

# Health Notes

By Gregory Schoof

I am not a very good note taker, and I am sure someone else could do a better job. But I believe these notes will be a benefit to someone.

The notes should give a good starting point for someone to understand how our bodies work so that they may eat right which will allow our bodies to rebuild themselves.

Most of the notes were taken after watching Dr. Berg on YouTube. Maybe you can find his channel to do more research.

God Bless,

Gregg Schoof

**Disclaimer:** I am NOT a doctor and cannot treat anyone. Consider these notes only as a starting point for your further study.

## Total summary of daily diet:

- **Avoid sugars and carbs**
- **eat lots of green leafy vegetables**
- **eat good fats – 1 tablespoon olive oil, butter**
- **enjoy small amounts of meats – fatty steak, chicken**
- **eat dippy eggs every day**
- **take 1-2 scoops of Wheat Grass Juice Powder – has extra potassium**
- **take 2 Tbsp. of Apple Cider Vinegar**
- **USE Pink Himalayan salt**
- **take 2 oz. of Lemon Juice**
- **take ½ - 1 tsp. of MSM powder**
- **take normal vitamins - Especially K2, B1, ZINC**
- **Use intermittent fasting**

Even WITH a good diet, it is almost IMPOSSIBLE to get the 4700 mg of potassium you need each day!

Take supplements!

**“People don’t lose weight to get healthy, they first have to get healthy to lose weight. Weight is a symptom of an unhealthy body.” - Dr. Berg**

## **This diet is: Low Carb, Med Fat, Med Meat, High Vegetables**

### **Intermittent Fasting This is super important to do!**

Your body needs rest to reset itself.

Do not eat continuously through the day! Eat 1 or 2 meals per day with NO snacking in between. This allows your insulin to “reset” to normal levels. Every little snack you take causes the insulin levels to stay elevated.

If you are so very hungry, then EAT more FAT. Fat allows you to go longer periods of time between meals without being hungry.

Even diabetics need to decrease the number of meals per day.

To start: Eat 3 meals a day with no snacking. Then eat only 2 meals a day with no snacking. Try for the 2 meals to be 4 hours apart – which allows 20 hours of fasting in a day

### **Schoof Power Drink:**

In a large glass of water, mix in below. Take on an empty stomach in the morning with your normal vitamins.

- 2 Tablespoons of lemon juice concentrate
- 1-2 Tablespoons of Apple Cider Vinegar
- 2 scoops of Dr. Berg’s lemon aid potassium mix
- 1 big pinch of pink Himalayan salt and a pinch of cinnamon

## **Sugar**

Sugar is NOT natural to your body. Bad, Bad, Bad! Even fruits can cause too much sugar. Carbohydrates remove Zinc from your body! Zinc is used everywhere!

Sugar scratches the artery walls – which then must be patched by Cholesterol. High Cholesterol does not hurt you, unless it has to patch scratches – then it ends up blocking arteries. Eat foods with vitamin K2: Liver, eggs, grass-fed butter, grass-fed beef, green leafy vegetables. Your body makes 75% only 25% is from diet. Cholesterol is NOT BAD!

Sugar destroys your kidneys! Lemon juice helps destroys all types of kidney stones.

High sugar destroys blood vessels in eye – which will cause blindness!

Sugar shrinks and destroys your brain!

**Sugar stimulates hunger!**

**Sugar makes you very thirsty!** The body is trying to flush it out.

Insulin is the fat storage hormone! Insulin goes up – people gain weight. Insulin goes down – people lose weight. Carbohydrates slow down the metabolism!

The job of insulin is to control the level of sugar in your blood.

High insulin depletes vitamin C

Fructose is WORSE than Glucose – it is low on glycemic index, but the only receptors for fructose are in the liver – so it overloads the liver.

**FAT helps control insulin levels in your body! Insulin is a hormone that STOPS you from losing weight. Insulin increases after you eat. So, fast as much as possible. Eat fats to help you go longer in between meals. NO SNACKING. Dr. Berg: “In the presence of even a tiny amount of insulin – all fat burning hormones are shut down.**

**How to lower Insulin:**

1. Cut carbs and sugar
2. Stop drinking orange juice!
3. Avoid combining protein and sugar – like Hamburg
4. Lean meats increase Insulin more than fatty meats
5. Excessive protein spikes Insulin
6. MSG – spikes Insulin by 200%
7. Avoid stress – cortisol increases Insulin
8. Go longer in between meals

**Did you eat too much sugar? Take:**

1. Take Potassium
2. Take B1
3. Take Apple Cider Vinegar
4. Take Magnesium
5. Ceylon cinnamon

The job of insulin is to control the level of sugar in the blood. It tells cells to “open up” up to receive sugar. But cells get tired of receiving so much sugar, so they start resisting insulin:



**Insulin Resistance** – Insulin does not work anymore even though there is too much! Your body learns to resist Insulin. Your cells are tired of being forced to take in sugar and start resisting the insulin. These people have 5 – 7 times the insulin of what normal people have. Then the pancreas gets tired of making insulin and boom – you are a diabetic. Then high sugar in your blood destroys your eyes, brain, arteries, and so on. So, this is a pre-diabetic state you are in.

Most health problems are caused by insulin resistance, but doctors treat symptoms instead of this root cause.

Insulin resistance decreases your body’s ability to absorb vitamin A, E, Bs, D, potassium, chromium, magnesium

**Apple Cider Vinegar** helps reverse insulin resistance. And if taken before meals, it helps in general to lower the insulin response of what you eat!

**Symptoms of Insulin Resistance:**

1. You have belly fat
2. Plateaued in weight loss
3. Eating Carbs reduces stress
4. You crave sugar and carbs
5. Need for nap after eating
6. Brain fog

7. Worse eyesight – diabetes causes blindness!
8. Not satisfied after eating – cells are blocking insulin, even though they are starving, the fuel does not get into the cells correctly
9. Urinating at night
10. Extreme thirst and lots of urinations – your body is trying to flush out the excess sugar!
11. Swollen belly as day progresses
12. Dark, dry patches of skin

**Dangerous long-term symptoms**

1. Heart disease
2. Diabetes, kidney problems
3. Fatty liver
4. High blood pressure – plaque in arteries
5. High cholesterol
6. Strokes, Blood clotting
7. Arthritis
8. Dementia, Alzheimer’s
9. Eye problems, cataracts, glaucoma
10. Cancer – lives on sugar!

**Fats in your Diet**

If you are hungry, then eat more fat.

Good fats: Olive oil, butter, coconut oil, lard, cod liver oil

Also pecans and macadamia nuts have high fat

Also, fat stimulate the gallbladder to release bile which is a lubricant and helps with **constipation**



BUT if you only eat protein and Fat, then that aggravates the liver by clogging it up. You need green leafy to keep the liver working properly.

Food item	Protein	Carbs	Fats	
Nuts	15%	13%	70%	Lots of fat, but make sure to eat green leafy vegetables to help liver
Beans	23%	72%	3%	Too many carbs, and a lot of nutrients are boiled away in cooking
Yogurt, cheese	36%	29%	22%	Decent foods, cheese is lower on carbs
Grains -BAD!	15%	75%	4%	Grain carbs turn QUICKLY into sugar
Fish	93%	0	7%	Great food!
Animal protein	59%	0	41%	
Kale	16%	72%	15%	High carb BUT this type of carb does not turn into sugar
Egg	29%	2%	69%	God’s perfect food

## Omega 3

- **Omega 3 needs to be in good balance with Omega 6** – Excellent is 1:1 But 3:1 is also good  
That is: 3 units Omega 6 to 1 unit Omega 3
- Get from seafood
- Helps skin problems – dry scaling skin means you are deficient
- It is an anti-inflammatory
- Helps with memory
- Helps with all it is problems – arthritis, bursitis, tendonitis
- Decrease Omega 6: No corn, soy, or canola oil
- You need enough BILE to absorb correctly
- Avoid Partially Hydrogenated – these are Trans Fats – Very Bad!

Good Fats:	So-So Fats	BAD Fats
Cod Liver Oil – The best oil to get <b>Omega 3</b>	Sunflower – has too high a level of Omega 6	Margarine – Crisco -has bad Trans-fats
Coconut Oil – great for cooking	Flax – has lots of Estrogen. Ok for ladies – NOT for men	Corn – it is GMO
LARD – Pig Fat	Safflower	Canola – it is GMO
TALLOW – Beef or Lamb Fat	Sesame Seed - Tahini	SOY – it is GMO
Real Butter OR Ghee	Nut Oils	Cotton Seed
Olive Oil – Great for losing weight - but don't cook with it		Mayonnaise usually is bad
Palm Oil		Salad Dressing
Avocado Oil		

## Calcium Problems



Most people have too much Calcium – that is in the WRONG PLACE – **controlled by Magnesium** – a natural Calcium blocker!

AND vitamin K2, which cleans the arteries!

Fat helps transport Calcium – Do NOT go on low fat diets. Go on a good fat diet – fish oils, olive oil

Calcium acts like cement in your body!

Calcium does not travel in an Alkaline body – Drink Apple Cidar Vinegar to lower PH

Too much Calcium causes:

1. Chest pain – the heart contracts too much – needs magnesium to relax
2. Arrhythmias of heart
3. Strokes causes plaquing in arteries
4. High Blood Pressure – Arteries become stiff
5. Fibroids – tumors, polyps, cancers
6. Bladder valve problems
7. Cramps
8. Soft tissue calcification – Plaque in arteries, twitching under left eye,

9. arthritis – calcium deposits in joints, stiffness in joints – grinding, popping, clicking, heel spurs,
10. Stenosis – shrinking of spinal canal – build up of Calcium around
11. Cataracts – Calcium in eyes
12. Fatigue, weakness
13. Insomnia – body is tired but can't go to sleep – take more Magnesium
14. Constipation – people take Magnesium to lower calcium which relaxes the colon
15. Smooth muscle – you lose tone – becomes flabby and congested. Colon, arteries, heart, bronchial tubes have problems
16. Asthma, breathing problems, chronic cough at night
17. Viruses come out of remission – canker sores

A body that is too acidic can also cause breathing problems. Take Calcium Citrate to help.

Too much poor-quality Vitamin C can produce spider veins

## Apple Cider Vinegar – Helps you lose weight!

- It has almost NO nutrients or minerals
  - BUT it DOES HAVE Acetic Acid – super important for your body to help make your body MORE acidic. Most people are too alkaline!
  - Acetic Acid helps regulate Insulin and then helps you lose weight.
  - Heartburn, Gerd are caused by weak acid in stomach – the valve to the throat closes only when sensing STRONG acid in stomach.
  - As you age, your body becomes TOO Alkaline – so calcium builds up in soft tissue causing stiffness, arthritis, kidney stones, gall stones, tartar on teeth, and cataracts
  - You need more acid to digest food and absorb minerals – like calcium from where it should NOT be
  - **Twitching under eye?**
  - **Cramping in calves?**
  - **Arthritis?**
  - Alkaline bodies lose more Potassium than normal
- } Drink ACV to move out the calcium



## Cancer

1. **Avoid sugar and carbs** – Cancer lives on sugar 10-12 times more than normal cells
2. **Garlic kills cancer.**
3. Eat Broccoli sprouts. broccoli, cabbage, Brussel sprouts, kale, peppers
4. Green tea helps
5. **Do intermittent fasting!**
6. Get more vitamin D from the sun
7. Avoid GMO foods
8. Take natural SCOT inhibitors – under investigation
9. Growth factors – things that cause cancer to grow: Insulin, IGF-1 Insulin Growth Factor – Fasting for 24 hours decreases IGF-1 by 43%, 48 hrs. by 76%, 72 hrs. by 82%

From the Boston College, Professor Seyfried: Cancer lives on 2 things – rid your body of these, then cancer dies:

1. Glucose (sugar) – remove glucose with a keto diet
2. Glutamine – removed by a drug called DON? DON is toxic – except when combined with keto

**A Study** published in MedRx in May 2021: a caloric UN-restricted keto diet is equal to plunging your diet to 1200 calories with a normal diet

## **2 most dangerous foods**

Corn – 85% is GMO in USA

Products: citric acid (yes, vitamin C), confection sugar, corn syrup, corn flour, corn meal, dextrose, fructose, sorbitol, MSG, lactic acid, baking powder, starch

Soy – 93% is GMO in USA

Products: bulking agents, Carib, emulsifiers, soy beverages, gar-gum, natural flavors, soy proteins, diet foods

Suppressed studies shows they produces cancer

## **Blood Pressure**

**NOT** caused by too much salt

Dr. Berg says people need a minimum of 1 teaspoon of sea salt every day. - Pink Himalayan Salt

Dr. Mandell – every morning on an empty stomach take ½ to 1 teaspoon Pink Himalayan salt dissolved in a glass of water

Salt:

- regulates calcium and
- helps produce acid in the stomach
- helps the heart pump
- helps kidneys
- helps heart and muscles
- Salt depletes Potassium, BUT don't reduce salt, INSTEAD take more Potassium

Increase Potassium (Avocados). Take at least 1000 mg WITH a good diet. Potassium causes smooth muscle to dilate, thus reducing blood pressure.

Take extra Vitamin D or get more sun. Take 10,000 IU Vitamin D WITH 100 micrograms of K2  
Vitamin K2 helps soften arteries. Pomegranate seeds help greatly.

- This softens stiff blood vessels, stiff blood vessels cause high blood pressure!

## **How to clean out your arteries:**

1. KEEP your Insulin LOW – reduce carbs and sugar
2. Vitamin K2 – it drives Calcium out of arteries

3. Vitamin E – found in green leafy vegetables
4. Decrease Omega 6 – soy, corn, cotton seed oils
5. Increase Omega 3 – fish, cod liver oil, walnuts
6. Increase Potassium
7. Increase Vitamin D – Sun or supplements

## **Vitamin K2**

1. Helps insulin work
2. Helps bone formation
3. Removes soft tissue calcium deposits – drives calcium to bones!
4. Suppresses inflammation
5. Decreases fat accumulation
6. Increases energy capacity
7. Increases testosterone in men

Found in: – Leafy Green vegetables, eggs, butter, sauerkraut, gouda cheese, pepperoni, salami, sausage, liver

K2 (200 micrograms) and D3 (20,000 IUs) work great together for knee pain

## **Potassium – The most important electrolyte**

Blood tests do not really show potassium levels. 98% of potassium is INSIDE cells. So, you must judge potassium levels by SYMPTOMS – not tests.



You need 4700 mg per day. That is a lot. It is HARD to get enough in your diet. Bananas are not good enough – too much sugar. Try: avocados, potato skins, beets, beet greens, tomatoes, fish, peas, raisins, milk, broccoli, WHEAT GRASS

Potassium pulls sugar into the cells. Without potassium, your body thinks it needs more sugar!

Taking more potassium helps diabetes!

Do NOT drink distilled water – it REMOVES minerals from your body!

Low Potassium can cause:

1. High blood pressure
2. Muscle weakness
3. Abnormal heartbeat – **feeling your heartbeat in your head/ears**
4. Muscle cramps, aches for no reason
5. Numbness in fingers or toes
6. Insulin problems – need for insulin goes down with proper potassium
7. Sugar cravings
8. Constipation
9. Anxiety and sleeping problems.

Potassium is depleted by:

1. Eating too much sugar!
2. Vomiting
3. Ketosis diet – so eat more salads
4. Diuretics
5. Stress – high cortisol



6. Drinking too much water
7. Surgery drinks
8. Too much salt depletes potassium
9. Keto diets – thus the reason for more salads
10. Too much Apple Cider Vinegar – 2 Tbsp. a day should be fine

## **Fatty Liver**

A buildup of Fat in the Liver – just like it says. Big cause is SUGAR.

Causes your liver to not work properly. Toxins build up in body

Fasting is #1 way to fix problem. But you also NEED Fat to help. But **Fat + Carbs = FAT STORAGE**

Good foods with Methionine: Beef, Chicken, Pork, Nuts, Fish Eggs

Good foods with Choline: Egg yolks, Liver, Grass Fed Dairy, Cruciferous Vegetables (Dark Green Leafy)

Eat low carbs! Eat lots of Vegetables mixed with some meat proteins



Eating protein and carbs together is very bad! They produce **Advanced Glycation End Products** – which is a protein that is not used by the body BUT destroys: the vascular system, vision, circulation, and neurons in the brain. It clogs everything up!

### **Liver and feet connection problems:**

1. Little red dots on skin – Liver problem = vascular problem
2. Spider veins – build up of Estrogen
3. Cracked heels – your liver is not working with FAT well, B3 deficiency
4. Itching of bottom of foot – back up of bile and histamines
5. Pain, inflammation in feet, HOT FEET, bad odor – liver is not detoxing
6. fungus problems, toenail fungus
7. Pitting Edema – backup of fluid



**Sulfer** is #1 ingredient to remove toxins from body

Found in: MSM, cruciferous vegetables, asparagus, garlic, onion, eggs, fish, cheese

Take 400 mg of choline a day to speed up removal of fat from liver. EGGS are great for choline!

**Apple Cider Vinegar** ACV– take 2 tablespoons per day

1. It has Acetic acid – which helps suppress fat storage
2. It Speeds up digestion – great if you are bloated
3. It stabilizes Blood Sugars
4. It helps reduce insulin resistance – so it reduces overall insulin
5. It increases bile release – which helps the liver

**Lemon Juice** – take 1-2 oz of lemon per day (good to take with ACV)

1. Vitamin C helps the liver
2. Increases Glutathione – an anti-oxidant
3. Protects against liver damage
4. Citric acid decreases oxalates – which helps prevent kidney stones
5. It is an anti-inflammatory

## Uric Acid

Causes Gout and kidney stones. Excess Uric Acid forms crystals in big toes. Usually your body is too acidic. But true cause of gout is a sluggish kidney that is having problems removing the Uric Acid

### Normal fix:

1. Vitamin C
2. Ginger
3. Lemon Juice
4. Turmeric
5. Stinging nettle root
6. **Potassium citrate** – and good for urinary tract infections
7. Increase vegetables
8. decrease proteins
9. **pineapple** helps gout
10. **Cherries really help**

Uric Acid is increased by

1. High fructose
2. Lots of chocolate
3. Lots of proteins
4. Fasting

### Foods to avoid:

- shellfish – has high purines
- soda – has high fructose corn syrup

-Take sodium bicarbonate -baking soda – take 1 tsp in 12 oz water when you are fasting – do NOT take with food, as it will decrease acid and hurt digestion -- I don't know about this – it sounds strange. For me, taking Potassium was the biggest help.

-Celery also works good for high blood pressure, insomnia, fluid retention, joint inflammation, and GOUT

### 6 steps to fight gout from Dr. Axe

1. **Celery seed extract, or just eat celery**
2. **Black cherry juice**
3. Nettles tea
4. Fish oil – slow but omega 3 oils reduce inflammation
5. Bromelain – like in core of pineapple
6. Magnesium – helps decrease uric acid formation

### 7 steps to fight gout from Dr. Berry

1. No Alcohol
2. Lose weight
3. Get rid of bad oil: canola, corn oil, soy oil- **get more Omega 3 oil -cod liver oil**
4. Decrease fructose – fruit juices, orange juice
5. Cut out sugar and grains – go on keto diet
6. Get lots of Magnesium and Potassium
7. Drink Coffee

### **From Dr Karl Goldkamp**

1. Vitamin C helps reduce Uric Acid
2. Having more Omega 3 oil helps reduce Uric Acid – it stops the reabsorption of it
3. High levels of Omega 6 oil increases Uric Acid – it helps your body to reabsorb it
  - a. Beef has high Omega 6 to Omega 3 – so avoid too much beef **and also seed oils**
  - b. Fish has higher levels of Omega 3 to Omega 6 – so eat lots of fatty fish
4. Drinking coffee helps reduce Uric Acid
5. Drinking Tea Increases Uric Acid
6. The sweet spot for Uric Acid is from 2-4
  - a. Low levels of Uric Acid leads to dementia, Parkinsons, ALS, Multiple Sclerosis
  - b. High levels of Uric Acid leads to vascular dementia, Alzheimer's
7. Drinking soda, alcohol, and fructose increases Uric Acid
8. Potassium Nitrate helps
9. High Insulin and High Uric Acid go together
10. Too much vitamin A increases Uric Acid
11. Deficiencies in Vitamin D, C increases Uric Acid

### **Arthritis:**

1. **Gout arthritis** is from a body that is TOO acidic – So, take lemon juice which will turn Alkaline in the body. But Avoid Apple Cider Vinegar
2. **Osteoarthritis** is from a body that is Too alkaline – then calcium is deposited in the joints – So, take Apple Cider Vinegar to acidify the body. But avoid lemon juice.

### **Rheumatoid Arthritis** – caused by some kind of pathogen – take/do:

- Ozone
- Vitamin D 30,000 IU
- Vitamin K2 300 mcg
- Potassium – 6,000 mg
- Zinc – 200 mg – 3 times a day – but only for a few weeks
- Fasting – ketones are anti-inflammatory
- Oregano oil
- keto

### **Pounding heartbeat - heart palpitation**

#### **All heart problems point to too much Calcium in the cells – Dr. Berg**

– where you can hear your heartbeat in your head – sometimes interferes with your ability to sleep

Magnesium helps control Calcium and helps Potassium work.

People need about 300-400 mg per day of Magnesium Citrate

Heart palpitations are caused by lack of Potassium.

Pure cane sugar is high in Potassium – Dr. Berg “If you chew on sugar cane, you will never have this problem. My thought: “I thought all sugar is bad? Why promote sugar cane juice?” – maybe the natural form is ok because it is not processed. And vitamin-rich Black Strap Molasses comes from Sugar Cane.

Could be caused by too many refined carbs

## Stomach

Gerd, Acid Reflux – caused by not enough acid in stomach – your body is too Alkaline  
Low stomach acid prevents absorption of Vitamin B12

**Increase salt**, potassium, iodine to increase acid in stomach

Take Apple Cider Vinegar to increase acid in stomach

Baking soda **HURTS** you in the long run by reducing acid

Symptoms of low stomach acid:

1. Gas
2. Indigestion
3. burping
4. Bloating
5. Allergies – due to undigested proteins
6. Decrease in B12 – high acid is needed to absorb B12
7. Sibo – small intestinal bacteria overgrowth
8. Candida
9. Acid reflux

Ginger is awesome for stomach problems

One reason Vitamin C helps people is not because of the Vitamin but rather it increases the Acid in the body – ascorbic acid. Acid is the key.

- If you eat and your stomach feels better = Ulcer
- If you eat and your stomach feels worse = low acid levels

Ulcers = damage to the lining of the stomach – caused by:

1. Created by H. Pylori microbe – grows when stomach acid is not strong enough to kill it
2. Anti-inflammatory drugs
3. Aspirin – ibuprofen
4. **Zinc deficiency!**
5. Stress
6. Coffee
7. **Sugar feeds the ulcer**
8. **Refined foods and grains**
9. Low on vitamin E – which protects the lining
10. Low on Folic Acid

Fix with:

1. Cabbage juice – has SULFER that heals the lining
2. Chlorophyll – leafy greens, broccoli
3. Steamed vegetables
4. Ginger Tea
5. Licorice
6. Olive oil
7. yogurt

8. Garlic, onion
9. Aloe Vera
10. Honey
11. Turmeric
- 12. Zinc carnosine!**
- 13. Don't eat acid foods!**
- 14. Don't take Apple Cider Vinegar!**
- 15. Don't drink milk**
16. fasting

**Ulcer juice drink:** - Drink twice a day

1. Use 1 cup of cabbage juice – about ¼ head of cabbage
2. Juice 3 cloves of garlic
3. Juice 2-3 stalks of celery
4. Add aloe vera juice into it – maybe ¼ cup of juice

**SIBO** – Small Intestinal Bacterial Overgrowth

- you have too much bacteria in your small intestines
- The bacteria robs you of your nutrients
- One symptom is **bloating** after eating fiber – fermenting of vegetables
- Growling stomach is a BIG sign of SIBO – your guts are trying to get rid of the bacteria – starts 90 minutes to 3 hours after eating
- Do intermittent fasting to let your body clean out your guts
- **Increase acid** in your stomach to kill unwanted bacteria
- You need more bile or take bile salts – bile helps break down fats

### **Acid Reflux Drink**

- 2 quarts of water
- **2/3 cup Apple Cider Vinegar**
- 1/3 cup Lemon Juice
- 1/3 tsp Pink Himalayan Salt
- 1/3 tsp powdered ginger
- 2/3 tsp ground cinnamon
- A bit of liquid stevia to reduce tartness

Mix, then drink 1 or 2 glasses of it per day. Acid reflux, Gerd is caused by too LOW of acid in the stomach. Higher acid makes the valve to the stomach stay closed.

Yes, it will burn a bit if your esophagus is messed up, but it will get better as it heals.

Rinse your mouth after drinking to get acid off from your teeth.

### **Constipation**

Keto diet can cause constipation

If you eat lots of vegetables, you are getting a lot of insoluble fiber – fiber that does not absorb water!

You need soluble fiber to make everything SOFTER. But most soluble fiber comes from carbohydrate foods. For example: Oatmeal gives you soluble fiber to help everything move. Also, apples, broccoli, cucumbers

Some non-carb ideas to help:

- Eat more avocados



- Eat fermented foods – sauerkraut, kimchi
- Take ¼ teaspoon of Pink Himalayan Salt in water to help hold water
- Increase potassium and magnesium
- Apple Cider Vinegar can help – 2 tbsp a day

## **Breathing Problems**

Main causes are liver disease, kidney disease, chronic lung disease, or asthma

Other big causes are:

1. **Vitamin B1 deficiency** – which can cause **LACTIC ACIDOSIS** – then your body holds on to too much CO<sub>2</sub>
2. Acidosis – your body is too acidic – produces air hunger!
3. Alkalosis – your body is too alkaline
4. Low Calcium
5. Asthma – take vitamin D
6. Pneumonia – take zinc

It is hard to know if you are too acidic or too alkaline – you have to look at other symptoms.

## **Vitamin B1 (Thiamine) Very Important !!!**

Benfotiamine is 25 times better than Thiamine – it is fat soluble and enters the brain better  
There are tests to check for B1 deficiency, but it is easier to just take extra B1, then if your symptom goes away – you were probably lacking B1

### **Functions:**

1. B1 works closely with Magnesium in your body to produce energy
2. Protects cells from high sugar damage
3. Makes myelin
4. Reduces **lactic acidosis** – **affects breathing!**
5. Considered a nerve vitamin

### **Deficiencies cause:**

1. **FATIGUE**
2. Increase pulse rate
3. **Heart Palpitations**, Enlarged heart
4. Dyspnea – **Breathing Problems!**
5. **SIDS** – sudden infant death syndrome
6. Edema – swollen feet or legs
7. Decrease in diastolic BP – Increase in systolic BP
8. Digestion Problems – GERD, Constipation, Ulcer
9. Autonomic Nervous System Problems – Sleep Apnea, Dizzy when standing, excessive sweating, lack of tears in eyes, nervous tension, double vision, brain fog
10. Vertigo, Hiccups, Recurrent ear infections, **Peripheral neuropathy**
11. Panic attacks, nightmares, **Mental Stress**,

12. Walking and balance problems
13. ADD, Autism, Confusion, memory loss
14. Thyroid fatigue, Cold intolerance
15. Muscle weakness, Bladder dysfunction
16. Bakers cysts – fluid filled sac behind the knee

### **B1 Depleted by**

1. Carbohydrates and sugars
2. White Rice
3. Coffee, Tea
4. Chocolate
5. Gastric Bypass
6. Aging
7. Diabetes

### **Causes of Edema**

1. Low vitamin B1 – caused by eating too much carbs, chocolate
2. **Low Potassium** – you need 4700 mg per day!
3. Heart – causes swelling in left ankle
4. Diabetes – Glucose holds water!
5. Liver – usually causes swelling on right ankle
6. Kidney – causes swelling on both sides
7. Myxedema – caused by slow thyroid

### **Flush your kidneys with:**

1. Celery
2. Dandelion
3. Parsley

### **Canker sore:**

- inside lip or mouth
- it is a vitamin deficiency of B12
- not contagious
- caused by too much refined grains – carbs!

### **Cold sore:**

- on lip or around mouth
- caused by a virus – herpes
- brought on by stress
- yes, it IS contagious
- take lysine and vitamin C

## **Eggs**

A great super food that you should eat everyday. It also has a low insulin effect!

The best eggs are Pasture raised. Eggs have choline that helps your liver

Egg Yolk:

- great nutrition
- good cholesterol – your body needs cholesterol!
- Has Vitamin A, D, E, K
- Has trace minerals,
- And B12, folate, phospholipids, calcium

Egg Whites:

- Great protein – better than any muscle protein out there
- Has B2, B3
- Magnesium, Potassium

## **Heel Spurs**

- Don't stretch the foot – but actually stretch the top of foot downward
- Oxalates cause this, Reduce these: spinach, almonds, parsley, chocolate, peanuts, kiwi
- Eat more vegetables
- Lower your uric acid – high fructose raises uric acid
- Take vitamin D
- Take stinging nettle root
- Take lemon juice

## **Cracked heels**

- It is a Vitamin B3 deficiency
- Usually people eat enough good food, but the GI tract is not absorbing
- Too much corn stops B3 absorption

## **Cracked lips**

- It is a Vitamin B2 and B3 deficiency
- Or Zinc, Vitamin A deficient
- BUT usually, it is from too much refined flour – which pulls B vitamins out
- Eat more eggs
- Eat leafy greens, nuts, dairy

## **Bad Breath on the Keto Diet**

When your body starts burning Ketones, it can produce very bad, crazy breath. At the start, this could show your kidneys and liver are not working as good as they should. EAT MORE VEGTABLES. This is a transition phase caused by your body not burning ketones correctly. Three possibilities of bad smells:

1. Ketones can produce a taste similar to Acetone or nail polish remover in the mouth. The answer is to eat more vegetables to flush out toxins. Your body burns Ketones as a good fuel, but they are still acidic. It takes 5-10 weeks for your body to use ketones well.



2. Excess protein can produce an ammonia smell or old urine smell in mouth and armpits – obviously, reduce proteins. Ammonia comes from Nitrogen which comes from proteins. Add more Apple Cider Vinegar to help digest better.
3. A Sulfur smell means overgrowth of bacteria – use a probiotic – not typical with this diet

**Insulin index** – high means the food increases insulin in your body – which is BAD. But generally, foods high in FAT produce the lowest Insulin response

High => whey protein - BAD  
fructose  
Milk is bad for insulin!

Mid => Egg whites  
Egg yolks

Low => butter and bacon - GOOD – low insulin response

**Insulin levels** had always been assumed to go up or down with the blood glucose levels which led to the glycemic index which had always been assumed to be a surrogate measure of insulin levels. The glycemic index did not turn out to be as successful in weight control because glucose does not drive obesity. Insulin drives obesity. With the insulin index, it was realized that only 23% of the variability of insulin response depends on the glucose. In other words, **how much the glucose increases only accounts for 23% of the insulin response.** Even taking into account the other macronutrients fat and protein, this only accounted for another 10% of the insulin response. **The vast majority of the insulin response is still unknown.** Some of the factors that are suspected or shown to affect the insulin secretion **include presence of dietary fiber**, an elevated amylose/amylopectin ratio of the starch, preserved botanical integrity (whole foods), presence of organic acids (fermentation), addition of vinegar (acetic acid), and addition of chili peppers (capsaicin).

### **Acceptable Fruits:**

Fruits are not really good for you. They have fructose that is ONLY used by the liver. Again, most people have way too much sugar in their diets, so we don't need extra. And fruit drinks are NOT the same as eating the fruit – because the fiber is missing. You CAN gain weight with fruit but NOT with vegetables. But try these:

1. Avocado
2. Lemon/Lime
3. Coconut
4. Tomato
5. Pomegranate seeds
6. Star fruit
7. Berries – raspberries, blackberries, strawberries, blueberries

### **Common Starting Keto Side-Effects:**

Muscle cramps — Increase potassium

Heart Palpitations — Increase potassium

Weakness — Increase sodium

Bad breath — Decrease protein and add apple cider vinegar

Dizziness — Increase sodium (sea salt and water)

Fatigue — Increase B1 and B5 (nutritional yeast)

Feeling cold — Increase iodine (sea kelp)

Not satisfied after a meal — Increase fat at start, eventually your body learns to use your own fat

Right shoulder pain — Decrease fat or nuts - your gall bladder could be irritated

Constipation — Avoid too much cheese or meat and increase vegetables or fermented vegetables if the vegetables are causing the constipation. Your not used to the vegetables

Low back/abdominal pain — Increase potassium (potassium citrate with a lot of water) and have lemon juice (about 3-4 oz.) in water. You could have a stone developing in the kidneys

Vivid dreams — Increase B1 (nutritional yeast or sunflower seeds)

Bloating — Decrease fat and increase apple cider vinegar or bile salts

Rash — Increase B vitamins (nutritional yeast) or increase vegetables – your body is dumping toxins, it will go away

Headaches — Slow down and go more gradually into intermittent fasting – could be a blood sugar problem

Anxiety — Increase B vitamins (nutritional yeast)

## **Urine Color Clues**

- Straw yellow - normal
- Dark – Too Concentrated – drink more water
- Clear – Too Diluted – drink less water – you also are removing electrolytes
- Bright Yellow – Consuming too many synthetic B Vitamins
- Red – Blood in Urine – Kidney stone, or intense exercise beating the kidneys
- Dark Orange/Brown – Liver problems – eat more vegetables stop eating junk
  - OR gallbladder problem especially if your stool is light
- Pink – eating beets or small kidney stone – take potassium citrate
- Green – Asparagus
- Foamy – Too much protein
- Cloudy – kidney stones – or urinary tract infection
- Blue – hypercalcemia – too much calcium

## **Benefits of drinking lemon water every day**

1. Reduces fatty liver
2. Reduces cholesterol
3. Reduces Insulin – which helps you lose weight
4. Antiaging effects

5. Helps fight against cancer
6. Reduction of kidney stones
7. Vitamin C – but NOT from bottled lemon juice
8. Has phytonutrient benefits – helps hemorrhoids, leg sores, circulation, spider and varicose veins

Five ways to quickly burn belly fat

1. Eat salad first – 7 cups per day, drizzle with olive oil
2. Protein- eat moderate, only size of your palm – use HIGH Fat meats
3. Eat fat foods – nuts, olives, avocado, olive oil – helps you be less hungry – once your body switches over to a ketosis, reduce the fat so your own fat is burned
4. Do intermittent fasting – don't eat if you are not hungry
5. Remember: get healthy to lose weight!

## **Zinc**

Problems with low Zinc:

1. Loss of Taste and Smell
2. Enlarged Prostate Problem
3. Lowered Immune system
4. Growth Retardation – Take extra if you are pregnant!
5. Ulcers of mouth and stomach
6. Eyes - Macular degeneration
7. SKIN problems
8. Degeneration of nerves – cause of depression

Things that deplete Zinc:

1. Grains stop absorption of Zinc
2. Antacids
3. Diuretics
4. Statins
5. Medications
6. Stress
7. Low Hydrochloric Acid reduces absorption of Zinc

7 Unexpected benefits of Zinc

1. Maintains Testosterone
2. **Stabilizes Insulin**
3. Repairs Muscles
4. Prevents Thymus Atrophy
5. Better Night Vision
6. Prevents Dry Flaky Skin
7. Prevents Intestinal Inflammation -Helps Ulcers

Good Sources:

1. Oysters

2. Beef
3. Crab

## My own personal “prescription” to myself:

<b>Take everyday:</b>	<b>Why?</b>
Magnesium 400mg	Super important to help calcium get into the bones Helps stop heart palpitations Helps reduce Uric Acid
Vitamin B complex	Helps with energy and more... I have been way too tired!
Zinc	Helps produce strong acid in stomach Helps every area of the body Most people are deficient!
Potassium 1000 mg or more	Helps to lower my blood pressure My heart is beating too hard! Muscle cramps Helps reduce Uric Acid
Vitamin K2	Helps lower blood pressure and soften arteries Puts calcium into the bones
Vitamin C 2000mg	Good for many things I heard it helps my ligaments and tendons to heal Helps reduce Uric Acid
<b><u>Cod liver oil / fish oil</u></b>	Has omega 3 to help my heart and to reduce inflammation Helps reduce Uric Acid
¼ teaspoon or more of PINK Himalayan SALT -VERY IMPORTANT	Helps boost acid levels in stomach Helps soften arteries Helps my heart Helps my kidneys And already helped my hurting back Helped clean mucus out of my lungs
Iodine	Helps thyroid
Vitamin D	Take when I go back to the states. I am getting plenty of sun in Africa
<b>Eat lots of eggs and meat</b>	Everything in your body is made of protein And eggs are high in K2, protein, and good fat
Take a tablespoon of Apple Cider vinegar	Helps increase stomach acid Helps calcium move to the bones
Take 2 tablespoons of lemon juice	Helps kidneys get rid of Uric acid – so, it helps my gout Helps my liver function better
Eat regularly RAW garlic and onions	Helps clean out arteries and helps my heart And cleans out my lungs
<b><u>Avoid:</u></b>	<b><u>Why?</u></b>
<b><u>Any type of sugar</u></b>	<b><u>TO ME:</u></b> Don't forget about the brain fog you had! And the super high blood pressure! NOT FUN
Sodas	After only 1 month of drinking soda in Burundi, I could feel my eyesight getting worse!
Milk	Makes my heart beat too hard Causes phlegm in my lungs
Bread, rice, and potatoes corn	Too much starch – turns to sugar
