

**Understanding and Controlling
Diabetes Type II
And Other Lifestyle Diseases
Naturally**

**Let's put the
"Quality of Life back in Your Years"**



**This is the natural progression from the extensive
"Diabetes Type II Trial" conducted in 2010,**



**This protocol is now extended to the general public, through the Xooma
Worldwide Network of Independent Distributors**



**Designed and directed by: Dr Marthin Botha
PhD Biochemistry, B.A Psychology. ND/DO
Independent Xooma Distributor**

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Dedication

This book is dedicated to all those people who over the last more than four decades, while struggling with their health, trusted me as their mentor and coach. They are too many to name individually, but they are constantly in my thoughts and prayers and they all know who they are;

- The hundreds of Cancer sufferers who are not only in total remission, but survived (drug free) for many years after they were sent home by their Oncologists and told that “nothing further can be done” and they had about three to six months of life left.
- The Diabetes type II sufferers who participated, and are still participating in the (drug free) worldwide trials. The spectacular results from these trials are changing the attitudes and lives of these people.
- The parents of the 78 children that was born (through natural and drug free conception) in the last 22 years, despite the fact that the medical profession declared these couples “non-specific infertile.”

I also wish to thank my associates and friends for their help on this project **“Understanding and Controlling Diabetes Type II and other Lifestyle Diseases”** Not only are they taking personal responsibility for their own, as well as their family’s Health and Wellbeing. But, they are prepared and dedicated to help me, to be a coach and mentor to all you newbie’s who want to come on board and adopt this lifestyle.

...and lastly, I dedicate this book to the many thousands of people around the globe who would like to take personal responsibility for their own Health & Wellbeing, but don’t know where to start. Especially the thousands who do not realise that

their lifestyle is potentially the cause of the world's most undiagnosed disease – Diabetes Type II.

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Disclaimer

This eBook, **“Understanding & Controlling Diabetes Type II & other Lifestyle Diseases - Naturally,”** or any other attachments to this publication, or information leading from this publication, does not constitute a diagnosis of any disease. Nor does it suggest any specific treatment or medication for any disease you may have at present or may encounter in the future. The suggestions are there for your information and for you to evaluate, as to the suitability to your lifestyle.

Should you decide to act on the suggestions it is your responsibility to follow the instructions carefully and diligently.

Therefore, it is in your interest, to read through this publication carefully and if you are still left with any questions or doubts, to consult with a suitably qualified Healthcare Professional, before you proceed with any of the protocols suggested here.

About the Author

Dr Marthin Botha

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Author of the 90 Day Diabetes Type II Challenge

Born in South Africa, he studied and qualified as a pharmacist, then went on and obtained a PhD in Biochemistry in Switzerland. He lost interest in the drugs of the pharmaceutical industry and went to Germany where he studied Naturopathy, Homeopathy and Osteopathy. He arrived in Australia in 1970, first setting up practice in Melbourne. In 1974, he then moved to Far North Queensland. He was able to study part time and obtained his B.A. in Psychology.



Shortly afterwards he went to China to study Traditional Chinese Medicine. He also spent a further 8 months in India studying Ayurvedic, or Traditional Indian Herbal Medicine.

In 1992, he moved to his present location in a rural City in NSW, namely Griffith – also known as the Cancer Capital of Australia.

The saying: “Knowledge is Power” is true, and he is keen to share that knowledge with you and empower you and as many other people as possible.

Foreword

Throughout our lifetime, we are constantly searching for ways to improve our health and wellbeing. Most of us want to die as young as possible, but as late in life as possible. In other words, we want to be healthy and full of vitality, with our bodies in good working order, right to the end (whenever that may be). Unfortunately, when we were born, none of us were issued with an operations manual, showing us how to service and maintain our bodies, so that it can remain healthy and in good working order throughout our lifetime.

Over the years different theories were expounded by so called experts, only to find that in a very short time the theory has been refuted. Because of all the conflicting theories, people seemed to have relinquished their obligations, of taking personal responsibility for their own health, through proper nutrition and exercise. They are hoodwinked into the belief that all their ailments, even ones as basic as physical fitness and the common cold, can (and must) be healed by chemical drugs.

Bacteria and viruses, which existed long before science was even thought of, have become resistant to the modern drugs. The few Multinational Pharmaceutical Companies, that control the drug industry, are in constant search for stronger drugs, in the hope that they will be able to eliminate these little critters. The virus and the bacteria couldn't be destroyed by the catastrophe that caused the demise of the dinosaurs. What chance do these companies have to do so? Unfortunately, the stronger the drugs become, the more resistant the bacteria and viruses will become and the more deleterious side affects will be encountered.

For the intent observer, it very quickly becomes clear that these industries of modern medicine are fighting a losing

battle. The only unfortunate aspect is that your body becomes the battleground, within which the war takes place between the ruthless bugs and the dangerous drugs.

Despite all the changes and progress science is making, the human body still need the basics, such as hydration, nutrition and exercise in order to heal itself. It is a proven fact, that when the body is provided with the right nutritional ingredients, it will invariably repair itself. Isn't it time to start to take back your responsibility and make a difference in your life and the life of your family?

The purpose of this book is three fold;

- I have deliberately made sure that it is in very simple plain language, with very few if any big, unpronounceable medical terms and words. *(I do not apologise to the educated community, for not using medical terms, because I am speaking to ordinary people, who did not have the specific education).*
- To give you your first volume of an operations manual for your body.
- To show people who are suffering from Lifestyle diseases, such as Diabetes Type II, overweight, acid reflux and many more, how they can take control of their lives and improve their health, without harsh chemical drugs.

A combination of Nutritional Supplements and progressive lifestyle changes has been proven to control and lower the Blood Sugar Levels to the extent where no other medication may be necessary.

Most Diabetic Type II sufferers are usually also affected with other problems, such as abnormal blood pressure, overweight and Kidney deficiencies. It has been shown through the extensive worldwide Diabetes Type II trail

currently being conducted, that this procedure is also very beneficial for those conditions.

This protocol has also been found to be very beneficial for general use, for people who would like to stay healthy and active throughout life. So, realise that this is not only for people who are experiencing an ailment, but it is also for those who want to stay healthy. My motto, borrowed from Chinese philosophy: ***"Dig the well before you are thirsty."***

However, Diabetes Type II is the subject that will be given more attention to, in this publication, because it is in pandemic proportions in the Western world. But as you read this, please keep in mind that these supplements and lifestyle suggestions are also suitable for all people of different ages and backgrounds.

The products discussed in this eBook have been found to be the basic but essential combination of nutritional products for good health, vitality and wellbeing.

Once you decide to participate in this protocol, you can request to be coached and mentored. I will be your coach, however, if necessary, I will call on the assistance of my colleagues. This is to make sure you get the support you deserve.

The first 90 days

From experience gained from the many years in practice as well as the Diabetes Type II Trials conducted in 2010 and still ongoing in certain countries, I found that within 90 days, the participant, will have noticed the marked improvement in his/her health. It is then the participant's responsibility to decide to permanently adopt the lifestyle changes that were followed through the first 90 days.

All the supplements, diet and exercises that will be recommended have been carefully studied and assessed

by International Researchers and are deemed absolutely safe for therapy. The exercise regimes prescribed have been assessed by specialist fitness trainers. There are ongoing webinars and information sessions scheduled regularly for participants. The only way that you can participate in this complete program is to make sure you register at the end of this eBook (Page 60).

What is Diabetes Type II?

Diabetes Type II is described as a 'lifestyle disease' because it is more common in people who do insufficient physical activity and are overweight or obese. It is strongly associated with high blood pressure, high cholesterol and an 'apple' body shape, where excess weight is carried around the waist.

In diabetes there is too much glucose, a type of sugar, in the blood. The two main types of diabetes are type 1 and type II.

Diabetes Type II is by far the most common form of diabetes. Currently it affects about 300 million people worldwide, while in America the number is estimated at about 26 million and growing daily. In Australia with a population of 24 million people it is estimated to be about 270,000 people with Diabetes Type II. It is also estimated that 1 new case of Diabetes Type II is diagnosed every 7 minutes in Australia. **However, there are many more people around the globe who do not even realise that they have the disease.**

Diabetes Type II affects 85 to 90 per cent of all people with diabetes. While it usually affects mature adults, younger and younger people, with children as young as 9 years of age, are also now being diagnosed in greater numbers as rates of overweight and obesity increase. Diabetes Type II used to be called non-insulin dependent diabetes or mature onset diabetes

The cause of Diabetes Type 1 (usually found in toddlers and children) is unknown, but research suggests it occurs when something in the environment such as a viral infection triggers the immune system to destroy the insulin-making cells (Isles of Langerhans) in the pancreas

of the foetus. There is presently no preventative measure or cure for Diabetes Type 1.

The causes of Diabetes Type II are known and in most cases it can be prevented and with slight lifestyle changes, diet and exercise, it can be controlled with a minimum (if any) medication. However, once it has developed, there seemed to be no permanent cure for Diabetes Type II. If there is no significant lifestyle change when a person develops Diabetes Type II, it can progress and develop into Insulin Dependent Diabetes Type II. It is naturally much better to control the disease, with the necessary lifestyle changes, before it becomes that chronic.

Symptoms

Diabetes Type II often has no symptoms. It is estimated that about half of those people who currently have Diabetes Type II have not yet been diagnosed. Even if symptoms are present, they are often not recognized or are attributed to other reasons such as being too busy or 'getting older'.

In many cases blood glucose levels can be very high by the time symptoms are noticed and medical treatment is sought. Common symptoms include:

- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Slow-healing wounds
- Itching and skin infections
- Blurred vision
- Mood swings.

Glucose metabolism explained

The body uses glucose as its main source of energy. Glucose comes from foods that contain carbohydrates such as potatoes, bread, pasta and rice, fruit and milk.

After food is digested, the glucose is released and absorbed into the bloodstream.

The glucose in the bloodstream needs to move into body tissues so that cells can use it for energy. Excess glucose is also stored in the liver or converted to fat and stored in other body tissues.

Insulin is a hormone made by the pancreas, which is a gland located just below the stomach. Insulin opens the doors (the glucose channels) that let glucose move from the blood into the body cells. This is part of a process known as glucose metabolism

In diabetes, one of two things occurs; the pancreas can't make insulin (Diabetes Type 1) or; the cells don't respond to the insulin properly (Insulin Resistance) and/or the pancreas produces inadequate insulin for the body's increased needs (Diabetes Type II)

If the insulin can't do its job, the glucose channels can't open properly and glucose builds up in the blood. High blood glucose levels, cause the health problems linked to diabetes, often referred to as complications

Risk factors for Diabetes Type II

While there is no single cause of Diabetes Type II, there are well-known risk factors.

Those most at risk of developing Diabetes Type II include:

- People with pre-diabetes
- People aged 45 and over who are obese or overweight, have high blood pressure or have a first-degree relative with Diabetes Type II
- People with cardiovascular disease such as heart attack, angina, stroke, or narrowed blood vessels
- Women with polycystic ovarian syndrome who are overweight

- Women who have had gestational diabetes
- People aged 55 or over
- Lifestyle factors that increase the risk of developing Diabetes Type II include:
- Being overweight or obese, especially around the waist. (Apple Shaped)
- Low levels of physical activity
- Unhealthy eating habits, such as regularly choosing high fat, high sugar, high salt or low fibre foods
- High blood pressure
- High blood cholesterol
- Cigarette smoking

Pre-diabetes

Pre-diabetes is a condition in which the blood glucose level is higher than normal but not high enough to be called diabetes. Pre-diabetic conditions include impaired fasting glucose and impaired glucose tolerance. It is important that people with these conditions reduce their risk of developing diabetes by;

- increasing their physical activity
- develop a healthy eating plan and
- constructively work at losing weight

It is at this stage, the disease can be averted completely, providing the necessary lifestyle changes are made at the time.

Management options - Diabetes Type II

The aim of diabetes treatment is to maintain blood glucose levels within the normal range, which is between 3.5 and 6 mmol/L before meals and 3.5 and 8mmol/L two hours after meals. This will help prevent possible long-term problems that can affect the heart, blood vessels, eyes, kidneys and nerves. Keeping your blood pressure and cholesterol within the recommended range is also very important to help prevent these long-term problems.

Healthy eating, achieving and maintaining a healthy weight and doing regular physical activity are vitally important. Assisting the body through supplementation, in order to replace the missing enzymes and minerals lost during the preparation of food, such as Pasteurisation, Microwaving, Radiation and Irradiation, may delay or even prevent the use of Medication or Insulin Injections in the case of Diabetes Type II.

Total co-operation will be greatly appreciated; as this will give a clear indication of the role Nutritional Supplementation, Complementary Medicine and Lifestyle Changes can play in this ever expanding pandemic called Diabetes Type II.

A Natural Point of view

We are very fortunate where we live in the democratic countries, to be able to have a free choice. It is also unfortunate that because of that free choice, many of the citizens of these countries, with the encouragement from the Allopathic Medical Community, have relinquished their responsibility for their own Health and Wellbeing. Unfortunately the Allopathic Medical Community tends to treat all ailments including Diabetes Type II with drugs rather than to look at alternatives to help the body to

repair itself, after neglect has brought the individual back to reality.

Complementary Medicine is trying to do just that, by looking at the cause and by removing the cause, or helping to change the lifestyle of the individual, and assist the body to do the necessary repairs.

It has been known by the Medical fraternity that Diabetes Type II used to be called non-insulin dependent diabetes or mature onset diabetes. It is also described as "A Lifestyle Disease" and that is the angle from where Complementary Medicine approaches this condition. However, the main objective of Complementary Medicine is to assist you to again take control of your life and claim personal responsibility for your health.

There is the necessity of balancing blood sugars and supplementing in an intelligent and balanced way for the best results. Synergy is the primary goal of this Diabetes Type II challenge. We believe that the body needs products that work in conjunction with it, not to force an issue, but to resolve a deficiency and this is our goal in all that we do, including this challenge.

Water – Xtreme X2O

The first Vital Nutritional Supplement

Without water nothing can exist. The human body, like the planet we live on and the plant life we are surrounded by, consist of 70% water, and no matter what food you eat or medicine you take, without water these will not give you nutrition or heal your disease.

The adult loses water from the body at a minimum rate of 3% of his/her body weight per day. This is through Respiration (Breathing), Perspiration (The body's cooling system), Urination and Elimination.

When a person becomes dehydrated several changes will take place i.e.

- Blood becomes thick, so the Kidneys must raise the blood pressure in order to filter toxins from the blood
- Only 1% drop in water in the body will influence the actions of the brain, causing forgetfulness, memory loss, and fatigue
- Dehydration interferes with digestion, causing what is known as "incomplete digestion", heartburn, Oesophageal Reflux and constipation

Xtreme X2O is a natural product (Sango Coral Sand) from the ocean beds some 100 Kilometres off the Okinawa Islands near Japan. This product has been used by the Japanese people for many centuries.

The first documented medicinal use of coral is by the Arabs in the 16th Century. The oldest pharmacy in Spain was built in 1685 in Panaranda de Duero in Northern Spain. This pharmacy, now part of a museum, is still displaying a container of "ground up" Sango Coral from that time, with the inscription "**Coral stone to purify the**

blood and give long life." It further states that the coral has a beneficial effect upon the heart and elevates the mood of the person taking it.

Ancient cultures were aware that the coral's more than 70 minerals and elements are the key for the HEALTHY to remain healthy and for the UNHEALTHY to regain their health.

They also recognized that pH balance was most important for the maintenance of Good Health.

Xtreme X2O, when placed in water will release within minutes Calcium, Magnesium, Potassium and 70 other trace minerals, vital for life and health. These minerals are released in Ionic form (does not need to go through the digestive process like organic minerals) and is absorbed very rapidly into the bloodstream.



As Hydration, Mineralization and Alkalization are the foundation stones for good health, this product, along with the right amount of water, is the mainframe for this treatment. 70% of the human body consists of water, however as people age, they tend to think that water is not that important. Adults loose water on average at approximately 3% of their body weight per day. This is through breathing, perspiring and urinating. When your water levels drop by as little as 1% it will start to affect your thinking as the brain is approximately 85% water, so a small drop in water in the brain can have a great influence on that persons thinking pattern and concentration abilities.

The inclusion of Xtreme X2O in this treatment is vital, as research has shown that most people in the western world are chronically dehydrated and their body tissues are very acidic. In the case of Diabetes Type II this is even more prevalent. The acidity in the cells of the body, initially leads to Insulin resistance. Over a period of time this Insulin resistance will develop into Diabetes Type II.

It is also known that sufferers from Diabetes Type II find it very difficult to maintain a strict diet regime. The reason for this may be **"because of habit"**, however, it is perhaps more due to the constant "Cravings" created by the body asking for certain substances, such as water, minerals or even Alkalinity. In many cases it has been proven that the signs of thirst have been misinterpreted as hunger pains and cravings.

For the blood to carry Oxygen, it must remain at a constant pH of 7.35. In order to do so, it will dissolve calcium from the muscles and tendons, as well as from the bones. This can lead to more serious conditions such as tendonitis, arthritis and osteoporosis. In more serious cases it can also lead to the inhibition or stress of the mitochondria (the power generators within each living cell), thus resisting insulin and the condition of Diabetes Type II deteriorates to dangerous and life threatening conditions. So, the Xtreme X2O in enough water is the most important ingredient of your health regime. Evidence obtained from the ongoing Diabetes Type II trials conducted by Dr Marthin Botha and his team, has shown that after about two months Diabetes Type II can be almost totally be controlled with the Xtreme X2O in your daily drinking water. The mission of this exercise is to allow you as the participant, to enjoy the same successful outcome and benefits experienced by the trial subjects.

Transform your water!

Make XtremeX2O in water, your daily source for hydration and refreshment!

It's as easy as 1-2-3!

Step 1: Drop an Xtreme X2O sachet ("teabag") in 18-24 ounces of purified or bottled water

Step 2: Shake bottle for 10-15 seconds

Step 3: Allow 5 minutes for Xtreme X2O to transform your water before drinking.

The ideal and most economical way to use the XtremeX2O sachets is to use one sachet for every two bottles of water. Place one sachet in your bottle first thing in the morning, and hydrate throughout the morning, refill again with water, using the same sachet. This should last you until about midday. Remove the "used" sachet and replace with a fresh Sachet of XtremeX2O for the next two bottles of water for the rest of the day.

XTREME X2O CHEMICAL ANALYSIS	
Aluminum	Neodymium
Antimony	Nickel
Barium	Niobium
Beryllium	Osmium
Bismuth	Palladium
Boron	Phosphorus
Bromine	Platinum
Cadmium	Potassium
Calcium	Praseodymium
Carbon	Rhenium
Cerium	Rhodium
Cesium	Rubidium
Chloride	Ruthenium
Chromium	Samarium
Cobalt	Scandium
Copper	Selenium
Dysprosium	Silicon
Erbium	Silver
Europium	Sodium
Fluoride	Strontium
Gadolinium	Sulfur
Gallium	Tantalum
Germanium	Tellurium
Gold	Terbium
Hafnium	Thallium
Holmium	Thorium
Indium	Thulium
Iodine	Tin
Iridium	Titanium
Iron	Tungsten
Lanthanum	Vanadium
Lithium	Ytterbium
Lutetium	Yttrium
Magnesium	Zinc
Manganese	Zirconium
Molybdenum	

Author's Tip: Do not immediately discard the used XtremeX2O sachets. Place these in a sunny position for at least 4 – 6 hours and dry them out. The used sachets can then be torn open and the contents placed into the potting mix of your pot plants, or in the soil in your garden – your plants will reward you.

Beauty tip: Tear open one "sun dried" sachet and mix with about two teaspoonsful of "Cold cream." It has been found to be an excellent exfoliation scrub for the face and body.

Hydrate, Mineralize, & Revitalize with Xtreme X2O

Hydrate:

Xtreme X2O sachets actually make water "wetter" by lowering the surface tension of water molecules. This dramatically increases your water's ability to hydrate your body at the cellular level.

pH Defined:

pH simply means potential hydrogen. Every one-point decrease on the pH scale is 10 times more acidic. For example, a drop from 7.0 to 2.0 is 100,000 times more acidic for your body!

Mineralize:

Every Sachet of XtremeX2O contains calcium, magnesium, and over 70 trace minerals. These essential minerals (electrolytes) become ionic in water allowing them to be absorbed quickly and easily by your body. Xtreme X2O is delivered in a pure ionic form, which means it is immediately bio-available to the body.

Benefits of Alkalinity in healing the body naturally

When asked what the number one cause of death is worldwide, most will likely answer cancer or heart disease, and in many ways they would be right, but no matter what the name of the illness is, they all originate from the same root cause – too much acid waste in the body!

Too much acid in the body creates an environment which favours the decomposition of living things, and weakens all body systems, allowing disease to thrive. In order to

maintain a healthy body, that can fight off disease and function optimally, we must maintain adequate alkaline reserves to neutralize excess acid accumulation in the body.

The acid/alkaline range is measured on the pH scale (Parts Hydrogen), from 0 to 14 respectively. The human body's pH is around 7.4pH. To give you an idea of just how serious over acidity is for our health, every one-point drop on the pH scale increases the body's acidity 10-fold. That's a 100,000 increase in acidity from 7.0 - 2.0, which is about the difference between drinking purified water, and a carbonated energy drink. Now imagine the benefits of drinking alkalized water with a pH level of nearly 10!

If you can imagine acidic particles much like shrapnel, you can see the danger of having acidic pH levels, along with high cholesterol and other fatty substances within the blood. Hardening of the arteries and veins occurs when sharp acidic particles cause scratches and bumps on the inside walls of the blood vessels, which the fatty plaques are able to stick to, triggering the onset of atherosclerosis, which is regarded as the precursor of cardiovascular disease. Due to this build up, the arteries become narrowed and fatty plaques that 'bandage' the tears created by the acidic particles become detached from the walls, raising blood pressure, and potentially increase the risk of blood clots, heart attacks and strokes.

With an estimated two thirds of all cancers being attributed to poor nutrition, and over half a million deaths a year preventable through a change of diet alone, how does over acidity threaten the onset of the main cause of death in both men and women? Well, the acidic waste thickens the blood to the point where it cannot carry the quantity of nutrients and oxygen the organs need to function efficiently. When the cell is deprived of oxygen and the amino acids that they require for repair and regeneration, they either die and turn into acidic waste, or

due to 'survival-of-the-fittest', they adapt to their new, deprived environment by becoming cancerous, allowing it to survive by multiplying continually to grab the few available nutrients. Normal cells that become deprived of the nutrients by rapidly multiplying cancer cells stop dividing and die.

Eating good, clean food in the right quantities throughout the day, can keep your metabolism running high (think of your metabolism as your fat burning furnace), and your energy levels constant, but also eating foods with a high pH to ensure you maintain an alkaline balance is just as important. The efficiency that a cell carries out its metabolic activities is determined by the nourishment it receives. In other words, a car engine will only perform as well as the grade of fuel that you put in it.

Cells not only die because of lack of nourishment and oxygen from thickened acidic blood, but also from being poisoned by chemical additives. Another reason to always try to eat organic and natural foods in their original source (not processed or modified by man).

Nutrient Timing refers to the amount of nutrients needed by the body to function optimally, without leaving leftover waste, and overloading the body with excess calories that are often stored as fat. During the day the body digests and absorbs food quickly, but in the evening and at night these processes slow down, causing blood to flow more slowly, meaning the fat particles in the blood are more likely to remain undigested and turn into acidic waste. These find their way into the blood and block the transport of insulin from the pancreas. The lack of insulin in the blood means that sugar does not get burned up, so that blood sugar levels become elevated and produce diabetic symptoms.

Aside from water, there is much more fat in the body than any other substance, and I'm not just talking about the

fatty tissue beneath our skin that so many of us struggle to lose year after year. The surrounding membranes of each and every cell in our bodies are made up almost entirely of fatty acids. The combination of fatty acids and amino acids plays a vital role in energy production, forming a membrane around the red blood cells through which oxygen gains entry into the cell.

Fast food and high-sugared foods is not the only culprit in the fight against obesity! Way before we had the 'convenience' of fast foods and processed foods, there was another culprit to weight gain.

Heat! Cooking destroys many of the enzymes in foods that prevent obesity, as without them there is nothing to prevent too many nutrients from being absorbed into the body, and so what the body doesn't need is either stored in fat cells or turned into toxic acidic waste, which can be converted to cholesterol and lactic acid. Blood loaded with acidic waste circulates the body and clogs organ systems, slowing down metabolism, causing less food to be burned up.

When it comes to change, even the most head strong people can still fall short, and not through lack of commitment, but more so due to lack of knowledge. We may not have much control over external or environmental causes of toxic waste, such as pollutants or even stress, but we do have absolute control over what we put into our bodies, and so it is that nutrition will be your armoury in the fight against ridding your body of acidic waste.

Along with the report from your Health Assessment Questionnaire, you will also receive a page, indicating the food categories highlighting the most alkaline to the most acidic food options. You should limit the foods towards the acid side of the table to about 20% of your total food

consumption, and increase consumption to about 80% of the foods on the alkaline side of the table.

It's worth noting here that a food's acidic or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself.

Most people think of citrus fruits such as lemons and grapefruits to be acidic, however the end-products they produce after digestion and assimilation are very alkaline, so lemons are alkaline-forming in the body.

Likewise, meat will test alkaline before digestion but as with most animal products, meat is very acid-forming, leaving a very acidic residue in the body. It's also worth noting here that the fresher the food the higher its alkalinity. Cooking, freezing or canning foods increases their acid-forming potential.

Stay away from foods grown with chemicals, processed with preservatives or prepared with sugar, as these are acid-forming also.

Beneficial Food Types

Honey (Providing it's the thick, raw, unfiltered honey that's opaque in colour), contains high levels of the starch-digesting enzyme amylase, and is truly a super food, especially Royal Jelly, which the worker bees feed to the queen bee to extend her life span from a few weeks to as long as ten years.

Fibre-rich foods help prevent many degenerative diseases by binding with the stomach's acid so that it cannot damage the lining of the intestinal walls. Green, leafy vegetables are beneficial not only for their vitamin and mineral content, but also because they reduce the hyperacidity in all the organs of the body. Potatoes when cooked so as still slightly raw, act as an appetite suppressant, but also contains high levels of glue-like

substances called mucilage, which helps the enzymes in the stomach break down the food mass.

The fact is that many vegetables are effective cleansers of the body's acidic wastes, especially when juiced. The juice of carrots and beets, with their high percentage of acid-forming sulphur and phosphorus, effectively clean out the acidic wastes from the liver, kidneys, and bladder.

Nuts – Cooking, smoking or roasting any nuts will increase their acid-forming properties, so always enjoy nuts and seeds in the raw, unbleached form.

Cayenne Pepper - Stimulate good digestions, including the breakdown of fats. It's also a good overall body tonic that can help reduce inflammation.

All meats (including fish and fowl), rob the body of minerals that neutralize the acidity, with our bones being one of the places that it will take them from.

Liquids - To really put things into perspective when it comes to neutralizing acidic waste, it takes 32 x 300ml glasses of alkaline, mineral enriched water to neutralize the acid from one 375ml can of carbonated soft drink.

For each acid-forming beverage that you consume, your body uses its own buffers, stripping bones, tendons and muscles of calcium, to raise the body's alkalinity to maintain a healthy blood pH level of 7.35 – 7.45.

Purified/Enriched Water - Public tap water, and even drinking water in our homes, have been shown to still be contaminated with pharmaceutical drugs, hormones, and bacteria – all acidifying and toxic.

What are the extreme benefits of drinking restructured, enhanced water?

One of the easiest and most effective ways to enhance your body's alkalinity is to drink restructured, ionic mineral-enhanced water. Xtreme X2O sachets are a great way to allow you to do this quickly and effectively. A small tea-bag like sachet is dropped into a bottle of 700-1000ml (1 litre/20oz) of water, shaken, and left for 5 minutes. It works by lowering the surface tension of the water molecules, increasing the ability to hydrate your body at the cellular level, and start pushing your pH level back up the scale for better health and fitness.

Signs and Symptoms

Symptoms of mild-dehydration include chronic pains in joints and muscles, lower back pain, headaches, and constipation. A strong odour to your urine, along with a dark yellow colour is a clear sign that you're not getting enough water. The higher the pH of water, the greater ability you have of hydrating your body. Alkalinized Xtreme X2O water contains higher levels of ionic minerals such as calcium, and magnesium, allowing these to be absorbed quickly and easily by your body.

As I'm sure you've seen over the past few years, companies are fast catching on to the benefits of purified and reconstructed bottled water, with well known soft drinks and sports drinks now all launching their own special, and 'unique' enriched water, each one seemingly better than the last. Whilst these may well help balance your body's acid/alkaline levels, ridding your body of acidic toxic waste, will soon find that the cost of living acidic free, will increase financial stress. Emotional stress will always initiate intestinal infections and inflammatory disorders due to acidifying effect that stress exerts on the blood.

Xtreme X2O sachets are not only a quick and cost-effective way of staying in an alkalinized state, but has the added benefit over bottled water, of neutralizing the

chlorine typically found in tap water, as well as removing fatty plaques and acidic waste from the arterial walls.

Here are my 7 Simple steps to restoring Ph balance in the body

Step 1

Make sure you drink enough XtremeX20 enriched water

Our bodies lose at least 3% of water every day just through normal bodily functions. This can be anywhere from 2.5 litres (approx 85 ounces), to as much as 4 litres (136 ounces). You lose water through urination, respiration, and perspiration. If you are physically active, you'll require even more water. ***Thirst is your body's way of saying; "you are already dehydrated at a cellular level."***

Step 2

Determine the very least amount of water that you need to drink, take your body weight in Kg and multiply that by 30. ***e.g. 70 Kg x 30= 2100ml or 2.1 Litres of water per day.***

Should you work in pounds, then it is your body weight in pounds, divided by 2 and that is the amount in ounces of water you will need. ***E.g. 154 lb/2 = 77 oz of water that you will need per day***

This excludes all other drinks such as Coffee and Tea. When you drink carbonated soft drinks (Soda), then you will need much more water, as it has been estimated that when you drink 375ml (12oz) of carbonated soft drink (Soda) you will need approximately 32 glasses (300ml or 7oz) to wash the acid out of the body. Should you do hard physical work or you are outdoors in the hot sun, you will need much more water too.

Step 3

Drink at regular Intervals - Just a 1-2% drop in body water can impair your mental focus and physical performance, as well as slowing down your metabolism. Physical activity and exercise causes you to lose vital electrolytes that are critical for nerve impulses and muscle contractions, so being able to quickly replenish these is essential for peak performance.

Step 4

Supplements - Take a multi-enzyme supplement with every meal along with at least 500ml of XtremeX2O and alkalized water.

Another supplement I like is a product called 'FocusUP', which will boost your energy levels and help you keep mental focus during times of stress.

Step 5

Add variety - Aim for including plenty of alkaline forming vegetables in your diet.

The 80/20 rule - Disease and illness thrive in an acidic environment but can't survive in an alkaline environment. 80% of your diet should come from alkaline promoting groups.

Step 6

Breathe - Stress is one of the most significant causes of acidic conditions in your body. Put some time aside each day to breathe deeply and relax.

Step 7

Stay hydrated and regular - Flushing toxic waste is as much about hydration as it is having regular bowel movements.

First noticed - January 7th, 2011

An interesting fact has apparently been discovered by nutritional scientists, first working independently and then cooperatively in Britain and in Holland. After a person consumed the so-called "diet drink," laced with artificial sweeteners, high acidity and no calories, the body will automatically stimulate the appetite of that person, trying to find the calories it expected from the sweet drink or confection.

Independent trials, using healthy active people, were conducted, both in Britain and Holland. In both countries they used active sports people aged between 18 and 35 years of age. The participants in each trial were divided into three groups with almost identical physical make up (age, sports type, gender and the position they played in their individual teams). Each group was given the same volume of the three different drinks (Diet Drink, Natural Sugar Drink (soda) and water), half an hour before the meal was served.

Identical food with predetermined total caloric values was served to each of the three groups (self serve Buffet style). They were instructed to eat as much as they like, and to make sure there is no food left on their plates after the meal. The calories of the left over food from each group were subtracted from the total calories presented to that group.

In both trials it was found that the people, who have consumed the "Diet Drink" with artificial sweeteners, before the meal, consumed 150 to 300 calories more than the people who had a natural sugar drink (soda), and up to 600 calories more than the people who only drank water.

Apparently, this has all got to do with the long term conditioning of the human body, the connection of the taste buds on the human tongue to the part of the brain

that controls appetite. In the case of the water drinking group, the water seems not to have triggered the increased appetite response from the brain.

The hypothesis is that the human body is now so conditioned to “expect” energy in the form of calories from the sweet drink. When the calories are not found from the sweet drink, such as in the “Diet drink,” it will stimulate the appetite, seemingly demanding those missing calories, that was promised by the sweetness.

Author’s Note: This have my attention and is definitely something that I will explore further, and now that you are part of this group, I will keep you informed of my findings. If this hypothesis is correct, it is then just normal to also start wondering about Natural Calorie Free Sweeteners. Would these have the same affect on the body and your appetite?

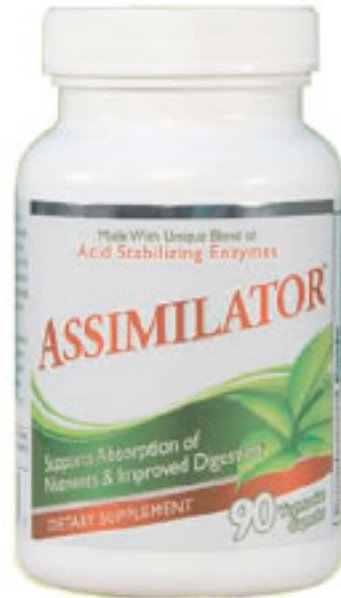
Let’s now look at the Next Supplement needed in today’s society in order to stay healthy - naturally.

Assimilator

The next most important product that is vital to your health and wellbeing is Assimilator.

Why our body needs enzymes. . . .

Enzymes are very much the currency that generates life. They are proteins that trigger activity in the cells of the body. They are present in all living cells and control the metabolic processes whereby nutrients are converted into energy and used to regenerate healthy cells. Enzymes also take part in the breakdown of the foods you eat into simpler compounds and are necessary for cell reproduction, breathing, digestion, nerve transmission, disease protection and thousands of other biochemical reactions that take place within the body.



Unfortunately, due to our industrialized diets (i.e. processed/junk food and sugary acidic beverages) and stress-filled lives, we often find ourselves experiencing less than optimal digestion—often witnessed as heart burn, bloating, gas, belching and a general uncomfortable sensation after eating. It also helps the body to lower the Insulin Resistance and help the body to utilise the Glucose for energy, as it did before.

Without enzymes, many of the nutrients in our food are locked away and cannot be released properly to support optimal health.

Do You....

- Use a microwave?
- Eat processed food with added preservatives?
- Drink beverages/eat foods that are pasteurized?
- Consume fast food or "junk food" more than once a week?
- Experience bloating, gas or belching on a regular basis?

If you answered "YES" to any of these questions, you're probably not getting all the important enzymes your body needs from the food you eat.

By adding Assimilator to your daily health regime, you can begin to replace some of the "missing ingredients" (enzymes) in your diet for optimal health and digestion.

The synergistic combination of Xtreme X2O, water and Assimilator and the other products described here, on a daily basis provides you with a rock solid foundation for optimal health and hopefully allowing your body to start using Insulin as it used to when you were younger.

Who then need Enzymes and why?

As we age, the Systemic Enzymes seem to diminish rapidly. Following, are proven research results, so in order to assist the body to digest food properly and in maintaining every action that takes place within the body, we need to supplement our diet daily with enzymes.

Age 27:

The Systemic Enzyme production in the human body starts to drop dramatically

Age 35 to 45:

The further drop in enzymes causes a reduction in hormone production

Age 45 to 50:

Because the Enzymes are in further decline, we begin to have trouble digesting the food

and absorbing the nutrients. Digestive problems, such as acid reflux and heartburn start to appear.

Age 50 to 60:

Due to the further decline in systemic Enzymes, we lose an estimated 10% Lean Muscle Mass – Annually

Age 60 onward:

Our internal organs begin to shrink and malfunction

This goes for the brain too...

The brain (the fatty part) is 60 to 70% Cholesterol + Long Chain Essential Fatty Acids, which is controlled by enzymes. Everything we think with is based on Fat Molecules, linked by Enzymes to proteins, suspended in water. Loss of water, Fat, Cholesterol and Enzymes causes... Forgetfulness – Lack of Concentration – Dementia - Alzheimer's

It is recommended to take one Assimilator capsule three times a day before meals. However, for the person on the go it may be more convenient to take one capsule before breakfast, and two capsules before the evening meal.

Author's note

As a primary health care practitioner for over 40 years, I have encountered many formulations of "Enzymes," yet I have never seen any other formula that is so complete, containing all the 8 vital Enzymes, Vitamins A and D and a complete Trace Mineral Complex, in Optimal Daily Requirement doses (*Optimal = what is needed*).

Omega-3/75

Omega-3/75 – is the next product that is considered as necessary for health and wellbeing.

Omega-3 Essential Fatty Acids are fats that are vital for health, yet cannot be made by the body. Therefore, Omega-3 must be ingested (eaten). There are two groups of Essential Fatty Acids. The Omega-6 fatty acids series (including linoleic acid) and comes from plants in our diet. The Omega-3 fatty acids series (including alpha-linolenic acid) comes from deep sea cold water fish. *(There are also now some Omega-3 products produced from plants. However, the deep sea cold water fish is still the better option).*



It is recommended that the ratio of omega-6 to omega-3 fatty acids in the diet should be at a ratio of 1:1. However, research shows that the ratio in the typical Western diet is now almost 25:1 due to increased use of highly processed Hydrogenated (So-called "Low Cholesterol") Vegetable oils rich in Linoleic Acid (LA), e.g. highly processed Margarine. This further coincides with the fact that there is a marked reduction in fish consumption (alpha-linolenic acid). Scientific research suggests that increasing the relative abundance of dietary omega-3 fatty acids will have a number of great health benefits.

Omega-3/75 Essential Fatty Acid formulae contain the highest possible ratio of EFA (Omega-3) available. This formula also contains required daily allowances of Squalene and Alkoxyglycerol, to help maintain your body's defence system against cancer and tumour growth.

The Omega-3/75 is produced using a low-heat molecular distillation process that guarantees all of the benefits associated with preformed fish oils, but without any of the harmful toxins like; PCBs, dioxins, mercury, arsenic, cadmium, copper and lead. The formula is further enhanced with the addition of a proprietary fat-soluble antioxidant blend that ensures purity, safety and maximum performance. Consuming 2 - 3 capsules of the Omega-3/75 daily with meals, will give your body the extra assistance it needs to help maintain a healthy central nervous system (heart and brain), optimal cellular communication (i.e. healthy hormone control) and a reduction in inflammation (i.e. rheumatoid arthritis).

Berry Balance

Berry Balance combines 12 pure source nutrient-rich berry extracts with patented ingredient complexes like ActiVin®, L-Opti-Zinc® and Chromate® along with a patented blend of probiotics. In vivo and in vitro studies have shown that berries, rich in anthocyanins, possess many biological functions that confer potent health benefits, including antioxidant activity, cardiovascular protection, blood sugar support, enhanced brain function and mental clarity, anti-aging properties, urinary tract health, and healthy vision.



This wonderful machine, the human body, makes use of many different substances and subsets of those substances or nutrients to replicate and repair it. With all the information on the different benefits of different berries across the board it made sense to make use of a spectrum of berries rather than targeting a single substance. The body has its own ability to choose what it needs from what we ingest. I believe the more good choices we give it the better we will be.

The berry blend in the Berry Balance is an example, Containing grape seed extract, raspberry, cranberry, gogi-berry, bilberry, blueberry and elderberry, for statesman ship among the berries {Just kidding. Little joke there}, Pomegranate fruit extract, Cherry extract, Blackberry fruit extract.

There is further research on a number of these berries as to the health benefits they provide individually. As food

sources there is good information on each of these. From my point of view it is always a good idea to let the body select what it needs and get rid of the waste. That's why it has its own entrance and exit to a closed system that does the digestion, absorption and elimination. It's almost like sorting packages at the postal service. The packages come in and then a decision is made as to where they go or in the case of the body where they are needed.

The minimum therapeutic dose for Berry Balance is 1 capsule twice daily before meals. However, with Diabetes Type II, it has been found that there is much better blood sugar control by taking 2 capsules twice daily. This is because of the affect and influence that chromate and ActiVin® have on the natural metabolism of blood glucose.

FocusUp

There's a global energy crisis and it's not the one you've been seeing in the media...it's inside your body. Your body craves physical energy and mental clarity without the negative side effects of today's popular energy drinks. That's why Xooma created FocusUP - the world's first "Pure Energy Think Drink". This is also available in very convenient capsule form.



The main reason for FocusUP to be included in this health package is to feed, restore and protect the nervous system. The nervous system and specifically individual nerves are highly susceptible to damage and destruction caused by acidity and high sugar levels in the

body of a Type II Diabetic.

Acetyl-L-Carnitine (ALCAR) is a form of L-Carnitine, a Bioenergetics Nutrient that is found in nearly all cells of the body. ALCAR protects, maintains and energizes the neurons that are critical to concentration, memory, mental energy and overall health.

This form of Carnitine is the most bioavailable and energetically useful form for your brain. It supports your brain's optimal synthesis of acetylcholine, the neurotransmitter that is critical for concentration and memory.

DMAE, also known as dimethylethanolamine is an Energetic Nutrient naturally found in fish like sardines and

anchovies and is believed to work primarily by supporting healthy neurotransmitter function, particularly the production and action of acetylcholine.

Huperzine A, is an alkaloid derived from *Huperzia serrata* plant. It's a Botanical Ingredient that promotes memory and cognitive function by supporting healthy acetylcholine levels in the brain, vascular function and neuronal health.

Several randomized, double-blind, placebo-controlled trials indicate that Huperzine A supports memory and cognitive function.



Some of the researcher's conclusions to those studies are as follows:

In "a placebo-controlled randomized clinical trial of 34 pairs of adolescents complaining of self-diagnosed "memory inadequacy," four weeks of supplemental Huperzine A resulted in significantly improved performance on tests of memory and learning ability.

"Huperzine A, possesses the ability to protect cells against hydrogen peroxide, beta-amyloid protein (a toxic protein), glutamate (a neurotoxin), and ischemia (state of reduced oxygen)."

Rhodiola is another Botanical Ingredient that has been utilized medicinally for centuries. Since 1960, more than 180 modern pharmacological, phytochemical and clinical studies have been published.⁵ "Rhodiola has demonstrated a remarkable ability to enhance cellular energy metabolism. The studies published thus far show the herb to be highly beneficial for both physical and mental performance under stress. It provides significant

enhancement of mental energy. It stimulates norepinephrine, dopamine and serotonin and has cholinergic effects in the central nervous system.

A randomized, double-blind and placebo-controlled trial studied the effect of Rhodiola on young, healthy physicians on night duty. The researchers measured Rhodiola's effect on five different measures of mental acuity: associative thinking, short-term memory, calculation, concentration and speed of audiovisual perception. It was concluded that statistically significant improvements in all five of those mental performance parameters in the physicians who took Rhodiola Rosea for two weeks.

Green Tea (providing polyphenols and caffeine):

Green tea has been utilized as a Botanical Ingredient in traditional medicine for centuries. The bulk of the science shows polyphenols give green tea its unique and special power. For years, scientists have recognized that polyphenols in green tea exhibit a powerful ability to protect brain cells from free radical activity.

Researchers have stated:

"Green tea catechin polyphenols, formally thought to be a simple radical scavenger, are now considered to invoke a spectrum of cellular mechanisms of action related to their neuro-protective activity. These include pharmacological activities like iron chelation, scavenging of radicals, activation of survival genes and cell signalling pathways, and regulation of mitochondrial function and possibly of the ubiquitin-proteasome system. As a consequence these compounds are receiving significant attention as cyto-protective agents."

In addition, Green tea provides naturally occurring caffeine. In a definitive report (*Caffeine for the Sustainment of Mental Task Performance. Formulations for Military Operations*), the Institute of Medicine Food and

Nutrition Board Committee on Military Nutrition Research concluded that the consumption of caffeine enhances both cognitive functioning capabilities and neuromuscular coordination

Vitamin B12 is a water-soluble vitamin with a key role in the normal functioning of the brain and nervous system. B12 is normally involved in the metabolism of every cell of the body, especially affecting DNA synthesis and regulation, but also fatty acid synthesis and energy production. B12 assists in the manufacture of certain neurotransmitters and in the support of brain metabolism.

It has been found that Vegans are chronically deprived of Vitamin B12, thus they will benefit greatly from proper hydration with Xtreme X2O and FocusUp.

Get the body moving!

The old saying: "Use it or lose it." Is very true in the case of all ailments such as Arthritis, Obesity and Overweight and specifically also for Diabetes Type II.

All the medication and/or supplementation will be totally useless for any condition unless there is also a concerted physical effort from you.

You want to get blood moving and oxygen flowing. This provides great benefit for the body. Exercising too aggressively can be counter productive, when you over exercise the body produce lactic acid. That is what contributes to the sore muscles after exercising.

However, gentle exercise on a regular basis is the key to the wellbeing of every muscle, organ and sinew in your body. There are almost as many exercise regimes as what there are "Personal Trainers."

Unfortunately, we can't prescribe a specific exercise program for you. But, we agree with all the other health professionals, where it is recommended that an exercise regime of at least 30 to 60 minutes per day must be followed. This can be broken up into 10 or 15 minute periods to start with.

If you are mostly confined to sitting until now, just standing up and sitting down a few times in succession can be the starting point of your exercise regime. By repeating this several times a day, will start to show positive results within days.

Pedometer

It is also generally accepted, in order to remain mobile and supple a minimum amount of steps must be taken daily. The ideal in order to achieve total fitness, no matter

your age, and what is deemed to be the norm, is a minimum of 10,000 (ten thousand) steps. You may have to start with just a few hundred and then build up to the optimum over a period.

These are all the steps you do, at home or at work. Naturally when you walk there is no additional stress (G-Force) on the joints and they can remain supple.

The steps can be monitored with a "pedometer" which can be purchased from any sport equipment store. It is easily attached to the waistband of your clothing and will register every step that you take for the day. At the end of the day it can be reset ready for the next day.

The Chinese Philosophy is that your feet are regarded as your "Second Heart." So, by walking you help with blood circulation and better Oxygen and nutrient distribution throughout the body.

Heart Monitor

Once over the age of thirty five, it is of utmost importance to make sure that you do not over-stress your heart. Modern athletes today (no matter of age) are all using Heart Monitors, because of the damage they can do to their heart with serious consequences later in life.

The heart monitor should be used when you do exercises in the Gym or go for a power walk in the park. In your case it is to make sure that while you are exercising, your heart rate remains in the safe zone. You need to increase your heart rate into what is termed the "aerobic range," for at least 15 minutes per day in order to maintain a healthy heart. Most heart monitors are also programmed to indicate the "recovery rate" after your exercise.

When you acquire the Heart Monitor from your favourite sporting goods store, an assistant should be able to set it up for you and once it is set, it will stay in that range until

you need to replace the batteries, which can be as much as 5 years before that will happen.

Walking, dancing, yoga, swimming, aqua-aerobics or a nice bike ride are all good. One of the big keys is to have fun while moving. An exercise buddy will always be a fantastic motivator and help. The advantage of perhaps joining a Gymnasium, where you can have some "strength" training will also be very beneficial.

Jumping on a mini trampoline is a wonderful form of exercise. Put on some of your favourite music and have fun with it. It gets the lymph fluid moving in the body. You can workout at whatever intensity is good for you. You don't have to jump up and down. You can just do some gentle bouncing, where your feet hardly leave the trampoline.

In all these suggested exercise regimes, both the pedometer and heart monitor should be used, except perhaps in swimming and Aqua aerobics, as these devices are usually not waterproof.

Exercise is a great stress reducer. And stress is one of the quickest ways to get the body acidic and sick. So counteract the stress by working it out with some movement. And have fun while doing it.

One of the most important aspects are that you should keep Hydrated and the easiest way to do that as well as balancing your body's pH is to drink water laced with XtremeX20. One of the beneficial side effects are that it acts as a very gentle colon cleanse and helps to remove toxins from my body.

The Glycemic Index:

Eating For Balanced Blood Sugar

Acknowledgement: *This article is written By Dr Kyle Smith and is reprinted in full.*

So...what do you do? How exactly do you identify the fast-releasing carbohydrates that will spike your blood sugar into the stratosphere and pack the pounds on your belly?

A gentleman by the name of Thomas Wolever, M.D., Ph.D., from the University of Toronto, has developed a concept that allows us to easily see which foods are the worst culprits when it comes to raising blood sugar levels and packing on the Kg/pounds.

Dr. Wolever's research identified that some foods create greater insulin demands than others, and wreak more havoc on the body's mechanisms for blood sugar control. He classified these foods with a Glycemic Index (GI) rating, which ranks foods based on their potential to raise blood glucose and insulin concentrations. A high-GI food greatly increases blood sugar and insulin levels after eating.

As you would expect, table sugar (sucrose) and anything that contains lots of it ranks high on the GI scale and so do foods made with refined flour. Whole foods, including fruits and vegetables, have a much milder impact on blood sugar and insulin.

For your reference, Table 1 (on the next few Pages) provides a list of the corresponding glycemic index values of some of the most common foods. To start moving towards a healthier, more balanced body, begin to eliminate the worst blood sugar offenders in the list.

As you review the list, one glaring point should leap out at you: the fact that most refined grain products produce a serious blood sugar and insulin response. When I first show this chart to people, they often share that they had not expected grains to be such bad news.

A telling example is corn flakes. This product produces a response that's literally off the charts! Notice, too, that bananas produce a high index as well. So.. Corn flakes, a chopped banana, add a teaspoon of table sugar (sucrose) – how many people start their days with this kind of combination?

Now you know how to avoid such a trap: simply utilize the list on the next page to identify the best and worst foods.

Consume more of the low-GI foods and eliminate as many of the high-GI foods as possible. At the very least you will notice more consistent mental energy throughout the day as well as a tighter trimmer mid-section!

Glycemic Indexes of Commonly Eaten Foods

The following list includes over 50 foods. Most are followed by their corresponding Glycemic Index (GI) values, in parentheses. The foods are randomly categorized into five groups for simplicity and ease of use. You'll see that by combining foods with varying glycemic indexes, you can alter the effects of one food on blood glucose and insulin response.

No GI – Lowest GI

Cucumber	Radish	Artichoke	Asparagus
Spinach	Broccoli	Cauliflower	Eggplant
Celery	Cabbage	Green Beans	Lettuce – All Varieties
Berries– Raspberries, Blueberries, Blackberries	Peppers–All Varieties	Squash – Zucchini	Snow Peas, Bok Choy
<p>Protein drinks: <i>whey protein, egg protein, colostrums, high-quality soy protein</i></p> <p>Seeds and nuts: <i>almonds, flax, pumpkin, sesame, sunflower, walnuts, pecans</i></p> <p>Lean meats: <i>grass-fed beef, buffalo, poultry (turkey/chicken), fish, eggs</i></p> <p>Fermented Milk Products: <i>yogurt, kefir</i></p>			

Low GI (Good to combine with protein and/or nuts)

Grapefruit (25)	All-bran cereal (42)	Peaches (42)	Plum (24-40)
Pears (33-41)	Apples (38)	Carrots (47)	Chena dal (8)
Chick peas (28)	Grapes (46)	Green peas (48)	Kidney beans (28)
Nopal (7)	Oranges (42)	Peaches (42)	Peanuts (14)
Pears (38)	Pinto beans (39)	Red lentils (26)	Strawberries (40)
Cherries (22-40)			

Medium GI

Large servings result in a high GI; (limit portions and combine with protein and/or nuts are recommended)

Apple juice (40)	Bananas (42-52)
Buckwheat (54)	Fettuccine (40)
Navy beans (38)	Orange juice (50)
Parboiled rice (47)	Sourdough wheat bread (54)

High GI

(Any normal serving will easily result in a high GI; significantly limit portion or eliminate these foods. Alternative solution: *Must combine* with protein and/or nuts!)

White rice (64)	Couscous (65)
Life cereal (Weet-Bix) (66)	Sucrose (68)
White wheat flour bread (70)	Whole wheat flour/bread (71)
Cheerios (74)	Shredded wheat (75)
Cornflakes (81)	Baked Russet potato (85)

A Brief Review

All foods elicit distinct responses from the brain and body when you eat them. And no organ, gland or tissue is more sensitive to this than the brain. In fact, specific changes in brain chemistry normally occur after each meal. High-glycemic foods are the worst brain offenders of all. Foods with a high glycemic index disrupt brain energy, make you fat, and imbalance your insulin levels far more than foods

with a low glycemic index. High-GI drinks such as fruit juices and soft drinks (soda pop) trigger an undesirable blood glucose and insulin response in the brain and body as well.

The result of eating high-glycemic foods will be an excess of insulin and glucose in the bloodstream. These excesses result in reactive hypoglycaemia, poor energy, mood swings, and irritability. After repeated insulin spikes, the body begins to fail to properly adapt. Insulin resistance begins, with a list of degenerative conditions and age-accelerating symptoms soon to follow.

The answer to this dilemma is balance. You can begin the process of eliminating these blood sugar-related symptoms and reversing the progression of the health conditions with which they're associated by consuming more low-glycemic and less high-glycemic food. In addition, you can dramatically slow down the release of carbohydrates and lower the glycemic index of foods with what I like to call the Glycemic Index-Protein Connection.

The Glycemic Index-Protein Connection

Science shows that you can further balance your blood sugar when you combine protein with carbohydrates. This has been shown to effectively slow the release of the carbohydrate in the foods you are eating. If you choose to eat foods with a higher glycemic index, combine it with a lower-glycemic food choice.

Here are a few easy examples:

- Eat some seeds or nuts when you have fruit. For example: eat an apple, banana, orange, cherries, pineapple, apricots or grapes with a serving of walnuts, almonds, pecans or pumpkin seeds.
- For breakfast, combine eggs with a serving of fresh berries and a dash of yogurt. Have your eggs

cooked the way you like them, accompanied by fresh or frozen blackberries, raspberries or blueberries, with a couple tablespoons of yogurt on the side.

- Another example for breakfast could be the combination of eggs with a serving of a low-acid forming grain (millet, buckwheat, and sprouted grains in general), plus fresh berries. Try eggs cooked the way you like them, combined with organic buckwheat and fresh or frozen blackberries, raspberries or blueberries).
- Combine wild Alaskan salmon, free-range chicken, or grass-fed beef with a baked potato and asparagus, salad, or another vegetable. The fibre and nutrients in the other vegetables, combined with the protein in the meat, will balance out the body's glycemic response to the potato.

You Can Still Have Dessert!

An occasional sweet treat isn't going to harm your health, but repeated overindulgences can and will contribute to additional body-fat and a host of health problems.

Instead of loading up on candy, cookies, soft drinks, and cake sweetened with refined-sugar, get your sweet fix with natural sweeteners such as Stevia, Xylitol, guava nectar, or small amounts of Wild Lands honey (USA) or Manuka Honey (Australia & New Zealand).

These sweeteners are good for your brain, your health, and your waistline. Recipes for naturally sweetened, minimally processed treats can be found in all kinds of natural foods cookbooks, and these kinds of treats are increasingly available in stores and on the Web.

Remember: When you decide to indulge in something sweet, utilize the glycemic index to avoid foods that will

overtly spike your blood sugar, or be sure to combine these foods with nuts and/or proteins that will slow the sugars' release.

See the "Brighter Mind" book for recipes or go to www.BrighterMind.com to access food charts, printable shopping lists, as well as many other goodies that will make eating the Brighter Mind way a breeze!

Note: The lowest-GI foods are not evaluated in the American Journal of Clinical Nutrition's list of more than 2,300 GI data entries; however, other nutrition tables list these fruits and vegetables as powerhouse nutrition sources by weight in relation to their relatively low impact on blood sugar

Phospholipids are substances composed of two fatty acids linked to a phosphate group: phosphatidylserine is an example of a phospholipid.

Other Lifestyle Diseases

Most people believe that if they have no severe symptoms, or when they experience aches and pains, that it is just part of living and ageing, and that they are healthy. They can't be further from the truth.



The definition of good health, as laid down by the World Health Organisation states;

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."

So what is then classified as Lifestyle diseases? Many people will tell you that they are healthy apart from having;

- Arthritis
- Rheumatism
- Stiff joints
- Deteriorating vision
- High Blood pressure
- Slightly overweight
- Obese
- Night sweats
- Back aches
- Headaches
- Shortness of breath
- Feeling tired all the time

I can go on with the list, but I believe you get the drift of my meaning. All these are signs and signals from your body, telling you that everything is not as well with your health as what you would like to think it is.

I have been listening to many conversations that go something like this; "There was nothing wrong with me before, but the other morning when I got up out of bed it

hit me like a big truck, I had a heart attack.” When you take a moment to think about that, is that a true statement? No, because when you investigate it a little further, you will find that the signs and signals were there, sometimes up to 10 years before the traumatic event.

Those people, who survive their first heart attack, should count themselves as very lucky, because for the other approximately 49% of people who experience their first heart attack, that first symptom they experience is death.

Can this be changed? My short answer is “YES.” But then I have to quickly add, “Only if you are prepared to take personal responsibility for your health and lifestyle.

Conditions such as joint pains and arthritis, is not going to improve by taking “Anti-inflammatory” drugs. The alternative is that you can assist your body to heal itself by making sure you are properly hydrated, mineralised and alkalized and that you get the correct nutrition. The side effects of the drugs are sometimes worse than the original health condition. The Medical Profession and the drug manufacturers will try and tell you that ‘unless there are side-effects, there can’t be any beneficial effects either.’ What a lot of nonsense. The only effects you should experience, should all be beneficial ones.

Having said that, when you set out on the new improved lifestyle, you will find that, you may experience a “healing crisis.” The healing crisis is usually a disease from the past that was suppressed by chemical drugs.

The human body has evolved over many years, and it is able to heal itself, providing it is given the right nutrition and in the right quantities. I am always amazed, when I see that some professor had made a “ground breaking discovery” in the human anatomy. The body already knew that for all of its existence here on earth. It is an inborn memory it is equipped with. New discoveries or not, if the

body is treated the way it is designed to be treated, with the right nutrition and proper exercise, it will remain healthy till the end of days, however long that may be.

Overweight and Obesity

Since overweight and obesity has been listed as a disease, because it is raging like a wild fire storm through the communities of the developed countries, it created another monster that people must deal with. Researchers are looking for a wonder drug that will make it go away. Charlatans are preying on unsuspecting people and cashing in on bogus weight loss programs. However, nobody really sit these people down and explains what the problem could be.

For instance, obese people will tell you that they always have a gnawing hunger pain, which makes them want to eat. I have found on closer examination that they are very dehydrated at a cellular level, and perhaps the hunger pain is a signal from the body, desperately asking for water.

Many people that came to my practice with an obesity problem found that their hunger pains as well as their "insatiable appetite" seem to disappear almost instantly, once they start to drink sufficient water. Naturally, the other cravings, such as that for something sweet, i.e. chocolate also seem to disappear when they add Xtreme X2O to the water. This to me is an indication that the body was asking for water and minerals, so that it could process the stored fat into energy.



Xooma Worldwide also prides itself with a package of three products that was specifically designed as "Fat Burners," rather than weight loss products. It is the MetaboWize range of products. However, it works best when you are properly "Hydrated, Mineralised and

Alkalized.” ...and for that you need XtremeX20. For those interested in this package, and who would like some more information, you can ask for help by contacting your Xooma Team leader or your Xooma Sponsor.

If you are not a Xooma member as yet, you can contact the person who introduced you to this book, or Dr Marthin Botha, the author (see page 60 for details).



Without boring you or going into too much detail here, I hope you can see that lifestyle and nutrition, is an area of Health that I am very interested in and naturally, I would like to share that information with you. But I do not want to force it upon you, you need to want to know, and if you want to know, please just ask.

The Health Assessment Questionnaire

This Health Assessment Questionnaire was designed by Dr Marthin Botha, and has been used by him for over 30 years in his practice. It is designed to empower you the participant, to obtain first hand information on your health. You answer the questions and Dr Botha will give you an assessment, of all the different systems in your body that may need attention, now, or in the near future. It is also a very sensible idea, to get a baseline of your personal health at the commencement of your lifestyle change. Remember, with our assistance, you are going to now take personal responsibility for your own health instead of relying on a "pill and a bill" from you Medical Practitioner. We would like to help you to have ***"more life in your years."***

The Health Assessment Questionnaire can be compared to a road map, when you set out on a journey. When you know where you are, you can plan where you want to be in the future as far as your health is concerned. Most of Dr Botha's clients and also all people who have participated in the original Diabetes Type II trial, have completed the questionnaire at the beginning and again at the end of the first three months on this program, and were amazed about the improvements of the various body system, which showed up as troublesome during the first questionnaire.

It is suggested, in order for you to get the most benefit from the questionnaire and the supplements that are recommended, that you repeat the process of completing the questionnaire every three months for the first year and then perhaps every 12 months thereafter, just to make sure you are still on track with the Natural Health Regime. There are substantial discounts for doing it this way.

Please note: Your personal information is confidential and that is how it will remain. The only person that will have access to your health information is Dr Marthin Botha and perhaps only one of his specially trained and qualified members of staff in his practice. Further; all questions you may have after you have received the results from your questionnaire will only be handled and answered personally by Dr Botha. Yes, you do have the opportunity to ask questions, and yes, Dr Marthin Botha is a real person.

We all look forward working with you, to achieve and enjoy a healthy life, full of energy and an abundance of wellbeing!!

Where do I go from here?

Thank you for taking the time to read through this publication. The fact that you are on this page tells us that you are definitely interested in taking more responsibility for your own health from now on. In order to help you getting started, we are going to give you a choice.

As a current member of Xooma Worldwide

Since you are a member of Xooma Worldwide, all you will want to know, is where you are standing as far as your personal health is concerned. All you have to do is to [CLICK HERE](#), enter your name and e-mail address, check your email and complete the payment details. Then fill out the Health Assessment Questionnaire and click the **SUBMIT** button. All the information and recommendations will end up back in your e-mail Inbox within 72 hours.

If you are not yet a member of Xooma Worldwide

The Best choice: The opportunity to have a free Health Assessment, along with the products as described below. These products are regarded as the essentials for the “foundation” of excellent health in modern society. No matter what you suffer from, or if you just want to remain healthy and energetic, you need a solid stable base to build on. This formula has been very beneficial for all my clients over the years, so we know what these are capable of as far as your health is concerned, and we would like you to experience that sense of wellbeing too.

This package of products and service that I recommend is worth \$294.50 retail. Your Health Assessment arrives by e-mail and the products are delivered to your postal

address. (a saving of over 40%). The wholesale price is only US\$199.00 plus postage for this Package.

In some countries, the delivery of the products to your postal address, can take up to 14 days and some times longer, from the date of order. So, the sooner you get started, the sooner you should see the positive results.

If this is your choice; In order to minimise the frustrations that you sometime encounter on the internet, we suggest you follow the instruction below;

1. [CLICK HERE](#) and select your country and then click **VIEW THE PRODUCT CATALOG**.
2. On the top right hand side of your screen, underneath the words **Know your item#?** Type this number into the empty box: [4250](#) and click **Add Item to cart**
3. Now click the button that says **Continue Order**
4. You will now set up your wholesale account by clicking on **"Get started as a Member."**
5. On the next page you must click on **"Join now with Cart Items.**
6. Complete your information and the payment details, and submitting the application.
7. Within 24 hours after you have set up your wholesale account, you will receive an email from me with the subject line reading - **"Your free Health Assessment Questionnaire."** The email will contain a web site address and an access code.
8. Go to the web site address and insert your name and e-mail address. Then copy and paste or type the code into the space provided. This will take you directly to the Health Assessment Questionnaire. Once you have completed it in full, please click SUBMIT.

9. Within 72 hours you will get the results of your Assessment back from Dr Marthin Botha. There could also be several other attachments.
10. Please create a separate file on your computer where you can store this information for easy access. The reason for this suggestion is that you will receive regular updates and information that will help you to complete your Personal Operations Manual for your body.
11. If you are serious, about your health, you will want to complete the Health Assessment Questionnaire again after 90 days. You will be amazed at the positive responses your body will give you, provided that you have followed the instructions.

The Alternative choice: (still a very good choice, as you will have taken the first step on that journey to your destination of health and wellbeing)

Get started by completing your personal Health Assessment, by [CLICKING HERE](#). The cost of the Health Assessment and the follow up notes is US\$49.95. Once you see the results of the Assessment, you can then decide if you would like to go ahead with the nutritional supplements that will be recommended in your Health Assessment.

Whatever choice you make, you are still a member of a special club, dedicated to **“Put more life in your years.”**

Thank you again and we look forward to officially welcoming you into our network of like-minded people. These are the people who have taken personal responsibility for their Life, Health and Wellbeing.

What is in it for me?

Our aim is to help you to enjoy a healthy life. As you probably realise, you can only achieve this by making an investment in yourself. But the decision is yours. Once you have decided to take personal responsibility for your Health and wellbeing, you will need:

- Some high quality products that are going to do what you expect them to do. That is why I recommend the Xooma range of products. With more than 40 years experience in the Natural Health industry, where I am in direct contact with manufacturers and products, I have not found any other range of products that will give you the value for your money, in the form of synergy (working together as a team) and quality, like the Xooma range of products.
- You will also need ongoing support, in order to achieve and/or maintain your goals, whether these are physical, emotional or financial goals. We will make sure you get that support if and when you request it.

By investing in the package we suggest, you will qualify to receive the following:

- Any and all future orders will also be at wholesale prices
- Once your family and friends start to notice the changes in your health and wellbeing, they will naturally want to "have the same." Should you introduce them to the program, they will also be able to buy at wholesale prices and have access to the Health Assessment
- You will receive referral commissions on all purchases made by these people that you introduce.

By referring as few as 4 people to this program, you could earn enough referral commission to pay for all your future

orders. Over the next few weeks you will receive some emails from me, with more information on this subject.

Post script:

Here is an opportunity for you to have a professional explain to you, how we market our products. It is an introduction to Network Marketing by none less than a Professor of marketing, giving you all the detail and the legitimacy of the profession. Please don't hesitate to share it with your sceptical and uninformed friends.

I, like many other people, have had a distorted view of Network Marketing. When Network Marketing was mentioned, many people, including me, just switched off. Because, someone somewhere told them (and me) that **Network Marketing** was actually *Pyramid Selling*. Some people become very aggressive when you mention Network Marketing. We all know that Pyramid selling is illegal in most countries around the world, and it is also very much different from true Network Marketing.

This video was the first reason why I associated myself as a member, with Xooma Worldwide. Only after I joined did I discover the other reasons, such as the synergism and quality of the products, and the rewards plan.

CLICK HERE to view a professional explanation about how we market and distribute our products.