

ENERGY

INCLUDING: **CHRONIC FATIGUE, LETHARGY, TIRED, ADRENAL, EPSTEIN BARR VIRUS, SYSTEM**



This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

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EVERYONE WANTS A QUICK FIX. THERE IS NO MAGIC PILL.

You can't get rid of lung cancer by simply eating broccoli. The answer is not "what to take" but more often "what to STOP doing that CAUSED the problem in the first place! Your condition is probably the result of choices you have made that led up to this point, and it helps to understand what caused the condition in the first place so you can make sure it doesn't happen again or continue to get worse. Again- the answer to real health isn't about simply adding something to what you are presently doing... but more importantly what to take away- which means facing your addictions to bread, pasta, pizza, sugar, cheese, milk, stimulants, eating late, and all the other food addictions.

Health is body, mind and spirit. If ten years of intense stress turned into a physical condition, you can't just take an herb or pill. You have to address the cause of the stress and neutralize it in your life. I will try and help you with that, but you must ultimately heal yourself as a whole being- body, mind and spirit.

This summary lists the most common causes, symptoms and what to take and do about them. This is kind of a quick cheat sheet. Remember, simply taking some herbs isn't going to magically make you well if you continue to do what caused the condition. It is HIGHLY recommended you read the [**HEAL YOURSELF 101 DIET AND LIFESTYLE book**](#) diet and lifestyle book and follow it's guidelines. If you do that, most of what you have will probably go away without even reading this. What you have is just a symptom. To eliminate the symptom, eliminate the cause.

The bottom line is you need to feel good again. OK. roll up your sleeves and let's start right now.

HOW TO USE THIS INFORMATION

What you are about to read is a compilation of information I have been gathering for the last twenty years. It is totally up to date with the very latest findings. Much of it has been tested on myself and others I know. This is just one category from over 600 I have been assembling, for a book I have been putting together over the years... an all-encompassing health reference where anyone can look up their condition and see what to do about it. It's taken me years and I'm still not done. The way it's going, it will probably be a thousand page book. This is a massive undertaking. In the meantime, people are needlessly dying and struggling painfully with totally avoidable health conditions. I need to get what I have out there RIGHT NOW. So, even though I am not finished, I am sharing what I have so far. I have broken it into pertinent categories and tried to keep the explanations as short and too the point as possible. The most effective way to use this is to read the main DIET and LIFESTYLE book along with the category that best fits your condition. There may be several categories that should be

read simultaneously because everything connects. Most people don't think much of the colon, liver and kidneys, but that's where it all backs up. You can't just put a cream on psoriasis and expect it to magically go away when all of your blood is toxic and just trying to push the toxins out through your skin. You need to clean the source, not the symptom.

HERBS AND SUPPLEMENTS

There will be listings of the best supplements and herbs to take for specific conditions. Supplements (vitamins, amino acids etc) should be taken at a specific dosage for the most part. But herbs are simply plants. How much you take is up to you. They are powders or liquids made from plants. You can't overdose on dandelion. But you CAN take too little to have an effect, in which case, try taking more powder and keep looking to remove more of the cause and cleansing. Mix the powders in water or juice and take throughout the day. I will tell you where to get the herbs online and they will send them to you. Simply mix them in a bowl and start by taking a teaspoon in water 3x a day. If they are too bitter, add some raw honey or green stevia powder or my new sweetener. But know that bitter taste is important to cleaning the liver, so try not to hide it if you can. You can obviously get herbs in capsule form at the health food store, but at a considerable mark-up. Most herbs don't cost that much. I have certain ready-to go herbal formulas if you want it already done for you. You can get them at

MarkusProducts.com or HealAnything.com

But you can do everything yourself. That's the point of all this- to empower you with enough information to take your life into your own hands. Healing should not be expensive, clinical or painful. It should be natural and done at home. You are in control. It's YOUR life. Let me jump start you. This information is timeless. It's healed millions if not billions of people throughout history. Remember, the first step is cleaning out before taking magic healing herbs and supplements.

The language is basic, blunt and to the point. It's not in some flowery pretty format. Sometimes it's just a list of what to take with no explanations. I tried to explain what I could, but remember, I had to do over 600 categories ! This would have taken years more... but you need this now. Please excuse the mess.

I am not a doctor and I cannot give medical advice. I am sharing with you my own findings, experiences and results from over twenty years of personal study. These are just my opinions. Please take care.

*Wishing you the
greatest Love & Health*

Markus

Markus Rothkranz



TIPS:

For example it might say take cherries for lycopene... but no fresh berries are available. Many health food stores have organic cherries in the freezer section. (30% of vitality is lost by freezing, but it's much better than nothing). You can also get some freeze-dried powdered berries from herb companies with most antioxidants still intact. It's not wise to get dried fruit though because the sugars are too concentrated... unless you soak them in water first.

Take stuff 3 or 4 x a day. Don't think just taking one tiny swallow a day is going to do anything. You drink giant sugary sodas all day that are full of chemicals and you don't think twice about it. Yet you are afraid to swallow a teaspoon of healthy herb.

Amino Acids- yes you can take specific amino acids for specific conditions, but it's a lot easier to simply eat or drink something that naturally has lots of amino acids like chlorella, bee pollen, nutritional yeast, durian, etc.

HERB AND PLANT SAFETY

Get to know what plants are what. Plants and herbs are powerful, just like medicine. Start with the ones you know and avoid the ones you don't. Study and learn about the rest before taking them. Some plants are poisonous- for example- oleander- any part of the plant can kill almost instantly. Hemlock is poison. Then there are plants that can do miraculous things, but are harmful if not used correctly- these include poke, belladonna, lobelia, foxglove and jimson weed.

Herbs can interact with prescription medicine. They can also interact with other herbs, making them stronger or weaker or prolong the effect.

Pregnant women should be careful. Some herbs are uterine stimulants and could cause abortion... BUT other herbs can counteract that... so know your herbs and consult with a specialist first. One person I highly recommend is James Sloane- his website is mountainmistbotanicals.com

*Good Luck and
Lots of Health!*



ENERGY/LETHARGY-

(see also Candida Albicans, Chronic Fatigue, Adrenal, Hypoglycemia, low Thyroid)

Fatigue has **NOTHING** to do with getting older and everything to do with becoming sicker

Tiredness is a barometer and fatigue is the first symptom of disease.
-Ruza Bogdanovich

Long term ongoing low energy means the liver is dirty or a more serious health issue.

Short term low energy could be one of the following...

Eat less.

The less food a person eats, the less tired they are and the less sleep they need. If you want to wake up with lots of energy, don't eat after dark.

Do not take caffeine- it will just wipe out your already burned out adrenals even more

You are sludged up with waste, goo and negative energy. Get an enema bag or go get a series and colonics and watch your energy start to rise! I am not kidding. This is the **FASTEST** way to get your energy back. It's just water.

Do not eat carbs (grains and sugars) together with protein. They require different digestive juices. When we eat both at the same time, the body makes a half and half mixture of digestive juices that only half digests the food, causing the carbs to ferment and the protein to putrefy, making our body toxic and sludgy. Not only

that, animal products make insulin levels spike even higher than carbs. When mixing protein with carbs, insulin levels triple, leading to high blood sugar and energy crash.

Cortisol (death hormone) appears to work together with insulin since cortisol levels rise as we prepare to release glucose for energy. What this means is those sugar and carb cravings are rapidly aging and killing you. Hypoglycemics and diabetics beware !

Eating cooked food makes one tired, because the body doesn't recognize food in it's cooked state and raises the white blood cell count to fight it. Your body is actually fighting the food you are eating! Stop eating soy, sweet foods, caffeine, salt, drugs and medications, laxatives, steroids, sleeping and pep pills etc.

low enzymes mean we end up with undigested food in our blood, so white blood cell immune defenses are pulled from their jobs to take care of the undigested food, and the immune system takes a dive, making us tired and setting up a perfect environment for disease.

Do the diet and lifestyle outlined in Heal Yourself 101 HealYourselfbook.com

You may think this is the opposite of what you want to do- but the answer for more energy isn't taking stuff to give you energy- it's **WHAT YOU CLEAN OUT.**

You are clogged up, stressed out and run down. Time to clean house.



THE CANDIDA CONNECTION

The fermentation from the fungus and yeast in the small intestine prevents assimilation of vital nutrients we need for our body to function properly. This lack of nutrients stops the thyroid and adrenals from getting the building materials they need to make hormones. So our body temperature regulation doesn't work anymore (hot flashes, night sweats), our sex drive is shot, our moods are all over the place, usually irritable, we get cold hands and feet, brain thinking becomes foggy. One of the by products that candida creates is ethanol alcohol, which has been documented to cause brain and nervous system damage.

FIBROMYALGIA

When the immune system attacks fungus, it breaks open the fungus cells, releasing the contents into our system. These chemicals prevent the thyroid hormone's ability to do their job, leading to fibromyalgia and more.

BLOATING AND GAS

What happens when you combine sugar with yeast? You get gas. The yeast swells.

So any time you eat bread, corn, oatmeal, pancakes, cereal, crackers, pita, wraps, rice, beans or any kind of grain or flour food ... remember- those are all simple sugars in your body. The moment the yeast gets hold of these high glycemic carbohydrates, it balloons, creating among other things- ethanol alcohol , carbon dioxide and other poisonous gases... hence the bloating and gas. These foods are like gasoline to fire when fungus gets hold of it because they are fast sugars.



COLD BODY- WARNING

The ethanol alcohol created by the fungus makes a person semi-drunk (one of the reasons people crave these foods). This leads to brain fog, poor memory, slow speech and thinking. A healthy body can break down small amounts of ethanol, but remember, candida hinders nutrient absorption, so glands can't produce hormones and enzymes anymore to break down the ethanol, so body temperature regulation doesn't work right anymore. This is a warning sign. Cold body temperature could mean ethanol is saturating your body leading to brain damage. (note: raw foodists with clean bodies have cold bodies, this is natural and healthy- do not confuse the 2 conditions)

BLOOD AND IRON

As the fungus starts puncturing through the intestines, it gets into our blood, sucking the life out of those cells too, leading to iron deficiency (anemia), hormone, iodine and amino acid deficiency (thyroid issues like low energy, depression, sleep problems, immunity, sexual, weight, diabetes, brain, blood pressure etc) The holes in the intestines allow undigested food (and more fungus) to enter the blood stream. These undigested proteins aren't recognized by the body, so it attacks them, causing inflammation, allergies, arthritis and all kinds of autoimmune diseases. One sign is dark circles under the eyes.

HORMONES, PROGESTERONE

Many women take progesterone creams because candida eats progesterone and turns it into prednisone, which by the way kills bacteria... especially the good beneficial bacteria in the gut. Taking away the progesterone makes women estrogen dominant. This imbalance leads to everything from hair and skin problems, to loss of breast firmness, menopause, loss of sexual desire and ultimately deep depression. The skin becomes so sensitive to the touch that intimacy becomes painful.

INFLAMMATION AND IMMUNITY

The immune system uses macrophages to attack "bad guys". When a macrophage tries to eat fungus, the fungus releases an enzyme that dissolves the macrophage and also starts digesting OUR body cells, causing inflammation and the ultimate body-wide destruction of our cells. This keeps our immune system so busy and drains it so much, it can't fight anything else, which allows bacteria, viruses and parasites to enter our bodies without resistance. Many auto-immune diseases result from this runaway madness.

ACID REFLUX, STRESS

When the fungus moves up through the small intestine into the stomach, it weakens the stomach acid (which is amplified by weakened adrenals because they can't produce the proper hormones anymore, resulting in runaway uncontrolled stress) This weakening also weakens the sphincter valve at the top of the stomach, so acid now splashes up into the esophagus, burning and scarring it. When there is not enough acid in the stomach, the valve can't close tight. The reason for the weaker acid is the fungus, which now has worked its way up the entire digestive tract, up through the esophagus, and ultimately to the mouth and into the sinuses and brain.

EARS, SINUSES

Fungus reaching the ears causes ringing, itching, clicking. Remember, this didn't just "show up" on the ears, by the time it hits the ears, it's spread all the way up through the body... the entire digestive system up through the stomach into the head. This bleeds into the sinuses and brain. People who have a sinus infection that never goes away- remember fungus loves warm wet gooey environments. It's almost impossible for most people to get rid of fungus once it gets into your head, because this would mean a SERIOUS lifestyle and diet overhaul. Many people have large fungus balls in their heads. That's right- giant clumps of dangerous black mold.

IMMUNE CONFUSION

The mycotoxins that candida releases confuses the body. Many other viruses, parasites and pathogens can hide within these toxic "cloaking" substances created by candida. Epstein Barr (a herpes virus) for example. Chlamydia. STDS. You name it. Let me repeat that- fungus can hide many viruses from the immune system and allow them to spread without you even knowing about it.

You can't just take anti-fungal medication or antibiotics. For one thing, fungus adapts and the



yeast spreads even faster because the antibiotics kill the good bacteria, so now there is nothing stopping the fungus and yeast ! Blood is alkaline, so once the fungus gets int there, it grows like crazy because blood carries food for our body (feeds the fungus instead) and fungus loves alkaline environments.

ADRENALS, LOW ENERGY

All of this fighting inside you drains the adrenal glands, making you tired. With all the nutrition being robbed from your body by the candida, your energy plummets, so your brain sends a help signal to the adrenals to pump out whatever energy it can. Adrenal hormones are for emergency use only though (fight or flight) so they produce a lot of heat, resulting in hot flashes and night sweats.

The trick to getting Candida under control is to get the immune system back in control. A good start to this is with probiotics, like kefir, and prebiotics, such as rice bran and FIBER, (I created a good fiber product at MarkusFiber.com) Yucca root is another good choice as it helps to kill the yeast while making a more suitable terrain for the growth of the flora. (Yucca is in my fiber product).

There are many aspects to the immune system, but a couple of primary areas to focus on are the flora and the adrenal glands. To address the adrenals, herbal vitamin C is the most important. I suggest my super herbal vitamin C MarkusVitaminC.com The B vitamin pantothenic acid is the second most important nutrient for the adrenals. My green formula has 6000% RDA pantothenic acid! MarkusGreens.com Adaptogenic herbs are excellent for building up the adrenal glands. These include schisandra berries, licorice root, suma, ashwagandha, Siberian ginseng, and astragalus. These are available in my AGE-FREE formula LiveAgeFree.com As you build up the adrenals you will also find that dealing with stress will become easier as the adrenals release more anti-stress hormones. The herbal vitamin C, Green formula and Age-Free formula are all part of my Adrenal-Thyroid Set, at HealAnything.com or MarkusProducts.com



THE ONE THING CAN CAN MAKE MORE DIFFERENCE THAN ANYTHING IS THIS...

GUT MICROBES*****

The living secret

One of the most important secrets to our health is having proper levels of probiotics in our body. These are the "good" bacteria that help fight digest our food and fight the "bad" guys like Candida Albicans, a nasty aggressive yeast that turns into fungus and eats up our body. When people eat sugar, bread, pasta or anything made with flour or grains, they feed the candida yeast which then grows and overpowers our good helpful bacteria, leading to almost any health problem you can imagine, ranging from digestive issues like ulcers, colitis, IBS, stomach and colon cancer, to lung problems, energy and reproductive problems and even serious personality issues like autism, ADD, bi-polar, schizophrenia, depression, dyslexia, dysparxia and more. Many people have literally reversed these conditions by stopping the consumption of wheat products like bread, pasta, pizza, refined sugar, all animal products including milk, eggs, cheese, butter, yogurt and fish, along with the cleansing program outlined in my book Heal Yourself 101. The "bad" microbes make you crave those foods so they can grow and thrive. Food cravings are often times worse than drug or alcohol addictions and lead to conditions that make people difficult to get along with, just like an alcoholic or drug addict. Eating flour and grain foods can make people foggy brained, tired, cranky, lazy, and downright nasty to be with,



like really bad PMS or even psycho. It's sad to think how many relationships break up because of fights resulting from emotional instability from runaway brain chemistry because of the chemistry of the food they ate and were addicted to. People even get seizures and pseudo seizures from these foods. When they stop eating them, they mellow out, become mentally clear again, lose weight, get lots of energy, and have no more digestive problems, breathing problems or other health issues.

Did you know the probiotics in your gut comprise TWO THIRDS OF YOUR IMMUNE SYSTEM?

Probiotics help:

- **clear toxic stuff out of your body, like heavy metals**
- **get rid of estrogens and xenoestrogens**
- **clean the digestive tract**
- **weight loss and keep you thin**
- **fight disease and illness, even cancer**
- **regulate and normalize blood sugar**
- **overcome diabetes**
- **increase vitamin production, including B12, one of the most important vitamins**
- **extract and assimilate more nutrients from food**

It's important to note that probiotics are good at extracting more value out of your food, like vitamins, minerals, and phytochemicals in addition to calories- including the qualities of BAD food, meaning people who eat junk get fatter because the probiotics help the junk assimilate even better. You can't cheat! Feed your soldiers the right fuel and they will fight for you against any disease and keep you strong.

It is SO important to have a proper balance of microbes in the gut. One of the biggest problems is antibiotics because they kill the good bacteria even easier than the bad, leaving people with not just weakened immune systems but also the inability to properly digest and assimilate food, which leads to undigested proteins in the bloodstream- the number one cause of allergies, autoimmune diseases all the way to cancer. Be aware almost ALL animal products contain antibiotics fed to the animals so they don't get sick, so if you eat animal products like milk, cheese, yoghurt, eggs and fish, you are killing probiotics with the animal antibiotics. Antibiotics are bad news and can lead to a lifetime of problems, even with people who eat right. Without healthy strong gut microbes, the body just

cannot function as it should. Some people never get their levels back up because things like stress, lack of proper rest, and toxins from modern life can keep it down. This can even be passed on to children, which are born with weak immune systems and lacking proper probiotic organisms.

Simply taking candida-killing herbs isn't going to do much, in fact it could make things worse because like antibiotics, they also kill the good bacteria. Products containing the enzymes cellulase and hemicellulase will actually starve out the flora and end up feeding the Candida as well as raising blood sugar. The answer isn't to "kill", it's to take away the "bad" guy's food supply (stop eating bread, flour, grains and sugar, including high-sugar fruit juices) and only feed the good guys. Probiotic flora love fiber, like rice bran, apple fiber, licorice root, inulin. I have a prebiotic fiber at MarkusFiber.com Eat fruit but don't juice it. (too much concentrated sugar)

GOOD GUT BACTERIA VS BAD GUT BACTERIA

A study in the journal Nature found that when people switched from their normal diet to one consisting primarily of meat and cheese, there was an almost immediate increase in Bilophila, a type of bacteria that has been linked to colitis, but that a plant-based diet decreased the levels.

Bad bacteria makes you sick, sluggish and fat, it raises your appetite, makes you eat more.

In one experiment, they transferred gut bacteria from fat mouse to skinny mouse and the skinny mouse got fat

Bad bugs in the gut can increase the production of insulin leading to insulin resistance.

Infants that aren't breast-fed or mothers with bad gut flora can lead to overweight children

Modern life has screwed up the gut, resulting in diabetes, obesity, autoimmune conditions like Hashimotos, IBS, Crohns, heart disease, cancer... and this rise directly correlates with factors that disrupt the gut flora:

- **Antibiotics and other medications like birth control and NSAIDs**
- **Diets high in refined carbohydrates, sugar and processed foods**
- **Fat from animal products clogs insulin receptors leading to high blood sugar**

- Diets low in fermentable fibers
- Dietary toxins like wheat and industrial seed oils that cause leaky gut
- Chronic stress

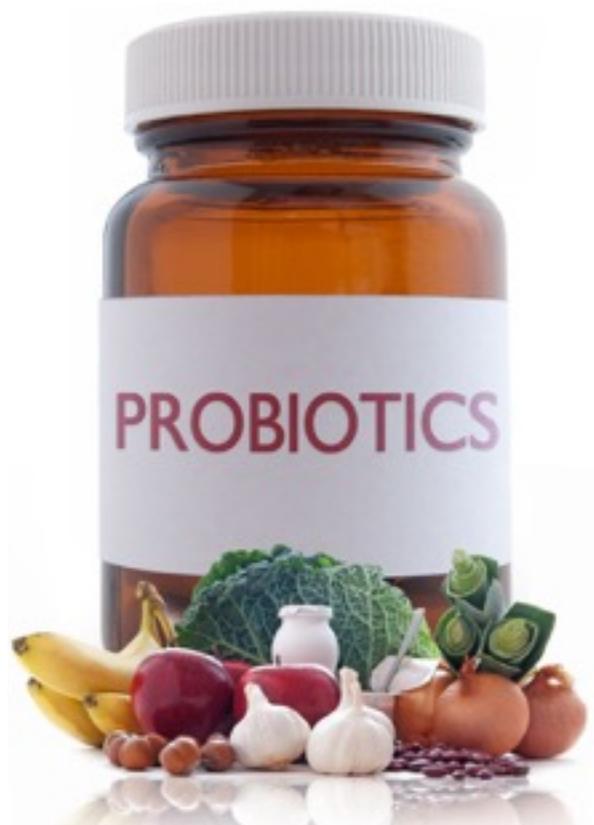
PROBIOTICS ARE YOUR ARMY- CHOOSE WISELY!

Think of gut bacteria as little soldiers, working hard to build your empire and protect you from enemies. How big of an army do we have? We have over 5 lbs of bacteria in our gut- 100 trillion microorganisms. Your gut has 10 times more bacteria than all the human cells in the entire body. (They are much smaller than human cells so they only make up about 2% of our body mass) We're more bacterial than we are human. Two thirds of your waste is not even yours. What type of food you eat determines the type of army you have. A fiber-rich whole plant-based diet feeds the good good guys that keep you lean and healthy... whereas a diet of bread, meat, milk and refined sugar feeds a different kind of army- one that turns against you and robs you of your life. It's SO important to have billions of soldiers fighting FOR you, not against you! You need faithful ones, not traitors.

WHY DOING ENEMAS IS GOOD FOR PROBIOTICS- because it helps RESET everything and even the playing field because in many people (especially those who eat things they shouldn't)... the bad bacteria outnumber the good bacteria. You don't want to take antibiotics because that will kill the good bacteria even more. If bad bacteria outnumber the good, doing an enema will wash out a large number of the bad ones and even the playing field again. Instructions on how to do enemas are in my free ebook Heal Yourself 101, also the video enemas101.com

Now it's up to you to only put good clean natural high fiber plant food back into your body so the good bacteria can repopulate and grow strong again. Remember- what you eat determines what bacteria grows more in you gut- the good or the bad.

Most supermarket probiotics don't do much- they contain Lactobacillus or Bifidobacterium species. These species are specialized for digesting milk but they're useless against



more severe bowel diseases caused by chronic infections. It also doesn't mean much if it says "SIX BILLION" - six billion of the wrong kind is worthless. Also, there are a thousand different strains of bacteria in the gut- and they each do something different. You need a formula with as many different strains as possible- not Lacto and Bifido that don't do much. You shouldn't be consuming dairy products anyway, so lactose-eating probiotics are kind of useless. One of the strains you want to look for is Bacteroides spp. , which is the most commensal bacteria, with Bacteroides uniformis being the most popular of all. You want as many varieties as possible (the more "specialists" in your army, the better)

So order your kefir grains or run, don't walk to your closest health store and buy an army of PROBIOTICS. The best choice is the liquid kind because these are living cultures of organisms, packed with w little bit of food to keep them alive. Dry capsules are questionable. Who knows how long they've been on the shelf, suffocating in those little capsules. If there is no other choice, then get the dry powder, but try and get wet. When getting the liquid kind, try to get the non-milk kind (soy or coconut water-based). KEFIR is another type of probiotic. You can even grow your own by buying kefir grains or starter kits online or at health stores. **Eat lots of CULTURED FERMENTED FOODS such as kefir, miso, tempeh, sauerkraut, etc. and a diet rich in vegetable fibers to feed the flora.** You NEED more good guys in your system! Do NOT eat animal yogurt- it is nothing but fat, sugar and animal hormones. The probiotics they put in there are dead anyway- if they weren't, they would grow, expand, create gas and the containers would explode. Stay away from yoghurt. Make your own from coconuts or something. I have a video on how to do that at MarkusNews.com.

Be aware that most probiotics you swallow will probably be killed in stomach acid, so take them in the morning or late at night when stomach acid is weak, and take them with a bunch of water to dilute the stomach acid. To increase the probiotics in your gut, its best to simply feed the ones that are already there and help them grow. Their main food source is **FIBER**. This is called "Pre"biotics.



FIBER

WHAT IS FIBER?

Fiber is an indigestible carbohydrate that is essential for normal digestion. Fruits, vegetables and whole-grain foods are usually high in both soluble and insoluble fiber, although some foods have more of one type over the other. Brown rice is particularly high in insoluble fiber, which helps relieve constipation and keeps your bowels moving. There is no fiber in meat, milk, cheese, eggs or fish.

Soluble vs. Insoluble

Soluble and insoluble fiber act differently in your gut, but both types are equally beneficial. **Soluble fiber slows digestion.** It binds with water and creates a slow-moving sludge. This material travels slowly through your intestines and allows vitamins and minerals to absorb before exiting the body. **Insoluble fiber speeds up digestion.** It goes through your body untouched, doesn't digest or break down, and creates a soft bulky stool that is easy for you to pass.

Think of it as

Soluble=**DISSOLVES, BECOMES GOOEY**, (slows digestion)

examples: Oats, beans, citrus fruits and apples all have higher amounts of soluble fiber

Insoluble=**DOESN'T DISSOLVE** (pushes things along)

Example: whole grains, bran and most vegetables are richer in insoluble fiber. The tough outer husk of brown rice does not break down in your digestive tract, making it a good source of insoluble fiber. It's like an internal broom.

Demonstration of Fiber in Action: Chia seeds in Water

Chia has more fiber than flax. Just put some chia seeds in a glass of water and let it sit for 5 minutes, it will become jello, kind of fun to watch. Makes a great breakfast pudding.

Fiber is great for so many reasons:

- pulls cholesterol out of the body
- prevents harmful ingredients from staying in colon and absorbing
- absorbs water from body, thus making stools easier to pass with less effort
- relieves constipation, hemorrhoids,
- makes you feel full so you eat less, keeping weight off

- speeds passage of food through the body
- reduces risk of heart disease
- lowers risk of cancer
- may help breast cancer, ovarian cancer, uterine cancer
- helps regulate blood sugar levels, prevent diabetes
- maintains proper body weight
- helps increase vitamin production in our colon including B12 (bacteria poop!)

I have a great prebiotic fiber product you can get at MarkusFiber.com

FOOD IS SUPPOSED TO HAVE FIBER

Until recently, food meant fiber (plant food). Food intake meant **FIBER** intake, which made gut bacteria very happy which made short chain fatty acids which activated the cell surface receptors releasing a bunch of hormones that down-regulate our hunger so we eat less,... so if we eat less, there's less fiber in our gut, so fewer hormones are released, which boosts our appetite so we get hungry and we want to eat. (cycle starts over) If we don't have a high fiber diet, then we just keep getting the signals to **EAT EAT EAT NON-STOP** hence the fat Americans. People that don't get their hundred grams of fiber a day are always hungry. We need fiber! A great way to feel full, eat less and lose weight is simply to eat more fiber and fiber-rich foods! (which by the way also help get rid of cholesterol, fat-producing estrogens and other bad things while they are at it)

BLOATING AND GAS FROM FIBER

Some people may experience bloating and gas as toxins are released from the body. Some gas is a normal temporary byproduct anyway. Remember- you have twenty billion organisms munching away down there, eating, digesting and ... well... belching, farting and pooping as a result of that. Its a normal part of the process, but only temporary. Patience, digestive enzymes, peppermint oil and yucca can help with this.

Some bloating and gas is from things we shouldn't be having though, like milk, which has lactose sugar and proteins our body can't handle, as well as eggs and gluten. High fiber foods that may cause bloating and gas: Bean, lentils, wheat, barley, rye, broccoli, cauliflower, cabbage, brussels sprouts, onions, garlic, apples, xylitol. These foods can really exacerbate people with IBS or Crohns, so if you have that, you may have to avoid those foods until you are better... but **DO TAKE PROBIOTICS and CULTURED, FERMENTED FOODS** like sauerkraut, kefir etc. Stay away from sweet stuff like kombucha etc. If it tastes sweet, don't



drink it- it will feed candida, cancer etc. Let it sit out with the cap off for a day or two- kefir and fermented food needs to taste **SOUR**, not sweet. Get over that attraction to sweet stuff- that's what got you in trouble in the first place!

Sometimes bloating and gas is simply from eating too much. Eat smaller portions.

People who are constantly hungry are probably not eating enough fiber in their diet. They keep eating and become overweight. Studies show 97% of all Americans don't even get the minimum daily requirement of fiber. Meat and animal foods have **ZERO** fiber by the way. Bread does not count.

Studies have shown that changes in the gut flora can increase the rate at which we absorb fatty acids and carbohydrates, and increase the storage of calories as fat. This means that someone with bad gut flora could eat the same amount of food as someone with a healthy gut, but extract more calories from it and gain more weight.

Bad bugs in the gut can even directly contribute to the metabolic syndrome by increasing the production of insulin (leading to insulin resistance), and by causing inflammation of the hypothalamus (leading to leptin resistance).

As a matter of fact, even sinus conditions are helped by the probiotics in your head. Don't swallow or sniff bacteria-killing herbs up your nose- (sinus infections are usually fungal-based anyway, not bacterial or viral) The killing herbs also kill the probiotics in your head. That's why things often times get worse when taking killing herbs. The best thing is to sniff water with probiotics up your nose, or simply use a neti pot with saline water.

For those taking anti-parasite herbs, it's important to take lots of probiotics at the end of the day (wait at least 6 hours for the parasite herbs to pass through or else they will kill the probiotics too.

Probiotic flora; aka "gut microbes" are your very best friends. They are your 24 hour full service policemen, soldiers, plumbers, handymen and house cleaners. Honor them, respect them, keep them happy and feed them well. In return they will give you strength to help endure anything that comes your way and have a long healthy happy disease-free life.

They are not greedy, so they don't outwardly ask for much. When was the last time you got a craving for fiber? Be aware the next time you get a food craving, it's probably not the good guys sending you that signal. It's the greedy yeast, mold, fungus, bacteria, viruses and parasites asking for sugar, bread, cereal, pasta, rice, carbs and processed food, because that all turns into sticky unhealthy paste that does nothing but literally feed the bad guys. If you bloat after eating or feel tired, you probably fed the wrong ones. That means they are swelling up in numbers and overpowering your good bacteria. So again- know this is the start of most health issues we face.

SOIL BASED ORGANISMS

Where do probiotics come from? In nature, we are supposed to simply pick something off a bush or out of the ground and eat it without washing it. There are many beneficial organisms in the soil that we need. But our food has been washed, sprayed and handled so much, there are very few healthy organisms left on it. So if you don't have your own garden or aren't near nature, so now you have to actually BUY soil-based organisms at a store for lots of money. Arrrrgh ! But there you go. It's another form of probiotics and the more you get, the better.

Of course simply taking SBOs, probiotics and Kefir alone isn't going to help much if you keep eating the foods that feed fungus and yeast- because remember- Fungus is much more powerful than bacteria.

WHAT KILLS PROBIOTICS?

Anti-Biotic's kill Pro-Biotics. Even if you don't take antibiotics, you still are if you eat meat and animal products like milk, cheese, yogurt, eggs and fish... because they are filled with antibiotics. Even "organic grass-fed" animals are given "natural" antibiotics. You'll be amazed what they get away with. More and more fish are farm-raised and they ALL need antibiotics or else they die in those cramped conditions. Animal products are super high in saturated fat and cholesterol which clogs your cells, including insulin receptors leading to diabetes and eventually cancer. Animal fats also absorbs and holds on to toxins from the cheap GMO grains they are fed, toxic polluted water they have to drink, xenoestrogens and heavy metals, which by the way are in all fish nowadays. Also, if you eat bread, pasta, pizza, pastries or any kind of refined sugar, you're feeding candida and yeast which overpowers your good bacteria, making things even worse. What you eat determines what kind of bacteria becomes dominant in your gut- good or bad. The choice is made when you decide what to eat. Choose wisely. It will determine your health or demise.

Fun Fact: Banana Peels are a probiotic food and they help the body detox



FASTING is the best medicine of all. Some say it can cure almost anything. It's where you don't eat any solid food, only water or vegetable juices (do not drink straight fruit juice- too many concentrated sugars). Try for at least 3 days, shoot for a week. Many serious people live off nothing but vegetable and green juices for months and months and heal almost anything you can think of.

Fasting is the best way to get toxins, poisons and waste out of your body and it gives the body a chance to heal internal wounds. Without a fast, the body never has a chance to do deep cleansing. During a fast, disease, parasites, tumors, lumps, and bad stuff has to compete for nutrients with our organs, and our body makes sure our organs win. Studies show no protein is lost during a 24 hour fast, only fat and bad stuff. Fasting helps get rid of weak old stuff and boosts the production of new cells. For serious anti-aging and health results- do a 24 hour fast one day a week every week for the rest of your life. One recommendation is to start noon after lunch and go until lunch the next day. Every major religion and historic text throughout history speaks of the amazing curative powers of fasting. Read more about it in the diet and lifestyle book Heal Yourself 101.

The first thing you should do for energy is clean out your colon with either enemas, colonics or my colon formula.



Step two is **Clean out your Liver**, since it makes your body's energy supply- glycogen. Your liver also happens to be your body's filter, so if it's full of toxic crap and processed food, you will be tired. So you need to clean the liver. The best way is with digestive bitters (bitter herbs). They need to touch your tongue to activate the bitter receptors which stimulate the vagus nerve which tells your liver to flush. You can see the video about this here- <http://www.youtube.com/watch?v=pAt3nc51OMA>

I also have a ready to go liver formula available at <http://www.MarkusProducts.com>

Stress also adversely affects the immune system, which again helps Candida to thrive. A low immune system makes us tired. There are many aspects to the immune system, but a couple of primary areas to focus on are the flora and the adrenal glands. The main thing you want to focus on is rebuilding the adrenal glands, because those are the first to weaken with stress, and when they go down, so does the rest of your body. But the adrenals can fully recover. It can be tricky sometimes though since weak adrenals increase stress and stress weakens the adrenals. As the adrenals build back up though you will find that stressful situations are not as stressful any more. Still try to keep stress to a minimum while building up the adrenals and remember to avoid stimulants as well.

REBUILDING THE ADRENALS

The best way to build up the adrenals is with natural vitamin C, pantothenic acid (a B vitamin), and adaptogenic herbs.

Vitamin C- Do NOT take the synthetic store kind (ascorbic acid)- no powder, pills etc. This stuff is highly unstable. It actually becomes a pro-oxidant at high levels instead of an anti-oxidant. The best source of vitamin C is Amla berry or Acerola cherry (available in powder form) Other herbal sources include pine needles (300x more vitamin c than oranges), rosehips (the red but behind rose petals), Guava, Indian Gooseberry, nettle leaf, Sea Buckthorn, Lemon and orange peel & pith for bioflavonoids.

Vitamin C is also found in citrus fruits, kiwi, papaya, watercress, **cherries**, tomatoes, green peppers, strawberries, leafy greens, hot red peppers, broccoli. The highest source of vitamin C in the world is Gubinge, a rare plant on Australia that's almost impossible for normal people to get to. It's harvested by tribal natives and it's in my **VITAMIN C FORMULA** that has all the really high sources in one bottle. It was designed to be the best, most powerful vitamin C product on the planet. You can get it at MarkusProducts.com For pantothenic acid (B5) the best source is **my Green formula** MarkusGreens.com . Nutritional yeast, bee pollen, rice bran, oat bran, nettle leaf and seaweeds are also good choices.



Adaptogenic herbs are excellent for building up the adrenal glands. As you build up the adrenals you will also find that dealing with stress will become easier as the adrenals release more anti-stress hormones. Almost all of the following herbs are in my AGE-FREE formula LiveAgeFree.com

Best adaptogenic herbs for rebuilding Adrenals:

- **Schisandra berry,**
- **Licorice root,**
- **Astragalus,**
- **Siberian ginseng,**
- **Jiaogulan,**
- **Ashwagandha**
- **Nettle leaf**
- **Amla berry**



The adrenals do produce and secrete epinephrine, which is an excitatory neurotransmitter. If everything is working properly though the release should be controlled. Sometimes though the adrenals over react when weakened leading to an excess secretion of epinephrine. This is why adaptogens help to keep us on an even keel. They strengthen the adrenals preventing them from over reacting to stressful situations.

AVOID STRESS as much as possible. Also stay away from pharmaceutical steroids and all stimulants like caffeine and nicotine. Keep in mind that caffeine can be found in many hidden sources including aspirin, kola nut (bissy nut) and guarana (extremely high). Also avoid adrenal glandulars as these can atrophy the adrenals with long term use.

Do this to rebuild the adrenals and you will probably see results in as little as 3 days The best way to build up the adrenals is with natural vitamin C, pantothenic acid, and adaptogenic herbs.

THE REAL VITAMIN C

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*****DRINK GREEN SMOOTHIES EVERY**

DAY*** This is one of the best ways to get younger and make wrinkles go away. Make sure 2/3 of what you put in the blender is dark leafy greens. The chlorophyll will rebuild your skin. It's even made grey hair go dark again. Read Victoria Boutenko's book "Green for Life"

THINGS THAT HELP:

- **get sleep (see insomnia, sleep ebooks)**
- **stop stress (see Adrenals, Stress ebooks)**
- **check thyroid (see Thyroid ebook)**
- **low metabolism- lack of exercise**
- **Every morning drink a glass of water with 2 tablespoons of apple cider vinegar**
- **Enzymes**
- **Sea vegetables**
- **detoxified iodine (see also thyroid-hypothyroidism ebook) Good source of iodine is my sea moss MarkusSeaMoss.com**
- **green superfoods- especially chlorella, which assists with estrogen production**



MarkusGreens.com

- probiotics
- EFA oils
- cut down on sweet foods
- ACAI BERRY- great for energy and stamina, and resistance to fatigue
- aloe vera
- royal jelly- for mental alertness, energy, well being, fights fatigue and insomnia
- bowel cleanses- I cannot stress this enough!
- fast, exercise
- deep breathing
- Ginseng *** (in my AGE-FREE formula)
- Tri-Methyl-Glycine, (TMG) is in my Energy, Protein and NIGHT formulas
- OLIVE LEAF EXTRACT
- Taurine 1000mg
- dance, yoga, stretch, Tai Chi, Qi Gong
- **EXERCISE- GET OFF YOUR ASS MORE! driving a car or sitting at a computer is NOT exercise**
- massage
- Alfalfa- rich in chlorophyll, it is a classic fatigue remedy (in my Green Formula)
- Manganese
- coconut oil

B VITAMINS- ***

THE BEST SOURCE IS MY GREEN FORMULA MARKUSGREENS.COM

- VITAMIN B-1 (thiamine)-important for feeling good, but killed by chlorine in water
- VITAMIN B-3 (Niacin)- 100 mg every few hours all day long
- VITAMIN B-5 (Pantothenic Acid)- vital for adrenals activity, fights stress and fatigue
- VITAMIN B-6 (Pyridoxine)
- VITAMIN B-12



LOW STOMACH ACID-

Most people are actually LOW in stomach acid (HCL). It is too weak to digest properly, which leads to half digested food which means gas, fermenting rotting food and disease. (sugar speeds makes it worse) Undigested food also means nutritional deficiencies, which means we slowly waste away and invite disease. Stomach acid also prevents parasites, bacteria, viruses, fungus, mold yeast etc from proliferating. It is our barrier or defense. Stomach acid is also needed for absorption of iron, which is needed for red blood cells that carry oxygen. It's all connected. Low stomach acid and no oxygen. Stop taking antacids, calcium pills, baking soda and alkaline water!

Stomach acid levels can be brought back up with:

- -50 mg zinc per day (must be taken with a meal) Zinc is needed for stomach acid
- -B vitamins (there are a lot in my Green formula MarkusGreens.com)
- -my herbal vitamin C MarkusVitaminC.com
- -TMG (trimethylglycine) 500 mg 3x a day (TMG is in my Protein, Energy & Night formula)
- **-Apple Cider vinegar**
- -Celtic Sea Salt (healthy salts are needed to form stomach acid)
- -Taurine
- -histamine
- -green smoothies (HCL is made from salts found in vegetables) another reason to take my GREEN formula!
- sea vegetable
- any salty vegetable
- bitter stuff like dandelion, endive, watercress, or any bitter herb

Taurine has numerous functions in the body such as helping to increase stomach acidity, bile salt formation, protection from some metals and glutamate, etc.

Bitters can be used to increase stomach acid by stimulating the bitter receptors. This in turn stimulates the vagus



nerve, which raises stomach acidity, bile secretion, and pancreatic enzymes. You can also eat bitter foods to increase stomach acid such as arugula lettuce, watercress, nettles or dandelion greens. (dandelion is in my Green formula and the LIVER formula has lots of bitter herbs to help also)

Have a green smoothie every day (liquid salads) where half is dark leafy greens and the rest is some kind of fruit. (See Heal Yourself 101 book) Take 2 tablespoons apple cider vinegar in water several times a day- great for salad dressing

If you want energy, take my **WildForce Green formula** daily because it has minerals and nutrients not found anymore in most foods nowadays. Fruits and vegetables (organic or not) are grown in farm soil that's been depleted over the last 100 years. This formula is the most nutrition-packed green formula anywhere, inspired by the power of wild plants which are hundreds of times more powerful. Take this super fuel as many times a day as you want. It's so powerful, you can use it as a meal replacement. Great for all-day energy and weight loss. Don't take it at night or you won't be able to sleep. Read the [amazing list of rare ingredients](#) and what they do. You can get it at MarkusProducts.com Out it in your smoothies or even just by itself in water in the mornings.



PINE POLLEN

(key ingredient in my ENERGY formula)

Want serious Libido, Energy and Youth ?

Look no further than pine pollen. It's a true powerhouse wonder substance... a complete food and medicine. Pine Pollen is one of the ultimate superfoods in the world. Pine Pollen has over 200 bioactive natural nutrients, minerals and vitamins source in one single serving, that is completely absorbed by the human body. No other nutritional supplement can do this. Pine Pollen will restore healthy levels of testosterone.

Since it's a complete superfood, it affects pretty much the entire body...

Lung tonic (boosts the immune system and beautifies the skin)

Kidney tonic (very rejuvenative to the brain, hair, bones and endocrine system)

Liver tonic (stimulates liver regeneration and regulates bile secretion)

Heart tonic (increases cardiovascular endurance, raises blood levels of

Superoxide Dismutase and lowers cholesterol)

Spleen tonic (Nourishes the muscles and increases metabolism which are both governed by the Spleen organ system in Asian medicine)



PINE POLLEN FOR ANTI-AGING

Some of the antioxidant related properties of pine pollen powder include; increasing SOD levels (superoxide dismutase, perhaps the most powerful and crucial antioxidant the body makes) in the blood,

Increasing glutathione transferases which help breakdown and remove xenobiotics (environmental pollutants) and metabolites of oxidative stress (pollutants made by the body) from the body.

Pine pollen benefits overall skin health and smoothness. Androgens are the promoters of youth. Collagen and elastin (which make up the underlying matrix of the skin) are stabilized and kept from degrading which is the cause of wrinkles.

Another way to prevent wrinkles is to make sure you drink plenty of living spring water everyday. Pine pollen reduces lipofuscin deposits (a brown pigment responsible for age spots a.k.a. liver spots) in the heart, brain and liver.

SEXUAL POWER AND BODYBUILDING POWER- HEALTHY POWERFUL STEROIDS AND HORMONES

Pine pollen powder's claim to fame is the potent androgenic effect it has on the body. It contains bio-available androstenedione, testosterone, DHEA (dehydroepiandrosterone), androsterone and a wide variety of other steroidal type substances (which unlike synthetic steroids, these are perfectly safe)! These anabolic compounds not only help build muscle mass, they keep the skin smooth and tight, maintain a healthy libido, optimize tissue regeneration, optimize breast health in women and testicular and prostate health in men, aid in the excretion of excess estrogens and speed up the metabolism to help burn off excess fat.

PINE POLLEN FOR HORMONE BALANCING

The phyto androgens in pine pollen help to counter the effects of estrogen mimicking substances that we are exposed to more and more in the world. Many modern chemicals found in plastic bottles and food containers, body care products, household cleaners, pesticides and herbicides, pharmaceutical medications, plastics and more can mimic estrogens in our bodies and cause disruptions. People also get a hefty dose of estrogen from dairy products with added hormones and many phyto-estrogen containing plants such as soy, hops, yams, nuts and seeds and other fruits and vegetables. It is easy to see how estrogen can over-dominate a person's system these days. Pine pollen's estrogen balancing effect can be amazing for people dealing with hormone and estrogen dominance related weight issues, skin eruptions or inflammation, mood disorders, sexual or fertility issues, or for women and men going through hormonal changes as they age. Women can definitely get the benefits of pine pollen without waking up the next morning with a beard. Excess body hair

growth in women (and hair loss in men) is caused by elevated DHT levels (which can be controlled with Saw Palmetto, Licorice and Nettle Root) rather than free testosterone, so no need to fear growing a moustache. If men are exhibiting the outward effects of high estrogen (excess breast tissue, "beer" belly, as well as lowered sperm counts and/or erectile dysfunction), pine pollen has the power to "re-masculinize" them.

PINE POLLEN - A POWERFUL HEALTHY STIMULANT

One of the most profound health benefits of Pine Pollen is the tonifying effects on the body and the huge increase of energy, because it is a complete source of proper nutrition. Pine Pollen is not a stimulating drug, and contains no stimulants, though it is more energizing than caffeine. Pine Pollen aids in recovery time from exercise, and aids in building lean muscle. Less sleep needed and waking refreshed.



ENERGY

- **30% Protein**
- **Dramatically improves your vitality and stamina;**
- **Increases energy unlike any other food or supplement can;**
- **Promotes longevity with specific anti-aging compounds;**
- **Improves muscle tone;**
- **Raises low testosterone in men;**
- **Increase male fertility by raising sperm count;**
- **Combats and reverses the effects of Andropause (male menopause)**
- **Eliminates sexual dysfunction due to low androgen levels;**
- **Balances the Estrogen to Testosterone ratio in Women and Men;**
- **Prevents prostate disease;**
- **Promotes liver cell activity aiding in liver detoxification and rehabilitation;**
- **Accelerate the activity of liver cells and regulate bile secretion**
- **Enhance the metabolic function of the skin and nourish the hair at its roots**
- **Regulates metabolism;**
- **Aids in weight management and promotes weight loss;**
- **Improves overall health, greatly promoting immune function;**
- **Easier and quicker time getting back into shape;**
- **Gentle daily cellular detoxification;**
- **Burns off brain fog and increases attention span and brain function;**
- **Improves skin elasticity (anti-aging);**
- **Clears acne;**
- **Nourishes the brain**
- **Dissolves and removes age spots on skin and in the body.**
- **Protect the cardiovascular system by improving the heart, blood, and the blood vessels. (Rutin, one of the components of pine pollen, increases the strength of the capillary vessels and helps protect the cardiovascular system)**

Pine pollen is 99% digestible, much more than bee pollen.

Over 20 Amino Acids and 8 Essential Amino Acids Making Pine Pollen A Complete Protein:

• Alanine • Arginine • Aspartic • Cysteine • Glutamic • Acid • Glycin • Histidine • Isoleucine • Leucine • Lysine • Methionine • Phenylalanine • Proline • Serine • Threonine • Tryptophan • Tyrosine • Valine

Taking a pine pollen tincture (mixed with alcohol) is said to be the most effective way to get the above mentioned anabolic constituents into the bloodstream without any degradation possibly caused by digestion. To what degree digestion may damage some of the hormones it is hard to say, but holding the tincture in your mouth allows the active compounds to be absorbed sublingually. DHEA certainly does make it through normal digestion without damage but testosterone and some of the other steroidal type substances seem to be more effective in tincture form. Pine pollen powder makes a great food that can be eaten in higher quantities than you can normally take in the tincture form. This way you get more of the proteins, vitamins and minerals but there is still a fairly potent androgenic effect.

There are no known side effects from taking pine pollen, but adolescents (under 20) should avoid using pine pollen powder due to their budding hormone levels. Some people are allergic to pollen (a sign the liver needs cleaning and adrenals need rebuilding), so for those in question, take a tiny bit first and see how you react.

You can harvest your own pine pollen. Find out what time of year in your area the pine trees pollinate (when yellow powder coats everything). Usually mid April for northern countries. You can place the bag over the ends of the pine tree branches and gently knock the cones to get the pine pollen powder to fall off into the bag.

* If you are new to this herb, its best to start small (1/8 tsp), and gradually build up as your body adapts to its potency.

Recommended Usage: 1 – 2 tsp twice daily, AM and PM, or as directed by a healthcare professional



GLUTAMINE

Glutamine is so important for so many reasons, I put a little extra of it in my protein formula. Here's why...

If you are trying to heal leaky gut, improve overall health or build a lean body it is one of the most recommended supplements.

1. Improves gastrointestinal health because it is a vital nutrient for the intestines to rebuild and repair (1)
2. Helps heal ulcers and leaky gut by acting as a band-aid for protection from further damage (2)
3. Is an essential neurotransmitter in the brain and helps with memory, focus and concentration (3)
4. L-glutamine improves IBS and diarrhea by balancing mucus production which results in healthy bowel movements (4)
5. Promotes muscle growth and decreases muscle wasting (5)
6. Improves athletic performance and recovery from endurance exercise (6)
7. Improves metabolism and cellular detoxification (7)
- 8 Curbs cravings for sugar and alcohol (8)
9. Fights cancer
10. Improves diabetes and blood sugar

HIGH L-GLUTAMINE FOODS

L-glutamine is the most abundant amino acid in the bloodstream and it makes up 30-35% of the amino acid nitrogen in your blood. Around 60% of your skeletal muscle is made up of glutamine and supplementing this amino acid can aid protein synthesis and help naturally balance your pH levels. L-glutamine is synthesized by the body from glutamic acid or glutamate. If the body is unable to produce enough it needs to get it directly from your diet. It is known as a conditionally essential amino



acid, because it is used by the body in large amounts. Although L-glutamine can be found in animal proteins, it is also in plant based protein sources such as broccoli, asparagus, chlorella, spirulina, beans, raw spinach, parsley and red cabbage. I made sure my protein powder

Because glutamine is the major fuel source for cells of the small intestine, it has been shown to heal leaky gut in clinical studies.

A study published in the *British Journal of Surgery* found that L-glutamine benefits ulcerative colitis and inflammatory bowel disease (11). The man famous for discovering the Krebs cycle in the body was the first to recommend L-glutamine because he found it to help improve a healthy gut-related immune response. A medical study published in 2001 found that L-glutamine benefits the body by regulating IgA immune response. IgA is an anti-body that attacks viruses and bad bacteria and would also be associated with food sensitivities and allergies. Another study published in the journal of *Clinical Immunology* found that glutamine normalizes the effects of the TH2 immune response that stimulates inflammatory cytokines (12).

The effects of L-glutamine in these studies proves that L-glutamine reduces intestinal inflammation and can help people recover from food sensitivities. In addition, supplementing your diet intake with glutamine is an excellent method of boosting your immune system and improves your ability to fight infection and diseases.

Glutamine may also be beneficial for long distance athletes by boosting the immune system (T-helper cells). Studies have indicated that this increase in T-helper cells may reduce the 'stresses' associated with overtraining syndrome (15).

Supplementing with L-glutamine allows your muscles to fight and push a bit further, which boosts strength and it also has an important role in repairing the skeletal muscles.

Other fat burning and lean muscle mass building benefits of supplementing with L-glutamine are that it can help to suppress insulin levels and stabilize blood glucose. This enables the body to use up less muscle mass to maintain the blood sugars and insulin sensitivity in the cells. For this reason, L-glutamine benefits diabetics and those with sugar and carb cravings (20).

L-GLUTAMINE DOSAGE AND SUPPLEMENTS

Although the effects of excess glutamine rarely causes problems, if you are taking glutamine long term it is a good idea to also supplement with B vitamins especially **vitamin B12**, as this controls glutamine buildup in the body. This is why it's good to pair my protein powder, which is high in glutamine, together with the green formula, which is high in B vitamins (it even has some B12)

BITTERS-bitter tasting stuff that promotes the secretion of bile and hydrochloric acid. They help liver problems, lethargy and low energy. *Examples - lemon peel, goldenseal, dandelion, senna, angelica, and oregon grape.*

raw vegan protein with full spectrum amino acids- make sure it contains Leucine, Isoleucine and Valine

Put a few drops of food grade hydrogen peroxide in your drinking water to oxygenate it. Your whole body will get oxygen. Don't take too late or you'll be up all night with too much energy.



COLEUS FORSKOHLII- amazing ayurvedic herb in the mint and lavender family used for allergic conditions such as asthma and eczema. helps relax bronchial muscles in asthmatics making breathing so much easier. Good for psoriasis, reduces inflammation, blood pressure, hypertension, glaucoma, helps strengthen heart, dilates blood, lowers artery plaque build up and helps regulate thyroid. It also increases ATP (energy) and cAMP (cyclic adenosine monophosphate in case you're wondering)... which stimulates nitric oxide which dilates blood vessels in lungs, including in the genitals... like Viagra.

UMEBOSHI PLUMS- high levels of citric acid which helps break down lactic acid and cleanse body... good for fighting fatigue

CLA- CONJUGATED LINOLEIC ACID- an essential fatty acid- CLA helps extract lots of energy from tiny amounts of food- a favorite among athletes for burning fat as energy. Also lowers cholesterol. (in my TRIM-FORCE formula TrimForce.com)

ELECTROLYTES- ionized salts in blood, tissue fluids and cells, (main ones are sodium, potassium and chlorine) that transport electrical operating energy through the body. They are essential to cell function and body pH balance, but are easily lost through perspiration. When electrolytes are low, we get tired. When levels are ok, we have more energy.

TYROSINE- A quick energy source for for the brain. Great for depression, hypertension and low libido

ROYAL JELLY- makes you feel good and mentally alert while fighting stress, fatigue and insomnia

GLUTAMINE- amino acid brain energy source. Helps fight sugar cravings too There's lots of glutamine in my Protein formula.

RIBOSE- very important for body energy ATP. Dramatically helps get oxygen and blood to cells

STINGING NETTLES- increases thyroid function, metabolism, helps burn fat away and increses energy (in my Green formula)

ASTRAGALUS- vasodilating properties help lower blood pressure, improve circulation, nourishes exhausted adrenals to combat fatigue and even gets hormones and nervous system back on track. (in my Green formula)

ASPARTIC ACID-non essential amino acid, Helps with energy (less fatigue), fights depression, helps cardiovascular function, retards tooth and bone destruction. Found in sugar cane and beets- used mainly as a sweetener. Also in almonds, apples, apricots, carrots, celery, cucumbers, grapefruit, lemons, pinenuts, tomatoes, watermelon

TURMERIC- (looks like ginger)
powerful antioxidant that helps clean the blood, increase energy, stimulate the liver, fights pimples and clears skin.

BENTONITE CLAY helps clean colon so more nutrition gets absorbed so MORE ENERGY and better skin



STOP EATING MEAT, DAIRY AND ALL ANIMAL PRODUCTS- high levels of foreign protein in the blood can result in 60% reduction of system oxygen

TAKE 15-MINUTE BREAKS, you can't go non-stop all day or you will burn out (see ADRENALS)

drink 2 tablespoons **APPLE CIDER VINEGAR** in water every morning

ALPHA LIPOIC ACID

is an intense unique antioxidant that can knock out free radicals in both fat and water soluble forms. It's one of the most powerful liver detoxifiers ever discovered. It helps the body make more glutathione which boosts energy and metabolism and is great for stress.

It is effective in treating heart disease, stroke recovery, hardened arteries, diabetes (very popular in Europe for Diabetes treatment), Parkinsons , Alzheimers, inflammation, arthritis, irritable bowel syndrome, HIV, AIDS, cataracts, heavy metal , detox, appetite control, hypoglycemia, liver detox Also know that detoxing makes people tired because toxins are being released into the bloodstream for elimination. This makes us very tired. Make sure you help the elimination process with colonics, enemas, exercise, sweating, juicing and minimizing or cutting out solid food for a while.

Homeopathic-Gelsemium, Rosemary,

CELL SALT-

NATRUM MUR- sodium chloride- regulates moisture within cells. Deficiency causes fatigue, chills, salt craving, bloating, profuse sweating, secretions from skin, eyes, mucous membranes, tearing, salivation and watery stools. Useful for dry cracking skin, cold sores, fever blisters

Malic Acid- ATP precursor, cheaper than CoQ10, does same thing



Ashwagandha- stress/energy/well being

(in my AGE-FREE formula LiveAgeFree.com)

One of the world's most renowned herbs, Ashwagandha is an adaptogenic herb from India in the pepper family, known as the "Indian ginseng", provides energy and a rejuvenating lift while at the same time calming and soothing the nerves.

Chemically, it's very similar to ginseng, yet seems to be superior in relieving stress. Great for treating exhaustion caused by both physical and mental strain, including stress-related ulcers and nervous exhaustion. It helps boost thyroid hormone and adrenals to prevent stress-caused thyroid burnout.

Ashwagandha is a great aphrodisiac, increasing libido and performance in 70% of men who use it.



It has an estrogen-like effect that stops internal bleeding, excessive uterine bleeding, hemorrhoids and also hemorrhagic dysentery (bloody diarrhea). Also helps depression (great for women)

Ashwagandha rejuvenates and helps nourish the tissues, particularly muscle and bone, adrenals and reproductive system.

For fatigue, chronic disease, impotence, memory, arthritic inflammation, rheumatic pain, anxiety, insomnia, respiratory disorders, nervous disorders, gynecological disorders, uterine infections, male infertility, impotence, nerve impulses, sex- enhancing, erectile dysfunction, female and male fertility, inflammation, cancer, increases hemoglobin, improves circulation, nutrient absorption, liver and kidney tonic, clears the mind, strengthens the nerves, and promotes restful sleep, improves memory, lessens graying of the hair, increases performance in athletes, balances hormones, hypertension, anti-aging

BEE POLLEN-

is nature's most complete superfood with all 22 amino acids, full of enzymes, coenzymes, B12, B vitamins, fats, minerals, vitamins, etc. It has every known nutrient known that our bodies need. What is it? It's collected by bees from flowers, mixed w bee spit, then formed into granules. It's great for energy and healing. Bee foods have been praised in almost every religion throughout history. It's in the bible. It rejuvenates the body and lengthens life. bee keepers in Russia regularly live past 100. It increases energy. World class athletes use it. If you're allergic to pollen or spores, try local bee pollen. It relieves respiratory problems like bronchitis, sinusitis and colds. It helps balance the hormones, which helps menstrual and reproductive health (including libido) and is very effective for prostate problems and reducing BPH inflammation and improving urine flow. Bee pollen is rich in enzymes, helps constipation-diarrhea problems, helps fight aging, increases brain power and physical strength. It has 15% lecithin, which supports nervous system and brain, and even has high levels of nucleic acid which helps protect against radiation. Get only LOCAL bee pollen if you can (helps avoid allergic reactions and is also fresher) Start with a few grains, then slowly work your way up to a couple of teaspoons on your salad or in smoothies.

BEE PROPOLIS- It's what bees coat their beehives with to protect the hive from harmful bacteria. It's collected from the



sticky resin under tree bark. It is a very powerful anti-viral, anti-biotic, anti-bacterial. It's actually better than many antibiotics at fighting bacteria and viruses like E-Coli and salmonella! . It's very effective against pneumonia, ulcers, speeds healing of broken bones and helps grow new cells. Heck it even fights cavities, gum disease, high blood pressure, artery plaque, skin cancer, warts, herpes and pretty much anything else. Bees are angels. Everything they do and make is magical.

FULVIC ACID-

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints, arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerful antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.

NO ALCOHOL

Alcohol is bad. It acts as a solvent - (meaning it melts) vital elements in the brain, kidneys, liver and nerves. Elements of the body that are only soluble in alcohol are very difficult to rebuild. Alcohol turns into sugar in the body, which leads to hypoglycemia, diabetes, parasites, heart problems, pancreas problems, candida, chronic fatigue, and pretty much any degenerative disease you can think of.

In the process of metabolizing alcohol, the liver turns it into formaldehyde...yes, as in embalming fluid. This is the same liquid used to preserve dead people in mortuaries and frogs and pigs in biology labs. It is extremely toxic to the body... it is a poison.

Get away from people, places and situations that encourage you to drink. The temporary escape is not worth the price. It does not magically leave your body the next day. It does its harm and the effects can stay with you sometimes for a lifetime. The sooner you stop, the better.

Alcohol forms free-radicals -molecules that damage the body and radically accelerates the aging process. It can shorten your life by one third!



Chlorella- AMAZING STUFF- 62% amino acid content

(key ingredient in my Green Formula MarkusGreens.com)

Is considered one of the most complete foods on the planet- you can live off this stuff indefinitely. It has ALL the amino acids (a complete protein) - more than any whole food on Earth, plus all kinds of minerals, enzymes, chlorophyll and pretty much everything else....Beta carotene (vit A), C, E, K, B complex B1, B2, B6, B12, niacin, pantothenic acid, RNA, DNA, folic acid, biotin, choline, and inositol. Phosphorus, potassium, magnesium, germanium, sulfur, iron, calcium, manganese, copper, zinc, iodine, cobalt, and trace elements It replicates so fast it quadruples every twenty-four hours. (amazing genetics) It also quadruples our friendly flora (probiotics) making it one of the most potent 'growth factors' available. (listen up bodybuilders). It boosts the immune system immensely (helps children grow and stay healthy), helps digestion, alkalizes, heals intestinal lining, helps remove chemicals, toxins and heavy metals from the body. It enhances health and muscle growth, Increases the concentration of hemoglobin in red blood cells(for iron and oxygen), helps reduce cholesterol, and helps the liver detox.

Chlorella has seriously high levels of protein (18 amino acids) more protein than soy and twice as much as steak !



- The **BEST SOURCE OF CHLOROPHYLL** in the world - more than spirulina, wheatgrass, alfalfa, barley... anything! Chlorophyll is the most powerful detoxifying agent in nature- also helps clean the liver
- It's one of the best sources of **ENERGY** for low energy people
- improves **Digestion** and digestive issues up to 90% !!! both constipation, indigestion **AND** diarrhea, heals and calms the intestinal lining, multiplies friendly flora by 400% and improves nutrient levels and absorption
- not only more energy but **BETTER SLEEP**
- reduces **JOINT SORENESS**
- improves **MEMORY** and **BRAIN ALERTNESS**
- improves **EYESIGHT**
- heals "unsolvable" health issues
- **A SERIOUS DETOXIFIER**- removes heavy metals, plastics, pesticides, mercury, chemicals,etc. It latches on to toxins that affect the brain, joints and cardiovascular system.
- contains **AMAZING GROWTH FACTORS** that helps the body produce new cells at an astonishing level
- normalizes **CHOLESTEROL** and **BLOOD PRESSURE LEVELS**
- 6 times more **Beta Carotene** than spinach
- an amazing fiber
- one of the highest sources of nucleic acid of any food- even more than sardines- awesome for anti-aging
- over 50 times the antioxidants and flavonoids of vitamin **C** or **E**
- awesome for anti-aging- makes skin firmer, fewer wrinkles and age spots

It replicates so fast it quadruples every twenty-four hours. (amazing genetics) It also quadruples our friendly flora (probiotics) making it one of the most potent 'growth factors' available. (listen up bodybuilders). It boosts the immune system immensely (helps children grow and stay healthy), helps digestion, alkalizes, heals intestinal lining, helps remove chemicals, toxins and heavy metals from the body. It enhances health and muscle growth, Increases the concentration of hemoglobin in red blood cells(for iron and oxygen), helps reduce cholesterol, and helps the liver detox.

It has **ALL** the amino acids (a complete protein) - more than any whole food on Earth, plus all kinds of minerals, enzymes, chlorophyll and pretty much everything else....Beta carotene (vit A), C, E, K, B complex B1, B2, B6, B12, niacin, pantothenic acid, RNA, DNA, folic acid, biotin, choline, and inositol. Phosphorus, potassium, magnesium, germanium, sulfur, iron, calcium, manganese, copper, zinc, iodine, cobalt, and trace elements

When nothing else seems to work, chlorella works magic in hopeless cases and brings them back to life by detoxing the body, cleaning the liver, cleaning and rebuilding cells, growing new cells hundreds of times faster, raising energy levels, normalizing all digestion problems, better sleep so body can heal... you name it- chlorella is one of the world ultimate top superfoods !!!
Best taken on an empty stomach at least 20 minutes before other food.

CHRONIC FATIGUE

(see also [Candida Albicans](#), [food allergies](#), [liver](#), [Herpes](#), [parasites](#), [adrenal](#), [thyroid](#))

OK. Your motor is gummed up with sludge and your filters are clogged. I'll bet you're depressed and eating comfort foods to make yourself feel good- right? Time for some serious house cleaning. Roll up your sleeves. Here we go.

1. **DO MY HEALING PROGRAM** (read book [HEAL YOURSELF 101](#))
 - 1a. **ENEMAS OR COLONICS**- every other day for a month- [DO IT! NO EXCUSES](#)
2. **STOP EATING THAT PROCESSED, COOKED CRAP**- for now, if you really want results- go on a juice fast- no solid food for several weeks if you can
3. **JUICE JUICE JUICE GREEN**- stuff like celery, apple, carrot, cucumber, spinach (NOT fruit juice!- too much concentrated sugar- you'll crash even more)
4. **CLEAN YOUR LIVER**- take my LIVER formula [MarkusLiverFormula.com](#)
5. **EXERCISE**, stretching, yoga, walks, daily
6. **GET RID OF STRESS SOURCES** and negative emotions
7. READ THE **CANDIDA EBOOK**

Stay away from sugar, sodas, alcohol, smoke, antibiotics, steroid drugs, and get off the prescription drugs, they are not natural to your body and WEAR YOU DOWN.

Mercury fillings*** could be a big cause- have them replaced with healthier alternatives



FASTING is the best medicine of all. Some say it can cure almost anything. It's where you don't eat any solid food, only water or vegetable juices (do not drink straight fruit juice- too many concentrated sugars). Try for at least 3 days, shoot for a week. Many serious people live off nothing but vegetable and green juices for months and months and heal almost anything you can think of. Fasting is the best way to get toxins, poisons and waste out of your body and it gives the body a chance to heal internal wounds. Without a fast, the body never has a chance to do deep cleansing. During a fast, disease, parasites, tumors, lumps, and bad stuff has to compete for nutrients with our organs, and our body makes sure our organs win. Studies show no protein is lost during a 24 hour fast, only fat and bad stuff. Fasting helps get rid of weak old stuff and boosts the production of new cells. For serious anti-aging and health results- do a 24 hour fast one day a week every week for the rest of your life. One recommendation is to start noon after lunch and go until lunch the next day. Every major religion and historic text throughout history speaks of the amazing curative powers of fasting. Read more about it in the diet and lifestyle book HEAL YOURSELF 101.

Some people get sick when they fast. These people are often overweight and really toxic. When the ability of the liver to detoxify is exceeded, the excess toxins are converted in to fat for storage until they can be processed by the liver. When these people fast, the body breaks down the fat as a fuel source and the stored toxins are released back in to the bloodstream. If this happens too fast and the person isn't doing bowel cleansing to immediately usher the released toxins out the back door, they get overburdened with the released toxins and get sick. Bowel cleansing is so important. That is step one ! All of the toxins and their metabolites need to be eliminated, which will be primarily through the intestines. Second step is liver cleansing- by taking bitter herbs and letting them touch the tongue.

If you are on medication, consult health care practitioner, do not just do water. Children under 12 are not recommended to fast.

- **TAKE MY GREEN, LIVER, AGE-FREE and ENERGY formulas**
HealAnything.com
- **ENZYMES (especially Protease),**
- **PROBIOTICS**
- **EFA oils,**
- **MAGNESIUM- 2 spoonfuls in water every night**
- **SEA GREENS ***,**

- **SULFUR FOODS-** broccoli, cabbage, radishes, mustard greens, turnip greens,
- St Johns wort to fight viral infection and depression
- **OLIVE LEAF EXTRACT *****
- red marine algae
- grapefruit seed extract
- CoQ10
- Glutamine (see Energy section above)
- Ginseng
- wheat grass enema
- Ginko
- Licorice
- Eleuthero (in my AGE-FREE formula)
- abhwagandha (in my AGE-FREE formula)
- B complex and B12 (in my GREEN formula)
- Aloe Vera
- Garlic
- Nettle (in my GREEN formula)
- Shilajit is an adaptogen that improves ability to handle stress, combat immune disorders and reduces chronic fatigue.



MY NEW GREEN FORMULA

Years in the making, now available for purchase! Filled to the top, unlike my competition. No cheap ingredients or large amounts of sweeteners. 430 grams of serious power from nature. My greens are the real deal! It's what I take personally everyday. Look at me and judge for yourself.



Markus

LOW STOMACH ACID-

Most people are actually LOW in stomach acid (HCL). It is too weak to digest properly, which leads to half digested food which means gas, fermenting rotting food and disease. (sugar speeds makes it worse) Undigested food also means nutritional deficiencies, which means we slowly waste away and invite disease. Stomach acid also prevents parasites, bacteria, viruses, fungus, mold yeast etc from proliferating. It is our barrier or defense. Stomach acid is also needed for absorption of iron, which is needed for red blood cells that carry oxygen. It's all connected. Low stomach acid and no oxygen. Stop taking antacids, calcium pills, baking soda and alkaline water!

Stomach acid levels can be brought back up with:

-50 mg zinc per day (must be taken with a meal) Zinc is needed for stomach acid

-B vitamins (there are a lot in my Green formula MarkusGreens.com)

-my herbal vitamin C MarkusVitaminC.com

-TMG (trimethylglycine) 500 mg 3x a day (TMG is in my Protein, Energy & Night formula)

-Apple Cider vinegar

-Celtic Sea Salt (healthy salts are needed to form stomach acid)

-Taurine

-histamine

-green smoothies (HCL is made from salts found in vegetables) another reason to take my GREEN formula!

sea vegetable

any salty vegetable

bitter stuff like dandelion, endive, watercress, or any bitter herb

Taurine has numerous functions in the body such as helping to increase stomach acidity, bile salt formation, protection from some metals and glutamate, etc.

Bitters can be used to increase stomach acid by stimulating the bitter receptors. This in turn stimulates the vagus nerve, which raises stomach acidity, bile secretion, and pancreatic enzymes. You can also eat bitter foods to increase stomach acid such as arugula lettuce, watercress, nettles or dandelion greens. (dandelion is in my Green formula and the LIVER formula has lots of bitter herbs to help also)

Have a green smoothie every day (liquid salads) where half is dark leafy greens and the rest is some kind of fruit. (See Heal Yourself 101 book)
Take 2 tablespoons apple cider vinegar in water several times a day- great for salad dressing

Cortisol (death hormone) appears to work together with insulin since cortisol levels rise as we prepare to release glucose for energy. What this means is those sugar and carb cravings are rapidly aging and killing you. Hypoglycemics and diabetics beware !

heat (sweating) therapy- far-infrared sauna, hot baths
massage,
acupuncture

NIACIN -start with 100 mg, then 1000 mg, and keep going up till you feel better. Some need 3000, some alcoholics need 5000... some people even went up to 10,000 mg. I know that's a lot, but there doesn't seem to be any toxic effects from Niacin even at high doses. All it does is

make you blood circulate a lot more and you will feel a rush of warmth- your body will get hot sometimes. Better to take early in the day or you might get night sweats.



ACIDOPHILUS- beneficial bacteria that synthesize nutrients in the intestinal tract, fight bad pathogenic bacteria like candida albicans and E Coli, and maintain a healthy intestinal environment. Also help auto-immune diseases that involve colon toxicity, like rheumatoid arthritis and chronic fatigue syndrome. Treats herpes simplex I and II, acne, mouth ulcers, even high cholesterol. Helps slow cancer growth. Use for digestion and overall health. Take at the end of the day or on empty stomach. Do not take at same time as enzymes.

ADRENAL (see also Glands ebooks)

Are you a burned out pissy impotent stress case at the end of your rope? Your adrenals are shot. Adrenals produce anti-stress and energy hormones.

The adrenals are 2 walnut sized glands sitting on top of our kidneys, whose job it is to produce hundreds of different types of hormones... immunity hormones, steroid hormones, sex hormones, stress-fighting hormones, metabolism hormones, sugar-regulating hormones etc. Examples of hormones are estrogen, testosterone, cortisone, DHEA, aldosterone and progesterone. Adrenals are very sensitive and are the first things to go when stress and bad eating becomes our lifestyle.

If you're using steroid drugs for arthritis, asthma, allergies, skin problems or M.S., these drugs can cause the adrenals to shrink in size.

SIGNS

- cracked heels
- brittle peeling nails
- heart palpitations
- anxiety spells
- easily ticked off at the slightest thing
- panic attacks, ending with great fatigue,
- lots of yeast or fungal infections
- very low energy, not very alert
- even mild exercise of any kind is a burden
- frequent moodiness

CAUSES

- Stress
- Stimulants- coffee, energy drinks, chocolate, energy herbs
- Alcohol
- caffeine
- tobacco



- fats
- fast food and processed foods
- avoid smoke at all cost. Nicotine encourages adrenal surges.
- stress
- not enough sleep, bad sleep patterns (going to sleep after midnight and sleeping in)
- DHEA

If you are properly rested and your adrenals are working right, you won't need carbs and caffeine for energy.

This is a healing process, and like any damaged body part, it takes time to heal back to it's natural state. Burned-out adrenals may take 6 months to 2 years to return to full glory.

WHAT TO DO

- **STOP the stimulants !** Use natural adaptogenic herbs to rebuild adrenals for energy
- drastically cut caffeine and sugar
- fast food and processed foods must be avoided
- stop sugar, fried foods, salty foods, caffeine, alcohol, nicotine,
- *****LOTS of Vitamin B-** take my GREEN formula, its high in B vitamins
- **TOCOTRIENOLS** (rice bran solubles) a good source of complete B vitamins, also major source of vitamin E and amino acids (protein)
- **nutritional yeast** is good source of b vitamins- at least 2 tablespoons a day
- **lots of Vitamin C**-foods or my vitamin C super powder- actually helps convert cholesterol to adrenal hormones
- **pantothenic acid** 1000mg- very important to adrenals My Green formula has 6000%!
- **electrolytes**- use sea veggies
- **Licorice root****
- **Astragalus***
- **Royal Jelly**- up to 100,000mg daily
- **GINSENG***** (in my AGE-FREE formula)
- **Abhwagandha** (in my AGE-FREE formula)
- **Bee pollen**
- Vitamin C foods, and my all natural Super powerful vitamin C powder (provides vitamin C for proper adrenal function) MarkusVitaminC.com
- **BEE POLLEN** (provides pantothenic acid)

- **KELP** (provides nutrients for proper adrenal function)
- **Juniper berry**- strengthens adrenal glands
- **Schizandra berries**- very important for adrenal glands, lots of vit C
- **KELP**- good for thyroid and adrenal function, lots of B vitamins and other nutrients.
- **NETTLE LEAF**- Source of serotonin, supports proper adrenal function (green formula)
- **Jiaogulan**- supports the adrenal glands (in my AGE-FREE formula)
- **Chinese Licorice Root**- Supports and nourishes the adrenal glands. (in most of my formulas)
- **Ginkgo Biloba** (in my GREEN formula)
- **chlorophyll-rich (green) foods**
- **Probiotics**
- **Sunlight** is very important to stimulating the endocrine organs and brain
- **Sea Vegetables**- help body produce steroidal hormones like estrogen and DHEA
- Eleuthero (in my AGE-FREE formula)
- stop taking DHEA
- **Hawthorn**
- **Gotu Kola**
- **EFA**s
- **Enzymes**
- **CoQ10**
- **Good diet**- see diet and lifestyle section
- **PLENTY OF REST**
- **Potassium** is principal mineral lost when adrenals are shot
- **Magnesium foods**
- **amino acid tyrosine**
- **Massage therapy**
- **hot seaweed bath**
- **arm swinging walk every day**

ASTRAGALUS- nourishes exhausted adrenals to combat fatigue. Helps normalize the nervous system and balance hormones (in my GREEN formula)

ASPARTIC ACID-amino acid that helps increase resistance to fatigue and counteract depression



Sea greens have lots of iodine, and iodine is important for alertness and slick brain activity. It's necessary for thyroid hormone, which gives us energy and helps the adrenals make sex hormones. In short, sea plants nourish the thyroid, the adrenals and therefore you sex drive.... eat seaweed, get lucky.

MarkusSeaMoss.com

BLADDERWRACK one of the main seaweeds that helps adrenals (Kelp and Sargasso seaweeds are other good ones)- packed w vit K- excellent adrenal stimulant.

VITAMIN B-5 (Pantothenic Acid)- essential to proper adrenal activity. A precursor to cortisone and natural steroid synthesis. It fights stress, fatigue and nerve disorders. If you are in a messed up relationship and stressed out beyond words, then you are low in B5. You can get it (and all other B vitamins) in nutritional yeast (in my GREEN formula)

FOODS

green leafy vegetables

almonds

apricots

avocado

carrots

citrus

miso

sea veggies

bananas

kiwis

broccoli

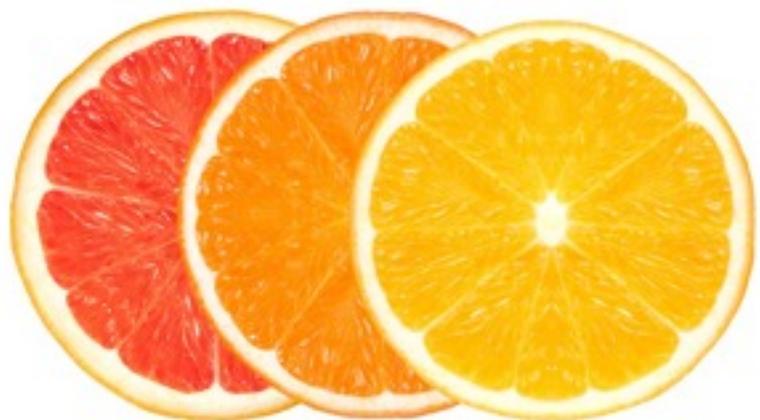
zinc

sunflower seeds

pumpkin seeds

amla berries

papaya juice



FASTING is the best medicine of all. Some say it can cure almost anything. It's where you don't eat any solid food, only water or vegetable juices (do not drink straight fruit juice- too many concentrated sugars). Try for at least 3 days, shoot for a week. Many serious people live off nothing but vegetable and green juices for months and months and heal almost anything you can think of.

Fasting is the best way to get toxins, poisons and waste out of your body and it gives the body a chance to heal internal wounds. Without a fast, the body never has a chance to do deep cleansing. During a fast, disease, parasites, tumors, lumps, and bad stuff has to compete for nutrients with our organs, and our body makes sure our organs win. Studies show no protein is lost during a 24 hour fast, only fat and bad stuff. Fasting helps get rid of weak old stuff and boosts the production of new cells. For serious anti-aging and health results- do a 24 hour fast one day a week every week for the rest of your life. One recommendation is to start noon after lunch and go until lunch the next day. Every major religion and historic text throughout history speaks of the amazing curative powers of fasting. Read more about it in the diet and lifestyle book.

EPSTEIN BARR VIRUS-

(see Chronic Fatigue Syndrome, Mononucleosis, Herpes)

RED MARINE ALGAE (excellent results for EBV)

OLIVE LEAF EXTRACT ***

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Follow "Heal Yourself 101" book HealYourselfbook.com

SYSTEM SLUGGISHNESS

Colonics/ enemas

cut down on sweet foods

dance

Do the diet and lifestyle changes mentioned earlier in the book

Cell Salt- KALI MUR- potassium chloride- deficiency results in coating of tongue, gland swelling, scaling of skin, system sluggishness and excess mucous discharge. Used after FERRUM PHOS for inflammatory arthritis and rheumatism

WEAKNESS- (see also cancer ebook)

Do the diet/lifestyle change at the beginning of the book

cut down on sweet foods, take lots of Probiotics and prebiotics

Cell salt-Calcearea Phos-calcium phosphate,

THE MOUTH CONNECTION

BLEEDING GUMS AND HEART ATTACKS-

Bleeding gums? People w periodontal disease (gum disease) are 3x more likely to have a heart attack than people w healthy gums. Toxic bacteria enters the bloodstream, reaches the heart and scars arteries, leading to blocked arteries, blood clots, high blood pressure, sudden heart attacks and doubled levels of colon cancer, Alzheimers, and all kinds of chronic serious immune problems. Toxins and inflammation created by periodontal bacteria get into the blood stream and triggers the liver to release a substance called C-Reactive Protein (CRP), who's levels believe it or not is



a much more accurate way of predicting heart attacks than cholesterol levels. Have your CRP levels checked! If you have sensitive or bleeding gums- go to the dentist and have them cleaned NOW. Then STOP eating processed cooked sugary starchy carbs and animal products. Wash your mouth out with hydrogen peroxide and use something like my mixture of baking soda, cayenne, sea salt. Floss or even better- use a WATER PIC. Clean your blood and liver with a serious fast, herbs and colon cleansing. This is serious. Do not take bleeding gums lightly.

ROOT CANAL

In the last few years, some of the most surprising medical news has been the discovery that bacteria from the mouth appear to be very influential in causing various heart, liver, kidney, and auto-immune conditions including lupus, rheumatoid arthritis and congestive heart failure. When people have teeth removed, there is a hole left in the jaw (called cavitations) that almost always becomes infected very badly, often without the person even being aware of it. Bacteria and viruses start breeding in there and then spread throughout the body causing all kinds of health conditions ranging from heart, liver and kidney disease to cancer. The presence of specific bacteria and combinations of bacteria in periodontal pockets also appears to be responsible for acute coronary syndrome (ACS), according to a new study published in the Journal of Periodontology. Gum disease is bad enough, but root canals are exponentially worse because the bacteria is hiding in a protected hole that is difficult to get to. Virtually all cavitations that have been tested or biopsed were found to be associated with dead, necrotic tissue and extreme toxicity.

Dr. Weston Price was a prominent dental researcher leading a medical research team on the relation between root-canal teeth and chronic health conditions. Through a long series of well documented clinical cases and experiments his team found that root-canals accumulate bacteria that give off extreme toxins sufficient to cause serious health conditions, including cancer, cardiovascular conditions, arthritis, neurological conditions, kidney conditions, etc. Dr. Meinig, one of the founders of the endodontic association has reviewed the research of Dr. Price and others and is in agreement with their findings. Dr. John Diamond(MD) says that **ALL** patients with breast cancer that he has tested had root canals on the tooth related to the breast area on the associated energy meridian. Many babies are born preterm because of this. Many doctors and dentists through their experience with patients have reached similar conclusions. They have had large numbers of patients who have had such health conditions significantly improve after treatment of root canals or cavitations along with other

detoxification measures. A collaborative study by the North Carolina Institute of technology using advanced tests developed by Affinity Laboratory has demonstrated the mechanisms by which cavitations can cause cancer.

MERCURY

Mercury is one of the most poisonous substances on the planet. It's so toxic that you don't even need to actual touch it... just breath in it's vapors to become poisoned.

It is directly associated with heart attacks, birth defects, cardiovascular issues, mental problems, depression, chronic fatigue, headaches, MS, epilepsy, arthritis, immune system breakdown, lupus, even suicidal tendencies. Mercury destroys our DNA genetic code, DNA, meaning the cells can't reproduce anymore.

One of the biggest sources of mercury poisoning in humans is silver amalgum metal tooth fillings. Mercury is mixed with the silver to make it more pliable. Why do they do this? It's been this way since the pioneer days and has become so commonplace, it's been a difficult habit for the dental industry to break, despite the fact they know about it's dangers (notice they wear all that protective gear when they work on you). Teeth ate NOT solid, they are porous, living parts of our body (like bones). Mercury gets drawn through the teeth and makes it's way right into our bloodstream, and our brains, slowly poisoning us every day of our lives. Each silver filling releases up to 17 mcg of mercury into our body every day. This increases to 500 mcg when smoking cigarettes, drinking hot liquids, chewing gum, grinding teeth at night or having acidic saliva. Mercury accumulates in the brain, heart kidneys and endocrine glands and can cause depression, auto immune diseases, memory loss, tremors, anemia, headaches, acne and fatigue. It is directly associated with heart attacks.

It was found that most people who ended up with full-blown Alzheimers, Parkinsons or dementia later in life had an average of 7 silver mercury fillings. Those who had only 2 or 3 silver mercury amalgum fillings didn't necessarily have alzheimers or dementia, but their immune systems were terribly compromised and they had all kinds of problems.

If you suspect this is an issue, download the TEETH / MOUTH ebook.



SUNLIGHT

Sunlight is not the problem; the problem is sunburn. Sunburns only happen from excessive and inconsistent exposure to sunlight, like when your body is not used to it.

A Swiss study concluded that five of the most common ingredients in sun screens cause cancer. The more sun screen you use, the higher your chances of getting skin cancer.

Sunlight is very alkalizing to the body. 30 minutes a day minimum.



If you are sick one of the things you must do is go out in the sun. The sun itself can virtually cure disease. Every living thing on the planet, with rare exception cannot live without solar energy from the sun. Without sunlight, you develop diseases, including depression, lack of energy, poor sleep, poor digestion, weight gain, arthritis, constipation, bad breath, body odor, cancer, high blood pressure, high cholesterol, diabetes, ADD, stress, headaches, susceptibility to colds, flus and viral infections, PMS, male erectile dysfunction, loss of sexual desire in women, anxiety and more.

Sunlight lowers cholesterol, blood pressure and blood sugar. It also increases endurance, aids sex hormone production and builds the body's resistance to infection.

During exercise, the skin temperature rises. This increase boosts up the production of collagen, which is essential in keeping the skin's youthful tone and texture.

*The same elements that
protect leaves from sunlight
protect you from UV*



Without sunlight, the bones cannot become calcified. Sunlight builds the immune system and increases oxygenation of the skin. It lowers blood sugar. Sunlight brings more blood to the skin surface which helps heal cuts, bruises and rashes. Open wounds and broken bones heal faster in sunlight. Sunlight improves eyesight and hormones. The best UV protection is inner protection- from the food you eat. Get at least 30 minutes of sunlight each day. There is no mistake in nature. We need sunlight.

- **makes bones denser and muscles stronger**
- **richer blood**
- **healthier nerves**
- **vitamin D which assists the mineralizing of bones, is formed when skin is exposed to sunlight**
- **sunlight increases the amount of iron in the blood (gives tanned look)**
- **USA cancer rates are highest in states with least sunshine**

- **sunshine may reduce breast cancer by up to 40% and ovarian cancer by 80%**
- **sunlight raises the mood**
- **direct exposure kills most forms of mold, fungus and yeast**
- **normalizes hormone levels**

Sunlight **helps muscles grow**- expose genitals for testosterone

Sunlight helps heal eyes- look at sunsets and sunrise

NATURAL SUN PROTECTION

It's long been known that apple peel contains high concentrations of special antioxidant compounds called phenols that may assist in the prevention of a number of chronic diseases. Now it appears that the phenols in the skin of certain cultivars of apples may provide a hefty dose of UV-B protection, according to a study published in the Journal of Experimental Botany.

Researchers evaluated both Granny Smith and Braeburn apples, with Braeburns being the clear winner in terms of their ability to accumulate UV-B protective quercetin glycosides in their sun-exposed skin. Sun-kissed Braeburns were resistant to high doses of UV-B radiation (up to 97kJ m⁻²). Next time you plan to spend time in the sun yourself, start your day with a Braeburn apple or bring one or two along for lunch and snacks.

(VITAMIN D IN SUNLIGHT)

a critical fat soluble vitamin, D works with A to utilize calcium and phosphorus in building bones and teeth. Although we call it a vitamin, D is really a hormone produced in the skin from sunlight. Cholesterol compounds in the skin convert to a vitamin D precursor when exposed to V radiation. 20 minutes a day or early morning sunshine make a real difference to your body's vitamin D stores, especially if you are at risk for osteoporosis. Vit D helps in all eye problems including spots, conjunctivitis and glaucoma. Helps protect against colon cancer. Deficiency results in nearsightedness, psoriasis, soft teeth, muscle cramps and tics, slow healing, insomnia, nosebleeds, fast heartbeat, muscle pain, gum disease, seizures, fertility, asthma, cystic fibrosis, migraines, depression alzheimers, schizophrenia.

IF YOU WANT TO CONTROL ASTHMA- VITAMIN D

That's why it works so well on cancer- lots of people die of cancer because they dont take enough vit D (*sources other than sunlight- cod liver oil, yogurt, butter, herring, halibut, salmon, tuna, eggs) dried mushroom*

Tuberculosis- sunlight treats TB- someone got a nobel prize for it
it doesn't work if sunlight comes through windows
windows filter out UV B which our bodies need to produce vit D
but windows let UV A through which causes cancer

vit D2 doesn't work- made from plants

vit D3- made from animal source- created when sunlight hits sheep wool-
activates the lanolin-

Vit D is a powerful epigenetic influence - regulates over 2000-3000 genes-
shutting them down or turning them on- that's why it worked on so many different
diseases. This is why people feel better when in sunlight. It directly affects our
mind which in turn affects our genes and cells. This has been scientifically
proven.

For every person who dies from skin cancer from excess UV, more than 200 die
from all cancers due to insufficient UV

Sunscreen is like windows- let UVA through but block UVB- prevents body from
producing vit D and promotes cancer- sunscreens actually cause more
photoaging- increases skin cancer and melanoma 18X

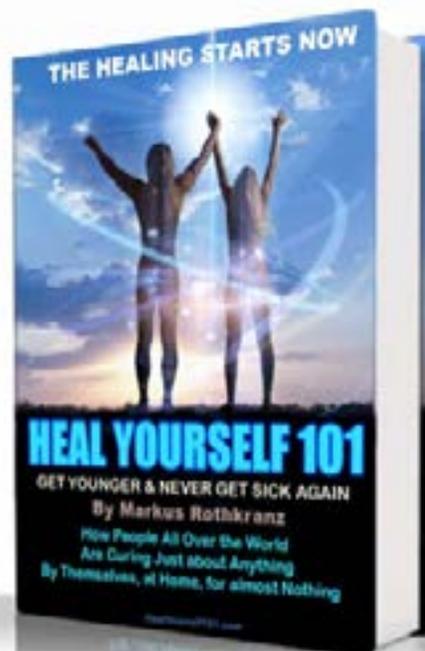


FOR MY LATEST NEWS, UPDATES, COOL INFORMATION AND VIDEOS, SIGN UP FOR THE FREE MONTHLY NEWSLETTER AT

IF YOU DON'T HAVE MY MAIN BOOK YET - GET IT!

It tells you in simple words what to immediately do
to clean your body and never get sick again.

Just go to:



OTHER MARKUS PRODUCTS

You can get everything at HealAnything.com

FREE FOOD AND MEDICINE WORLDWIDE EDIBLE PLANT BOOK

The definitive book on edible plants found all over the world. Over 2,500 beautiful full color images covering over 1,000 plants and what health conditions they have been historically used for. What common neighborhood plants make a great shampoo, soap and toothpaste? What flowers and common house plants are edible? 480 pages of fascinating facts and beautiful images. It teaches plant basics, and how you can grow your own and what plants are toxic. This is as packed as it gets. Those wild plants growing just outside your house are some of the best free food and medicine you could ever have! A 2 lb field guide.

EdiblePlantGuide.com

FREE FOOD AND MEDICINE 5 DVD SET DOCUMENTARY

A fascinating, highly informative journey showing how those wild plants growing outside your door have been used for thousands of years as FREE FOOD and MEDICINE. All plants have a purpose. Get to know your local wild plants and what they are good for. People all over the world are rediscovering these magical gifts of nature. Set includes a free wild foods recipe booklet. This set shows the most common plants found worldwide. See the video trailer and buy the set at

FreeFoodandMedicine.com



LOVE ON A PLATE, the Uncookbook- Your idea of healthy food is about to change forever. You can still eat pizza, pasta, bacon, cheese, pop tarts, Kung Pao unchicken, Pasta Pomodoro and all the pies, cookies and cakes you want without sacrificing your health. In fact, as sinful as this food seems, it might actually make you feel better than you've ever felt in your life. This is an amazing breakthrough in health food - all made without meat, dairy, wheat,

sugar or anything unnatural. Yet it looks and tastes like the real thing. Everything is simple and easy. The beautiful pictures alone make this a collectors coffee table book. Give this work of love to as many friends as you can! 232 page hardcover. Yes this is what Markus and Cara eat! See the video at HealthyCookbook.com

THE PROSPERITY SECRET hardcover book and DVD set

Successful people know that prosperity has nothing to do with money (that's just a side effect). It comes from having the courage to lose everything and follow your dream to help others in a way that's meaningful to them. Success has nothing to do with talent, hard work, who you know, or luck. This book is not new age esoteric fluff. Forget power of attraction- this is solid simple truth and it works. This will change your life forever. See ProsperitySecret.com

HEAL YOUR FACE BY HEALING YOUR BODY - softcover book

Unhappy with your face? Your body is trying to tell you something. Every line, wrinkle, spot, mole and crease means something. They did NOT just randomly show up on your face. Every part of your face is connected to an organ or body part. If that body part is not functioning properly, this will show up on your face. No amount of cream will change that. If you want to improve your face, you must improve your health. And lucky for you, your face tells you exactly what's wrong with you. Forget plastic surgery - you can do it yourself. After reading this book, you will never look at people the same way again. You will instantly be able to tell what issues they (or you) have. And they will wonder why you now look twenty years younger! HealFace.com

RAW VEGAN MUSCLE 3 DISC SET - how to get muscles without eating meat or dairy. Featuring raw vegan professional bodybuilders, and even a Las Vegas cab driver who eats for only six dollars a day and yet has huge muscles. These people eat half what they used to, only work out two or three times a week and yet look like supermen. Be inspired and learn their secrets. See the video trailer at: HealthyMuscleDVD.com

INSTRUCTIONS FOR A NEW LIFE - The pocketbook that will change your life. Your intuitions have been right. It's time you started following them. No more wrong relationships wrong jobs and destructive habits just to make it another few hours. Start Living. Now. It's easier than you think. No more confusion, desperation, pain and emptiness. See NewLifeBook.com

MY READY-TO-GO HERBAL FORMULAS

You can mix your own herbs and formulas (sources are listed on following pages) or simply buy my ready-to-go formulas at MarkusProducts.com Keep checking for new stuff. I aim to put out only the very best, most affordable and useful healing products possible.

DAILY WILD GREENS POWDER- Energy, vitamins and minerals for busy people on the go who don't have wild greens growing nearby, or don't have the time, simply put a couple spoonfuls of this amazing powder in a glass of morning water or smoothie. One of the most nutrient-dense powders you can get. Feel the power of WILD greens! Great for traveling and work.

See MarkusGreens.com or WildForce.com

SUPER PLANT PROTEIN - Made from the best raw vegan protein on Earth! Competitors' products don't even come close to matching its quality and rare ingredients, like durian, prickly pear and pine nuts, one of the highest sources of protein of any nut or seed, but too expensive for others to use. Try it for a month and watch the results in the mirror!

See MarkusGreens.com or WildForce.com

PARASITE-FREE - one of the most powerful and effective parasite formulas on the market - 100% natural herbal formula. Everyone has parasites. They are the silent cause of many illnesses. Watch the scary video at ParasiteFree.net

AGE-FREE - powerful antioxidant protection product against AGING and free radical damage. Contains many of the most potent adaptogens that benefit ageless skin, heart, circulation, arteries, keep hair from graying, provide better vision, blood pressure, lower cholesterol, fight infection, promote liver cell regeneration and even rebuild dendrite growth in the brain! Ingredients & benefits listed on website.

AgeFreeFormula.com

FREE-LIVER - your liver is your body's filter. It's your most important organ. All illness starts with a clogged liver. If you are tired a lot, you need to clean out your liver! Contains Chanca Piedra - an herb that helps dissolve kidney and gall stones. Recommended! MarkusLiverFormula.com

Be sure to see the Liver video to learn all about this important organ.

CHARCONITE - a super powerful combination of activated charcoal and bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it through your digestive system. Perfect for managing gas, food poisoning, toxic environmental poisons, bad food and even toxins created by illnesses and parasites. It goes through your system absorbing anything bad. See the video at Charconite.com



FREE-COLON - cleaning out the colon is the **FIRST** thing you should do before anything else. This formula helps get things moving without giving you the runs. It works awesomely ! See video at FreeColon.com

NIGHT REBUILD - For eople under a lot of stress & those entering middle age. Night time is when hormones are produced & the body heals itself, but you must be asleep for this to happen. This formula helps promote restful sleep and hormone production. Other than the wild greens, this is the most important formula for people in the modern world. This is exactly the formula Cara and I personally use, and in my mid 50's, I have the hormones of a teenager. Say goodbye to night sweats and hello to great SLEEP. If you are serious about regenerating health, youth and vitality, this is your formula! See video at NightFormula.com

SUPER HERBAL VITAMIN C- There is no natural herbal vitamin C anywhere that even comes close to the power of these plant sources. Vitamin C helps convert cholesterol to adrenal hormones. Lack of vitamin C is one of the biggest reasons for collagen loss leading to wrinkles, aging, weakened arteries, and immune deficiency. Stress and stimulants like caffeine cause vitamin C deficiencies, so people in the modern world **NEED** vitamin C! Take as much of this stuff as you want. MarkusVitaminC.com

ENERGY FORMULA- Most energy formulas cheat by blasting you with sugar or overstimulating your system with fast-energy substances and herbs that jolt the system just so you can make it another few hours. This overstimulation ultimately burns out your adrenals in the long run, leaving you even more burned out than before, with low hormones and accelerated aging. This formula is designed to rebuild adrenals and work on a much deeper level with longer-lasting results. See MarkusEnergy.com

TRIM FORCE- This amazing formula does multiple things. It burns fat you already have and turns it into energy, and it stops new sugar and starches you eat from absorbing into the body, thus helping prevent new fat from forming. Even more amazing, is that - in the powder form - it even helps block your ability to taste sugar and making sugar taste funky, thus reducing the desire for it. See TrimForce.com



SEA MOSS- Seaweeds are really high in minerals, protein, iodine and this one in particular helps plump up your skin and food. This is the real stuff, and it's good for you. (Watch the video!) Don't use Irish Moss powder or flakes because it's been cooked dry in an oven and doesn't have the great qualities anymore that this fresh stuff does. Not only can you make beautiful desserts with this, but your skin, hair and thyroid will thank you. See SeaMoss101.com

MARKUSSWEET Awesome all natural zero calorie sweetener, zero insulin
MarkusSugar.com

PREBIOTIC FIBER BLEND - Food for your gut flora probiotics to thrive. Most swallowed probiotics die in stomach acid, so its best to feed the ones you already have and make them stronger. Their main food supply is fiber and this blend contains the fiber they love the most. Also helps constipation, nutrients assimilate better. MarkusFiber.com

FREE LIVING 101 6 DISK SET

Everything you need to live is within one mile of where you live. Garry Tibbo is living proof of this. He lives in a normal suburban home but doesn't need a grocery store or even a job. He eats wild plants and makes money recycling. This is NOT a poverty lifestyle. It healed his serious health conditions. Gary saved enough money to buy over seven hundred acres of forest and farm land in the country! He lives in Toronto Canada, where it snows in the winter. If he can do this, so can you. Forget the economy. This is a new way of living. Free Living.

See the video trailer at FreeLiving101.com

DREAMCHASER- The inspiring true story of how Markus went from being a sickly little boy that was beat up at school and lost everything multiple times over in life to making his own 2.5 million dollar fantasy motion picture that inspired people all over the world. Lots of illustrations, sketches and behind-the-scene color images explaining how Markus did the impossible.

See the inspiring video at Dreamchaserbook.com

MARKUS PAINTINGS, The Collectors Coffee table Book We need to take time to enjoy the beauty this world has to offer. Whenever you need to escape the stress of daily life, pick up this book and escape into some of the images- they will take you to another reality of peace, beauty and overwhelming calmness. Looking at this book is a Zen experience. You can feel yourself being pulled into the landscapes, and almost immediately feel yourself being inspired with creative energy and revived spirit. MarkusPaintingsBook.com

TO THE ENDS OF TIME- THE MOVIE- This is the epic movie Markus made in 1994 for 2.5 Million that played in theaters all over the world. It's a romantic storybook fantasy with flying ships, castles above the clouds and a love story that transcends time. A film for the whole family starring Christine Taylor, Sarah Douglas, Tom Schultz and Joss Ackland. Newly remastered 92 min DVD.

EBOOKS ON ANY HEALTH CONDITION- instantly download over 70 downloadable eBooks on any health condition, everything from Alzheimers to Zits, from Candida to Prostate and Breast Cancer. These PDFs explain what the symptoms are, what causes them and what to do about it. If you followed everything in this book, chances are you will not have these problems anymore, but the supplemental ebooks also mention specific herbs and remedies that can help different conditions. They will also help you understand why you have a condition, which is probably even more important. There are over 3000 pages of information - a lifetime of research! They are available at: MarkusEbooks.com

Plus other fun stuff at MarkusProducts.com or HealAnything.com

To get my latest news, updates and videos, go to

Markusnews.com

simply enter your name and email address.

If you need specific information or want to know more on your condition, I have over 70 downloadable eBooks on everything from Alzheimers to Zits. These PDFs explain what the symptoms are, what causes them and what to do about it. If you followed everything in this book, chances are you will not have these problems anymore, but the supplemental ebooks also mention specific herbs and remedies that can help different conditions. They will also help you understand why you have a condition, which is probably even more important. There are over 3000 pages of information - a lifetime of research! They are available at: MarkusEbooks.com

My supplemental PDF booklets mention specific herbs to take for conditions. Be responsible when taking herbs.





HERB AND PLANT SAFETY

Get to know which plants are which. Plants and herbs are powerful, just like medicine. Start with the ones you know and avoid the ones you don't. Study and learn about the rest before taking them. Some plants are poisonous - for example, common oleander - all parts of this plant are poison. Poison Hemlock is poison (not

to be confused with a hemlock tree which isn't poisonous. Then there are plants that can do miraculous things, but are harmful if not used correctly - these include poke, belladonna, lobelia, foxglove and jimson weed. That's why I suggest you start by getting the Free Food and Medicine Worldwide Edible Plant Guide. Herbs can interact with prescription medicine. They can also interact with other herbs, making them stronger or weaker or prolonging the effect. Pregnant women should be careful. Some herbs are uterine stimulants and could cause abortion... BUT other herbs can counteract that... so know your herbs and consult with a specialist first.

Fruit Trees and plants shipped to you- EdibleLandscaping.com

WHERE TO GET HERB POWDERS *(other than mine)*

Below are places to get herbs and other healing things...so you can mix your own concoctions:

Herbal.com

(888) 649-3931

(billed as AmeriHerb, Inc.) 515-232-8614

ZNaturalFoods.com

Mountain Rose Herbs - MountainRoseHerbs.com 800-879-3337

Wilderness Family Naturals - wildernessfamilynaturals.com 800-945-3801

TheRawFoodWorld.com Matt and Angela Monarch's site

LuckyVitamin - LuckyVitamin.com 888-635-0474

Starwest-Botanicals.com

FrontierCoop.com

LivingEarthHerbs.com

DiscountNaturalHerbs.com

FloridaHerbHouse.com

OsageGardens.com

Remember the Asian markets!

TOCOTRIENOLS (Rice Bran Solubles) - RicePlex.com

Red raspberry seed powder (Ellagitannin, Ellagic acid) available at:
Scientific Medical Devices, Inc. smdi.org 770-889-6240**

MEYER LEMONS can be grown indoors - FourWindsGrowers.com
for baby meyer lemon trees.

Diatomaceous Earth - EarthWorksHealth.com

HEALTHY PET FOOD

Amorepetfoods.com - best for individual packages

Auntjeni.com

Wildside Salmon Freeze - dried cat treats - catconnection.com

Dehydrator, juicers - healthnutalternatives.com 800-728-1238

TheRawFoodWorld.com

(Matt Monarch's company - raw foods, appliances, books etc)

SEAWEED

theseaweedman.com

Maine Coast Seaweed Co (sun/wind dried) 207-546-2875

Goldminenaturalfood.com 800-475-3663 seaweed, macrobiotic, Nama Shoyu

Country Life Natural Foods - 800-456-7694 clnf.org

Living Tree Community - organic grown foods and UNpressed olive oil

livingtreecommunity.com 800-260-5534

NON-TOXIC DENTISTRY

Holistic non toxic dentistry:

Scientific Health 800-331-2303

Referrals for Huggins dentists.

International Academy of Oral and Toxology

863-420-6373 Metal-free dentists.

Foundation For Toxic-Free Dentistry - send self-addressed,
stamped envelope to
Box 608010, Orlando, FL 32860

Environmental Dental Association 800-388-8124

American Academy of Biological Dentistry 831-659-5385
831-659-2417

Ashwood Holistic Dentistry, Ventura California 805-654-0880

AshwoodHolisticDentistry.com

RAW FOOD HEALING CENTERS AND RETREATS

Raw food healing places are popping up everywhere-
do an internet search for your area.

Ann Wigmore Institute

Box 429 Rincon, Puerto Rico 00677 USA

787-868-6307 fax 787-868-2430

Ann Wigmore Foundation

P.O. Box 399

San Fidel, NM 87049

info@wigmore.org

Phone 505/5552-0595 Fax 505/552-0595

Hippocrates Health Institute & Spa

Email: hippocrates@worldnet.att.net

1443 Palmdale Court

West Palm Beach, FL 33411

561-471-8876, 800-842-2125 fax: 561-471-9464

Tree of Life Rejuvenation Center

PO Box 1080, Patagonia, AZ 85624

520-394-2520 fax: 520-394-2099

Email: tlrc@dakotacom.net

Optimum Health Institute

optimumhealth.org

San Diego - 6970 Central Avenue, Lemon Grove, CA 91945

(800) 993-4325 or (619) 464-3346

E-mail: optimum@optimumhealth.org

OHI Austin - 265 Cedar Lane, Cedar Creek, TX 78612

(800) 993-4325 or (512) 303-4817

E-mail: reservations.austin@optimumhealth.org

Annapurna Retreat & Spa

538 Adams St.

Port Townsend, WA, 98368

annapura@olympus.net

Phone 1-800-868-2662 Fax 1-360-379-0711

Healing Waters Health Center

1016 N. Davis Drive

Arlington, Texas 76012

cldarton@aol.com

Phone (817)275-4771

Shinui Living Foods Retreat & Learning Center

1085 Lake Charles Dr.

Roswell, GA 30075

gideongraff@mindspring.com

Phone 770 992-9218

Creative Health Institute

112 West Union City Road

Union City, Michigan 49094

517-278-6260

creativehealth@hotmail.com

FINLAND

The Institute of Living Food on Åland Ltd.

22930 Fiskö

Åland, Finland

phone & fax: +358-28-56 285

ENGLAND

Elaine Bruce - Living Foods Centre

Holmleigh, Gravel Hill Ludlow, SY8 1QS, UK

Phone 00944 (0)1584 875308 Fax 00944 (0)1584 875778



NON TOXIC COSMETICS

REAL PURITY - realpurity.com 800-253-1694

Eccobella.com 877-696-2220 ext 19

Primal Life Organics Beauty Products <http://www.primallifeorganics.com>

100Percent Pure <http://www.100percentpure.com>

Jenulence <http://www.jenulence.com>

Lavera Organic Mascara <http://www.lavera.com>

Aubrey Organics <http://www.aubrey-organics.com>

Aveda <http://www.aveda.com>

Coconut Oil (*Used as Makeup Remover and for Dry Elbows, Lips & Feet*)

Mychelle <http://www.mychelle.com>

RealPurity.com "From nature to You" <http://www.RealPurity.com>

LUSH Fresh Handmade Cosmetics <https://www.lush.co.uk>

note: not all Lush products are 100% natural,
read the ingredients to make sure they are free of
parabens, fragrance, phthalaytes etc

HAIR CARE

Bragg's Organic Apple Cider Vinegar & Olive Oil bragg.com

Miracle II soap <http://www.miraclesoap.com>

Beautiful On Raw Products www.beautifulonraw.com

Primal Life Organics Beauty Products <http://www.primallifeorganics.com>

100Percent Pure <http://www.100percentpure.com>

Morroco Method Int'l <http://www.MorroccoMethod.com>

Herbal Choice Mari <http://www.herbalchoicemari.com>

Hair repair oil & skin care products very inexpensive Vegan, Organic

Lovely Lady Products www.lovelyladyproducts.com

Aubrey Organics <http://www.aubrey-organics.com>

LUSH Fresh Handmade Cosmetics

<https://www.lush.co.uk>

note: not all Lush products are 100% natural,
read the ingredients to make sure they are free of
parabens, fragrance, phthalaytes etc.

Aveda <http://www.aveda.com>



HAIR COLORING

Logona Naturkosmetik Germany <http://www.Logona.com> *Now in Whole Foods*

Color Me Organic <http://www.colourmeorganic.com>

Herbatint natural colours <http://www.herbatintusa.com>

Morroco Method Int'l <http://www.MorroccoMethod.com>

Aveda <http://www.aveda.com>

Company is 100% wind powered, products created at Aveda's botanical laboratory on the 59 acre certified wildlife habitat in Minnesota. Packaging cartons made from 100% recycled materials

NatureTint plant based permanent hair color- no ammonia, no parabens, no resorcinol. has peroxide. <http://www.naturtintusa.com>

LUSH Hair color bars

<https://www.lush.co.uk/article/henna-safe-alternative-synthetic-hair-dye>

SKIN CLEANSERS (SOAP)

Miracle II <http://www.miraclesoap.com>

Skin moisturizer, neutralizer liquid and Neutralizer gel

Bragg's Organic Apple Cider Vinegar bragg.com

Beautiful On Raw Products <http://www.beautifulonraw.com>

Dr. Bronner's All purpose Soap <https://www.drbronner.com>

100Percent Pure <http://www.100percentpure.com>

Morroco Method Int'l <http://www.MorroccoMethod.com>

Herbal Choice Mari <http://www.herbalchoicemari.com>

Lovely Lady Products <http://www.LovelyLadyProducts.com>

Aubrey Organics <http://www.aubrey-organics.com>

Herbal Choice Mari <http://www.herbalchoicemari.com>

Lovely Lady Products <http://www.LovelyLadyProducts.com>

Aubrey Organics <http://www.aubrey-organics.com>

Aveda <http://www.aveda.com>

Nava Naturals <http://www.navanaturalskincare.com>



LIP CARE

Bee Magic [medicinemamasapothecary.com](http://www.medicinemamasapothecary.com)

Egyptian Magic <http://www.egyptianmagic.com>

Burt's Bees Lip Balm <http://www.burtsbees.com>

Badger Organic Lip Balm <http://www.badgerbalm.com>

Herbal Choice Mari <http://www.herbalchoicemari.com>

Aubrey Organics <http://www.aubrey-organics.com>

100Percent Pure <http://www.100percentpure.com>

Aveda <http://www.aveda.com>

Jenulence <http://www.jenulence.com>

Mychelle <http://www.mychelle.com>

Bella Organics <http://www.lovebelloaorganics.com>

DEODORANT

(If you are really clean you don't need deodorant)

Miracle II Natural Deodorant <http://www.miraclesoap.com>

Herbal Choice Mari <http://www.herbalchoicemari.com>

Aubrey Organics <http://www.aubrey-organics.com>

RealPurity.com "From nature to You" <http://www.RealPurity.com>

Bella Organics <http://www.lovebelloaorganics.com>

BUT REMEMBER...

You don't need to go anywhere or spend lots of money to heal.

The best healing center is inside you right now, in your own home.

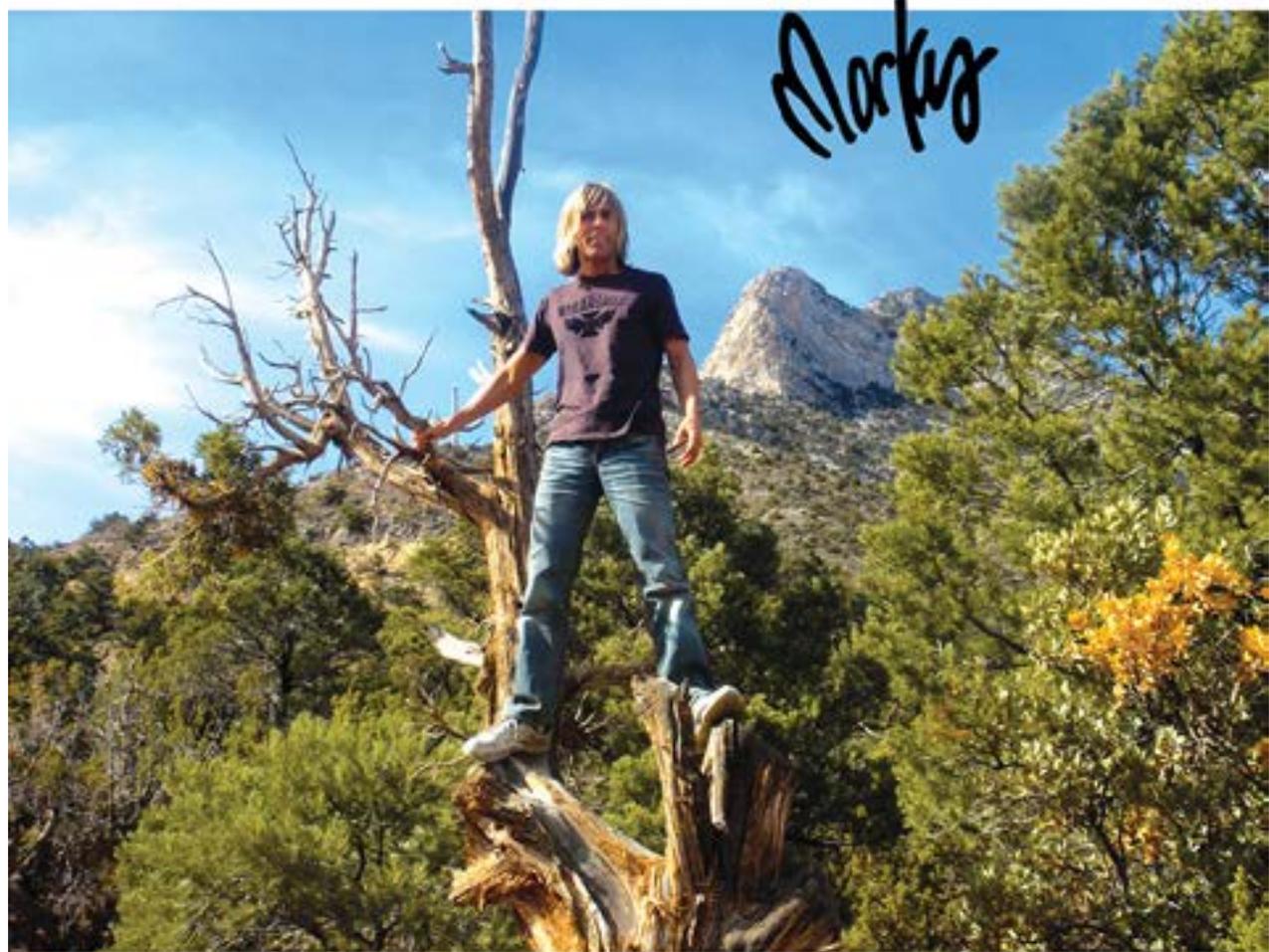
Stop depending on things and people outside of yourself.

You were born with everything you need.

Heal Yourself Right Now!



In my 50's, I am actually younger than when I was in my late twenties. I walked away from my life in Hollywood, gave everything away, took my clothes off and literally had my 40 days in the desert. I didn't know what I was looking for, but I knew the life I had wasn't fulfilling. What I learned out there, living in pure truth, changed my life forever. I now travel the world showing people how to forever change their lives and never depend on anyone else for their happiness or success. Never get sick again. Start living your purpose. This is true freedom!



Other Life-changing books, DVDs and products are at:

HealAnything.com

