



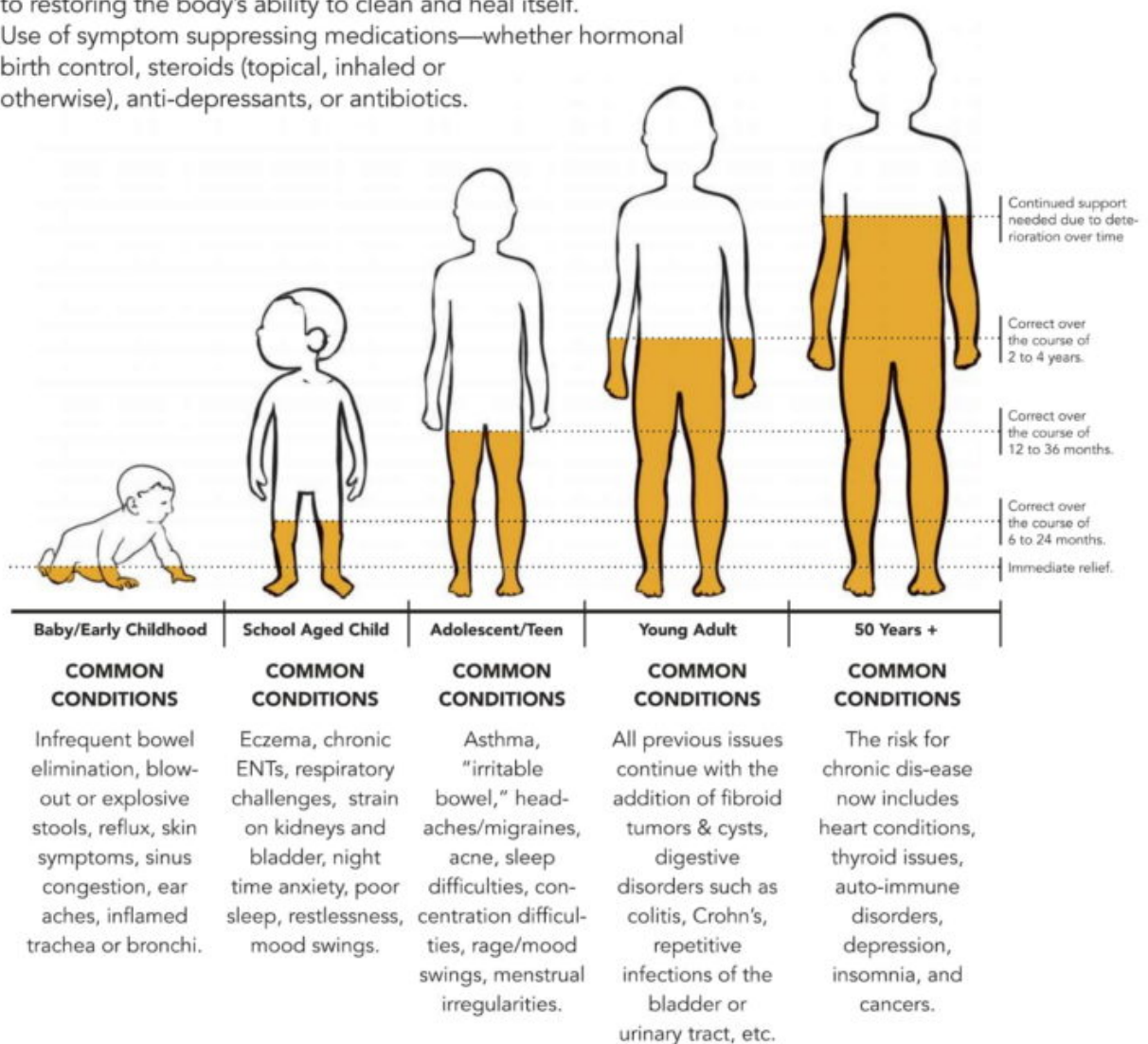
1. Symptoms like allergies or eczema appear because the body is unable to completely clean and heal itself.
2. Predisposed genetic dispositions, while complicating the picture, can be shifted with the right natural interventions early in life.
3. Addressing and supporting the body's natural ability to clean and heal in childhood will prevent chronic diseases later in life.
4. Recurrent acute childhood conditions happen due to the body's inability to clean and heal. Suppressing with medication or leaving them unaddressed sets your child up for serious chronic conditions later in life.
5. The longer in life we wait to restore the body's ability to clean and heal itself, the longer it takes. As with so much in life, early intervention is the key to getting the body quickly back on track.

**Here is a graph that depicts exactly this thought process:**

## Toll of Toxicity

This graph depicts the increasing symptoms that arise throughout our lifetime when the body's most basic need to clean and optimally eliminate waste is ignored. Further consideration must be given to:

- Inherited weaknesses can add another layer of complexity to restoring the body's ability to clean and heal itself.
- Use of symptom suppressing medications—whether hormonal birth control, steroids (topical, inhaled or otherwise), anti-depressants, or antibiotics.



Get the full, detailed version of this graphic here.

How do you get the body to a place where it is able to completely clean and heal itself? For many people the most important first step is to change the input and for kids, this alone often does the trick.

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## What's the truth about protein?



That's a question I come up against constantly in my practice. I speak with mothers concerned as to whether their toddler will get enough protein after they wean from breast milk. I speak with parents of growing adolescents who wonder if plant-based eating will support the rapid growth of their soon-to-be teenager. And with adults who push their body hard all day and fear their lack of energy is due to not enough protein consumption.

There is a lot of information out there and it can be difficult to decipher what is just good marketing from what is actually factual. I recently dug deep into this topic as I

prepared for my new book, *Building Immunity In Babies & Young Children* and believe I came up with some very sound information. I discovered two resources I would recommend that you take a look at as well:

*Becoming Vegan, Express Edition* by Brenda Davis RD and Vesanto Melina, MS RD is an exceptional resource. Don't let that name scare you away. It has a wealth of information for meat and plant eaters alike.

*Which Type of Protein Is Better for Our Kidneys* **by** Michael Greger, MD. In six minutes you can learn which proteins support kidney health based on the most up to date research. Once on Dr. Greger's site you may even find some other videos of interest as well.



Here are three take-aways that I think will intrigue you:

1. Plant-based eaters need to aim at consuming .8 grams of protein per 1 kilo of weight or 2.2 lbs. So, for a 135 lb adult, that's roughly 55 grams per day. I've shared some suggestions of what might make up that daily amount below. For non-breastfeeding toddlers 2-4 years of age, a slightly higher ratio is required and the need is about 19 grams a day. Breastfeeding babies and toddlers receive all the protein they need from mother's milk.
2. Protein quality is not all alike and depends on the amino acid content. There are 9 essential amino acids that can only be gotten from our diet and they all can

be found in plant foods as well as animal products.

3. While all protein is a challenge for our kidneys to manage, plant protein is by far the easiest on this all important filtering organ.

So what are good plant sources of protein? Here's a handy chart that might help put your mind at ease.

Lentils (cooked)	1 cup	18g
Beans (cooked)	1 cup	15g (approximately)
Green peas	1 cup	8g
Spinach (cooked)	$\frac{1}{2}$ cup	3g
Avocado	$\frac{1}{2}$ avocado	2g
Broccoli (cooked)	$\frac{1}{2}$ cup	2g
White potato	1 medium	4g
Hemp	3 tablespoons	10g (approximately)
Chia	2 tablespoons	4g
Seeds: pumpkin, sunflower, sesame	$\frac{1}{4}$ cup	7-9g
Quinoa (cooked)	$\frac{1}{2}$ cup	7-9g
Wild rice (cooked)	1 cup	6.5g
Nuts: almonds, cashews, brazil, walnuts (raw)	$\frac{1}{4}$ cup	7-9g

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# A Different Approach To Managing Your Health

I have a question for you as you begin this new year:

Who will manage your health?

I hope my clients out there will answer that they are the managers of their health.

And why is that?

There isn't anyone who knows more about your symptoms than you do and to stay on top of your game you are going to have to take charge. You don't have to have all of the answers but you certainly need a daily awareness of how your body functions.

## **You are the one**

You will be the first to observe changes in your body from the very subtle to the dramatic. You are the only one who can have control over what you put in your mouth for nourishment each and every meal. Only you decide whether you make exercise a priority.

While your practitioner can provide a protocol, taking charge of your health requires not only your participation but your

taking the lead. It requires observing physical changes, eating responsibly, and some form of daily movement.

As an adult, you are in the position to make significant choices in your health that directly impact your quality of life and lifespan. You get to choose whether we want to approach aging from the perspective of your recliner or like one of the 80+ year old die-hards I meet each morning at Barton Springs Pool.

I've made my decision. And this start of a new year is the perfect opportunity for you to be clear of yours and the implications of your choice.

Once you sign on to take charge of your health, the next question is what type model we'd like to support our health.

## **Dis-ease Fighting Model**

There is the healthcare model attached to our insurance programs that is disease focused. Whether it be heart disease, cancer, MS, or a simple ear infection, the system is built around the fight. The motto of this healthcare model is to "fight dis-ease" and this is done by suppressing and controlling the symptoms your body produces.

This fight is clearly portrayed in medications that are given upon the early signs of disease. We see this with prescriptions for lowering blood pressure, reducing urinary discomfort, correcting erectile dysfunction, etc. Or, in the



case of cancer, the use of chemotherapy, radiation, and medications that suppress the body's natural responses.

In this model it is common practice for organs and body parts to be removed when they are viewed as dis-eased. "Check-ups" that look for the known first signs of these diseases are the norm. At check-up appointments, blood pressure is measured, blood and urine labs are reviewed, and the metrics discovered tell the physician what type and how much medication is needed.

This model for healthcare has expanded and thrived for more than a half century. It is expensive and it is also the primary choice of the majority of Americans. In fact, there is considerable political debate over how to sustain it.

In my practice I see the results of the "care" provided by this system and they can be both heartbreaking and preventable.

## **Dis-ease Prevention Model**

There is an alternative model I'd like to offer up in opposition. This model works with the body's own built in systems to clean and self heal. The motto of this model is "dis-ease prevention" and that occurs by resolving rather than fighting symptoms.

This model, however, requires active awareness and

participation. It depends on you to learn and take note of the early signs and symptoms that appear when your cleaning and healing systems are out of alignment or not functioning effectively.

Learning these signs and symptoms doesn't take a medical degree, but rather awareness and some time with a good teacher. They will indicate distress in the body well before any lab test, providing time for natural correction with diet, exercise, and plant based therapies. This model of "dis- ease prevention" healthcare can be provided by practitioners who work with a variety of modalities.

Important to note however is whether or not **you** have been put in the driver's seat. These questions should serve as your guide.

Is the tracking of signs and symptoms relegated to laboratory tests or are you the one watching for the subtle changes in your body?

Have you been made aware of what the indications are that your health is improving?

This is critical. If you don't know what you are watching for and your health is only measured by lab results, then this isn't the model that I am proposing.

## Here's what I offer

In order to restore the body's natural ability to clean and heal, my clients first observe their symptoms of elimination associated with the urinary tract and bowels, around the clock. It doesn't take much to learn whether your body is cleaning optimally or not.

I also take note of vitality symptoms of the eyes, hair, teeth, skin, and sleep. Vitality must be raised in order to restore the body's own healing capabilities. Protocols that pair a plant based diet and Gemmotherapy extracts make a dynamic team as they work together to restore an alkaline state, optimize elimination, and boost the function of the immune system for healing.

What's beautiful about this is that if you are not yet experiencing chronic disease, then the decision is all yours.

I can't repeat enough that **you** are the one who gets to decide how you'd like to manage your health. You get to decide whether you want to be proactive or reactive; whether you want a model that simply fights dis-ease or prevents it by cleaning and healing. If you decide to choose the latter, I'd love to talk further as it happens to be not only my personal choice, but also the work I do each and every day.

Is it too late to change models if you have a current diagnosis of a chronic dis-ease? Absolutely not! You just need

to keep in mind the changes you make may need to be more dramatic, particularly when it comes to diet. Restoring organs that have deteriorated is possible, it just takes time and commitment and practitioners in both models that are willing to support your journey towards a more natural solution.

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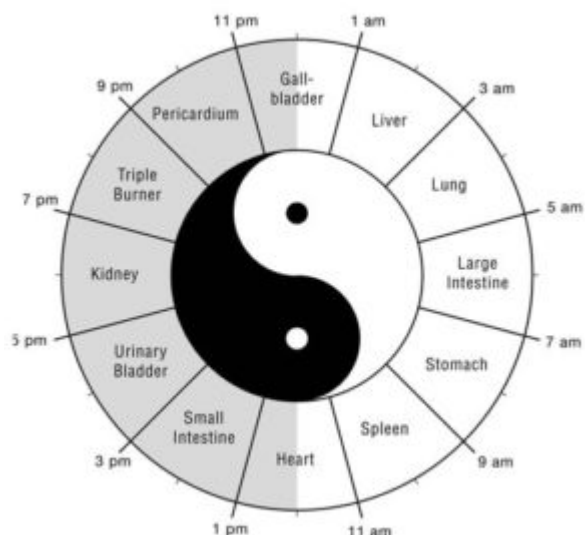
## Breaking The Fast

I'm often asked by friends, family, and colleagues what is the first and most important recommendation I have to those who wish to improve their overall health. The answer comes easy and quick: change their breakfast! The path to health is found by tapping into the body's innate abilities to clean and heal and, unfortunately, most of what we do on a daily basis works against those important functions. My suggestion is to start the day right and build from there!

Considerable information circulates today claiming breakfast to be the most important meal of the day. I could not agree more, but for very different reasons than what is usually reported. Be aware the loudest messages are promoted by industries which will benefit financially from your choice of breakfast so proceed with caution! I'm going to present to you a perspective you will never see promoted by the American dairy board or egg board who, by the way, fund an incredible amount of research to back **their** claims. My breakfast viewpoint on the other hand comes from a place of reality instead of hype.

I'll bet you didn't know that while you sleep away the night,

many of your organs are hosting clean up parties! If you have trouble sleeping through certain hours of the night this may be of particular interest as you can discover what organ is having to clean to the degree it is waking you during those specific hours.



You can see in the Traditional Chinese Medicine clock above that your body is actually hard at work during the night cleaning and restoring the gall bladder, liver, lung, large intestine, and finally stomach. The waste product from this clean-athon should exit the body first thing each morning. When this cleaning does not occur in an efficient and effective manner we may experience a foggy head, stiffness, achiness, and a sour disposition.



How do we work with the body to clear the waste from the previous night's cleaning in order to be alert, sharp, and even cheerful? The goal is to eat a cleansing meal that

alkalizes the highly acidic state your body wakes up in and encourage the lymphatic system to clean and promote efficient and effective elimination.

### **What's the perfect cleansing meal to break the fast from sleep?**

Nature's perfect alkalizing product is fruit.

### **Are there better fruits to choose?**

Actually, yes, there are some fruits that are more effective. The fruits that are the most cleansing are: apples, berries, citrus, grapes, mangoes, and melons. You don't need them all or even a blend every day. Pick one that you enjoy, eat a nice bowlful, and switch out when you are ready for something different.



### **Wait! What about all that sugar first thing in the morning?**

If it's the sweet taste you struggle with and you prefer something more savory first thing in the morning, I suggest cucumbers, celery, greens, or sweet peppers. They are all good choices for breaking your fast. However, if it's really the sugar that scares you, here is some great research to dispel those myths.

If you currently struggle with glycemic symptoms, you need to know that spikes or drops in blood sugar is not a primary symptom caused by the food you are eating at the moment. Rather, it is secondary symptom caused by the food you ate over a lifetime that resulted in a fatty liver. Check out this

series of videos from Michael Greger that goes into this subject in great detail. (I'll be sharing more on that subject and how I work with clients who experience this symptom in a future post.)

### **How can fruit be the most nutritious breakfast?**

If we are comparing nutrients and calories, fruit is not going to compare to traditional western breakfast. But that's not the goal here. The goal of eating a fruit meal in the morning is to:

1. **Break our fast from the night before.**
2. **Stimulate the lymphatic system to eliminate the waste product produced.**
3. **Start the day fresh, alert, and ready for what lies ahead.**

### **How will a fruit meal sustain me?**

If you are used to a cooked breakfast, or even muesli or toast, the fruit breakfast will feel different but for very good reasons. The meal you were eating before can take up to 2-3 hours to digest depending on the ingredients and it has been sitting on top of what was cleaned the night before giving a sensation of fullness. Fruit in contrast will feel light and refreshing because it digests and provides the body with energy in as fast as 15-20 minutes!

Important to note: When you are just getting started- you will feel hungry. The first solution is to eat what you would have normally eaten for breakfast later in the morning, or at least not sooner than 30-45 minutes after consuming the fruit. Keep in mind that over time the goal would be to drop and replace that second "breakfast" with more whole fruit or a fruit and veggie smoothie.



### What about coffee?

Besides that fact that it is a ritual and you love it, most adults continue the coffee habit because it helps them out of the morning fog they experience from their body not cleaning in the first place. It also provides a false boost to overworked and exhausted adrenal glands. Additionally, the acid level of coffee often produces a quick bowel movement which many see as healthy elimination, but it's not.

Here's what I ask my coffee drinking clients to do, eat their fruit meal on an empty stomach and hold the coffee for a minimum of 30 minutes. Over time, most will admit they no longer need the coffee because of the positive impact of the fruit or they are able to switch to tea. Do you have to give up the coffee completely? Well, that is another article altogether. For now let's say *No*, but limit it to one cup and time it well away from your fruit meal to break your fast.



So, what's holding you back? Your body deserves to start the

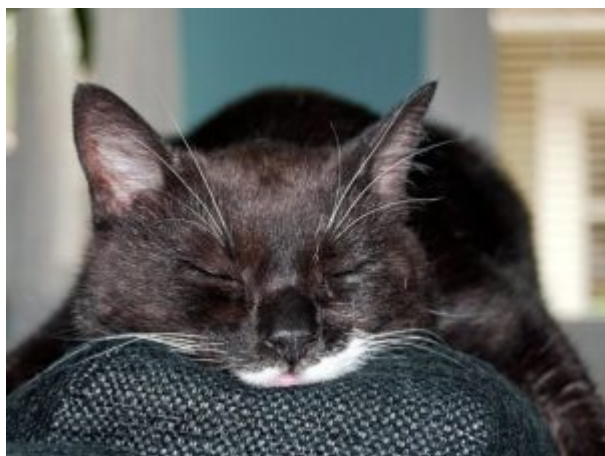


day clean and refreshed and you will reap the benefits all day long. Have some questions? I'd be delighted to answer them here or in an email.

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## **Pet Care Made Simple With Gemmotherapy**

One of the beauties of Gemmotherapy is that it provides support literally for everyone under your roof. It is a therapy for the entire family and the more you learn the more confident you will be in handling acute situations when they arise and know when to ask for further support. Whether you are just hearing the word Gemmotherapy for the first time or you are the proud owner of your own growing collection of extracts, it is important to realize just how all encompassing this therapy can be.



Because Gemmotherapy extracts, unlike traditional herbal extracts, have the potential to clean, nourish, and restore organs, they are helpful for humans of all ages as well as our pets! Recently, I presented a webinar on Gemmotherapy For Pets to introduce a set of basic extracts all pet owners can use at home. The webinar is available now for immediate download on

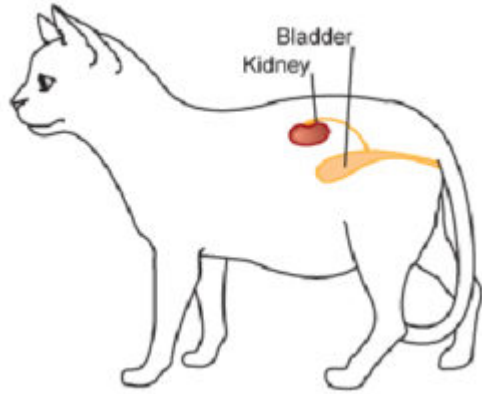
the Vital Extract store. (Please note that the link to the video will be included in your confirmation email.)



Incorporating Gemmotherapy into your pet care will protect your pet(s) from the toxic load of medications and directly address the root of their symptoms. Just like humans, our pets have symptoms that present well before any dis-ease diagnosis and if we can support their bodies with a simple Gemmotherapy protocol, then we can be **proactive** rather than **reactive** in their health care.



In my practice, I have used Gemmotherapy for a wide variety of pet symptoms with remarkable results. The kidneys of our pets are usually the first organ to deteriorate with age and there are specific Gemmotherapy extracts that offer tremendous support for the kidneys due to their ability to clean, nourish, and restore organ tissues.



Acting early can prolong your pet's life by years. Puppies and kittens can benefit greatly from Gemmotherapy protocols that resolve and offer protection from parasites. Rescue dogs who have been on the run will settle into a new home easier with support for their adrenals and nervous system. Pets with strong immune systems and healthy gut flora repel pests and are less susceptible to fleas and ticks. Did you know that pets who have sleep disturbances often suffer from digestive symptoms that can be resolved with Gemmotherapy? Surprisingly, even chickens can benefit from Gemmotherapy! If you have a home flock, there are protocols that can be given for immune support and increase the longevity of your hens.



Beyond watching the webinar, if you are interested in learning more about how you can resolve specific symptoms and support your pets using Gemmotherapy I recommend booking a 30 minute appointment as an intake and then 15 minute remote consultations thereafter. As a resource my recently published

Gemmotherapy For Everyone: An Introduction to Acute Care has a wide variety of protocols which can also be applied to pets.

When it comes to caring for your family, it is important to know you have options and, because of it's unique abilities, Gemmotherapy is certainly one that should be on your radar.

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## **The Living Well Series: Engaging the Lymphatic System to Fight Inflammation**

Your amazing body is completely equipped to clean and self-heal. But it doesn't always heal itself right? So why is that? It simply can't when the system that handles the cleaning task (the lymphatic system) slacks on its duty. The garbage doesn't get carried out, and the body shifts into an inflammatory state.

In today's post I am going to share the components of the lymphatic system, how they work, what might cause your lymphatic system to fall behind on the job and then share 3 things you can do to jumpstart that all important system back into action.

### **So what makes up the lymphatic system?**

The lymphatic system is a complex network comprised of the following components:

- **Lymphatic Fluid:** the clear fluid around the cells that carries away waste product.
- **Lymphatic Vessels:** collect this fluid and send it towards the center of the body. There are 2x as many

lymph vessels as there are blood vessels!

- **Lymphatic Nodes & Organs:** are the filtering stations and include Bone Marrow, Thymus, Spleen, Tonsils-Adenoids, Appendix, and Nodes. We are home to 400-700 lymph nodes, half which reside in our abdomen.

### **How does it work?**

Unlike blood, which flows throughout the body in a continuous loop, lymph flows in only one direction—upward toward the neck. Lymphatic vessels connect to two subclavian veins, which are located on either sides of the neck near the collarbones, where the fluid re-enters the circulatory system.

While the circulatory system can count on the powerhouse of the heart to move blood, lymph fluid is propelled through the lymph vessels by just the rhythmic contractions of teeny muscular units called lymphangions.

The reality is that you have twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the detritus in a circulatory system powered only by your breathing and movement. If the movement of the lymph stopped entirely you would die in a matter of hours.

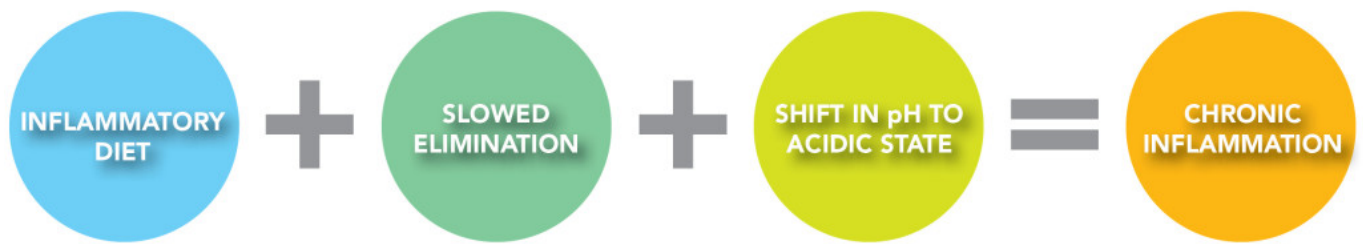
Because lymph fluid literally has contact with every cell in the body, the effects of lymphatic stagnation are incredibly diverse.

### **How does it get stuck?**

When the lymph system is compromised, chronic inflammation occurs. This stagnation is the result of the cumulative effect of diet, poor eliminating, and acidic pH levels. A diet that leads to digestive imbalances causes slowed elimination that then leads to an acidic environment of backed up waste. This waste is inflammation.

Stress is a multiplier on top of everything else and forces the body to manufacture and secrete excess stress-fighting hormones to boost energy. The waste products of these hormones

are highly acidic adding further to the pH imbalance of the body. Chronic stress shifts the chemistry of the body to a steady acidic state contributing further to lymph congestion.



### **3 things you can do to reset your lymphatic system:**

- Begin eating a whole food plant-based diet to alkalize the body's pH and encourage lymphatic drainage.
- Take a Gemmotherapy protocol that cleans the residue of metabolic waste in your body and supports optimal elimination.
- Move. Every day. Find a movement you can commit to—yoga, walking, swimming, pilates, cycling, rebounding—and then do it.

As adults there will be some cleanup work to do in order to get your lymphatic system back in full gear, but considering the alternative results of chronic inflammation— autoimmune disease, arthritis, diabetes and cancer just to name a few—it's a small price to pay.

Children on the otherhand can do it differently from the start. Parents can make choices early on that support their baby and child's natural healing capabilities.

Now that we've reviewed the lymphatic system and its role in cleaning your body, next week I'd like to revisit the topic of optimal daily elimination.

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# Getting Started: Handling Your Acute Symptoms

When embracing a natural approach to healthcare one of the most important elements is how to handle acute symptoms. Acute symptoms are those that come on suddenly such as the congestion, sore throat, or body aches associated with a flu or virus. Acute symptoms can also include a frozen shoulder, the lower back going out, or a skin rash. Learn more from this a blog post where I discuss how to distinguish between acute and chronic symptoms.



Choosing to resolve these symptoms by supporting the immune system and the organs affected is the very key in avoiding the development of chronic conditions. It is exactly the repetitive suppression of symptoms that takes its toll on our bodies, weakening organ performance, and forcing the body to compensate long term for those weaknesses. The build up of inflammation from symptom suppression that can begin with baby's first ear infection is exactly why chronic conditions arise as early as adolescence and teen years. Learn even more about that here.

## Self Care For Acute Symptoms

**Step One** is to recognize symptoms early and respond quickly. I encourage the use of Gemmotherapy extracts for acute symptoms because they are simple and effective in supporting the body

during the early stages of inflammation.

Guiding yourself is easy with my book, Gemmotherapy For Everyone: Introduction To Acute Care. Families that have this can find quick solutions for over 30 acute symptoms. It is available through Amazon and in my practice.

**Step Two** is to slow down so that the body's limited energy supply can be directed toward healing. When we continue at the same pace as always, there is no reserve for healing and symptoms last longer, often even exacerbating.



**Step Three** is to know when further support is needed. For my clients and readers who see a Homeopath, this would be a Homeopathic remedy to support their vital force. The vital force can also be supported with acupuncture.

If any of the following develop after 24-36 hours from the first symptom and having begun an acute Gemmotherapy protocol, it is time to reach out to your practitioner:

- Decreasing energy; children become lethargic and not interested in play
- Symptoms disrupting sleep; extreme cough or body aches
- Appetite does not return; a low appetite is normal but an apathy toward any nourishment is of concern
- Irritability or a state of despair; children become weepy, clingy, or more prone to meltdowns

Missing this final step is critical for both children and



adults. However, because adults are often geared to power through and not take care from the first sign of a symptom, they are more at risk for a secondary infection. While this too can be cared for with Homeopathy and Gemmotherapy, the recovery time is slower and more attention will be required.

Knowing what to do and when to do it before acute symptoms appear will put you in a proactive state, rather than a reactive one, and give you the space to respond with confidence.

Here is a great article itemizing what to keep on hand to best be prepared to care for acute symptoms.

*Always remember: Pay attention to your symptoms, respond to them early, and ask for help when needed!*

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## Marianne's Health Journey

So this story is certainly a personal one but I am so proud I really can't keep from sharing!



At 82, and soon to be 83, my mother-in-law, Marianne,

continues to make changes to improve her health. This is a woman who exercises daily and has been vegetarian for over 30 years. Three and a half years ago, our own household's new dairy free lifestyle certainly got her attention and together we discussed the hows and whys over the course of each international visit. While not ever a milk *drinker*, she was known to enjoy a daily serving of fresh yogurt, a wedge or two of good cheese, and certainly wouldn't pass up whipped cream on a slice of kuchen when out with her girlfriends. But this past November, having spent a month at our house dairy free and seeing a notable difference in her rosacea, she made a commitment to herself to maintain this when she returned to Germany. Now, a month and a half later, she is going strong AND even made it through all of the holiday season going against the flow in her social circle, which is no small task in her generation.

So, what's the takeaway from this story? Well, I hope it is that you are never too old to make changes for good and that you can always be one step further in your pursuit of health. Here is Marianne, nearly 83 years old, saying: You know what? I do feel great AND I'd like that to continue that for the rest of my days! Here's to you Marianne, keep going strong. You are one amazing role model for us all!

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## **Taking Charge Of Your Fertility IV: Protocols For Support**

I am delighted to work with new clients who come to my practice with the intention of preparing their body to create life. Taking this step in itself is acknowledgement of the responsibility they are about to take on.



It is important for both practitioners providing and individuals seeking fertility support to really get that **fertility is linked to vitality**. Vitality is a measurement of health completely ignored by conventional allopathic medicine but it is critical to natural health therapies. Vitality is the resource the body has at that given time to self-heal. Symptoms of vitality are apparent in one's hair, skin, eyes, teeth, sleep, and health history of family members. Read about those specific symptoms in my third post in this series that discusses an alkalizing diet. Vitality cannot be improved with prescription medications or by working out, but rather through these steps:

1. Optimize elimination
2. Alkalize the body
3. Clean primary organs of metabolic waste that has accumulated over the years



When vitality is restored one can see and feel the difference.

This approach is in direct contrast to fertility treatments that force performance of reproductive organs in an individual with low vitality.

Here are the specific, simple, and straightforward steps to support fertility naturally by improving vitality.

1. Assess current state of elimination and vitality.
2. Discuss current diet and changes needed in order to optimize elimination and alkalize their organ systems. (Generally this is eliminating dairy products and increasing the intake of raw and cooked fruits and vegetables.)
3. Begin women with a Gemmotherapy protocol that encourages a uro-genital cleanse which restores health to the mucus membrane of the urinary tract and genital tract, balancing bacteria levels. This is then followed by a Gemmotherapy protocol that cleanses and fortifies the adrenals, liver, and kidneys; the primary reproductive support organs.
4. Begin men with a Gemmotherapy protocol that supports their adrenal glands and reduces states of acidosis throughout the body and continue until pregnancy is achieved.



Boosting fertility by improving vitality is attainable and affordable. You can begin by learning more about Gemmotherapy extracts and how they restore the body's ability to heal. Different from traditional herbal medicines, Gemmotherapy extracts contain embryonic plant tissues that offer tremendous

regenerative capabilities, much like human stem cells. While Gemmotherapy is safe for all ages, there is a small selection of the 60 extracts available that are proven successful in supporting fertility in women and men. Practitioners who want to learn about these extracts and how to help their clients support fertility may be interested in my webinar, Gemmotherapy for Fertility.

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## **Taking Charge Of Your Fertility III: What To Eat**

Perhaps you are considering starting a family soon or even a bit down the road. Have you considered that what you eat today plays an important role in supporting or reducing your fertility? Read on and learn how.

Because fertility is a key indicator of health and vitality, it is my mission to make reliable, practical methods accessible to all. Fertility and vitality go hand in hand and to create a viable strong baby, parents must first have a high vitality. This can be seen in the state(s) of one's skin, eyes, hair, teeth, quality of sleep, and family health history.

There are specific symptoms in these areas that indicate if inflammation is present and if it has been for long enough to reduce vitality, creating (as it is known among holistic practitioners) a state of acidosis. Individuals with low vitality tend to have an acidic pH and their symptoms can not improve until that state is shifted.

Easily identifiable examples of acidosis include acne, dry dull hair or hair that sheds easily, receding hairlines or

balding in men before the age of 40, dental issues or tendency for cold/ canker sores in the mouth, and more. While allopathic medicine offers a path to fertility that ignores these symptoms and achieves pregnancy, with the 50% success rate of IVF, the new developing life is dependent on a physical body that has less than optimal vitality. What occurs next can be a pregnancy riddled with unpleasant symptoms, early delivery, c-section births, and infants with lowered immune systems leading to early infections and poor health from the start of life. This entire cycle can be broken by addressing the vitality of parents BEFORE conception, thus improving fertility and the quality of life they are creating.

Eating an alkalizing diet is simple, attainable, and won't cost a bit more money than what you are eating already.

### **Morning Meal**

It all begins in the morning with a breakfast of raw fruits and/or veggies on an empty stomach. This meal promotes an alkaline state from the start of the day, lymphatic cleaning, quick digestion, and optimal morning elimination. Continue eating raw fruit and/or veggies as far into the morning as you can.

### **Mid-Morning & Mid-Afternoon Snacks**

These snacks can include such foods as whole raw fruits and veggies, fresh pressed juices/ smoothies, dried fruits, raw bars, guacamole or hummus with raw vegetables, almond or cashew butter with apples, and nuts or seeds.

### **Mid-Day Meal**

Your lunch time meal will be any combination of vegetables and gluten free grains. This can be a salad, stir fry, curry, or Buddha bowl. Gluten free grain includes rice, quinoa, millet, buckwheat, and corn. These two foods digest well together and more quickly than protein, preventing that afternoon dip in energy.

## **Evening Meal**

The evening meal is any combination of vegetables and protein (plant or animal). Always begin the meal with a raw vegetable or fruit salad to aid digestion and increase your daily intake of plants. Watch your proportion ratios on veggies-to-protein keeping the protein to 30% or less of your meal. Note that proteins are placed at the end of the day as the digestion rate is the slowest of all foods, causing a drop in energy which is already natural in the evening. An alkalizing diet in combination with Gemmotherapy extracts is the perfect formula to improve vitality and fertility by restoring a healthy pH level!

Important to note is that Gemmotherapy protocols will clean, fortify, and restore rather than pushing weak organ systems to perform. Due to this unique action, fertility is addressed at its root. In this series, I will go into further detail on these protocols and how they benefit all wishing to improve their fertility.

New to Gemmotherapy? Check out my [Beginners Guide](#). If you would like to learn how to begin [Restoring your own Immunity with Gemmotherapy](#), consider ordering my latest book. Would you like a more personalized approach? Contact one of my advanced interns for a consultation.

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# **Taking Charge Of Your**

# Fertility II: Factors Impacting Men

Hey guys- I have some news for you too! While having a child may not be on your mind now, chances are high it will be someday and how you care for your health in the present plays a vital role in the health and well being of your future child. Women may be tasked with carrying the developing baby but the quality and quantity of male sperm has much to do with whether a viable life is created.

Quality and quantity of sperm isn't really something young adolescent males are taught to protect. Unfortunately, it usually isn't taken under any consideration until a partner is unable to conceive. And yes, the chance of infertility is similar between men and women. Statistically in male/female couples unable to conceive, 40% of the time the cause is the male partner.

Today the World Health Organization states that one in four male/ female couples from developing countries is unable to conceive. That is a pretty staggering number given that fertility is a natural response in the human body.

It is a mission of mine to spread this message:

- Your fertility is linked to your immunity and factors that support or deter your immunity do the same for your fertility
- There are natural proven methods that can both improve your immunity as well as your fertility

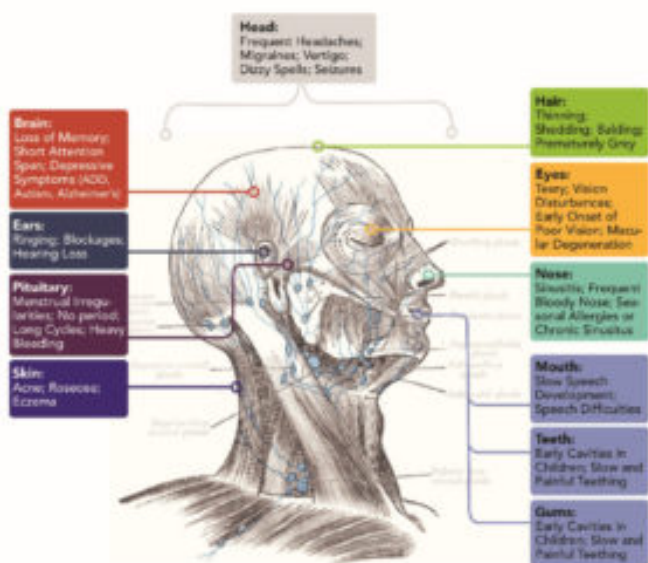
## Organs Needing Protection

When we think of fertility in men we tend to think of sperm but there are actually glands at the opposite end of the body that are as vital. These are the hypothalamus and anterior

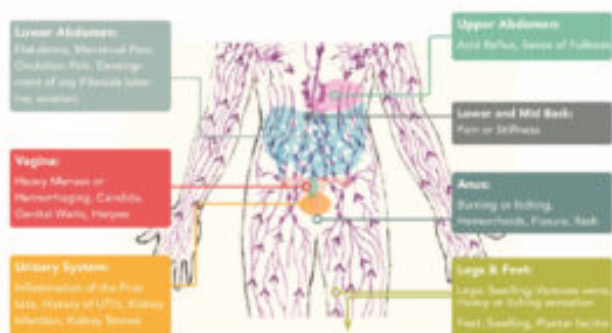


pituitary gland. These two glands release the hormones that trigger healthy production of sperm. The health and function of these glands has a lot to do with the circulatory and lymphatic system. When the circulatory system and lymphatic systems are slow or stagnant, states of acidosis occur deteriorated glands and organ tissue. How well have these systems performed to remove wastes over your lifetime?

Below are physical symptoms that may present when states of acidosis are present in the head.



These symptoms are all associated with acidosis of the lower body, also affecting sperm quality and quantity.



### Specific Cautions for Men

So what should men of all ages avoid to protect themselves

from developing states of acidosis?

- Smoking, alcohol consumption, recreational drugs
- Exposure to antibiotics and long-term use of prescription medications
- Soft drink consumption
- Overwork
- Direct exposure to electromagnetic fields (particularly mobile phones kept in pockets or used without a headset and laptops in laps)
- Toiletry products (which provide an estrogen effect)
- Consumption of estrogen treated animal products (chicken, dairy, soy)

### **How Gemmotherapy Protocols Help Fertility In Men**

Gemmotherapy protocols begin by shifting the pH balance of the male body overall, creating an alkaline state to enhance fertility. The protocols are selected by accessing the state of elimination, vitality, and inflammation then combined with a plant based diet in order to optimize elimination. The ability of the body to clean optimally enhances the function of the male fertility support organ/ systems mentioned above.

Important to note is that Gemmotherapy protocols will clean, fortify, and restore rather than pushing weak organ systems to perform. Due to this unique action, fertility is addressed at its root. In this series, I will go into further detail on these protocols and how they benefit all wishing to improve their fertility.

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# Taking Charge of Your Fertility I: Factors Impacting Women

I'm on a mission to spread the word that we all have much more control over their fertility than we realize. I want to take the mystery out of your fertility and put you in charge. Follow along with this series to discover the next four weeks what I first learned from my MD mentors in Europe as well as what I found to be true in my years as a practitioner. The natural protocols I have used and now teach have supported many successful pregnancies . I certainly count myself fortunate to have played a role in coaching those interested in increasing their fertility and then supporting the young life created.

The plant-powered approach to fertility I share has been beneficial to individuals at these various stages:

- Considering pregnancy in the near future and wanting to best prepare.
- Having already tried to conceive on their own without success.
- Having undergone IVF or other medical intervention(s) without success.

In a perfect world, fertility would be valued and protected from birth and everyone would be aware that even simple decisions made for babies and children play a vital role in that child's future ability to eventually create life. We are learning more each day with the advances in science and two important facts have been established: Soy formula can adversely affect male and female fertility and the early use

of antibiotics disrupts hormone production and regulation. So, what could have seemed like a simple in-the-moment decision by your parents or pediatrician can certainly be playing a role in where you are today with your fertility. Read on to learn more.

## **The Deep Roots of Fertility**

When we think of fertility in women we automatically think of the ovaries, the uterus, and hormones. While all three are important, we must look beyond the reproductive system to the organs supporting its function. The organs and systems of particular concern include the nervous system (central and autonomic), the kidneys, liver, and adrenal glands. If these organs/systems/glands are overworked or are not functioning optimally there is often a struggle with fertility. The program I advise for women begins with harmonizing the both central and autonomic nervous system, optimizes kidney function, supports the adrenals and eventually improves all of the detoxing actions of the liver.

## **Causes of Concerns**

All of the following negatively immunity and fertility

- Antibiotic use, hormonal birth control methods, and the use of *Acutane* for acne are just a few of the prescription medications that place a toxic load on the body
- A diet high in salt, sugar, and hormone laced food sources such as industry meats, dairy, and soy
- Chemically laden cosmetics, toiletries, and hair products that young girls are being exposed to as early as the preteen years.
- Over-consumption of alcohol or any use of recreational or street drugs
- Emotional or physical trauma
- Stress-filled lifestyle

## **How Gemmotherapy Protocols Help Fertility In Women**

Gemmotherapy protocols begin by harmonizing the nervous system, improving elimination, and rejuvenating your adrenal glands. The improved elimination leads to a shift in the pH balance creating an alkaline state to enhance fertility. The protocols are complimented by a plant based diet in order to optimize elimination. The ability of the body to clean optimally enhances the function of the female fertility support organ/systems mentioned above.

Important to note is that Gemmotherapy protocols will clean, fortify, and restore rather than pushing weak organ systems to perform. Due to this unique action, fertility is addressed at its root. In this series, I will go into further detail on these protocols and how they benefit all wishing to improve their fertility.

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