exercise, sleep, prayer, and meditation can influence our future health.

So too, can Transdermal Infusion. The pharmaceutical industry is approaching the aging phenomenon using 'pills'. As the science of the human body mixes with improved technology, so do the number of different pills available for just about any problem of the human body. Unfortunately, everything that goes into the mouth and swallowed, winds up in the liver. Over a period of time, the liver can become toxic from unnatural substances such as the synthetics and chemicals found in the proprietary pills marketed by the pharmaceutical companies. A toxic liver can lead to many internal and external problems such as constipation, urinary tract infections, chronic tiredness and lethargy, depression, arthritis, bacterial viruses, hepatitis, and so on. With the arrival of Transdermal Infusion comes the knowledge that most of the traditional medications offered today in the form of pills will be replaced with a simple cream or lotion. Already, the 'patch' has replaced the meds previously used for seasickness, smoking cessation, and hormonal imbalance.

### **Is Transdermal Infusion Only About Penetration?**

Up until a few years ago, the answer was "yes". However, with all the recent developments, and the accumulation of new knowledge, the answer is now a definitive "no"- This phenomenon is due in no small part to the re-discovered, often-abused, rarely-respected organ named the SKIN. Only through repeated forays into each individual layer of the Skin have we been able to learn the intricacies and mechanisms of reaction. Years of experimentation studying the various geographical areas of the Skin that have been 'influenced' (either positively or negatively) by internal organs have already led us to another use for Transdermal Infusion.

The Skin, together with Transdermal Infusion, is now being used as a diagnostic tool to determine areas of illnesses and disease within

internal organs. Using the combined knowledge of penetration together with the results of testing the specifically designated areas of the Skin that are targeted by internal organs as a manifestation of internal problems, we are able to interpret, with a reasonable amount of accuracy, the area and severity of the health issue. By applying known natural botanicals and herbs to specific areas of the Skin and then studying the amount and time of penetration, we are able to analyze internal irregularities. At the same time, this same process already allows us to start the formulation of a topical protocol based on the Skin's ability and willingness to absorb certain of these testing variables. Each tested area of the Skin can reveal, either through edema, erythema and/or percentage of penetration, an underlying health problem that may be too small or insignificant for the standard medical analytical tools such as X-rays, EKG's and blood work.

### Conclusion

Transdermal Infusion is an effective and accurate means of identifying health problems, many times before they become major issues. Transdermal Infusion is a safe and effective method of transporting necessary protocols through the Skin to the health concerns internally. Unlike all the 'side-effects' emanating from the use of allopathic procedures and medications such as pills, radiation, surgery, etc., such negative reactions are virtually non-existent with this new health evolution. Transdermal Infusion will be an inexpensive, but highly effective method of providing quality healthcare access to all people.

Authored by: Michael Tick, PhD, ND, FACMT  
05/04/05



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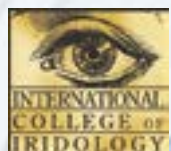
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# Holistic Iridology®

## Health Assessment through External Ophthalmic Examination

David J. Pesek, Ph.D.

**W**hat is iridology (pronounced, *eye-ri-dology*)? Many people today are talking about how we can see our level of health through looking at our eyes. This brief explanation will serve as an introduction to the art and science of iridology. The science and practice of iridology is performed by analyzing the iris along with the sclera (sometimes referred to as Sclerology) as well as the pupil, cornea and conjunctiva.

As a logical and rational explanation to substantiate the efficacy of iridology, I present the following information from human embryology, anatomy and physiology regarding the ocular tissues.

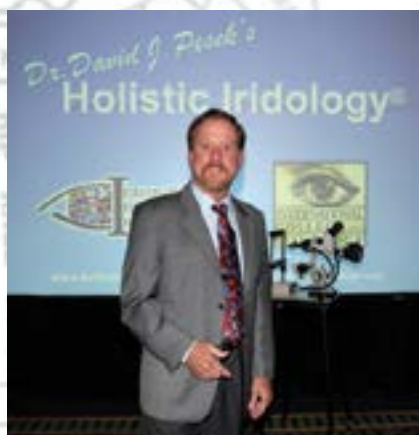
With regard to human embryology, iris tissue derives from the same embryologic layer as the nervous system: ectoderm. The eyes and thalamus emerge from the same cerebral vesicle: diencephalon. The thalamus works as a major relay and integration station of the information that goes to all areas of the cerebral cortex, basal ganglia, hypothalamus and brain stem. It is possible that the eyes (irides) work as an embryologic twin structure to the thalamus.

With respect to human anatomy and physiology, it is important to understand that the ocular structures are innervated by five of the twelve pairs of cranial nerves: 2nd optic, 3rd oculomotor, 4th trochlear, 5th trigeminal and 6th abducent. Further, the eyes contain the four tissues of the body – epithelium, connective, muscular and nervous – along with the nutritive fluids of blood and lymph.

As sensory organs, the eyes have afferent nerve pathways that carry information to the central nervous system for processing. This information is then sent out via the peripheral nervous system through the efferent nerve pathways to the autonomic nervous system. These nerve impulses innervate the muscles, organs and glands of the body.

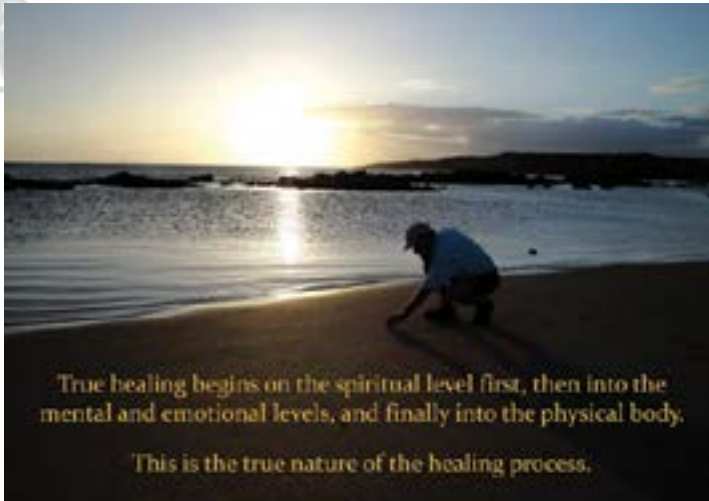
The eyes are connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerves, and they are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, pituitary and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical, hormonal, structural and metabolic processes of the body. This information is recorded in the various structures of the eye, i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus, it can be said that the eyes are a reflex or window into the bioenergetics of the physical body and a person's feelings and thoughts.

Genetic information about an individual's strengths and weaknesses can be interpreted through the connective tissue of the irises, including its structure, pigmentations and accumulations. The patterns of the trabeculas that comprise the visible aspects of the iris are unique to the individual. Health conditions that develop over time can be analyzed by changes in the iris, sclera, cornea, pupil, conjunctiva and retina. These changes in health are a function not of genetics alone but also of the ways a person eats, drinks, feels, thinks, lives and loves.



**David J. Pesek, Ph.D.**  
**Founding President**  
**International Institute of Iridology®**





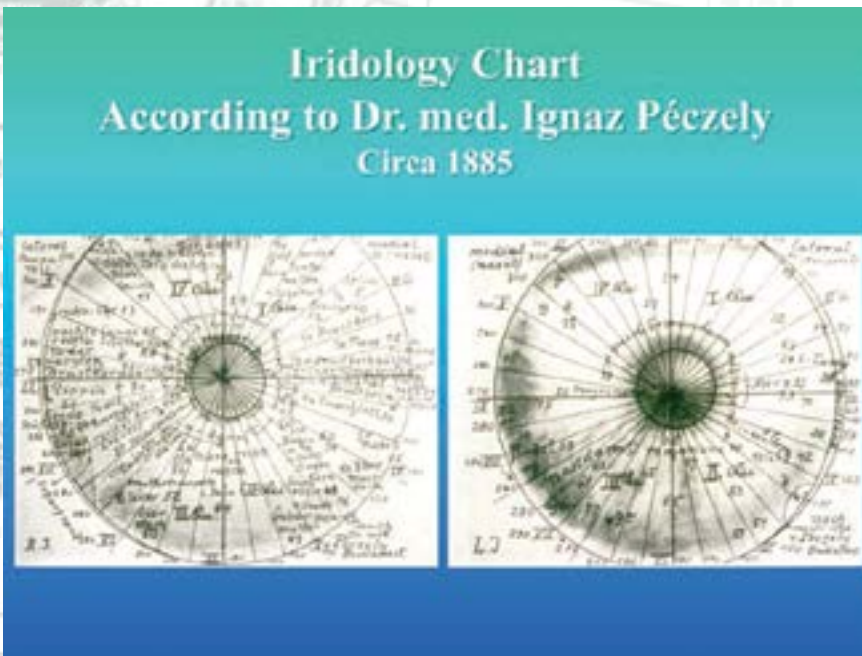
Iris analysis can uncover hereditary predispositions to degenerative conditions and early pathogenesis decades before symptoms occur or conventional diagnostic testing may reveal. Thus, it is a valuable asset for preventive healthcare.

The science and practice of iridology is not new. The oldest records uncovered thus far have shown that a form of iris interpretation was used in Central Asia (Mesopotamia) as far back as 1,000 BC, nearly 3,000 years ago. This information was found in cuneiform writings on tablets of clay from the civilization of Chaldea. The Greeks referred to this culture as the cradle of knowledge. Hippocrates, the “Father of Medicine” was born in approximately 460 BC in Greece on the island of Kos. It is known that he looked in the eyes of his patients for health information. He said, “Inquiries are to be made and symptoms are to be noted,

those in the whole countenance, those on the body and those in the eyes.” He was regarded as the greatest physician of his time. In the Bible, St. Luke writes that Christ said, “The lamp of your body is the eye. When your eyes are sound, you have light for the whole body, but when your eyes are bad, you are in darkness.”

In the year 1670, the physician Philippus Meyens, in his book, *Physiognomia Medica*, described the division of the iris according to organ regions of the body. The Viennese ophthalmologist, George Joseph Beer (1763-1821), did not know of these old views on iris analysis. Yet, in his 1813 publication, *Textbook of Eye Diseases*, he wrote, “Everything that affects the organism of an individual cannot remain without effect on the eye and vice versa.”

A Hungarian, Dr. med. Ignaz Péczy (1822-1911), published a book in 1880 entitled, *Discovery in Natural History and Medical Science, a Guide to the Study and Diagnosis from the Eye*. This book achieved an international renown and he is considered the renaissance father of iridology.



During the first half of the 20th century, iridiagnosis (as it was called then) was utilized here in the USA primarily by medical doctors. The following is a quote from Henry Lindlahr, M.D. circa 1919. “The ‘regular’ school of medicine (allopathic), as a body, has ignored and will ignore this science (of iridology), because it discloses the fallacy of their favorite theories and practices and because it reveals unmistakable the direful results of chronic drug poisoning (pharmaceuticals) and ill advised operations.”

Due to increasing political and economic pressure upon medical schools by the emerging pharmaceutical industry, the teaching of iridology was removed from the curriculum. Eventually this art and science was lost within the allopathic medical practice. However, it was kept alive by naturopathic physicians in the

latter half of the 20th century. Most notably, Bernard Jensen, D.C., N.D., Ph.D. of the U.S.A. was the champion of this valuable tool of assessment until his passing at 93 years



of age. Also of significant import were two of Dr. Jensen's contemporaries who were Heilpraktikers, Hp. Josef Deck and Hp. Josef Angerer of Germany. Today, iridology is practiced worldwide, and in Europe it has been used clinically for generations.

Embryologically, as the iris tissue forms it takes on the characteristics of the genetic information contained in the sperm and ovum cells beyond iris color and visual acuity.



These two cells provide a multi-generational influence of physical, emotional and thought information. An individual's genetic material going back only 5 generations contains information from 62 ancestors. There are approximately 7.3 billion humans on earth and there are no two irises alike. It can be said that the trabecular patterns in the irises are unique vibrational frequencies of the soul's consciousness. This information can, in part, be subconscious to

the individual's awareness, yet has direct influence on their physical, emotional and thought behaviors. Science, through quantum physics, is showing us that everything in our universe is pure energy on a sub-atomic level. Matter is energy vibrating at various frequencies. Thus, iris tissue is a compilation of multiple frequencies that form the unique patterns for the individual that have been created by the soul's consciousness.

Research has shown that emotions have undeniable effects on the many different systems that comprise the human body. They are subordinated to a variety of mental processes in which they depend upon the individual's unique perceptions to take on their characteristics.

An individual's capacity to develop perceptions can be related, in part, to heredity and can be identified at birth by observing various genetic signs in the iris, sclera and pupil. While other, phenotypic, signs develop over time as a function of perceptions, beliefs and resultant emotions and thoughts.

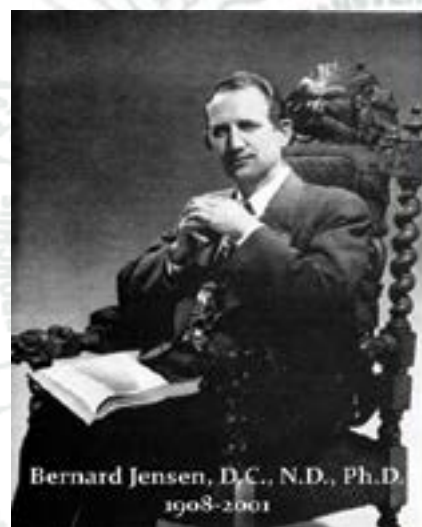
An advanced system of iris analysis that I have researched and developed, called Holistic Iridology®, includes and goes beyond the traditional physical assessment. Through this leading edge system it is possible to understand the "whole" person. Mental, emotional and spiritual aspects can also be interpreted along with the physical.

All of the various glands, organs and structures of the body have vibrational frequencies that predominately resonate with particular thoughts and emotions. For example, in brief, the destructive emotions of anger and resentment have a negative effect on the liver, gallbladder, thyroid and parathyroid. These emotions may be conscious or subconscious and are present before a physical condition will manifest in these tissue structures.

The pancreas, in both endocrine and exocrine function, will be adversely affected by emotions of grief and sadness. Keep in mind that these emotions can be, and most likely are, from generational influences and are reflected in various signs in the iris.



Dr. med. Ignaz Péczei (1826-1911)



Bernard Jensen, D.C., N.D., Ph.D.  
1903-2001



*Sound and light frequencies through water compared to a polyglandular constitution iris*



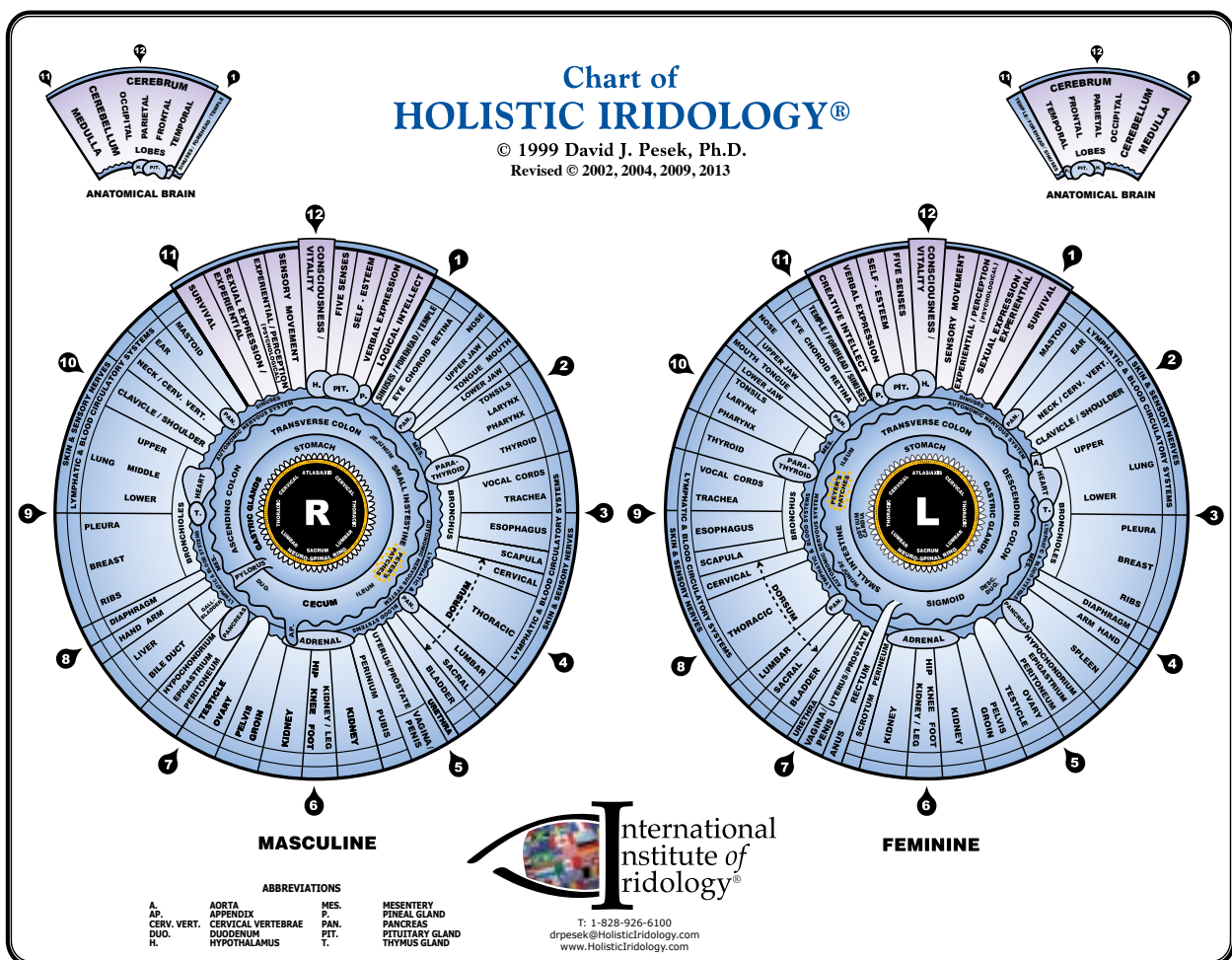
*A sound frequency through iron filings compared to a strong constitution iris*

It is important to emphasize that the emotion of unconditional love has a powerful and pervasive healing effect on every cell of the body.

Each eye gives us different information. The left eye correlates with the left side of our body, which is that feminine, creative, conceptual and intuitive side of us. The right eye correlates to the right side of our body, which is that masculine, analytical, linear and practical side of us.

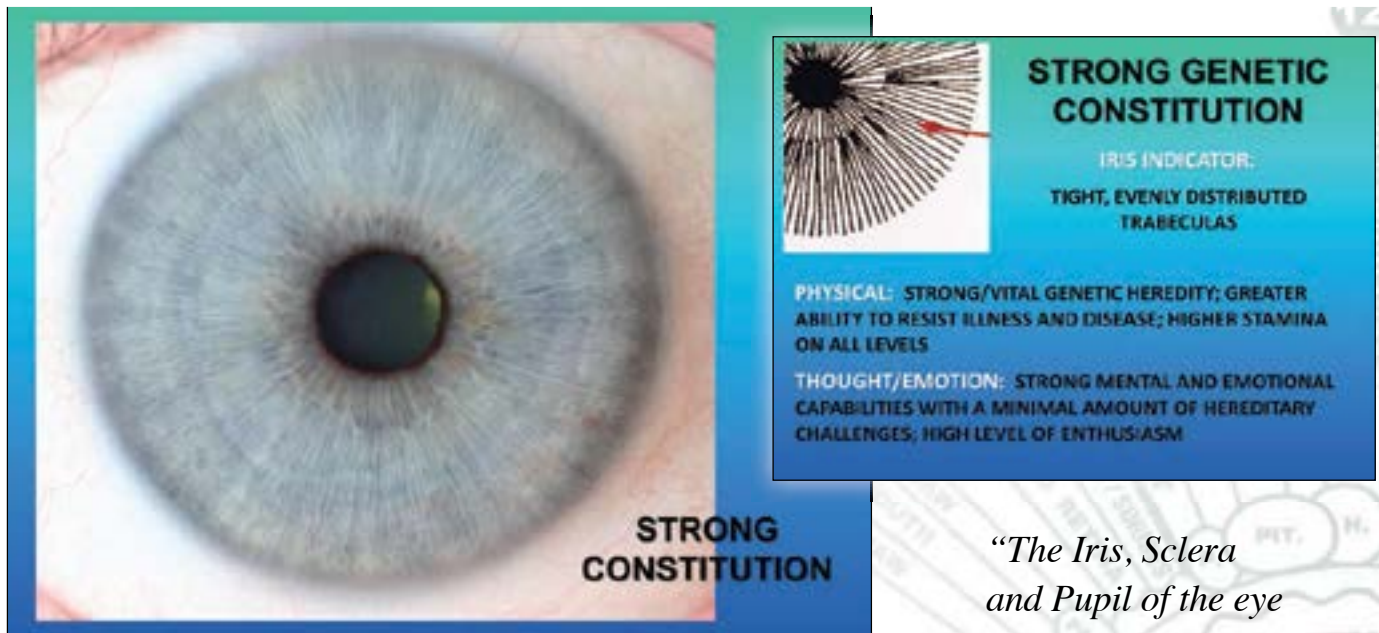
Epigenetics can define how information in genes is expressed and used by cells. Considering that environmental factors can influence gene expression, it is also possible through our beliefs and the ways we eat, drink, feel think, live and love to modify the expression of the natal deoxyribonucleic acid (DNA).

Researchers have found a range of possible chemical modifications to the DNA and to proteins called histones that associate tightly with DNA in the nucleus. These modifications can determine when, or even if, a given gene is expressed in a cell or the entire organism.



*The topographic map of the irises has representation and location for all the structures of the body.  
This map or chart bears a correlation to the embryological development of the human fetus.*





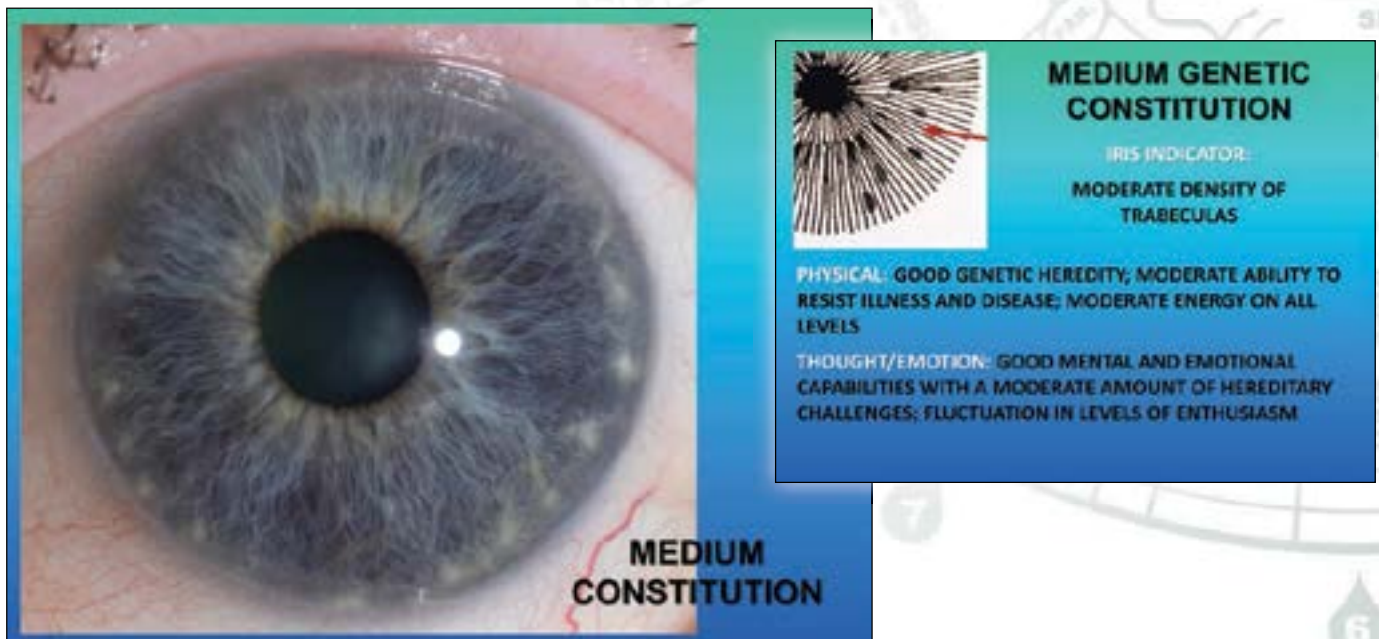
True healing begins on the spiritual level first, then into the mental and emotional levels, and finally into the physical body. This is the true nature of the healing process.

By being made aware of their conscious and subconscious thought and emotional behavior patterns and influences of genetic (DNA) memory, beyond just physical characteristics, individuals are able to understand the origins of their conditions and afflictions, enabling them to positively transform their lives on all levels. Thus, Holistic Iridology® is an excellent tool of analysis for prevention of illness and disease at the root causes, thoughts and feelings. In many cases, conditions can be detected 30 years or more prior to symptoms of poor health or clinical evaluations showing imbalance or disease. A high-risk area in the body can actually be observed in an infant. Thus, it is possible to assess potential pathogenesis decades before onset from a holistic perspective.

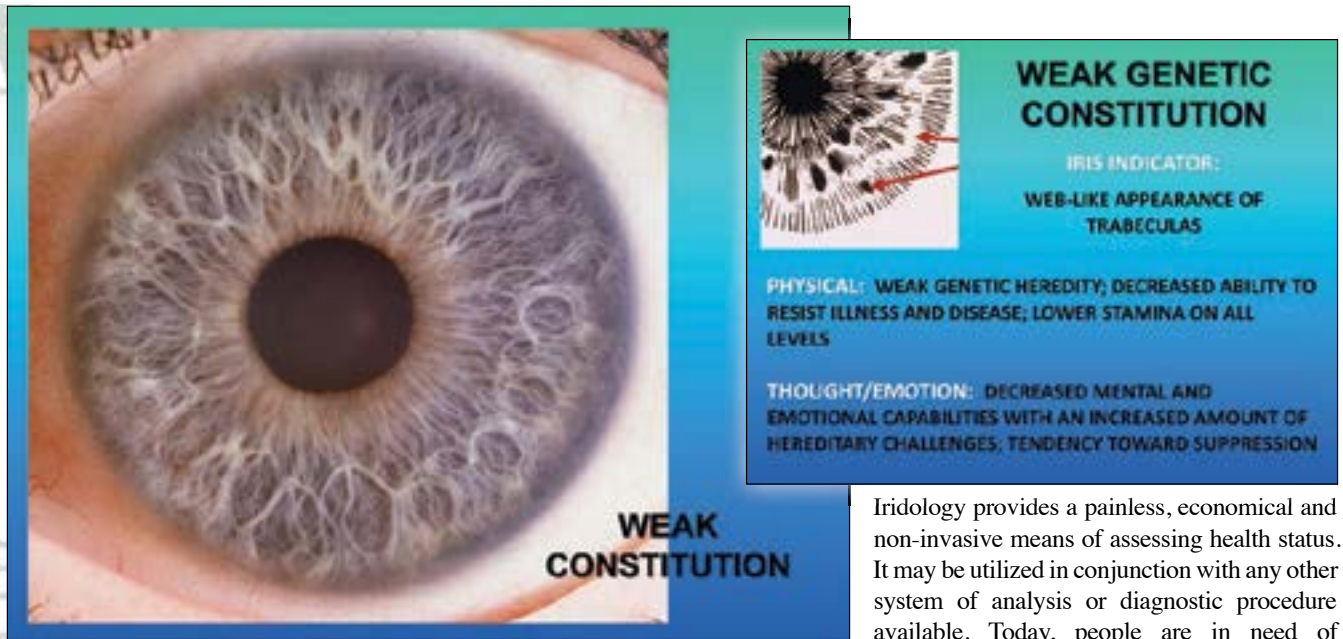
It is important to note that Holistic Iridology® is not used for diagnosis. Rather, it is used as a means of assessment for predispositions, conditions and levels of health. Proper clinical terminology for iridology or iris analysis is as follows: Genetic and Systemic Assessment through External Ophthalmic Examination.

*“The Iris, Sclera and Pupil of the eye show the veil the soul has created, through consciousness (or forgetfulness), that reflects the illusion which prepares the soul for attaining the reality of full enlightenment.”*

– David J. Pesek, Ph.D.  
September, 1988







Iridology provides a painless, economical and non-invasive means of assessing health status. It may be utilized in conjunction with any other system of analysis or diagnostic procedure available. Today, people are in need of preventive healthcare and less complex, costly methods of analyzing their condition. Iridology is the key to both of these situations.

Iris analysis is most effectively done by imaging both eyes with a specialized microscope and digital camera. The pictures are then enlarged and carefully examined by a qualified iridologist who possesses the highest skills and standards. The iridologist should be certified through the International Institute of Iridology® in Holistic Iridology®. This advanced approach to iris analysis, which is now being used worldwide, encompasses various systems that are integrated into a truly holistic model.

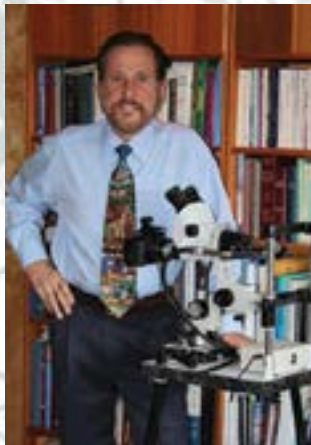
The eyes are the bridge between the spiritual, mental, emotional and physical aspects of our human nature. This 3,000 year old art and science may seem new and different to you. I encourage you to be open-minded and explore the possibilities.

The eyes have been proclaimed through the ages as the “windows of the soul” and now we acknowledge them as the window to the physical, emotional and mental characteristics as well.

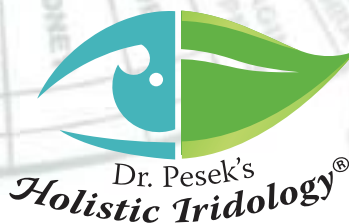
### “Remember...Good Health Is Your Choice.”™

Dr. Pesek is heralded as “The New Pioneer in Iridology”, and as “One of the World’s Pre-eminent Iridologists” by leading natural health organizations. He has received numerous awards including the Dr. med. Ignaz Péczy Award in recognition of his contributions to the advancement of iridology worldwide. As an internationally recognized authority in the fields of iridology and human behavior, David shares his knowledge and wisdom through lectures, clinical practice and a seminar series that leads to a Diplomate of Holistic Iridology credential. He also serves as the founding president of the International Institute of Iridology® and of the International College of Iridology®. David has created the premier event in the field entitled, “OUR” Annual International Iridology and Integrative Healthcare Congress™. This world class event is receiving international acclaim.

Dr. Pesek is on the faculty of several institutions that teach natural and integrative medicine. He has educated students, practitioners and Diplomates of Holistic Iridology® in over 50 countries reaching all continents. For over four decades, David’s passionate, pioneering and visionary work is helping to bring about the renaissance and advancement of natural healthcare through his dedication to the wellness and spiritual enlightenment of humanity. ☯



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## AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



# Phytonutrients: Potential Health Benefits and Disease Prevention

Dr. Kristen Poe, MBA, PhD

A significant amount of research has been conducted on the correlation between a healthy diet and lifestyle, and significant reductions in diseases and their comorbidities. In addition, there is now focus is being placed on the potential benefits of phytonutrients, and their contributions to health promotion and disease prevention. Phytonutrients are reported to have antioxidant and anti-carcinogenic properties, as well as a spectrum of potential tumor-blocking activities (Drewnowski & Gomez-Carneros, 2000)

Phytochemicals are also called phytonutrients, and are naturally occurring protective chemicals that are found in foods of plant origin. Studies show that there are as many as 100 different phytochemicals in just one serving of vegetables (Hark & Deen, 2005). Each phytochemical comes from a variety of plant sources, and has different effects and benefits on the body. Some researchers estimate that there are up to 4000 phytochemicals in existence (University of Oregon, 2012). Plants utilize colors as their protective mechanisms, which are also their sources of phytonutrients (Hyman, 2013). They are medicinal in our bodies, and their defense mechanisms can be used to help optimize bodily functions (Hyman, 2013).

Phytonutrients are often grouped into three categories. Polyphenols include the subgroup of flavonoids, which include resveratrol, quercetin, hesperidin, and anthocyanidins (Reader's Digest, 2013). These flavonoids can be found in grapes,

berries, broccoli, kale, and several other fruits and vegetables. Flavonoids may help prevent heart disease and cancer, lower blood pressure, and destroy some bacteria in food (Reader's Digest, 2013). Isoflavones, which is a flavonoid found in soy may imitate the actions of estrogen and play a role in alleviating symptoms of menopause, as well as protecting against some hormone dependent cancers (Reader's Digest, 2013). Carotenoids are another group that includes more readily discussed phytochemicals like beta-carotene, lycopene, lutein, and zeaxanthin (Reader's Digest, 2013). They can be found in carrots, tomatoes, and watermelon, and may also reduce the risk of certain cancers, and have strong antioxidant effects (Reader's Digest, 2013). Beta-carotene may help prevent night blindness and age related macular degeneration. It may also potentially protect against certain types of cancer, and maintain healthy skin, hair, nails, gums, glands, bones and teeth (Reader's Digest, 2013). The best beta-carotene food sources are orange, yellow and dark green fruits and vegetables like carrots, sweet potatoes, squash, broccoli, kale, spinach, apricots, peaches, and cantaloupe (Reader's Digest, 2013). Lutein and Zeaxanthin may protect against cataracts and age related macular degeneration (Reader's Digest, 2013). Some great dietary sources include collard greens, kale, spinach, turnip greens, green peas, and broccoli (Reader's Digest, 2013). Lycopene may also potentially protect against certain types of cancer (prostate, stomach, and lung), and include the dietary sources of tomatoes, pink grapefruit, watermelon, and pink guavas (Reader's

Digest, 2013). Allyl sulfides are the next group that are not discussed a great deal, but are found in garlic and onions, and may help strengthen the immune system (Reader's Digest, 2013). The list could go on, but these are just few well-known and discussed phytonutrients and their potential benefits.

Phytochemicals are thought to be anti-inflammatory, detoxifying, anti-oxidant and hormone-balancing compounds that should be eaten every day to help prevent disease and create optimized health (Hyman, 2013). Evidence has shown that individuals who consume a diet rich in phytochemicals (fruits and vegetables) have lower rates of several disorders such as cardiovascular disease, diabetes, and certain types of cancer (Hark & Deen, 2005). Maintaining a balanced diet that includes different forms and colors of fruits and vegetables provides the body with a variety of beneficial compounds (University of Oregon, 2012). "Phytochemicals have an antioxidant effect that protects cells from cancer and cardiovascular disease, as well as from urinary tract infections, rheumatoid arthritis, and reduced immunity" (Hark & Deen, 2005, p.59). Most research on phytonutrients has been focused on the antioxidant effects that stabilize free radicals. Since excessive free radicals can damage DNA and other genetic material, it is no surprise that antioxidants are a focal point when discussing phytochemicals.

In the 2003 article from the Journal of Clinical Nutrition entitled Health benefits of fruit and vegetables are from additive and synergistic combinations of phytochemicals, it was proposed that the additive and synergistic effects of phytochemicals in fruit and vegetables are responsible for their potent antioxidant and anticancer activities, and that the benefit of a diet rich in fruit and vegetables is attributed to the complex mixture of phytochemicals present in whole foods. Conclusions of the article showed that increasing the consumption of fruits and vegetables is a practical strategy for consumers

to optimize their health and to reduce the risk of chronic diseases. It is recommended that consumers follow the US Department of Agriculture dietary guidelines to meet their nutrient requirements for health improvement and disease prevention.

Although research on specific phytonutrients in foods and their effects on disease risk are somewhat limited, there is enough evidence to suggest that consuming foods and beverages rich in these compounds may help prevent disease (Webb, 2013). It is not known whether the health benefits are the result of individual phytochemicals, the interaction of various phytochemicals, the fiber content of plant foods, or the interaction of phytochemicals and the vitamins and minerals found in the same foods (Webb, 2013). Thus, it is recommended to consume a diet rich in colorful fruits and vegetables for optimized health and wellness, and potential disease prevention.

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# AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



## "Diet Craze, New Religion"

Dayana Deschamps, B.Sc, C.Ir, CHHP

As a human being I believe that we are all here because we have a mission. At the age of 4, I started questioning our existence in this world, our sole purpose. With time I began to understand that we are all a beautiful creation, unique, gifted and talented in our own way. Being here is a higher calling and we should embrace this amazing journey. I believe in the positive, clean and clear feeding of our mind and soul. I believe in food for healing and I believe in the greatness that our habitat can give us. So, when someone ask me if I have a "food group religion" my answer is no!

What I call a "food group religion" is a group of people following a specific diet non-stop with no apparent reason, just to belong. Unfortunately, I spent my entire life wanting to belong and never belonged! A gift I discovered later would become my uniqueness. Feeling "accepted" can sometimes be an accomplishment for some but a curse for others. How can anyone really accept you for who you are if you don't accept yourself? We are bound in society to follow like happy sheep. Not that I am judgy but I have come to realize that by accepting myself and my own decisions as a grown-up I feel a lot happier. For years all I wanted was for my own family to accept me or my friends to stop teasing me, or to say: "yeah she's cool" I began to live the way they wanted me to, I was living their lives not mine. Deeply I felt that I had to find my own path, no matter how hard it is. So, by doing that I realize acceptance is more than just belonging it is a unique "self" that can only be achieved when someone actually accept the fact that one's can't be perfect or can't be a follower; acceptance comes from love, and

appreciation. It is more than just belong to a group. Acceptance comes from pure gratefulness that will feed the mind, body and soul. This new positive identity is already a belonging in itself. This is not only about me but it is the



story of many other individuals. We are lot more complex and sophisticated than that. The universe is a part of us and we are part of the universe; we are intelligent, wonder people I call us; for our body regulating so many unimaginable duty that we would feel overwhelmed to do even if we were paid for it! So, ask me again do I use the word diet behind my sentences "nope". No offense I am unique and so are you so what works for thousands or million might not work for me or you! As my first language is not English and I wanted to get this right so, I researched the word diet and this explanation are as follow:

***Latin from Greek diaita 'a way of life.'***

***-The kinds of food that a person, animal, or community habitually eats.***

***-a special course of food to which one restricts oneself, either to lose weight or for medical reasons.***

***-restrict oneself to small amounts or special kinds of food in order to lose weight.***

A "way of life" that became more than that. Throughout the years we converted what was a "way of life" into "restriction". I use a high technological way of eating "just kidding" called holistic clean everytarian. As long as no one has played with my food, I am happy. This means: Non GMO, organic, non-irradiated, chemicals free, synthetic stuff free, additives free, etc... As long as I am not allergic, sensitive or reacting to it. I am fine. I eat super-food, whole food, foods that do not need a package, the old way. So, my answer is: I don't belong to any diet dogma. But I do respect all of the other people opinion and realization. I do avoid certain things and limit others, and eat moderately from times to time. It is all part of healthy living. Once in a while I give my body a break from certain foods which help to lift up the spirit! I do my best to be closer to nature as much as possible because I think that everything is a balance. I believe in the energy of foods therefore, I am against the cruel killing of many animals not that I don't eat meat from time to time but the right kind and the ones that are killed the way nature intended! Not an animal that has suffered thousands of torments. I stay away from something that can become addicting to the point to be depending. (Please do not follow if you are on doctor's recommendations) Now, healthy everytarian comes with a price because you should know what works for you! It might be all clean like I said but if you have certain ailments that require eating certain way then so, being it! For example, I wouldn't even consider recommending someone to consume high protein if that person has weakness in the kidneys or high blood pressure. I can't recommend an individual to consume high fat if the liver can't take it and so on; in my opinion doing one thing excessively for long time might cause other problem; it might work for short term but in the long run it's going to hurt. One of my grandmothers lived more than hundred not by any "diet" mean but by eating real food and in moderation. She accepted herself, respected others and fed her mind with real thoughts. It might have worked for her but as each of us is different it might not work for you. So, go ahead and think well not everything that is shiny is gold. I will tell you a weird story. At 16, I wanted so much to be a model that I use the word diet for the first time; my immune system couldn't cope

anymore that same year I was plagued with so many diseases that even my mind was weak just a saying. So, that's when I realized every time I heard the word diet automatically I saw restricted eating for as long as I live. Same with some of my clients they keep coming back to my office when I say: healthy eating, holistic health etc... once I mention the word diet they follow the protocol for 2 weeks and stop following. Before they even start they ask me is it going to be tough doctor. Where Should I start doctor? How much do I need doctor? Well, I think you get the picture. So, I respect every single opinion, dogma, and rules but get to know you before starting any diet out there.

Furthermore, I knew this gentleman who told me that he consumed 12 beers a day! Before I even open my mouth he said back: "Oh organic of course". No judgment but it is still 12 beers a day not 12 cups of water! Wow, that's a plus. In the name of organic beer he was killing himself in the process. Because many of his peers went organic now I am not blaming the organic part but it is still 12 beers! Furthermore, I once met another gentleman who was following a non-meat diet not for spiritual reason, not for his own purpose but because most of his friends were on it and it seemed only fair to him to just follow the same path. He was doing it all wrong because none of them were actually doing it right. They ate all fake meats, processed and irradiate to replace the real stuff and ending up with unwanted belly fat and involuntary ladies boobs! I can relate as it was my own craze story a few years ago. I wanted so much to feel accepted by some peers that I ended up in the "no meat diet" to please and I convinced myself that I was doing it for health purpose. Wow, the mind is indeed the most powerful tool! That same year I had a stomach tumor, and three myomas that grew faster than usual and I had two cysts that wouldn't disappear, I ended up with a surgery. Not that I entirely blame the diet I can only blame myself but It is the way I did it, it had no meaning behind it, no real purpose just a pleasing moment. I honestly felt worse than good. So, from that time on I do recommend it to clients but the ones who actually need it, and I learned to teach others the right way of doing it. Like I said everyone is different it might have worked for some not for that gentleman and I. Eating fake meat cannot replace whole foods,



sorry if some people are hurt it's better to make your own protein from scratch with natural clean veggies. There are so many stories out there that I would have to write a book in order to enlighten people's journey. A lady heard me talking about healthy living with a friend; she said to me that: "You can't talk like this about God's food, no matter what you say you won't cloud my judgment because I think that those foods are divine creation and I love myself the way I am". I was astonished as she looked very unhealthy she couldn't walk without stopping to catch a breath every minute. I am not really sure if it's the same love that we were thinking about! No judgment and no offense she is entitle to her opinion. She attacked me publicly because she just couldn't take it; a need to justify her wonder diet. She continued with how much she loved processed food, how someone specifically told her to eat those things 3 times a day to lose weight because they are microbes free and all the rest! So, I replied: "God's food you said. Well, I do know that God created divine rain and water that flows in the rivers not chemical laden sodas, God created trees with fruits not processed-packaged foods that can hang; and finally the way God created food is far from genetically being modified. Can you imagine? If we were genetically modified too". She absolutely gave me that you know gaze. Not that I wanted to reduce her to silence or that my ego couldn't

take it but as a young natural health practitioner I felt that I should put her in the right path. However, as the old saying would state: Well, you can lead a horse to water, but you cannot make him drink... The stories of how much she loved processed food and herself went on and on until we walked out. A month later I saw her and she related me her story. She was completely addicted to those foods and they actually worsened her condition and she did not want to stop! As her friend told her that a new study has shown that eating these foods would help lose weight. It is incredible how they washed her brain.

Whenever, you want to change your life, get to know your body, be your own doctor, and get to know what works for you. You can do that by yourself with the help of others or a qualified individual. Look into different aspects of things, research your findings and remember not all foods are equal, some are grown some are created. It is best to eat whole, clean, fresh foods that are not packaged and that your body is fine with instead of following the tendency or others because it might be you're lost! Don't be just a follower but be unique and use your gift! Don't just follow diets after diets like I did and many others to come to realization that it works for short time or it is not what the body really need. If you are doing it for religious, faith or belief purpose it is a different thing but don't follow group or others because they say so.



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# AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



## Managing Stress and Finding Joy! The Stress of Modern Life

### *Acute Stress*

*Dr. Robert M. Olivia*

Acute stress is what you face most often in life. It's usually short lived and stems from either recent pressures or the anticipation of things in the near future. Acute stress can be exciting like skiing downhill or it can be taxing like having problems with the kids, not getting the job you wanted or not meeting the business deadline at work.

With acute stress you can experience irritability, tension headaches, back pain, stomach and bowel problems, elevated blood pressure and much more. Fortunately, acute stress is short lived and can be dealt with before permanent damage is done. According to the American Psychological Association (ADA):

"...acute stress doesn't have enough time to do the extensive damage associated with long-term stress."

### **Chronic Stress**

Chronic stress is much different. Modern lifestyles burden us in ways very different from that experienced by our ancestors. Humans evolved, much like other animals, a flight or fight system to survive potentially dangerous situations; escaping predators, hunting wild game, etc.

The human stress response system was not intended to deal over the long-term with the psychological and social stressors we have created. Neuroscientist, Robert Saplosky, in his ground breaking book Why Zebras Don't Get Ulcers, says it succinctly:

A large body of evidence suggests that stress-related disease emerges, predominantly, out of the fact that we often activate a physiological system that has evolved for responding to acute physical emergencies,

but we turn it on for months on end, worrying about mortgages, relationships, and promotions.

The ADA puts it this way: Chronic stress destroys bodies, minds and lives. It wreaks havoc through long-term attrition. It's the stress of poverty, of dysfunctional families, of being trapped in an unhappy marriage or in a despised job or career.

In other words, chronic, long-term stress is killing us. It has been implicated in every major chronic disease such as diabetes, heart disease, stroke and even cancer. Mentally, it can lead to depression, violence, suicide and other forms of mental illness.

### **Finding Your Stress Triggers**

Managing stress first depends on identifying its various sources through reflection and evaluating your life, relationships, work and emotional status. It also means discerning if your stress is external or is internally generated, or both.

The Mayo Clinic has identified potential stress triggers. You can write them down or keep a journal. After doing this you can begin to choose approaches that will help you establish a more functional and creative personal lifestyle.

The Mayo Clinic list of stressors include:

External Stressors: major life changes, environmental factors, experiencing unpredictable events, workplace issues, and social relationships.

Internal Stressors: the fears we harbor, feelings of

uncertainty and lack of control, and the negative beliefs and attitudes we retain and live by.

For a fuller discussion of these factors, you can access the Mayo Clinic [stress management page](#).

Identifying the things that produce stress in your life is the first step in coping with them. You can't eliminate stress entirely. It's part of living. But you can learn to manage stress before it leads to mental and physical ill health.

Let's take a look at some of the ways you can take control of your life and reduce the negative effects of stress.

What can you do to manage stress?

### **Loving and Supportive Relationships**

One of the elements commonly overlooked in reducing stress is the quality of our loving and supportive relationships. When our relationships are poor or the community in which we live is isolated and unsupportive our own level of happiness suffers. [Lissa Rankin, MD](#) and author of [Mind Over Medicine: Scientific Proof You Can Heal Yourself](#), notes that:

The reality is that loneliness causes stress, while loving community relaxes you. The effects of stress and relaxation don't just affect the mind; they affect the body and the mind.

You need to seek out people and communities that offer you love and to which you can offer the same.

### **Finding Joy**

Finding joy in life is one of the most powerful antidotes to stress. According to [Amy Goyer](#), family and aging expert, and author of [Juggling Life, Work, and Caregiving](#), joy is a necessary survival skill. It isn't always easy to find joy in life but Goyer has discovered that every moment of joy fills our tanks a bit so we can keep going. And a little bit of fun can go a long way to relieve stress, motivate, activate and connect...

Goyer recommends finding joy throughout the day as well as "proactively creating joyful moments."

-play your favorite music

-look at every outing as an adventure, find new places to go

-make creative meals or dine in a favorite restaurant with friends

-keep active, go dancing, play games with loved ones

-make any excuse to have a party, celebrate every birthday and holiday, honor accomplishments

-embrace your sense of humor. Learn some jokes. Make yourself and people laugh

-get out in nature. Nature is a natural stress reducer and can bring great joy and comfort.

### **Getting Fit**

Stop being a couch potato. The [Anxiety and Depression Association of America](#) advocates physical activity as an antidote to stress:

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

Participating in [resistance training](#) and [yoga](#) have also been found to reduce stress comparable to aerobic exercise.

### **Embracing a Health Diet**

Eating healthy is a sure way to stress reduction. According to [WebMD](#) A healthy diet can help counter the impact of stress by shoring up the immune system and lowering blood pressure."

Eat plenty of foods that give you copious amounts of the B-complex (avocados and grass-fed beef), magnesium (cashews and dark chocolate), vitamin C (oranges and berries), zinc (oysters and pumpkin seeds), omega-3 fatty acids (fish and walnuts), calcium (kale and sardines), potassium (bananas and sweet potatoes), selenium (Brazil nuts and beef liver) and iron (lentils and spirulina).

[Herbs](#) are also helpful and include passion flower, lavender, lemon balm, ashwagandha, kava, chamomile, and basil.



One Medical recommends using supplements if you're not sure you are getting enough of specific anti-stress nutrients in your diet. Focus on melatonin, magnesium, l- theanine, GABA and vitamin B-complex.

### **Relaxation Training**

Leaning to relax can be very beneficial in dealing directly with stress and anxiety. There are many methods to choose from including: autogenics, progressive relaxation, visualization, biofeedback, and meditation.

The University Maryland Medical Center has an excellent page describing how to master many of these techniques. Dr. Weil's page on breathing methods is also an excellent resource.

Performing relaxation a little every day can create a reservoir of calmness and make a difference in how you feel and cope with adversity. Practice, practice, practice.

Meditation wise, Wikihow.com/meditate takes you every step of the way from how to prepare to meditate to doing numerous types of meditation. Try them out.

### **Sleep**

Stress and sleep are closely related. On the one hand, high stress levels can lead to insomnia and other sleep disorders. Even the slightest amount of sleep deprivation can increase stress levels.

On the other hand, a good night's sleep can dramatically reduce stress levels. According to Dr. Raymonde Jean, director of sleep medicine at St. Luke's-Roosevelt Hospital in New York City:

Many things that we take for granted are affected by sleep. If you sleep better, you can certainly live better...Sleep can definitely reduce levels of stress...

If you are not sleeping well, establish good sleep hygiene such as a regular bedtime, not eating late, avoiding caffeine, alcohol and nicotine, keeping electronics to a minimum, and creating a dark and cool room.

### **Attitude Adjustment**

Everyone has negative thoughts and attitudes from time to time. How you manage these thoughts can determine the levels of stress in your daily life. Your levels of happiness, satisfaction and success can be reduced if negative attitudes and beliefs are not managed properly.

Preston Ni, of Foothill College, California, writing in Psychology Today, lists some of the negative attitudes you may be indulging in, such as self-defeating talk, presuming the negative, negative comparisons to others, ruminating about the past, thinking of being the victim, self-blame, and fearing failure.

Identify these thought patterns in yourself and take steps to counter them. Be compassionate with yourself, forgive yourself when necessary, resist comparing yourself to others, and re-evaluate negative situations in a positive light.

### **Conclusion**

Stress is inevitable. How you respond to it is your choice, from diet and exercise to attitudes and sleep. There are many ways to de-stress. Make a commitment to apply proven stress reduction methods to your life. You can do them all at once or apply a few at a time. Do what's best for you. Not only will you reduce stress and feel better, you may encounter joy, happiness and personal well-being along the way.

Dr. Robert M. Oliva has a long standing commitment to personal, community and global health. He's written about and taught stress management for over 30 years. He is director emeritus of the Brooklyn College Magner Career Center and former adjunct assistant professor of sociology. Dr. Oliva currently writes stress, health and nutrition articles for CollectiveEvolution.com and blog posts and ebooks at HelpYouThru.com. He is a New York State licensed social worker, a traditional naturopath, a certified holistic health practitioner, a member of the American Naturopathic Medical Association, the American Association of Drugless Practitioners as well as the National Associations of Social Workers. Follow him on twitter@mroliva7092



# American Naturopathic Medical Certification Board

## INVEST IN YOUR CAREER & BECOME CERTIFIED

Registered in Washington, DC, the American Naturopathic Medical Certification Board (ANMCB) is the most sought after national certifying organization for natural health care providers throughout the United States. Its many years of experience in the natural health care field qualify ANMCB to offer various categories of natural health care certifications based on education and examination. The Board grants Certification to Naturopathic Doctors, Herbalists Nutritionists, and Holistic Health Practitioners, as well as Chiropractors, Medical Doctors, Nurses, Osteopaths, Dentists and others who have traditional medical education.

The purpose of Certification is to set standards, empower consumers, and practitioners. Certification is the formal recognition of specialized knowledge, skills and experience in natural health care. ANMCB's goal is to provide a valuable credential that recognizes the educational qualifications of Natural Healthcare Practitioners. ANMCB Board believes, as the majority of practitioners believe, that Naturopathy is strictly non-invasive Natural Healthcare Therapy and does not involve prescriptions, surgery, medical procedures or the claims to cure diseases.

### WHAT IS BOARD CERTIFICATION:

Certification is a voluntary process that a graduate of a Natural Health Care program can choose to make. This certification adds a national level of competency recognized and requested by businesses, professional associates, peers and clients.

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- ***EARN CREDIBILITY AND RESPECT IN YOUR PROFESSION***
- ***CERTIFICATION DEMONSTRATES YOUR COMMITMENT TO YOUR PROFESSION***
- ***PROVIDES A NATIONAL LEVEL OF COMPETENCY RECOGNIZED BY BUSINESS, PROFESSIONAL ASSOCIATES, PEERS AND THE PUBLIC***

### ANMCB CERTIFICATION TITLES OFFERED

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- Board Certified Naturopathic Doctor**
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- Board Certified Traditional Naturopath**
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- Board Certified Holistic Health Practitioner**
- Board Certified Nutritional Consultant**
- Board Certified Holistic Nutritionist**
- Board Certified Master Herbalist**
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CONTACT ANMCB ABOUT THE SPECIFIC TITLE REQUIREMENTS

American Naturopathic Medical Association (ANMA) Members are eligible for a \$100 discount for Board Certification. ANMCB's Board Certification Examinations are offered several times a year across the US. Visit ANMCB's website for more information on becoming Board Certified and there you will find an application and exam dates and location information. The Board requests that you submit your application 30 days prior to the exam date, an ANMCB Study Guide will be provided.

## AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



### Debunking The Carbohydrates Myth

## Do Carbs Really Make You Fat? Are Carbs Bad For You?

Vincenzo Granata

For decades after the 80s and until this very day, we have been advised by a large number of the medical experts, as well as by the food, and marketing industry to steer away from Carbs as they are the root cause of many ailments, and are certainly responsible for weight gain as the sugar contained in Carbs turns into Fat.

I have to admit that by enlarge the above mentioned industries have been very successful on convincing consumers on what they have been preaching.

Well, in this article I will debunk this myth, moreover, I will shed more light on the whole subject, and present you with the reasons why the human body is predisposed to run predominantly on Carbs, specifically Complex Carbs. Let's begin then with identifying what a Carb is. A Carbohydrate is one of the four macronutrients found in foods (such as vegetables, fruits, potatoes, legumes, whole grains etc.), and it is essential for a healthy life. Its molecular compound consisting of three elements; carbon, hydrogen, and oxygen. Monosaccharides (e.g. glucose) and disaccharides (e.g. sucrose) are relatively small molecules. They are often called sugars.

Carbs can be found in foods in two forms:

Complex or Unrefined (vegetables, fruits, potatoes, legumes, and whole grains etc) therefore intact or mostly intact. In other words, foods as grown in nature.

Simple or Refined (table sugar, cookies, white bread, sodas etc.) therefore processed and devoid of many nutrients and fiber.

It is very important to bear in mind that the energy source preferred by the brain and the body is

Glucose (a fancy name for a form of Sugar found in Carbs). While Fat can be burned for physical activity, the brain prefers to burn Glucose (Sugar), Did you know that despite of comprising only 2% of the body's weight, the voracious brain devours on average about 500 calories of Glucose, daily?

Contrary to what the marketing wants us to believe, and that is; the Sugars in Carbs are readily converted into Fat and then stored in the abdomen, hips, and buttock, this is not exactly what occurs. While the human body is definitely equipped to convert Sugar (as a component of Carbs) into Fat through a process called "De Novo Lipogenesis" <http://www.ncbi.nlm.nih.gov/pubmed/10365981> this function is not activated under normal living conditions in people. In the instances where unusual or extreme conditions (starvation) are present, and this process is activated, the metabolic cost for this action is about 30% of the calories consumed; a tremendous amount of energy needed, and a very wasteful process. In other words, metabolically speaking, this process is very expensive for the body to perform; and it most definitely does not want to do it under normal conditions.

When we eat the complex carbohydrates found in starches (long chains of carbohydrates found in potatoes, legumes, whole grains etc.), they are digested into simple sugars in the intestine and then absorbed into the bloodstream where they are transported to trillions of cells in the body in order to provide for energy. Carbohydrates consumed in excess of the body's daily needs can be stored as glycogen in the muscles and liver. The total storage capacity for glycogen is about two pounds. Carbohydrates consumed in excess of our need and beyond our limited storage



capacity are not readily stored as body fat. Instead, these excess carbohydrate calories are burned-off as heat through a process known as “Facultative Dietary Thermogenesis” or used in physical movements not (notice the word “not”) associated with exercise.

A study <http://nutrigen.ph.ucla.edu/files/view/pubs/03sugar-diabetes.pdf> conducted on Sugar intake also conclude that it does not appear to play a deleterious role in primary prevention of type-2 diabetes, and that a moderate amount of sugar can be incorporated in a healthy diet.

On the other hand, if we were to compare the metabolic energy the body needs to store fat, that is only a mere 3% compared to the substantial 30% needed to turn and store Sugar as Fat. With this notion in mind, it does not take a medical background to understand that Fat is stored almost effortlessly by the body compared to Sugar, thus making excess Fat (especially Saturated Fat & Trans Fat) the macronutrient we should keep at bay instead of Carbs.

So then, you may ask; if Carbs are so good for us, why have Americans become overweight and sick, especially after following the 80s dietary recommendations of eating Low-Fat and High Carb-type of foods?

To answer this question, we must go back several decades. For those who have lived the 80s, you may well remember that the dietary guidelines recommended, were to eat Low-Fat (or even Fat-Free) and Carb-centered foods. While the general recommendations meant well, what Americans were led to buy and consequently eat, were often highly processed, highly refined Carbs, that were very calorie dense, and often still contained relative amounts of fat that was made to “disappear” with clever marketing and industry tricks conveniently adding confusing numbers and deceiving percentages directly on to the nutrition facts label. Since these foods had little or no fiber at all, the satiety level dropped considerably; therefore people often ate more to feel full and satiated. Additionally, because of labels such as Low Fat and Fat Free, people thought they could gorge and overindulge without any regards of the amount they were actually ingesting. We need to keep in mind that while the “percentage of relative fat” decreased from about 40% to about 33%, the calories ingested

increased from 1750 to 2300 thus leading people to eat overall more fat in actual amounts. And guess what happens when we ingest excess calories beyond our capacity to burn them off with activity NOT associated with exercise? We store them and we gain weight.

It is important to consider the following facts about Carbs, specifically Complex Carbs:

- Are among the most nutritious sources of food we can put into our body.
- Are the best sources of:
  - ✓ Vitamins: B, C & E etc.
  - ✓ Phytonutrients: Beta-Carotene, Lycopene, Lutein Etc. These are also very powerful anti-cancer elements.
  - ✓ Minerals: Calcium, Potassium, Magnesium etc.
  - ✓ Trace Minerals: Iron, Zinc, Iodine etc.
  - ✓ Fiber
    - Are high in water and fiber. These two combined create bulk which is the biggest factor that contributes to makes us feeling full and satiated.

Always remember that, no matter how you look at it, 1 gram of Carbs = 4 calories, and that 1 gram of Fat = 9 calories. Fat is always more caloric dense than carbs.

Don't be misled by deceiving advertising, and don't be afraid to eat Carbs. Eat all the carbs you want. Simply make sure they come from whole foods and not refined foods.

In Vibrant Health, Vincenzo Granata

Nutrition & Food Specialist – Plant-Based Nutrition Certified, Starch Solution Certified

General Manager Panevino Italian Grille

Disclaimer: The information provided is for informational purposes only and is not meant to substitute for the advice provided by your own physician or other medical professional. This information is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before beginning any diet program or exercise.

## PANCREAS METABOLISM DYSFUNCTION

### A **GranMed** Basic Natural Protocol

Grand Medicine / [gm@grandmedicine.com](mailto:gm@grandmedicine.com) / Leonard Mehlmauer, ND (ret.)

#### Disclaimer

The term *Pancreas Metabolism Dysfunction* is generic for many disorders of the organ, particularly what is medically termed “diabetes” and other carbohydrate metabolism difficulties. The protocol is necessarily general—i.e., it addresses the dysfunctions generally, and not specifically to any individual’s case. Among every ten persons medically diagnosed with this disorder, each will have additional signs and symptoms unlike the others. Therefore, each should gain the services of a qualified and trusted health practitioner for the best and most appropriate advice and results. The data on these pages can then be used as a basic guide. The information in this report is thus for educational purposes only.

#### A Note on Disease and Cure

We at Grand Medicine view disease as essentially imbalance caused by some failure at the basic level of life, a disconnection with the Divine Source. Such failure has us seeking for unity, happiness, and re-balance—via food, sex, drink, money, power, social status, etc. This *seeking* always leads to dis-ease, imbalance. Seeking is disease. Disease is the wrong practice of life. When we learn and practice responsibility for our life generally and for the disorder in particular, balance is restored (“cure”). **Cure** has three aspects:

- 1 – **Understanding how the disorder came to be**—its cause (diet / lifestyle abuse, emotional stress, etc.)
- 2 – **Knowing how to remedy it**—life-positive diet and lifestyle, change of action, etc.
- 3 – **Doing it**—actually doing what is necessary to relieve or eliminate symptoms and to otherwise be responsible for the disease process and health altogether.

#### Introduction

The diseases of carbohydrate metabolism include a variety of disorders. They can range in intensity and severity from mild to extreme, from what is medically termed “borderline hypoglycemia” thru so-called “type-1 diabetes” and everything in between—including all 12 currently known types of diabetes (as of 2016). Like most other diseases, many of these have a genetic tendency or predisposition. Carefully note the term “*tendency*”. It does not mean you are going to get the disease. It just means that if you are ignorant of or irresponsible with right diet and lifestyle, it will be easier for you to develop the disorder than those without such tendency.

There may be an inherited tendency to weakness in the pancreas, and/or combinations of tendencies in (especially) the pancreas, but also the liver and adrenals, the 3 organs largely responsible for mediating sugar in the body. There are certain dietary insults that increase ones chances of developing the problem(s). Once again, because one has an inherited tendency to weakness one need not develop the disease. ***Actually developing the disease is essentially a matter of diet and lifestyle—doing The BIG 7 and avoiding the LQFs (see below)***. There is always a trigger mechanism or factor—usually dietary insult. You learn how to eat right—and then just do it.

#### Diabetes—an Insidious but Entirely Preventable and Curable Disease Currently at Near-Epidemic Levels

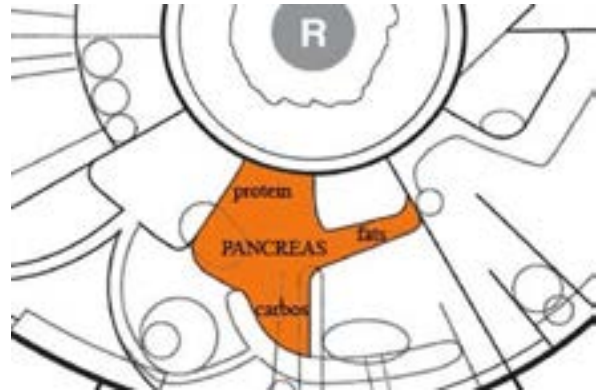
In 2015, diabetes was listed as the seventh leading cause of death by disease in the USA. A modern-day epidemic, some 178,000,000 people around the globe are estimated to have diabetes, and the costs of treatment and productivity losses now run into the hundreds of billions of dollars worldwide. In addition to loss of limbs, Type II Diabetes is the cause of many other ailments, including heart disease, renal failure, blindness and skin problems.

In the USA currently, about 23 million people (7% of the population) suffer from Type II diabetes alone, with over 7 million cases going undiagnosed and an estimated 45 million Americans pre-diabetic. The annual cost to treat diabetes symptoms exceeds \$140 billion, or about one tenth of all health care dollars spent in the U.S.

**Symptoms** can include skin tags under the arms, feeling faint when missing a meal, and feeling sleepy after a larger meal. The “three poly’s” are also classic symptoms:

- Polydipsia (exaggerated thirst)
- Polyphagia (extreme hunger)
- Polyuria (excessive urinating).

**Signs** include a waistline measured at your belly button that is as more than half your height—suggesting that you have too much belly fat and are at least at risk for diabetes.



### Diet is Primary in Beating Diabetes

If the diet is sufficiently high in pure raw foods, including fresh raw organic fruits and vegetables, nuts and seeds, and there is avoidance of the LQFs—the Low Quality Foods (except on very special occasions), the lifestyle qualities being balanced—*there will be no development of this disease* (or, for that matter, virtually any other disease). Going onto a diet of all raw liquids (see below) greatly speeds up the process of disease elimination.

**The diet must start at a minimum 60% raw foods** and move gradually and steadily upward toward 100%—altho it need not ever reach 100% raw. Most people can eventually manage a 100% raw food diet. Some, who either cannot or will not eat all raw, can at least maintain a **high**-raw vegetarian-based diet and free themselves from these disorders. Getting regular appropriate exercise and rightly using the LQFs is also crucial.

The so-called “elderly” (in most cultures, “old age” typically begins at age 70) will benefit most by making 70% or more of this raw diet as liquids (this process is described in detail in the book, *The GREAT Liquid Diet*, available from Grand Medicine @ \$24.95, [gm@grandmedicine.com](mailto:gm@grandmedicine.com), 619-240-3711, or on Amazon as an e-book for \$14.99). All other things being equal, your health will improve as the percentage of raw food increases. Again: the diet does not need to (eventually) be 100% raw. It can be 80-90% or more raw in order to move beyond symptoms. However, if you are to experience truly balanced health and the elimination of all pancreas metabolism dysfunction symptoms, a diet of around 80% raw or higher is necessary.

As suggested, another important diet factor in disease processes is liquid. Pure raw liquids (blended green smoothies and the RMVJ) will especially help carbo-compromised people. The best diet for those suffering from this and virtually any disease is essentially fresh raw fruit and veggie juices and smoothies (blender drinks made from fresh fruits and veggies). We recommend the **RMVJ** (Raw Mixed Vegetable Juice) most highly.

Various recipes are found in *The Great Liquid Diet*. The LQF’s (Low Quality Foods) and other important health items are also found there and are listed below. The Great Liquid Diet (GLD) plus the supplements noted below are the very fastest way we know of to eliminate these carbo metabolism diseases. This statement is made from our direct clinical experience since 1972. Note that in **Type I** diabetes, this program must be applied very strictly. For example, there can be no exaggerated exercise routines and the diet must be all raw, emphasizing green smoothies (see the book, *Green Gorilla*, by Adi Da Samraj).

A dietary item often overlooked that greatly exaggerates blood sugar is wheat—as in wheat breads, rolls, pastries, etc. (<http://www.redicecreations.com/radio/2012/04/RIR-120429.php>). Yet another dangerous item that causes the pancreas great struggle is cow’s milk—especially processed. If you have even a slight genetic tendency to pancreas weakness, and if “diabetes” runs in your family, keep such foods extremely low in your diet or eliminate them completely [<https://www.youtube.com/watch?v=sz1ofooPJes>]. There are other contributing factors to pancreas disease, including over-medication, excessive number of vaccines and other problems associated with pharmaceutical drugs. Yet another is environmental toxins.



*It is absolutely crucial* to understand that the common or “Standard American Diet” (SAD) is a veritable chemical feast—not good—and must be avoided if one is to be healthy. Avoiding the LQFs (below)—the worst of the SAD diet—is essential in the clearing up / elimination of the symptoms of this disease. **Please note** that gluten-containing foods (most bread foods), the heavy starches (corn, potatoes) and pastas are very hard on the pancreas and should be strictly minimized or eliminated altogether—at least for the time being.

It is equally important for maintaining freedom from symptoms to continue to **use these “celebratory” substances (The LQFs) wisely**—namely, either greatly minimizing them or eliminating them altogether from the diet. Such substances as high fructose corn syrup—found in so very many commercial foods—have clearly been shown to cause insulin resistance. So many other example of chemicals and “silly” processing procedures help develop this disease. Your best foods are those picked directly from the yard and from the fruit and nut trees: ***fresh raw ripe local in-season fruits, veggies, nuts and seeds***. They have the power of Nature and the sun’s energy in them, so that when eaten as-is, in salads, or in blender drinks, you have that power and energy in your own body.

### A Note on Type-1 Diabetes

Interestingly, there is very good reason to believe that **Type-1 diabetes is not inherited**, not genetic. Like Type-2, it seems to develop from the above causes. Eliminating Type-1 can take much longer than Type-2. It is more a matter of purification of the liver, pancreas and other organs. This cannot be done while you are taking the SAD diet, including the LQFs. Apparently, Type-1 is mostly caused by enzymes within the pancreas destroying hormone-producing cells because of toxic blocks in and around the pancreas. Additionally, there will be weakened function of the liver thru pharma drugs, and, of course, dietary insult and environmental toxins.

### The Modern Medical Approach

Your author has been to “diabetes control” groups and seminars conducted for the public. When approaching these people with the information on cure, they grow upset and refuse to talk. They do not accept that diabetes can be cured via diet, lifestyle and a few herbs. I have called the American Diabetes Association with this information and had them “politely” dismiss me. They are clearly not interested in any cure. They are fixed or stuck in this dark, pharma medical model of keeping people hooked on drugs—for life! What has this to do with empowering people with the understanding of how to be healthy by their own hand?

### Helpful Specific Dietary Items

Some specific foods that are particularly helpful in this disorder include:

- Fresh Brazil nuts, e.g., are high in selenium, important in managing carbohydrate metabolism.
- Bitter melon juice @ 2 oz. per day is especially helpful.
- Jerusalem artichoke
- Guava and grapefruit juice (fresh-squeezed)
- Dried bananas
- Avocado and coconut (these are nuts!)
- Spinach, kale, broccoli, asparagus, watercress and chard
- Spirulina, Chlorella, Blue-Green Algae and the SuperFoods
- All fresh raw nuts and seeds that you’re not allergic to (refrigerate shelled nuts/seeds for freshness—some are very volatile and will go rancid quicker than others)
- All fresh raw in-season organic fruits and veggies (especially green smoothies and other recipes as found in the ***Great Liquid Diet*** book, noted below), all leafy greens, especially bitter melon, green tea (not the kind with caffeine), and blueberries.

### Most Important to Avoid (see list of LQFs below)

- Refined sugar** and its analogues (see list below)
- Refined and **processed foods**
- Starches**, including breads, potatoes, corn
- A **sedentary lifestyle** without exercise

**Note:** Some persons—especially those with genetically sensitive pancreas function systems—can have extreme reactions to caffeinated beverages. Such beverages can cause a significant spike in blood sugar in these people. Caffeine should generally be avoided in everyone’s case—except, perhaps, in emergencies / special circumstances. However, if taken by genetically sensitive persons, a meal should quickly follow to help stabilize blood sugar.

### Exercise

*It is essentially the raw diet, plus life-positive lifestyle factors (especially **exercise**), that will help bring the sugar back into balance more than the supplements or any other qualities will. Rapid-movement (RM) **exercise** is perhaps most important in the lifestyle area. One can bring the sugar into balance via RM exercise alone, although this is temporary. Exercise must be tailored to the individual. Generally speaking, an adult could take a good 30-45-minute walk daily. Two brisk 30-minute walks may be even better, depending on the severity of the disease and other factors—including, of course, the ability to walk!*

The more severe the condition, the more the need for the exercise—but, again regarding **Type 1** diabetes, be moderate: nothing extreme. Best is one 20-minute set in the morning and one in the late afternoon / evening—and no more than that. Other forms of RM exercise are also excellent, including swimming, aerobics, skating, calisthenics, machine exercises, ball games, and so on. **DO NOT OVERDO EXERCISE WITH TYPE 1 DIABETES!**

### Emotions

Psychologists insist that our emotions and mentality are the basis for most physical diseases. Altho this may be hard to accept for some, we at Grand Medicine have found it to be true. Depression, sadness, hate, anxiety, mental-emotional tension, family, and work stress lower the immune system, our main defense, and protection system in the body. This sets us up for any number of disease processes—including diabetes.

We need to be around loving, supportive people. If you do not have this kind of support, get it! Pray for it, visualize it, and it will come, it will appear. If a man, you need men—at least one real, intelligent guy who truly cares about you and who you emotionally keep up with. If a woman, you need a strong but wise gal who will love you enuf to tell you when you are being crazy—in other words, she will be honest with you and help you straighten out. Cultivate this kind of loving relationship with your closest friend(s). Your Spiritual study and meditation on the Divine will go the longest way to help your mind and emotions to be calm and your heart to be happy.

### Other Lifestyle Factors

Among the other more important lifestyle factors is **early bedtime** (rarely later than 10PM—altho 9PM is better.) Bedtime is not only important when it comes to sleep—where we spend one third of our lives. Recent studies have shown that when we are deprived of sleep something very interesting happens to our sugar metabolism: it weakens. Test subjects deprived of half of their nightly sleep (they were allowed only 4 hours per night) were tested as being pre-diabetic after only four days! So, if you want to exaggerate your body toward diabetes, just get less sleep for a few days. Better, take the intelligent approach and get enuf rest! The average is 7-8 hours per night.

There is always an **emotional component**. The Oedipal Consideration (the early relationship between us and our parents) is most useful in these cases. This is where we developed our attitudes toward men (dad) and women (mom), and toward our own body (which we tend to treat as the parent of the opposite sex). A good Oedipal Consideration (performed by one trained in this method) will bring out the suppressed emotions, leading to a deeper understanding of the egoic self and the personality—why we do the things we do, treat people as we do, treat our body the way we do, and even eat the way we do. This can then free energy and attention for straight and formal relations with all people and for the Divine. For information about the Oedipal Consideration, contact Richard Silk at 707-928-6932 / [richardsilkcoach@yahoo.com](mailto:richardsilkcoach@yahoo.com).

### Supplement with Vitamins, Minerals and Herbs

Certain supplements can help while engaging the high-raw or all-raw veggy diet (see below). Those with most of these sugar diseases have responded well to the nutrients listed below, in some cases making the difference between leaving medications behind and not. **Very important:** The supplements—the specific ones and amounts of

which will vary case-to-case—are usually needed initially until the raw diet takes over. The raw diet (especially the green smoothies) allows one to eventually be free of symptoms—and hence of medications and (eventually) even most or all of the natural supplements.

Herbs including Saltbush (3gm/day), Pterocarpus (2 cups green tea daily), Bilberry / Blueberry Leaf (excellent), Ginkgo Biloba, and others (see below), are traditional remedies with a long history of success. **However**, one **must** begin with bowel, liver, and gallbladder cleansing. See Andreas Moritz's book, ***The Liver and Gallbladder Miracle Cleanse***. The GLD will get things going in the body all the way thru this process. It will improve function in every organ and system. There is no limit to the number of days one can do the GLD. It is not a fast, but a swift, gentle and very effective (and even tasty!) way to cleanse the body. If you do bowel cleansing (enema, colema or colonic irrigation), the time to do it is while on your GLD. For most Type 2 cases, a 30-day GLD, rightly done, will promptly end symptoms. You are free! Now, stay that way via ***The BIG 7***.

The specific amounts of herbs and supplements, geared to your specific circumstance, will need to be determined by your Natural Health Professional. ***Each person must be considered individually*** because each case is different. Line up ten “diabetics” side-by-side and each one will have a different health situation that requires a program unlike the others—altho the **green smoothies** and the hi-raw or all-raw diet are the great equalizers. Note that magnesium metabolism is crucial in regulating insulin sensitivity as well as vascular tone and BP homeostasis. This process is helped via transdermal magnesium or thru the living leafy greens in your green smoothies (below).

The supplement amounts listed below are adult averages only. ***Your Natural Health practitioner will test you to see how much of which of these are needed in your specific case.*** You may need only 2 or 3, or you may need several. The amount needed will diminish as you proceed and do well on your overall program—especially as you are careful with the hi-raw or all-raw diet. The raw liquids speed up the process toward cure, toward elimination of symptoms. The nutritional and herb supplements are helpers and can aide significantly in the process.

#### Helpful supplements (in alphabetical order):

- Alpha Lipoic Acid @ 300mg/day
- **B**lueberry Leaf liquid @ 1 dropperful under tongue on rising, 1 before bed
- Chromium Picolinate caps @ 3 daily, separate doses
- **C**oconut oil—unrefined, unheated, cold-pressed, extra virgin, @ 3 Tbs. daily
- Defatted Fenugreek Seed Powder @ 50mg twice daily with water
- Ginger Root tea @ 1c/day from fresh root (increases pancreas sensitivity to insulin)
- Ginkgo Biloba @ 40mg 3x/day
- **G**ymnema Sylvestre @ 400mg/day
- Kelp tablets @ 4 daily, preferably Norwegian (alternative: nascent iodine)
- **L**icorice Root liquid @ 2 droppersful under tongue daily on rising for 30 days, then drop to 1/day
- Magnesium @ 700mg amino acid chelate (OR—better—consider Ancient Minerals© transdermal gel rubbed into skin)
- Mulberry Leaf capsules @ 450mg caps 3 times daily
- **V**anadium sulfate caps @ 2/day
- **V**itamin B Complex @ 100mg/mcg per factor, 1-3 tabs daily, separate doses
- Vitamin C @ 7gm/day (7000mg, dosage: 2,3,2)
- Vitamin D @ 7000IU daily
- **V**itamin E<sub>400</sub> @ 1-2/day, separate doses

The most important supplement items are **hi-lited**. Your Natural Health Practitioner will help you choose the items and their amounts appropriate to your specific case.

## **WARNING:** SERIOUS ABOUT GOOD HEALTH?

If so, you will learn right use of the LQFs, the Low Quality Foods and Substances!

## **The Low Quality Foods (LQF's)**



It is very important that you drop all **regular and random** use of the Low Quality Foods and substances as described in more detail in the book, *The GREAT Liquid Diet*, and listed here:

- All alcoholic beverages
- All caffeinated beverages
- All commercial soft drinks
- All fast foods and junk foods
- All environmental toxics and toxins
- All fried foods, super-heated fats & oils
- All GMOs, the genetically modified foods
- All chemicalized / refined / processed foods
- All foods grown in commercial fertilized soil
- All smoking products—cigarettes, marijuana, etc.
- All flesh foods—animal (red) meats, fowl, and fish
- All foods sprayed or treated with commercial pesticides
- All street, OTC and unnecessary pharma drugs (these can eventually be eliminated)
- All dairy products—except perhaps initially some raw unsalted butter, kefir & plain yogurt
- All **refined & chemical sugar and products containing it** (including honey, maple syrup, etc.)

There are certain times when these otherwise health-compromising, health-undermining, disease-producing materials can be used, including, e.g., very special holiday occasions, birthdays, and anniversaries, but only when in reasonably good health—**IF they are used at all**. If you use them, have a little, then go back to your pure, basically veggie diet. Otherwise, stay strictly away from the LQFs until completely well. Always keep your diet above 75% raw daily. This way will not be substantially hurt by the LQFs when and if you use them. Using the LQFs intelligently keeps you from feeling as if you are in a nutritional “jail”: intelligent use and appropriate abstinence.

## ***THE BIG 7***, or How to Live a Happy and Healthy Life

Make all of your daily activities sacred by adapting and daily engaging the following practices with profound discipline, consciousness, and in loving remembrance of (and as your gift to) Beloved God.

**The BIG 7** consist of:

- #1 pure diet
- #2 adequate rest
- #3 right exercise
- #4 natural hygiene
- #5 right occupation
- #6 life-positive environments
- #7 spiritual cultivation

We do **The BIG 7** to create a firm foundation of balanced health so that energy and attention are free to give to God, the Matrix of existence, the Great Consciousness in Which everything appears, or That Which Is Eternal. Only this will finally satisfy your heart. Failing in this, energy and attention go to “problems” in the world or otherwise that develop in the body-mind, real or imagined.

### **Summarizing *The BIG 7*:**

- The gross physical body is a **food** body. The quality and quantity of your food largely determines your gross physical health. Take a diet of at least 75% raw fresh organic unsprayed in-season locally-grown fruits and vegetables, nuts and seeds daily.
- Get to bed early (10PM or 11PM latest).
- Get regular right exercise (as appropriate to your condition).
- Keep the body and your environs clean and neat. Your environs reflect the condition of your mind.
- Work at a job you enjoy. This is especially important for men.
- Be around positive, happy, loving and supportive people who care about you and believe in you.
- Study the Teachings of the great Spiritual Masters, and learn to love and serve God and all beings with all your heart.

## RECIPES

### Basic Green Smoothie

- 1 handful baby spinach (or other green leafy veggie)
- ½ apple
- ½ orange
- ½ banana
- 8-10 oz. pure water

Blend in VitaMix blender on hi-speed, drink. (Please note that the blender drinks are more important than juicer drinks in that they contain bulk and ruffage strained out of juicer drinks. While the juices without the bulk are more purifying, that bulk and ruffage is important to bowel health.)

### Typical RMVJ (Raw Mixed Vegetable Juice) recipe

- 2 large carrots
- 2 Granny Smith apples
- 2 sticks of celery
- 1 lge chunk fresh coconut or 3 Tbs. pure shredded dried coconut
- ½ beet
- ½ lemon with peel
- 1 zucchini
- 2 asparagus spears

Pass the above ingredients thru an Omega juicer (available on the Net for about \$200US). Drink it as soon after making it as possible. Do not keep overnite, as it will degrade quickly.

### Mint Smoothie (blender) recipe: (blend these in 2-3 cups steam-distilled water)

- ½ raw pear
- 8 fresh mint leaves
- ½ raw apple
- 2 heaping Tbs. shredded pure coconut
- 8 oz. pure water

### Avocado-Coconut Smoothie... (Again, blend in steam-distilled water; delicious!)

- ½ avocado
- 2 big Tbs. raw shredded coconut
- 1 banana
- 3 medjool dates
- 10 oz. pure water

Blend the ingredients in a VitaMix blender until smooth, pour into a glass and drink.

### End Notes

For more information, a list of *The SuperFoods*, and the document, *The Many Names of Sugar*, email us at [gm@grandmedicine.com](mailto:gm@grandmedicine.com). For help with easeful natural weight loss and integrative nutritional health coaching, contact Jean Morrison at [jam@findYOUwiTHIN.com](mailto:jam@findYOUwiTHIN.com).

Finally, the sources of this information include direct clinical and personal experience of and by the author since 1972, reasoning from facts, the competent testimony of trusted colleagues, data from various sources on the Internet, and the study of research documents far too numerous to mention.

## AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



# Plant-Based Restaurateur: From Italy to Las Vegas

By: Hayleigh Hayhurst

“I’m a proponent of the truth, that’s what led me to understanding more about nutrition,” says Vincenzo Granata, the General Manager for Panevino, here in Las Vegas, and creator of their delicious Plant-Based menu.

A Plant-Based diet is a diet derived of plants, including vegetables, legumes, whole grains, and fruits, and typically excludes all animal products, (meat, dairy, eggs) as well as highly refined foods, such as bleached flour, refined sugar, and oil. Plant-Based diets are becoming very popular due to the health benefits. It has been found to be beneficial for those with obesity, Type 2 diabetes, high blood pressure, lipid disorders, cardiovascular disease, as well as many other health issues.

Vincenzo had a very awakening reason to become plant-based and once he realized that it was his diet that was killing him he began his research. “I had the beginning of heart disease, my cholesterol was almost 300. I went to meet with Dr. McDougall to learn more about nutrition.”

After his research began, he knew that he had to make changes to the way he lived and the way he ate, and wanted to be an advocate for the plant based diet to help others who were unaware of why they were getting sick. During this journey, his eyes were opened to the big industries selling meat, eggs, and dairy and the horrible and unnecessary unhealthy effects that came along with these foods.

“The industry is getting people sick, not on purpose,

but, because it’s just business for them. They know that if you stay away from carrots, potatoes, kale, pasta, everyone is more likely to buy animal products. There is no reason we should make someone unhealthy at the sake of making money. And that’s what really pains me.”

Vincenzo grew up in Italy, in the city of Andria, in the southern Italian region of sunny Apulia (Puglia). He says in regards to his before plant based diet, “Before coming to the USA, although my diet did include many vegetables, legumes, and fruits, I cannot deny that as the Western-American (well-developed Countries) way of eating, gradually expanded in Europe and Italy as well, a good portion of my diet also included meats, particularly on weekends, and lots of fish, and definitely cured meats, and cheese. When I came to the United States, I was basically trapped into the SAD (Standard American Diet), although I’ve almost never eaten at a typical fast food outlet, as matter of fact, I refused to eat at any of these places. Nonetheless, the daily foods did most definitely include heavy portions of meat and cheese, and dairy-filled desserts, while vegetables, legumes, and fruits become gradually rarer.”





After 25 years in the restaurant business, Vincenzo realizes that big businesses control what most of the society believes about health, “They (big industries) say statements such as, “be careful! Don’t eat carbohydrates, because carbohydrates make you fat,” but that is a total social construct. When you look at the real science, the science that works for us, not paid science, you see that carbohydrates are forms of sugar.... 1 gram of carbs gives you 4 calories. 1 gram of fat gives you 9 calories. The industry has programmed us to stay away from carbohydrates, because it will make you fat. That is why people go out and say that they cannot eat pasta today and instead, eat more protein, because that is what the industry wants us to do.”

To Vincenzo, the most important thing that restaurant owners can give their customers are real choices, “We as a society need business owners to give real options for people. Right now you can go to a restaurant and just because they have pasta with three different sauces, that doesn’t mean we have choices.”

Vincenzo is always learning more about health and nutrition and urges more to do research because this field of research is always expanding and scientists are learning more each and every day, “There is not one night that I don’t go home and read an article about nutrition, because it is ever evolving and we are learning more and more every day. That is what really brought me to plant based nutrition, in addition to compassion. I used to eat these foods, and I had the beginning stage of heart disease, and that lead me to realize what the food industry does, and what these foods (meat, dairy, and eggs) do to you. I am in constant pursuit of the truth.”

Many people link the words Plant Based and Vegan and believe them to be the same thing, but as Vincenzo describes, they are different and come with different connotations. “Based on my conclusion, vegan is more of a broader term that is used for not only the food itself, but it also emphasises the compassion

aspect for the animals. Plant based emphasises more of the health aspect of the spectrum. When I look at people, most of the population, that look at the word vegan they just flip the page, and that is because they think that vegan is all these hippie, tree hugging people, but this is not the case for everyone.”

Everyone can be plant based, all it takes is some updating regarding habits and preconceived thoughts about diets, “Think about this: when you wake up in the morning do you wake up on the same side of your bed? Most people do. Do you think about which foot you are going to put down first, right or left? No you don’t! You just get up and go. People say that these are habits, but what are habits? Habits are a set of repetitive actions that your body has learned so well that you don’t need your brain to engage anymore, you just do it automatically. That’s why neuroscience says that by age 35, if not earlier, 95% of who we are is driven by our subconscious mind.”

Humbly, he says “I am here to enlighten people. I am not here to judge, if someone asks for my opinion I will give it to them to enlighten people, but I will never judge someone for eating plant based, or eating meat and cheese. The second that judgement comes into the picture, ego appears. The ego will not allow for compassion and further understanding.”

“We can all thrive, not just survive, but thrive on a completely plant based diet.”

Visit Vincenzo and his wonderful Plant Based menu at Panevino, right here in Las Vegas at 246 Via Antonio Ave, Las Vegas, NV 89119. <http://www.panevinolasvegas.com/> Panevino is upscale dining with a large Italian menu with plant-based options presented in a flowing, modern interior with skyline views.



# *What to do in Las Vegas!*

*By: Hayleigh Hayhurst*

**The ANMA 36th Annual Convention is being held in Fabulous Las Vegas on August 25-27, 2017 and we know you want to know what to do, where to eat and how to get around. We have some suggestion! Plan to arrive in Las Vegas before the Convention or stay few days after to enjoy Fabulous Las Vegas!**

## **EATS**

### **BEST PLACES ON THE STRIP**

- Las Vegas has Steakhouses and Buffets in almost every Hotel!
- Here is a great article by Susan Stapleton from Eaters Las Vegas about "Guides to great Restaurants, Hot Spots, Drinking Havens, Brunch, Breakfast and More"  
<https://vegas.eater.com/2017/1/4/14173880/best-convention-dining-restaurant-guide-las-vegas>

### **VEGAN/VEGETERIAN:**

- This is the most informative and spot on Vegan Guide for Las Vegas! Vegan's Baby about the best Vegan restaurants in Las Vegas!  
<https://www.vegansbaby.com/the-best-vegan-dining-in-las-vegas/>

## **FUN**

**The lights along the Las Vegas Strip are not the only enlightening things in town**

- **Pink Jeep Tours (check ANMA Facebook for details)**

- **Grand Canyon**

Special ANMA 10% off discount when booking through this link: <https://www.pinkjeeptourslasvegas.com?ddata=AMNADISC>

- **Hoover Dam**

Experience Lake Mead and Hoover Dam located about 45 minutes from Las Vegas are the manmade creations not to be missed.

- **Red Rock National Park**

Red Rock Canyon is located 17 miles west of the Las Vegas Strip on Charleston Boulevard/ State Route 159. Red Rock offers a 13-mile scenic drive, miles of hiking trails, rock climbing, horseback riding, mountain biking, road biking, picnic areas, nature observing and visitor center with indoor and outdoor exhibits as well as a book store.

- <https://www.blm.gov/programs/national-conservation-lands/nevada/red-rock-canyon>

- **Valley of Fire**

World-renowned for its 40,000 acres of bright red Aztec sandstone outcrops nestled in gray and tan limestone, Valley of Fire State

Park contains ancient, petrified trees and petroglyphs dating back more than 2,000 years. A Visitor Center provides exhibits on the geology, ecology, prehistory and history of the park and nearby region. The park also hosts many intriguing trails to tempt hikers. Located about 50 miles north of Las Vegas. Take Interstate 15 north; exit on Highway 169. <http://parks.nv.gov/parks/valley-of-fire>

- **The Mob Museum**

300 Stewart Ave, Las Vegas, NV 89101  
Monday-Sunday: 9am-9pm

The Mob Museum provides a world-class, interactive journey through true stories. From the birth of the Mob, to today's headlines. Shadows and whispers. G-Men and Made Men. Whether you like it or not, this is American history. <http://themobmuseum.org/>

- **The Neon Museum**

770 N Las Vegas Blvd, Las Vegas, NV 89101  
Monday-Sunday: 8:30am-10pm

The Neon Museum is dedicated to collecting, preserving, studying and exhibiting iconic Las Vegas signs for educational, historic, arts and cultural enrichment. The Neon Museum campus includes the outdoor exhibition space known as the Neon Boneyard. <http://www.neonmuseum.org/>

- **Highroller at the Linq**

THE WORLD'S TALLEST OBSERVATION WHEEL Soaring 550 feet above the center of the Las Vegas Strip, the High Roller sweeping 360-degree views of the Las Vegas Valley and The Strip, the wheel takes thirty minutes to complete one revolution. Whether enjoying a standard cabin, a Happy Half Hour open bar, the High Roller offers stunning views and a memorable vacation. z  
3545 S Las Vegas Blvd, Las Vegas, NV 89109  
<https://www.caesars.com/linq/high-roller>

## **SHOPPING**

If shopping is on your list as a way to spend your winnings, here is a list for you. For your expensive tastes schedule time at the luxury

shops of Crystals and Via Bellagio. Check out Fashion Show Mall at the north end of the Strip, Miracle Mile Shops at Planet Hollywood Resort & Casino and The Forum Shops at Caesars.

For an offbeat shopping center built from shipping containers, plus galleries & courtyard with playground head downtown to the Downtown Container Park.

Town Square - Is located on the North end of the Las Vegas Blvd. Whole Foods is Located here with many Restaurants and outdoor Shopping.

Las Vegas South Premium Outlets and Las Vegas North Premium Outlets both located on Las Vegas Blvd on either end.

## **TRANSPORTATION**

**Las Vegas Monorail:** Located at the Westgate Resort with station stops all along Las Vegas Blvd. The best way to get along the Strip! Discount offered for ANMA convention guests through this link, single ride all the way to 7 day passes are available and everything in between: <https://tickets.lvmonorail.com/ANMA2017/>

**Town Square Shuttle:** Town Square provides complimentary shopping shuttle to and from several destinations on the Las Vegas Strip. With the combination of the Monorail and the Town Square Shuttle you can expand your shopping and dining options.  
<http://www.mytownsquarelasvegas.com/shuttle>

Shuttles on the Strip- ??

## **RIDESHARE:**

**Lyft** - Use offer code "HAYLEIGHH128873" (first time riders only)

**Uber**- Use offer code "hayleighh48ue" (first time riders only)

## **FOOD DELIVERY:**

Many of the restaurants in Las Vegas deliver, so after a long Convention day order with the following

**Postmates-** Use offer code "ETXHE"



# 2017



# Join Us!

## American Naturopathic Medical Association

The American Naturopathic Medical Association (ANMA) is the largest and most active Naturopathic membership group that fights for your right to practice. Our 36<sup>th</sup> Annual Convention is coming up and we encourage you to attend with a special offer. ANMA will be celebrating 36 years of success. The Exhibitors, Attendance, and Quality of Speakers have improved significantly each year, making this the largest, most well attended naturopathic convention and educational seminar in the United States. This is an invaluable opportunity for you to see and experience the newest therapies and equipment available. You will enjoy this occasion to meet many of the members and this is your chance to meet colleagues, school representatives, and form valuable supportive friendships with others who share your views. Please join us in Las Vegas for the 2017 Convention. ANMA's Convention offers 23 hours of continuing education.

## ANMA 36th Annual Convention & Educational Presentation

**Friday, Saturday, Sunday - August 25, 26, 27, 2017**  
Activities begin Friday morning at 8:30 a.m. through Sunday at 3:00 p.m.

**WESTGATE HOTEL & CASINO - Las Vegas, Nevada**

**For Hotel Registration: go to <https://aws.passkey.com/go/SANM7R>**

**to access convention info and direct link to room reservations OR call 800-635-7711 code SANM7R**

**Special Room Rates: Sunday-Thursday \$39 Friday & Saturday \$72**  
**Continuing Educational Units Available – 23 hrs.**

- ☐ Current ANMA (Professional, Associate, Student or Supporting) \$100.00  
☐ Bring a Colleague \$50 includes lunch ☐ Non Member \$595.00

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ Professional Title: \_\_\_\_\_

Email address: \_\_\_\_\_

VISA/MC/Discover: \_\_\_\_\_ Exp.Date: \_\_\_\_\_ VCode: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

☐ Spouse may attend convention at no additional charge. Please include name of guest on registration form.

☐ Saturday luncheon \$50.00 each additional for free attendees and spouses.

No Refunds after 02/17 - all refunds will be charged a processing fee.

MAIL TO: P.O. Box 96273 Las Vegas, NV 89193 \* Phone 702-450-3477 \* Fax 702-897-7140 \* [admin@anma.org](mailto:admin@anma.org)