An Easy To Follow Plan To Help Prevent and Reverse Allergies, Arthritis, Asthma, Diabetes, Heart Disease, Metabolic Syndrome, and Other Chronic Health Issues.

by
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and
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Dedicated To Helping You Live A Better Live
Simple Secrets to Health and Longevity

Published by
Saylor Medical Group, Inc.
1200 S. Pinellas Ave., Suite 3
Clearwater, FL 33469
727-938-9966
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Saving John’s Life
Simple Secrets To Health And Longevity

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Library of Congress Control Number: 2008909866

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Dedication

This book is dedicated to my mother. Mom struggled with many chronic health issues all her life with little success. She suffered from a myriad of health issues including diabetes, heart disease, hypertension, and cancer, that I believe were directly related to her diet, exercise (or lack of), and obesity. I committed myself to return to school just months after her death to try to find answers to help people with their weight and chronic health issues.

I could not forget to thank my wife Betsy whose constant help and support makes it possible for me to do what I do. She also served as a proofreader for this book.

Most of all I want to thank Jeannie for allowing us to bring her story and delicious recipes to you. Her commitment and love for John comes through in her story and in the delicious foods.
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Introduction

The goal of this book is to provide you with easy to understand life changing information that you can use starting today.

The bible teaches us to treat our bodies as temples and to do things in moderation, including eating. Most of us are very good at ignoring these teachings and do not take very good care of our temple. By its very teachings, the bible and other religious documents teach that we must take responsibility for ourselves.

Unfortunately, our society today teaches not accepting responsibility for our actions. We look for someone else who was at fault or someone to fix it for us when something goes wrong. I believe the statistics that follow prove we must take responsibility for our own health. We live in the country that spends the most on healthcare but overall we rank 14th in health statistics.

So, if we are the most drugged society in the history of the world, but still not very healthy, then drugs must not be the answer to our chronic health problems.
I believe the vast majority of physicians are sincere and well meaning. They want you to be healthy. Unfortunately, the very training that makes them great at acute care makes them not so great at chronic care. From their training, most do not understand the fundamental role of nutrition in health and function. Medical schools teach virtually nothing about the practical, preventive, and therapeutic uses of nutrition, supplements, or functional medicine. Science is now proving that these methods can even change genetic expression. No longer does having a family history of illness mean that you have to suffer the same fate as others. There is now proof that a proper diet and the correct supplements can prevent and reverse illness. If you have someone, no matter what his or her position or status is, tell you otherwise they simply are not educated on the latest data or they are an ostrich. They simply bury their head in the sand and refuse to accept what is true.

Let me give you some examples of changing genetic expression. First, the obvious natural difference of expression - identical twins have exactly the same
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genes but many times will have different health issues. This illustrates that the genes are expressing differently for some reason.

On a PBS special titled Ghost in Your Genes, they look at research on this subject. I will summarize two of the studies. In the first study, they look a particular species of a mouse that is always the same dull color, obese and with many health issues. In this study, they injected a pregnant mouse with a nutrient cocktail. For humans this would be a particular diet and the correct supplements to affect the genes. When this mouse’s offspring were born they had a different, healthier hair color, they were slim and did not develop any of their mother’s health issues. The second study was designed to look at the bad effect on genetic expression. They injected a mouse during her pregnancy with a pesticide known to cause cancer and other health issues. As her offspring grew, they developed these health issues and cancers. Surprisingly, when they had babies they also grew up to have the same health issues and cancers and then their offspring grew up to have these health issues.
and cancers. From one exposure only, three generations later the mice were still having health issues related to that single exposure. This would indicate that we can affect our genetic expression for generations to come by what we consume and to what we are exposed.

A study by the Diabetes Prevention Program (DPP) shows how to prevent type 2 diabetes. (There are studies showing that those that already have type 2 diabetes can reduce or eliminate their need for medications. This is also true for those with high blood pressure and high blood lipids, as well as arthritic conditions and others. We could fill another book with test studies, but that isn’t the focus of this book.) The following was a major government funded study. This study of 3,234 people at high risk for diabetes showed that moderate diet and exercise resulting in a 5 to 7 percent weight loss could delay and possibly prevent type 2 diabetes. Study participants were overweight and had higher than normal levels of blood glucose, a condition called pre-diabetes (impaired glucose tolerance). Both pre-diabetes and obesity are strong risk
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factors for type 2 diabetes.

The DPP tested two approaches to preventing diabetes: a healthy eating and exercise program (lifestyle changes), and the diabetes drug Metformin. People in the lifestyle modification group exercised about 30 minutes a day 5 days a week (usually by walking) and lowered their intake of fat and calories. Those who took the diabetes drug Metformin received standard information on exercise and diet. A third group received only standard information on diet and exercise. The results showed that people in the lifestyle modification group reduced their risk of getting type 2 diabetes by 58 percent. Average weight loss in the first year of the study was 15 pounds. Lifestyle modification had an even greater effect in those 60 and older. They reduced their risk by 71 percent. People receiving the drug Metformin reduced their risk by 31 percent. Diet and exercise was almost or greater than two times better than the drug. The study also showed that standard medical information on diet and exercise was not sufficient.
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Since 1994, I have been practicing functional medicine, reading and studying scientific and medical journals; taking science based nutritionally oriented seminars and writing about how vitamins, minerals, herbs, and other aspects of nutrition can greatly improve health. I have seen thousands of patients that I have treated with Functional Medicine do as well or better than studies indicate. For you to have the best health future, I can say without a doubt you must make functional medicine part of your life. As you saw from the above example, lifestyle changes outperformed the drug 2 to 1. This did not even take into consideration the drug’s side effects. By using the recommendations and recipes in this book, you are taking a big step in the right direction in taking control of your health.

The following information demonstrates what not using functional medicine, including proper diet has produced for the United States and her citizens. These are categories in which we do not want to be the world leader, but unfortunately, we are.

Obesity, metabolic, and cardiovascular issues are
the most serious health problem throughout the world. More than half of U.S. adults are overweight (61%) and almost a third (32%) of U.S. adults are obese. The rates of obesity more than doubled in the 1990s and are currently rising by over 5% per year.

Research shows that in the United States alone, consumers spend roughly $30 billion annually trying to lose weight or prevent weight gain, with an estimated $1 billion to $2 billion spent on weight loss programs. Weight and related issues are all part of the same web of illness you will learn about throughout this book.

Some, but not all, of the illnesses that are related to the same underlying cause and their death rates are: Heart disease kills 652,091 Americans each year, stroke another 143,579, cancer 559,312, diabetes 75,119, and Alzheimer’s another 71,599 as reported by the National Center for Health Statistics. Think of what a positive effect it would be if we could reduce these numbers by half or just by a third. Drugs will never produce this change, but diet, exercise and nutrients can. It is up to each one of us to bring about this change.
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Actually, most of us take better care of our car than we do ourselves. We would never put inferior gas or oil in our car that we knew would cause harm, but we do put food into our bodies that causes a lot of harm. You do not just wake up with arthritis, cardiovascular disease, Alzheimer’s, diabetes, or cancer one morning. It takes years to decades to develop. These diseases are just symptoms and very rarely occur without an underlying cause. The cause is most often lifestyle. If you already have these health problems, you may realize that standard American medical treatment rarely ever addresses the underlying cause. Unfortunately, conventional medicine usually only treats the symptoms and not the real underlying cause.

That is why a stent procedure must be repeated in many patients within a few months to a couple of years and a bypass usually needs to be redone in 7 to 10 years, maybe 15 if you do exceptionally well. Remember these procedures do nothing to address the underlying cause of the blockage throughout the rest of your body or to keep the treated blockages from reoccurring.
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If you do not live the lesson of treating your body as a temple and you let your body down, at some point it will let you down.

Living to be 80, 90, 100, or more can be great if you feel good, are healthy and active. If you are not healthy and active these years can be misery with many people just wishing it would all end. We are not even discussing the cost of poor health to you and your family. Many a family has been forced into bankruptcy by the time the life of a chronically ill person ends. Which scenario do you want for your last days? Healthy and active or spending your life savings on just surviving?

I was fortunate enough to meet Jeannie Pierce and hear her story on how she learned to cook healthy to save her husband’s life.

To say I was very impressed after hearing her story would be an understatement. She even brought samples of the food she was talking about to the office. It was delicious. She told me how her husband’s cardiologist had told her about how improbable it was for a bypass to last as long as John’s. His cardiologist
suggested that she should write a recipe book. I agreed completely and thought this was a great idea also.

When asked, Jeannie even consented to take time out of her busy life to teach a few healthy cooking classes as a community outreach. Everyone enjoyed and learned from the information Jeannie shared. Even more the classes loved the food she made for them and wanted more. Those that then made the dishes for their family and friends report back to us that everyone loved them. I whole-heartedly agree because my family and friends feel the same way.

That is when the decision was made to write this book, which I believe can change health, change lives, even save lives. Again, Jeannie graciously agreed. From that discussion, Jeannie agreed to supply her recipes and I would write a book explaining how they worked and why everyone should follow her example.

I believe the information in this book will improve and could possibly save your life or the life of someone you love. Just ask John and his cardiologist.

We know diet plays the largest role in most
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everyone’s health. You cannot live without food. Because of this your health and longevity is almost totally dependant on the decisions you make. Diets, along with not smoking, controlling stress, proper sleep and avoiding toxins are the five things you can control that will have the biggest impact on your health.

As you read and use the information in this book, you can change your health outcome and that of your family. In some cases, this cannot only mean the difference in your health, but in your financial security.

Poor eating habits, far more than your genetics, are at the core of most modern degenerative disorders. The fact is that disorders discussed in this book and their improvement by dietary changes is supported by hundreds of scientific studies and by successful clinical experiences.

Ultimately, you alone are responsible for your own health and the use of the information in this book is a very positive step toward that responsibility. You simply cannot ignore your personal responsibility and turn your body over to a doctor the way you might ask a
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mechanic to fix your car. To be healthy you must participate. This book provides a plan for you to empower yourself and to safely prevent and overcome most health issues. You will discover how easy it is to take charge of your diet and your health - to feel better than you ever imagined.

I hope that this book will only be a beginning for everyone. The information here will allow you to take almost any recipe and modify it to a healthier dish and keep the taste.

It’s Not As Hard As You Think