



JOURNAL OF THE JANMA

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The President's Corner

Dr. Richard Drucker

As the new President of the ANMA, I would like to take this opportunity to introduce myself to all of you. I am Dr. Richard Drucker, and I have been involved with ANMA since 1999 and dedicated my life to the pursuit of exceptional organically-bound and proprietary nutritional products. I have earned a Bachelor of Science from the Indiana University, earned from Clayton College of Natural Health a Masters of Science in Natural Health, Doctorate in Naturopathy, and a Doctorate in Natural Health with specialty in Natural Immunology. Having suffered health issues at a young age and unable to find relief from allopathic practitioners' approach, I conducted my own research and discovered the importance of high-quality, optimum nutrition on my own health. I founded Drucker Labs in 1999 and have become a highly respected authority in the field of natural health. It is an honor to be President of ANMA. All of us at ANMA are excited to celebrate our 40th Anniversary and I am looking forward to meeting with you all. The Board of Directors and I hope you will join us August 27, 28, 29, 2021 in Las Vegas at the Westgate Resort in person! Help us celebrate 40 years of success!

The health and safety of all visitors to Las Vegas are paramount and ANMA will be joining forces with Sentry BioProtection to protect and sanitize all the areas of the convention against bacterial and other pathogenic growth. The Registration Desk, Speaker Halls, Exhibit Hall, Membership Luncheon area will be treated. The active ingredient is registered with the EPA a Safe, Non-Toxic and Long-lasting coating lasting up to 6 to 12 months. Read more about this amazing product in this edition of the JANMA. The Westgate Resort has implemented WestgateCARES to the enhanced health and safety plan. The Nevada Governor announced that the state-wide goal is Las Vegas will be able to fully reopen at 100% capacity by June 1. That means, Las Vegas shows, bars, and restaurants and conventions! The mask mandate with stay in place.

I would like to extend to you a personal invitation to attend the 40th Anniversary ANMA Convention and Educational Seminar. We take great pride in this event. Our goal is to create an environment where you experience ideas you never knew existed in a relaxed collaborative setting. This event takes place at the Westgate Resort and Convention Center. Westgate has kept the price of rooms low and ANMA has kept the price of registration low. You will also complete your CEU requirement for natural therapy certification boards. For more information go to the convention page on our website. See you soon!

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Epigenetics, Emotions and Healing Disease

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Have you ever heard someone say, "I'm sick and tired..."? They probably are, or will be! Chronic heightened emotional states create a perfect breeding ground for illness. In was through my practice with thousands of people that I noted the increasingly obvious relationship between one's mental focus on negative thinking, emotions, resistance to experiencing feelings and disease.

Thousands of years before Epigenetics and Psychoneuroimmunology (PNI), the Chinese Five Element Theory and Body Clock has lead the way to understanding the relationship between emotions and disease. The theory of the Five Elements or Wu Xing, is an ancient system, dating back to the 4th century BC. Wu means five, and while the Chinese word xing is often translated as "element".

The Five Elements are symbolic for the different phases, or primal forces within the universe, nature, and our bodies. Each element is also attributed to a certain personality archetype. Knowing which element(s) predominates our personalities can help further insight into our lives and relationships. The Five Element theory describes how the different organ systems are interrelated, and is used in traditional Chinese medicine to diagnose patterns of disharmony and disease.

This diagnostic tool connects meridians of the body to emotions, organs, and glands. In turn, each emotion has a corresponding electromagnetic energy pattern. Since acupuncture meridians are energy channels corresponding to organs, and each organ stores specific emotions we can easily see the relationship between disease and our thoughts, identities and belief systems.

Psychoneuroimmunology

PNI's major focus has been the study of stress and how the body's stress response relates to the emotions of anxiety, fear, guilt, anger and sadness, weaken the immune system, interfere with healing and even cause disease. For physical health and wellbeing, we need to be able to effectively release stressful emotions from the body and cultivate a more balanced state.

The immune system and the brain talk to each other through signaling pathways and they are the two major adaptive systems of the body. Two major pathways that are involved in this cross talk: the Hypothalamic-pituitary-adrenal axis (HPA axis) and the sympathetic nervous system (SNS). The activation of SNS during an immune response might be aimed to localize the inflammatory response. The body's primary stress management system is the HPA axis. The HPA axis responds to physical and mental challenge to maintain homeostasis in part by controlling the body's cortisol level.

The rapidly expanding fields of PNI & Epigenetics have sound answers to healing the root cause of disease. In times of stress, a negative message absorbs into our unconscious mind; we reinforce these by focusing on them for some period of time. When you negatively judge yourself you are reinforcing, even instructing your unconscious mind to persist with the behavior. Research tells us that this information is then transmitted to all our cells! Our cellular intelligence is designed to self-heal but most patients aren't aware of this fact. Moreover, every time we think about something we don't want, we actually draw it to us.

A healthy internal environment includes empowering

identities, which stimulate positive belief systems and emotions. As Carl Jung's research revealed: a persona is an identity (unconscious, pre-existent disposition) we hold, which we present to the outside world. This persona propagates beliefs, which in turn stimulate emotions. Most identities are unconscious and specific ones may be connected to genetic predispositions.

Understanding Why Patients Experience Stress

Clearly, stress is the uncomfortable gap between...

- a) how we would like our life to be and
- b) how it actually is!

If this gap is persistent and growing - despite our efforts to reduce it; the distress becomes acute.

Understanding Epigenetics

In biology, epigenetics is the study of changes in phenotype (appearance) or gene expression caused by mechanisms other than changes in the underlying DNA sequence, hence the name epi- (Greek: *ἐπί*- over, above) genetics.

The study of the molecular mechanisms by which environment controls gene activity referring to heritable changes in gene expression that occur without alteration in DNA sequence. There are two primary and interconnected epigenetic mechanisms - DNA methylation and covalent modification of histones. In addition, it is also becoming apparent that RNA is intimately involved in the formation of a repressive chromatin state.

Traditional science has believed that our genes are fixed and that nothing can change genetic determinism.

Conversely, the new biology of epigenetics is proving that cells are responsive to their environment and that these responses reach deep into the internal structure of the cell, including the DNA. It is proven that cells have a dynamic cellular intelligence; research indicates that genes are being turned on and off based on environmental factors. What is most exciting and empowering is that if the environment that supports the disease is eliminated, and a new healthier environment replaces it, the predisposition for the genetic disease will not be supported and it will not manifest. The discovery that cells are responding to the internal environment of our

thoughts, beliefs and feelings gives all of us founded hope that changing our behaviors literally produces biological changes on the cellular level.

Epigenetic research reveals the following.

- Genetics are controlled by perception of our environment NOT genes.
- Genes do not control who you are nor your biological expression.
- Genes adapt to your beliefs and identities
- Genes cannot turn themselves on or off; the organism changes to adapt to the environment.

Lets review another potential link between epigenetic processes and disease called Methylation.

Methylation is the passing of a chemical fragment called a methyl group (a carbon atom linked to three hydrogen atoms) from one molecule to another. This chemical "tag" acts as an all-important signal and structural modification throughout our bodies (Mitchell 1998). Although there are many uses of methylation, DNA methylation is one of the essential, and one of the most important uses of methyl groups. If methylation of DNA is limited or prevented, mouse embryos won't develop and life just stops (Li, et al., 1992).

DNA methylation was the first epigenetic alteration to be observed in cancer cells. Hypermethylation of CpG islands at tumour suppressor genes switches off these genes, whereas global hypomethylation leads to genome instability and inappropriate activation of oncogenes and transposable elements. It appears that genomic DNA methylation levels, which are maintained by DNMT enzymes, are delicately balanced within cells; over-expression of DNMTs is linked to cancer in humans, and their deletion from animals is lethal. Furthermore, methyl cytosine is capable of spontaneously mutating in vivo by deamination to give thymine. Indeed, 37% of somatic p53 gene mutations (and 58% of germ-line mutations) occur at methyl CpGs, and these mutations are strongly implicated in the cause of cancer.

A number of factors can influence the DNA methylation levels of a cell without requiring a change in genomic DNA sequence.

- Aging: With aging in certain tissues there is a general tendency for the genome to become hypomethylated whereas certain CpG islands become hypermethylated, a situation reminiscent of that found in many cancer cells . Whether this age-dependent change in DNA methylation is linked to the increased cancer incidence in later life remains to be determined.
- Diet: Nutrition supplies the methyl groups for DNA (and histone) methylation via the folate and methionine pathways. Importantly, mammals cannot synthesise folate or methionine and so a diet low in these compounds leads to alterations in DNA methylation. These changes have been associated with cancer.
- Environment: Many toxic agents such as arsenic and cadmium can have profound effects on DNA methylation. Arsenic causes hypomethylation of the ras gene whereas cadmium induces global hypomethylation by inactivating DNMT1. You can detoxify arsenic and cadmium with both homeopathic medicine and a whole body detoxification.

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Certain Food Toxins: Revealing the Role They Have in Autoimmune Disease

By: ELIZABETH ANNE DELANEY

MAY 22, 2019

Thesis

In this paper, I am investigating the science of how certain food toxins can contribute to an AID. I am not delving into the science against sugar, CAFO meats, dairy, or bad fats. I hope that from this paper you will understand why removing these food toxins is so advisable for those with an AID. To do that, I will prove the converse, how these food toxins are contributing to AID by inciting our immune systems and inducing increased intestinal permeability (IIP). I am going to start by explaining briefly what AID is, how it is diagnosed, how the conventional medical system treats it, and lastly its causations from a more functional medicine approach. Next, we will discover why IIP and Gut Dysbiosis (GD) are at the roots of AID, and what causes these dysfunctions. I will continue with a summary of the immune system and how it works. Then, I will cover each of the food toxins; revealing the role they have in the development of AID. Finally, I will give my opinion on these food toxins, and what the Bible has to say on them - indirectly. The bulk of my information will be coming from Dr. Sarah Ballantyne's book *The Paleo Approach*. Dr. Sarah became an advocate of the paleo diet after experiencing her health problems, that had been plaguing her since a kid, disappear after only months on it. She uses her extensive knowledge in innate immunity, inflammation, and epithelial cell biology to give the scientific backing for the Paleo Approach model. The model for this paper came from her book. I will also pull from Dr. Alessio Fasano's pioneering work in the discovery of zonulin, and how gluten is connected with IIP and AID. [...continued in full version.]

Introduction to Toxic Lectins

Lectins are carbohydrate-binding proteins present in all plants, and all life forms as well. The problematic ones are a subset known as toxic lectins, specifically prolamins and agglutinins. These are an issue because "they are difficult to digest...known to interact strongly with the brush border of the intestine...can activate the immune system... can increase intestinal permeability."²⁶ In terms of the toxic lectins present in edible seeds, although their name suggests that they are highly toxic, they do not cause death upon consumption! Rather over time, their toxic actions build up. Sometimes it is fast, as with Crohn's disease, but other times their effects may not even be recognized for a while. Partly because some prolamins only affect those with specific genes, usually found in autoimmune disease (AID) ironically! Not killing us right away makes it difficult to track their actions, but their toxicity is no less a problem.²⁶ Let us look at the prolamins and their effects first.

Prolamins

Prolamins are present in all grains, pseudo-grains, and legumes. They are storage proteins and make up a high number of the proteins that are necessary for the germination of a seed. "Prolamins function as storage proteins in plants... There are many different prolamins, all characterized by their high content of the amino acid proline."²⁷ It is estimated that prolamins make up 50% of the protein in grains, some have more and others less!²⁷ Can we digest this protein? "our digestive enzymes...are not good at breaking apart proline-rich proteins into individual amino acids."²⁷ They end up partially digested and yet can still pass through our barrier, thereby damaging the enterocytes²⁸[the cells that make up our intestinal gut wall] and/or activating our immune system in the process. "Prolamins ... can

irritate your gut lining to the point that it becomes permeable...I believe there's a genetic predisposition that factors into how readily intestinal permeability does or does not occur. If these undigested proteins get out of your digestive tract and into your system, your body responds with an immune response and systemic inflammation."⁵¹ "Several fragments of gliadin [gluten protein] have been well characterized in terms of their effect on the gut barrier and their ability to activate both the innate and adaptive immune systems."²⁸ Gliadin is the prolamins present in wheat, but some others are zein in corn, avenin in oats, orzenin in rice, etc. Much of what we know about prolamins and their effects comes from studies, often done for celiac research, on "gliadin fragments...commonly formed when gluten is partially digested by our proteases."^{28,28} We can, however, apply what we see from how gliadin affects our guts and gain an understanding of how the other prolamins are possibly affecting our guts and immune systems.²⁸ There are two ways that gliadin crosses that barrier: the transcellular pathway and the paracellular pathway. Sometimes it mainly crosses by one of the two ways in an individual, in others, both ways occur.²⁸ To understand fully what is going on, let us take a look at the happenings in each of these pathways.

Paracellular Pathway

In the paracellular pathway, the glutinoid fragments get through by opening the tight junctions between the enterocytes; they directly generate increased intestinal permeability (IIP)!²⁸ To understand how this works, let us first review some facts about zonulin. It is released by our enterocytes to signal the fast opening and closing of the tight junctions. However, when gliadin attaches to receptors known as CXCR3, it triggers zonulin release.⁵⁴ These CXCR3 receptors are located on our enterocytes. In non-celiac patients, the zonulin release was less widespread and for a shorter duration. However, IIP still occurred.³⁹ However, it is interesting to note that celiac patients sometimes had higher levels of zonulin even after going gluten-free.⁵² According to Dr. Alessio Fasano, those with celiac disease are not the only ones to experience higher levels of zonulin. "We have seen this in celiac disease and type 1 diabetes and multiple sclerosis. When we discovered what zonulin is all about in terms of genes, now we know that zonulin

is the precursor of a molecule, a protein called haptoglobin 2...And using that as a biomarker, we see that there are three major categories of conditions that see zonulin upregulated or present in a mutated fashion. These are autoimmune diseases, and besides the three that I just mentioned, it has been proven in Crohn's disease...tumors ovarian cancer, pancreatic cancer, glioma, these kinds of cancers, and then in diseases of the nervous system, including schizophrenia and autism."⁵² In a study conducted in 2006 by the Mucosal Biology Research Center, they "concluded that gliadin activates zonulin signaling irrespective of the genetic expression of autoimmunity, leading to increased intestinal permeability to macromolecules".³⁹ Once the tight junctions are open, then the gliadin pieces and other macromolecules are able to cross over where they trigger both the innate and adaptive immune systems.²⁸ Dr. Ballantyne explains, "The production of cytokines and the stimulation of inflammation can cause damage to gut enterocytes...thereby causing a leaky gut."²⁸ Having these partially digested protein pieces slipping out of the gut and into our body also allows for the creation of autoantibodies, because they are foreign to the immune system.

So, to sum up, the paracellular pathway is when the tight junctions, between the enterocytes, are opened up allowing free passage through the gut wall. This is achieved through the contact of CXCR3 receptors and gliadin triggering increased levels of zonulin release.

Transcellular Pathway

The transcellular pathway is composed of two pathways: Retrotranscytosis and lysosomal. "Retrotranscytosis of gliadin has only recently been identified...studied only in the context of celiac disease...mechanisms...are not necessarily limited to celiac disease...could occur in anyone with gluten intolerance and iron deficiency. Lysosomal pathways are also not limited to those with gluten antibodies or genetic susceptibilities."²⁸

Retrotranscytosis Pathway

Let us begin by looking at the retrotranscytosis pathway. IgA antibodies, made by our B cells, move from our gut lymphoid tissue through the enterocyte cell to the apical side of the cell and lumen of the gut. The apical side is the brush border side of the enterocyte, and lumen simply

means the inside of the gut. This pathway is called transcytosis. These IgA antibodies perform a variety of actions. A pathway known as retrotranscytosis returns these IgA antibodies into our body from the inside the intestinal lumen. This is the opposite pathway of transcytosis. It is the movement from the apical side to the basolateral side of the enterocyte cell. How is this connected with gluten and other prolamins? IgA antibodies against certain gliadin fragments can be present in high levels in the intestinal lumens of active celiac patients and healthy individuals.²⁹ When these IgA antibodies against gluten "form a stable complex"²⁹ with the gliadin fragments, it conforms perfectly into a transferrin receptor and is then retrotranscytosed out of our gut and into our body.²⁹ (This transferrin receptor is actually for iron absorption and is located in the apical side of the enterocyte.) These gliadin fragments set off our immune system, both active and innate.²⁹ "Again, the resulting production of cytokines and stimulation of inflammation can cause damage to gut enterocytes, thereby causing a leaky gut."²⁹ Evidently, "Results showed that...transferrin receptor protein mRNA were increased while body iron stores were reduced in celiac disease."⁴⁵ Perhaps the anemia accounts for them having a greater number of transferrin receptors, which then leads to more gliadin fragments getting across the gut barrier and inciting their immune systems even further.

To recap, retrotranscytosis happens when IgA antibodies, bound to gliadin, attach to a transferrin receptor, thereby triggering their passage through the enterocyte into our body. The result is activation of the immune system, and damage to the gut wall.

Lysosomal Pathway

Now let us look at the lysosomal pathway; the other transcellular pathway. Endocytosis occurs in healthy individuals and is the method by which our cells can take in things that are too big to absorb through other pathways. The cell does this by allowing its plasma membrane to wrap around and pinch off the molecule, creating what is known as an endosome. There are many different kinds of endosomes, but the one we are going to focus on is the lysosome. "Lysosomes contain enzymes (called lysosomal-acid proteases) that can break proteins apart into individual amino

acids."³⁰ When the lysosome reaches the basolateral side of the enterocyte, it can then be exocytosed out of the cell. This would not be a problem except that the gliadin is not always broken down and then activates the immune system!³⁰ "It is unknown what percentage of gliadin peptides may remain undigested through this process in those with autoimmune disease."³⁰ Many healthy individuals do break down the gliadin, but not celiac patients.³⁰ Also, it has been shown that gliadin can damage the lysosome.³⁰ If the lysosome is damaged and spills the contents into the enterocyte, both the gliadin and the enzymes are now in the enterocyte. This more or less ensures the enterocyte's death due to the digestion of its own proteins and creates a hole in our gut lining where that cell once was. This furthers the problem by allowing more undigested proteins, and other contents of our gut, out of our gut and into the waiting immune system.

There are two ways that the prolamins gliadin can damage our enterocytes through the lysosomal pathway. The first is that it raises the levels of oxidants.³⁰ Remember that oxidants (free oxygen radicals) increase inflammation and age the body. The body does use them, but increased levels are very unhealthy for the body. The thought is that the oxidant levels are raised due to specific pieces of gliadin turning on inflammation markers.³⁰ This can damage the enterocyte, manifesting in cell division problems, cell morphology (the shape of the cell, which must be right for optimal function.), and cell death. The other way "is the mobilization of intracellular calcium-ion stores."³⁰ The concentration of these ions is greatest in the endoplasmic reticulum. "The endoplasmic reticulum is the organelle within every cell responsible for protein synthesis, lipid metabolism, carbohydrate metabolism, and detoxification. When it is stressed, it can't do its job efficiently."³⁰ If functioning subpar for long enough, the enterocyte will go into cell apoptosis (intentional cell death). In both cases, if the enterocyte dies, you then have an open space where the contents of the gut can leak out and set off our immune system. It is a bit of a cycle! It is not known whether or not the raised oxidant levels and movement of calcium-ion stores are due to the lysosomal or retrotranscytosis pathway.³⁰ It also is not known if there is an amount that must be consumed before these processes start to occur or the role that genes might play in the strength of our reactions to the prolamins gliadin.³⁰ Regardless, it is evident that much damage can happen to the gut barrier and inflammation cytokines are increased both in healthy and unhealthy individuals. So, gliadin,

when in the lysosome, can damage it, increase oxidants, remain undigested in less healthy people, and in the cell "mobilize calcium-ion stores"³⁰. In summary, it creates IIP and trigger the immune system.

Summing Up Prolamins

I wondered how this information connects to other prolamins, not merely gluten. Whenever gliadin, or any foreign protein, passes through the gut barrier into our body, it can trigger the immune system to attack it. Side effects of this are IIP, inflammation (and therefore IIP), and the creation of antibodies/autoantibodies. "While further research is required, some doctors and researchers are even beginning to believe that gluten sensitivity may be a factor in every autoimmune disease."¹⁵ In all of these pathways, gliadin is allowed through the gut barrier. Given the "similarity in structure and homology"³¹ of prolamins, it is quite likely that the other prolamins have similar actions in the gut as the prolamins gluten. Dr. Ballantyne finds, "studies show that prolamins in quinoa, corn, and oats can cause damage to the gut and stimulate the immune system in celiac sufferers in a manner completely analogous to gliadin."⁷ A review states that "These results support the hypothesis that peptides from zeins that are resistant to human digestion are able to induce a celiac-like immune response in some CD [celiac disease] patients by a similar mechanism to that triggered by wheat gluten peptides."⁵⁹ In addition, prolamins are difficult for our digestive system to break down which can lead to GD, besides being hard on our pancreas due to the need for extra enzymes. "gliadin is known to inhibit the activity of three important enzymes: lactase, sucrase, and dipeptidyl peptidase 4"³⁴, located in the brush border of our intestine. Lactase breaks down lactose, sucrase breaks down sugars into monosaccharides, and dipeptidyl peptidase 4 helps with immune regulation. Also, "prolamin-rich foods feed only certain species of gut bacteria, so only certain strains increase in number..."³¹ GD, as we know, can cause IIP all on its own. So, although the majority of our knowledge in this area is coming from studies on gluten and in the context of celiac disease, we can know that there is an overlap in the mechanisms observed for other prolamins for healthy individuals

as well.

Let me review. Prolamins can pass through our gut barrier two ways: paracellular and transcellular, which includes two pathways: retrotranscytosis, and the lysosomal pathway. In the paracellular and retrotranscytosis pathways, IIP occurs, and it can happen in the lysosomal pathway as well. This is key because IIP is at the root of all autoimmune diseases. This might seem like enough evidence against grains, pseudo-grains, and legumes, but there is yet one more: Agglutinins!

Agglutinins

Agglutinins are compounds, located in the germ of the seed, that "protect the seed from fungal infection and perhaps from insect predation as well."⁸ "WGA [wheat germ agglutinin] is the best-studied agglutinin, and probably the most detrimental (although soybean agglutinin is a close second..."⁸ Again, as with prolamins, agglutinins are not digested very well because of our lack of proteolytic enzymes to break them down. These agglutinins travel through our gut mostly intact. The problem, however, is not them traveling through, it is when they interact with the brush border of our intestines.⁸ WGA is quite adept at doing this!⁸ "This is possible due to the specific recognition and binding by lectins to glycans."⁴⁷ How does it interact exactly? In all cells, there is a twice thick outer membrane composed of fats and some proteins (for membrane functions). This outer layer is known as the lipid bilayer. Eight different sugars can be embedded into this lipid bilayer for multiple functions of the cell. Whether the sugar is attached to a protein or a fat determines whether it will be called a glycoprotein or a glycolipid. This is where WGA comes in. WGA attaches tightly to two of these sugars: N-acetylglucosamine and N-acetylneuraminic acid.⁹ In all animal cells and our glycocalyx layer are these same two sugars, N-acetylglucosamine and N-acetylneuraminic acid. When WGA binds to these sugars in our enterocyte's membrane, it is quickly endocytosed into the cell.⁹ Why? Remember these sugars are not just by chance in the membrane, they are receptors and signalers. One particular receptor is the Epidermal Growth Factor (EGF). "The EGF receptor is well known to promote what is called receptor-mediated endocytosis and may be the reason WGA is so readily internalized by gut enterocytes."⁹ This means that when WGA attaches to the EGF receptor, the endocytosis pathway is turned on. Not only that, but EGF also regulates the

paracellular pathway (the junctions between the cells).⁹ Might this be why WGA can so quickly pass through our gut barrier? WGA stimulates our immune system as well, both the innate and adaptive.⁹ It does this by promoting pro-inflammatory cytokines which encourage phagocytosis, raise production of oxidants, encourage helper T cell growth, and raise B cell antibody synthesis.⁹ Finally, by attaching to B cells derived from the blood, WGA causes white blood cell apoptosis and an inflammatory response of the immune system.²¹ It also binds to the cytokines on T cells, thereby preventing their propagation.⁹ Now, you might be thinking "I know gluten isn't the best, but beans are healthy!". Not exactly! Phytohaemagglutinin (PHA), or kidney bean lectin, is quite toxic.²¹ Although most of the toxin is destroyed in the cooking process, there are still the digestive enzyme inhibitors that need acid water soaking to be neutralized. Additionally, PHA is mostly neutralized by boiling, but other agglutinins are not.²¹ The peanut agglutinin can be found in the bloodstream after consumption, showing that it must create IIP.²¹ The soy agglutinin is even be studied to see if it can be used as a chemo drug!²¹ To summarize, WGA can cross the gut barrier through endocytosis and the paracellular pathway by binding to sugars in our glycocalyx layer. Once across, it actuates our immune system, innate and adaptive, by promoting pro-inflammatory cytokines, thus damaging our gut through inflammation in the process. "While most have not been as extensively studied as WGA, agglutinins from other plants have been shown to have similar effects."²¹ By looking at what we see from a few, we can gather that agglutinins create IIP, activate our immune system, and contribute to gut dysbiosis (GD), due to their indigestibility.

My Opinion Section

The Benefits of Soaking and Fermenting

I find it interesting to note that when grains, pseudo-grains, legumes, and nuts/seeds are soaked, fermented, or sprouted, some of these issues are reduced or eliminated. Soaking nuts 7-24 hours in salt water and then drying in a 150-degree oven for 12 hours or more neutralizes a large amount of the phytic acid and enzyme inhibitors.⁴³ It does this by activating certain enzymes that liberate the minerals and vitamins from the phytic acid.⁴³ "During the process of soaking and fermenting, gluten and other difficult-to-digest proteins are partially broken down into simpler components that are more readily available for

absorption.⁴³ Sally Fallon declares, "Sprouting increases vitamin B content...neutralizes phytic acid...neutralizes enzyme inhibitors...Complex sugars responsible for intestinal gas are broken down...inactivates aflatoxins, potent carcinogens found in grains. Finally, numerous enzymes that help digestion are produced during the germination process."⁴² If you were to look at animals whose diet is largely other plant matter and grain, you would find that they have as many as four stomachs, creating a longer tract and longer transit time. Lactobacilli help out in the first and second stomachs of these animals.⁴³ Contrast this with mankind that has only one stomach and a shorter track and transit time. This allows for him to eat meat without it spoiling during the transit time, contrasted, it makes for an unsuitable place to digest the grains well.⁴³ By fermenting or soaking your grains, pseudo-grains, legumes, and nuts/seeds, you give your body a head start with digestion and allow for better absorption of minerals and other nutrients. It is certainly interesting to note that conventionally-raised GMO crops are bred to be higher in these troublesome constituents: prolamins, phytic acid, agglutinins, and digestive enzyme inhibitors because these constituents are what make the crop resistant to disease and predators. This is why buying organic and soaking or fermenting is so important even if you do not have a sensitivity or allergy. Looking at the history of other cultures' preparations of grains reveals this same practice. In Sally Fallon's *Nourishing Traditions*, she observes how, "In India rice and lentils are fermented for at least two days before they are prepared as idli and dosas; in Africa the natives soak coarsely ground corn overnight before adding it to soups and stews, and they ferment corn or millet for several days to produce a sour porridge called ogi; a similar dish made from oats was traditional among the Welsh; in some Oriental and Latin American countries rice receives a long fermentation before it is prepared; Ethiopians make their distinctive injera bread by fermenting a grain called teff for several days; Mexican corn cakes, called pozol, are fermented for several days and for as long as two weeks in banana leaves; before the introduction of commercial brewers yeast, Europeans made slow-rise breads from fermented starters; in America the pioneers were famous for their sourdough breads, pancakes and biscuits; and throughout Europe

grains were soaked overnight, and for as long as several days, in water or soured milk before they were cooked and served as porridge or gruel. (Many of our senior citizens may remember that in earlier times the instructions on the oatmeal box called for an overnight soaking.)"43 "Andean Indians recognize that the antinutrients in quinoa are neutralized in this way."43 Peoples from all different places in the world have known to soak and ferment their grains, pseudo-grains, etc. It amazes me and shows that there is something behind it - not just a crazy idea. It is interesting to note this especially since we now know that IIP and GD is at the base of AID. Even if you do not currently 'have an issue' eating these grains without soaking, it is still wise to begin fermenting and soaking. Eating a diet high in unsoaked or unfermented grains is especially rough on the digestive system. Spelt5, 3 and kamut are ancient grains that are sometimes tolerated better by those that still cannot consume wheat, even when soaked. Maybe you are wondering about corn? Yes, soaking is needed. Simply soak in lime water overnight to free up the vitamin B3.43 The soaking will also render the amino acids in the germ easier on your gut. Buckwheat has anti-cancer nutrient nitriloside.43 Now whole rice and millet have lower amounts of phytic acid and are okay to consume without soaking, but they should still be cooked for at least 2 hours in bone broth, to account for the minerals and to help digestion.43 Now that we have seen how the ancient cultures prepared and consumed these foods, what does the Bible have to say regarding this topic?

Thoughts From a Biblical Perspective

Dr. Ballantyne mentions how it has only been with the Agricultural Age that we started eating these problematic foods, namely grains, pseudo-grains, legumes, etc. This being because the fire had to have been discovered along with the ability to save seed and plant crops. However, this is just not Biblically true. In Genesis 4:2 we see that Cain, the firstborn of Adam, was a tiller of the ground. Agricultural ability was present from the second generation onward, not during the Neolithic (new stone age) time frame as evolution would suggest. Also, how did our beginning fathers live to such great ages (up to 969 years!) if grains and the like are so detrimental for our gut and immune system health?

They should have been dead way earlier from cancer, obesity, and autoimmune diseases if indeed these food toxins are the only causes. Is it maybe all the genetic modifying, pesticides, immature harvesting, poor growing conditions, improper feed for cattle, and lack of nutrients in the soil? Just some food for thought (no pun intended)! You can see references in the Bible of grain and lentils. Esau sold his birthright for a bowl of lentils. In the account of Ruth, we see an impoverished young woman gather barley grain for her mother-in-law's and her's sustenance. In Psalm 104:15, it says, "And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart." In the New Testament, we see how Jesus and His disciples were walking through a field of grain and ate of it as they walked because they were so hungry. In the Levitical law, God provided for the poor of the Israelite society by commanding the Israelites to not gather every last bit of grain, and other crops. Instead, they were to leave the corners and bits for the poor to gather for their sustenance. When you look at the diet commanded by the Lord to the Israelites, they mainly ate meat at feasts and the fat was not even eaten. It was the best part and for the Lord. Meat "would have been rare on the typical Israelite table from day to day."40 "the basis of the diet was really bread, oil, wine, supplemented with some vegetables and fruits, depending on the season."40 Also, the Bible speaks against gluttony. These are just some thoughts. We must not forget, however, that the grains back then were nothing like the grains of today, nor were they prepared as they are today. "When we changed our food sources, eliminated the medicinal properties from our food, and added toxins that destroy the gut lining, autoimmune and neurodegenerative conditions simultaneously increased."6

Conclusion of Research

Alright, this was a lot of information I gave to you! I hope it helped you to understand the role these food toxins have in the development of an AID. These food toxins are a problem not so much due to individual reasons, but rather because of how they trigger the immune system, interplay with the gut barrier to form IIP, and encourage GD. This is vital because these factors are among the causations of AID. It is a diametric line of thinking compared to how the mainstream medical system views AID, but if you think about it, it is a body, mind,

spirit approach. It fits with the idea that illness is not by accident, but rather when one of these areas is neglected. Instead of trying to suppress an 'overactive' immune system, it rather focuses on supporting the immune system by healing the gut, providing necessary nutrients, and removing inflammatory foods. It makes perfect sense now why removing these food toxins is not only advisable but imperative for those with an AID or those who have a genetic inclination to an AID. Knowing this does make it more conceivable to remove all these comfort foods!

Let me recap. Grains and pseudo-grains are difficult to digest, contribute to GD and IIP, and trigger the immune system. However, we also saw how these foods were prepared in older cultures to assist our digestive systems with breaking down these foods and absorbing their nutrients. So, should autoimmune patients consume these foods? From what I see the answer is a resounding no! All prolamins should be avoided even by autoimmune patients that can tolerate them because there does not need to be an allergy or sensitivity for gluten to get through and once through it stimulates the immune system and the gut wall is damaged. From what we know, those with celiac disease should not even consume gluten-free grains because of the damage these inflict on the gut lining and health. If you do not have an AID, have a healthy gut, and tolerate these foods fine, then I think they can be eaten. However, I would do it with moderation, and preferably when fermented, sprouted, and properly prepared.

[I am now a health coach and work for myself at The Well Niche! Follow me on Instagram @thewellniche, Facebook, and LinkedIn for health tips and recipes.]

View the full version here: <https://drive.google.com/file/d/1ySJ1SWprCS5hQchnlxsq0aoK0ED5ggY4/view?usp=sharing>

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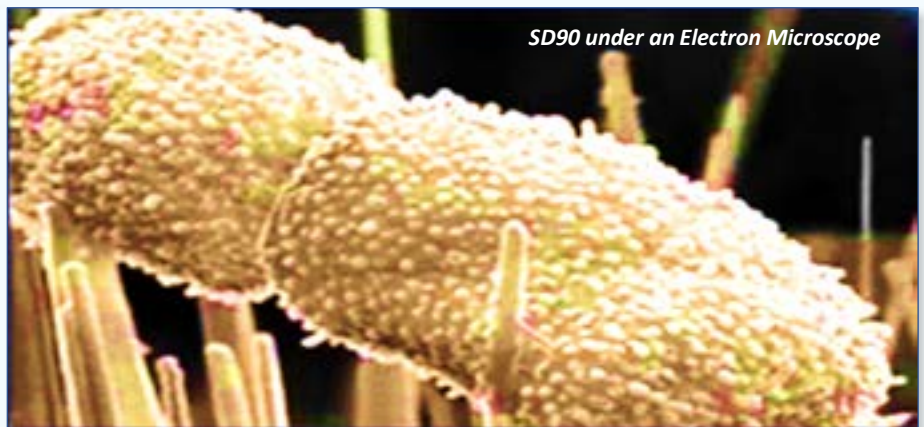
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The Nine Horsemen of the Current Health Apocalypse

Dr. Bob Lund

Summary

Modern living has slowly but surely created an increasingly hostile context for human physiology to thrive in. Excepting the largely eradicated infectious diseases, developed nations have embraced the “normal” lifestyle, environment and diet that forces human physiology to express chronic and degenerative disease (CDD). Additionally, new and increased stressors such as toxins and electromagnetic fields cause novel stress expressions in our bodies. Taken together with the relentless increase in refined and toxic foodstuffs, like sugar and vegetable oils, and a decrease in vital nutrients such as magnesium, copper and amino acids, we continue the march to a vast majority of our population suffering from various CDDs. This paper proposes that we are at a tipping point in human spiritual, soul, and body (SSB) health. Our institutions are not moving fast enough to combat the nine horsemen of the current SSB apocalypse that is underway. Though we mourn the very real losses that have occurred during the current COVID-19 pandemic, it is unfortunate that even more attention is distracted from the real pandemic(s) occurring in our midst. Consider this paper to be issuing a health defense readiness condition (DEFCON) level 1; actually beyond DEFCON 1. We have been being attacked and we should have been confronting the Nine Horsemen vigorously, with immediate defensive strategies and offensive weaponry. From my perspective, the present total COVID-19 craziness has tipped us into a full-on, health war. If we do not act now, what comes in the next decades will be a virtual annihilation of once great and productive peoples, in many nations on earth. Human progress, peace, creativity, and productivity will be exchanged for a minority of people caring for a majority of disabled, demented and handicapped ones. And where will the financing come from when our GDP yields to the burden of caring for so many debilitated people? We have precious little time, too few people taking the bold, necessary steps, and far too few practitioners willing to

risk what is necessary to shift human SSB health now. The response of mainstream media, traditional western medicine (TWM), and most political bodies to the current COVID-19 situation is, unfortunately, a massive distraction from the real underlying issues that build and support healthy bodies which resist any lifestyle, environment and diet stressors... including pathogens. But in the midst of the aforementioned bad news, there is some very good news! I will also provide keys that promise an immediate shift in the right direction for our individual and collective health.

Introduction

What follows is a hybrid of a research paper, a fire-side chat and an air-raid siren. I will sound a bit bossy at times, but I am very passionate about providing a brutally honest appraisal of the near-apocalyptic nature of the true pandemics in our midst, as well as providing the current and subsequent generations with some keys to restoring vibrant, thriving life.

Each year I take time to assess my progress with not only my health, but that of those around me and my patients. I especially like to answer the following questions:

- Are we really identifying, and properly dealing with, the root causes of the plethora of CDDs we are currently facing? Or are we merely settling for the latest pharmaceutical palliative?
- Are there any new, potential root cause stressors that have cropped up in our collective lifestyle, environment, and diet (LED) trends?
- What practices, beliefs, and even dogmas could we be still adhering to that may have lost the relevance they may have had in years past?
- What new scientific evidence has come about this last year that I need to factor in CDD treatment?

It is a well-known fact that a new, proven truth regarding some aspect in medicine can take up to a couple of decades before it becomes a part of the curriculum and training for doctors, and integrates into day-to-day practice. A review suggested that it took an average of 17 years for just 14% of original (new discovery) research to be integrated into physician practice, let alone be taught in schools. Unfortunately, there is so much inertia that has to be factored into what kind of standardized treatment a patient receives. Things like, what the school taught the doctor, how she was mentored in a clinical setting, what accepted literature promotes, what medical boards adopt and enforce as standard of care, what the doctor is used to, what the doctor's own hubris will admit, what the patient thinks they need, what the media (drug commercials) promotes, what attorneys are willing to argue, how the courts have been ruling, what the patient is willing to comply with, and what the insurance company is willing to pay for. Unfortunately, the above dozen or so issues can come into play with nearly every eight-minute patient visit. And, the bitter little cherry on top of that awful sundae, is that the patient is rarely ever cured, only treated. Modern medicine profits from disease, not health.

Whew, I got a little dizzy just writing the above. We must realize that a seemingly innocent, but generally very necessary, thing such as stopping a statin drug for cholesterol, and implementing a LED that reduces inflammation across the board will be met with resistance. If anything goes wrong, the blame game starts, tempers flare, medical boards and courts might get involved, and where is the money going to flow or stop? Such is the state of disease management today.

In The Beginning

In order to properly explain the current health apocalypse and offer some exciting solutions, we must first start with the fact that God, Creator of the earth and universe, who is head-over-heels in love with us, designed the human body to be mind-blowingly self-healing. And to not just survive but to thrive. But like anything of complex design, thriving is context-specific. As much as I love scuba diving, thriving under water for more than just moments of time is very difficult. That is not where humans were designed to thrive. Duh... What is less obvious is the myriad of ways that modern living has tampered with key contextual elements that The Creator built into the very fabric of our existence. Our spirit, soul, and body are incredibly resilient, but do have limits, and all three need

a context for optimal health to occur. It is my view that we have been pushing those limits for thousands of years, but in earnest, for the last 170 years or so, especially in the physiological realm.

A number of issues, due to deficiency, overload, and imbalance, have led to the rise, with some explosive spikes, of CDDs. These will also be referred to the diseases of civilization (DOC). Taken together, these CDDs, along with their economic impact, threaten our very existence. Life in many of the developed nations is at a tipping point; if we do not act quickly and decisively, humanity will drown under the burden of the mind-boggling misery of CDDs, and the consequent and suffocating economic price tag.

The majority of the causes of health-related death in history, up to the early part of the 20th century were infectious in nature: GI distress, TB, smallpox, etc. Thankfully, many nations have moved beyond such. We know that much of infectious disease is due to poor hygiene, sanitation and water. But today, our greatest health and longevity threats are not contagious. We do not get a heart-attack by someone sneezing on us. And what is crazy, but beyond the scope of this paper, is that no one is really sure that something like COVID-19 is actually contagious, passing from person-to-person. It is assumed.

There has been an unmistakable upward trend of heart disease, cancer, stroke, diabetes, etc., since the late 1800s, along with some alarming spikes, such as the explosion of autism and most of the auto-immune conditions, since around 1990. In two previous papers, published in JANMA, I detailed many of these statistics and conditions. I recommend you take the time to read those since I will be updating and building on the discussions there.

The Rate of Injury Exceeding the Rate of Repair

In the simplest terms, given the approximate proper context for our body, as long as the rate of repair exceeds the rate of injury, we do well. The trouble is that many, if not most, modern folks are plagued with chronic, long-term, low-level insults that result in various systems being stressed, often to the point of disease overload. Sleep disorders are ubiquitous. Ischemic heart disease, cancer, diabetes and so many other CDDs all arise slowly as oxidative stress, manifesting in chronic inflammation, contributes to a high injury-to-repair ratio. Often these nefarious processes are occurring in our bodies over the span of decades.

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Many people who try to live and eat healthy often get stuck on one, or perhaps a few, aspects of what makes for optimal health. In nearly every patient case that I am confronted with, rarely is there but one health insult; there is rarely, therefore, just one silver bullet. It's more like multiple factors as dear, ole' Saint Anthony suffered (Figure 1). You will note that there are eight demons plaguing Anthony. Think of these eight as eight horsemen of our health apocalypse. The ninth, of course, is from within Anthony himself, his own heart and mind-space care... i.e. attitude.

Figure 1 - The Temptation of St. Anthony - You, Being Attacked by Numerous Health Demons

Many folk who turn to alternative, natural, and holistic (ANH) practitioners have either been to a traditional western medicine (TWM) doctor, or have exhausted themselves (time, energy, money) trying to deal with their serious health issues on their own. Often, they turn to Amazon and do a search on "health books:" 70,000 results. Seriously, where does one begin? Every diet imaginable. Whole wheat is "goodness," one minute, and then it's the enemy in the next. High fat, low carb. Organic oatmeal even has gluten. A zillion different multi-vitamins, all claiming to be the answer. Carnivore only. Vegan only. Spice-rack medicine. Crazy making, at best; a waste of money, and possibly a basket of disease, at worst.

Most folks want to feel better, as much as possible in the short term, without interfering too much with the gift-of-pain processes that God wired into us in order to guide us away from disease. These suffering ones would like to get to the root of their health problems, thereby avoiding the wheel-of-disease-misfortune. There is a far too common vicious cycle of pain, pain-relieving medication, with some temporary pain-relief... however, there is often a day of reckoning for the collateral physiological stress due the medication.

Some CDD Sobering and Staggering Statistics

Here are some stunning statistics straight from the CDC website:

Condition	# Deaths Per Year	% of all Deaths	Hard Costs per Year (billion)	Soft Costs-Lost Productivity (billions)
Heart disease/stroke	868,000	33%	\$214b	\$138b
Cancer	600,000 deaths	22%	\$174b	\$95b(est)
Pre-/Diabetes*	#diag=122m	n/a	Combined =	\$327b
Obesity - kids	#diag=16m	n/a	\$147b	?
Obesity - Adults	#diag=101m	n/a	Combined*	?
Arthritis	#diag=54 m	n/a	\$140b	\$164b
Alzheimer's**	#diag=5 m	n/a	\$100b	n/a

Figure 2 – Some CDD Statistics

Notes: * Prediabetes and diabetes are not typically listed as causes of death; rather these are now known to be underlying and impacting conditions like heart disease, renal failure, blindness, cancer, etc.

** Alzheimer's is the 6th leading cause of death. By 2040 cost per year to treat is expected to exceed \$380b.

Figure 2 shows some deaths and a number of key conditions diagnosed each year. A recent Rand study concluded that 60% (195 million) of all Americans have one chronic disease such as heart disease, cancer, asthma, diabetes, etc., while 42% (137 million) have two.

Is anyone else seeing what I'm seeing? Can anyone else say P-A-N-D-E-M-I-C? Or perhaps the word A-P-O-C-A-L-Y-P-S-E is more fitting? A pandemic or apocalypse does not have to mean death. How about an apocalypse of misery, loss of thrive, and the depressive hopelessness that often ensues? Or what about the apocalypse that occurs to most Americans' wallets as a result of increasing disease management costs and loss of productivity?

Let's say for the moment that the COVID-19 death stats are accurate (there is evidence for exaggerative over-stating...). A half a million deaths due to this condition. Compare that to the couple million a year dying from CDDs, and moreover, the 190 million plus who often feel like they are the walking dead. And all these CDDs are preventable and, in most cases, curable!

In a twelve month period we have witnessed the near shutdown down of nations, the imposition of draconian measures (masks, gathering shutdowns, destruction of businesses), while handing out golden handcuffs in the form of paltry stimulus money. This stimulus money is really only a financial opiate, foreboding a new great depression for at least a couple of decades, according to James Rickards, in his new book entitled The New Great Depression.

As with most of the fraudulent, viral pandemics in the past a completely needless blanket of fear was thrown over entire nations of people. And with insult-to-injury, little to zero real science has backed any of it.

How the CDC Interprets the CDD Explosion

From the CDC website, they say that the risk factors to prevent CDDs are smoking, alcohol, no-exercise, and diet. But from their own website, they say that smoking for the last 15 years is massively down! While a comprehensive study on physical activity has shown that physical activity is slightly up in the decades prior to 2005, and total physical activity is slightly down, this change is not nearly enough to explain the explosion of CDDs especially since the late 1980s. They say, “Stopping smoking lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease...” And we would agree, but if smoking is way down, why the explosive rise of so many CDDs? Further they say, “A balanced diet of fruits, veggies, whole grains, lean meats, and low-fat dairy products is important at any age.” Probably the only thing I would agree with on that list is veggies, and only non-starchy ones at that! Current science proves all the other diet advice as wrong.

What we clearly know today about the CDC’s “balanced diet:”

- The majority of fruits are sugar bombs and should not be consumed by a population who is standing on the edge of a diabetic cliff
- Whole grains (even if non-GMO and organic) are not our friends even as Gundry and others have shown
- Lean meats; which of our ancestors eschewed the fat?
- Low-fat dairy; organic whole-fat dairy can be great for some, but only if not pasteurized, homogenized, and loaded with chemicals.

Low-fat, wrong fat, fruit and grains is actually what got us into this mess, along with the myriad of “vegetable” oils that are deemed to be “heart healthy.” Nothing could be further from the truth! Clearly, “they” cannot be trusted in the quest to identify and eradicate the root causes of the current CDDs.

Epidemiology 101

Our government cannot be trusted to guide us into health, and most of our TWM doctors have no training to discover root cause and cure CDDs. We must, therefore, become epidemiologists; ones who consider the bigger, longer picture. If we don’t look back beyond just a few years ago, we will never connect the dots of these longer term, slow and insidious threats to our well-being...

For most today of the millions who suffer and die from the REAL pandemics among us, referred to above, the growth of these CDDs began about 170 years ago and has had a number of significant upticks since then. Richard Leer has carefully compiled a jaw-dropping report on the rise of CDDs since around 1990. Further of interest, he only uses CDC, NIH, and NHANES data; this shockingly shows the real health crises among us. The literal knee-in-the-hockey-stick curves in the increases of many conditions are beyond alarming.

Pattern and trend recognition are a critical part of any real health practitioner's work. Most TWM docs, and too many ANH ones, get stuck in the trap(s) of modern "medicine." The ER and trauma medicine workers aside (my heroes!), I contend that real doctors, who teach their patients and press on to root causes, are few and far between. What can many of our precious comrades do in an eight minute office visit more than the pill-for-the-ill and drug-for-the-bug? Next patient. Real doctors listen, teach, test, train, coach, and cheerlead; oh, and did I say listen? Business and market forces place serious demands on most TWM doctors to NOT heal and cure, but rather treat... Sadly, many of my naturopathic peers are succumbing to similar pressures.

The Common Denominator(s) of the Diseases of Civilization

It is now commonly recognized that mitochondrial dysfunction has a strong role in most CDDs. Name them: Ischemic heart disease, cancer, obesity, type 2 diabetes, AMD, Parkinsons, non-alcoholic fatty liver disease, Alzheimers, some auto-immune disorders, and a myriad of others. But we know that there is really only one disease: Cells that malfunction. So much research has now shown that when anything disrupts the power plants of the cells in our body, commonly known as the mitochondria, then the cells of that tissue or organ system simply cannot do their job. It is then myriad of possible disease symptoms manifest.

Consider this by the eminent Dr. Thomas Seyfried, "You can't get cancer if your mitochondria are healthy." That statement alone destroys so much of TWM’s cancer focus and finance. Doug Wallace published a game-changing paper demonstrating that mitochondrial dysfunction is actually what lies at the heart of CDDs, aging and cancer. He believes that somatic mutations in our mitochondria, which can be caused by LED factors (especially excessive caloric consumption), lie at the heart of this process. At

least read the abstract of his paper.

Would it not be sensible to figure out what makes our tiny, but mighty, mitochondria happy and healthy? Apparently so!

Consider a few of the conclusions of a paper from 2016 that unveiled a couple of important findings. “Nutrient overload,” can cause our mitochondria to malfunction. Also, that a massive influx of calcium can cause mitochondrial death. Guess what Dr. Pall discovered about some NNEMFs? They can cause the calcium channels in our cells to open allowing enough calcium to cause cell death. Additional studies concluded that oxidized PUFAs can accelerate mitochondrial and cellular malfunction and death. These reasons alone give us key puzzle pieces in our quest for cause!

Another area, quite new to my knowledge and experience, is the effect of deuterium on our mitochondria. Boros et al have demonstrated how even a little bit more deuterium in our bodies can cause terrible mitochondrial dysfunction and death. Olgun has shown how deuterium can cripple ATP production in the mitochondria.

So, anything that disrupts our cells’ ability to make energy cripples them from performing their function. Think of the thousands of possible functions that cannot occur if cells cannot make energy.

Some of the obvious common denominators in the DOCs are toxins, toxic forces, and nutrient deficiencies. Also, many autoimmune disorders seem to arise from gut damage and microbiome dysbiosis. These can lead to a confused immune system that may result in “friendly fire,” i.e. our immune system attacks us. Exposing the connection of all of these dynamics to the root cause of CDDs like heart disease, cancer, diabetes, etc., has been difficult largely due to a faulty philosophy of disease and the tremendously lucrative business model that such a philosophy has spawned.

We need something more like silver buckshot than a silver bullet.

The On-going Quest to Identify Root Causes of the DOCs

For many years now I have been researching, experimenting, and performing many, micro clinical trials on just how to get to the root causes of not only the rise, but veritable explosion, of the diseases of civilization. For my own

understanding and ability to help sick folk, I have summed up the major areas of possible causes of our CDDs into nine groups. I refer to these as the Nine Horsemen of the Current Health Apocalypse.

So how do the Nine Horsemen of the current health apocalypse manifest? Here is the list, albeit abbreviated. Be sure to review my previous two papers in JANMA. In those papers I cover a lot more detail for each of the following nine areas. I will briefly discuss each, adding a few updates from my previous papers and then, in a following section, provide a game-plan to combat each.

The Nine Horsemen of the Current Health Apocalypse

1) Toxins/Toxicity - Modern living has introduced literally thousands of toxins that either side-skirt FDA approval, or get into our food, water and air. Glyphosate (Roundup) is probably the most widespread toxin used in chemical farming throughout the world. Samsel and Seneff have published a number of papers, in a series entitled, “Glyphosate: Pathways to Modern Disease,” outlining just some of the many deleterious effects of this nefarious chemical. Zhang et al have outlined a few key areas to be concerned about with GMO foodstuffs; those areas are toxicity, allergenicity, and genetic hazards. I consider the deuterium levels in much of our foods and water to be very toxic. Much has been written about chlorine and fluorine in our water, not to mention birth control hormones and other medications commonly found therein. Heavy metals in our mouth and environment have taken a horrific toll. Oxidized PUFAs, which is literally every PUFA we buy, have moved up on my “naughty list.” These fats become pathologically remodeled into our cells, especially adipose ones. They can have a half-life in us of up to 680 days! So, wherever these lipids land in our tissues, they can have an on-going oxidative, nasty influence on our health! One reason I ask patients to give one month of doing things right for each year of wrong, is partly due to the fact that these oxidized lipids from HOHUM PUFAS can hang around in us for many years before they are replaced!

2) NNEMFs – Non-Native Electromagnetic Fields (Frequencies) – God created our world and plant and animal physiology to thrive in the presence of native EMFs. But TWM has focused on the chemical and physiological nature of the body. What has been largely ignored is our bio-energetic nature that consists of electrical voltage, current, fields and frequencies. These

EMFs are present and necessary for us to even be alive, not only at the cellular level but at the environment level. Dr. Robert Becker demonstrated how electrical energy is a foundational part of all living creatures. There are five broad categories of NNEMFs. I am not certain, however, that these were intended to be a part of what we might consider “Plan A” in God’s created world. We captured and corralled these wild electron beasts, and have tamed them for incredible benefit to be sure, but at what cost?

Here is a brief summary of five types of NNEMFs that we must reckon with:

- Electric Fields (EF) - The cord for your nightstand light, even if the light is not turned on, still radiates dangerous EFs!!! The same goes for an extension cord with nothing plugged into it.
- Electromagnetic Fields (EMFs) - Wiring and devices like refrigerators, lights, clock radios all radiate electromagnetic fields.
- Radio Frequencies (RFs) - Electro-magnetic radiation from things like WiFi devices, cell phones, microwave ovens and smart devices, etc. Martin L. Pall, PhD, has compiled no less than 156 studies outlining the eight areas of NNEMFs physiological damage/disruption: DNA,
- Fertility, neurology, apoptosis, oxidative stress, endocrine/hormones, intracellular calcium, and cancer. Quietly ponder that list for a moment...
- Dirty Electricity (DE) - Dirty electricity is stray and toxic EMFs that feedback into your house wiring from the grid and your appliances. I refer to this as EMF "vomit." Magda Havas has demonstrated a dramatic relationship with the level of DE and various diseases such as diabetes, ADHD, MS, and more.
- Blue Light Radiation (BLR) - The preponderance of modern lighting focuses on a narrow, "blue-ish" range, largely because it takes less electricity than its big brother, incandescent (filament) bulbs. We now know that blue light environments impact human biology negatively, especially when not in context with the other sister colors in the spectrum (red, etc.).

We must be careful to not be destroyed by the tasty delights

of our technological tools.

Here is a teaser with respect to NNEMFs and their potential role in influenza and possibly even in the current COVID-19 pandemic. In his epic work, *The Invisible Rainbow*, Arthur Firstenberg asserts that, at a minimum, influenza outbreaks seem to be associated with electromagnetic shifts in our world. And at a maximum, such outbreaks could even be indirectly, or directly, caused by such EMFs. “If influenza is primarily an electrical disease, a response to an electrical disturbance of the atmosphere, then it is not contagious in the ordinary sense.” Firstenberg provides compelling evidence that this could be the case! For anyone interested in thriving in the midst of the tsunamis of NNEMFs, this book is a must read. Email me for a copy of my paper wherein I review this book.

3) Key Nutrient Deficiencies and Overload - It literally took centuries to dissuade our ancestors from the idea that some disease conditions were not caused by an outside pathogen invading our body but, rather, something not getting into our body that we actually needed. “A good example of this was the issue of pellagra in the early 1900s. Dr. Joseph Goldberger, a physician in the U.S. government's Hygienic Laboratory, the predecessor of the National Institutes of Health, discovered the cause of pellagra and stepped on a number of medical toes when his research experiments showed that diet and not germs (the then current medical theory) caused the disease. He also stepped on Southern pride when he linked the poverty of Southern sharecroppers, tenant farmers, and mill workers to the deficient diet that caused pellagra.” Often, overfed people are actually starving from a micro-nutrient deficiency. Deficient, key minerals, vitamins, fatty acids, and amino acids are way too commonly found at the root of CDDs today. Refined sugar and carbs, most fruit, and inflammatory PUFAS all dominate much of the American diet. These are not our friends; often they displace real food. If you want a very precise way to determine nutrient needs for an individual, consider the work of Dr. Guy Schenker. His monumental work entitled, *The Analytical System of Clinical Nutrition* is an amazing way to address the root causes of many CDDs.

4) Deficiencies of “Vitamins” G, N, S, W and X – Ober et al have demonstrated the incredible healing benefit of earth grounding. Humanity has progressively suffered more as we have further disconnected from nature. Sunshine on our skin is vital for human health. Sufficient, purified spring or well water (with minerals intact) is a foundation for

health. However, Boros et al have demonstrated that too many health seekers drink too much water, largely due to the deuterium concentration. One negative aspect of water to be mindful of is the deuterium concentration. It goes without saying that in order to be healthy, we must move our bodies! High-intensity, short interval workouts are best.

5) Mineral Dysregulation - There is a tremendous amount of wrong information about vitamin D, iron, copper, and many other vitamins and minerals. Morley Robbins and team has done a phenomenal job of bringing science and sanity to the world of vitamins and minerals. He provides overwhelming evidence for more Mg, less Fe, more Cu, sun or fish-derived vitamins D and A, and so much more. www.rcp123.org is a treasure-trove for the health seeker who wants the truth about nutrients without the sales pitch.

6) Suspect Foods that Contribute to the Rise of CDDs – While some have been widely consumed in the past, consider the following to not be your friends, unless absolutely sure that one might be. If we had not hybridized and GMO'd many of these to death, they might have been, at one time, ok to eat. But, due to our leaky guts and compromised gut microbiomes, many of these have been implicated in the rise of CDDs. I want to emphasize that if you have any CDD, unless you have a lot of money for expensive tests, then stop these now and don't start them up until your symptoms clear up. Perhaps then re-introduce a few one at a time.

Here is my list of the Suspect Foods:

Corn - Spikes blood sugar, contains alkaloids that are inflammatory, can cause leaky gut, and is implicated in diabetes and autoimmune diseases. One writer has called corn, the "new gluten." When farmers want to fatten up their cattle, guess what they feed them? Yep.

Peanuts - Ninety-four percent of all people possess an antibody against peanut lectins. This means that when you eat a peanut it is game-on for your immune system, especially if you have leaky gut. Food value that a peanut might have will be outweighed by the inflammatory stress it induces. Go for skinless almonds, macadamia nuts, hazelnuts, walnuts, pecans, and pistachios instead.

Gluten - laden foods - The modern strains of barley, rye, oats, and wheat (especially!), with the state of chemicals and our collective permeable guts, puts them on the permanent naughty list. Just say "no."

Nightshade vegetables - Tomatoes, potatoes, peppers and eggplant all contain alkaloid lectins that stress many peoples' immune systems.

Eggs - Eggs can be a perfect food! However, if you have a serious CDD, eggs could be a kryptonite for you. Unless you rigorously (and usually this means expensively) test for them, suspect them.

Dairy - Especially avoid type A1-Casein milk protein which creates a firestorm for immune, neurological, and endocrine systems.

Refined Sugars and Artificial Sweeteners - No comment necessary here! Stop these!

Soy - As JJ Virgin says, "There is no joy in soy." Just say "no."

Lectins - Stop right now, get online and order Dr. Gundry's The Plant Paradox. He has un-masked lectins for what they really are.

These foods, from my clinical experience and also from the experiences of my some of my heroes (Dr. Gundry, JJ Virgin, Dave Asprey, Dr. Laurens Maas, Dr. Mark Hyman), are to be at least eliminated entirely for many months, until you reach your health goals. Dr. Gundry, for example, a mentor of mine, has clinical experience with hundreds of patients who have nearly every autoimmune disease you can imagine, going into complete remission simply by eliminating many of the Suspect Foods above, and supporting the gut. His books The Plant Paradox and The Longevity Paradox are golden. The above foods produce measureable markers in blood labs; that is, if one or more of these are creating a physiological stress-storm in your body, the lab markers will tell.

7) Sleep - This horseman has robbed most people over forty years of age for far too long. About a third of Americans suffer from sleep disorders; and there are about 70 different ones. The challenge here is if we don't sleep, and sleep deeply, we do not heal. Period.

8) Leaky and Dysbiotic Gut; Poor Digestion – One well-respected doctor, scientist, and researcher said, in a recent interview, "If you live in America, you have a leaky gut!" A number of factors over the last 40 years have contributed to our microbiome (gut buddies) being out of control. When we are not in synchrony with the other 90% of the genetic material that comprises US (gut et al microbes), we suffer an increase in CDDs. Nearly all allergies,

sensitivities, intolerances, and autoimmune diseases start here. TWM has been on witch hunts for evil microbes for most of its existence; all too often the “cures” are toxic potions with nasty side-effects. Consequently too much of “medicine” focuses on killing microbes, rather than facilitating and boosting human health. The flood of antibiotics along with NSAIDS, glyphosate and medications that mitigate stomach acid, have created a war-zone in our gut. Not only do our intestines leak, but leaky brain and leaky sinuses are all possible as well! Consider, if just one amino acid is missing from our protein-building alphabet, this can impact nearly every compound our body needs to function! Tums and Advil are truly gateway drugs that will foment CDDs that will necessitate hard core pharmaceuticals, if we are not careful.

9) Stressors that Vex Our Spirit and Soul - The vast majority of patients that I see are treading water in the pond of fear, uncertainty, and doubt (FUD). Their health, relationships, finances, career, political climate, purpose in life, and the afterlife are all common stressor fuels. Of course, if we don't properly process FUD, the resulting emotional angst can manifest in not only things like clinical depression, but even fuel some CDDs.

The Making of the Perfect Storm Against Human Health by the Nine Horsemen

HOHUM PUFA consumption began in the late 1800s, spiked up around 1910 (Toxic Crisco introduced in 1911), and skyrocketed around 1960. NNEMFs came on the scene, in earnest, in the late 1800s. Refinement of grains and sugar increased about that time, along with an increase in consumption. Foods began to lack necessary micro-nutrients due to soil depletion, most notably copper. Iron was added to foodstuffs around 1940, adding to the increasing oxidative stress. Key dates for massive new expressions of NNEMFs came around 1889, 1918, 1957 and 1968, curiously coinciding with the four major influenza pandemics. Increasing disconnect between humans and the nature-context God designed for optimal health continued (insulated soles, indoors, no sun, poor air quality, overload of NNEMF blue light, little exercise, limited access to necessary microbes). Massive increases of petroleum based fertilizers and increases in pharmaceutical drugs began after WW2. Abuse of antibiotics, NSAIDS, PPIs, with liberal sprinkles of glyphosate and deuterium, a parade of hybridized and/or GMO'd foods that harm us, along with a ravenous increase in processed foods, and increases in caloric consumption, and decreasing quantity and quality of sleep... All the

above equates to: Cells that cannot function due to toxicity, lack of key nutrients and microbes, and increasing isolation. Add in to all this the trend to disregard God's wisdom, will and ways, and you end up with a stressed-out, sick, and lonely people who have lost their sense of purpose for both the here and now, but also for eternity.

The Musts... Start Here

This is where I am going to sound a little bossy... I really hate using the words “must” and “should;” I do not like the boot-camp approach to health recovery. However, we are now officially at war. Though the idea of war conjures up stress, muscle, fear, and grit, I maintain that one of the best offensive and defensive weapons for this war is a peaceful and confident attitude! The well-being of human SSB is under full siege. Envision your castle of medieval times being pummeled with fire-infused boulders being flung from trebuchets. It is actually that bad for us. Here are the Nine Horsemen again, but with bullet-lists of things for you to check; things you must consider starting, stopping, less, more, etc. Unless you are really on top of your own body with monitoring, testing, experimenting and knowing for sure which of these you don't have to address, you must assume that any of them, and possibly all of them, are your kryptonite. Again, this is not a drill. We must individually and collectively act now. We are out of time!

1) Toxins: Eliminate all HOHUM PUFAS and trans-fats, glyphosate, mercury fillings, along with other things like mold in your environment, and inorganic foods. High fructose corn syrup is a toxin, not a food. Research now the effects of deuterium on your health; rigorously go after a deuterium-depleting lifestyle; supplement with deuterium-depleted water to start the process. Buy organic. Processed foods and most food in the middle of a store are considered toxic, until proven otherwise. Start growing something now; buy seeds now.

2) NNEMFs: Keep cell phone and WIFI radiation far away from your body. Move if you live close to a cell tower. Shield yourself from smart meters. Eschew smart devices. Consider turning off bedroom circuit breakers during sleep. Phone always on airplane mode during sleep. Deploy dirty electricity filters. Hardwire networks. Wear amber, blue-blocking glasses after 5 PM. Stay electrically grounded with bed sheet, foot pad, and shoes designed for such. Test your skin voltage as I have described. You will be amazed as to the effect on it with earth grounding.

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3) Key Nutrient Deficiencies and Overload: Do everything in your power to eliminate key nutrient deficiencies, especially Mg and Cu. Stop sugar and refined carbs; so many better choices. Supplement carefully, if at all; an organic ancestral diet will fix most. Remember that a deficiency of even one amino acid can have ramifications throughout the entire body. Since there are almost as many amino acids as letters in our alphabet, how many words would be missing in the English language if just one letter was absent? Stop HOHUM PUFAS; start mono- and saturated fats.

4) Deficiencies of “Vitamins” G, N, S, W and X: You must get back into nature and get nature back into you! Bare feet on the dirt and grass; daily! Move your body in the forest, in a lake, through a park. Stay electrically grounded at work and in bed. As much skin showing to the sun as possible, without sun-burning or offending the planet! Literally too much water, especially if it is high in deuterium, is actually not helping you! Drink purified well or spring water that still has minerals; drink enough, but not too much!

5) Mineral Dysregulation: Unless you have absolute certainty to the contrary, stop Fe supplementation. Devour all at www.rp123.org. If you are a man or post-menopausal woman, you probably have Fe/Cu dysregulation; donate blood.

6) Suspect Foods: Stop all the suspect foods on the list above, especially if you have even one CDD. Only add back if you become certain that these are not harming you.

7) Sleep: Move heaven and earth to improve your sleep! Bed before 10:00 PM. Tape your mouth shut with 2” 3M surgical tape; I’m not kidding! It is critical to calibrate your D and B vitamins; learn from my mentor, Dr. Stasha Gominak; she has mastered this area! Amber goggles on and no food for 4 hours prior to bed time. Cellphone, WiFi, and circuit breaker to your bedroom all OFF. Sleep electrically grounded.

8) Leaky and Dysbiotic Gut; Poor Digestion – Chew thoroughly. Must avoid stomach acid blockers. No NSAIDS! Antibiotics only if you are dying! If you have any question about gut health, do not hesitate to supplement with a quality L-Glutamine. Keep in mind that virtually every protein the body makes contains virtually all 20 amino acids. And the body makes over 10,000 proteins just to keep us alive. Glutamine is crucial. Consider Ion Biome Gut Health supplement.

Make and devour sauerkraut and other wild-fermented vegies.

• 9) Stressors that Vex Our Spirit and Soul - How we process the challenges in life mentally help to form our outlook. Some consider this to be our optimism factor. All of the pills and potions in the world will not cure a pessimistic outlook; a joyful heart is medicine. An ancient Proverb says, “Where there is no vision, the people are unrestrained, but happy is one who keeps the Law.” How this translates in my life is real simple. If I know why I was created, and that I am not just some cosmic accident, then I will do whatever it takes to fulfill that purpose. If you are not sure that your life has created purpose by God, then why would you say no to temporary pleasure-inducing things, and yes to disciplines of body, soul and spirit that build a life of eternal significance? Jesus said, “You will know the truth and the truth will set you free.” Here is my favorite chunk of truth to meditate on when I am awake at 3:00 AM and sense there is a demon on top of my house hatching eggs of fear, disease, and discouragement: “The Lord is my light and my salvation, whom shall I fear? The Lord is the defense of my life, whom shall I dread?” I then recall and recite my life verse: “The Lord looks out over the whole earth. He gives strength to those who commit their lives completely to him...” Then I remind myself that God loved me so much that He paid a very high price to restore His image in me by sending His Son Jesus to pay the ultimate sacrifice in order to restore the image of God in me! Then I reflect, “Has my heart strayed from embracing and walking in God’s revealed ways, wisdom and will?” If so, I resolve to change those things and start fresh. Then I sleep, knowing that I have the strength of the One who created the universe backing me! Why not exchange your negative, dark, fatalistic, and hopeless attitude and outlook for an immediately transformed one? Right now!

It’s Going to Take Time...

Apart from the immediate effect of turning your heart to God, keep in mind that attending to the other eight above will generally not produce an overnight, miraculous turnaround. This is especially true if you have been cultivating CDDs for a few decades. Having said that, I have some patients who have seen amazingly quick results in ways such as, turning off cell phones and circuit breakers when sleeping, increasing a key mineral such as magnesium, dumping iron and increasing bioavailable copper, fixing their sleep most notably by wearing amber blue-blocking glass after 5 PM and mouth taping, etc.

Speaking of Time, Like a Very Long Time...

It has been said that 150 is the new 120. I am persuaded that God made people to live forever. Yes, forever! Some are trying to make a lifespan of 150 be the new pseudo-upper-limit of 120. My response? So what, 120, 150 not that big of deal. My grandfather lived to be 100 years exactly; born in 1900. I would not be thrilled to have had the last 5 years of his life, however! But if you are talking about 37 trillion years, now that's a big deal!

Subjective opinion alert! I know in my heart that the nine decades, or so, that I have in this physical body is just the beginning of the beginning! After I signed the title deed of my life over to Jesus Christ years ago, I began to experience so many things that had eternal dimensions to them. I purposely avoided reading the Book of Revelation (last book in the Bible) because I thought there was too much symbolism in it, and a lot of fear. But about 10 years ago, I picked it up again and actually began to understand the bigger picture. I was, and continue to be, mind-blowingly encouraged about the very long future for those who respond to the love of God by receiving the free gift of forgiveness of sins, eternal life, and the restored image of God in us!!! In light of all this, I now have almost an endless motivation to do whatever it takes to bullet-proof my spirit, soul, and body!

Clearly, lifestyle, environment, diet and sleep are huge, but what looms larger for most people is the relentless stressors of modern life. Consider a few: 1000s of toxins, NNEMFs bathing us like never before in history, 24 hour barraging of news (mostly negative and sympathetic provoking), pressures to work, perform, make money to cover a myriad of requirements, threat of increasing government controls, pandemics, less freedom, more dimensions of slavery, incessant blue light screaming at our endocrine system meddling with melatonin production, accelerated border incursion, potential invasion from China, and probable mandatory vaccines. Goodness! Lions, tigers, and bears, oh my... almost makes my heart rate and BP increase even as I type these words... except for one thing...

An Endless Source of Para-Sympathetic Peace!

Sometime, ask me how I am doing. My answer used to be something like, "I'm ok." Or, "I'm hanging in there..." And then I would proceed to tell you a couple of the biggest fears, worries, or challenges that

I was facing. I was allowing other things to matter more than what matters most. I would respond with either my biggest financial challenge, someone's criticism of me, a recent argument with a close person, or whatever the trouble-flavor-of-the-day presented. I could never be better than the circumstances life was presenting me with. If I really believe that zombies are going to start marching or that one more bite of a non-organic strawberry was going to do me in, then I would allow my inner peace control panel to be governed by those things. I would be a slave to events, real or fictitious. I would never be doing better than what life or people were doing to me. A slave that was chained to people, money, FUD, places, attitudes, job status, BMI, etc. Broccoli and Vitamin C can't fix this!

But what I really believe today, as reflected in how I actually conduct my day-to-day life, if you ask me how I'm doing, my answer is, "I'm doing super-duper good! While this does not mean that certain circumstances or people's actions are what I would like, but perhaps someday these things will catch up with how well I'm actually doing! Since I have peace with God, and nothing can separate me from his love, I'm no longer chained to earthly, weak and broken human wisdom, no longer a slave to the appetites and addictions that once ruled my life, and am seeing the image of God being restored in my life because I'm a new creation, I now have a completely new view of reality around me!" Holy smokes! This has fortified my attitude which, in turn, has contributed greatly to the extraordinary level of health I enjoy today at 63 years of age!

Conclusion: Amber Alert! Act Now!

Here it is, straight-up. If I could send an Amber Alert to every person in every developed country regarding the urgency of doing the foregoing to combat the raging Nine Horsemen, the following is what I would text:

"URGENT: The Nine Horseman are laying siege to your SSB health NOW. We are at a tipping point. TWM medicine, schools, and political bodies are too late; nothing in these venues is changing fast enough. We must be rigorous and act now to combat these Nine Horsemen."

May God extend His great mercy and help in our time of great need, as we look to Him for His will and wisdom in these difficult times.

******(For references, please contact Dr. Bob Lund directly at docbob333777@gmail.com******

About Dr. Lund

Dr. Bob Lund (Docbob!), DNM, TN, CTH, RCPC, CNT is a board-certified doctor of natural medicine. Dr. Lund has been a blood and nutritional researcher for over 25 years and has authored and published a number of medical journal papers. He is also a board-certified Tribal Healer (First Nation Medical Board), board-certified traditional naturopath, certified root-cause protocol consultant, and certified nutritional therapist. Dr. Lund specializes in getting to the root of illness, focusing on how to be healthy, rather than managing disease symptoms. Specializing in epigenetics, Dr. Lund helps identify lifestyle, environmental and diet elements that distract the body from health and vitality and trigger genetic-tendency health problems. He utilizes numerous modalities including blood lab analysis from a functional/holistic perspective, herbal medicine, metabolic balancing, Root Cause Protocol, live blood microscopy, earth grounding, "sick" building remediation (mold/toxins/EMFs), nutritional and vitamin/mineral therapy, and other traditional naturopathic healing techniques. Dr. Lund has authored a number of articles and books regarding computers and the proper functioning of the Church (The Way Church Ought to Be - 95 Propositions for a Return to Radical Christianity). Bob has a degree in Bible and Theology from Biola University. Applying his extensive experience in diverse engineering fields (software, electronics, radio-frequency engineering, and mechanics) to human health, Dr. Lund helps people take back their health and restore their bodies to the "blueprint" that God intended in the original (engineered!) creation account in the book of Genesis. He is passionate about helping people experience all the energy and vitality they need in order to be all they can be and do all they can do to walk out God's plan for their lives... so that they can die "youthful" at a very old age! He can be reached at docbob333777@gmail.com.

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WHEN YOU BECOME AN ANMA MEMBER

You support our meaningful action on:

- Preventing legislation that is harmful or keeps members from practicing
- Protecting the public right to choose naturopathy
- Promoting distance learning education
- Preserving the definition of Naturopathy



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School:	Address	From/To	Degrees	Date

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Location	Date
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CERTIFICATION(S): (If applicable)

Board	Date
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It is my desire to become a member of the American Naturopathic Medical Association and I hereby make application for inclusion in the ANMA membership.

Name as you wish it to appear on certificate (Name Only) _____

Payment of \$350/\$295 in check or money order, must accompany application. Refund made if membership not accepted. Canadian residents must submit comparable amount to U.S. currency.

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- ✓ ANMCB's certification adds a national level of competency recognized and requested by businesses, professional associates, peers and clients.
- ✓ ANMCB offers various categories of natural health certifications based on education and assessment. ANMCB 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.

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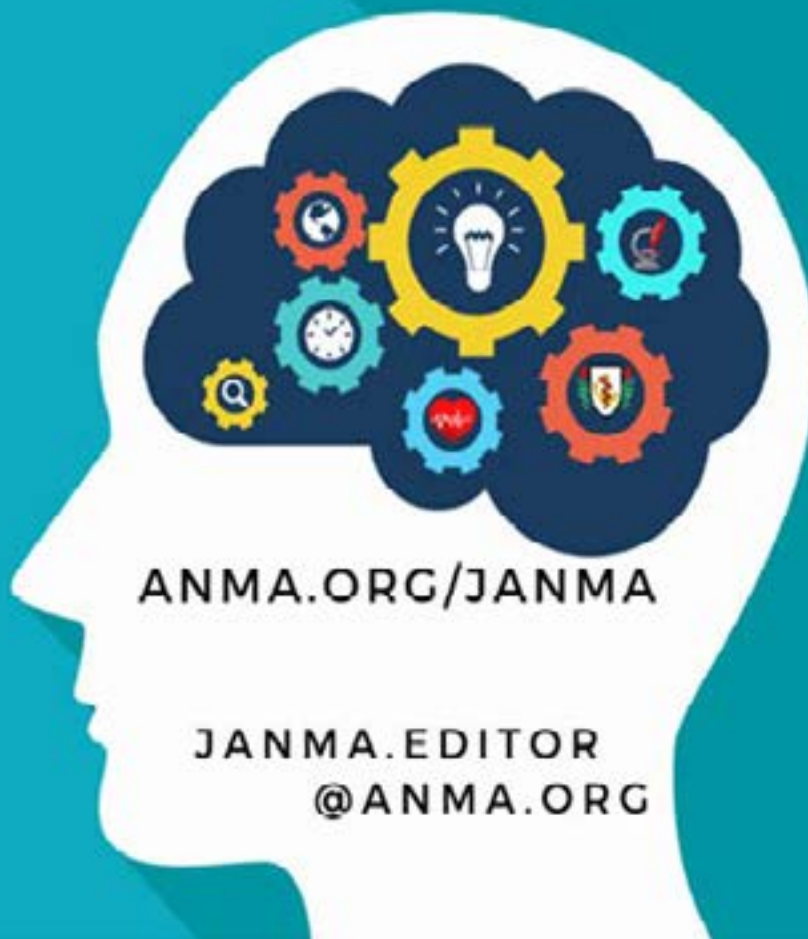
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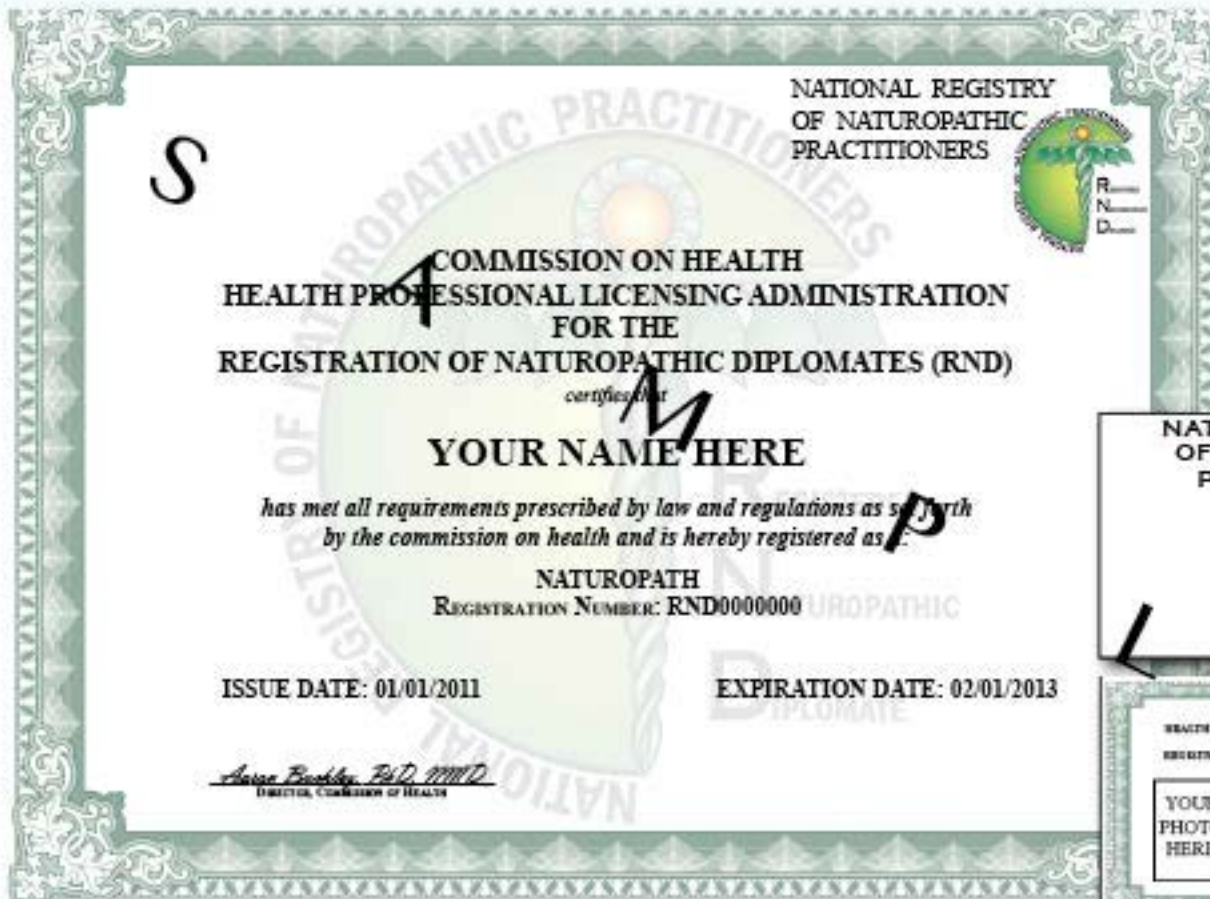
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The National Registry of Naturopathic Practitioners encourages you to become a Registered Naturopath. Upon registering with the NRNP you will be awarded the Registered Naturopathic Diplomat title, RND™. Below you will find examples of the registration certificate (actual size 8.5" x 11") and registration card (standard business card size) issued by NRNP.



AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



Your Key to Success: Membership with American Naturopathic Medical Association

Founded in 1980 by Dr. Donald Hayhurst, the American Naturopathic Medical Association, ANMA, set out to protect natural health practitioners to share their knowledge freely and openly. Dr. Hayhurst saw that the rights for Naturopaths to practice was being infringed upon, so he fought for them, hard.

ANMA believes that Naturopathy is strictly non-invasive Natural Health care and does not involve prescriptions, surgery, medical procedures or the claims to cure diseases. Our members include students, Naturopaths, Nutritionists, Herbalists, Holistic Health Practitioners, Natural Health Care Practitioners also MD/DC/DO/RN/DDS, with additional training in Naturopathy.

With a goal to fairly represent naturopaths and naturopathic physicians, ANMA fought for their rights, facing challenges and moving mountains along the way. From other organizations trying to hold down

naturopathic, to states questioning the power of ANMA, they fought to overcome these challenges to reach the top.

Since 1990 ANMA has supported fair legislation promoting the Naturopathic profession. ANMA is the only association that monitors legislation that would favor special interest groups and prevent members from practicing. ANMA is available to offer support to assist in understanding your State's Naturopathic laws and is proud to represent the majority of naturopathic and professionals in related fields throughout the US and worldwide.

ANMA continues to fight to maintain and improve standards and while expanding the field of natural healing by joining with ANMCB to offer comprehensive examination that is the standard in the professions. We encourage members to talk to legislatures to protect the rights for naturopaths to practice. Contact or meet with state legislators in person to

inform them about how practicing is a benefit to your community.

Since 1981, the ANMA has held an Annual Convention & Educational Seminar. The goal is to create an environment where members get exposed to ideas that they may have never known existed. With world renowned natural health speakers, an exhibit hall with cutting edge technology, products, and workshops, the seminar curates a relaxed, collaborative setting that encourages learning, all while earning continuing

education credit.

ANMA continues to work hard to actively promote naturopathy while opposing legislation that would harm the field of naturopathy of ANMA members. With over 4,000 members in the United States, Canada, and hundreds more worldwide, ANMA is the largest and most active professional naturopathic medical association in America today. If you are new to naturopathy or familiar face, together, ANMA has the power to advance Naturopathy.

Advantages of ANMA Membership



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