

"Food for Thought"

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For those of you who are hungry for something new to ponder, I'd like to introduce the topic of "telomeres," the hottest recent discovery in longevity studies. Telomeres are the caps that bind the tips of your chromosomes, sort of like the plastic tips on the end of shoelaces, or the tip that binds the ends of zippers. Each time a cell divide, a small bit of the telomeres on those chromosomes chips off, and when those telomeres dissolve down to a critical level, that cell goes 'offline' and begins to die. The overall result of this gradual, relentless process is the appearance of all the common symptoms of aging, such as wrinkled skin, aching joints, failing eyesight, and fading memory, as well as a wide range of common degenerative conditions and chronic diseases. The human genome does in fact contain a gene that repairs telomeres by signaling the body to produce an enzyme called 'telomerase,' which rebuilds damaged telomeres, but for unexplained reasons, this gene has been turned off in the human genome. Medical scientists have been working for years to find various ways to turn on the gene that makes telomerase, in order to re-program our DNA to repair disappearing telomeres and thereby reverse the symptoms of aging and cure degenerative diseases. Anti-aging specialist Dr. Al Sears has formulated a supplement called "Ultra Essence," and there's a similar but less expensive formula called "Product B," both of which have been shown to rebuild damaged telomeres and thereby restore biological youth to the human body. Other techniques, such as electro-stimulation and certain forms of exercise, are also under development. No doubt there are also various foods and medicinal herbs, as well as special practices, that also activate the telomerase gene and thereby promote cellular rejuvenation and longevity. Otherwise, how could sages and yogis in ancient times reach lifespans of 120 years and more? One of those supplements is Chinese tea, an extract of which is a key ingredient in both of the formulas mentioned above. Ginseng also seems to have this function, which is why it has always been highly regarded as an effective longevity medicine, the best grades of which were always reserved for the emperor. I suspect that chi-gung, breathing exercises, meditation, negative ions, and high altitudes also help activate telomerase production. Keep your eyes peeled for news about recent developments in telomere research, simply by running a google search from time to time.

A hidden factor in many seemingly "incurable" diseases and chronic degenerative conditions, and one that is very rarely diagnosed by doctors, is infestation with a wide variety of parasites, from two meter long tapeworms in the bowel to invisible fungus infections throughout the body. Some worms and flukes even migrate up into the brain, where they can cause migraine headaches, cognitive dysfunction, mood disorders, insomnia, chronic fatigue, brain damage, and many other problems. The liver, with all its cavernous ducts and rich supply of essential nutrients, is very popular terrain for colonization by parasites known as "flukes." Some people are so heavily infested with worms that they start boring their way out of the body via the skin when anti-parasite remedies are taken to purge them, such as the famous 'Triplex Formula' (wormwood, black walnut hull, and clove). In recent years, people who wish to purge themselves of all parasites have been turning for help to a potent mineral compound known as MMS ("miracle mineral solution"). Surely one of the foulest tasting substances on earth, MMS is used by the drop, activated with citrus solution, and then drunk with water or apple juice. Starting with one drop per hour or two, you gradually work your way up to 8 drops or more, staying just below the level that causes nausea. A few drops may also be added to an enema solution for more complete saturation of the lower bowel, where the most aggressive parasites reside. After a week or two on this program, during which you should follow a strict and simple

vegetarian diet with minimal intake of food, you will see things that you never imagined could live inside you come crawling and wriggling out of your body. This generally results not only in better physical health and the disappearance of many long term ailments, but also in a huge upsurge in energy, mood, and overall sense of well-being. It's a very good idea to follow up this treatment with 2-3 days of liver flush, using virgin organic olive oil whisked together with fresh citrus juice, such as lemon or grapefruit, in a 2:1 ratio. You can also stir in ½ tsp of powdered cayenne, black walnut hull, wormwood, and clove to enhance the therapeutic benefits. Drink the mix at bedtime on an empty stomach then lie down until it's time to get up in the morning. To clear the bowels in order to allow the purged liver stones to pass through the colon for excretion, drink a liter of warm water mixed with 2 tsp of sea salt upon arising. Some people report passing liver stones the size of pigeon eggs, often so hard that they cannot be cut or broken.

The mighty coconut is finally coming into its own as a globally recognized health food. For decades we were told that coconut oil is a danger to health and should be strictly avoided, while vegetable oils such as corn, soy, and canola are the healthy choice. Exactly the opposite is true: monosaturated coconut oil turns out to be one of the most potent health foods on earth, while the polyunsaturated vegetable oils clog arteries, endanger the heart, and can even lead to cancer. The essential fatty acids in coconut oil are so good for the brain that it has recently been promoted as an effective remedy for the symptoms of Alzheimer and senile dementia. It also stimulates the thyroid, and the resulting increase in metabolic rate can help obese people to lose weight. It also contains a large amount of lauric acid, which is one of the most powerful natural antibiotics, antivirals, and antifungals. Coconut cream, from which coconut oil is extracted, has similar properties in less concentrated form. Its rich, creamy flavor makes it an excellent substitute for dairy cream in all food recipes, and it can be consumed by itself as a delicious beverage, diluted with a bit of water and sweetened with maple syrup or raw honey. Last but not least is coconut water taken from unripe green coconuts. Besides being one of the best of all natural thirst quenchers, it tastes great and is loaded with electrolytes that replenish the essential mineral balance in your bodily fluids. At home, we use all three coconut products in our daily morning smoothie, which provides potent nutrition and energy that lasts throughout the day. Our recipe contains the following power foods: 3 tbsp virgin organic coconut oil; ½ cup coconut cream; 1 cup coconut water; 1 avocado; 1 banana; 2 tbsp bee pollen; 1 tbsp raw cacao powder; 1 tsp spirulina or barley grass powder; 2 raw yolks from free-range eggs; 2 tbsp maple syrup. Blend well and drink with your morning supplements. Coconut oil is also one of the best tonic toners and moisturizers for both skin and hair. You don't need to spend a lot of money on expensive skin creams, cosmetic balms, and hair conditioners made from rare and costly ingredients. Virgin organic coconut oil exceeds them all in long term benefit to your skin and hair. For an excellent daily face mask that rejuvenates facial tone and skin quality, blend together 1 tbsp of coconut oil, 1 tbsp raw unfiltered honey, and 1 tsp fresh lemon juice. Apply liberally to face and neck, leave it there for about half an hour, then wash off with warm water. For hair, massage about 2 tbsp of virgin organic coconut oil into your scalp about an hour before taking a shower, then wash it out with mild shampoo. Alternatively, or in addition, rub about 1 tsp of coconut oil into your hair after a shower and shampoo.

"When ill, first try to cure the ailment with food. Only when food fails should you use herbal medicines." So wrote the famous Tang Dynasty physician Sun Ssu-mo in the 8th century AD. Today, with so much bad food on people's plates, we need to apply the corollary to this principle: "When ill, first look for the cause of the ailment in your food." High fructose corn syrup, genetically modified corn and soy, meat from animals fed on factory feed laced with antibiotics, MSG and other chemical additives—dozens of dangerous ingredients degrade the quality of food these days, causing endless misery to the

consumer. Therefore, the front line defense in personal self-health care today is to pay very close attention to what you put into your mouth and swallow into your belly. Avoid factory processed foods of all types, and instead prepare your own meals at home from organic ingredients. If you don't have the time or facilities to do that, then find food outlets that serve meals made from fresh organic produce, or else start using "power foods" such as spirulina, bee pollen, coconut oil, raw cacao, fresh raw vegetable juice, and organic grown fresh fruit as substitutes for conventional cooked meals. You'll feel better, look better, and live longer this way.