

20 Advanced Healing & Cleansing Strategies



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The modern world is full of environmental toxins. It is estimated that there are over 80,000 toxic chemicals used regularly in the US. There are over 500 chemicals stored in our body and the average individual has at least seven pesticides tested in their urine. It is imperative to have a daily detoxification lifestyle to get these unwanted toxins out of our system

The major detoxification organs in the body include the liver, kidneys, skin, respiratory system, gastrointestinal system and urinary tract. The major eliminatory processes include respiration, urination, defecation and perspiration.

Here are 20 advanced strategies to help you detoxify, heal and perform at a higher level. These are strategies that I have applied throughout my life and I continue to apply most of them on a regular basis to improve my own healing mechanisms and maximize my body's ability to adapt to the stressors of life.

If you are trying to heal leaky gut, detoxify your liver, balance your hormones, prevent/reverse cancer, reduce autoimmunity or enhance your performance in business and life than you will want to follow many if not all of these strategies.

Where Do I Start?

The best place to start is by introducing the ones that seem the easiest or the most natural to you and your lifestyle. Begin implementing one or two at a time until you have them habituated into your daily routine. The ones that seem to be too much of a time commitment or too challenging to get started with you can keep on the back burner for a different season of your life.

If you have an advanced disease, than I would strongly recommend rearranging your life so that you can focus your time and energy on healing. If you are able to do this, you will be able to successfully implement more of these strategies and see far faster healing results.

If you are using this as a preventative approach or for performance enhancement than I **would focus on 5-10 of the strategies and master those in your life.** The more of these you successfully implement, the easier and more enjoyable it can be to introduce new strategies.

Wishing you well on your health journey! You can find more detailed information on all of these health strategies and more at DrJockers.com

20 Advanced Healing & Cleansing Strategies

1. The Benefits of Oil Pulling	4
2. Detoxify With Coffee Enemas	8
3. Grounding Your Body for Optimal Health	11
4. The Health Benefits of Epsom Salt Baths	15
5. The Revitalizing Power of Deep Breathing Exercises	19
6. Sun Exposure & Vitamin D	23
7. Daytime Napping Improves Performance	26
8. The Anti-Oxidant Power of Chiropractic Care	30
9. Intermittent Fasting: A Powerful Healing Modality	34
10. Detoxify Your Body with Infrared Sauna	39
11. Detoxify With Dry Brushing	42
12. Take a Cold Shower For Your Health	44
13. Water: Life's Critical Element	49
14. Surge Training: Your Newest Anti-Oxidant	54
15. Using Baking Soda to Help Beat Cancer Naturally	57
16. Music Supercharges Your Brain Function	64
17. How to Use Castor Oil Packs to Help You Detoxify	68
18. The Health Benefits of HyperBaric Oxygen Therapy	79
19. Selenium Helps to Detox Mercury	86
20. The Essential Role of Zinc in Human Health	92

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before doing any of these health strategies.

***This information is based on Peer Reviewed published studies and all references can be found on DrJockers.com**



The Health Benefits of Oil Pulling:

More and more research is revealing that the health of your mouth is extremely critical to the health of your whole body. A dysbiotic oral cavity increases our risk of developing chronic diseases such as heart disease, cancer and dementia. Oil pulling is an easy and inexpensive way to improve the balance of microorganisms in the mouth and improve our health.

Oil pulling is an ancient Ayurvedic practice that involves swishing a pure oil around in the mouth to draw toxins from the body. This practice has immediate and tangible effects on conditions such as halitosis, gingivitis and dental plaque. Doing this regularly has been shown to improve the luster of the hair, clear the skin, whiten teeth, eliminate parasites, reduce joint pain and improve overall body odor.

It works by reducing your microbial load. The coconut oil simply attaches to the microbes and the secreted toxins and carries them out of the body when you spit.



THE BENEFITS OF OIL PULLING

- ⊕ Whitens teeth
- ⊕ Strengthens teeth, gums & jaw
- ⊕ Prevents cavities & gingivitis
- ⊕ Helps with bad breath
- ⊕ Relieves headaches, migraines & hangovers
- ⊕ Improves quality of sleep
- ⊕ Detoxifies the body
- ⊕ Helps with acne & other skin issues
- ⊕ Can even help with general pain issues, hormonal imbalances and SO much more!

The Importance of Good Oral Hygiene:

The balance of microorganisms plays an enormous role in the health of the overall body. Numerous studies, including a very large report done at the University of Alabama School of Dentistry, have shown a connection between periodontal disease and increased risk of stroke and cognitive decline.

One of the major oral bacteria is streptococcus mutans, which when left unchecked will multiply in the mouth and secrete toxins into the body's bloodstream. These toxins increase the inflammatory associated cytokine Interleukin-12 (IL-12) which is a strong contributor for the development of chronic disease.

Elevated levels of IL-12 are particularly associated with endothelial (inner lining of the blood vessel) dysfunction which is correlated with heart disease, stroke and dementia.

Oil Pulling Goes Beyond Brushing & Flossing

Brushing and flossing are obviously important for oral hygiene but oil pulling has some unique benefits. The oil pulling has been shown to bind, trap and eliminate more microorganisms and get into deep pockets within the teeth and into some regions around root canals.


Root canals are a constant breeding ground for bacteria as they are essentially dead tissue that bacteria consistently feed upon. You cannot brush or floss enough to get the infections out of the root canal. But 10 minutes of oil pulling 1-2 times a day can be extremely effective at minimizing infectious bacteria in the root canal and the overall oral cavity.



Health Benefits of

Oil Pulling

Oil pulling is an ancient Ayurvedic remedy for oral health and detoxification. It involves the use of pure oils as agents for pulling harmful bacteria, fungus and other organisms out of the mouth, teeth, gums and even throat.



- Overall strengthening of the teeth and gums and jaws.
- Prevention of diseases of the gums and mouth, such as cavities and gingivitis.
- Prevention for bad breath.
- Potential holistic remedy for bleeding gums.
- Prevention of dryness of the lips, mouth and throat.
- Possible holistic treatment for TMJ and general soreness in the jaw area.

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How to Practice Oil Pulling:

There are many different ways to practice oil pulling. Many people swear by one particular method but various other strategies will work well for you. Here are the most frequently asked questions that I get on a routine basis when it comes to the beautiful process of oil pulling.

What is the Best Type of Oil to Use?:

Use a high quality carrier oil such as organic coconut oil, organic olive oil or organic sesame oil. I prefer to use coconut oil. You can find my preferred brand [here](#)

Should I Use an Essential Oil?:

You may also want to use an antimicrobial essential oil such as tea tree oil, oregano oil or lemon oil. Just use 1 small drop as these oils are very strong. You don't need this as research has demonstrated great benefits with the use of the carrier oils above.

The benefit of the essential oil is that it has the potential to amplify the anti-microbial benefits you receive from the oil pulling process. Give it a shot for a week and see what you think. Be sure to ONLY use 1 VERY small drop each time. Too much could be too irritating for your teeth and gums.

How Do You Oil Pull:

Take 1/2 tsp of carrier oil (coconut, sesame, olive, etc) and 1 drop of anti-microbial oil (tea tree, oregano, lemon, etc) and put in your mouth and swish around for 10-15 minutes.

Avoid gargling the oil but instead use slow pulling motions and be sure to get the oil to all reaches of the mouth. Most people find that the oil feels thinner after the 10 minute mark. Never swallow any of the oil as it is full of toxins and microbes.

After finishing the oil swishing, spit the oil into the toilet. Put a cap full of hydrogen peroxide or a teaspoon of Himalayan salt into some clean water and wash the solution around your mouth to eliminate any of the toxic debris still in your mouth. Go ahead and brush your teeth really well to help eliminate any other toxins that would still be in your mouth.

How Often Do I Do It?:

I recommend my clients do this 1-4 times daily depending upon their health history and dental health challenges. Someone who has a root canal or multiple root canals, I will strongly encourage to oil pull 3-4x daily.

Someone without much dental challenges may do great with one oil pull session per day. I typically recommend 1-2x daily for them. I personally am in this boat as I have never had a cavity or any major dental work done. I always oil pull in the AM at some point and will often do it again in the evening.

What is the Best Time to Oil Pull?

There is no real answer to this other than whatever time you have available. I personally like to do it within the first hour of waking and the last hour before bed.

How Long Before I Notice Benefits?

Most people notice the health improvements within two weeks of beginning the oil pulling process. Although your mouth may feel cleaner right away.

The typical benefits most experience include whiter teeth, better breath, better body odor, less joint pain and improved energy. The long-term benefits are invaluable as this may be one of the best strategies for reducing chronic disease risk. This process is simple, easy and inexpensive.

Can I Oil Pull Even Though I Have Amalgam Fillings?

Fortunately, oil pulling does not induce a detox reaction, nor will it pull mercury vapors out of fillings. It will not wear out or cause corrosion in your fillings any more than having a salad with oil and lemon would.

People have told me they feel dizzy when they oil pull and this is most likely due to rigorous swishing. Try using just a small amount – like 1/4 or 1/2 a teaspoon and letting it sit in your mouth with little to no swishing for 5 minutes. Slowly build your way up to where you can handle 10-15 minutes of gentle swishing. If you desire, you can then add more oil to your pulling sessions.





Detoxify with Coffee Enemas:

A common saying in natural health is that “Death begins in the colon.” Enemas have been a key tool to cleanse the colon by many cultures all around the world throughout history. Organic coffee bean was originally cultivated and used as a powerful liver cleanser by native American tribes. There are many incredible health benefits of doing coffee enemas.

The ancient Egyptians, Hindus, Greeks, Romans, Chinese and Sumerians have all used colon cleansing techniques such as enemas to improve their health. The ancient dead sea scrolls which are said to have been written during Jesus day detail the importance of regular enemas for good health as well.

In the US, up until the 20th Century, enemas were known to be one of the most important parts of a healthy lifestyle. The famed Dr Kellogg reported to the Journal of American Medicine in 1917 that in over 40,000 cases of individuals with gastrointestinal disease he had seen remarkable results using a regimen of diet, exercises and enemas.

Digestive Health and Chronic Disease:

Life in the 21st century is extremely challenging to our liver and colon. We are inundated with chlorinated and fluoridated water, chemicals everywhere and anti-biotics in

everything. Processed foods have very slow transit time and they very often will stick to the sides of the gut and become encased in a mucoid plaque creating toxic ridges in the colon. These ridges are incredibly tough to remove and they limit the amount of feces moving through the bowel and provide an optimal environment for parasites to thrive.

When food sits in the colon it rots and putrefies and releases toxins into the bloodstream that make their way to the liver. The liver does its best to cleanse and purify the bloodstream but when the gut continues to release toxins it creates an excessive burden on the body. This eventually leads to a state of disease as the body is accumulating more toxins than it can remove.

12 Danger Signs of a TOXIC COLON

**Do You Suffer from
Any of These Nagging Symptoms?**

- | | |
|----------------------------|-----------------------------|
| 1. Abdominal Discomfort | 7. Flatulence |
| 2. Bad Breath | 8. Irritable Bowel |
| 3. Bloating | 9. Indigestion |
| 4. Constipation | 10. Protruding Belly |
| 5. Diarrhea | 11. Unexplained Fatigue |
| 6. Dull Skin and Hair Tone | 12. Unexplained Weight Gain |



The Benefit of Colon Therapies & Enemas:

Colon therapies and enemas help to remove the toxic mucoid plaque around the colon walls and the elimination of parasites in the gut. They also facilitate better gut mobility and frequency of healthy bowel movements.

Coffee enemas give an added benefit over typical water based colonic therapies by stimulating the liver to produce greater amounts of glutathione. Glutathione is the bodies master anti-oxidant and helps protect the intracellular DNA and eliminate toxins from within the cells.

The Coffee Enema Protocol

Individuals with chronic disease often do up to four coffee enemas a day while those who want to live a healthy lifestyle are encouraged to at least do this weekly to reset the colon and filter out any toxic debris that has been stagnant over the course of the week.

Be sure to use organic coffee and boil with pure water (not tap water) for 15 minutes and let cool. The proper ratio is 3 tablespoons of organic coffee to 4 cups of water. Then pour it into an enema kit and bring to the bathroom.

Lie on your right side with your knees curled up and insert the nozzle about 2 inches inside the rectum and let the water begin to flow.

Once all the water enters you can move around and do some yoga poses if you like. This helps move the coffee around and facilitates better detoxification. Try to keep the fluid in for 12-15 minutes. This will be challenging, you will have major urges to let it out faster.

If coffee cannot be tolerated due to allergy than once could use a diluted raw, apple cider vinegar or green juice enema. You could also try an organic tea such as green tea or an assorted blend of organic herbs that the individual is able to tolerate.

How do I prepare a coffee enema?

The following is a basic coffee enema recipe. If you are following a certain program or are the care of a coach or Doctor that recommends a different recipe please be sure to follow the directions you've been given by your coach or Doctor.

In a non-aluminum pot or saucepan:

Empty 4 cups of filtered or distilled water
3 rounded tablespoons of organic coffee (finely ground), not instant

Stir the coffee to make sure all is mixed in the water, then bring to a boil and boil for 3 to 5 minutes, stirring occasionally.
Reduce heat and cover pot or saucepan with lid and let simmer for 15 to 20 minutes.

Remove from stove element and let coffee cool down to room temperature.
Strain coffee through a fine sieve* to remove as many coffee grinds as possible.
Because of the boiling process, some of the water may have evaporated, add plain filtered water or distilled water to the coffee to bring it up to 4 full cups.

**Please avoid using a paper or cloth filter to strain your coffee as it removes much more than the grounds, much of the prime elements such as Cafestol will be lost by using cloth or paper.*





Grounding Your Body for Optimal Health:

Walking barefoot on the earth has been a staple part of human and animal life since the beginning of time. In the past couple of generations, humans have made shoes, sandals and boots that insulate us from the natural energies of the Earth.

Although these shoes protect our feet they also deprive us of the free electrons present in the ground. Grounding our bodies with barefoot exposure has a powerful anti-inflammatory effect that is a genetic requirement for optimal health.

Nature is a Healing Source:

Our world has more medical technology than ever before. Much of this is good however there is no substitute for the healing forces found naturally on Earth. Nature itself is a powerful healing source. The sun produces vitamin D3, the plants and vegetation give us anti-oxidants, trace minerals and chlorophyll among other things. The Earth itself provides a powerful form of free electrons that are available to everyone by merely exposing our bodies to these natural energies present on the ground.

Our bodies are a living matrix of energetically charged biochemical circuits that are charged and coordinated through the activity of the central nervous system. The Earth itself is regulated by subtle but dynamic electrical circuits. The electrical crosstalk between the Earth and our central nervous system helps to program trillions of biochemical reactions.



Earthing Basics:

If you wear shoes everywhere you go the whole Earth will feel like leather! Take your shoes off and begin to truly experience the benefits of the Earth!

- 1) **Take Off Your Shoes:** Avoid wearing shoes whenever possible
- 2) **Sit Down Barefoot:** Sit outside barefoot with your feet on grass or soil.
- 3) **Walk Barefoot:** Walk or run barefoot outside on grass, sand or soil. Moist ground or grass is the perfect electrical conductor.
- 4) **Let Your Body Touch the Earth:** Expose any part of the body to the Earth, ground or any natural waters like lakes, streams or oceans. Walking in salt water is one of the best grounding techniques due to the combination of earth, water and electrolytes.
- 5) **Sit on a Tree:** Sit or lean on the trunk or limb of a tree to share some of its natural electricity.

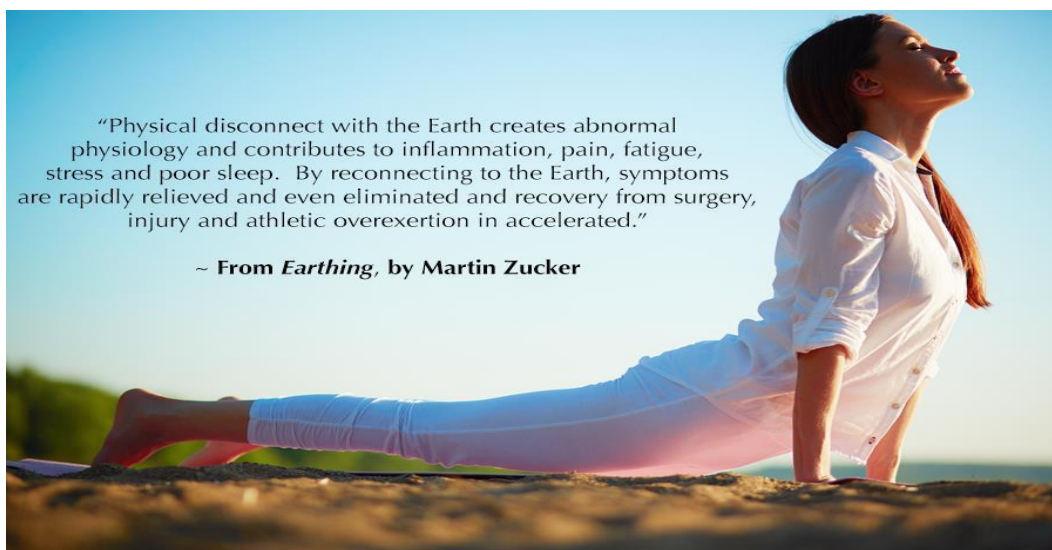
The benefits of earthing include reduced inflammation and better internal stress relief. This results in better sleep, enhanced immunity, less pain and better state of mind and quality of mind. Many individuals report significantly better memory, creativity, innovativeness and spiritual direction after spending time connecting with the Earth.

The Earth's Electrical Rhythms

The Earth's electrical rhythms play a significant role in the natural circadian rhythms that govern our sleep/wake cycle, hormones, mood and energy production. Studies taken on people fully disconnected from this natural electrical rhythm have shown abnormal circulating cortisol levels indicating abnormal stress responses.

Additionally, disconnected people often struggle with issues such as insomnia, hormone disruption, chronic pain, headaches and fatigue among other things.

Human have always connected with the Earth's electrical energy through our feet. This is evidenced by the 1300 nerve endings per square inch on the sole of the foot. Compared to other parts of the body that is an incredibly high density of nerve enrichment. This is necessary for balance, stability and coordination of the foot but also to absorb the electrical energy present on the Earth.



The Problem with Modern Shoes

Modern shoe soles have separated man from the electrical energy of the ground with insulating covers. Most people go weeks to months without ever having direct skin to ground contact with the Earth for longer than a minute. These people live completely disconnected from the planet which leads to a dysrhythmic function within the mind & body.

The human body has a very similar makeup to the Earth being they are both a combination of water and minerals. This combination is what conducts electrical currents. Our bodies were made to be connected with the Earth and this subtle electrical energy has extremely powerful effects on our health and well-being.

EARTHING BASICS



Take Off Your Shoes

Sit Down Barefoot



Walk Barefoot



Let Your Body Touch the Earth



Sit on a Tree





The Health Benefits of Epsom Salt Baths

The Health Benefits of Epsom Salt Baths

Epsom salts have been used by many different cultures for hundreds of years. They have a number of different beneficial properties and are used in gardening, household cleaning and detoxifying the body.

These salts are very inexpensive and can be purchased at bulk discounts in garden centers nearly everywhere. Using Epsom salt baths is an advanced detoxification strategy that has remarkable health benefits.

Epsom salts are named for a bitter saline spring located at Epsom in Surrey, England. Epsom is different than traditional salts in that it is actually a naturally occurring pure mineral compound of magnesium and sulfate. These minerals have very powerful health benefits that can enhance the detoxification capabilities of the body.

Magnesium: The Master Mineral

Fully supports:

- ✓ Blood Sugar Balance
- ✓ Optimal Circulation & Blood Pressure
- ✓ Cellular Energy Production
- ✓ A Calm Nervous System
- ✓ Pain Relief & Relaxed Muscles
- ✓ Bone Density & Calcium Balance
- ✓ Joints & Ligament Flexibility
- ✓ Deep Sleep Patterns, and More...



During The Last Forty Years, Thousands of Studies and Research Documents Have Been Published Proving That
Magnesium Is A Crucial Nutrient Supporting More Than 300 Functions In Your Body!

How an Epsom Salt Bath Works:

Magnesium and sulfate are both readily absorbed through the skin and into the body's blood stream. The skin is a highly porous membrane that both takes in minerals and eliminates toxins every day. Using a powerful mineral base such as Epsom salts in a bathwater medium creates a process called reverse osmosis. This process pulls salt and harmful toxins out of the body and allows the magnesium and sulfates to enter into the body.

Magnesium plays a critical role in over 325 enzymes, helps to improve muscle and nerve function, reduces inflammation and improves blood flow and oxygenation throughout the body. Sulfates are necessary building blocks for healthy joints, skin and nervous tissue.

Epsom salts replenish the body's magnesium levels and sulfates. This combination helps to flush toxins from the body and helps build key protein molecules in the brain tissue and joints.

Healthy Epsom Salt

Remedy, Relieve and Relax with Epsom Salt: Nature's Health Enhancer



Epsom Baths Reduce Inflammation:

The use of regular Epsom salt baths have been shown to improve the symptoms of many health conditions including athlete's foot, gout, toenail fungus and sprains, bruises and muscle soreness. It is also good for anyone dealing with chronic disease or chronic pain to do regular Epsom baths to help detoxify and de-inflate while improving mineral and sulfur balance in the body.

Contraindications to Epsom baths would be if you are pregnant, dehydrated or have open wounds or burns on your skin. Individuals who are suffering with cardiovascular disease should always consult with a natural health physician who is familiar with the health benefits of Epsom salt baths before starting.



How to Take an Epsom Salt Bath:

The first step is to schedule yourself at least 40 minutes as you need about 20 mins to remove the toxins and the second 20 minutes the body absorbs the minerals in the bath water.

Fill up your bath with warm water. Be sure to have a water filtration system in your house as you don't want to bathe in tap water that has toxic chlorine, fluoride, dioxins and heavy metals. Add in the Epsom salts in the following amounts.

Children under 60 lbs: Add ½ cup of salts to a standard size bath

Individuals between 60-100 lbs: Add 1 cup of salts to a standard size bath

Individuals between 100-150 lbs: Add 1½ cup of salts to a standard size bath

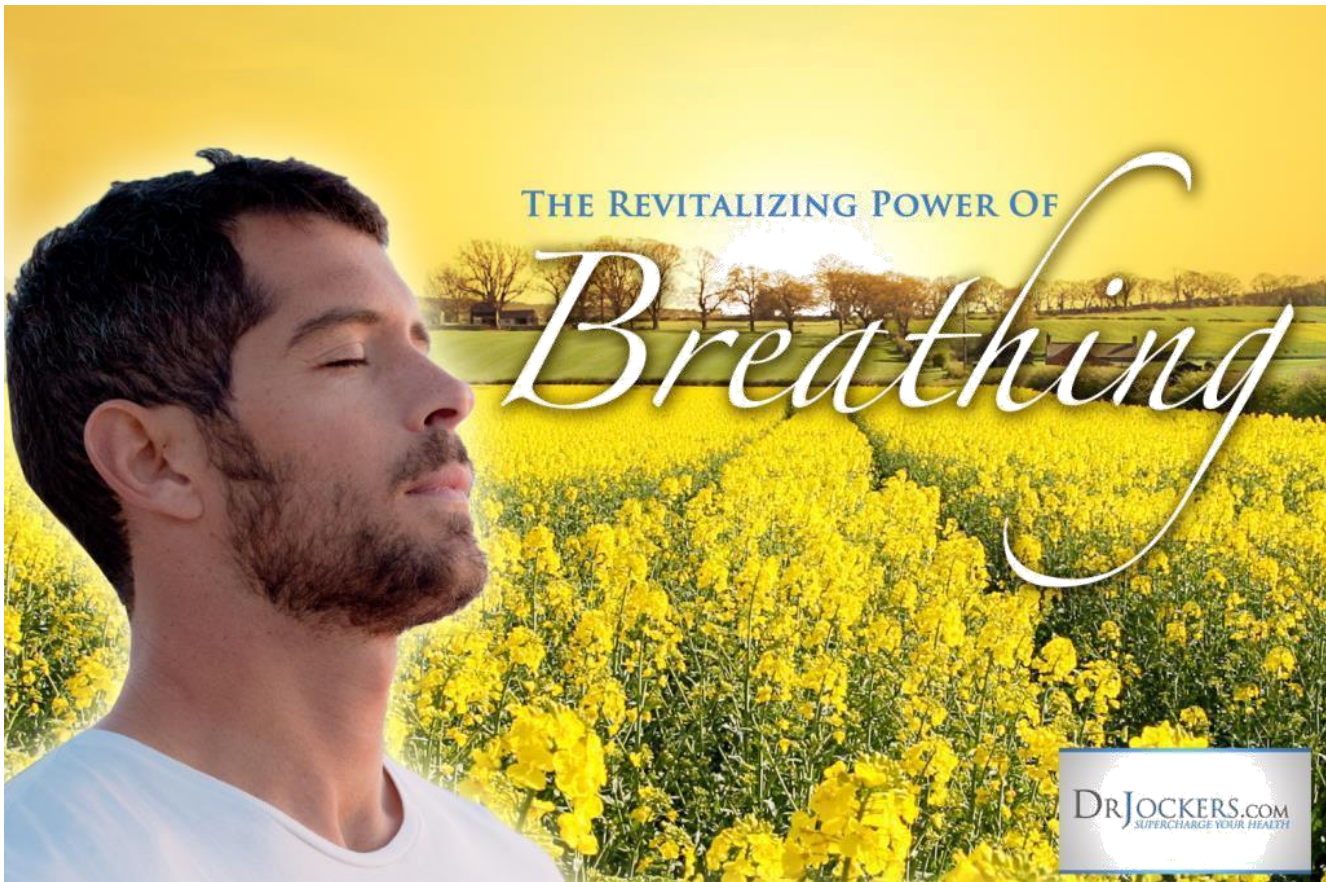
Individuals between 150-200 lbs: Add 2 cups of salts to a standard size bath

For every 50lbs larger – add in an additional ½ cup of salts.

Additional Strategies to Apply:

Adding in a ½ cup of olive oil is also very good for the skin as the polyphenols soak into the skin and give extra anti-oxidant benefits. Adding ginger or cayenne can increase your heat levels which will help you to sweat out toxins. You can anywhere from 1 tbsp to ½ a cup to stimulate sweating and these herbs are loaded with anti-oxidants that will enhance the detoxification process as well.

Do not use soap with an Epsom salt bath as it will interfere with the action of the minerals and the detoxification process. Try to rest for an hour or two afterwards unless you have arthritic joints, in which case you will want to stay active as much as possible to prevent congestion in the joints.



“Breathing is the FIRST place not the LAST place one should investigate when any disordered energy presents itself.”

Sheldon Saul Hendler, MD Ph.D. , The Oxygen Breakthrough,

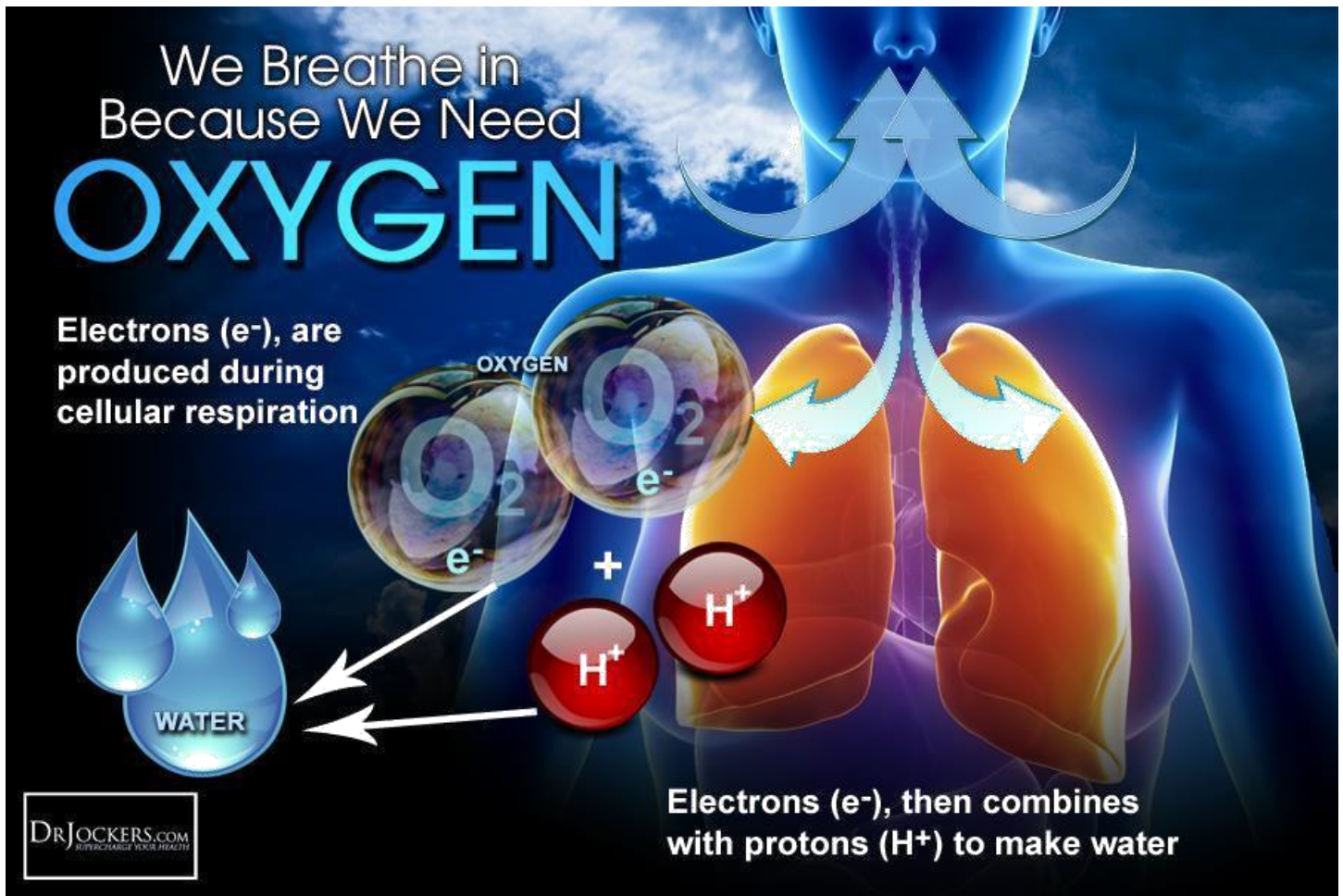
Arguably the most important aspect of mental and physical health and well-being is the respiratory process. This has been known throughout the history of mankind. Consider that during the course of your life you are “inspired” by ideas, “aspire” toward your goals and dreams, and finally “expire” at the end of your life. Many of the ancients developed lifestyles and physical exercises such as yoga and qui-gong that are based around the patterns of breathing and respiratory cycles. So why is breathing so important?

It has been suggested that the average individual can survive:

40 days without food

4 days without water

4 minutes without oxygen



Oxygen and Life Function

It is true that oxygen is absolutely essential for all human function. In fact, the primary homeostatic mechanism in the human body is designed around necessitating appropriate cellular oxygenation.

The respiratory and cardiovascular systems provide and properly distribute oxygen to the cellular mitochondria where it serves as the terminal electron acceptor in the oxidative phosphorylation process and the formation of cellular ATP. *All human performance, energy, and function is based on appropriate tissue oxygenation.*

Endurance, the ability to sustain vigorous effort, is substantiated by the ability of the heart and lungs to supply oxygen to the working muscles. Although many factors have an impact, endurance and human working capacity end when the cardiovascular and pulmonary systems can no longer keep up with the demands for oxygen.

In addition, the structural and functional integrity of brain and viscera are profoundly dependent on regular oxygen supply. Any disturbance of this supply can be life threatening.

Oxygen and Disease

The world famous Dr. Arthur Guyton theorized that all chronic pain, suffering and diseases are caused from a lack of oxygen at the cellular level. Lack of cellular oxygen is termed hypoxia.

Hypoxia has been implicated in central nervous system pathology in a number of disorders including cancer, heart disease, stroke, and various other neurodegenerative diseases. Among other diseases, regions of low oxygen tension are commonly found in malignant tumors and are associated with increased frequency of tumor invasion and metastasis.

Consider this: The average human being breaths between 12 – 18 breaths a minute. That equates to 18,000 to 26,000 breaths every 24 hours. It has been suggested that at rest we should consume 6 breaths in a minute to supply our needs. The extra activity involved in our short, shallow breathing habits is robbing us of precious energy, producing toxic waste products and promoting disease in our bodies.

Chest Vs. Abdominal Breathing

Effective and efficient oxygenation of the cells, tissues, and organs of our body is an absolute energy necessity. Our respiration cycles are governed by the autonomic nervous system. When your body is under stress you tend to take short, shallow breaths. Because these breaths only penetrate into the upper portion of the chest and lungs they are called “chest breaths.”

This reduces your bodies’ ability to effectively oxygenate. This is appropriate in order to increase respiratory rate when you are under truly stressful situations, like being chased by a lion or sprinting on a track. However, when it continues for an extended period of time it sets up the pathological processes described earlier.

Several studies have shown that heart disease, depression, anxiety, and chronic pain patients have an intimate relationship with persistent shallow, chest breathing behaviors. Several researchers have suggested maintenance of posture and breathing habits to be the most important factor in health and energy promotion.

Chronic Pain and Depression:

The diaphragm is also attached to the lumbar spine and produces a natural rhythm of movement that stretches the back and pumps fluid and essential nutrients into the avascular soft tissue structures like the intervertebral disc and ligaments preventing and possibly correcting spinal degeneration and chronic pain syndromes.

The effects continue in that proper diaphragmatic movement pumps cerebrospinal fluid (the fluid around the spinal cord), which results in an increase in brain metabolism and the resulting feelings of physical and mental well-being and enhanced mental alertness.

It is essential to focus on your breathing throughout the day. Take pauses in your activities to correct your posture and take long, deep breaths from the belly. The body responds to this stimulus by relaxing, understanding that it is not in a life-threatening situation (obviously if you are breathing long, slow, deep breaths you are not being chased by a lion).

The parasympathetic nervous system is activated, calming stress hormones, decreasing heart rate and blood pressure. As you consume more oxygen and release metabolic waste products like carbon dioxide you will improve your mood and energy levels.(8)

Steps to Transform Your Breathing Habits:

1. Awareness of your breath
2. Roll your shoulders back and slightly tip your head back
3. Put your hand about an inch away from your navel.
4. As you take a deep inhalation, your navel should expand out and hit your hand.
5. As you exhale your abdomen should sink back in.

*If you notice your chest moving a lot as you breathe – than you guessed it – you’re a chest breather. The good news is that you can change that today and experience a new life of energy and “inspiration.”

To Optimize Breathing Habits For Life

1. Continual awareness and practice of correct breathing mechanics.
2. Chiropractic care and specific posture and neurological rehabilitation exercises
3. Engage in a regular yoga, Pilates, and a spinal hygiene exercise program
4. Engage in a regular aerobic exercise program

We Breathe in
Because We Need
OXYGEN

Electrons (e^-), are produced during cellular respiration

OXYGEN O_2

e^-

H^+

H^+

WATER

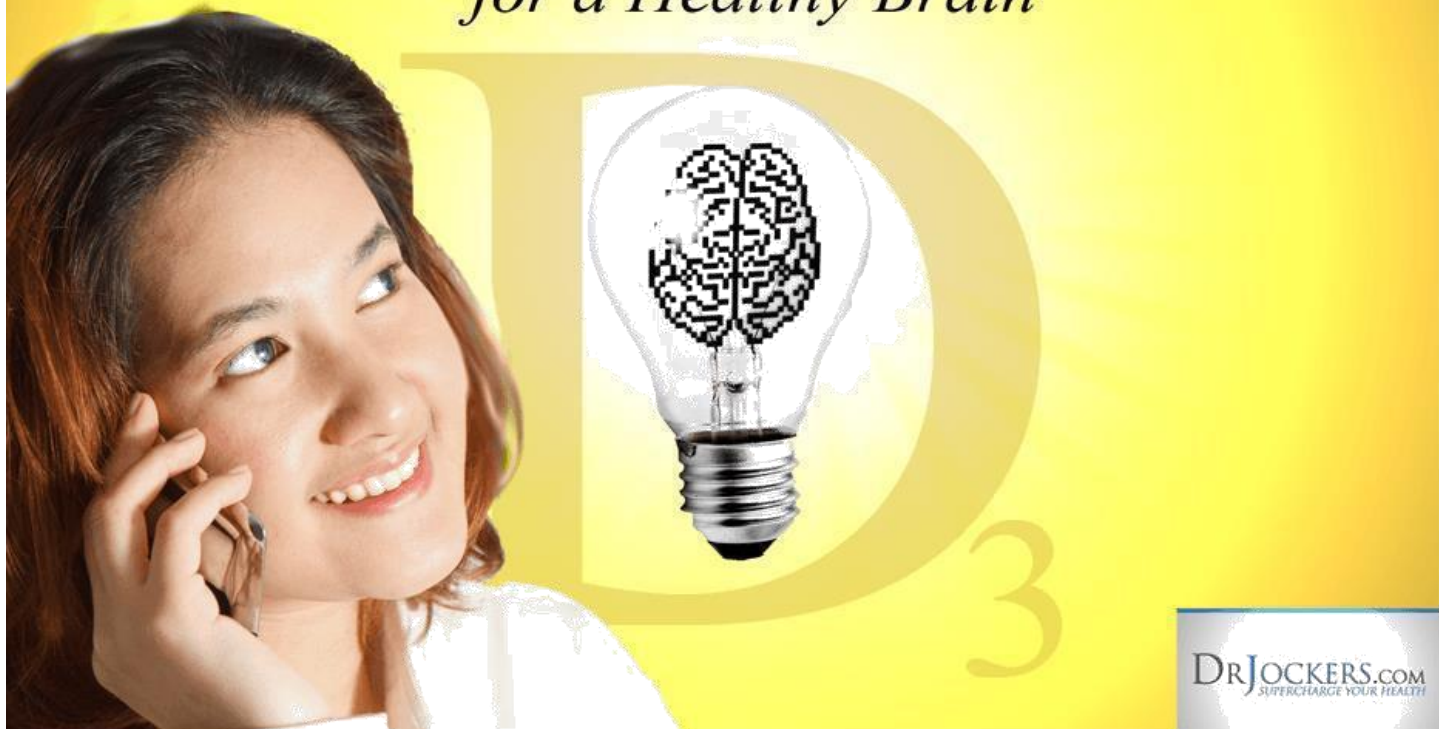
Electrons (e^-), then combines with protons (H^+) to make water

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The infographic features a blue-tinted human torso with glowing lungs. A large blue arrow points upwards from the mouth, and two smaller blue arrows point downwards into the lungs. In the center, a cluster of particles includes two blue spheres labeled 'O₂' (oxygen) and two red spheres labeled 'H⁺' (protons), with a plus sign between them. To the left, a blue water droplet labeled 'WATER' is shown with two white arrows pointing towards it from the oxygen and proton particles. The background is a dark blue sky with white clouds.

SUNLIGHT & VITAMIN D3

for a Healthy Brain



Sunlight and Vitamin D3 for a Healthy Brain

Researchers believe that vitamin D3 acts to protect an aging brain and boost overall memory and cognitive function. This is thought to be done by increasing levels of protective antioxidants, increasing key hormones and suppressing a hyperactive immune system that can inflame the neurological circuitry.

The sun provides our body with an essential stress through its UV radiation. This UV radiation stress signals a molecule on the skin (7-dehydrocholesterol) to convert to the active form of Vitamin D3 (cholecalciferol) in the body.

Vitamin D is more Hormone than Vitamin:

Vitamin D more resembles a hormone than vitamin by function. Hormones are chemical messengers that interact with cell receptors to produce specific biological responses.

Calcitriol, the active form of Vitamin D, is arguably the most powerful hormone in the body. It has the ability to activate over 1,000 genes which is roughly 5% of the human genome.

There are vitamin D receptors throughout the central nervous system and critical regions of the brain including the hippocampus. Researchers have concluded that vitamin D activates and deactivates enzymes in the brain and cerebrospinal fluid that are involved in nerve growth, synaptic density and neurotransmitter synthesis.

Vitamin D3 is also shown to boost glutathione production in the neuronal cells protecting them from damage inflicted by oxidative stress. Vitamin D also helps to modulate the immune system to reduce inflammation throughout the body.



7 Benefits of Vitamin D

- Reduces Inflammation
- Reduces Auto-Immunity
- Improves Brain Function
- Reduces Cancer Cell Growth
- Improves Immunity
- Enhances Mood & Sleep
- Reduces Risk of Heart Disease

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Tips For Healthy Sun Exposure:

The ideal amount of sun exposure should produce somewhere in the range of 10,000 – 20,000 IU of vitamin D3. This depends upon the amount of body parts exposed, the strength or angle of the sun and the color of the individual's skin.

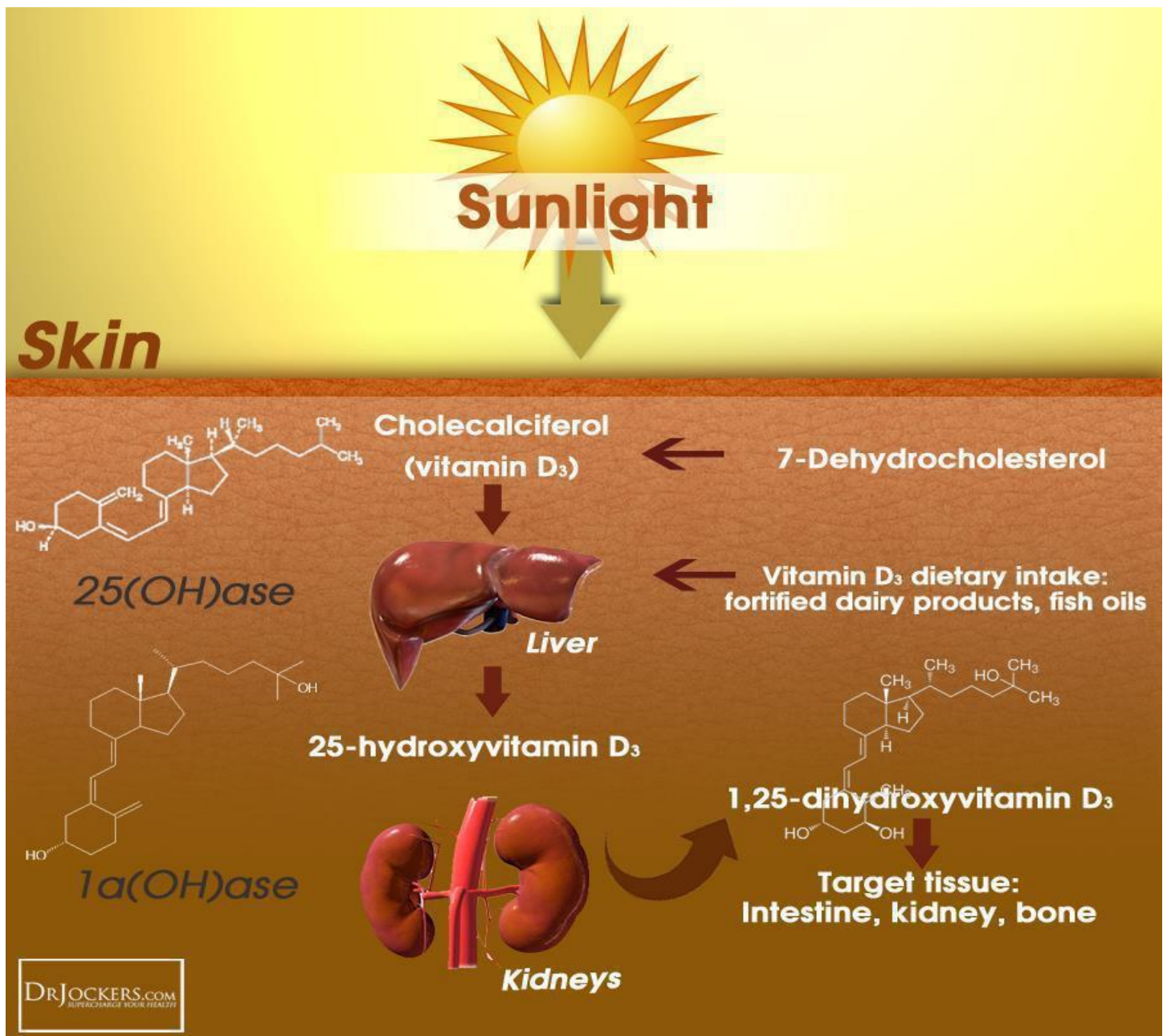
This is the approximate amount of time each individual skin type needs of sun exposure to get the appropriate 10,000 – 20,000 IU considering that at least 60% of the body is exposed

to sunlight. This would be equivalent to intentionally sun bathing. They should get this amount at least three times weekly in order to fully optimize vitamin D3 levels.

- 1. Light skin = 15-20 minutes daily
- Medium Skin = 25-30 minutes daily
- Dark Skin = 40-45 minutes daily

2. Use coconut oil, aloe vera and/or green tea extract as a moisturizer before and after sun exposure for added anti-oxidant protection

3. If adequate sunlight is not available or attainable than supplement with 8,000-10,000 IU of vitamin D3 daily





Daytime Napping Improves Performance:

Most of us remember nap times when we were children. Sleep researchers have found that napping is actually one of the best ways to boost athletic performance and learning skills. It is estimated now that over 70% of American society is suffering symptoms related to sleep deprivation. Napping is an ideal tool to be used by anyone from athlete to lay person looking to improve performance and quality of life.

A study conducted by Dr. Catherine Milner at Brock University in Ontario showed dramatic improvements in overall attention and awareness after naps. The subjects had improvements in subjective sleepiness, fatigue and accuracy on tests of mental sharpness. The participants in the napping group were shown to be significantly more physiologically alert following naps.

Napping Improves Memory Consolidation:

Dr. Charles Czeisler, the director of the Division of Sleep Medicine at Harvard Medical School, believes very strongly in the benefits of napping for athletes. Czeisler, nicknamed

the sleep doctor, works with teams such as the Boston Celtics. Research has shown that sleep in general and nap sleep in particular help to consolidate memory. This is especially true for newly acquired skills.

Research has shown these findings by analyzing animals running through mazes. According to Czeisler, “Certain brain cells fire when they hit certain points in the maze. We’ve found that the mice are rerunning the maze in their sleep and when they awaken, they can more quickly negotiate the maze. The animals were practicing during sleep.”

Napping Improves Mood:

Individuals who are well rested also have improved mood stabilization, emotional control and mental balance. This is a survival based instinct. When you are sleep deprived your body assumes that you are under more stressful circumstances so it will fire its primitive survival portions of the brain more frequently.

Brain studies with magnets reveal that in the sleep deprived, the amygdale – which controls emotional stability, fires more quickly. This increases the fight or flight response and dampens higher levels of cognitive and emotional function.

How Long to NAP

10 to 20 Minutes
This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

30 Minutes
Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap’s restorative benefits become apparent.

60 Minutes
This nap is best for improvement in remembering facts and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

90 Minutes
This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e., riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

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Find Your Ideal Nap Style:

Most experts believe that napping is best 6-8 hours after you awake because that is when your circadian rhythm dips and sleepiness rises. Most experts believe 1-3pm is the ideal time of day. I personally like to either use a sleep mask or put a dark shirt over my eyes to block out all light. I find that the nap is significantly more refreshing when I do this.

Nano Nap: 10-20 seconds

This is a great technique if you have little to no time. Just a brief respite. You obviously are not going to fall asleep in this period of time. However, just brief moments of shut eye can reset some of the neurological circuitry and give your brain a refresh.

People often do nano naps unintentionally, such as when driving a car or reading a book or a report at work. Often times this is not refreshing. If you notice this happening often you may want to rework your schedule to ensure a power nap or at least a micronap.

MicroNap: 2-5 minutes

Extremely refreshing and rejuvenating for those who are extremely busy. You may slightly doze off here and that may be exactly what you need!

Mini Nap: 5-10 minutes

This is short and sweet but can be extremely helpful. It is shown to increase alertness, stamina, motor learning, and motor performance.

Power Nap: 10-20 minutes

Here you have the opportunity to get in some stage II sleep which will greatly refresh your memory. This is the sweet spot in my opinion. I recommend creating the time allotment for this on a regular basis if at all possible.

Solid Snooze: 60 minutes

You'll get plenty of stage II sleep and should be able to pop right up when the alarm goes off. If you stop the nap at the 30 minute mark, you are at a greater risk of feeling groggy upon waking, but going through to an hour can reduce the grogginess.

The Full Refresher: 90 minutes

This form of nap takes you through a complete sleep cycle. Research shows that this sort of nap can provide as many cognitive benefits and as much refreshment as a full night of rest (as long as it is a supplement and not an attempt to replace a night of sleep). Be sure not to do this within 6 hours of your bedtime or it can affect your ability to fall asleep later.

HOW TO NAP EFFECTIVELY



NAP TIME

Prime nap time is from 1:00 p.m. to 3:00 p.m., when your energy level dips due to a rise in the hormone melatonin at that time of day.



DARKNESS

Use a face mask or eye pillow to provide darkness to make your nap more effective.



NOT TOO LATE

Napping within three hours of bedtime may interfere with night time sleep.



QUIET PLACE

Assure that you will not be disturbed for the duration of your nap.



SET AN ALARM

You will eventually train yourself to nap for the amount of time you set aside. Until then, set an alarm or ask someone to wake you up.



30 MIN MAX

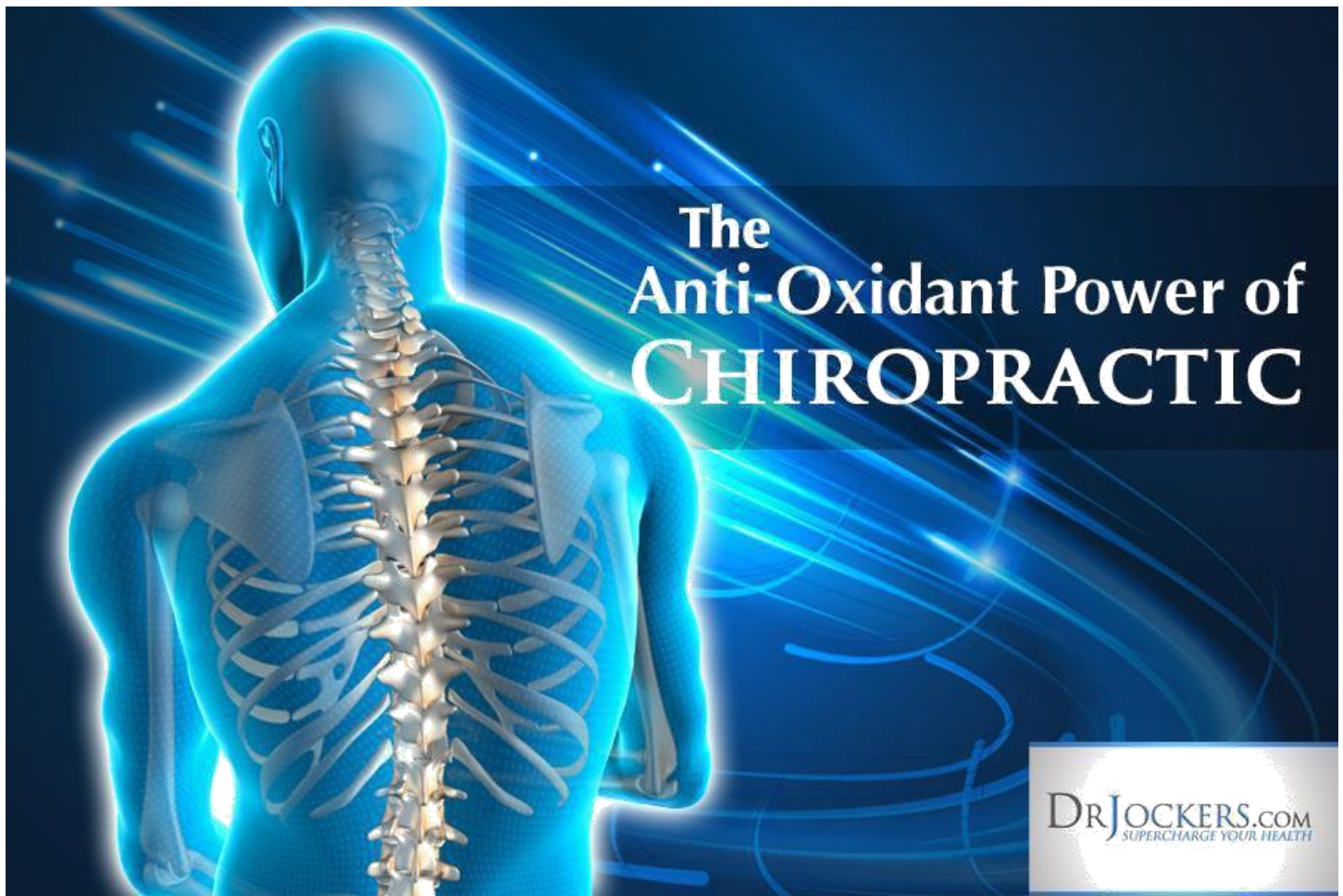
When taking a nap longer than 30 minutes, you run the risk of heading into deep sleep, which will leave you feeling tired and groggy. Naps as short as 1 to 2 minutes could be effective for some people.

30 min

THE CAFFEINE NAP



Some people claim that drinking coffee and then taking an immediate nap works well. The effect of caffeine kicks in somewhere between 10 and 20 minutes, waking them up. They feel extra energy from both the nap and the coffee. Researchers in Japan found that subjects using a caffeine nap rated highest in decreased sleepiness and increased productivity when compared to subjects taking a nap and washing their face, or taking a nap and being exposed to bright lights.



The Anti-Oxidant Power of Chiropractic

Our body is in a constant and never ending struggle for survival. Scientists estimate that each of our cells must withstand around 10,000 individual assaults from reactive oxygen species (ROS) or free radicals every second.

Amazingly, God created the body has an incredible system of self-healing that withstands the onslaught and rebuilds what has been damaged. Chiropractic care has been shown to be a powerful method of stabilizing and enhancing this self-healing ability.

The central nervous system is the primary system that controls all function and healing within the body. This flow of nerve energy from the brain to the body coordinates all 75 trillion cells to action. The brain is then fed through movement information that it receives from skin, joint, & muscle receptors. This movement information is called “proprioception.” The brain depends on adequate proprioception for optimal function.

CHIROPRACTIC

IMPROVES

Health
Sleep
Stress
Happiness
Well-Being
Immune System
Strength
Life
Mobility

DECREASES

Disease
Illness
Pain
Aches
Injuries
Bad Posture
Depression
Prescription Drug Use
Anxiety

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Physical Nerve Stress Destroys Our Body:

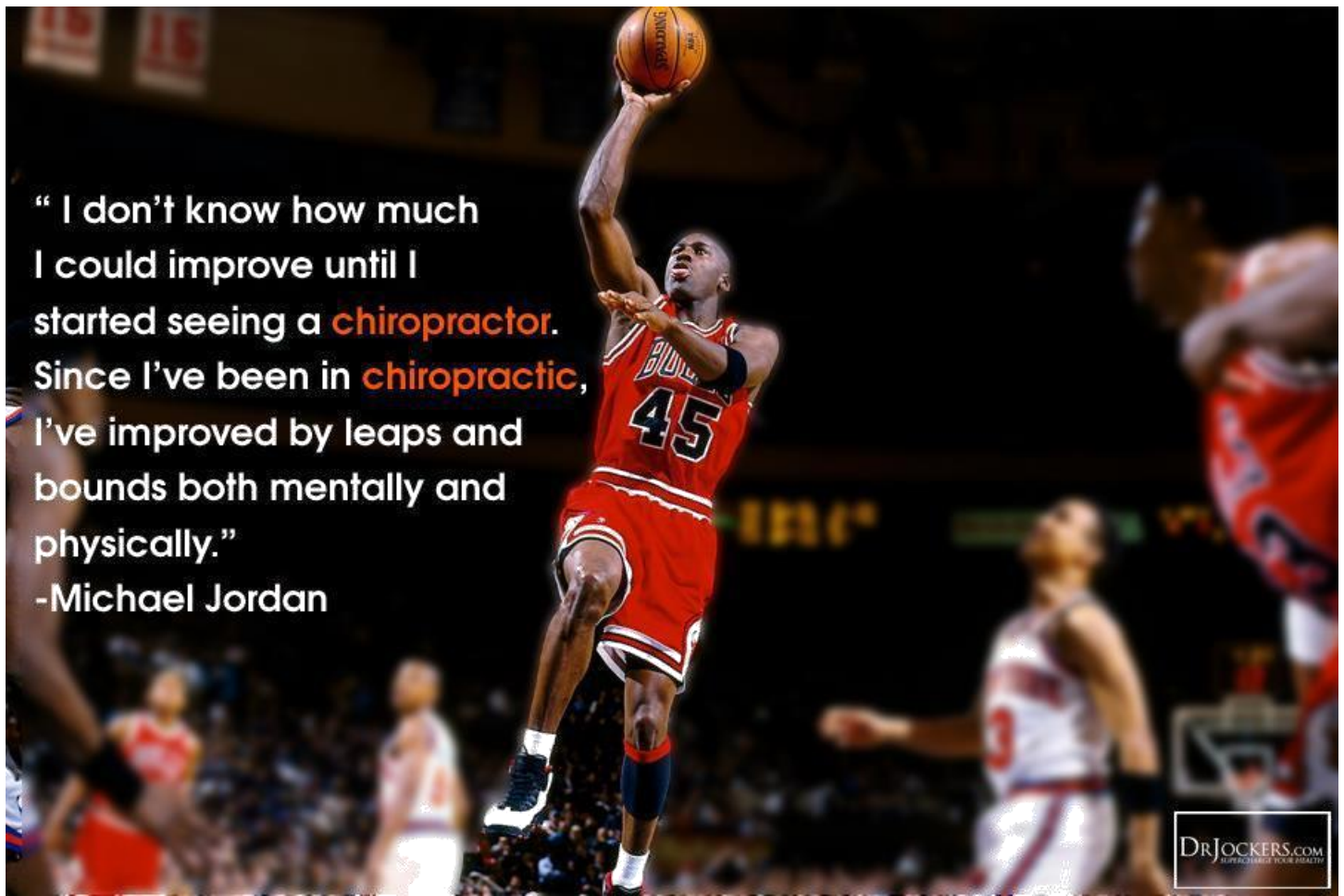
Physical nerve stress occurs when the spinal bones are twisted or thrown out of alignment. This is caused everyday by macro traumas such as falls, car accidents, & sporting activities. Micro traumas such as bad posture, repetitive movements, and poor sleeping habits can damage the spine & nervous system as well.

Physical nerve stress causes a deficiency in healthy brain-body signaling and an increased release of the stress hormone cortisol. This disrupts the body's ability to heal.

Chiropractic adjustments remove this built-up pressure on the nervous system allowing the body to heal as it was designed. Many studies have shown chiropractic care to be a powerful form of anti-aging.

Finding the Right Chiropractor

I recommend Maximized Living doctors as they have a high level of education in corrective care chiropractic and lifestyle coaching. You can also find a health food store in your area and ask around the community of people there for a referral. The right chiropractor will take time to answer your questions, will resonate with love and will have confidence in their abilities. If you feel a weird energy, unsureness or a lack of compassion or love than look for a new chiropractor to take care of you and your family.



“ I don’t know how much I could improve until I started seeing a **chiropractor**. Since I’ve been in **chiropractic**, I’ve improved by leaps and bounds both mentally and physically.”
-Michael Jordan

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EMPOWERING YOUR HEALTH

Oxidative Stress Damages the Cell:

In 2005, a landmark study published in the Journal of Vertebral Subluxation (JVSR) found evidence that chiropractic care can reduce oxidative stress in the body. Oxidative stress is the damage that occurs when free radicals outnumber the body’s antioxidants.

Oxidative stress damages all body cell components: proteins, lipids and DNA. In fact, researchers have found that one out of every three proteins is rendered dysfunctional by unchecked free radical damage. Thiols are sulfur containing compounds in the body that act as antioxidants. They react with free radicals to neutralize them.

Serum levels of thiols reflect DNA’s capacity to repair itself, report scientists of Biomedical Diagnostic Research, Inc, and can be used to measure aging and disease status. In a 2003 study published in the Journal of Anti Aging Medicine, low serum thiol levels were found in nine different categories of human sickness and disease.



Chiropractic Boosts Anti-Oxidants:

The study published in JVSR consisted of 76 participants: one group received short-term chiropractic care; a second group received long-term chiropractic care; and the third group received no chiropractic care. The study qualified participants for age, sex and the use of nutritional supplements.

Healthy individuals that received chiropractic care for 2 or more years had higher serum thiol levels than those with disease. Some of the chiropractic patients had serum thiol levels higher than what is associated with normal wellness.

Chiropractor Dr. Christopher Kent explained: “Oxidative stress, metabolically generating free radicals, is now a broadly accepted theory of how we age and develop disease.”

“Going through life,” he adds, “we experience physical, chemical and emotional stress. These stresses affect the function of the nervous system. We hypothesized that these disturbances in nerve function could affect oxidative stress and DNA repair on a cellular level.”

“Chiropractic care appears to improve the ability of the body to adapt to stress.”



Intermittent Fasting is a Healing Modality:

Our ancient ancestors grew up in a world of stress and scarcity. Food was not often not available and intermittent fasting was common. This form of life left a genetic blueprint with key information pertaining to our health and wellbeing. Intermittent fasting reduces oxidative stress, enhances cellular repair processes and appears to be a key strategy for anti-aging and longevity.

Our ancient ancestors lived in a world where food had to be fought and won. Many days went by with little food. Occasionally, a big hunt would score days of food at a time. This was rare. Typically, one or 2 big meals every few days was sufficient to keep our ancestors nourished.

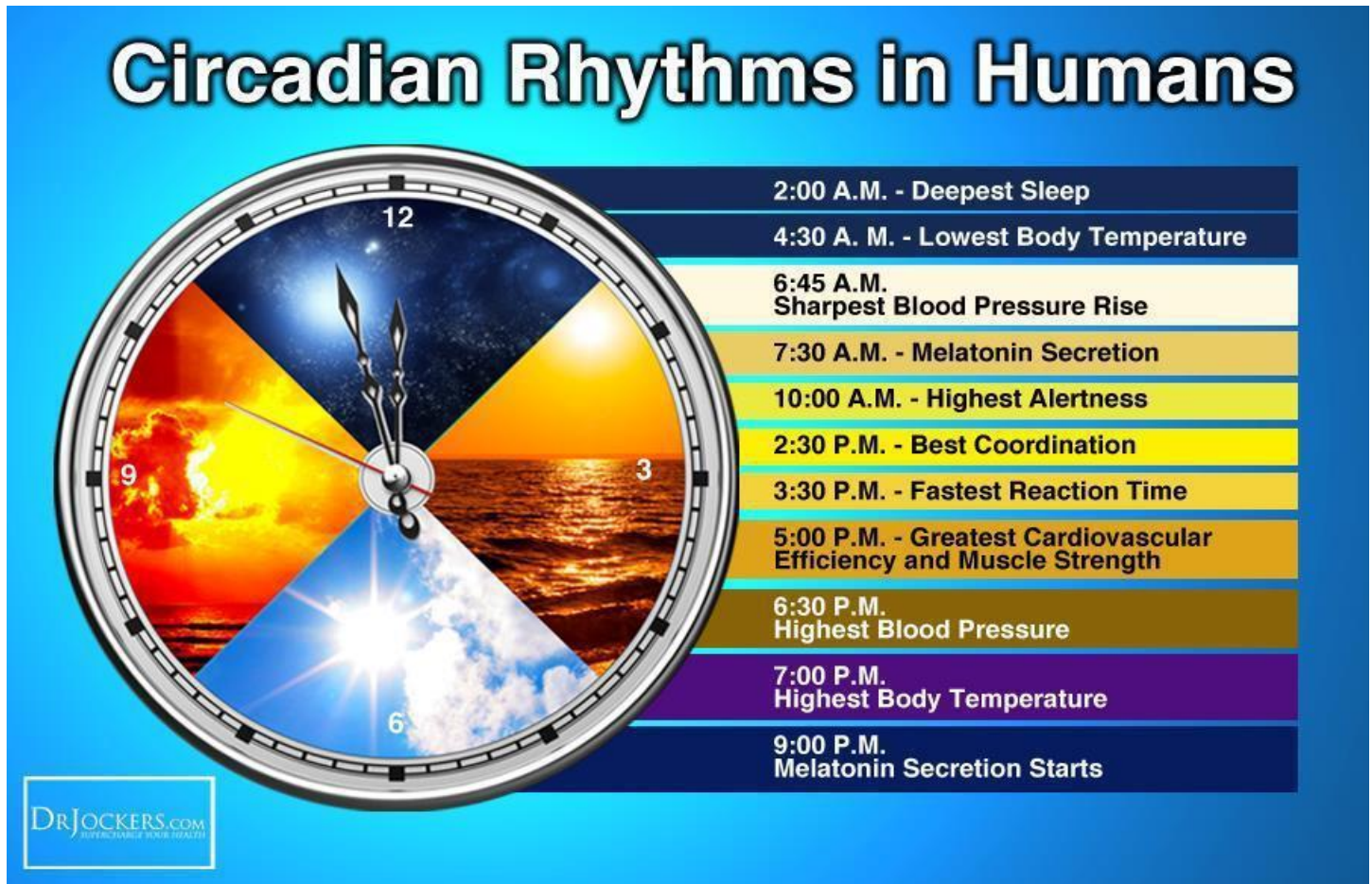
The Benefits of Food Scarcity:

Thousands of years of food scarcity led our bodies to develop a protective mechanism to adapt to alternating phases of food abundance and scarcity. During times of food scarcity our cell membranes become more sensitive to insulin. This is especially important when food is scarce because it ensures that every bit of food be efficiently used or stored.

During times of food abundance the body desensitizes the cells to insulin in an effort to avoid the stress of a heavy calorie intake. This results in elevated insulin levels, increased

fat storage and increased oxidative stress and inflammatory conditions in the body. Insulin also enhances cellular division which is a risk factor for cancer formation.

Today, we have a massive abundance of food sources. We can virtually eat anytime we would like. In fact, many health coaches recommend eating 5-6 small meals throughout the day. This process, however, sends the body the signal of surplus that inhibits key tissue repair hormones that have powerful anti-aging effects.



Turning on Genetic Repair Mechanisms

Intermittent fasting acts to turn on certain genetic repair mechanisms that enhance cellular rejuvenation. This adaptation appears to allow certain cells to have a longer lifespan during times of famine. It is energetically less expensive to repair a cell than it is to divide and create new cells. This has a positive effect at shutting down cancer cell formation and proliferation.

These genetic repair mechanisms are turned on through the release of human growth hormone (HGH). HGH is known to create physiological changes in metabolism to favor fat burning and protein sparing. The proteins and amino acids are utilized to repair tissue

collagen which improves the functionality and strength of muscles, tendons, ligaments, and bones. HGH also improves skin function, reduces wrinkles & heals cuts and burns faster.

HGH and insulin are opposites in function. HGH is focused on tissue repair, efficient fuel usage and anti-inflammatory immune activity. Insulin is designed for energy storage, cellular division and pro-inflammatory immune activity. Insulin is the dominant player in this game. When conditions demand an insulin release (carbohydrate intake) HGH is inhibited.



Fasting is a Powerful Healing Modality

Intermittent fasting is one of the most powerful modalities for reducing inflammation, boosting immunity and enhancing tissue healing. This is one of the reasons why many people feel nauseated when they have infections. This innate mechanism is the body's way of influencing us to fast so it can produce the right environment to boost natural immunity.

Researchers at the Intermountain Medical Center Heart Institute found that men who had fasted for 24 hours had a 2000% increase in circulating HGH. Women who were tested had a 1300% increase in HGH. The researchers found that the fasting individuals had significantly reduced their triglycerides, boosted their HDL cholesterol and stabilized their blood sugar.



How To Begin a Fasting Regimen:

The best way to begin fasting is by giving your body 12 hours between dinner and breakfast every single day. This allows 4 hours to complete digestion and 8 hours for the liver to complete its detoxification cycle. After this is a standard part of lifestyle try taking one day a week and extending the fast to 16-18 hours. Eventually, you may choose to do a full 24 hour fast each week.

Simple Fast: Basic fast with water only for 12 hours between dinner and breakfast which gives the liver a chance to complete its cycle.

Example: Finish dinner at 7pm and don't eat again until 7am

Cycle Fast: Three times each week you fast for 16 hours by skipping either breakfast or dinner.

Example: Finish dinner at 7pm and eat again around 11am-12pm at lunch the next day. Do this on Monday, Wednesday and Friday each week.

Strong Fast: Consume all food in a 6-8 hour eating window each day. You would eat 2 meals per day and fast through either breakfast or dinner.

Example: This would mean fasting in the morning and eating between 12-7pm each day or 8am-3pm each day or whatever 6-8 hour period you like best.

Warrior Fast: Ancient warrior would often march all day and would feast at night. Consume all food in a 3-5 hour eating window each day. This may be from 2-6pm or 3-7pm, etc.

1 Day Food Fast: 24 hours each week with only consuming water, greens powders and herbal tea. Some may have bone broth during this fast.



How I Do Intermittent Fasting:

I personally like to go 16-18 hours from dinner to my first meal the next day. I will typically drink 48-60oz of water and herbal tea in the morning during this period. Sometimes, I will do greens powder in water. I usually eat my first meal between 12-2pm and finish my last meal between 6-9pm depending upon my schedule.

I will often instruct my clients to do some organic coffee or herbal tea with coconut oil and/or grass-fed butter or ghee in it (1 tsp of each is good). This provides small and medium chain fatty acids that are easy on the digestive system and provide immediate energy in the form of ketones for the brain. This helps to stabilize blood sugar and stress hormones. If someone struggles with hypoglycemia than this is an important step.

I find that 16-18 hours each day helps me feel strong and full of vigor. It also improves my digestive system, skin health and immune system. Experiment with this and see if you can find the right rhythm for yourself.



Detoxify Your Body with InfraRed Sauna:

Due to the amount of toxins in our 21st century society health is absolutely dependent upon optimal eliminatory channels. Infrared sauna's help the body to maximize toxic elimination through perspiratory channels.

Far Infrared technology (FIR) is a non-invasive form of light therapy that penetrates the body as much as three inches. Optimal FIR wavelengths vary in size between 5.6 microns and 20 microns. This process heats muscle tissue and internal organs without heating the surrounding air. This helps the organs and tissues push toxins into the blood stream where they can be eliminated through the perspiration process.

Infrared wavelengths have the ability to stimulate multiple pathways in the body. These pathways include liver detoxification metabolic pathways, kidney filtration and elimination and fat cell mobilization. It also kills off pathogenic organisms and improves the immune system, reduces stress and stimulates metabolism which enhances healthy weight loss.

Benefits of Infrared Technology:

FIR technology can penetrate between 1 ½ – 3 inches into the surface of the body. This has been shown to decrease the size of water clusters in the body which gives them greater mobility and access to body tissues. This enhances cell membrane tone and functionality which helps the cell to absorb nutrients and excrete toxins more effectively. This effect also improves circulatory patterns and toxin release through perspiration.

The FIR sauna has been shown to lower lactic acid levels, stimulate endorphins, kill pathogenic microorganisms and strengthen the immune system. It also detoxifies cells by vibrating ionized bonds, stops swelling and inflammation and improves blood and lymphatic circulation. The increase in core temperature that results in improved microcirculation throughout the body which increases oxygen delivery to the cells and tissues.



Infrared Heat Health Benefits
Why Use Infrared Heat?

Detoxification

Far Infrared Saunas are used in many detox and health clinics worldwide. Women experiencing hormonal changes find infrared heat helpful for clearing toxins, fat burning and relieving soreness.

- ✓ Remove toxins from body
- ✓ Relieve muscle and joint pains
- ✓ Ease joint stiffness
- ✓ Boost immune system functions
- ✓ Burn up to 600 calories pre-session
- ✓ Increase overall blood flow
- ✓ Improve metabolism by increasing fluid circulation
- ✓ Improve skin texture
- ✓ Reduce stress and fatigue
- ✓ Better detoxification over traditional steam
- ✓ Better and deeper tissue penetration
- ✓ Safe for all ages
- ✓ Softer radiant heat source
- ✓ More gentle on the skin
- ✓ Faster warm up time
- ✓ Less moisture build-up
- ✓ Less maintenance
- ✓ Low energy usage

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Steam Rooms versus Infrared Sauna:

Perspiration is one of the best ways to eliminate toxins from the body. While all saunas and sweat rooms help induce deep toxin eliminating sweats the unique elements involved with the infrared technology allow one to sweat out a significantly greater amount of toxic debris.

Infrared sauna's heaters emit radiant heat which helps the body perspire at an average of 80% water and 20% waste and toxins. Traditional saunas using air and steam create a perspiration ratio of 97% water and 3% toxins. This research indicates that infrared saunas are seven times more effective at clearing out toxins than traditional saunas.



Infrared technology radiates heat tuned to the temperature of our bodies and works like a sunny day. 93% of the energy penetrates below the skin.

Traditional saunas heat the air to above the boiling point which over-heats skin and feels claustrophobic.

Protocols For Using the Infrared Sauna:

It is important for individuals not to overdo themselves in an infrared sauna but instead to allow it to gradually pull toxins. Most experts recommend the first session to be about 5 minutes and then to add 30 seconds per session until you reach 15-30 minutes. It is essential to maximize hydration both before and after sauna usage. Also, a mineral and anti-oxidant rich diet is extremely critical for healthy sauna usage and detoxification processes.

Most infrared saunas run at about 110-140 degrees Fahrenheit while typical steam saunas are around 150-200 degrees. Following the sauna with a hot-cold cycled shower improves the detoxification process and closes down the pores, tones the skin and invigorates the body.

RECOMMENDED SAUNA SESSION: **30 MINUTES**

Experience the Many Health Benefits of Infrared Sauna Therapy:

- ✓ DETOXIFICATION
- ✓ LOWER BLOOD PRESSURE
- ✓ RELAXATION
- ✓ BETTER CIRCULATION
- ✓ PAIN RELIEF
- ✓ SKIN PURIFICATION
- ✓ WEIGHT LOSS





Dry Brushing to Detoxify Your Body:

Dry brushing your skin may be one of the easiest and best ways to detoxify your body on a regular basis. The skin is estimated to eliminate over a pound of waste each day through its pores and through the elimination of dead skin cells from the body. Dry brushing is an effective way to maximize the toxin elimination channels of the skin.

The integumentary system is made up of a network of dead epidermal cells forming the skin, hair, fingernails and toenails. All of these are a form of pulling toxins out of the body. The hair is often used to measure the level of toxic heavy metals in the body. The sweat glands also play an active role in flushing toxins out through perspiration.

Detoxifying Through Your Skin Cells:

As skin cells get closer and closer to the outer surface of the body they lose their blood supply and die. This is an effective strategy of the body to eliminate wastes in these cells by sloughing off these old dead cells. Every minute we lose over 30,000 dead skin cells which are replaced by new healthy skin cells.

Bathing and good personal hygiene practices enhance the normal eliminatory patterns of the skin. Dry skin brushing helps to improve circulation, stimulates lymphatic drainage and firms the skin. The improvement in circulation improves brain function and gives an individual more energy.

By improving lymphatic flow it can help prevent the formation of unsightly cellulite. Dry brushing also sloughs off old dead skin cells and the toxic debris within them while initiating the development of new healthy skin cells.



Healthy Self-Care
DRY BRUSHING

- ✓ Re-energizes your skin by sloughing off dead, dull, lifeless skin cells
- ✓ Stimulates natural healing
- ✓ Facilitates detoxification
- ✓ Increases Circulation
- ✓ Stimulates the Lymphatic System
- ✓ Exfoliates & Invigorates
- ✓ FEELS FANTASTIC!

- ✓ Brush skin when it is dry, once or twice a day
- ✓ Just prior to a bath or shower is best
- ✓ Use long sweeping strokes, starting with your feet
- ✓ Always brush towards your heart
- ✓ Avoid sensitive areas
- ✓ End your shower with 3 cycles of hot/cold
- ✓ Add a few drops of essential oil to your shower
- ✓ Clean your brush regularly (at least once a week)

The Dry Brushing Rules For Success:

The skin may be slightly flushed afterwards but should not be red or sore. Be sure to avoid brushing over fresh wounds, burns and cuts. The skin should be dry but not excessively dry when brushing.

One can use coconut oil during the brushing process if the skin is very dry but be sure to clean the brush thoroughly after finishing brushing. Shower after brushing to help remove exfoliated skin cells.

Most individuals notice that they feel refreshed and energized after dry brushing. This is due to the elimination of toxic debris and improved circulation. The skin also glows and feels smoother after the whole body exfoliation experience.

Here is a great brush to get started with that is perfect for dry brushing because of the soft and natural boar bristles with a beachwood handle. This brush has extra length for hard to reach areas. It is also great that the company offers a money back guarantee if you are not fully satisfied.



Take a Cold Shower For Your Health:

Most people love taking showers but very few love taking a cold shower. However, the practice of taking cold showers is still traditional to many nations. Cold showers or alternating between warm and cold has been shown to have great health benefits.

Before the advent of gas and water heating it was common to bathe in cold water. Today, people in Finland, Russia, Thailand, Korea and Japan have a long history of cold showering for great health. The polar bear club engages in winter swimming escapades and they report better memory, mood and energy. People who have suffered with chronic pain, rheumatism and asthma have reported great improvement from cold water immersions.

Improved Circulation & Lymphatics:

Cold showers or alternating shower temperatures between warm and cold has a powerful effect on circulation. When you expose yourself to cold temperatures your body constricts blood supply. When exposed to heat the vessels dilate and expand. Changing these temperatures and using cold water dramatically improves the tone of the blood vessel walls. This gives the body a greater adaptability in driving blood into areas that are needed.

This also dramatically improves lymphatic flow. The lymph system carries away waste products from immune related activity. Lymphatic flow depends upon muscle contraction to move through the system. If lymphatic flow is slow or stagnant it leads to pooling and lymphedema in the lower extremities.

Cold showers lead to whole-body contractions which squeeze lymphatic flow through the system faster. This helps the body squeeze metabolic waste products and environmental toxins out of the skin. This helps you feel fresher and the skin and hair appear cleaner and younger.

Research has indicated that taking cold showers releases endorphins and improves circulation throughout the body including the brain. The net effect of this is that cold showers have been shown to help individuals suffering with depression, insomnia, anxiety and mental lethargy. It also opens up the lungs and enhances respiration and the bodies' oxygen intake and utilization.

COLD SHOWER BENEFITS

Always shower in luke warm water. Towards the end gradually reduce amount of hot water and for the last 60 seconds have a cold shower. Cold showers will change the way you look and feel - guaranteed!

- ✓ Strengthen the immune system
- ✓ Increase hormone production
- ✓ Improve circulation
- ✓ Increase metabolism
- ✓ Alleviate depression
- ✓ Detox
- ✓ Improve male fertility
- ✓ Speed up healing
- ✓ Prevent post-workout injuries
- ✓ Decrease chronic pain
- ✓ Reduce body aches
- ✓ Improve your hair health
- ✓ Improve kidney function
- ✓ Reduce swelling and edema
- ✓ Heal and tone skin
- ✓ Regulate your autonomic nervous system
- ✓ Regulate uric acid levels in your body
- ✓ Improve sleep

Cold Showers Boost Immunity:

Cold showers also boost the immune system by activating two important virus fighting cytokines. A German study indicated that gamma interferon and interleukin-4 are elevated and work more synergistically after the body was exposed to cold. People who take cold showers on a regular basis have been shown to have a lower chance of developing cancer, colds, flu's, hemorrhoids and varicose veins.

Taking cold showers on a regular basis also helps your body adapt to extreme temperatures better. Sudden weather changes are one of the more challenging environmental stresses we have to deal with on a regular basis. This is why so many people get colds & flu's when the temperature drops. People who take cold showers are more adaptable and their body responds to this stress more effectively.



**SANDOW
WISDOM:
BATHING**

"The habit of regularity is valuable. I believe one should bathe almost as often as one should eat, and just as regularly. The first and important end to the sought in a bath is cleanliness. The pores should be kept open and free perspiration invited.

Any person in full vigor is able to take a cold bath in the morning and evening, and afterward experience a full and delightful reaction. The blood is called to the surface and an agreeable warmth and life is felt throughout the system. But persons past middle age and all who are deficient in vital power, should begin with tepid water and gradually accustom themselves to the use of the cold bath."

- Eugen Sandow, 1894

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SUPERCHARGE YOUR HEALTH

Cold Showers Boost Metabolism:

Cold showers have also been shown to improve metabolism and fat burning. There are white fat cells and brown fat cells. Brown fat contains more mitochondria than white fat and burns more energy in order to produce heat. Individuals who live in colder climates and/or use cold showers produce more brown fat for greater body heat production. Brown fat helps protect us from aging, fights obesity and reduces the risk of degenerative disease.

The best strategy for beginning to use cold shower therapy is to begin with a comfortable warm shower and then switch the temperature lower towards the end of the shower. If you do this consistently, over time your body will adapt and get more tolerant with the temperature change and you will reap the health benefits.

Best Strategy for Beginners:

Take a warm shower the way you normally would. Turn the hot water off for the last 20-30 seconds and pump and flex your muscle (to drive more blood flow and heat) while the water is cold. You could go up to a minute if you are feeling really good. You should feel uncomfortable at first but have a great pump and more energy when you get out of the shower. You should notice that the pump continues for some time.

Once you get into a rhythm, you can alternate between hot and cold water to create better vascular dynamics. This is a more advanced stage but feels great and offers many performance benefits.

Contraindications for Cold Showers:

Absolutely do not take cold showers if you are pregnant, have a heart condition (arrhythmias, pace maker, etc) or have extreme adrenal fatigue as it could be dangerous. In adrenal fatigue the body is unable to adapt to the stress of the temperature change.



Benefits of **COLD** SHOWERS

- ✓ It will strengthen your immune system
- ✓ Cleanse your circulatory system
- ✓ Improve Blood Circulation
- ✓ Detoxify your organs and provide a fresh supply of blood for them
- ✓ Reduce blood pressure
- ✓ Contracts your muscles
- ✓ Eliminates toxins
- ✓ Strengthens the nervous system



Clean, pure water is one of the greatest natural resources in the world. Every metabolic function depends upon the presence of water. Cities are built around abundant supplies of water. There are many industrial toxins present in our municipal water sources that must be avoided.

Water is absolutely necessary for optimizing energy production and detoxification abilities within the body. The ideal source of water is as pure and unadulterated as possible from a natural spring. Unfortunately, our water supply is loaded with toxic contaminants. Here are a few we all need to be aware of and take measures to avoid:

Arsenic:

This is a powerful cancer causing agent. In 2001, the EPA lowered the maximum level permitted in drinking water from 50 ug/L to 10 ug/L due to the well-established carcinogenic risk. The Natural Resources Defense Council estimates that as many as 56 million Americans living in 25 states drink water with unsafe arsenic levels.

Aluminum:

This toxic heavy metal is linked with neurological, gastrointestinal and liver damage. Most city water has elevated levels of aluminum. Aluminum competes with calcium for skeletal absorption but does not mimic calcium's effects in the body. High aluminum reduces skeletal mineralization.

It also retards the absorption of phosphorus, zinc, & selenium. Zinc and selenium are key immune system modulators. Aluminum causes deficiencies in these critical minerals and malcoordinates the immune system.

WHAT'S IN DRINKING WATER?

Toxic Chemicals	Beneficial Minerals
Added to drinking water: <ul style="list-style-type: none">▪ Chlorine▪ Chloramines	<ul style="list-style-type: none">▪ Calcium Carbonates▪ Magnesium carbonate▪ Trace minerals
Added to some supplies: <ul style="list-style-type: none">▪ Fluoride	
Other toxins from pollution: <ul style="list-style-type: none">▪ Heavy metals▪ Hexavalent Chromium-6▪ Radioactive particles▪ Benzene (from oil)▪ Pesticides▪ Pharmaceutical drugs	

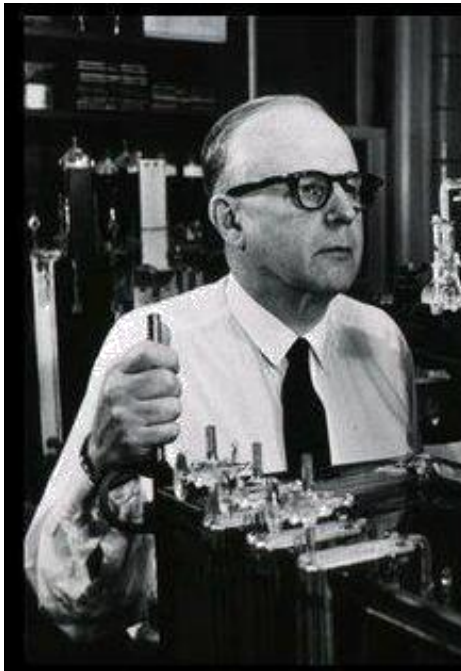
i FACT:
The minerals in drinking water are essential for good health!

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Fluoride:

This halogen molecule is a highly potent free radical in the body that damages neurological tissue, injures the immune system and hampers thyroid function among many other problems.

In a 2006 report by the National Research Council of the National Academies it states, "Fluoride is an endocrine disruptor in the broad sense of altering normal endocrine function."



"In point of fact, fluoride causes more human cancer death, and causes it faster than any other chemical."

Dr. Dean Burk PHD
(34 years at the national cancer institute)

Chlorine:

This is used to sterilize the water and rightfully so as many infectious diseases can be attained through contaminated water. Natural springs should never be sterilized but city water absolutely should be.

Unfortunately, when chlorine is not filtered out of the water and is instead consumed in tap water it destroys the natural microflora throughout the body. This adversely affects natural immunity and dramatically increases the risk for immune disorders and cancer.

One of the most dangerous forms of chlorine includes chlorine vapors and chloroform gas. The FDA and other government agencies have reported that most homes in the US have measurable levels of chloroform gas. This seeps out of toilet bowls, dishwashers and showers. These vapors increase the risk of asthma, airway inflammation and respiratory allergies. Chloroform gas is known to cause acute dizziness, nausea & fatigue.

Warning: Chlorine

"Chlorine has been documented to aggravate asthma, especially in those children who make use of chlorinated swimming pools.

Several studies also link chlorine and chlorinated by-products to a greater incidence of bladder, breast and bowel cancer as well as malignant melanoma. One study even links the use of chlorinated tap water to congenital cardiac anomalies."

Messina V., Chlorine and cancer. Good Medicine

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Prescription and Over-the Counter Drugs (OTC):

Studies have shown that even minute amounts of RX and OTC drug exposure causes human cells to grow and mature abnormally. There are numerous small drug combinations within tap water that are extremely hazardous for consumption.

Some individuals have extreme allergic reactions to certain drugs that may also be present in a very diluted form in the tap water they are drinking. The Maine Department of Environmental Protection tested their water and found a number of different drugs to be present. The most common ones included:

- OTC pain relievers such as ibuprofen and acetaminophen
- Antidepressants

Birth Control Pills

- Blood Pressure & Cholesterol Meds

Disinfectant ByProducts (DBP's):

These are used along with chlorine to destroy any form of life in the water. These chemicals include trihalomethanes, halogenic acetic acids, haloacetonitrils and halo ketons.

DBP's are considered to be far more dangerous for consumption than chlorine. They are powerful carcinogenic molecules that destroy the liver, kidneys and nervous system.

The Solution:

Use a non-chlorinated detergent in the dishwasher. Leave the dishwasher door closed until the dishes are dry. If possible, avoid the dry cycle and allow the dishes to air dry. If you have to open the dishwasher immediately after the wash cycle, try and avoid breathing the steam as it comes out of the unit. Turning on the kitchen fan and opening windows also helps steam to travel out of your breathing zone.

Many quality water filtration systems remove chlorine, disinfectant byproducts (DBP's), pesticides, Rx drug residue and other toxins. I recommend a good whole house water filtration system to ensure chlorine, DBP, pesticides and prescription drug residue from all the water (shower, cleaning, toilet bowl) in the house.

By having a good whole house filtration you dramatically improve your air quality which is vitally important to both short-term quality of life and long-term health. I use and recommend a strong carbon filtration system which I find is the best value whole house system.

Reverse Osmosis:

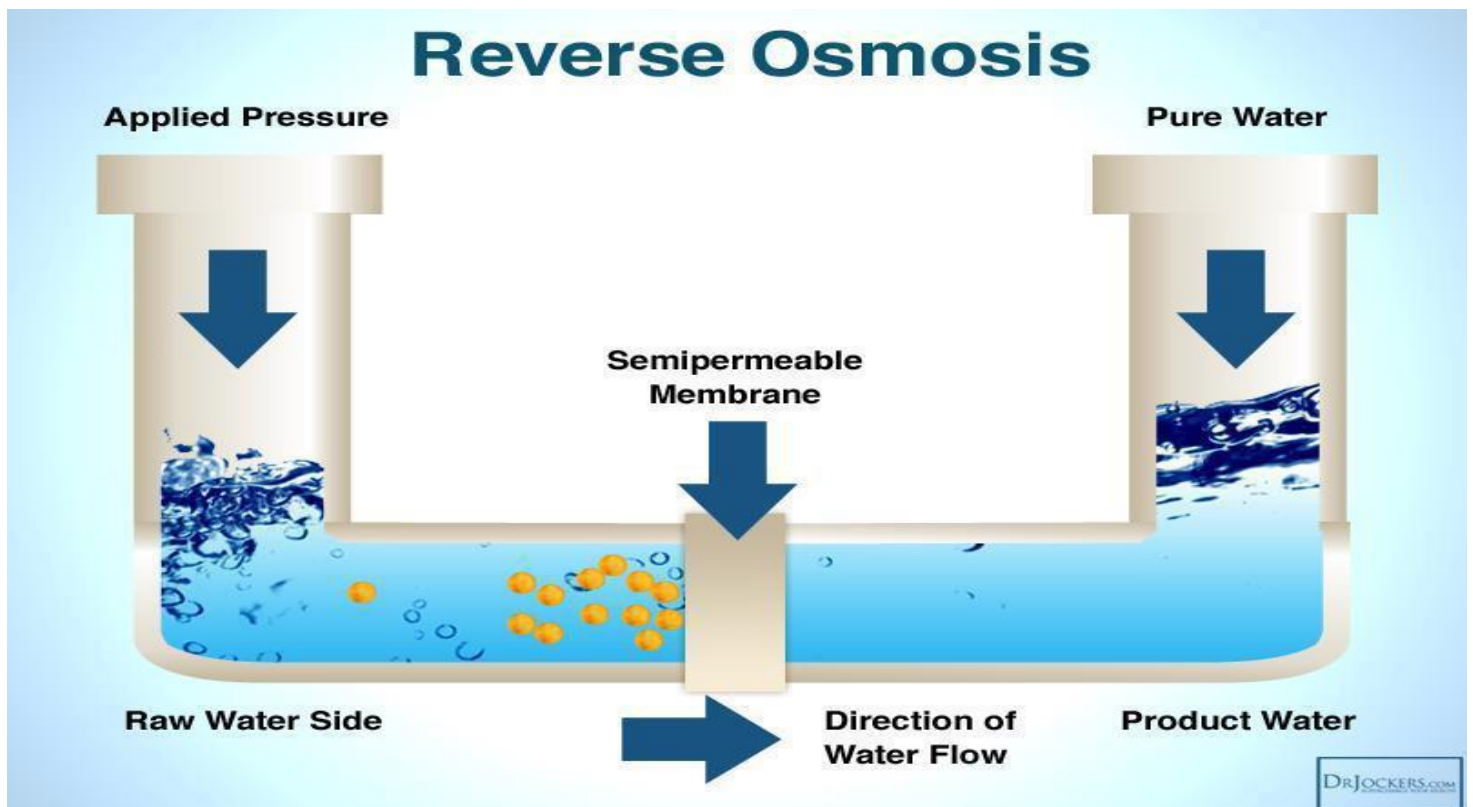
Reverse osmosis is a great system to utilize due to its ability to get nearly all of these major toxins out of the water. On the downside it utilizes heavy amounts of water and strips minerals from the water. This can be draining on the environment but it does take out all contaminants in the water including flouride.

Some manufacturers are using colloidal silver to effectively disinfect the water and coral sand to boost the pH. They then add anti-oxidants using zeolite and essential minerals using jade to restore valuable calcium and magnesium in the proper ratios. This is highly recommended if available to you.

I personally have an [Avalon System](#) at my home for drinking water. This is a reverse osmosis system that adds back trace minerals and anti-oxidants described above.

You can also get a portable reverse osmosis drinking water system [here](#) which is a low-cost option for a house or an apartment. Add in a pinch of pink salt and a drop of your favorite essential oil per 8oz of water and you are good to go with a clean, mineralized, and anti-oxidant enriched water.

Be sure to get a high quality shower filters from a company such as Aquasauna [here](#) as well so you don't shower in toxic water.





Surge Training is Your Newest Anti-Oxidant

Oxidative stress represents an imbalance between the production of reactive oxygen species (free radicals) and the body's ability to detoxify the reactive intermediates and repair the resulting damage. High levels of unmanaged oxidative stress accelerate aging and disease formation.

Anti-oxidants are a primary defense against the damaging effects of oxidative stress. The latest research in the fitness world indicates that high intensity exercise acts to enhance the body's anti-oxidant defense systems.

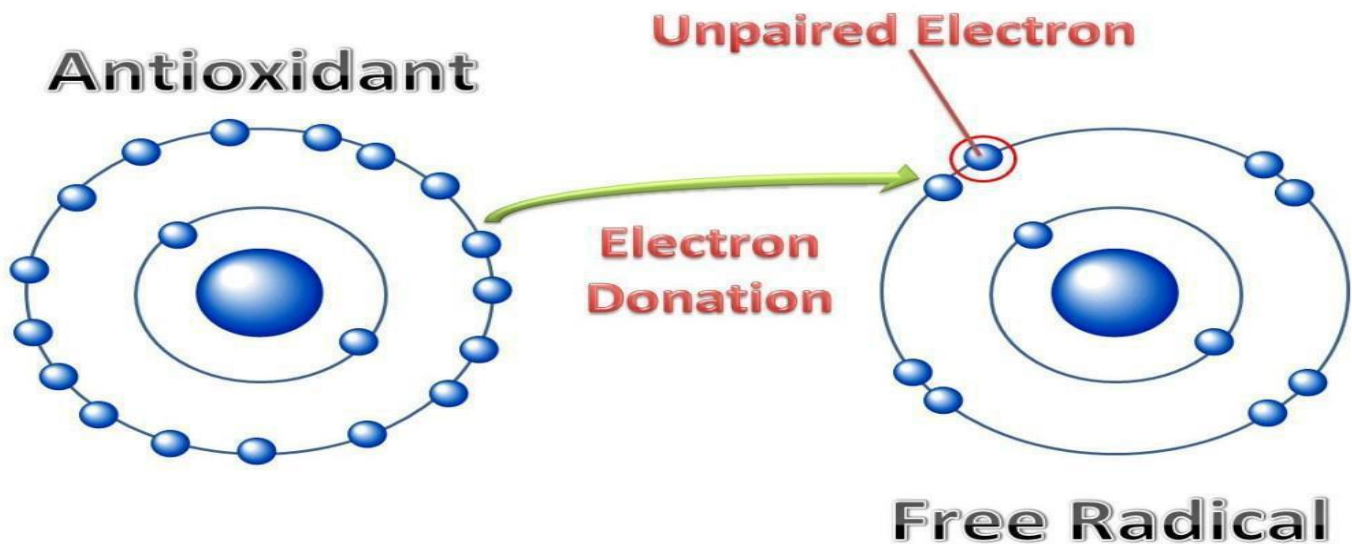
Our body is designed to adapt to the ever-changing demands of nature. Exercise enhances our metabolic rate and dramatically increases oxidative stress levels in our body. In response, the body builds up its anti-oxidant reserves in order to successfully adapt to the greater level of stress.

Damaging Free Radical Formation:

Two particularly dangerous metabolic byproducts include the hydroxyl free radical and malondialdehyde (MDA). The hydroxyl free radical is highly reactive and produced in abundant amounts when the body is under stress.

When hydroxyl free radicals interact with cell membranes they cause lipid peroxidation. This produces highly reactive cross-linking agents such as MDA that further damage cellular components leading to accelerated aging.

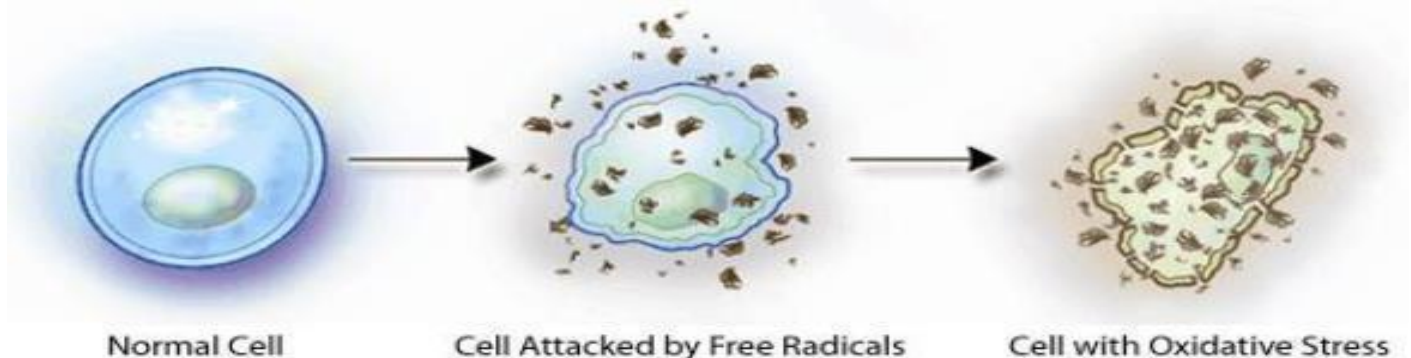
The end product of the damage MDA produces in the body is a pigment called ceroid lipofuscin. This is a byproduct of oxidized cell membranes and mitochondrial membranes. These pigments appear as “*age spots*,” or “*liver spots*” on the skin of our hands and face. This is a sign of excessive oxidative stress and internal damage within the body.



Surge Training Boosts Anti-Oxidants:

A recent study in rejuvenation research demonstrated the effects of high intensity exercise training. The study looked at 6 individuals exercising at several different intensities. When the subjects exercised at a higher intensity level they had a greater anti-oxidant effect. Additionally, the study showed that each participant produced less hydroxyl free radicals at a higher intensity than at a lower intensity.

Another recent study published in the Journal of Strength & Conditioning showed that high intensity resistance training decreased MDA and increased glutathione content. Glutathione is the major antioxidant that our cells produce. Higher levels of glutathione are associated with great health & anti-aging effects on the body.



Exercise Intensity and Lactate Production:

Higher intensity exercise maximizes the bodies anaerobic exercise system. The anaerobic system produces lactic acid due to the lowered oxygen state. Most people associate lactic acid with the burn they feel when they exercise. The greater the intensity of exercise = the greater the lactic acid secretion. Researchers now believe that lactic acid may actually act as a free radical scavenger.

High intensity exercise also enhances certain critical enzymes that produce glutathione. This is a natural adaptation the body makes due to the higher free radical load. The combination of increased glutathione and lactate gives high intensity exercise an incredibly powerful anti-oxidant and anti-aging effect.

20 Minute HIIT Workout
50 second jumping jacks, 10 seconds rest
50 seconds burpees, 10 seconds rest
50 seconds pushups, 10 seconds rest
50 second side plank, 10 seconds rest
50 second (other) side plank, 10 seconds rest
50 seconds mountain climbers, 10 seconds rest
50 seconds high knees, 10 seconds rest
50 seconds stability ball plank jacks, 10 seconds rest
50 seconds squat jumps, 10 seconds rest
50 seconds jump lunges, 10 seconds rest
<i>Rest for one minute, repeat a second time</i>

When Not To Surge:

Someone that is fairly healthy can do a workout like the one above 3 days a week with rest days in between. If you are pregnant, injured or battling a chronic disease than you should modify your work. If you are exhausted or have adrenal fatigue, start very slowly and only after discussing this with your physician or health care provider.

For individuals with chronic disease, I typically recommend focusing on low-intensity movement such as walking and deep breathing in order to enhance oxygenation and reduce stress on the body. It is ALWAYS advisable to start small – 5 minutes of intense work and slowly build up as your body adapts. Give yourself an off-day in between workouts to recovery most effectively.

Baking Soda

Help Beat Cancer Naturally



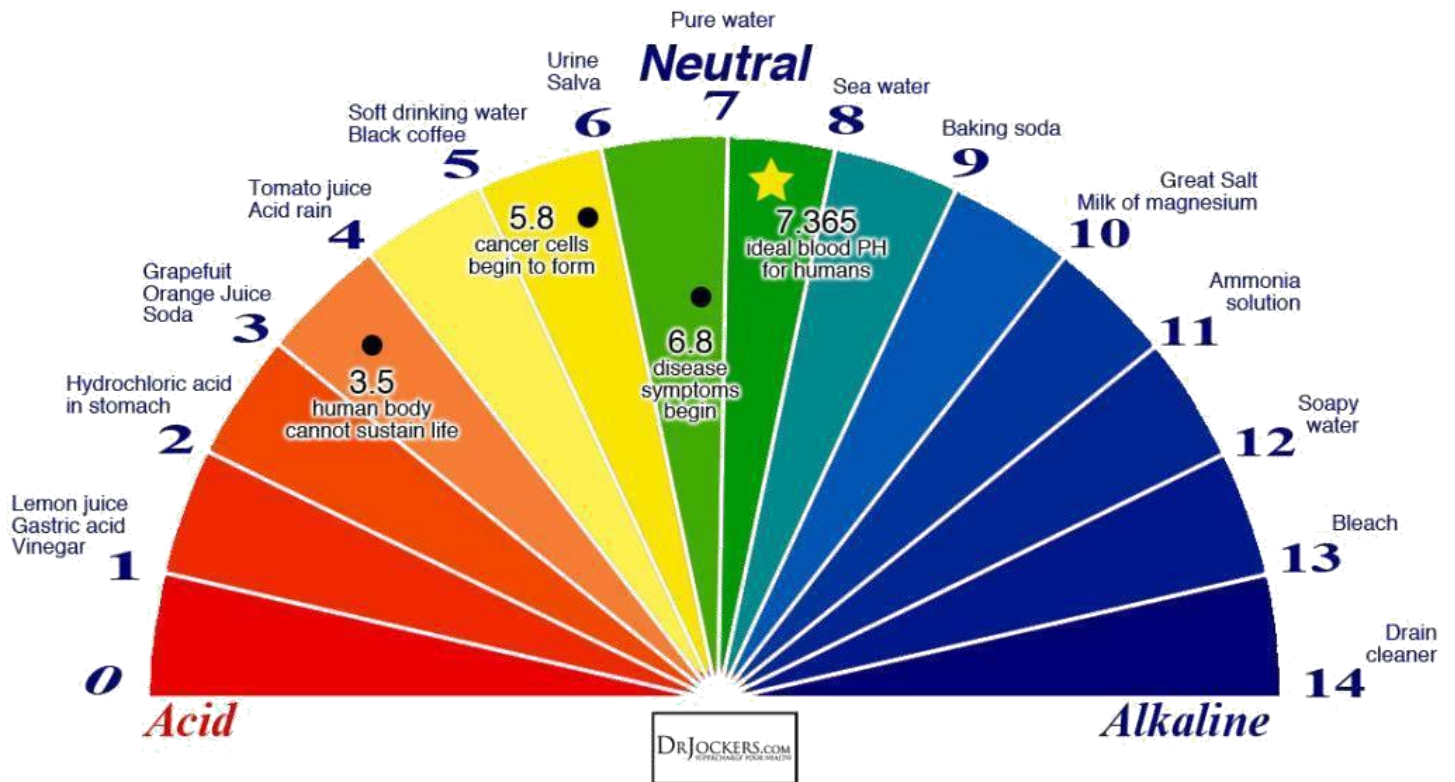
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Using Baking Soda to Help Beat Cancer:

Baking soda or sodium bicarbonate (NaHCO_3) is a natural substance used for a number of different household tasks such as baking and cleaning. Research has shown that it is a powerful tool in identifying and stabilizing cancer growth as well. Cancer is a complex disease process and there is no one cause or one cure.

It is a disease that develops from damage to the bodies internal environment creating genetic mutations and alterations in the bodies metabolic dynamics. The use of baking soda along with a number of other intensive health strategies to boost the body's natural healing rhythms are necessary to reverse the process in a natural way.

The human internal ecosystem is stabilized by several different buffering systems that keep the body functioning at a high level for as long as possible. One of these buffering systems is pH. Our blood stream should be slightly alkaline at 7.365 pH at all times for the body to be healthy. Maintaining pH balance through proper diet and lifestyle is one of the most critical tools to optimizing your health.



Using Baking Soda to Regulate pH Levels:

Baking soda is used to regulate pH as a counterbalance to acid build up in the body. It plays an important role in the pH balance of cells and tissues, cell voltage homeostasis and it increases carbon dioxide and oxygenation. It is also great for helping the body to effectively detoxify and heal from oxidative stress and radiation exposure.

Sodium bicarbonate is used by many natural health care practitioners as a first line of defense against a number of health problems. These include cancer, flu, diabetes, kidney disease and the common cold. Baking soda can be used in a bath and the body can absorb the health benefits through the skin or nebulized for lung conditions.

Baking Soda and Cancer Identification:

Relatively new research has found that sodium bicarbonate is a good identifier of cancer cell growth. Cancerous regions of the body accumulate acids and they convert bicarbonate into carbon dioxide. A United Kingdom Cancer Research team found that they could identify changes in bicarbonate on MRI scans with high sensitivity.

Cancerous regions of the body have a significantly lower pH than surrounding tissue. The researchers worked with mice that had metastatic breast cancer and they boosted the MRI

sensitivity more than 20,000 times. They then inserted bicarbonate and watched via MRI what kind of changes they could observe. It was clear to the research team that the more acidic the tumor the more bicarbonate is converted into carbon dioxide.

Professor Kevin Brindle of the UK's Cambridge Research Institute at the University of Cambridge was the lead researcher of this ground breaking study. He said "This technique could be used as a highly-sensitive early warning system for the signs of cancer. By exploiting the body's natural pH balancing system, we have found a potentially safe way of measuring pH to see what's going on inside patients. MRI can pick up on the abnormal pH levels found in cancer and it is possible that this could be used to pinpoint where the disease is present and when it is responding to treatment."

Healthy Ways to Use Baking Soda

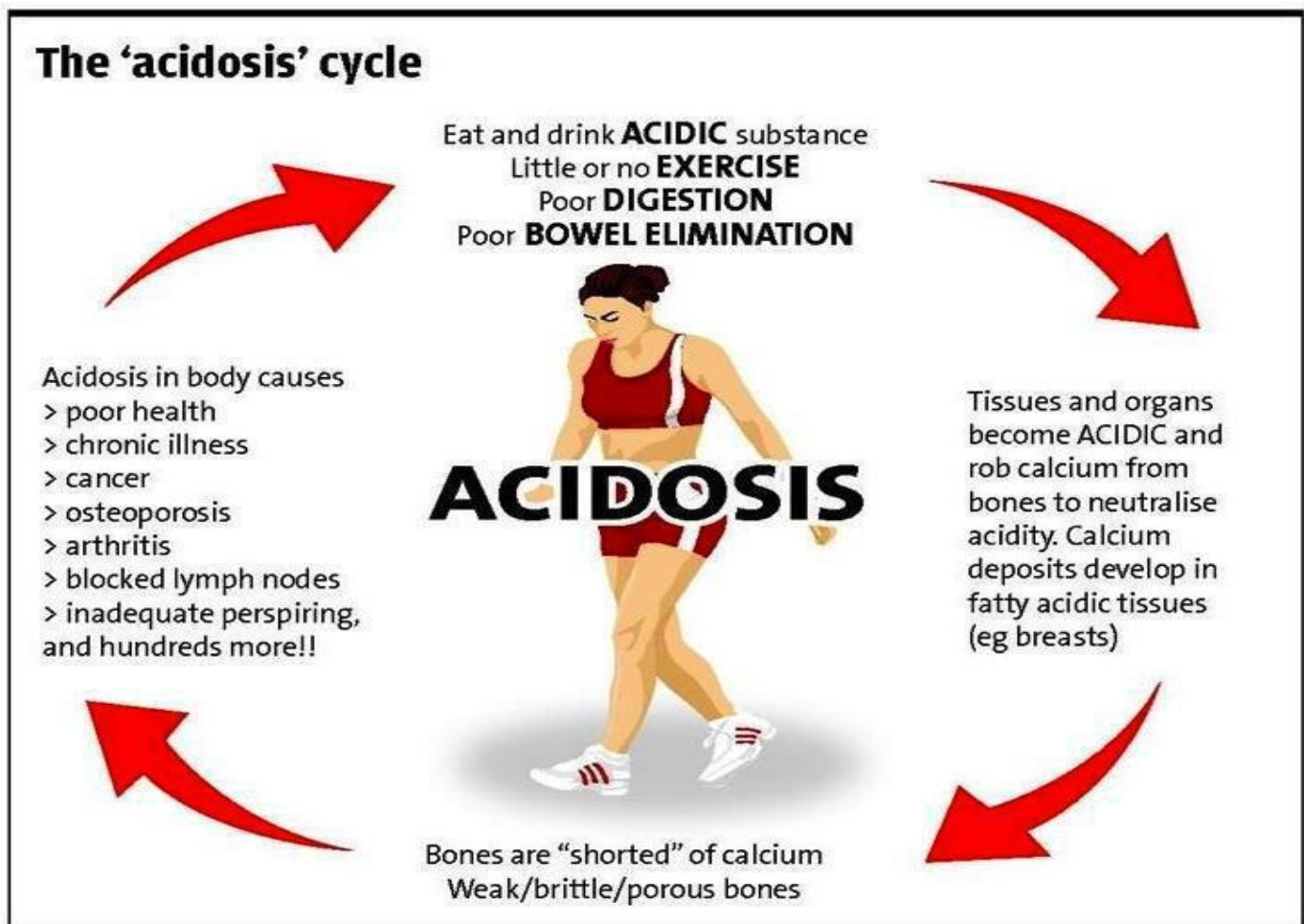
- 
- ✓ Absorbs radiation
 - ✓ Absorbs heavy metals
 - ✓ Alkalizes the body
 - ✓ Natural Toothpaste
 - ✓ Freshen Your Mouth
 - ✓ Facial Scrub and Body Exfoliant
 - ✓ Non toxic Deodorant
 - ✓ Treat Insect Bites & Itchy Skin
 - ✓ Make a Hand Cleanser and Softener
 - ✓ Clean Brushes and Combs
 - ✓ Make a Bath Soak
 - ✓ Clean your bathroom tubs, tile and sinks
 - ✓ Wash your dishes
 - ✓ Clean Floors
 - ✓ Clean Furniture
 - ✓ Clean Shower Curtains
 - ✓ Clean Baby Clothes
 - ✓ Clean Cloth Diapers
 - ✓ Clean Batteries
 - ✓ Clean Cars
 - ✓ Freshen Linens
 - ✓ Clean dirt and residue off fresh fruit and vegetables
 - ✓ Treat Colds and the Flu
 - ✓ Deodorize Stinky Feet
 - ✓ Soothe Your Feet

Baking Soda Slows Cancer Growth:

Cancer cells produce their energy through anaerobic glycolysis with their primary fuel source being glucose. The byproduct of this biochemical pathway is lactic acid and other acidic metabolites. Studies have shown that the extracellular pH in cancer growth regions is typically much lower than in normal tissue due to this metabolic pathway.

This high acid environment also promotes invasive tumor growth in primary and metastatic cancers. Taking in sodium bicarbonate orally has been shown to raise the pH of tumors and reduce the formation of spontaneous metastases in mouse models with metastatic breast cancer (1). It also reduced the rate of lymph node involvement and reduced the chances of spread to the liver.

Researchers in this field have made the reasonable assumption that increasing systemic concentrations of pH buffers such as sodium bicarbonate would reduce intratumoral and peritumoral acidosis. In mouse models they have also found that the reduction of tumor acid concentrations reduces tumor growth and invasion without altering the pH of blood or other tissues (6).



Additionally, it is also known that tumor acidosis creates chemoresistance to certain chemotherapy drugs such as doxorubicin and paclitaxel (7). So if one had an acidic tumor and they wanted to use the standard chemotherapy route using baking soda to optimize pH levels would only make the chemotherapy more effective.

Remember, cancer is a very complex disease process and using baking soda alone will not “cure” cancer and you shouldn’t listen to anyone who tells you otherwise. However, research shows that using baking soda along with a myriad of other natural therapies to improve immune coordination can help the body to combat cancer naturally.

How Do You Use Baking Soda in Your Body:

Using baking soda to increase the pH levels of the body is always beneficial if the body is in an acidic state. Contrary to popular opinion, baking soda does not contain aluminum but baking powder which is a different product may contain aluminum. So there is no need to buy “aluminum-free” baking soda but you would definitely want to purchase “aluminum-free” baking powder if you are going to use that for baking.

Arm & Hammer and other similar commercial brands use a chemical process that turns trona ore into soda ash. This then reacts with carbon dioxide with the soda ash to produce baking soda. This is not necessarily bad but it does use a chemical process. Brands like Bob’s Red Mill, Frontier and other natural companies procure their sodium bicarbonate directly from the ground in its natural state. These are the preferred brands to use.



Baking Soda Safety:

Every tumor has its own unique characteristics and not all tumors are highly acidic. However, regardless of the strength of the acidity of the tumor, balancing pH and creating a slightly alkaline environment in the body is always helpful to the body's internal systems. Ideal pH testing on the pH strips should be between 7.0-8.0 – nothing higher than 8.0 or discontinue using baking soda immediately until the pH lowers.

The key to using sodium bicarbonate safely is in testing and monitoring both urinary and saliva pH with pH test paper or an electronic tester. You should do this every morning and chart results. If you are taking a bath with baking soda take your salivary and urinary pH when you get out. If the pH goes above 8.0 than stop using the baking soda until the pH drops back down.

There are consequences to unregulated usage of baking soda. These include alkalosis, kidney problems, lowered stomach pH levels, etc. To avoid this, just be responsible with your usage and make sure you take the time to monitor your pH levels throughout the day. To avoid digestive problems don't take the baking soda in water within 30 minutes of meals.

Top Uses Of Baking Soda

- 
- ✓ Antacid
 - ✓ Chemical smells out of clothes
 - ✓ Underarm deodorant
 - ✓ Toothpaste
 - ✓ Dog odors & urine
 - ✓ Face & body scrub
 - ✓ Helps to soften skin
 - ✓ Relieves skin itch from insect bites and pain from sunburn
 - ✓ Helps relieve baby's diaper rash
 - ✓ Oven cleaner
 - ✓ Bathtub / Tile scrub
 - ✓ Silver polish
 - ✓ Drain cleaner

The Baking Soda Protocol:

Measure your pH with pH strips throughout the day and only use this drink when you are testing out acidic. Also, I don't recommend using baking soda before or after a meal (at least 30 minutes) as it will lower the stomach acid secretions and affect the digestive processes.

Mix ½ tsp of baking soda with 2 tbs of fresh lemon juice or organic apple cider vinegar (ACV) to create an alkaline forming environment in the body. The combination will foam and fizz, so use a tall glass and wait for all bubbling to stop. Then add 8 oz of water to the mixture and drink all at once. This mixture works to neutralize the pH, buffers stomach acid and reduces acidosis.

Drink this baking soda – lemon/ACV combination throughout the day except just before and after meals until you are able to get your pH levels between 7.0-8.0.

The Baking Soda Protocol

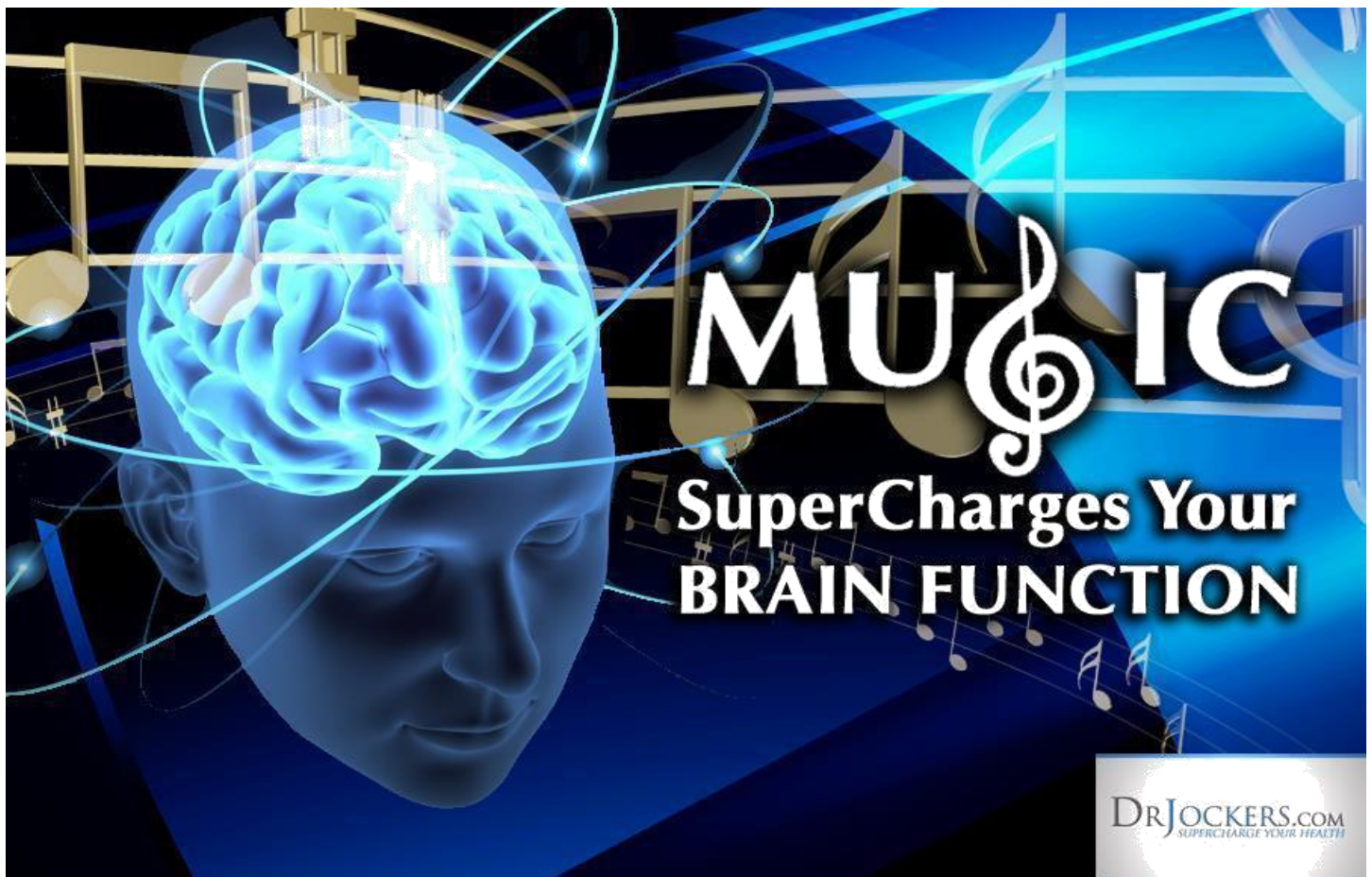
Measure your pH with pH strips throughout the day

Mix ½ tsp of baking soda with 2 tbs of fresh lemon juice or organic apple cider vinegar (ACV)

Drink this baking soda – lemon/ACV combination throughout the day

It is not recommended to use baking soda before or after a meal (at least 30 minutes)

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SUSTAINABLE WELL-BEING



Music SuperCharges Your Brain Function:

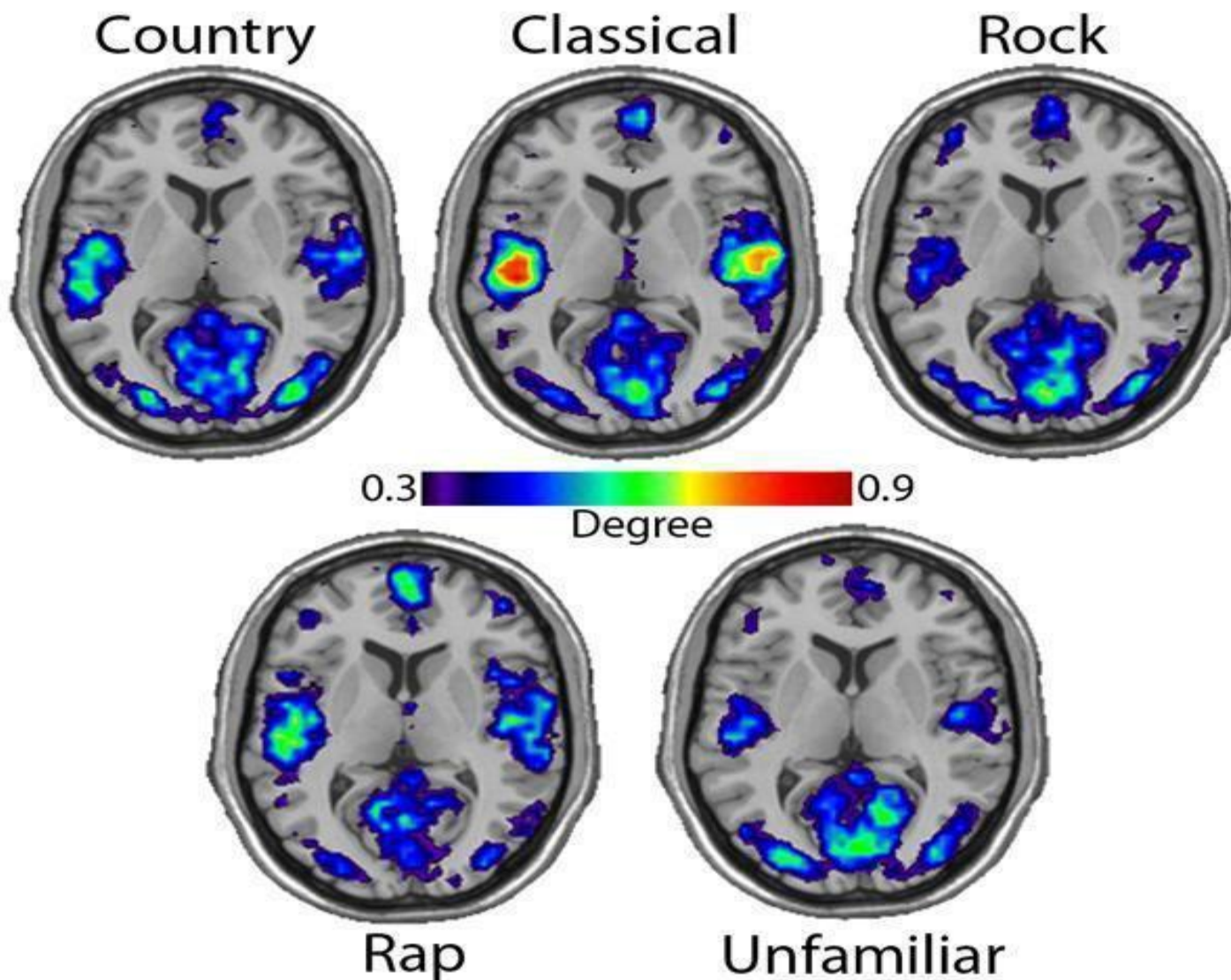
Most people have their own particular styles of music they enjoy. Music is one of the greatest joys of mankind and it has a effect at simulating the brain and enhancing learning. Listening to music stimulates the whole brain through diverse neural circuitry that stimulate better brain metabolism. Listening to enjoyable music improves your brain function.

The brain is divided into two major hemispheres called the right and left hemisphere. The right brain is thought to process information through creative imagery. The left brain is the analytical side that controls verbal and mathematical processing. The corpus callosum connects the left and right hemispheres and controls the communication between these two.

Music Connects Your Brain Hemispheres:

Music is unique in that it activates a broad array of neurons across the corpus callosum. This creates a state of harmony between the two hemispheres. The non-verbal melodies of music stimulate the right brain while singing stimulates the language center in the left hemisphere.

Music has the amazing potential to alter an individual's state of consciousness. Music therapy has been shown to shift a person's complete perception of time and stimulates unique emotions and memories. Listening to music boosts endorphin release which lifts our spirits and activates positive emotions and states of euphoria.



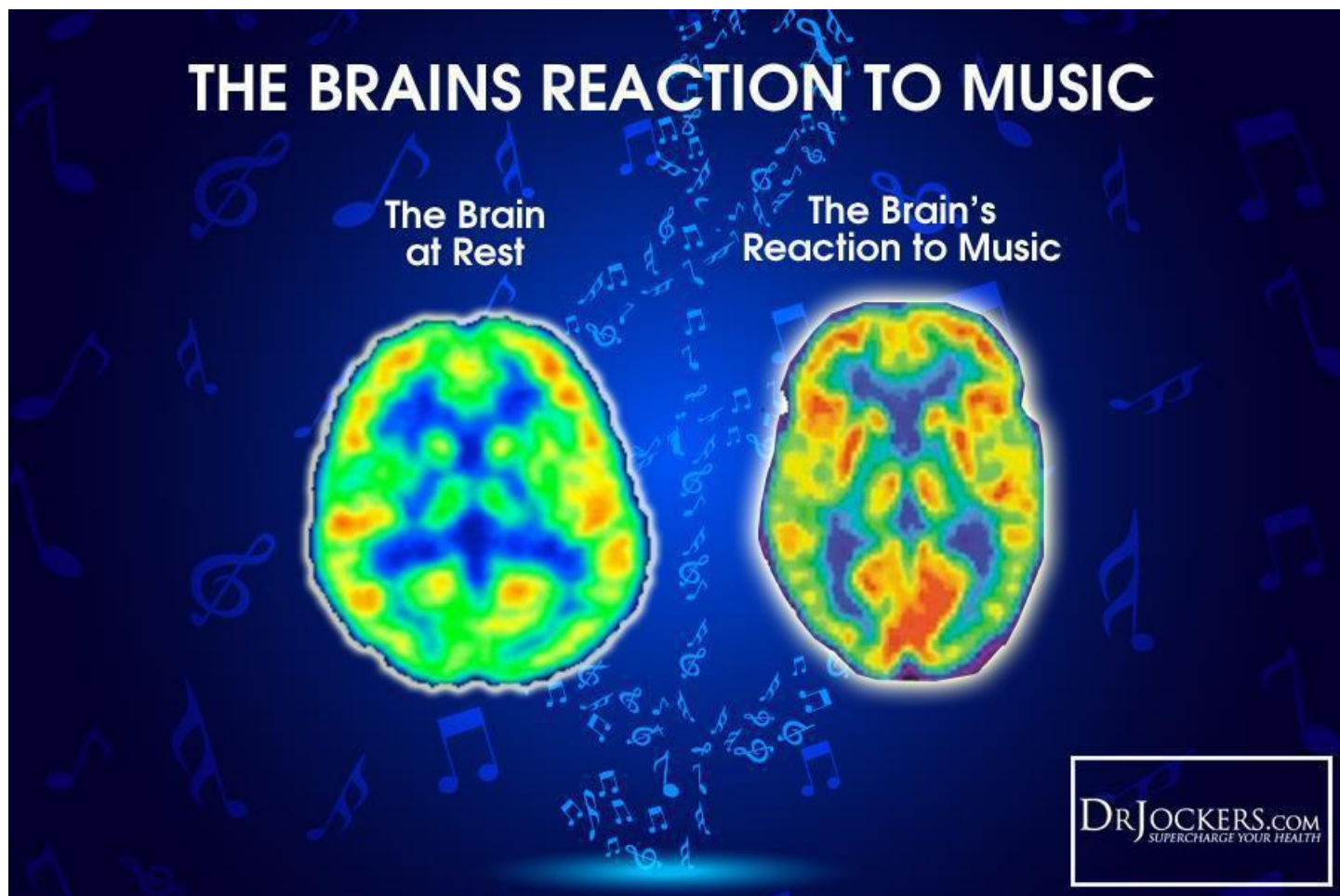
Music Helps Boost Creative Energies:

Music also boost creative energies through the production of alpha and theta waves. Large influxes of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing while music without words stimulates more artistic and visual senses.

These types of music can also be used to help balance the hemispheres effectively. Someone who has a left brain focused job such as an accountant may experience an increased level of peace and stability when they listen to classical music or other right brain style music.

Someone with a heavy right brain position (such as an artist) may do well with rock n'roll or other lyric based music to charge up their left brain. This is all subjective to the unique tendencies and subtleties of the individual but more research is pointing in the direction of using music to balance and stabilize the hemispheres.



Music Therapy and Your Health:

Classical or light music help to calm and relax blood pressure. Researchers have shown that listening to calming music for periods of time every day is extremely effective for stabilizing blood pressure levels.

Music therapy is used to help patients with neurological conditions by stimulating unique regions and enhancing blood flow and metabolism. This sort of therapy was popularized by Dr. Oliver Sacks and featured in the movie “Awakenings.”

Music Therapy and Alzheimer's Disease:

Alzheimer's disease is associated with damage to the temporal lobe that is used to process and direct memories. Music stimulates not only direct memories but other circumstances surrounding that musical experience.

Researchers have found that listening to music can indirectly stimulate memory fragments that would not otherwise be retrieved. This helps to provide emotional comfort and improve brain function.



MUSIC & THE BRAIN

Healing Powers

Listening to music can decrease anxiety, speed healing, increase optimism and decrease pain.

Incredible Memory for Sounds

Alzheimer's patients can recall and sing songs long after they've stopped recognizing names and faces. There is growing evidence that listening to music can help stimulate seemingly lost memories and even help restore some cognitive function.

Creativity Boost

Music boosts creative energies through the production of alpha and theta waves. Large influxes of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing, while music without words stimulates more artistic and visual senses.

Music Taps Into Primal Fear

There are certain sounds that humans automatically associate with death because they tap into our evolutionary fear of the screams of other animals (and other human beings). Scientists have dubbed these "discordant noises"; any noise that makes you feel very unpleasant falls into this category.

We know if we hear other living things making those discordant noises that we have to react because something bad is going to happen. Movie directors know this and make good use of it when deciding on the score for a film!

Babies Know Happy From Sad Songs

Babies as young as 5 months can distinguish an upbeat tune, such as "Ode to joy" from Beethoven's Ninth Symphony, from a lineup of gloomy tunes.

**"Sound is a nutrient for the nervous system. Love your ears...they are much more important than you ever realized."
Prof. Dr. Alfred Tomati**

The Mozart Effect

It's been thought that listening to classical music, particularly Mozart, enhances performance on cognitive tests. However, recent findings show that listening to any music that is personally enjoyable has positive effects on cognition.

Listening to music can make you learn better and has the power to enhance some kinds of higher brain function, such as reading and literacy skills, spatial-temporal reasoning, emotional intelligence and mathematical abilities - even children with attention deficit/hyperactivity disorder benefit in mathematics tests from listening to music beforehand.

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How Castor Oil Packs Help You Detox

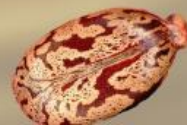
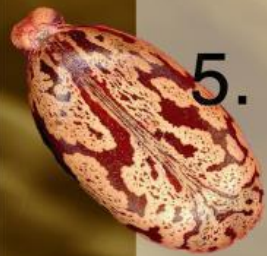
Castor oil has been around for centuries and dates back to its use in Egypt over 3,500 years ago. Castor oil packs have the ability to promote both the circulation of blood around an organ and an area of the body as well as increase the flow of fluids through the lymphatic system.

Castor oil effectively supports the body's natural detoxification abilities. Traditionally used in alternative medical practices such as Ayurvedic therapy, research regarding the effects of castor oil remains limited due to lack of funding for clinical testing. However, the use of castor oil remains widespread. Anecdotal evidence suggests that castor oil packs are a trick of the health trade that has not been forgotten and with good reasoning.

Today, many medical experts around the world recommend individuals to use castor oil packs to help detoxify their bodies.

Benefits of Castor Oil:

1. Positive Influence on the Nervous System.
2. Increases Lymphatic Flow.
3. Works Through the Skin to Reduce Inflammation, Pain and Swelling.
4. Increases Digestive Abilities and Improves Liver Activity.
5. Strengthens the Immune System.

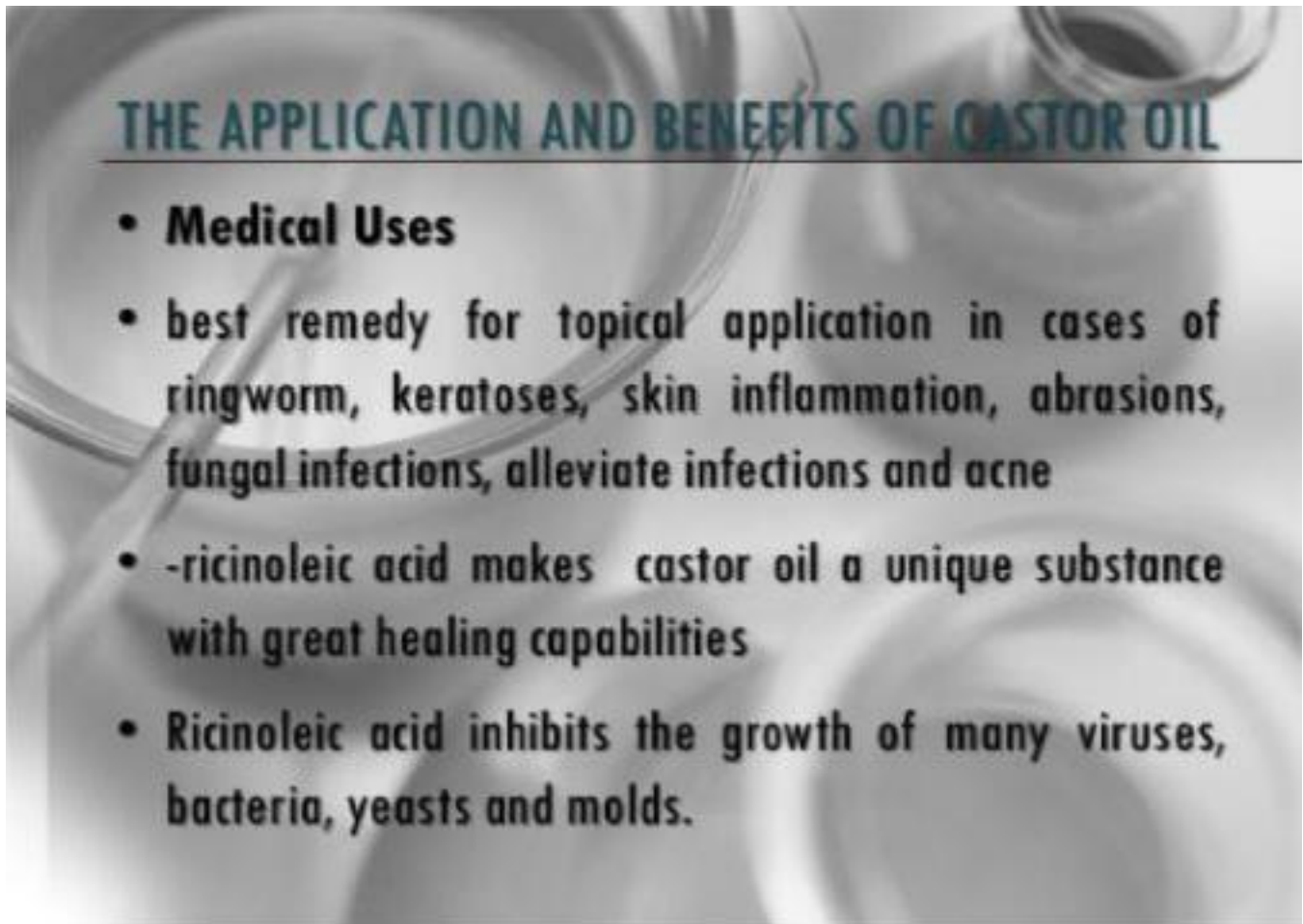


What Is Castor Oil?

Also known as *Ricinus Communis*, castor seed oil is created from pressing theseeds of the plant to be used for a variety of conventional purposes. Castor oil is made up of phytochemicals including:

1. Undecylenic acid
2. Rincinoleic acid.

Composing 90% of the chemical structure of castor oil, ricinoleic acid is a fatty acid believed to be the responsible mechanism by which castor oil exhibits numerous health properties. Ricinoleic acid is released in the intestines and has been found to bind with receptors that line the intestinal tract and the smooth-muscle cells in the uterus therefore promoting natural healing abilities.



Safety Concerns When Consumed Orally

Castor oil is considered safe by the Federal Drug Administration (FDA) and the Joint Food and Agriculture Organization Expert Committee on Food Additives which is also made up with members of the World Health Organization.

Although generally recognized as safe and found in high concentrations in some cosmetics such as lipstick, toxic effects have been associated when castor oil is consumed and is not recommended to be taken orally.

Given the lack of support for the research of castor oil packs in clinical trials, physicians remain unaware of the physiological effects that castor oil has on the human body. Limited

studies and tales of midwifery have reported symptoms of ingesting castor oil to include nausea, cramps, loss of fluid and electrolytes.

Therapeutic Uses of Castor Oil Packs

Castor oil packs involve the application of externally administering castor oil to the skin's surface so that it can slowly be absorbed. Castor oil packs have many potential therapeutic uses including the ability to treat and cure the following conditions:

Skin conditions such as fungal infections, rashes, acne, warts, callouses,eczema, allergies and other inflammatory skin problems

- Parasitic infection such as ringworm

Dry eye

Liver disorders including cirrhosis

Headaches

Appendicitis

- Gallbladder inflammation

Epilepsy

Arthritis

Menstrual cramps

HIV/AIDS

- Intestinal problems such as constipation

Induce Labor

Cancer

Castor Oil Promotes Lymphatic Drainage

How can castor oil treat and possibly cure cancer? Castor oil exhibits anti-cancer properties by promoting the lymphatic system to remove the buildup of debris and toxins in the body. When the lymphatic system is not functioning properly, liquid can accumulate within the network of tubes responsible for filtering bacteria and become stagnant. One study found that injecting rats with castor oil helped to suppress tumors which developed as the result of liver damage.

Other research has found that when oil is absorbed through the skin, not only is there an increase in both lymphatic drainage and blood circulation, but there is also an increase in lymphocyte production. Lymphocytes are critical to the immune system because they signal a call for aid when the body is under attack from foreign substances.

For these reasons, castor oil packs may be an alternative therapy that can boost the immunity of individuals with HIV (human immunodeficiency virus infection) or AIDS (acquired immune deficiency syndrome). It may also be possible that castor oil can have health benefits when simply massaged onto the skin.

CASTOR OIL

Healthy Pack for Scar Tissue

- ★ **Protection to the Skin**
- ★ **Heal the Wounds**
- ★ **Helps in Skin Regeneration**
- ★ **Detoxify the Skin Cells**



Promotes Healthy Digestion & Elimination

Castor oil is popularly known in folklore as a potent *carthartic* which stimulates the complete release of substances from the gastrointestinal tract and ultimately causes defecation (3). Castor oil packs however may have the same therapeutic properties when applied to the skin following absorption.

Applying castor oil packs to the abdominal region can help you achieve regular bowel movements as well as experience an increase in energy. As a result, scientists also speculate

that this laxative effect, which simultaneously removes infectious agents from the lining of the gut, may also alleviate symptoms of depression.

Elderly patients participated in a study in which they were administered castor oil packs for therapeutic care. 80% of these individuals sought relief from symptoms of constipation for over ten years and were observed to have immediate improvements following less than 3 days of treatment.



Supports Natural Detoxification

As a result of the ability of castor oil packs to promote lymphatic drainage and both digestion and elimination, castor oil packs ultimately aid the body to naturally detoxify. Understanding the clues your body is signaling to you is necessary to help you understand how effectively your body is currently able to promote detoxification.

Liver's Vital Importance to Detoxification

The liver serves vital functions in the body and is absolutely required for the process of detoxification. As you have already read, a weakened lymphatic system increases the buildup of debris, toxins, and pathogenic bacteria, weakens organs and increases the risk for cancer.

For example, consider the liver to serve the same function as the garbage disposal in your kitchen. The liver helps circulate fluid in the body and transforms toxins into a substance in which then can be:

1. Dissolved
2. Flushed down the bile ducts
3. Relocated into the small intestine
4. Eliminated from the body as stool

This is why noting a chalky white appearance in your stool can indicate to you that your liver is functioning poorly. Bile is produced by the liver when toxins are being eliminated and it is also what gives stool its brown appearance.

Applying castor oil packs to the skin's surface near your liver can assist in the detoxification of toxins from the body promoting optimal gastrointestinal health and reducing your risks of cancer as a consequence of stagnant toxic waste within the lymphatic system.



Purchase Castor Oil Packs

Purchasing a high quality castor oil is required to receive the optimal healing benefits. There are a few recommendations to follow when purchasing castor oil to ensure you are receiving the highest therapeutic grade castor oil available. The following is a list of labels that you should look for when buying castor oil:

“cold pressed”

“without hexane”

“100% Pesticide Free” or “Organic”

“non-hybridized”

“Free of preservatives and additives”

“non-solvent extracted” or “unrefined”

“non-deodorized”

Where to Purchase Castor Oil Materials

Whether you are seeking to purchase the whole kit to create a castor oil pack or you only aim to buy the castor oil itself, a few recommended products follow to help you begin your search for a high quality product.

Purchase the Pack Materials

The two following retailers offer castor oil kits for purchase if you do not already have the materials on hand. Do note that the kits do not supply organic castor oil and it may be best if purchased separately. Pesticide residue contained in castor oil can be absorbed through the skin.

Radiant Life: Buy the whole kit from Premier Research Labs Castor Oil [here](#) or purchase the materials separately. Premier Research Labs Castor Oil is cold-pressed, non-solvent extracted and hexane-free. The kit also includes organic cotton flannel and a wrap-around pack.

Heritage Store: This [kit](#) includes hexane-free, cold pressed castor oil along with unbleached wood flannel and castor cleaning towelettes for removing oil after treatment.

Buy the Oil Separately

Banyan Botanicals Ayurvedic Herbs: Buy pure, unrefined, and organic castor oil [here](#).

Heritage Store: Purchase cold-pressed, hexane free, organic castor oil from Amazon [here](#).

Dr Adorable Inc.: Also sold on Amazon, Dr Adorable Inc. castor oil is a product of India where harvesting methods produce a purer bean. This castor oil is cold pressed, hexane free, organic and can be purchase using this [link](#).

CASTOR OIL To Treat Cysts

- ✔ **Fold a Cloth into 3 layers**
- ✔ **Place 2 spoon of Castor Oil to the Cloth**
- ✔ **Wrap the Cloth to the Cysts spot**
- ✔ **Bottle of warm water above the cloth**
- ✔ **Keep it rest for 30 minutes**
- ✔ **Do it regular to get cleared skin**



Castor Oil Pack Instructions:

Before applying a castor oil pack to the skin's surface, test for skin sensitivity. Rub a small amount of castor oil directly onto a limited area of skin to determine if a reaction develops. Another recommendation for use is to avoid using electric heat pads without an automatic shut off following a period of time. Many individuals provide testimonials of falling asleep with ease during castor oil pack treatments.

Castor Oil Pack

Instructions

What You Will Need:



High quality
Castor oil



Unbleached
wool Flannel



A piece of plastic
such as a Ziploc bag



A hot water bottle
or heating pad



An old cloth, towel
or sheet that you
don't mind gets
stained



1 Choose a space where you can lay down comfortably. Cover it with an old towel to avoid any oil dripping onto the surface.



2 Using a piece of flannel large enough to cover your abdomen, saturate the flannel in castor oil so it is wet but not dripping.



3 Lie down on the protected surface and cover your abdomen with the flannel making sure your right side is completely covered from your breastbone to above the groin. Elevate your feet by simply placing a pillow under your knees and feet if necessary.



4 Cover the flannel with a piece of plastic.



5 Place the heating source over the plastic bag.



6 Remain lying down for 45 minutes to 2 hours. Practice relaxation breathing exercises and catch up on your favorite show.



7 When finished, rinse your skin with soapy water or a solution of 2 tablespoons of baking soda in 1 quart of water.



8 Store the pack in an airtight bag in the fridge and add castor oil to keep saturated as needed. Replace castor oil pack when visible color change occurs.



9 Repeat this process for a minimum of 3 consecutive days in one week followed by rest days in between sessions and repeat for a single month for optimum results.



*According to Edgar Cayce's A.R.E., heat is not recommended for use on individuals with "active infections, bleeding, excessive gas or a recent injury (less than 48 hours old)".

When to Avoid the Use of Castor Oil Packs

The use of castor oil packs is not recommended if you are experiencing the following circumstances:

Women who are Pregnant: Limited research is available regarding how castor oil may induce labor. Some research suggests that the ricinoleic acid contained in castor oil may signal a response from the lining of the uterus. Therefore, castor oil is not recommended for women who are pregnant unless recommended by a doctor to stimulate labor. (2)

Women Experiencing Heavy a Menstrual Flow: Women experiencing heavy menstrual bleeding should also avoid the use of castor oil packs during menstruation. Otherwise, castor oil packs may possibly help to ease cramping and regulate a women's menstrual cycle.

Individuals with Gastrointestinal Problems: The ricinoleic acid has been found to interact with the lining of the gastrointestinal tract and can exacerbate conditions for individuals with certain GI complications. Individuals experiencing ulcers, diverticulitis, hemorrhoids and colitis should avoid castor oil packs unless otherwise recommended by a doctor.

Individuals with Extreme Skin Sensitivities: Castor oil packs should also not be used by individuals with chronic skin conditions with heightened skin sensitivities. These individuals are at an increased risk of developing a reaction from the topical use of castor oil packs.

When to Avoid the Use of Castor Oil Packs



Women who
are Pregnant



Women
Experiencing Heavy
Menstrual Flow



Individuals with
Gastrointestinal
Problems



Individuals with
Extreme Skin
Sensitivities

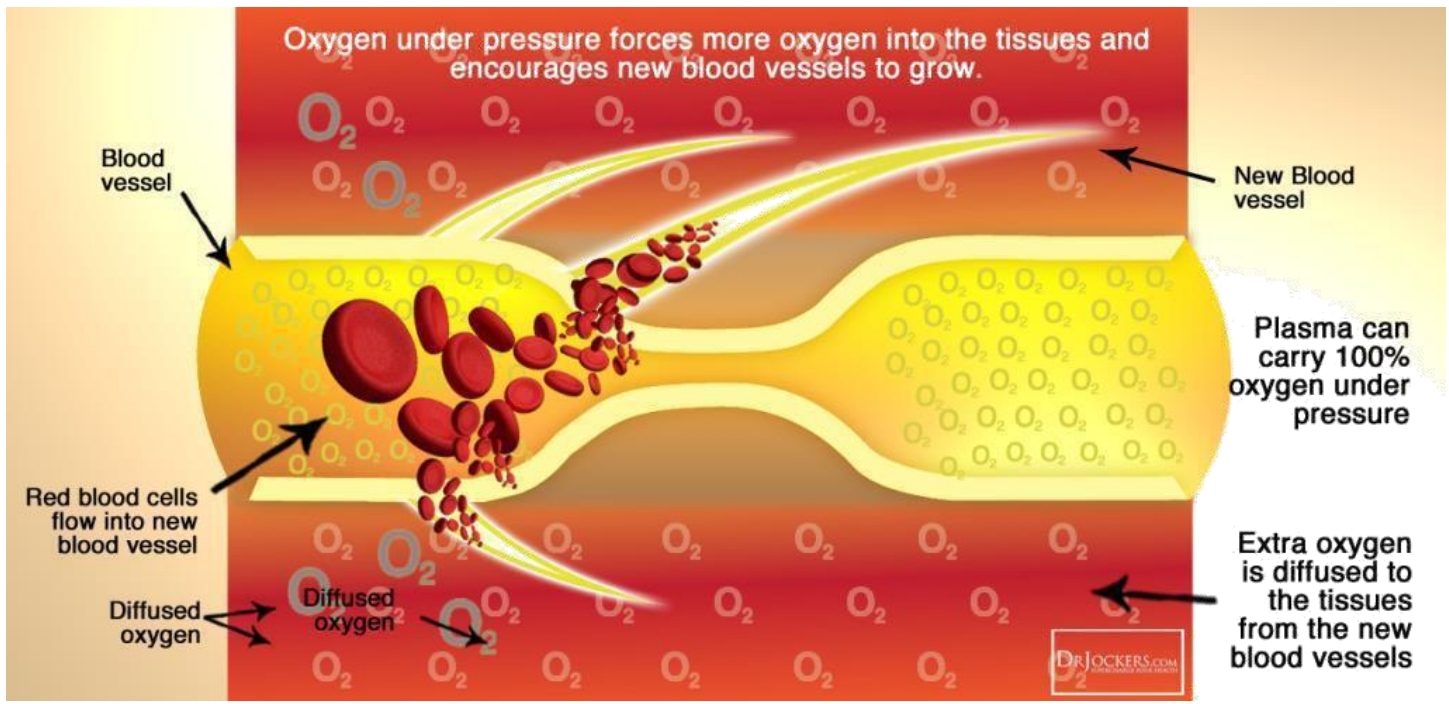
The Health Benefits of HyperBaric Oxygen Therapy



Benefits of HyperBaric Oxygen Therapy:

Humans depend upon the consumption of oxygen all the time. Most atmospheric air is comprised of roughly 21% oxygen. Oxygen is necessary for the production of cellular energy in the mitochondria of every cell in the body. The use of pure 100% oxygen in a high pressure atmosphere has been shown to have extraordinary health benefits.

The hyperbaric chamber has pure oxygen administered at pressures 1.5 – 3 times the normal atmospheric pressure. Treatment times range from 30-90 minutes. Administering oxygen at higher pressures causes up to 20 times more oxygen to be absorbed by the blood and transferred to injured organs and tissues. This speeds healing and recovery time in addition to other benefits.



HBOT and mHBOT:

Breathing in 100% (pure) oxygen under increased pressure, called HBOT, allows extra oxygen to be taken up by the bloodstream and dissolved at a far greater rate. This extra oxygen can help where healing is slowed down by infection or where blood supply is limited by damage to the tissues.

100% oxygen is considered a drug by the FDA and one needs a prescription to use it. Mild HyperBaric Therapy (mHBOT) has shown significant results and uses around 95% oxygen in a 1.3-1.4 atmospheric pressure. This is a much lower cost treatment that one could do on their own without a medical prescription that has little to no risk and great benefit.

These systems range in price from \$5-\$25,000 or you can get treatments that range between \$50-\$100 a session. HBOT that uses 100% oxygen and greater than 1.5 times the atmospheric pressure are around \$200 a session.



A diabetic patient was referred for HBOT of his Wagner Grade III diabetic foot ulcer which was non-healing after one year, with amputation planned within 24 hours.

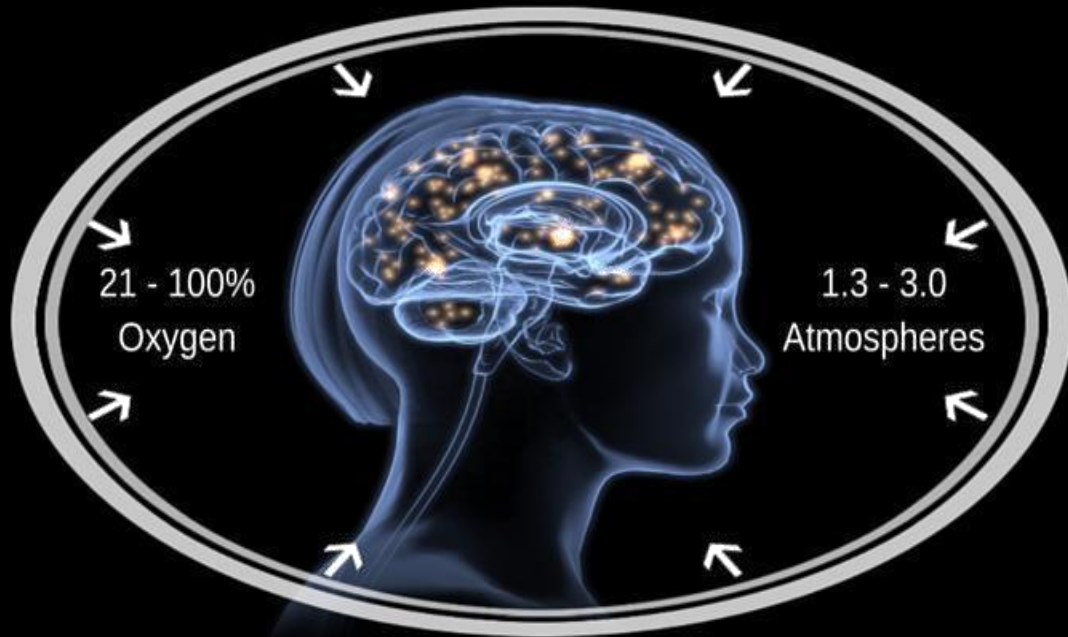


After three weeks (26 HBOT sessions) his wound showed considerable healing.



After 50 completed HBO sessions healing is evident.

Hyperbaric Oxygen Therapy



Increased Tissue Oxygenation
Decreased Inflammation
Anti-oxidation Effect



HBOT Has Been Shown Too:

Assist healing by raising tissue oxygen levels to normal in areas where they are reduced through illness or injury

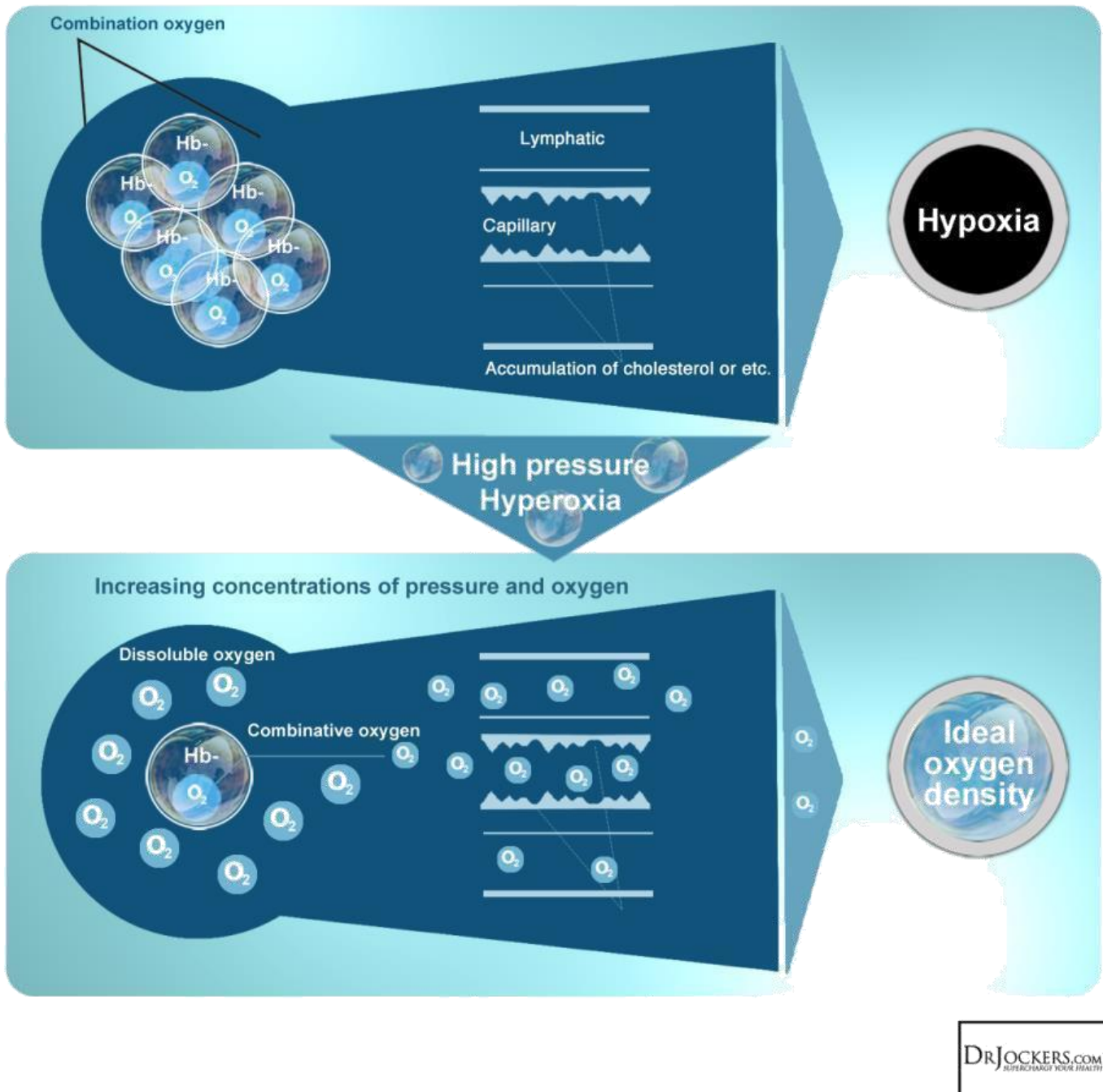
Encourages new blood vessels to grow and carry additional blood

- Increases the ability of the body's defense mechanisms to fight infection and kill bacteria

Helps reduce any swelling that may occur around the area.

Any condition which results in inflammation in the body can benefit from HBOT. HBOT increases the dosage of oxygen and delivers more O₂ to damaged areas in the body and stimulates the healing process. Oxygen is one of the most natural antibiotics and it controls over 8000 genes. A course of 20 sessions of hyperbaric therapy increases our stem cells eightfold.

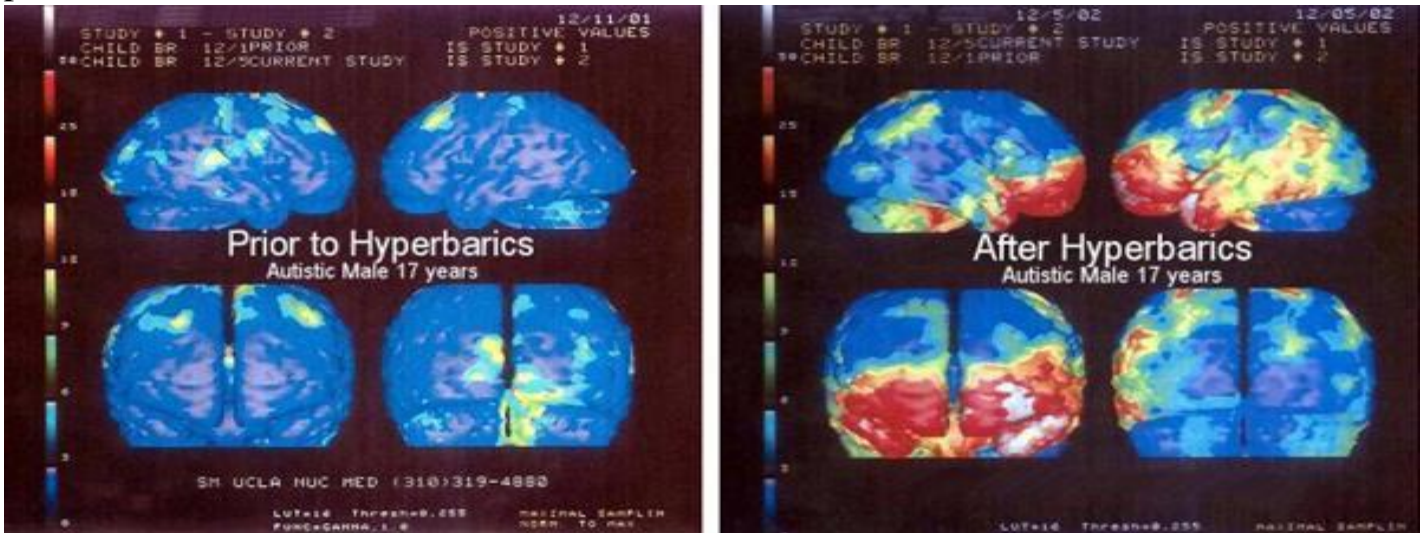
The Effect of Hyperbaric Oxygen Therapy



HBOT and Brain Disorders:

HBOT has been shown to improve oxygenation, new blood cell formation (angiogenesis) and new nerve growth (neurogenesis) in the brain. This mechanism explains why HBOT therapy has had such great results at restoring function in individuals with traumatic brain injuries, strokes and neurodegenerative conditions like dementia.

There have also been many positive studies about HBOT usage with Autism. One 2009 study looked at 62 children with half getting slightly pressurized air (1.03 ATM) and the other half getting mHBOT (1.3 ATM – 24% oxygen) treatments. The study showed that the children with autism who received hyperbaric treatment for 40 hourly sessions had significant improvements in overall functioning, receptive language, social interaction, eye contact, and sensory/cognitive awareness compared to children who received slightly pressurized room air.



HBOT and Radiation Treatment:

HBOT is an acceptable complimentary treatment for cancer patients undergoing radiation treatment. HBOT has been shown to reduce inflammation in bones and adjacent tissues where radiotherapy creates an excess amount of reactive oxygen species. It also helps with the regeneration of blood vessels that are damaged by radiation.

A 2006 study in Japan involving patients with brain tumors receiving radiation and chemotherapy experienced much longer survival times and reduced side effects when using HBOT as a complimentary treatment. A 2009 study showed extended survival times & reduced side effects using HBOT with radiation treatment in patients with gliomas.

Cancer Metabolism:

Famous cell biologist and cancer researcher Otto Warburg discovered that cancer cells have an altered metabolism and are unable to produce energy through cellular respiration. The mitochondria in each cell produce the energy that drives the cellular functions. Under normal circumstances, the majority of energy is derived in the presence of oxygen in a process called aerobic metabolism.

Cancer cells have lost this ability to produce energy through the Krebs Cycle and instead drive all of their energy from substrate level phosphorylation through glucose

fermentation. Other researchers such as Dr Thomas Seyfried have found that cancer cells run off of both glucose and amino acid (glutamine) fermentation. Both of these processes are anaerobic and don't use oxygen.

Ketogenic Diet and HBOT:

A mouse study using the ketogenic diet alone significantly decreased blood glucose and slowed tumor progression. This increased the mean survival time by 56.7% in mice with systemic metastatic cancer. HBOT therapy with the ketogenic diet increased mean survival time by 77% and showed significant decreases in blood glucose, tumor growth rate and improved ketone body metabolism.

The world's top researchers (Angela M Poff, Csilla Ari, Thomas N Seyfried and Dr Dominic P D'Agostino) in ketogenic diet and HBOT agree that HBOT alone has no effect on cancer growth and progression. However, when it is combined with the ketogenic diet it has a significant complementary effect at inhibiting tumor growth and increasing survival time.

Many Medical Physicians Use HBOT:

“I utilize Hyperbaric Therapy in all stages of cancer; upon detection, as well as pre and post surgery, pre, post and during chemo and radiation. In fact if chemotherapy is used in conjunction with mHBT, the chemotherapy dose must be reduced. The HBOT will potentate any primary cancer treatment. HBOT is the best cancer prevention and cancer remission therapy out there, bar none.” US Doctor, **Bergeron, Rhett, MD**

By increasing the oxygen environment to the cancer cells, it makes them less virulent and in many instances destroys them. (**Yutsis, Pavel I., MD, Oxygen to the Rescue**)

“A Ketogenic Diet and HBOT produce significant anti-cancer effects when combined in a natural model of systemic metastatic cancer. Our evidence that these therapies should be investigated as potential non-toxic treatments or adjuvant therapies (complementary therapies).” Dr. Thomas Seyfried

“For the subset of patients who suffer from late effects of radiation exposure, hyperbaric oxygen therapy is often the only treatment that can prevent irreversible bone or tissue loss or enable them to undergo life-improving reconstructive procedures such as breast or facial surgeries. By offering this therapy, we are able to provide a better quality of life to patients who have already survived devastating illnesses.”

Susan Sprau, M.D., Medical Director of UCLA Hyperbaric Medicine

Research has shown that HBO may be helpful when used alongside cancer treatments.

HBO Treatment May:

Reduce cancer growth.

Improve the delivery of chemotherapy drugs to a tumor.

- Result in an increase in the body's own stem cells. These are blood cells at the earliest stage of development in the bone marrow. Because HBO treatment can increase stem cells it may have a role in stem cell transplantation – a treatment sometimes used in haematological (blood) cancers.

Possible Side Effects of HBOT:

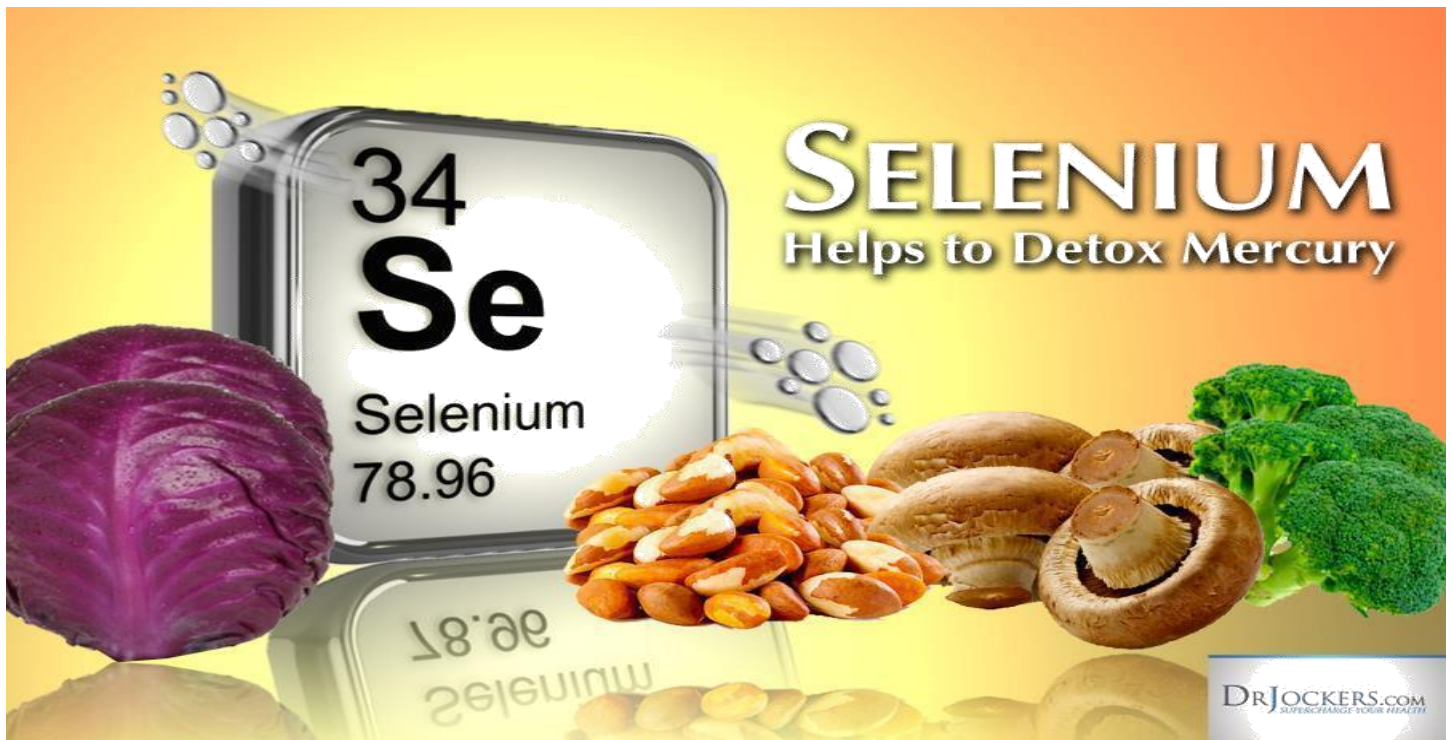
During HBOT, patients may experience ear popping, mild sinus discomfort or claustrophobia. Other rare side effects include temporary short-sightedness (myopia) and pulmonary oxygen toxicity. Very rarely, oxygen toxicity induces seizures.

Most patients do not experience any symptoms immediately after HBOT and can return to work the day of treatment. Some patients, however, may experience temporary changes in vision when completing more than 20 HBOT sessions. Contraindications for HBOT include high fever, untreated seizure disorder and untreated air or gas in the pleural space of the lung, which causes the lung to collapse (pneumothorax). Pregnancy is a relative contraindication to HBOT.

Contraindications for HBOT include high fever, untreated seizure disorder and untreated air or gas in the pleural space of the lung, which causes the lung to collapse (pneumothorax). Pregnancy is a relative contraindication to HBOT.

If you are looking for a hyperbaric oxygen chamber for your home, I recommend the Vitaeris 320, which is what is used most commonly in health clinics around the world. Be sure to discuss this with your physician if you do want to purchase one.





How Selenium Helps to Detoxify Mercury:

Today's society is loaded with powerful toxins of all shapes and sizes. One of the most harmful & potentially lethal of these biological toxins is mercury. Mercury has a strong affinity for fatty tissue and loves to clog up the brain, liver, & kidneys. Science has now revealed that selenium is a powerful mercury detoxifying agent.

Many people have very high levels of mercury in their body. Mercury attaches and competes for cellular binding sites with other major trace minerals. When we are trace mineral deficient mercury is able to infiltrate and contaminate cells by shutting down their energy producing and anti-oxidant enzyme systems.



Major Sources of Mercury:

The major sources of mercury come from dental amalgam fillings, processed foods, vaccines, fish, & industrial pollution. According to a large study published in the Journal of Environmental Health in 2009, mercury cell chloralkali chemicals are used to manufacture color additives such as FD&C Yellow 5, FD&C Yellow 6 and high fructose corn syrup.

Selenium is a trace mineral that incorporates itself into proteins to produce selenoprotein enzymes. These enzymes act as an anti-oxidant in the body to destroy free radicals and boost both the immune system and thyroid function. Mercury binds with selenium and reduces selenoprotein production. This deficiency hampers immune & thyroid function.



The infographic features a dark blue background with a list of mercury sources on the left, the chemical symbol 'Hg' in the top right, and a large, stylized mercury droplet on the right. The droplet is white with a black outline and a reflection below it. The word 'MERCURY' is written in large, bold, white capital letters at the bottom right. In the bottom left corner, there is a logo for 'DRJOCKERS.COM' with the tagline 'SUPERCHARGE YOUR HEALTH!'.

- Dental amalgams
- Fish-shark, swordfish, tuna, etc.
- Aquatic sediments
- Thermometers
- Vaccine preservatives
- In the atmosphere
- Topical antiseptic
- Mercury based skin creams
- Fungicides
- Gold Mining
- Chlor-alkali industry

Hg

MERCURY

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Selenium Binds Toxic Substances:

Selenium acts as a mercury magnet with a very strong binding affinity for the toxic substance. This strong attraction allows selenium to mix and neutralize their reaction characteristics. This new Hg – Se substance that is produced is not absorbed by the body and gets flushed out of the system.

This is a very beneficial interaction that removes mercury from the body before it can lodge in fatty tissue and cause damage.

It is critical that we maintain a surplus of selenium in our body to effectively neutralize mercury & produce the anti-oxidant enzymes that benefit us so much. We must consume less mercury and more selenium in order for this to happen. If we have increased mercury consumption (dental amalgams, vaccines, processed food consumption) than we will need increased selenium consumption up to 1000 mg/daily.

Age	Males and Females (mcg/day)
0-6 months	45
7-12 months	60
1-3 years	90
4-8 years	150
9-13 years	280
14-18 years	400
19+ years	400

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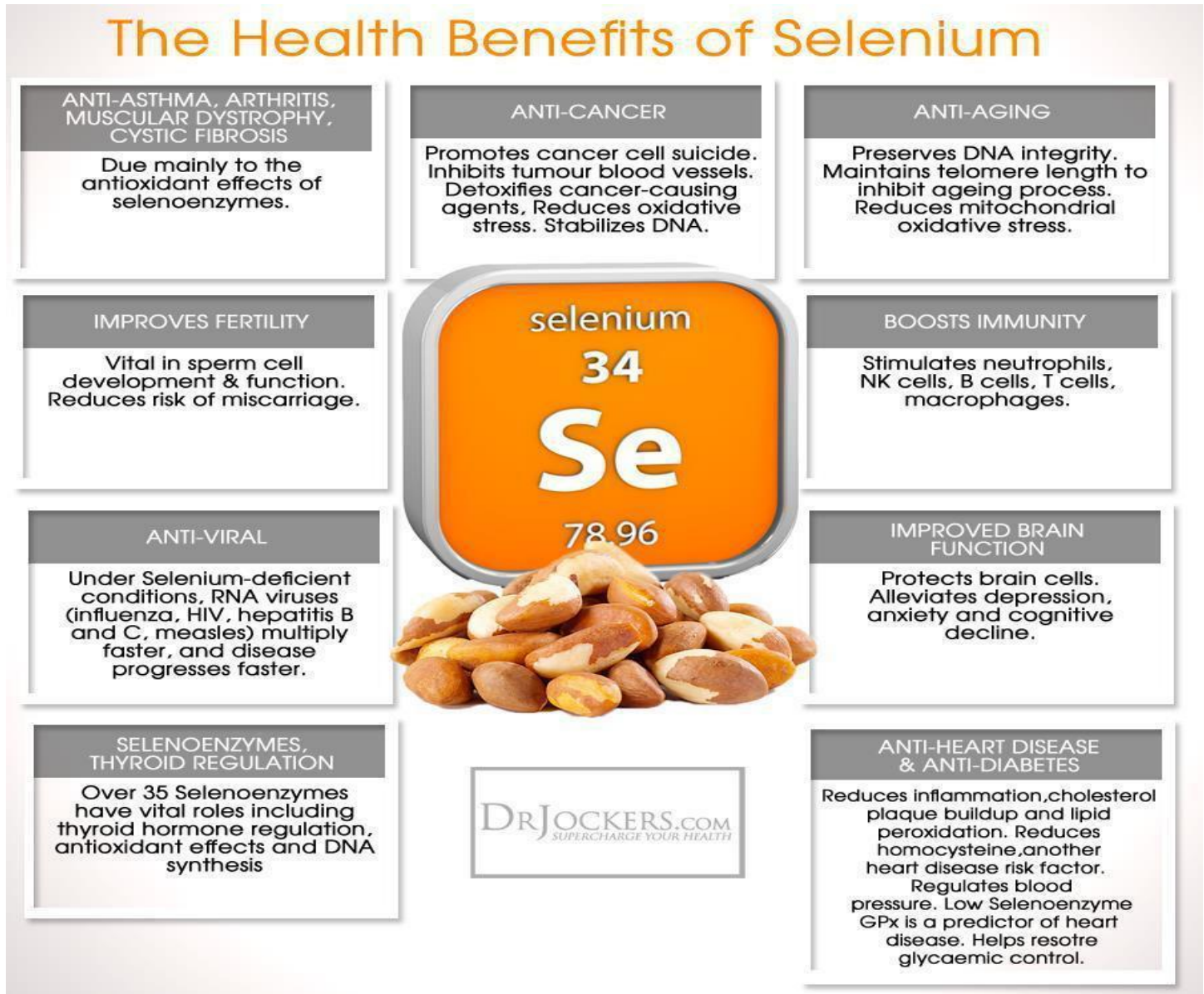
Other Major Roles of Selenium:

Selenium increases the anti-oxidant capabilities throughout the entire body and improves blood flow, lowers inflammation and modulates immune function. It is one of the most important considerations in someone who is dealing with chronic inflammation and/or an auto-immune condition.

Selenium is compared to a mechanic in that it attaches protective anti-oxidants such as glutathione on damaged areas of DNA. This process helps to reduce and repair damaged cell DNA. This is especially important for reducing cancer growth and improving the aging process.

Selenium is also very important for healthy fertility. Selenium is incorporated in the sperm mitochondrial capsule and may affect the behavior and function of the sperm as they move through the vaginal canal. Optimal levels of selenium help to improve the sperm viability and reduce the risk of infertility.

The Health Benefits of Selenium



ANTI-ASTHMA, ARTHRITIS, MUSCULAR DYSTROPHY, CYSTIC FIBROSIS
Due mainly to the antioxidant effects of selenoenzymes.

ANTI-CANCER
Promotes cancer cell suicide. Inhibits tumour blood vessels. Detoxifies cancer-causing agents. Reduces oxidative stress. Stabilizes DNA.

ANTI-AGING
Preserves DNA integrity. Maintains telomere length to inhibit ageing process. Reduces mitochondrial oxidative stress.

IMPROVES FERTILITY
Vital in sperm cell development & function. Reduces risk of miscarriage.

BOOSTS IMMUNITY
Stimulates neutrophils, NK cells, B cells, T cells, macrophages.

ANTI-VIRAL
Under Selenium-deficient conditions, RNA viruses (influenza, HIV, hepatitis B and C, measles) multiply faster, and disease progresses faster.

IMPROVED BRAIN FUNCTION
Protects brain cells. Alleviates depression, anxiety and cognitive decline.

SELENOENZYMES, THYROID REGULATION
Over 35 Selenoenzymes have vital roles including thyroid hormone regulation, antioxidant effects and DNA synthesis

ANTI-HEART DISEASE & ANTI-DIABETES
Reduces inflammation, cholesterol plaque buildup and lipid peroxidation. Reduces homocysteine, another heart disease risk factor. Regulates blood pressure. Low Selenoenzyme GPx is a predictor of heart disease. Helps resotre glycaemic control.

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Appropriate Selenium Consumption:

We should normally consume between 200-400 micrograms of selenium daily. Too much selenium is toxic; however, the average American consumes just 60 mg daily. This creates a long-term deficiency that leads to lowered immunity and increased risk of disease.

The most common disorders associated with selenium deficiencies include cancer, fatigue, stunted growth, high cholesterol, liver & pancreatic disorders.

Fish Consumption and Selenium:

Fish consumption has been a source of controversy due to the elevating mercury levels from industrial pollution. However, fish is also a great source of selenium. The key is to use fish sources that are minimally processed and contain significantly more selenium than mercury.

Dr. Nicholas Ralston report to the National Oceanic and Atmospheric Administration shows that (southern) flounder, tuna, and wild pacific salmon(including Chinook, Sockeye and Coho) have much more selenium than mercury. Meanwhile, pilot whale, tarpon and various types of shark were shown to be the most hazardous.

Best Food Sources of Selenium:

Brazil Nuts are by far the best source of selenium. Each brazil nut is said to contain between 50-75 mcg of selenium. Taking a small handful, about 4-6 will supply most of the selenium you will need in the course of a day.

Other good sources include organ meats, many forms of fish, pasture-raised eggs, mushrooms, shellfish, meat and seeds. Brazil nuts are by far and away the most rich food and that is why I recommend my clients take a small handful each day if possible.

Selenium Content of Common Foods

Micrograms per 100 grams food, uncooked

<u>Food</u>	<u>Selenium</u>
Brazil Nuts	1918.9
Chicken liver	54.6
Mackerel	44.1
Shrimp	38.0
Tuna, Yellowfin	36.5
Halibut	36.5
Eggs	31.7
Mushrooms, brown	26.0
Clams	24.3
Turkey breast	22.4
Chicken breast	17.8
Ground beef	14.2
Mushrooms, white	9.3
Asparagus	2.3

Based on data retrieved from Nutritiondata.com

Supplemental Forms of Selenium:

The most bioavailable form of selenium is in an amino acid form called selenomethionine, which is found naturally in yeast and in plants as they uptake sulfur compounds and link those to selenium. Many other forms of selenium only have half the absorption levels of L-selenomethionine.

All amino acids occur in two different three-dimensional forms: an “L” form and a “D” form, which are essentially mirror images of each other. The human body can only metabolize the L-amino acid form. So the ideal form to look for is L-selenomethionine.

One study showed that supplementation with 200 mcg of L-selenomethionine significantly reduced thyroid peroxidase anti-bodies and improved overall thyroid function in individuals suffering with Hashimoto’s thyroiditis.

L-selenomethionine supplementation has also been shown to reduce mercury and cadmium content in the body & help to prevent various forms of cancer formation. If you choose to supplement, be sure to get it from a highly reputable source and not from a big retail outlet or a discount supplement store as these are typically of lower quality.

SELENIUM

- ✓ Promotes cancer cell suicide
- ✓ Inhibits tumour blood vessels
- ✓ Detoxifies cancer-causing agents
- ✓ Reduces oxidative stress
- ✓ Stabilizes DNA
- ✓ Promotes DNA repair

34
Se
78.96

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The infographic features a green background with a faint periodic table. A hand is shown writing the element symbol 'Se' and atomic number '34' on a whiteboard. The atomic weight '78.96' is also visible. The word 'SELENIUM' is written in large, white, hand-drawn letters at the top. A list of seven benefits is on the left, and the DrJockers.com logo is at the bottom.

ZINC

Essential for Health



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The Essential Role of Zinc in Immune Health

Zinc is a foundational mineral and one of the most common deficiencies in the world. Zinc is essential to human and animal growth patterns and has an essential role in the development of hormones and immune molecules. Zinc is one of the best mineral supplements to boost and balance out a tired and over stimulated immune system. This article goes into detail on the essential role of zinc in immune health.

Experts predict that almost 2 billion people which is roughly 25% of the world's population is deficient in zinc. This is thought to be from inadequate consumption through the individual's diet. From a functional health perspective there is a lot more zinc deficiency in our society due to poor biochemical pathways.

Depleting Our Zinc Stores:

When we have poor blood sugar signaling due to a diet that is high in sugar and carbohydrates we are unable to adequately absorb zinc. Individuals with leaky gut syndrome are often deficient in zinc from poor absorption.

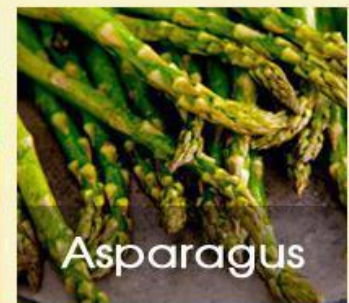
Consuming high amounts of phytic acids in grains and legumes can adversely affect zinc levels. The regular use of non-steroidal anti-inflammatory drugs (NSAIDs) depletes zinc levels in the body as well.

Zinc is Critical For Immune Health:

Zinc is critical for balancing the immune system and keeping the Th-1 and Th-2 systems in check. Zinc potentiates the action of the human cytokine interferon alpha, a protein that inhibits viral replication. This reduces immunological stress and improves the immune coordination.

Zinc is also a very specific component of specific enzymes in the body including superoxide dismutase enzymes (SODs). SOD is a powerful intracellular anti-oxidant that protects the cellular genomics and prevents against viral infection and toxic debris accumulation within the cellular matrix.

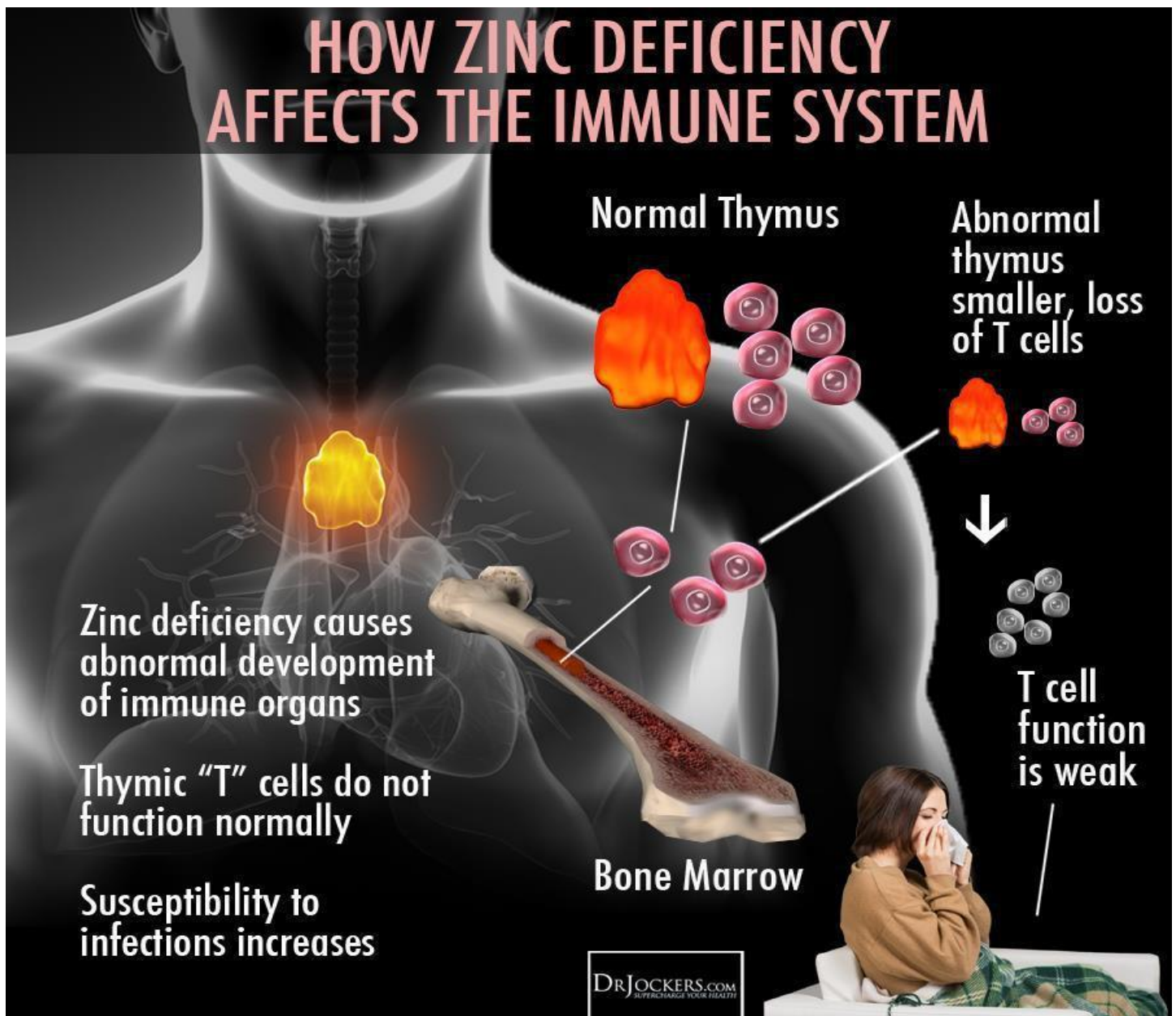
12 Foods High in Zinc



Zinc Reduces Inflammation in the Body:

When the immune system recognizes a pathogen it sets off a series of molecules to create a process that activates the innate immune response. This process involves the Nuclear Factor – kappa Beta (NF- κ B) pathway. Healthy immunity depends upon sensitive NF- κ B activity but must reduce the over stimulation of NF- κ B or we risk chronic inflammation.

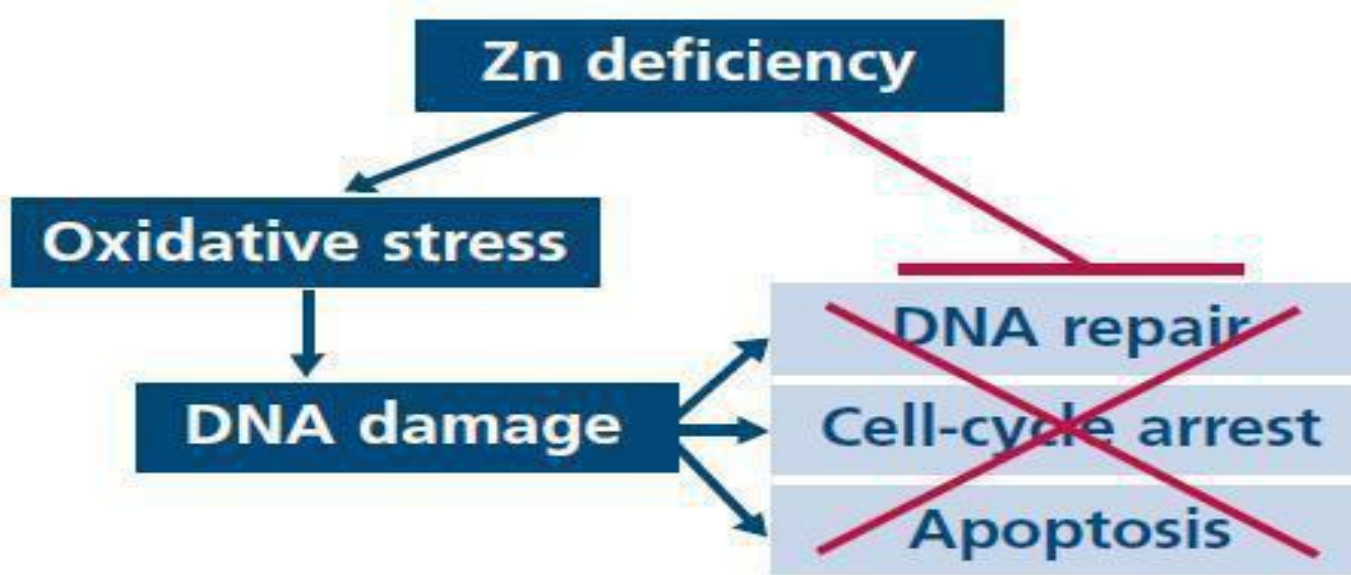
Zinc plays an important role as it binds to a protein within the NF- κ B pathway that halts its activity. This is a programmed shut down of the NF- κ B pathway that reduces the effects of too much inflammatory activity within the cells. Without adequate zinc the NF- κ B pathway gets over stimulated and creates chronic inflammatory conditions that have been linked to degenerative disease processes.



Zinc Helps Reduce Cancer Cell Growth:

Zinc's modulatory effect on NF- κ B makes it a formidable player in the prevention of cancer cell growth patterns. It has been shown to decrease tumor cell angiogenesis and the induction of inflammatory cytokines. It also increases apoptosis (programmed cell death) in abnormal cell lines which reduces the chances of cancer growth.

Research shows that zinc is particularly important in prostate and breast cancers. A 2012 study showed that individuals with BRCA1 gene (strongly associated with breast cancer development) that had the highest levels of zinc had the lowest risk of cancer development. The study also showed that those with the lowest zinc levels had significantly elevated risk of developing breast cancer.



Possible mechanism by which zinc deficiency causes DNA damage. On the one hand, zinc deficiency increases oxidative stress, which can directly generate DNA damage. On the other hand, zinc deficiency interferes with the cell functions to repair DNA damage or get rid of the damaged cell.

Zinc and Estrogen Balance:

In other research, Dr. David Watts reviewed the hair trace mineral reports of thousands of women and found that a pattern of elevated boron, copper and calcium levels with lower levels of zinc occurred in women with breast cancer. Dr Watts' understanding is that boron and copper appear to make the body more sensitive to the stimulatory effects of estrogen, and less responsive to the quieting effects of progesterone.

Zinc is the mineral that aids in the production and utilization of progesterone, so this pattern of mineralization makes women less progesterone responsive and more estrogen sensitive. Raising zinc levels and lowering boron, copper and calcium levels can bring these women into mineral balance and help in the creation of hormonal balance.

The primary gene protecting men from prostate cancer and women from breast cancer is the p53 gene. This is thought to be the guardian of the human genome. When this gene becomes mutated it allows for the development of cancer. The gene requires zinc and zinc deficiencies are shown to cause mutated versions of the p53 gene. This dramatically raises the risk of breast and prostate cancer cell development.

How Much Zinc Should You Take In?

The best food sources of zinc include oysters, shellfish, meat, eggs, whole grains, nuts and seeds. I personally do not recommend oysters or shellfish due to toxic bioaccumulation in these animal sources. Grass-fed beef and organ meat and eggs from 100% pasture based animals are much better sources. Sprouted pumpkin, sunflower, hemp and chia seeds are also fantastic sources of zinc.

The recommended daily allowance for zinc is between eight to eleven milligrams for most adults. However, for functional health most progressive nutritionists and doctors recommend between 30-40 mg/daily. Zinc can be a problem when one takes in more than 100 mg/daily. The preferred form of zinc is in an amino acid chelate such as glycinate chelate.

Many natural health physicians will use zinc supplementation with their clients. I have always found fantastic results using zinc (normally in dosages of 20-60 mg) with my clients. It is best to consume this with food and ALWAYS get it from a reputable company that does third party testing to ensure viability. Never get your supplements from a big retail store or from a discount vitamin shop. These are typically very low quality and not absorbed well.

Putting It All Together:

So now that you have read through this list, you are wondering where you start! I recommend just taking one of these strategies that you are not already following and beginning to implement it for 3-7 straight days.

3-7 days will give you some time to see how your body is consistently responding and to tweak the methods to help improve your response.

For some, they can develop habits quickly, while others take much longer to establish habits.

For Best Implementation:

1. Write down all the strategies you don't currently do on a regular basis
2. Take the strategies you aren't currently using and place them in an order of "Most Likely to Do" to "Least Likely to Do"
3. Begin with the number 1 "Most Likely to Do" strategy and do this continuously for a week. If you aren't able to do it every day for a week, don't get down on yourself, just do it as often as possible.
4. Each week try applying a new strategy and do your best to create a plan to continue with the former strategy in the most compatible way with your schedule.
5. If there is a strategy you can't apply due to adrenal fatigue (cold showers as an example) than skip it.
6. By the end of 12 weeks you will have put into action all of these strategies and should have created a plan to continue with most of these throughout your life.
7. Be realistic and don't feel as though you have to follow all of these strategies. It is better to get really good at implementing a few than to feel as though you are struggling to get them all. Try to avoid the idea that any of these will cause overwhelm.
8. Stick with the strategies the resonate with your inner spirit! The greatest doctor in the world, is the one within you, guiding you in the proper direction. We just have to have the eyes to see and the ears to hear the messages our spirit gives to us.

You can always visit DrJockers.com in order to access articles, podcasts and other helpful tools to help you have success following these strategies.



About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a functional nutritionist, corrective care chiropractor, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health.

He has developed 6 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program” and “The AutoImmune Elimination Program” and the “Super Brain program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention. Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.

The Shopping List:

Organic Coconut Oil [Link](#)

Organic Coffee [Link](#)

Stainless Steel Enema Kit [Link](#)

Natural Bristles Brush [Link](#)

High Tech Infrared Sauna - [Link](#)

Zinc Glycinate Supplement - [Link](#)

Selenium Supplement - [Link](#)