

6 MOST WELL KEPT STRATEGIES FOR ULTIMATE HEALTH & WELLBEING



UNIQUE HEALTH
— AND WELLNESS —
The Ultimate Blueprint for Your Health

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Specialising in: Irritable Bowel Syndrome
Pain Relief | Anti - Aging | Fat Loss | Natural Fertility | Depression & Anxiety
Women's & Men's Health.

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The Ancient Secrets of Ultimate Health

These codes have been the key to Ultimate Health and success for millions of people's lives throughout history. Ancient medicine has used these techniques for over 5000 years to keep society healthy.

A growing number of people today use them daily and attribute their anti-aging achievements to these very same codes that I am about to reveal to you.

The Ancient Wellbeing Codes are used all over the world, by the rich and poor alike, the educated and the uneducated.

These Wellbeing Codes have been handed down through the ages and form a part of many people's lives today. It is their daily ritual that keeps them young and vital.

Ancient medicine is a traditional holistic health care system, older than any other system of medicine, which has been practiced all over the globe for more than 5000 years.

This Ancient medicine is based on the principle of eternal life and it has a vast body of knowledge. Its major premise involves the mind, body and spirit. Any imbalance in these can result in physical ailments.

Although it can be difficult at the beginning to attempt to follow all these codes correctly, it is beneficial to just follow them one at a time until you are ready to apply them all simultaneously for the betterment of your health.

By following these suggestions it has been shown that up to 80% of people will receive a 47% to 83% improvement.

To receive the benefits that over 60% to 80% of people receive each of the wellbeing codes must be implemented to its fullest. Doing it half heartedly will not work.

Ancient Wellbeing Secret

Number # 1 Scrape The Tongue

You may be seeing this for the first time but scraping the tongue has been used for thousands of years in Ancient Medicine. Yogis have been scraping their tongues clean from the dawn of time.

Ancient Medicine has taught that tongue cleaning activates the salivary glands (which aids in our digestion) and it revitalizes the throat.

When people complain of having a frequent sore throat, Ancient Medicine doctors advise them to **clean their tongues**. Sinus infections can also benefit from cleaning the tongue. (1.2.3)

When your nose is blocked by mucous, and you need to breathe out your mouth, the bacteria in the mouth, nose and sinus thrive.

By regularly scraping the tongue with a tongue cleaner the excess mucous and any minor infection is removed.

The sticky, white film on your tongue is known as ama. Ama in Ancient Medicine means toxins or impurities.

Ama is formed when something has interfered with the digestive process.

Therefore, it is extremely important NOT to do the following

- Eat on the run
- Eat after 8pm at night
- Eat too much (overeate)
- Drink cold or iced beverages
- Watch TV while eating

- Eat microwaved food
- Eat while standing (always sit when you eat)
- Argue or get upset while eating

The action of scraping your tongue actually stimulates your body to “let go” of more ama (toxins).

As you begin your scraping with the scraper, you may find that for a while you have a large amount of ama (toxins) each morning. Don’t be alarmed. It is your body trying to take advantage of your new found cleansing technique.

According to the latest scientific research on halitosis (bad breath), the majority of bad breath is caused by bacteria in the mouth. Most bad breath is produced by a **type of bacteria** in the back of the mouth, particularly on the back of the tongue and not else where in the mouth, nor between the teeth.

With all its remarkable qualities, one would expect us to respect the tongue a little more. Most of us exercise the tongue daily –we talk, but we pay little, if any attention to its hygiene. We floss the teeth and wash the body. But what do we do to keep the tongue clean?

In the search for possible causes of plaque formation, the tongue is considered a major culprit.

Studies have concluded that the tongue is a major source of plaque. So by simply tongue scraping we are also helping our teeth.

Many people have reported that they have reduced the incidence of colds and flu once they begin using a tongue cleaner regularly.

It seems that when mucus and bacteria take hold on the back of the tongue, colds or throat infections are more likely to prevail.

Why is this?

The explanation is simple - since the tongue is connected to the alimentary canal and adjoins the respiratory tract, scraping the bacteria

off the tongue not only prevents the bacteria from building up on the tongue but also prevents it from entering the body including most importantly the respiratory, lymphatic and digestive systems.

Scraping the tongue is so simple that it is hard to believe so many people do not do it. Not only do many people not do it, but it is equally amazing that they have never heard of a tongue scraper.

Tongue Scraping may possibly be essential in maintaining good health and wellbeing. Although there are many methods of scraping the tongue, the most effective is through purchasing a tongue scraper.

The tongue scraper glides on the tongue and removes harmful bacteria and debris even from the back of the tongue. It freshens your breath and makes food taste better, because the taste buds are cleaner.

Dental experts say a scraper is about 5 times more effective for tongue cleaning than a toothbrush – or a teaspoon. Toothbrushes are designed for teeth and they also tend to grip the tongue and can cause discomfort and gagging.

Do not use anything but a tongue scraper.

Scrape the tongue three times on the left side then three times on the right side and finally three times in the middle.

Do this first thing in the morning and last thing at night, after brushing your teeth. Wash the scraper under cold running water after each scraping. You will be able to see the debris that is being removed by the scraper.

This is very important for those who are **acidic**, and for removing toxins. It helps reduce bacteria and harmful substances from being swallowed.

Tongue cleaning is necessary, in addition to brushing, for a thorough dislodging of the plaque and mucus. In clinical tests, tongue cleaning is proven to have reduced odours and bacteria by 75%!

Tongue scraping with a Tongue Cleaner is great for those suffering from coated tongue. Effective tongue cleaning reduces coating on the tongue

by as much as 40%!! The best part is that a tongue cleaner is so easy and fun to use.

A tongue scraper is an essential part of any bathroom. If we want to rid the body of toxins and that awful morning after taste in the mouth then it is essential that you scrape your tongue when you go to bed and as soon as you get up in the morning before you eat.

With all of these reasons it is therefore no surprise that many consider, not cleaning the tongue is similar to not washing the body. So purchase your tongue scraper and begin your first Ancient Secret of Ultimate Health.

After you start, it is similar to brushing your teeth. When you wake and before you go to bed.

Ancient Wellbeing Secret

Number # 2 Lemon Water

As with the tongue scraper, lemon water has also been used by millions over thousands of years to help with detoxification and acidity.

A NOTE ABOUT THE BODY'S PROTECTIVE MECHANISM – THE ACID BASE BALANCE:

pH is the measurement of the body's acid base balance. The body can be acid or alkaline.

For optimal health the body should be kept at a **pH level of between 6.8 and 7**. The human body is full of micro-organisms, like viruses, bacteria, parasites, yeast and protozoa to name a few. So what stops or controls these micro-organisms and keeps them at levels where they do not cause us illness is if that environment is acid or alkaline? An alkaline environment is the answer.

Lemon water helps to keep your pH at a level of between 6.8 and 7 which is ideal for optimal health and stops harmful organisms living in the body.

Also warm lemon water serves as the perfect healthy morning drink, as it aids the digestive system and makes the process of eliminating the waste products from the body easier. So lemon helps prevents the problems with constipation.

Lemon juice is also a liver stimulant.

It may be used to help ease Irritable Bowel Syndrome and its associated symptoms such as heart burn, some bloating and even helps in subsiding gas pains or painful bloating. (4,5)

Lemon juice is very high in citric acid, which helps the body fight off colds.

Lemons also act as an antioxidant. Lemon juice diluted with water can be very beneficial for pregnant women as it actually helps build the bones in the unborn child.

Lemon juice also has potassium, which benefits the health of the brain and nerve cells.

Believe it or not lemons and in turn lemon juice also contains calcium, which is great for your bones and teeth.

Lemon juice can help you ease other ailments such as asthma, colds, scurvy, fever and heartburn.

However do not alkalise if your salivary pH is 5.5 or below. To find out your salivary pH complete the Appendix A at the end of this article. pH test strips can be obtained from your local chemist or if you are having trouble getting them, our Centre will be able to help. You can call into our Centre at Suite 7, 156 Boat Harbour Drive Pialba or call 41282899 today to pick up a test strip or email us on inquiry@wellbeingcentre.com.au.

Once your pH has been discovered and if it's above 5.5 then please go to the next paragraph. But if your pH is below 5.5 **do NOT** alkalise with lemon juice. The first thing to do is to drink 2 glasses of hot water daily as well as do all the other codes until your pH is above 5.5

As mentioned pH should be **6.8 to 7.0 ideally** but most people have an unhealthy pH of around 5.5 to 6.2. A pH at these levels will cause disease and ill health.

Acidity is the number one cause of all disease. If your body is acidic then it is a perfect breeding ground for toxins, parasites, viruses, bacteria and a perfect storage place for heavy metals, chemicals and solvents.

To help improve your acidity level please drink three glasses of lemon water a day. It is as simple as ¼ lemon squeezed into a glass of room temperature or hot water a day.

Lemons are acidic to taste but after they are digested, lemons become a powerful alkaline booster and are very beneficial to your pH balance.

This detailed description below allows you to understand what happens to the lemon when it enters the digestive system.

As the lemon leaves the stomach it will enter the duodenum (the first part of the small intestine).

This, in turn, will release a hormone called Secretin. Secretin tells the pancreas to dump bicarbonate into the upper small intestine. As bicarbonate is alkaline in nature it will therefore correct an acid condition.

The excess of bicarbonate after it alkalises and neutralises the acid, then gets absorbed into the lymphatic system and generally raises the pH over the whole body.

For example if someone has a pH of 5.7 by simply taking lemon in water the pH will slowly rise to an improved neutral level.

As mentioned it is as simple as taking a ¼ squeezed lemon in water three times a day; once upon rising, once again 20 minutes after the evening meal and finally again before bed.

Do an initial pH test- then take your lemon for a week and retest. Ideally things will have changed.

If not, persevere with the lemon drinks until it does. For some it can take several months.

NOTE- Always rinse your mouth out after taking lemon to remove the possibility of the acidity affecting the teeth.

Ancient Wellbeing Secret

Number # 3 Avoid the following Toxic Foods & Beverages.

Ancient Medicine which has been around for over 5000 years looks at the root of diseases as not a single strain of bacteria or dietary deficiency.

What we eat, how we digest and process our food, the air we breathe, what we believe, what we feel, what we experience--all these things contribute to our state of health.

So if we really want to comprehend the root of disease we need to know how a person lives and what that person experiences on a regular daily basis.

Ancient Medicine believes that we need to be aware of toxins. There are toxic habits, toxic relationships, toxic foods, toxic addictions, toxic thoughts and emotions, toxic speech, toxic lives?

Another belief of Ancient Medicine is that ignoring the laws of correct living and allowing the accumulation of toxins in the body predictably results in disease.

Our bodies were not meant to be toxic dumps. Yet, improper digestion, high levels of stress, and pollutants such as chemicals in the air we breathe, the water we drink or wash with, and the foods we eat, continuously create toxins in the body.

If not dealt with then Ancient Medicine contends that this toxic build up may eventually manifest as disease.

The following is just a short guide to toxic substances that should possibly be avoided to help you obtain better health. I know these substances are not 1000's of years old but the principle is the same – you need to avoid toxic food and beverages for better health.

Toxic Substance # 1 Soda

Let's look at what you are drinking when you down that can of coke or soft drink. Below are some of the major components in a can of soft drink:

Phosphoric Acid: This may interfere with the body's ability to use calcium, which may **lead to osteoporosis** or softening of the teeth and bones.

Phosphoric acid also neutralises the hydrochloric acid in your stomach, which can interfere with digestion, making it difficult to utilise nutrients. Not a very healthy option!

Aspartame: This chemical is used as a sugar substitute in diet soft drinks. There are over 92 different health side effects associated with aspartame consumption including brain tumours, birth defects, diabetes, emotional disorders and epilepsy/seizures.

Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde and formic acid, **which are known carcinogens (cancer causing agents)**. Not a nice thought.

Sugar: Soft drink manufacturers are the largest single users of refined sugar. It is a proven fact that sugar increases insulin levels, which may lead to high blood pressure, **high cholesterol, heart disease, diabetes**, weight gain and premature aging.

Most soft drinks include over 100 percent of the Recommended Daily Allowance of sugar.

Caffeine: Caffeinated drinks may cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, **breast lumps, birth defects**, and perhaps some forms of cancer. Why take the risk?

Tap Water: We recommend that everyone avoid drinking tap water because it can possibly carry any number of chemicals including chlorine, lead, cadmium, and various organic pollutants. Tap water is the main ingredient in bottled soft drinks. Tap water to make it drinkable needs to be filtered with a good filtration system.

So if you are still drinking soft drink, stopping the habit may be an easy way to improve your ultimate health. Some of the presumed health effects of soft drinks are:

- **Obesity**
- **Tooth decay**
- **Caffeine dependence**
- **Weakened bones**

Studies have linked soft drink to osteoporosis, obesity, tooth decay and heart disease, yet the average adult and now even children drink an estimated 25 litres of soft drink each year. Plus, drinking all that sugar is likely to suppress your appetite for healthy foods, which paves the way for nutrient deficiencies.

There are many uses for a can of highly toxic soda which include - cleaning your coins, your windscreen, your bumper bar or your toilet or even getting grease off your clothes but it is definitely not recommended for those of us who want ultimate health.

One biochemist discovered it takes an average of 32 **glasses of alkaline water** to neutralise the acidity from one highly toxic glass of soda

The active ingredient in this highly toxic soda is phosphoric acid. Its pH is 2.8 and Phosphoric acid is used in the metal trades industries as a rust converter. Not something you would normally drink unless labeled "Unknown"!

If you routinely drink soft drinks eliminating them from your diet is one of the simplest and most profound health improvements you can make. Remember - Pure water is a much better choice.

Toxic Substances # 2 Tea/Coffee

It seems that these days **everyone kicks off their morning** with a dose of coffee or tea or anything containing caffeine as they see it as the morning boost which can get them through the day. Little do most of these people realise the damage that this "morning boost" is causing them!

The caffeine in these beverages (tea & coffee) belongs to the same alkaloid group of chemicals as **morphine, cocaine and strychnine**. The caffeine combines with the hydrochloric acid and forms a potent toxin, caffeine hydrochloride.

As this toxin is absorbed into your portal circulation and hits your liver, bile is released in an attempt to flush it from your system.

This is what accounts for the increase in bowel 'regularity' of which many coffee drinkers boast. If you are one of these people, you might ask yourself, "Is such a toxin-induced flush really very health promoting?"

For 20 years Columbian coffee planters have regularly used heavy, deadly pesticides on their plants. Some of the pesticides are **Aldrin, Dieldrin, Chlordane and Heptachlor**. It is speculated that coffee beans are the most significant source of these deadly toxins.

In the process of roasting coffee beans, the extreme temperatures denature the beans' natural oils. While enhancing their aroma, this high heat process actually creates rancid oils and lipid peroxides with known toxic, and perhaps even carcinogenic, effects on human tissues.

Regular use of coffee is believed to destroy important vitamins and minerals. It also prevents some of the nutrients in your food from being absorbed effectively in your small intestine.

Caffeine from tea, green tea or coffee can have dramatic effects on your health especially if you have heart disease, high blood pressure, stomach ulcers or headaches. It affects you if you are pregnant, entering menopause, experiencing PMT, and it affects the quality of your sleep and can also cause breast disease. (7)

One cup of tea, coffee or even green tea, one glass of coke or pepsi once a week may be enough to stop the body from healing. **To get the benefits out of your healing process it is advised to stop these beverages all together.**

Yes, you did read this last paragraph correctly. For this to work it is highly recommended and advised that you **MUST STOP** normal tea, coffee, de-tanninised, decaffeinated tea or coffee, green tea or anything with normal tea, coffee or green tea in it. As well as Coke or Pepsi.

When you start this part of the program please do it slowly. Reduce the beverages over a few days or even weeks, otherwise **serious side effects** like headaches or body pains become too hard to handle. If this happens have a weak cup of black tea to relieve the symptoms.

Caffeine is extremely harmful to the body as it over stimulates the central nervous system and can promote insomnia, tension, stress, indigestion,

rheumatism, high blood pressure and skin disorders.

Caffeine affects the body's metabolism and is especially harmful to the development of children and babies.

Please remember that decaffeinated or de-tanninated still do not work. They **MUST** all be given up.

Do you and your health a favour "Avoid them like the plague".

Toxic Substance # 3 Tuna

Yes, it's true. Although many people have viewed Tuna as a healthy food in the past and it has been implemented many times into weight-loss programs, the truth of the matter is that most tuna these days have alarmingly high levels of mercury.

This is not a good thing for your health as mercury may poison the body. Mercury in your system can cause many sicknesses ranging from depression to schizophrenia and it can also cause birth defects.

It is important to understand that mercury is an incredibly toxic and dangerous substance; a single drop of mercury in a large body of water could make all the fish in it unsafe for human consumption.

In the US, coal-fired plants pump about 50 tons of **mercury** into the air each year. Such emissions drop mercury from the sky into oceans, lakes, rivers and streams, contaminating the flesh of fish such as tuna and many other species as well.

If you are unfortunate enough to wind up eating these fish then you are setting the stage for possible future health problems. Big predators such as tuna, shark and swordfish can contain as much as 100 times more mercury in their tissue than smaller fish.

It doesn't make much difference where the fish comes from; nearly all fish sources are [contaminated with mercury](#), making them unsafe to eat for most of us.

This is because, aside from mercury, fish contain a number of toxic substances including PCBs, radioactive materials like strontium and toxic metals like lead, chromium, arsenic and cadmium. Such toxins have

become a large part of our fish supply and have been [a contributor to severe health issues](#).

Therefore it is healthier for you to avoid eating large fish unless the fish has been thoroughly tested and proven to contain no dangerous substances.

The typical rule of thumb when considering fish consumption: The larger the fish, the more mercury and PCBs it will have. Small fish like sardines are typically mercury and PCB-free. So if you must have fish consider sardines rather than toxic fish like tuna.

Toxic Substance # 4 Cold Fluids

Cold fluids, such as icy cold drinks and ice creams etc. can damage the digestive tract. The coldness of the fluids can run over the sensitive villi in the digestive tract and cause damage to the villi which are extremely difficult to repair.

It is generally accepted that all fluids should be consumed at room temperature. Cool beverages should only really be consumed if you are overheating and even then it should never be in large quantities.

For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed.

It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and can possibly lead to cancer. It is best to drink warm water after a meal.

Ancient Medicine recommends avoiding cold drinks at meals and ice cold foods in general. This is like putting cold water on the burning logs. Iced water, normally served at restaurants, extinguishes the digestive fire.

Even juice or milk right out of the refrigerator is too cold for the digestion. Juice should be taken at room temperature and water without ice.

Once you get into this habit of drinking beverages at room temperature you will notice a dramatic improvement in your digestion and the way your body feels while eating and after the meal.

Cold drinks and foods mixed with warm cooked foods can cause stomach cramps, bloating and general discomfort in the stomach area.

Toxic Substance #5 Hard Cheese

Hard cheese is generally referring to any cheese which is hard and yellow, such as cheddar, parmesan, tasty etc.

Contrary to popular belief, there isn't a significant amount of calcium in hard yellow cheeses. You are more likely to gain your calcium needs from soft white cheeses such as camembert, brie and cottage cheese.

Hard yellow cheeses are also toxic to the body; they clog up the villi in the digestive system and are seen as a toxin by the immune system. This in turn may cause many problems for the digestive system and can possibly attribute to many people falling ill.

Here's a hint: if you see mould growing throughout your cheese, no matter what you paid for it, there's a pretty good chance that there's a mycotoxin (a fungal toxin) not far from the mould. The total number of mycotoxins known to date numbers in the thousands.

Mycotoxins cause a wide range of health problems in humans when we are exposed to small amounts over an extended period of time, and can even be lethal if taken in large quantities over a short period of time.

Given the large number of diseases linked to mycotoxins (see the list) and our tendency to eat a large amount of hard cheese in our typical western diet, this is a very concerning problem.

So instead of eating your hard cheeses, substitute it for Brie, Camembert or Cottage Cheeses that are easier on the digestion and not likely to have as many mycotoxins.

Toxic Substance # 6 Pig Meat

All meat products which come from pigs, such as pork, bacon, ham etc. are to be avoided. Pigs have been identified as having a virus which could possibly harm humans and would be detrimental to the health and wellbeing of a human.

Pigs are scavengers and as such they fill their bodies with things which would not benefit the human body. Pigs frequently contain parasites and viruses that are not killed with cooking. It is not that difficult to substitute other animal protein for pork and I would advise everyone to do so.

The likely culprit that makes bacon so harmful, aside from processing is the [heterocyclic amines](#) that form when meat is cooked at high temperatures.

If you're eating meat loaded with **pesticides and hormones**, and then cook it at high temperatures, you're asking for trouble.

That's why it's better to limit meat choices where possible to [grass-fed and organic meats](#).

Along with the heterocyclic amines that form, pigs themselves harbour many nasty diseases and bacteria, some of these are yet to be properly researched and it is not known whether or not they could affect humans.

In fact, one specific disease which has had a detrimental affect on the pig industry in the US is known as Porcine Reproductive and Respiratory Syndrome (PRRS) and this disease has even been compared to the human infection known as AIDS. (8)

It shares some of the same symptoms and there are also very similar characteristics between the ways the two viruses attack the body.

So, the dangers of eating pork, bacon, ham or any other pig meat are clear and the risk should not be taken. You could end up sick, severely ill and the long term health problems are not worth the gamble.

It isn't hard to find something to have instead of pig and these small changes and sacrifices will pay off in the future.

Toxic Substance # 7 Leftovers

We have all reheated and eaten our leftovers, whether it was because we were too exhausted to create a meal or just that it was so delicious we wanted more.

Unfortunately, a lot of us will reheat with our microwaves, which is the worst thing we could possibly do as it removes all of the nutritional value from the food.

A lot of leftovers are also cold and oily; these foods are not good for your digestive system as they hinder the digestive process, especially things like leftover pizza or pasta dishes.

The benefits for your health of preparing fresh food for every meal can't be ignored. It may take longer than just throwing last night's leftovers into the microwave for a quick and easy tea, but the nutritional value is lost and there is no benefit to your health.

Microwaves are convenient and energy efficient and in today's modern age almost everyone has one. As with many things which are convenient though, microwaving your food is not healthy.

It changes the molecular structure of the food itself and drains it of any possible nutrients it might have had. Therefore another tip for ultimate health is to stop using your microwave.

Toxic Substance # 8 Green Tea

Here's an interesting fact, did you know that green tea is the second most consumed beverage behind water. Here's another interesting fact, green tea is not as healthy for you as it is made out to be. It may not be that good for you.

Green tea has still got tannin, theobromine and caffeine in it. Firstly, Tannin has a harmful effect as it combines with the proteins and iron taken in with food – causing protein and iron deficiencies.

Secondly, Theobromine, a compound that is a cardiac stimulant and diuretic. The effect of theobromine on the heart is the most dangerous effect.

Theobromine can possibly increase the heart rate or may cause the heart to beat irregularly. Due to the diuretic effect, large volumes of urine can be passed and vomiting and diarrhoea are also common.

Thirdly, we previously spoke about the dangers of caffeine.

This is mainly due to the high levels of fluoride which are absorbed into the tea leaves through the pollution of the soil and the surrounding air in the environment in which the plants are growing.

As we all know, fluoride is a dangerous chemical which has long been the focus of a debate on whether or not a town's water supply should be fluoridated.

All tea is **very high in fluoride** content. Fluoride in tea is much higher than the Maximum Contaminant Level (MCL) set for fluoride in drinking water.

Studies have also linked high levels of green tea consumption around the time of conception and during pregnancy with increased incidents of spina bifida and anencephaly, a birth defect that results in the absence of part of the brain and skull.

You have all heard the advertising that green tea has heaps of antioxidants but the other chemicals in green tea override the positive effects of these antioxidants.

A clear example of what green tea can do came from a practitioner who came to my Centre who was suffering from Lupus. She drank 6 to 8 cups of green tea a day for the antioxidant effect to help her Lupus. She was getting no better.

After stopping the green tea, within 2 weeks she was 80% better. The chemical effects were outweighing the Antioxidants.

Just stick to water; lemon & water and herbal teas when you feel like something to drink.

Toxic Withdrawal Side Effects

It is important to understand, that the following may result as a consequence of withdrawal from stopping **Tea/Coffee, Coke & Pepsi** or for that matter any food you may be allergic to, known and otherwise. (9)

By stopping these substances you may experience one or a number of the following. Please remember it is one of the best things you can do for your health.

These signs and symptoms may include:-

Headache	Looseness of Bowels
Migraines	Diarrhoea
Tiredness	Nausea
Urine Frequency	Lethargy
Bone Pain	Depression
Confusion	Joint Ache
Muscle Pain	Scalding Urine

An analogy I like to use is to visualise two pillowcases. Picture two white pillowcases and all through the following you are not allowed to wash the pillowcase.

Through one pillowcase you pour 6 glasses of filtered water and two cups of herbal tea, after one full year of continual use the pillow case will still be clear, virtually clean.

Through the other you pour two glasses of water, two cups of tea, 3 cups of coffee, one can of coke or Pepsi and two glasses of juice.

The pillow case will become severely stained and clogged over the years. The stain will not be able to be removed unless certain detoxification principles are put into place.

Your body's organs are also a filter and they too will get clogged. The

main filters of the body are in order: - the digestive system, the liver, the immune system and the kidneys.

Just like a petrol filter in your car if you do not clean your car's filter, what do you think will happen? The car will not run properly and eventually stop working. The filters will become clogged with muck. The same happens to your body.

If you have any of the above withdrawal symptoms think of them as a positive result and usually after four days to a week they will go away and your health will have taken its first steps in a dramatic turnaround to good health and well-being.

Toxic Foods to Avoid

To help the body to release the pain and disease you must avoid toxic foods. We can help but it's you who determines when that might happen.

Clinical studies have revealed that 86% of migraine sufferers and/or people suffering with pain may become pain free after avoiding the following pain foods.

Be aware though at times it may be necessary to withdraw slowly from these pain foods. For most people 7 days after you stop these pain foods you should notice a reduction in your pain. But those 7 days of withdrawal can be terrible. (See the previous page about toxic withdrawal symptoms.)

Pain Foods

Avoid the following foods

- **Cow's milk**
- **Chocolate**
- **Tomatoes**
- **Hard cheeses**
- **Potatoes**
- **Capsicum**
- **Citrus** including orange juice (Note: lemons and limes are allowed)
- **Chilies**

- **Eggplant**
- **Coffee**
- **Tea including Green Tea**
- **Cocoa**
- **Caffeinated products** like **Coke & Pepsi**
- **Tobacco**

Please enjoy the following as much as you like, (Tea's available from the Centre)....

Lemon Water- ¼ a lemon squeezed into a glass of water 4-5 times a day
Herbal tea- but no green tea

Here's the Truth:

People with diabetes crave..... Sugar!
People with heart disease crave..... Fatty foods!
So...People with pain crave..... The Foods Listed Above!

So if you want to possibly **create** your own pain just eat any of the pain foods listed above. However, if you want to stop your pain avoid these foods. Just by consuming only one of these foods once every four or five days it is possible that your pain may return.

It's your choice, choose wisely.

Ancient Wellbeing Secrets

Number # 4 Exercise

From the beginning of time man and woman have exercised. Whether they called it that, doesn't matter. There was no motor vehicle, no ride-on mower, no television or no remote control.

Man has always up to recent times got off his butt and moved his body. Whether it was hunting or gathering or building the pyramids or just doing the washing in the old boiler, mankind has always been active up until now.

Now, more than any other time in history, human beings have become lazy and sometimes bone lazy. We get in the car to go 100 meters, we sit on the lawn mower instead of pushing it, we push the remote control instead of getting up and changing channels and we don't exercise because we could not be bothered.

And it is showing! Obesity has hit an all time world record high. Here are some very scary statistics.

By 2044 every western child will be **clinically obese** if we do not stop what is happening NOW!

One in four Australians are now obese.

By 2058 every western adult will be clinically obese if we do not stop what we are doing NOW.

You've heard it all before and you'll hear it again here too, exercise is one of the most important aspects of a healthy body.

Whether you are confined to home, an unfit couch potato or you do a little or a lot of exercise you need to read this.

Ancient medicine practitioners recommend exercise on a daily basis for good health and longevity.

This approach to exercise focuses not only on the physical benefits exercise imparts, but also on its positive influence on mind, heart, senses and spirit when customized to suit individual needs for balance.

Exercise benefits:

- Enhanced circulation
- Enhanced energy, strength and vitality
- Enhanced flexibility and coordination
- Good posture
- Digestive system and a balanced appetite and metabolism
- Increased efficiency in eliminating toxins
- Enhanced mental alertness and agility
- Enhanced focus and ability to concentrate
- Enhanced self-esteem and respect for one's body
- Self-awareness
- Enhanced ability to manage stress

Exercise is a critical component of good health, especially as you age.

Exercise will help you:

- Sleep better
- Lose weight
- Gain weight
- Maintain weight
- Improve your resistance to fight infections
- Lower your risk of cancer, heart disease and diabetes
- Help your brain work better
- Improve your physical and emotional capacity
- Improve your functional ability

The key to obtaining the benefits of exercise is to find a program and stick to it.

The majority of the two-thirds of the population who are overweight and the tens of thousands of others who have high blood pressure, high cholesterol or diabetes, desperately need more exercise to control their underlying condition.

There is simply no stronger tool to decrease your insulin levels than exercise and elevated insulin levels are one of the primary drivers for these types of illnesses.

Key points to remember when exercising:

Listen to your body. If exercise worsens your symptoms then modify your program or if need be, stop. As your energy and health improve, you will be able to tolerate larger amounts of the aerobic exercise, which will lead to weight loss.

Be consistent. You need at least 30 minutes of exercise a day to experience any weight loss or health benefits. Start with walking if you are overweight. Most heavy people start with walking and that is an excellent choice as it is low-risk and inexpensive.

Increase your intensity regularly. Ideally you should exercise at an intensity that makes it somewhat difficult to talk to the person next to you. This saves you from having to measure your pulse or use a heart-rate monitor.

It is very difficult to place a value on how good you feel and all the diseases that you will prevent by exercising. How can you put a price on preventing a heart attack or fatal cancer? You may not realise it, but exercise has been clearly shown to reduce cancer rates.

So not only will you reduce the risk of cancer and heart attacks but you will also reduce the risk of nearly every single chronic degenerative disease.

So do yourself a favour and exercise. Some good forms of exercise to try are Qi Gong and or Tai Chi. The best form of exercise is Salute To The Sun and you can find out all the details of this exercise in Module 3.

Ancient Wellbeing Secrets

Number # 5 Avoid Personal Hygiene Toxins

The **air we breathe** and **the water we drink** used to be pure and clean, once upon a time, long back... Today they are polluted and contaminated with all kinds of toxic chemicals and harmful agents that we probably haven't even heard of and definitely cannot spell.

The pesticides in vegetables, heavy metals in fish, hormones and steroids in the poultry and meat etc. and all the unhealthy junk foods and drinks that we consume, all add up over time. This chemical cocktail seriously interrupts the optimum function of our cells, tissues, and organs, causing and worsening health problems.

We are exposed to toxic chemicals every day. Many of them are known to cause cancer, disrupt our hormones, effect fertility, cause birth defects, and damage our nervous system.

We are exposed to an enormous burden of toxic chemicals today. It's important to limit our contact with toxins as much as possible. In America, in 1989, The Environmental Protection Agency reported that many homes had toxic chemical levels inside the house that were 70 times greater than those found in the outdoors. (12)

What is interesting is that these toxic levels did not come from the weed killers in the garage, but the household cleaners and personal care products found in kitchens and bathrooms.

In the same year, the National Institute of Occupational Safety and Health reported on 884 toxic chemicals commonly found in household personal care products alone that could potentially do harm.

Many of these chemicals are linked to **allergies**, breathing difficulties like asthma because they irritate the airways and trigger excess production of mucus. The mucus provides the perfect environment for a bacterial or viral infection to multiply. (13)

But the human body and for that matter, all life forms have been equipped to be adaptive and resilient to a very large extent. So we survive. But there's a limit to what it can handle, after which symptoms start showing up, diseases start to manifest.(14)

One of the most dangerous toxic chemicals we have in our home is chlorine. You may or may not be aware but chlorine can kill.

Chlorine in water can kill cells in our body and is widely known to be the cause of asthma, respiratory problems and bladder cancer. Why then do they put it in our water you ask? "To kill the bugs" they say, yes, it may kill the bugs but it can harm humans too.

One expert, Dr Herbert Schwartz, is quite emphatic in asserting: "Chlorine is so dangerous it should be banned."

He believes that tap water with chlorine alone is directly responsible for cancer, heart disease and premature aging and senility."

Dr Joseph Price, famous US medical researcher and author of the book "Coronaries! Cholesterol! Chlorine!" states: "Chlorine is the greatestcripler and killer of modern time."

In the same year, the National Institute of Occupational Safety and Health reported on 884 toxic chemicals commonly found in household personal care products alone that could potentially do harm.

Chlorine reacts with organic compounds in water. The chlorine accumulates in the fatty tissues such as breast tissues and can be found in the body fat, blood, mother's milk and semen.

Studies have implicated chlorinated drinking water with rectal and bladder cancers along with cancer of the liver, stomach as well as heart disease, arteriosclerosis, anaemia, high blood pressure and allergic reactions.(15)

Few people realise that they are exposed to more carcinogens in a 3 minute shower or bath than they are if drinking unfiltered water all day. In fact studies show that a 3 minute hot shower is the equivalent to drinking around 12 litres of chlorinated water.

To help prevent this exposure we recommend the purchase of a shower filter and install it immediately. They are inexpensive compared to the

long or short term side effects of chlorine poisoning. We recommend people seeking the best possible protection from chlorine to seriously consider a water filter along with a shower filter.

The benefits of a shower filter are that they have a mild antioxidant and bacterial nature that helps in the treatment of certain dermatitis conditions such as eczema, psoriasis and acne. Shower Filters also remove harmful chlorine, a drying and bleaching agent, and carcinogenic hazardous vapours.(16,17)

Drinking water is no different. Would you drink a cup of pesticides? What about a cup of chemical water? We know that all your aquarium fish will die within a matter of minutes if you add tap water to your fish tank without also including a de-chlorinator to remove the chlorine. Doesn't that tell you something about the danger of drinking chlorine?

If you still haven't given up tap water, this article provides you with some great reasons to start today. Just the same, it's worth your time and good health to filter your home's water supply.

Don't think drinking bottled water will help you sidestep the problem either as some bottled water is actually no healthier than tap water.

A side note: Remember to avoid storing your water in typical plastic bottles as they can leach an unsafe chemical called BPA into your water.

CAUTION – A DEADLY TRIO

If you clean your teeth with fluoride toothpaste, wash your hair with a shampoo containing sodium lauryl sulphate and use an deodorant with aluminum in it your chances of developing brain fog and possibly Alzheimer's disease may have just greatly increased.

Aluminum accumulation interferes with normal neurological function. Dyslexic children were shown to have higher levels of aluminum, and other behavioural difficulties in school also correlated with elevated levels of this element.

Do not wait for this to happen, take a positive stance, buy a water filter and a shower filter, get some natural deodorant and shampoo and alleviate brain fog and the chances of chronic disease once and for all.

I highly recommend you look at the Enviro Care range of products which are safe and chemically free. This range of products can be purchased by visiting our Centre or calling 41282899.

Ancient Wellbeing Secrets

Number # 6 Laughter

Laughter is the best medicine. We've all heard it before but it is true and it is something that in this stressful life we need to have a serious look at.

Medical studies indicate that laughter boosts levels of endorphins, the body's natural painkillers, and suppresses levels of epinephrine, the stress hormone. Laughing is thought to help you fight off illnesses by boosting your immune system, reducing allergic responses, including hay fever symptoms.

Mindful laughter has also been shown to help the cardiovascular system by raising and lowering the heart rate and blood pressure.

Laughter is said to be addictive. Given its numerous health benefits, that is desirable. Firstly it gives a sense of well being because of release of endorphins and neuropeptides.

By ensuring the inhalation of more oxygen, the lifeline of the system, it makes people feel better. It **decreases stress** leading to lowered stiffness of muscles - muscle relaxation easing headaches, body aches and other muscular problems.

It helps to improve coordination of brain functions, thereby enhancing alertness and memory; lift depression; reduce stress; bring pain relief; aid ventilation and clear mucus in the respiratory system increase blood oxygen by bringing in fresh air; and strengthen internal muscles by tightening and releasing them, appears to boost your blood flow and researchers say it may reduce your risk of developing heart disease.

But the benefits of laughing don't stop with your heart: laughing has previously been found to help fight infections, relieve hay fever, ease pain and help control diabetes.

Interestingly it has been found that laughing increases blood flow by more than 20 percent - a similar effect to that of aerobic activity. The positive effect of laughing lasts for 30-45 minutes, in contrast, stress decreases the flow by about 35 percent.

So if exercise is not an option for the day – use laughter instead.

Various studies have suggested that a positive outlook on life and having a good laugh is associated with much more than just keeping your heart healthy. Laughing helps keeps diabetes under control. It may help to control spikes in blood sugar levels after a meal, reducing the chances of diabetic complications.

Be **HAPPY**, and **RELAX**! Remember how to Laugh WITH Life! Laugh for no reason, no jokes, no sarcasm, only joyful laughter and FUN, the kind of fun that rekindles the playful part of yourself. Laughter promotes the inner spirit, good hearted living, joy, feeling good, physically and emotionally, and peaceful balance within yourself. Laughter is helpful in improving health, uplifting your mood, and bringing a smile to your face! Promoting health, happiness and peace through laughter.(18,19)

Laugh This Way

How do you laugh when nothing's funny? Just open your mouth into a wide smile and force the breath out. You may feel silly at first, but it helps your health. Here's a few ways to help you get started:

Lion laughter – this is the one I like best.

Open your mouth into a wide smile forcing the side of the mouth sideways, thrust out the tongue, widen the eyes, while forcing the breath out belly laugh to your hearts content and stretch the hands out like claws while laughing. Don't be surprised during your first 6 weeks of doing this daily that you may dry reach. This helps remove negative emotions and gets down to the belly for healing of the body.

Heart-to-heart laughter

Move close to a person and hold each other's hands and laugh. Get right down to the belly and laugh to your heart's content.

Laughter is Music of the Heart.

We suggest that you should try to laugh more.

In the same way that we try to eat five portions of fruit and vegetables a day and climb the stairs instead of taking the lift, perhaps we need to make time to have a good laugh.

Ancient Wellbeing Secrets

Number # 7 Drink Hot Water Twice Daily

Thirst is the body's way of telling you it's already dehydrated. Dehydrated bodies are more sluggish, toxic and prone to aches and pains than bodies that are kept topped up with regular fresh water.

An easy solution to dehydration and its challenges to our healthy functioning is to sip hot water throughout the day.

Drinking hot water regularly is a classical Ancient Medicine recommendation for balancing the body, strengthening digestive power, and reducing metabolic waste (Ama) that may have accumulated.

Please make sure you use unchlorinated tap water and take a few sips (or more, if you are thirsty) every half-hour throughout the day. It is the frequency rather than the quantity that is important here.

To increase the positive effect you can add 1-2 slices of fresh ginger (or a pinch of ginger powder) to the water when boiling it.

Start with 2 glasses a day.

Just by using these 7 simple ancient secret healing codes you can change your life, your health and have the life you have always dreamed of. It's that simple – To go over them once again here they are:-

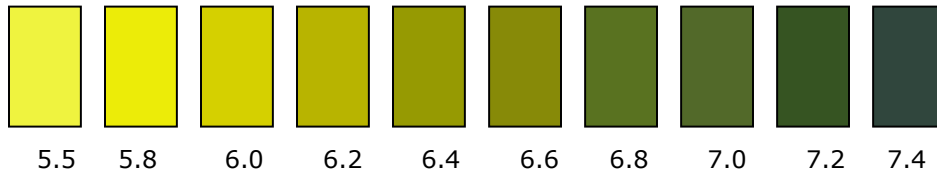
1. Scrape your tongue twice daily

2. Drink lemon water – 3 times a day
3. Avoid toxic foods at all times
4. Exercise regularly – 3 times a week
5. Avoid Personal Hygiene toxins always
6. Laugh long and loud every day
7. Drink Hot Water twice daily

Please remember as you take on board these codes you can feel worse before you feel better. (Re-read the toxic side effects) but the good news is that it usually only lasts 5 to 7 days and the benefits will certainly out way these simple negative effects.

PH TEST INSTRUCTIONS

To accurately measure PH, it is best to test twice daily. For saliva PH the two best times are as follows; 2 hrs after breakfast and 2 hrs after lunch. Work some spit up into the mouth and swallow 3 times and on the fourth spit onto a spoon and dip the PH test strip into your saliva. (Do not place the strip into your mouth.) To test urinary PH use the first void in the morning and place in a small container and test your urine. The PH test strip should read between 6.8 and 7 for saliva and your urine results should be between 6.4 and 6.8.



Test for 8 days. If you miss a few times don't be concerned as we are after averages. Place your results within the graph below and bring it to your next appointment. Please tick in the box with the appropriate result.

SALIVA PH TEST RESULTS

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7		DAY 8	
7.4																
7.2																
7.0																
6.8																
6.6																
6.4																
6.2																
6.0																
5.8																
5.5																
Result	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm

URINE PH TEST RESULTS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
7.4								
7.2								
7.0								
6.8								
6.6								
6.4								
6.2								
6.0								
5.8								
5.5								
Result	am	am	am	am	am	am	am	am

[illegible]

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Choosing A Practitioner

Our Boutique Centre is designed purely with you in mind.

For you to be relaxed and comfortable is fundamental and essential to us.

Because we listen from the heart positive and open communication develops.

Once your challenges have been listened to . . . we have many different approaches, unique testing procedures and programmes to simply and effectively help you to restore your health.

Wayne, Scott and Lorraine have many Practitioners as their clients.

From Bio- Chemists, to Medical Doctors/Specialists, to Naturopaths, to Dentists, to Chiropractors, to Acupuncturists and the list goes on . . .

That's why they are known as the 'Practitioner's Practitioner!'

With over 5 decades of experience and being teachers within the industry our simple, direct yet diversified approach has led to over 173,000 consultations and patients coming from all over Australia, New Zealand and from around the world.

Some fly in on their private planes . . .

Especially to take advantage of our "COMBINED TREATMENT Approach" where you can decide to sit with Wayne, Scott and Lorraine at the same time and receive a detailed report of findings on your health.

Therefore our Boutique Centre has virtually become Referral ONLY.

The reason we have limited advertising is because we predominantly work by referrals, invitation and appointments only.

Because of this Unique Experience initially it can take 3 months to get in to see us for the first time as our services can sometimes be in high demand. Our priority waiting list can speed this process up because of postponements that may occur.

And the best part is . . .

Once you've become part of our 'Family' it's easier to make future appointments to see us.

***To Arrange A Consultation . . .
Call Kelly Now on (07) 5440 5678***



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