


How To Kill Cholesterol Before Cholesterol Kills You.

By: Wayne Garland - FOUNDER OF WAYNE GARLAND'S MASTER FORMULAS



Contagious Health





This book is written in the memory of my late wife, Christine Idris Smith-Garland and is dedicated to my two wonderful daughters, Bianca Kotabalavu Garland and Justine Rose Garland, who provided the inspiration for this work to be done.

And to my Deb who stood by me at all times during the storm.

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ABOUT THE AUTHOR



Wayne Garland was diagnosed with terminal cancer nearly 20 years ago. Advised he had less than three months to live and that he should “get his affairs in order”, Wayne refused to accept this prognosis. Instead, he traveled the globe seeking healers who understood the mysteries of healing the human body.

Today, Wayne Garland is cancer free and is the Founder and Head of Research and Development of Master Formulas, Inc., a cutting-edge biotech nutritional products company specializing in natural, non-drug therapies for all degenerative disease.

He has studied extensively in Tibet, India, China and Korea and at the famous National College of Naturopathic Medicine in Portland as well as being a final-year student at the Clayton College of Natural Health. Dr. Garland graduated with a PhD at the Magna Cum Laude level in Nutritional Science in 2001.

His philosophy of triggering “**Contagious Health**” within the body has led to breakthroughs in the natural treatment of Cancer, Cholesterol, Diabetes, AIDS, Leukemia, Lupus, Menopause and Arthritis.

His mission? To heal the world, one person at a time.

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Do you know how extraordinary you really are?

Of all the miracles in this universe, you are the greatest one of all. Your body is a technological marvel that can do ANYTHING. It can dream of going to the Moon and Mars and then, in the twinkling of an eye, get there. And come back home, too.

Your body knows how to fight all disease, in exactly the same way, and bring itself back to vibrant health. This condition is what one of the great healers that I studied with for many years, Dr. Sook Kim in Korea described as “Contagious Health”. The body gets itself into a condition where it continually gets healthier and healthier.

It can do this when given the appropriate “triggering elements” that turn on the “health switches” inside us all. We were designed to operate this way. The Giant Engineer of this entire Universe which is how she would describe our Maker, made us, and gave our body this innate knowledge. We are not designed to be sick and to live a short, painful existence - quite the opposite. The statisticians in our medical communities tell us that we are capable of living to 130 years of age, disease free, yet the vast majority of people on this planet can only make it half way to that lofty goal.

The reasons are many, but all stem from a dumb refusal to utilize the natural forces that our body operates under and instead fall back on dangerous, synthetic drug treatments that do not work in harmony with the body and also, only treat the symptom, not the true cause of the problem. Billions upon billions of dollars are being spent in this mad chase for a solution to mankind’s illnesses with no chance of it ever being successful.

There are certain rare places on Earth where people do indeed live long, long

lives and disease free. These places have no hospitals, nor any chains of drugstores. They have no police, nor do they have any jails, as no one commits any crimes. There are no mental hospitals because no one goes insane. There is a common denominator in all these rare pockets of longevity, I know because I have journeyed to each of them over the past 15 years in my learning adventures. These people are all CONTAGIOUSLY HEALTHY.

They eat rarely any kind of meat such as beef, pork or chicken. They consume no dairy products. NONE! McDonalds, Pizza Hut, Wendy’s, Burger King and Kentucky Fried Chicken have never been heard of, if they have, they are banned from ever opening a store.

One thing they all do is consume large amounts of Minerals and Trace Mineral Compounds, generally in the form of mineral water from springs and alpine lakes. And they irrigate their crops with this mineral-rich waters so their fruits and vegetables, rice and wheat are crammed with life-generating, disease-fighting nutrients.

Oh, they also exercise ALL THE TIME.

*Of all the
miracles
in this
universe,
you are the
greatest
one of all.*

Their blood was “worth bottling”.

In the Himalayan paradise known as Hunzaland, long thought to be the inspiration for the famed Shangri La paradise, after a hard morning's work in the fields, they stop for lunch and everyone dances and sings! Then they go back to work. They finish work and they WALK HOME. No luxury cars, buses or trains.

These people, like the others I visited around the world—in Vilcabamba in Ecuador, in Georgia in Central Asia, in the Okinawan Islands off Japan, they had something else that amazed me. Their blood was the purest I had ever seen. This is the “tell all” in treating any disease.

There is an old expression in my home country that is used when someone achieves true greatness. Your blood is worth bottling. When you are CONTAGIOUSLY HEALTHY, your blood is truly worth bottling.

What is different about the blood of these people who live forever, totally free of heart disease, cancer,

diabetes, AIDS, Alzheimer's disease, Lupus, Chronic Fatigue Syndrome, where strokes don't kill 2 out of 3 people? It is totally clean because their livers can filter all toxins and impurities from the blood. The blood is drenched in vital Minerals and Trace Minerals which the body needs to operate. Without them, the body rapidly breaks down and then stops. You die.

Their blood is enriched with things called antioxidants which wash compounds called “free radicals” from the body. These are the building blocks of all disease and cause premature aging. And finally, I found that their blood is totally free of dangerous Cholesterol and a thing called “Homocysteine”. Also, their “Triglycerides” were amazingly low as well. There was no “plaque” clogging up their arteries which causes sudden death from strokes. Their blood was “worth bottling”.

Now yours can, too.

CHAPTER 2: THE SILENT KILLERS

First, what exactly is Cholesterol and what makes it so dangerous? And, what is this other Silent Killer, “Homocysteine”?

Cholesterol is a waxy, fat-like substance that is found in your body and is needed for our body to function normally. Our body makes all the Cholesterol it needs. 85% of Cholesterol is made in the liver. Cholesterol is present in cell walls or membranes, it is everywhere in the body, including the brain, nerves, muscles, skin, liver, intestines and of course, in your heart. Your body uses Cholesterol to produce many hormones, Vitamin D, and the bile acids that help to digest fats. It takes only a small amount of Cholesterol in the blood to meet all these needs.

When we have too much Cholesterol in our body, primarily due to an unbalanced diet and the pace of which it can be processed by the body, the extra Cholesterol is deposited on the cell walls of our arteries and heart, where it forms a thing called “plaque” (which is unnervingly close to “plague”) and bingo, we have heart disease.

It was staggering for me to learn that an estimated 103 Million American adults have dangerous levels of Cholesterol in their blood.* That’s more than half the entire population!

Every twenty seconds of every day, someone has a heart attack! And every sixty seconds or one minute, someone dies of a heart attack or stroke. Did you know that strokes and heart attacks are our single biggest killer?

The Silent Killers are dangerously high levels of Cholesterol, particularly “LDL” Cholesterol and the newcomer to the party, “Homocysteine”. Homocysteine is a natural byproduct of the burning of proteins within our body. When Homocysteine

levels are high, as well as Cholesterol and Triglycerides levels that are high, it is like Nitroglycerine meeting Dynamite.

People like the Hunzas in the Himalayas and the Okinawans have no dangerous Cholesterol or Homocysteine in their blood. They live practically forever. But the reason for for all this occurring to us in America and the rest of the Western world is our fanatical desire to eat junk food. A diet high in animal protein, hamburgers, cheese saturated pizzas, fried chicken, too many saturated fats, sugar, chemicals, pesticides, poisons, and antibiotics (which describes what 99% of the U.S. population consumes) help create this Silent Killer combination in our blood and arteries.

The body just can’t operate the way it was designed to. It’s all very, very simple. That’s how it works. And this book will show you how to fix it.



*SOURCE: American Heart Association; 2002. Dallas, TX: AHA, 200

CHAPTER 3: A PLAGUE OF PLAQUE

If you could peer into the arteries of 90% of the people in this country, you'd see that our lifelines - the blood supply in our veins and arteries - is clogged like blocked drains in an old house. This is this thing I call the Plague of Plaque.

Cholesterol is a major ingredient of this plaque that collects in the coronary arteries and causes fatal strokes and other Coronary Heart Disease. Excess Cholesterol is deposited in the artery walls as it travels through the bloodstream. The special cells in the artery walls gobble up the excess Cholesterol, creating a "lump" in the artery wall. This Cholesterol-rich "lump" then is covered by a scar that produces a hard coat or shell over the Cholesterol/Homocysteine cell mixture. It is this collection of Cholesterol fats covered by a scar that is called "Plaque". The plaque buildup narrows the space in the coronary arteries through which blood flows, decreasing the supply of vital oxygen and nutrients to the heart and the rest of the body.

If not enough oxygen-carrying blood can pass through the narrowed arteries to reach the heart muscle, the heart may respond with a pain called "angina". The pain usually occurs with exercise, because the heart needs more oxygen. Angina is typically felt in the chest, although oftentimes also felt in the left arm and shoulder.

However, this same inadequate blood supply may produce no other symptoms. Cardiovascular Disease is often a "silent" disease, until something goes horrifically wrong. Plaques come in various sizes and shapes. Throughout the coronary arteries, many small plaques build themselves into the walls of the arteries, blocking less than half of the artery opening. These small plaques are often invisible on many of the tests doctors use to identify Coronary Heart Disease.

Prior health theories concluded that the large blockages were the most dangerous plaques and the ones most likely to cause

fatal heart disease. The largest plaques are in fact the ones most likely to cause angina. However, small plaques that are full of Cholesterol and Homocysteine, but not completely covered by scar tissues, are now thought to be very unstable and more likely to rupture and burst, releasing their Cholesterol and Homocysteine contents into the bloodstream.

When this happens, it precipitates blood clotting inside the artery. If the blood clot totally blocks the artery, it reduces or stops blood flow dramatically, causing a heart attack instantly. The muscle on the far side of the blood clot is deprived of oxygen and immediately begins to die. The damage is often permanent and irreversible.

Lowering your blood Cholesterol levels can slow, stop or even reverse the buildup of this plaque. Eliminating the Homocysteine is also of dramatic necessity. Again, remember what I have already told you. People who live practically forever, have zero levels of Homocysteine and incredibly low levels of dangerous Cholesterol and Triglycerides.

What should your Cholesterol, Homocysteine and Triglyceride levels be to avoid all this?

Ideal cholesterol levels should be 140-165 mg/dl although the American Heart Association says 200 mg/dl is "okay".

- HDL (the "good" Cholesterol) should be from 80-90 mg/dl.
- LDL (the "bad" Cholesterol) should be from 30-50 mg/dl.
- Triglycerides (another fat in the blood) should be less than 150 mg/dl.
- Homocysteine levels should be 5 or lower.

These are the levels the ancient, ageless ones I mentioned before have in their blood. Is there evidence in this country that levels like this can eliminate or reduce strokes, heart attacks and coronary heart disease? Yes and it is emphatic evidence indeed.

CHAPTER 4: THE FRAMINGHAM STUDY

Whenever I give a lecture or seminar and discuss these rare places on Earth where people have near-zero levels of heart disease, people invariably say

“Oh, that’s impossible to duplicate here in the West, we’re just too different from them. Their lifestyle is so totally different to ours that the results don’t translate to life here in America.”

Not so. Researchers have assumed that people are not willing to change their lifestyles and eat a lowfat vegetarian or near-vegetarian diet, even though this is how two-thirds of the world has been eating for centuries. Interestingly enough, many anthropologists believe that our ancestors were primarily vegetarians, despite the popular image of the caveman as a hunter and meat-eater. Our teeth are designed primarily for plant-based foods, fruits and vegetables. Our intestinal tract is long to allow for the slow digestion of high-fiber, complex carbohydrate foods, rather than the short digestive tract needed to process meat and dispose of the resulting toxic waste quickly.

Even as early as the 1900s, two-thirds of the protein in the typical American diet came from plant foods, whereas today two-thirds of our protein comes from animal foods. Because of increasing prosperity and the availability of refrigeration and freezers, the consumption of animal foods has dramatically increased and with it, the incidence of strokes, heart disease and cancer. A “total protein” is a protein that is 100% utilizable by the body. Animal proteins create a high acid environment in the gut, which the body attempts to neutralize by leaching vital Calcium from the bones.

Some of the best epidemiological evidence linking diet with high Cholesterol-caused heart disease comes from the famous **Framingham Heart Study**. Framingham is a small town in Massachusetts near Bos-

ton. In 1948, scientists began studying half of the town’s 10,000 residents to determine the risk factors for coronary heart disease. These people have been examined and checked every two years ever since then, some 54 years of being under the microscope. The doctors there said,

“Let’s measure everything that might be related to heart disease. We’ll keep track of who gets a heart attack during the next several decades and see if there is any correlation between these factors and the risk of heart disease.”

During the next fifty years, The Framingham Heart Study gave us the most conclusive evidence showing that high blood pressure, high Cholesterol levels, smoking, obesity and diabetes increased the risk of developing coronary heart disease.

For instance, they found that for every 1% that blood Cholesterol levels rose above 150 mg/dl, the chance of developing coronary heart disease increased by about 2%.

So if your Cholesterol levels are at or around 200mg/dl, which is where 90% of the population’s levels are, your chances of developing heart disease, having a stroke or heart attack, are 100% more than those who are at 150mg/dl!

Dr. William Castelli is medical director of the Framingham Heart Study. According to Dr. Castelli, the single most dramatic finding of this extraordinary study however, was this:

No one in the Framingham Study has ever had a heart attack who had total blood Cholesterol levels below 150!

Now read that last sentence again. No one with a Cholesterol count below 150 has had a heart attack in the study. This is staggering information and dramatic con-

the answer, lies in getting the body to function as it was designed to function.

firmation of what I found in my journeys mentioned before. Moreover, the diet the people adopted in these rare places resulted in counts lower than 150 mg/dl, and they also were far less prone to suffer any form of Cancer, Diabetes or Alzheimer's disease.

Has the penny dropped yet in your mind yet, like it did in mine?

We have a giant epidemic of death on our hands, and it is all caused by dangerous levels of Cholesterol, Homocysteine and Triglycerides.

The answer to this problem is dramatically clear to anyone of basic intelligence. But what is modern medicine and the drug companies answer to all this? A highly dangerous pharmaceutical concoction called "statin" drugs, which literally interfere with the body's normal, healthy function, and through medical sleight of hand, produce lower Cholesterol levels. But in do-

ing so, these drugs cause terrible damage to the liver and cut off the vital production of a highly necessary energy enzyme called "Co-Enzyme Q10", that in turn can further impair the heart.

Now tell me the logic in all that if you can.

But literally billions and billions of dollars are being made on these so-called "wonder drugs" such as Lipitor, when the answer, as always, lies in getting the body to function as it was designed to function, with the correct triggering elements in an all-natural diet with basic exercise each and every day.

This book contains important information you need to reduce the plague of plaque and answers the question of what you should do to reduce your Cholesterol to levels around the 150mg/dl. Read on and save your life.

CHAPTER 5: ELIMINATE DAIRY - GOT NAUSEA?

While this next message may seem extreme to some and as unpatriotic as saying, “Stop eating Mom’s Apple pie”, but the dangers of dairy consumption are what I believe to be the igniting fuel of this entire high Cholesterol and heart disease epidemic.

Heart disease is America’s number one killer. Dairy products such as milk, cheese, ice cream and yogurt represent America’s #1 food group.

Charles Attwood, MD., once described the pint of blood he had drawn from a patient. In the hour before parting with his pint of blood, the young man had eaten lunch at a fast food restaurant enjoying a Big Mac, fries and a milkshake. The blood was “murky and opaque”, according to Dr Attwood. After just 15 minutes, Attwood testifies that a one-half inch layer of fat had risen to the top of the beaker containing that blood.

In 1994, the European Journal of Clinical Nutrition (48: 305-325) found:

“Milk consumption correlates positively with Cholesterol levels in blood as well as coronary mortality. In comparisons between 17 countries, there is a good correlation between national Cholesterol levels and mortality from ischemic heart disease.”

There is controversy regarding the “fat connection and heart disease”. Is it fat, or is it dairy, which also contains fat? In 1977, the British Journal of Preventative & Social Medicine noted:

“Greenland Eskimos, who have a very low incidence of ischemic heart disease, also have a high-fat-high protein diet. But a very low intake of milk.”

The May, 2000 issue of Medical Hypothesis provided an important clue as to how dairy compromises the heart:

“Excessive milk consumption may adversely affect the circulation on account of the high calcium content of milk and because lactose promotes the intestinal absorption of calcium. Excessive calcium intake may cause calcification and rigidification of the large elastic arteries, which could be an important factor in causing myocardial ischaemia.”

Australian researchers fed volunteers a ham and cheese sandwich, a glass of whole milk and a dish of ice cream. Just a few hours later, their Cholesterol levels were elevated and they experienced a 25% reduction in elasticity of other arteries—both risk factors of a heart attack. The meal they consumed contained 50 grams of fat from meat and dairy, typical of an everyday fast food meal here in America.

Of all the mammals on this Earth, man is the only mammal to consume the milk of another mammal. You never see a cat drinking a rat’s milk or vice versa. Milk was meant to come from one source, your mother and for the first few years of your life. This is the only milk totally compatible with our body.

Not only is milk and all other dairy products such as cheese and ice cream, genetically at odds with our body, milk contains a host of highly dangerous poisons, antibiotics and disease creating bacteria.

A friend of mine, Robert Cohen, a leading anti-dairy activist and animal rights campaigner pulls no punches in his description of milk.

Cheese is just concentrated pus.

“Milk is merely pus with hormones. Ten pounds of milk are used to make one pound of cheese. Cheese (the major constituent of take home pizzas) is just concentrated pus.” What then is “normal milk?”

The United States Department of Agriculture (USDA) has a milk ordinance governing milk safety. USDA does not allow milk containing more than 750 million pus cells per liter to be shipped across state borders. This should be good news to milk drinkers, because last year the average liter of milk in America contained only 323 million pus cells, according to Hoard’s Dairyman, the dairy industry magazine.

Author Jim Dickrell reports that the level of pus cells has been rising ever since farmers began using Monsanto’s genetically engineered bovine growth hormone (rBGH). Before rBGH was approved in February 1994, the average pus cell count in milk was under 300 million cells per liter. By 1996, that average count had reached 307 million. In 1997, the average count was 313 million, and by 1998, the number had reached 318 million.

Researchers working for the National Mastitis Council define normal and abnormal milk based on the number of pus cells. According to Dicrell’s story, the concentration of pus cells in “normal milk” is almost always less than 100 million cells per liter. The number of pus cells in milk is an indicator of the state of health of the mammary glands and udders in cows. Stressed and infected cows have cell counts above 100 million. What does that say for the average milk in America?
Not very healthy, even by dairy industry standards.

According to this article when cell counts in milk exceed 200 million per liter, the odds favor that the udder is infected or is recovering from an infection. The Dairy Magazine reports:

“Abnormal milk will be discolored and have flakes, clots or other gross alterations in appearance.”

Gross is certainly an appropriate word to describe pus-filled milk with clots. It is further estimated that at 400 million cells per liter, 35% or more of all cows have infected udders. This means that approximately one-third of the cows being milked at any one time in America are stressed and infected. Milk from these cows contains large amounts of bacteria, viruses and pus. As a consequence, farmers must treat their herds with increased amounts of antibiotics. Which in turn end up inside you, the end consumer.

As startling as all this information is, it now gets worse.

In the February 14, 2002 issue of the New England Journal of Medicine (Volume 346: 476-483, Number 7) contains a study proving that the risk of Alzheimer’s Disease DOUBLES for those people with the highest levels of Homocysteine in their blood stream.

Neurologists at the Boston University School of Medicine obtained blood samples from 1092 elderly subjects over an eight year period. During the course of the study, 111 of those subjects developed dementia, diagnosed as Alzheimer’s disease. Those who developed Alzheimer’s had enormous increases of Homocysteine in their blood when compared to those who did not develop dementia.

There are 28 amino acids in Nature. Your body’s liver manufactures 19 of them. The other 9 amino acids are called “essential”, which means that they must be obtained in the foods you eat. Methionine is one such “essential” amino acid. After ingestion, Methionine converts to Homocysteine. (As we discussed in Chapter 4, Homocysteine has been linked to heart disease by Dr. William Castelli, head of the Framingham Study.)

So, if you don't consume dairy what do you consume?

Animal proteins such as milk and cheese contain greater amounts of Methionine than do plant proteins. Milk is liquid meat and dairy products contain high levels of Methionine which has sulfur as its central atom. This sulfur converts to sulfates and causes an acid condition in the blood which in turn results in cellular destruction, another term for cancer.

- Cow's milk contains twice as much Methionine as does Soy milk
- Chicken has nearly 12 times the amount of Methionine as does Tofu or hardened Soy milk
- Parmesan cheese has an unlucky 13 times more Methionine than does Tofu

Scientific research has provided the proof that Alzheimer's disease can be controlled or prevented by the elimination of the standard American fast food diet that includes milk and dairy products as its foundation.

So, if you don't consume dairy what do you consume? You consume what two-thirds of the world (and a small but growing number of people in America) consume. **Soy.**

GOT NAUSEA?



CHAPTER 6: THE MIRACLE OF SOY

The humble Soy Bean has brought more comfort to the hungry than any single plant or vegetable known to man. Each day we read more and more research studies that prove the extraordinary benefits soy has for all degenerative diseases. The list is staggering of the health Soy generates:

- Soy lowers Cholesterol and Triglycerides
- Soy helps heart function
- Soy reverse Osteoporosis
- Soy prevents menopause
- Soy increases estrogen production in elderly women
- Soy is an abundant source of Calcium for strong bones
- Soy is an abundant source of essential amino acids including Arginine, Alanine, Aspartic Acid and Glycine

Anti-Cancer benefits come from Arginine's ability to slow the growth of cancers by strengthening the immune system. Alanine aids in the metabolism of sugars. Aspartic Acid increases stamina and plays a vital role in metabolism, acting as an antioxidant. Glycine is necessary for brain and nervous system functioning and muscle/energy metabolism.

Brimming with things called "flavonoids", these reubiquitous plant compounds are found in large quantities in the soy bean, some other legumes and to a lesser extent in tea, onions and apples. These are powerful antioxidants, the things the body needs to "wash" cancer from the body. They also provide a form of estrogen where the body needs it and block the body's own estrogen in locations where estrogen may induce cancer.

These essential amino acids are present in almost all plant foods, but two plants in particular - soybeans and flaxseeds - have pharmacological levels of these compounds, levels that exceed those in other

plants by as much as 1,000 times.

Since most of us in America don't eat either of these foods, the incidence of cancer and heart disease at epidemic levels is not at all surprising.

It is my passionate belief that we all need to eliminate milk and animal protein from chicken, beef and pork sources. Or at the very, very least, dramatically reduce the amount of animal protein we consume on a national basis. In particular, this has to be done to kill the "bad" LDL-Cholesterol formation and the overall Cholesterol/Homocysteine saturation of our blood.

The humble Soy Bean is at the very epicenter of doing this. Soy milk should become your lifeblood. Tofu, or coagulated firm soy milk, should become your meat. Those of you reading this who are students of the Bible know only too well that all truth and instruction for our time on this planet is found in this divine creation. In Ezekiel 47:12 it says: "The fruit of the tree shall be your meat, the leaf thereof your medicine".

While studying on my health journeys of discovery in the East, the people who lived longest consumed NO milk, NO cheese, NO ice cream of any kind. They used Soybeans in every meal. And ground it into a paste to dissolve with water for their milk. The famous Okinawans, are the largest consumers of soybeans in the world. They have at least two meals of soybeans with a quart of soymilk each and every day. Interestingly enough, there is another "longevity factor" I discovered about the Okinawans.

Remember at the beginning when I told you of how pure the blood was of all the people I found around the world who seemed to be able to "live forever"? Their blood was always found to be brimming

Ocean water is identical to blood plasma, containing all 84 minerals and trace minerals needed to create life.

with Minerals and Trace Minerals. The Okinawans combine their soy milk paste with purified ocean water so as to coagulate it and create their tofu alternative to meat. Ocean water is identical to blood plasma, containing all 84 minerals and trace minerals needed to create life.

Could this be the double edged sword that has created such longevity as experienced by the Okinawans?

I think so, as it goes beyond mere coincidence. It has been documented in a massive 25 year study published in book form as “THE OKINAWAN PROGRAM - How The World’s Longest-Lived People Achieve Everlasting Health”.

Authored by a team of preeminent medical and scientific experts, this landmark study documents the diet, exercise and lifestyle practices of the world’s healthiest, longest lived people, and reveals why this has happened. There is no dangerous Cholesterol in their blood! Their diet is the purest and healthiest on this planet. And it all comes from the Soy Bean with the

added longevity factor of purified ocean minerals.

The best way to get your soy milk and your tofu is do what the Okinawans do and make it yourself, fresh each day. Buy organic soybeans from my friends at Fairview Farms out in Iowa and get the amazingly powerful and inexpensive “Soy Toy” machine, and you’ll have fresh, organic, pure soymilk each day on your table. For pennies a quart instead of \$2, \$3, \$4 or more.

The **Resource Guide** at the end of this book tells you how to get this extraordinary machine and all the other essential ingredients and nutritional formulations for total health and the elimination of Cholesterol problems in your diet and in your body.

While adopting a diet similar to the Okinawans with an abundance of soy and tofu will bring instant improvement in your Cholesterol, Homocysteine and Triglyceride levels, there is something fundamental that you need to do first.

And that is start loving your Liver.

CHAPTER 7: LOVE YOUR LIVER AND LIVE LONGER

It was in my fourth month in Shanghai at the fabled Institute of Traditional Chinese Medicine in the old part of the city that I first saw it. I must have passed it a thousand times but had never noticed it before, but it still rings like a bell in my mind with what it said. Draped across the back of the lecture hall where I was studying was a vibrant red and black banner, like a political party proclamation. Ever curious about everything that I was discovering in this ancient healing institute, I asked my Professor, Dr. Kong, what does it mean?

“Ahhh, this is the secret to all health that everyone in the world needs to know”

I pressed him for the details - this was like finding the Holy Grail in all of Medicine!

“The Liver is the General of the body’s Army”. He went on with a dramatic flourish, “in charge of Battle Strategy ... and Peace”. I am sure even Mao could not have delivered it with any more passion.

To the Chinese, for thousands of years, they have developed a system of healing all centered on the Liver.

“All life, my boy, flows through the liver. The river of life makes a daily stop in the Liver and gets recharged. New life added, so it can continue its journey. If it cannot flow freely through the Liver, all life stops.”

Check your own liver right now as you are sitting here. Do you suffer from:

- Excess weight?
- Have abdominal bloating or swelling?
- Poor digestion?
- Frequent fatigue or lack of energy?
- Constant headaches?
- Unpleasant moods?
- Bad breath and coated tongue?
- Irritable bowel syndrome?

- Sluggish metabolism?
- Poor immune system?
- Frequent colds?
- Excessive body heat?
- High Cholesterol?
- Blood sugar problems? Hypoglycemic?
- Fatty liver?
- Allergies?
- High blood pressure?
- Sugar cravings?
- Excessive alcohol intake?
- Inability to lose weight?

If you answered YES to just two or more of these questions, you may have an impaired liver. Your Liver is clogged up and not processing fats properly nor cleaning the blood of impurities and toxins.

What a workhorse your Liver is! The Liver has a huge blood flow - some 3 pints of blood flows through the Liver EVERY MINUTE! It is the largest organ in the body and is unique in size and also unique in its dual blood supply. The Liver is the only organ to have two separate sources of blood - the hepatic artery bringing freshly oxygenated blood in from the heart, and the portal vein bringing blood in from the stomach and intestines, laden with nutrients from your food.

The blood flows through the blood vessels and eventually empties into microscopic spaces between the rows of liver cells. These spaces are called “sinusoids” and they are vitally important for liver cleansing and nourishment. The spaces are lined by other special cells for fat storage and energy production.

And then there are the most important cells of all - the famous “Kupffer” cells. The Kupffer cells are your keys to life. They are really the garbage collection service of the liver. They engulf and ingest dead cells, cancer cells, yeasts, viruses, bacteria, parasites, artificial chemicals, incompletely

first and foremost, you simply must eliminate fast food from your overall diet.

digested or denatured proteins and dangerous foreign particles. Once the Kupffer cell has its dangerous victim ingested, it chews it up with enzymes and puts it to rest. If these Kupffer cells are working too hard for too long, they become overloaded with fats and toxins, so that the liver's task of keeping your bloodstream clean is highly compromised.

The result:

- Chronic Fatigue
- Headaches
- Allergies
- Dangerously High Cholesterol
- Bloated stomach and abdomen
- Stubborn overweight problems

Sound familiar? The reasons why should also be very familiar to you by now:

- Junk food
- Cheese pizzas
- Milk and Ice Cream
- Rotten and poisoned meat full of ecoli bacteria
- Hot dogs
- Store Bought Fried Chicken
- Diet Soft Drinks
- Light Beer

No wonder the poor old Kupffer cells break down with this kind of onslaught. There is a solution called the 30-Day Miracle Diet Program you can follow. But first and foremost, you simply must eliminate fast food from your overall diet.

CHAPTER 8: A WEAPON OF MASS DESTRUCTION

Ralph Nader the famous consumer advocate and head of The Green Party was interviewed a few years ago (June 1st, 2002) by The New York Times. In a wide-ranging and passionate expression of his beliefs and concern for our political and economic system, he was asked if there was anything to compare with the famous Corvair car that he used to expose Detroit's appalling safety in engineering standards back in the 60s.

His answer was emphatic and immediate.

"Yes. The McDonald's Double Cheeseburger. It's a weapon of mass-destruction. Apart from taking a swig of strychnine, I cannot think of anything that would come close to the fatal effects each bite of this appalling food can do to the human body. Yet, they proudly state that BILLIONS HAVE BEEN SOLD."

And look at the consequences. Seduced by our taste-buds and the all powerful, multi-media campaigns that junk food companies mount on our airwaves and on television, the seeming innocence of it all very craftily disguises a truly destructive element in this epidemic we are suffering. Cholesterol, Homocysteine, high saturated fats and animal proteins at the very heart of it. In the name of "making a buck", millions of people are being maimed and killed.

The evidence I have gathered for you in this book is simple and overwhelming in the reasons for this epidemic. The answers are also here for you to utilize. From this moment on, this very moment, you can do something. And that is to decide what goes into your mouth. We're digging our own graves with our own teeth.

Cholesterol lowering is vital for all of us - particularly as our young are preyed upon by the junk food death industry. It's vital for our young, our middle-aged and our

elderly, to make adjustments to what they consume.

One out of every two men will develop heart disease sometime in their life. One out of every three women will also fall victims to this insidious disease. Whether you have heart disease or want to prevent it, you can reduce your risk by lowering your Cholesterol levels and Homocysteine levels.

Even if you are totally healthy with a Cholesterol level around 200 mg/dl, you still have to do something!

In 1998, the results of the Air Force/Texas Coronary Atherosclerosis Prevention Study showed that Cholesterol lowering in generally healthy people with average Cholesterol levels, reduced their risk for a first-time major coronary event by a staggering 37%!

Study participants had no obvious evidence of heart disease and relatively usual total Cholesterol levels. After one year on a low-saturated fat diet and a low-Cholesterol diet to lower Cholesterol, not only were total Cholesterol levels lowered by 18%, but the risk for a heart attack was reduced by 40%, unstable angina reduced 32%, the need for bypass surgery or angioplasty by reduced 33% and cardiovascular events reduced by 25%.

Is your diet one of Death or one of Life?

Make that choice right now, this second.

The full program starts on the very next page.

CHAPTER 9: THE 30-DAY MIRACLE DIET

I make you this promise: If you have high Cholesterol and Homocysteine and dangerous Triglycerides, this diet can save your life.

The more diligent you are in following it, word for word, and do everything that I tell you to do, your Cholesterol levels will plummet. In the next Chapter, there is an actual case history for you to keep as a reference. By following this Miracle Diet, in just one week, 7 days, one patient I treated saw his Cholesterol levels come down from 600 to 222. In just one week!

This can happen to you too. Let's get started.

First off, a few simple rules:

- No dairy, cheese, yogurt or ice cream
- No alcohol (or at least minimize it to no more than one beer per day and one glass of wine per day)
- No more junk food of any kind
- Limit sodium intake to no more than 2000mg daily
- No more than 7% of the day's total calories from saturated fats
- Eliminate Olive and Safflower oil

If you are this diet, you will be okay.

To learn more about the power and benefit of these Liquid Minerals, download and read my eBook, The Key to All Health and Healing.

*See the Resource
Guide for Recipes
and purchase
instructions for
products referenced
in the
nutrition plan.*

DAY ONE

Upon rising, very first thing, at daybreak, drink a large glass of purified or bottled water (the “FIJI” brand is best) with the juice of a lemon or lime squeezed into it. Do not drink or eat anything for at least 15 minutes. This will flush the liver and kidneys clean of accumulated toxins.

Then, take a brisk walk for 45 minutes. You may jog, or swim as a substitute. Work up a sweat. Get the heart really beating. This is a vital part of the program, as it helps bring down Cholesterol levels, particularly the “bad” LDL Cholesterol, while raising the “good” HDL Cholesterol. Exercise also helps tremendously with blood pressure and increases circulation, all good things.

Do not miss a single day of doing this. If you can repeat the exercise at nightfall, all the better.

Time	Meal Preparation
Breakfast	Prepare a large glass (8oz) of my Anti-Cholesterol Cocktail with one teaspoon of Life Transfusion Liquid Minerals added in. Stir thoroughly. Take 3 capsules of LivR-X Homeopathic Liver Cleansing Formula. Have a big bowl of uncooked oatmeal with organic soy milk and a sliced banana. Take 2 capsules of the Cholesteine Formula.
Midmorning	Have a bowl of Wayne’s Potassium Broth with Bragg’s Liquid Aminos added. This supplies vital Potassium for the heart, brain and for energy.
Lunch	Have a green, leafy salad with lemon/flax oil dressing. Add sprouts, tofu, avocado, tomato, chopped onion, crushed garlic. Take 2 Cholesteine Formula capsules and drink a large glass of organic soy milk.
Afternoon	Have another glass of the Anti-Cholesterol Cocktail with Liquid Minerals added. Take 3 capsules of LivR-X Formula.
Dinner	Have a baked potato, skin on with Flax Seed Oil dressing; a freshly chopped spinach salad with crushed garlic and Flax Seed Oil dressing and another bowl of Wayne’s Potassium Broth. Take 2 Cholesteine Formula capsules. Drink a large glass of organic soy milk.
Before Bed	Have a liver-cleansing herb tea with black honey added. Get the SEELECT brand of Milk Thistle Tea from a health food store. Have two mugs at least 15 minutes before

DAY TWO

Upon rising, have your large glass of purified water (look for the “FIJI” brand) and add the juice of a freshly squeezed lemon or lime. Do not eat or drink anything for at least 15 minutes.

Go for your early-morning 45 minute walk, jog, cycle or swim. Work up a sweat. Don’t miss a day of doing this.

Time	Meal Preparation
Breakfast	Have a large glass of Anti-Cholesterol Cocktail mixed with 1 teaspoon of Liquid Minerals. Stir thoroughly. Take 3 capsules of the LivR-X Formula. Have a bowl of uncooked oatmeal with organic soy milk and sliced banana. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a bowl of Wayne’s Potassium Broth with Bragg’s Liquid Aminos added. Add two slices whole grain bread with Flax Seed Oil dressing. No butter or margarine.
Lunch	Black bean burritos and brown rice (look for the “Dean Ornish” brand in the refrigerated section of a health food store) with a small green salad with Barlean’s Flax Seed Oil dressing. Fresh fruit for dessert. Drink a large glass of organic soy milk. Take two capsules of Cholesteine Formula.
Afternoon	Have another glass of the Anti-Cholesterol Cocktail with Liquid Minerals added. Take 3 capsules of LivR-X Formula.
Dinner	Have a glass of carrot and beet juice with one teaspoon Liquid Minerals added. Take 3 LivR-X Formula capsules.
Before Bed	Have two mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY THREE

Upon rising, have your usual large glass of purified water with the juice of a lemon or lime squeezed into it. Do not miss a day of doing this to keep the liver cleansed. Do not eat or drink anything for 15 minutes.

Go for your morning walk or jog or cycle for 45 minutes. Build up a sweat, get the heart pumping. Each step is doing wonders for your heart, your blood and your immune system. If you can, repeat this exercise at night. Each step is gradually bringing down your high Cholesterol levels and boosting your metabolism to burn excess fat. You're getting healthier already!

Time	Meal Preparation
Breakfast	Have a large glass of carrot and beet juice with one teaspoon of Liquid Minerals added. Stir thoroughly. Have a fruit smoothie of banana, melon and organic soy milk. Drink 2 glasses of this. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a bowl of Potassium Broth with Bragg's Liquid Aminos added. Have two slices of whole grain toast with Flax Seed Oil dressing instead of butter or margarine. Take 3 capsules of LivR-X Formula.
Lunch	Have a tossed green salad of lettuce; dandelion greens; watercress with Flax Seed Oil dressing. Add a pita sandwich with hummus. Have a large glass of organic soy milk. Take 2 capsules of Cholesteine Formula.
Afternoon	Have a big bowl of fruit salad with Lecithin and Brewer's Yeast powder sprinkled over it. Take 3 capsules of LivR-X Formula.
Dinner	Have Potato and Leek Soup. Have two bowls if you want to. A big bowl of Linguini with bell peppers, oregano and tomato sauce. Have a small green salad with apple cider vinegar dressing. Take 2 capsules of Cholesteine Formula and drink a large glass of organic soy milk.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY FOUR

Start the day as usual with your large glass of purified water with the juice of a lemon or lime squeezed into it. Do not eat or drink anything for 15 minutes to allow this highly cleansing fluid wash the liver clean.

Go on your morning walk, jog or cycle for 45 minutes. Try to push yourself for the last 5 minutes to really get the heart pumping and the oxygen flowing.

Time	Meal Preparation
Breakfast	Have a large glass of carrot and beet juice with one teaspoon of Liquid Minerals added. Stir thoroughly. Have a big fruit smoothie of bananas, melons, apples, pears and organic soy milk. Drink two glasses if you feel hungry. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a bowl of Potassium Broth with Bragg's Liquid Aminos added. Have two slices of whole grain toast with Flax Seed Oil dressing instead of butter or margarine. Take 3 capsules of LivR-X Formula.
Lunch	Have a big salad of watercress, fennel, crushed garlic and lettuce with Flax Seed Oil dressing. Add poached pears for dessert. Take 2 capsules of Cholesteine Formula.
Afternoon	Have a large glass of Anti-Cholesterol Cocktail mixed with 1 teaspoon of Liquid Minerals. Take 3 capsules of LivR-X Formula
Dinner	Have another bowl of Potassium Broth. Then, grill some organic tofu and have this with black beans and chick peas plus steamed brown rice. Season with Bragg's Liquid Aminos. Peach bread pudding for dessert. Take 2 capsules of Cholesteine Formula and drink a large glass of organic soy milk.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY FIVE

Start the day by rising early, at daybreak if possible to get the metabolism pumping. Have your usual glass of purified water with the juice of a lemon or lime squeezed into it. Do not eat or drink anything for 15 minutes as it cleanses the liver of accumulated toxins from the night before.

Go on your regular 45 minute fast walk, jog or cycle around the neighborhood. Really pump the last 5 minutes to get the heart pumping and end your session fully oxygenated.

Time	Meal Preparation
Breakfast	Have a large glass of carrot and beet juice with one teaspoon of Liquid Minerals added. Stir thoroughly. Have a bowl of uncooked oatmeal with organic soy milk and blackstrap molasses. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a bowl of Potassium Broth with Bragg's Liquid Aminos added. Have two slices of whole grain toast with Flax Seed Oil dressing instead of butter or margarine. Take 3 capsules of LivR-X Formula.
Lunch	Have Chick Pea with Vegetable Stew and Couscous. Add a small green salad with apple cider vinegar dressing and two pieces of fresh, organic fruit. Take 2 capsules of Cholesteine Formula. Drink a large glass of organic soy milk.
Afternoon	Have a large glass of Anti-Cholesterol Cocktail mixed with 1 teaspoon of Liquid Minerals. Take 3 capsules of LivR-X Formula
Dinner	Have a finely chopped carrot salad with chopped red cabbage, avocado and Flax Seed Oil dressing. Have a Chinese Stir Fry of 5 different green vegetables such as broccoli, cabbage, bok choy, chard, garlic, eggplant and tofu chunks added, with a big bowl of steamed brown rice. Season with Bragg's Liquid Aminos. Drink a large glass of organic soy milk and have 2 pieces of fruit for dessert. Take 2 capsules of Cholesteine Formula.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY SIX

Start the day as usual with your big glass of purified water. Add the juice of a freshly squeezed lemon or lime. Do not eat or drink anything for 15 minutes as the liver purges itself of accumulated toxins.

Go on your regular 45 minute walk, jog or cycle around the neighborhood. Really push the last 5 minutes to get the heart pumping and the lungs working. Build up a sweat. Your body is starting to turn itself around with everything you are doing, keep at it.

Time	Meal Preparation
Breakfast	Have as you can eat much fresh fruit as you can eat. Sprinkle the fruit with Lecithin and Brewer's Yeast powder. Have a big mug of SEELECT brand Milk Thistle Tea with black honey added. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a large glass of carrot and beet juice with 1/2 teaspoon of Liquid Minerals and 1 teaspoon Bragg's Liquid Aminos. Stir thoroughly. Take 3 capsules of LivR-X Formula.
Lunch	Have a bowl of Potassium Broth with Bragg's Liquid Aminos added for seasoning. Add a chopped lettuce and white bean (garbanzo, salad with Flax Seed Oil dressing). Have two pieces of fruit for dessert. Take 2 capsules of Cholesteine Formula.
Afternoon	Have a large glass of and beet juice with 1/2 teaspoon of Liquid Minerals and 1 teaspoon of Bragg's Liquid Aminos added. Stir thoroughly. Take 3 capsules of LivR-X Formula.
Dinner	Have Carrot Soup with Ginger and Cilantro. Cascadian Farms brand Vegetarian Curry from Sri Lanka with brown rice and tofu chunks added. Poached pears for dessert. Drink a large glass of organic soy milk and have 2 pieces of fruit for dessert. Take 2 capsules of Cholesteine Formula.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY SEVEN

Start the day as usual with your large glass of purified water with the juice of a lemon or lime added. Go on your daily exercise walk, jog or cycle for 45 minutes. Or join a gym if it is snowing and workout there. Do it as early as possible to ignite the metabolism and get the heart pumping. This tells your body you want to stay alive!

Time	Meal Preparation
Breakfast	Have a bowl of oatmeal with organic soy milk and blackstrap molasses. Add a sliced banana. Have two slices of toasted whole grain bread with Flax Seed Oil dressing instead of butter and margarine. Slice a tomato on top. Drink a large glass of organic soy milk. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a large glass of Anti-Cholesterol Cocktail mixed with 1 teaspoon of Liquid Minerals and 1 teaspoon Bragg's Liquid Aminos. Stir thoroughly. Take 3 capsules of LivR-X Formula.
Lunch	Have a bowl of Gazpacho soup with Flax Seed Oil added and Bragg's Liquid Aminos. Also have Jicama and Cucumber Salad with chopped chili and apple cider vinegar dressing. Have two slices toasted whole grain bread with honey. Take 2 capsules of Cholesteine Formula. Drink a large glass of organic soy milk.
Afternoon	Have a bowl of Potassium Broth with Bragg's Liquid Aminos added for seasoning. Take 3 capsules of LivR-X Formula.
Dinner	Have Green Split Pea Soup with carrots and celery, small green salad with chopped bell peppers and grated ginger and garlic with apple cider vinegar dressing. Baked tofu with black beans, chili, steamed lima beans and brown rice. Season with Bragg's Liquid Aminos. Have a large glass of organic soy milk. Take 2 capsules of Cholesteine Formula.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY EIGHT

Start the day as usual with your large glass of purified water and the juice of a lemon or lime squeezed into it. Do not eat or drink anything for 15 minutes as the liver cleanses itself of toxins and impurities.

Go on your regular daily 45 minute walk, jog or cycle around the neighborhood. Or get into the gym and get a solid workout. Things are now changing. Muscles are probably aching but this is normal. Toxins are literally pouring out of you. Your blood is also changing dramatically inside you, as your Cholesterol levels and Homeocysteine levels are coming down.

It's time to change the pace of the program.

For the next 24 hours eat nothing but organic fruit and vegetables and the Potassium Broth. Eat as much as you like. Drink lots and lots of purified water. Take no supplements this day, just have lots of fruit and vegetables. Juice them if you can in a juicer. Prepare a lot of the Potassium Broth in advance so you have this on hand whenever you feel hungry.

Try to get in a second exercise period at nightfall to help process everything. Have as much of the Milk Thistle Tea as you like.

DAY NINE

No exercise this day. NONE! This is a day to treat the body softly and reverently as it is thoroughly cleansed.

Make arrangements in advance to have a colonic with a Licensed Colon Therapist on this day. This is a perfectly normal and highly effective therapy to wash the bowel and intestines clean of all fecal matter and accumulated toxins. Look in the Yellow Pages for Colon Therapists. Or call your local health food store. They will know of someone.

Also ask the Colon Therapist to give you a “coffee enema”. This is an ancient remedy for accumulated toxins in the liver and gall bladder. The enzymes in the coffee will stimulate the liver to purge itself of accumulated bile and Cholesterol fats. Try to have the colonic and coffee enema around midday.

Time	Meal Preparation
Breakfast	Have a whole grain pancake, waffle or muffin with organic honey and a big mug of the Dalai Lama’s soymilk breakfast drink.
Midmorning	Have a bowl of Potassium Broth (or the Potato and Leek Soup) with Bragg’s Liquid Aminos for seasoning. 3 capsules of LivR-X Formula
Lunch	Have a lunch of your choice from one of the previous days. Take 2 capsules of Cholesteine Formula.
Afternoon	Drink a large organic soy milk smoothie a banana and pear sliced into it. Take 3 capsules of LivR-X Formula.
Dinner	Steamed vegetables with brown rice; baked tofu with black beans. Baked apple pie for dessert. Take 2 capsules of Cholesteine Formula.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY TEN

Drink a large glass of purified water such as the “FIJI” brand with the juice of a lemon or lime squeezed into it. Get out and exercise!

Your body is now totally cleansed, let’s refresh it with new oxygen and all that fresh, new blood that you have produced. Make sure you exercise for 45 minutes and really get going for the last 7-10 minutes to work up a good sweat and get your heart rate up.

Time	Meal Preparation
Breakfast	Have two slices whole grain toast with organic honey or Australian Vegemite Folic Acid Spread. Have 3 pieces of fruit-melon, pears, papaya. Have a big glass of organic soy milk or a mug of Milk Thistle Tea with honey. Take 2 capsules of Cholesteine Formula.
Midmorning	Have a wheat/grain pancake with a banana spread on it. Drink a big mug of Milk Thistle Tea with honey. Take 3 capsules of LivR-X Formula.
Lunch	Have a big green salad with chopped onions, scallions, crushed garlic and a combination of Bragg’s Liquid Aminos and Barlean’s Flax Seed Oil as a dressing. Have a large glass of carrot/beet/cucumber juice with 1 teaspoon Liquid Minerals. Take 2 capsules of Cholesteine Formula.
Afternoon	Have a bowl of Potassium Broth with 2 teaspoons Bragg’s Liquid Aminos added. Take 3 capsules of LivR-X Formula.
Dinner	Have baked Eggplant with steamed tofu and black beans and brown rice. Small chopped lettuce and watercress salad with Bragg’s Liquid Aminos and Barlean’s Flax Seed Oil dressing. Poached pears and tofu ice cream for dessert. Take 2 capsules of Cholesteine Formula.
Before Bed	Drink two big mugs of SEELECT brand Milk Thistle Tea with black honey.

DAY ELEVEN

Simply go back to the start of the Program and recommence at Day One and go through to Day Ten again. Repeat each day, religiously. Exercise each and every day. Then repeat it again for a full 30 Day Program.

Should you wish to try a change of pace throughout the program, go to a health food store and look for “Dean Ornish’s Foods”. These were designed by Dr. Dean Ornish, arguably the world’s leading heart disease expert, through the utilization of non-animal proteins and the lowering of dangerous Cholesterol and Homocysteine levels.

These foods can also be substituted with the “Cascadian Farms” brand of non-animal protein foods. These utilize recipes from all over the world -Thailand, Morocco, China, India - and are excellent ways of making your 30 Day Program as interesting and individualized as possible.

What kind of results can you expect? **Expect a miracle!**

Ever witnessed a miracle before? You are about to.

It was September 4th, 2002. An email came into my office asking for urgent help. Pamela Edwards, someone I had met some years before when giving lectures across the country on Contagious Health was facing a life-threatening situation. Her husband Dan, 40 years of age, active, very fit, on a very healthy diet and with a newborn son to raise, a great business that was growing rapidly, surely the perfect American dream, had just had his annual physical. And he had literally run into a brick wall.

I'll let Pamela tell you the story in her own words.

"Thank you for helping save my husband's life! Your products are incredible! Just this year, my husband Daniel turned 40 and decided to have some extra blood-work done with his physical. He is active, muscular and eats a pretty healthy diet, which led us to believe that his test results could only bring good news.

Boy, were we in for a wake-up call! His Cholesterol and triglycerides were through the roof. To be precise, his Cholesterol was a whopping 590 and his triglycerides were 4,080!! We were not anywhere close to being prepared for this alarming news. He was literally a heart attack waiting to happen.

His MD told us that this condition is 100% hereditary and that prescribed medication would be the only way to fight this condition. We read about all of the negative reactions these risky prescribed drugs can have on the body and we were determined to find healthy solutions. Thankfully, you came to our rescue when you composed a special program for Daniel. We followed your recommendations of your LivR-X

formula for the liver, Life Transfusion Liquid Minerals, the new Cholesteine Formula, and a new diet.

After merely a week of following your program, Daniel had his blood tested again and the results were astounding. His Cholesterol levels dropped from 590 down to 211 and his triglycerides dropped from 4,080 down to 333. **AMAZING RESULTS!**

We realize that these levels are still higher than they should be, but have no doubt that they will soon be at acceptable levels thanks to your life saving Master Formulas and dietary plan.

We cannot even begin to thank you enough for helping us to turn Daniel's health around. We feel like a big black cloud has been lifted from our lives just knowing that Daniel doesn't have to live on harmful drugs for the rest of his life in order to avoid heart disease. We know now that he is NOT genetically doomed and neither is anyone else. Daniel's new test results absolutely speak for themselves. Not even the MDs can argue with it.

Thank you so much for your timely release of your new Cholesteine Formula. We are telling everyone about these products so that we can spread the good news to those in need! Thank you for all of your support and your unwavering dedication to health!

Sincerely,

Pamela and Daniel Edwards

A miracle, most definitely, but this can happen to anyone willing to make a decision to let their body become the doctor in charge of their healing.

You've already taken the biggest step..

There are thousands of wonderful doctors such as myself around the country ready to help you. And thousands more products that you can utilize to create this condition called Contagious Health that Daniel Edwards discovered, just in time.

You've already taken the biggest step to achieving this God-given right to vibrant health and happiness. And that was by reading this book. In the weeks and months to come, other books in this Contagious Health Crusade will be published on all the degenerative disease conditions that plague our society:

- Arthritis
- Diabetes
- Menopause
- Hormone Replacement Therapy
- Heart Disease
- Alzheimer's Disease
- Cancer

All these modern-day epidemics will be explored in full, with answers to all your questions provided. Along with the information you need to fight these conditions or prevent them from occurring. A step-by-step Instruction Guide such as you received here on Cholesterol and Homocysteine, will be provided. Please read each and every single one and please share them with all you know.

And remember to look after yourself at all times, because no one else but God will.



CHAPTER 11: FAQ'S ABOUT CHOLESTEROL AND HOMOCYSTEINE

Question: Should I be concerned about my child's blood Cholesterol levels even though he is still quite young?

Answer: Yes. Everyone older than age 2 should care about Cholesterol and reduce the risk of developing heart disease later on as an adult. Children, as well as adults, can improve their heart health by following a low-saturated fat and low-Cholesterol diet, avoiding obesity and being physically active.

Researchers now tell us that children are exhibiting all the disease symptoms commonly associated with middle aged adults. This is terrifying! Children, like adults should be tested at least once every 12 months, preferably every 6 months. And keep records for an ongoing reference.

Question: Do I need to worry about lowering my blood Cholesterol now that I'm over 65?

Answer: Yes. Older Americans have the nation's highest rate of coronary heart disease and can benefit greatly from lowering Cholesterol and Homocysteine counts. This has also been shown to dramatically reduce the risk of strokes.

The diet recommendations outlined in the previous chapters should be adopted and adhered to as much as possible, being physically active and maintaining a healthy weight.

Question: What is a heart-healthy diet?

Answer: A diet that is heart-healthy is always very low in "saturated fats". Saturated fats are found primarily in animal proteins such as beef, pork and chicken. Junk foods such as Big Macs, Pizza Hut, Wendy's, Burger King and Kentucky Fried Chicken should also be avoided as these are all very high in calories, sugars and fats.

The recommended eating pattern for Americans is:

- 8%-10% of calories from saturated fat
- 30% of calories or less from total fat
- Less than 300mgs a day of dietary Cholesterol (your body makes ALL the Cholesterol it needs. Don't give it any more.)

Saturated fats increase blood Cholesterol more than anything else you eat, so choose foods that are low in fat to reduce blood Cholesterol.

If you are overweight, losing weight is important as well. Being physically active also helps improve blood Cholesterol levels because it can raise the "good" HDL Cholesterol and lower the "bad" LDL levels, as well as help you burn fat and thus, lose unnecessary pounds. Exercise also lowers blood pressure by improving heart and blood vessel fitness.

Question: Is margarine better than butter in a Cholesterol-lowering diet?

Answer: Yes, butter is very high in saturated fats which the body converts into Cholesterol. There are "bad" margarines however, that you also need to avoid at all costs. These are the ones made with "trans" fats or "partially hydrogenated oils". These are highly dangerous on the body and help clog up the arteries with un-dissolved fat. Read the labels, very carefully.

The best of all is to use Flax Seed Oil as your spread. This comes from the flax plant, is totally Cholesterol-free and very high in Omega-3 fatty acids which are renowned to be very heart-healthy.

Question: How does smoking affect my Cholesterol?

Answer: Smoking is a "killer" on several fronts, even second-hand smoke. Smoking reduces the "good" HDL Cholesterol and

changes the “bad” LDL Cholesterol into a form that promotes the buildup of deposits in the walls of the coronary arteries.

In addition, smoking has harmful effects on the heart and blood vessels. In these ways, smoking substantially raises the risk for coronary heart disease if you are healthy and multiplies that risk many more times over if you have other risk factors such as high blood Cholesterol and blood pressure.

Question: Is lowering my Cholesterol safe?

Answer: Yes. Cholesterol lowering is totally safe and so is the special diet outlined beforehand. Like all medications, drugs that are used to lower Cholesterol can have serious side effects including liver failure and death. Four recent studies, three with patients who already had Coronary Heart Disease and one study with people free of the disease, showed that over a period of 5 years, large reductions in total and LDL “bad” Cholesterol substantially reduced the chances of having a heart attack or dying from heart disease.

These studies also showed that overall death rates were reduced and produced no increase in any non-cardiovascular causes of death such as Cancer, Suicide, Homicide or accidents. These results have been confirmed by a combined analysis of 16 recent studies.

Also, remember the facts in Chapter 4 and the “The Framingham Study” which showed conclusively that in a 54 year long study, no one with a cholesterol level of 150 or lower suffered from a stroke or had a heart attack.

Question: I’m young, healthy and work out 3 times a week. Do I need to have my Cholesterol checked?

Answer: Yes! Young adults 20 years of age and older should be checked at least once a year, preferably every six months. Studies have shown that the buildup of plaque in the arteries that supply the heart begins

in late adolescence and early adulthood. A Cholesterol level measured at about age 20 predicts the risk of heart attack of the following 30 to 45 years. Waiting until midlife to measure and lower Cholesterol reduces the enormous benefits that can be obtained.

Checking your Cholesterol and Homocysteine levels can help you and your doctor make adjustments along the way and help make your life a disease-free as possible. Remember the points made in the previous chapters:

High Cholesterol and Homocysteine levels have now been directly linked to the two biggest killers in our society - strokes/heart attacks and cancer


And now they have been directly linked to the incidence of Alzheimer’s disease. Start now to prevent problems later. There’s an old adage, The best time to mend a roof is when the sun is shining.

Question: Just how much exercise should I do per day or week to get my Cholesterol levels down?

Answer: Good question. Exercise is VITAL for all health conditions. It has a dramatic effect on every single part of the body and also stimulates the immune system while keeping our heart healthy - pretty good reasons to exercise. In fact, research studies have found that people who exercise for 45 minutes a day for 5 days a week (jogging, walking, cycling, swimming) had an amazing 45% lower mortality rate for any disease occurrence!

If you could put that into a pill you’d be the biggest drug company in the world!

It’s known that exercise can lower Cholesterol through weight loss, but researchers have always wanted to know how much exercise you need to keep Cholesterol under control. Do you have to lose weight to improve your Cholesterol? Turns out, weight loss during



for a longer duration, is better. The amount of time spent exercising is far more important than the actual intensity of the exercise.

A group of Duke University researchers (Nov 7, 2002) found that increasing amounts of exercise caused a positive change in the size of Cholesterol particles, in that the particles become larger and fluffier.

“It appears from our study that Cholesterol carried by smaller, denser protein particles appears to cause more cardiovascular disease than the Cholesterol carried by the large, fluffy particles,” lead researcher William Kraus, MD, a cardiologist at Duke University Medical Center said. “By using new methods of measuring the particles carrying Cholesterol, we found that some exercise is better than no exercise, and conversely, those patients in the control group who did not exercise actually showed worsening Cholesterol levels,” he says.

Kraus’ study involved 84 overweight, sedentary adults-half men, half women--all with high Cholesterol levels. They were randomly assigned to one of three exercise groups-the high amount/vigorous intensity group (jogging 20 miles per week), the low-amount/vigorous intensity group (jogging 12 miles per week), and the low amount/moderate intensity (walking briskly 12 miles per week).

All were encouraged to keep their weight levels the same throughout the six-month study. The high-amount/vigorous-intensity group showed the biggest improvement in Cholesterol-but even the low amount groups showed improvement, whether they exercised intensely or not.

The message is clear. Get out and exercise. Make it 45 minutes every single day of the week. Your blood will be worth bottling!

CHAPTER 12: RESOURCE BUYING GUIDE

In the 30-Day Miracle Diet, a number of nutritional supplements were mentioned as being a vital part of the potential success to eliminating Cholesterol and Homocysteine as a problem. These formulas were developed by the author, Wayne Garland, and are the result of nearly 20 years of ongoing research into the causes and reasons for so many epidemic degenerative diseases.

These ‘Master Formulas’ are manufactured by Wayne Garland’s nutraceutical company, Master Formulas, Inc.

How to Order

- Phone: 877-975-9080 from 9am - 4pm (Central Time)
- Web: www.askdrgarland.com (Be sure to register as a member to save 15-30% on all purchases)

The Master Formulas and nutritional supplements referenced in the 30-Day Miracle Diet are:

- Life Transfusion Liquid Mineral Complex
- Cholesteine Formula
- LivR-X Homeopathic Liver Cleanse Formula
- SEELECT Brand Milk Thistle Tea
- Bragg’s Liquid Aminos
- Barlean’s Flax Seed Oil
- Organic Soy Milk

You can also order the extraordinary “SOY TOY” soy milk machine. This lets you make your own soy milk right at home, in must minutes a day and for just pennies a quart instead of \$3-\$4 a quart from a supermarket.

To get the very finest, totally organic Soy Beans for use with your SOY TOY machine, go to www.fairviewfarms.com and order by the pound or by the special 50lb bag for best pricing. They even ship COD. Tell them Wayne Garland sent you.

If you have any further questions or need further advice on this book and The 30 Day Miracle Program, call me at 877-975-9080 between 9am - 4pm (Central Time) or email me at drg@askdrgarland.com.

Wherever possible, always get farm-fresh fruit and vegetables, preferably “Organic”. This means paying a few pennies more but you will know that you are getting produce that is pesticide and poison-free and full of essential vitamins, minerals and enzymes. “You Are What You Eat” is one of the oldest sayings in the world. The purer your produce, the purer you will become and stay.

Wayne’s Miracle Potassium Broth

This is an amazing “Soup of Life” that I have used with tremendous success for over 16 years with thousands of patients and for all disease conditions. It is very high in essential Potassium which helps generate energy, particularly in the brain and also is of vital necessity to help your heart create a “heartbeat”.

In a big soup pot, combine:

- 4 carrots, washed with skin
- 2 potatoes with skins
- 1 onion, quartered
- 3 stalks celery
- 1/2 bunch parsley
- 1/2 head red cabbage
- 1/2 bunch broccoli

Add water to cover the vegetables and simmer with lid on for 30 minutes.

Remove from heat and pour into a blender, add two teaspoons Bragg’s Liquid Aminos and puree.

Store in the refrigerator and serve hot or cold.

Anti-Cholesterol Cocktail

Makes 1 serving

- Handful of parsley
- Handful of spinach
- 5 carrots
- 1 clove of garlic
- Dash of Tabasco sauce

Bunch up the parsley and spinach and put through a juicer with carrots and garlic. Add the Tabasco.

Add a quarter teaspoon of Life Transfusion Liquid Mineral Complex and a teaspoon of Bragg’s Liquid Aminos.

Wild Mushroom Flan

Preheat oven to 450F.

- 1 pound button mushrooms
- 3 ounces shallots
- 4 garlic cloves
- Juice of lemon (about 1 tablespoon)
- 2 ounces black trumpet mushrooms, coarsely chopped
- 4 large egg whites or eggbeaters
- 1/2 cup soy milk
- Freshly ground white pepper to taste
- 3 cups assorted greens, such as arugula or endive
- 3 tablespoons balsamic vinegar

Grind in the button mushrooms, shallots and garlic in a food processor or chopper. Place into a heavy saucepan with the lemon juice and cook over medium heat until all the mushroom liquid has evaporated, about 6-8 minutes.

Transfer to a bowl, cover with a cloth and let cool.

Saute the trumpet mushrooms in a nonstick pan for 3-4 minutes. Stir into the ground mixture.

In a small bowl, whisk together the egg whites and soy milk, add to the mushroom mixture and combine thoroughly. Season with the white pepper to your taste. Lightly spray a casserole or shallow dish and add the mixture.

Place in oven and cook until no longer wet (no more than 20 minutes)

Watercress, Fennel and Orange Salad

Makes 4 servings

Remove the outer leaves of the fennel bulb for the salad. Soak for later use in soups and add to the Potassium Broth.

4 cups of sliced fennel

2 oranges, sliced

1/2 cup watercress leaves

Juice of an orange

6 teaspoons rice wine vinegar

2 teaspoons finely chopped parsley

Slice the fennel bulbs. Toss the orange sections with the fennel and watercress. Then season with the orange juice and the rice wine vinegar. Garnish with the parsley.

Jicama and Cucumber Salad with Limes and Chili

This is favorite of mine. The Cucumbers and Lime help to alkalize the blood, very important.

Makes 5 servings

1/2 pound, Jicama Root

1/2 pound, firm cucumbers

Ground Sea Salt from health food store

Juice of 2 Limes

Chopped cilantro leaves plus leaves for garnish

Pure red chili powder to taste

Peel and cube the jicama.

Peel the cucumbers, lightly, let the green just show through.

Cut the cucumbers into fine slices.

Toss all the vegetables together in a big salad bowl.

Pour on the lime juice.

Sprinkle the chili powder on top.

Have this at least 4 times a week.

Green Split Pea Soup with Carrots and Ginger

Makes 5 servings.

1 cup dry green split peas

5 cups of purified or bottled water ("FIJI" brand is best - never use tap water)

4 Bay leaves

1 cup diced onions

1/2 cup white wine

2 teaspoons freshly minced garlic

1 tablespoon dried thyme

1/2 teaspoon dried rosemary

1/2 teaspoon freshly ground black pepper

1 cup diced carrots

1 cup diced celery

1 cup diced red bell peppers

1/2 cup vegetable stock or boullion

1/4 cup fine ground fresh ginger

1/2 teaspoon chili powder

1 tablespoon freshly chopped basil

Cook the split peas in the water with the bay leaves until most of the water has been absorbed. (About 35 minutes).

While the split peas are cooking, braise the onions in a separate pot in the white wine. Add the garlic, thyme, rosemary and black pepper to the pot with the onions. When the onions become translucent, add the carrots and celery. Continue to cook until the vegetables are nearly done, still a bit firm. Add the red peppers and the ginger and cook for 3 minutes.

Turn off the heat and put the peas to one side to cool. When the peas are cooled, remove the bay leaves and run the peas through a blender or food processor. Combine this with the vegetables and stir. Gradually add the vegetable stock and the celery and the chili until you are satisfied with the smoothness and texture. Add the fresh basil and salt to taste.

Baked Tofu with Black Beans and Steamed Brown Rice

This was my staple food that got me through Mongolia and China years ago.

VitaSoy brand Tofu from the health food store (Do not use any other brand)

1 pound of organic black beans from the health food store or Mexican market

1 pound organic brown rice from the health food store or Oriental market

Soak beans and brown rice overnight in purified water, in separate bowls.

1 tablespoon chopped Cilantro

1 teaspoon Basil

1/2 teaspoon Chili powder

1/2 teaspoon freshly ground pepper

1/2 teaspoon Sea Salt (Do not use table salt)

Put black beans, chopped Cilantro and Basil into a saucepan with vegetable oil. Lightly cook for 12 minutes.

Add the Salt and the Pepper to taste. Add the Chili powder to taste.

Slice tofu into 2 inch by 3 inch squares and put into a steamer for 3 minutes. Put to one side.

While the beans are cooking;

Put the tofu into a hot oven at 350F and bake for 15 minutes

Steam the brown rice for 10 minutes

You now have a total and non-animal, perfect protein meal.

Chick Pea and Vegetable Stew with Couscous

Makes 4 large servings

I lived in Morocco for a part of my life and must say it is a fascinating and wonderful country. This dish was one of the highlights of living there. The family I stayed with had a giant pot of this simmering away in the kitchen and friends and family would drop in and the first thing they would do was ladle out a big bowl, grab some bread and sit down and talk around the kitchen table. You should too!

1 cup dry chick-peas plus the cooking broth

1 large onion, diced in 1/4 inch squares

2 cloves garlic, minced

1-1/2 teaspoons Hungarian paprika

1/4 teaspoon ground cinnamon

1/4 teaspoon cayenne

1/2 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/2 teaspoon ground ginger

1 large, green bell pepper, diced slightly larger than the onions

1 cup cubed zucchini or other kind of squash

1 can tomatoes, chopped and their juice

2 tablespoons black raisins

1 teaspoon safflower samens (find this in Mexican markets)

2 tablespoons freshly chopped parsley

2 tablespoons freshly chopped cilantro

1 cup fresh or frozen peas

8 ounces couscous

Fresh cilantro branches or freshly minced parsley or cilantro for garnish

Sort and rinse the chick-peas, then let them soak overnight in purified or bottled water (FIJI brand water is best, never tap water) with a heaping teaspoon Sea Salt added. Drain and cook in 5 cups of purified water until tender, about 2 hours, then drain and save the broth and set aside.

Warm a cup of the chick-pea broth in a soup pot and add the onions, garlic and dried spices. Simmer gently until the onions have begun to soften, about 5 minutes. Don't let the pan dry out or the spices will burn. Add more liquid as needed. Once the onions are soft, add the chick-peas, peppers, squash, the juice from the tomatoes and the chopped tomatoes and the raisins, safflower or saffron.

Stir thoroughly and then add the chopped cilantro and parsley. Add enough chick-pea broth or water to cover, bring it to a simmering boil until the vegetables are soft and the liquid has reduced, making a nice sauce. Add the green peas at the very last 3 minutes.

Make the couscous and serve with the vegetables and the sauce.

(Try to get a box of Couscous with directions for preparation, otherwise bring 2 cups of purified water to boil with teaspoon of Sea Salt, add the couscous and cover and turn off the heat. Stir every 2 minutes until soft. Then cover and let the couscous absorb the liquid, about 7 minutes.)

Poached Pears with Cinnamon and Honey

Serves 4 for a perfectly healthy dessert - try with soy ice cream.

Get 6 organic pears, Brown pears are best. Soak overnight in purified water or FIJI water with one tablespoon organic honey and 2 tablespoons ground Cinnamon.

Put into a steamer with the purified water and steam for 5 minutes. Add more Cinnamon to taste before serving.

The Dalai Lama's Breakfast

Makes two large servings

I've been told that the Dalai Lama was weaned at the age of six. This is the formula that did the trick; he drank it until exiled from his homeland. Should he ever visit your place, this should make him feel right at home.

2 cups of soymilk
1 teaspoon vanilla extract
Pinch of Cardamon powder
1/4 cup raisins
1/2 teaspoon cinnamon
1/2 cup dried apples
2 dried apricots

Soak the dried fruits in freshly made, hot soymilk for 20 minutes.

This drink can be served hot or cold. (I prefer it hot, so does the Dalai Lama.) If you want your drink cold, soak the dried fruits in the refrigerator overnight. Put all the ingredients into the blender and puree.

Drink reverently.

Potato and Leek Soup

2 quarts soymilk
4 potatoes
1 large leek
5 vegetable bouillon cubes

Bring the soymilk to a simmer in a 6-quart pot. Peel and thinly slice enough potatoes to make three cups.

Clean the leeks by slicing in half and running under cold water. Make sure you clean out all the dirt from the leaves. Chop the leeks.

Add the potatoes, leeks and bouillon cubes to the liquid and boil lightly for 30 minutes.

Puree in a food processor, taste and season with salt and pepper as needed.

Whole Wheat Pancakes

1 cup soymilk
1 ripe banana
1 tablespoon maple syrup
1 cup whole wheat flour
2 teaspoons baking soda
2 teaspoons Sea Salt

Mash the banana, maple syrup and soymilk together. In a separate bowl, mix the dry ingredients. When you are ready to cook the pancakes, mix the dry and wet ingredients and stir until smooth. Do not overmix.

Pour a small amount of batter into a non-stick or slightly oiled and heated frying pan or griddle.

When the top bubbles, turn with a spatula and cook another 30-45 seconds.

Continue cooking pancakes until the batter is gone.

During the cooking, you may have to occasionally add a teaspoon of oil to the pan.

Should the pancakes begin to burn, adding a small amount of oil and lowering the heat will continue to produce perfect pancakes.

These will be the best pancakes you have ever eaten!

Peach Bread Pudding

Preheat oven to 350F

Six medium peaches
2 cups soy milk
1/2 teaspoon Sea Salt
1 pound loaf of stale sourdough bread
1 teaspoon Amaretto liqueur
1/4 teaspoon freshly grated nutmeg
1/2 cup apple juice concentrate
Juice of 1/2 lemon (about 1/2 tablespoon)
6 egg whites, beaten

Blanch, peel, pit and then dice the peaches. Set aside. In a large bowl, mix together the soy milk and Sea Salt.

Tear the bread into 1 inch cubes and mash the bread into the soymilk and let sit for 15 minutes.

While this is soaking, use another bowl to combine the Amaretto liqueur, nutmeg, apple juice, lemon juice and the peaches. Add the beaten egg whites. Add to the bread mixture and toss gently.

Pour into a nonstick pan and bake in a preheated oven at 350F for 45 minutes.

Serve immediately!