DEEP SLEEP

First off, thank you so much for making it here because, you've got to figure, a third of our life we spend in bed. And you can probably get all of this information off the TV set. Well, first off, you're going to learn how to reverse disease using sleep. **Sleep is when the body repairs itself, and if you're missing sleep, disaster results.**

What's neat is, let's say we want to extract some information from some undesirables. **Sleep deprivation is one of the greatest tortures that is being used.** In fact, if you interrupt someone's sleep, you can confuse them in just 72 hours. You can pretty much break some of the most stalwart, tough guys. So if you want to learn torture, great. However, if you see patterns like this, have you ever seen a sign like this? You've got to know that that's a sleep deprived culture. I mean, we've got a choice. When I come from my house, which is a mile away to here, I passed four pharmacies and two Starbucks.

**Is that a sign of a healthy society?**

**No!**

It's ridiculous, so obviously we're doing something wrong. So, when we look at this about 50% of our population is going to get cancer, depending on your ethnic make-up between 30% and 50% are going to get diabetes, most everybody is misdiagnosed with high cholesterol, what some of the things? What causes?

Like, if you interrupt your sleep short-term, what are some of the things you get?

**You get high cholesterol, high blood sugar, and high blood pressure and also blood supply to the gut reduces, and this is normal.**
So if you interrupt your sleep are you going to have healthy digestion? No. Also, it weakens the immune system and you have higher disease rates.

So when you look at this, what diseases are going to be associated with this?

Well, first off, oh! did you see that? Did I just stimulate fear? No, not in you, you're a rock. I know you weren't scared. So what happens is, under physical, chemical, and emotional stress, and what sleep deprivation does is stimulates emotional stress, physical, chemical.

**Your body doesn't know the difference.**

So chemical stress, can you name a chemical stress? Yes, medications, exactly. Can you name another chemical stress? You're right, fast food, good. Can you name a third one? Exactly, pollution. You were going to say pollution, too. I’m sorry she stole it right out of you there. But also, what increases if you're being chased by a tiger? Adrenaline. And what causes this pump to go faster? Adrenaline. Good, so high blood pressure. That's normal. See, these are normal physiological responses to stress.

What happens under lack of sleep? Increased stress. So your body responds like you're being chased by a tiger. So in the ignorant world that we're in today,and this is incredibly ignorant, they're looking at these as problems.

They're actually treating high blood pressure with a chemical. I know this is going to sound crazy, see 50 years or so when they play these tapes back, they're going to go, "These guys were so dumb! They treated a natural physiologic response with a toxic chemical to change metabolism." So we've identified high blood pressure, we identify high
blood sugar, we identify elevations in cholesterol, and we give a patentable chemical to lower it down to a certain level.

**Does that make you healthier, or sicker?**

*According to medical journals, what the leading cause of death in America, according to the journal of The American Medical Association? –*

**It's medical care.**

So obviously, adjusting these levels, which is an adaptation of your body to environmental stress, with a chemical is foolish.

And then when you look at it, if you have long-term problems, what happens to the immune system if you're under chronic stress?

It goes down.

Why? Because, have you ever had a cold? Of course. Do you have a lot of energy, do you feel great when you have a cold? No, you're wiped out, because the immune system is metabolically expensive. So, when you're under stress the body's going to shut blood supply down to that, so you're going to have a weakened immune system. So, under chronic stress, guess what? Immune system deficiencies.

**SLEEP MEDICATIONS**

Now when you look at this, sleep medications, so again, I think it's foolish to lower, chemically lower blood pressure. It's foolish to chemically lower blood sugar. It's foolish to chemically lower blood
cholesterol levels. And this is what modern society does. Why? Because all of those chemically alter the body’s physiology and end up with disaster. What is chemically altering your physiology to induce sleep?

**Do you know that the sleep pill, the sleep drug that you get, you get an average of 11 minutes more sleep at night.**

Eleven minutes more. Now you might say "No! I really like my sleep drug." Yeah, you get to sleep 13 minutes earlier, you average about 11 minutes more. However, it negatively affects your memory. So you don't remember that you slept bad. And all you've got to do is read on the side of the package. What does it say on the side of the package? "You may wake with fatigue." There's a hangover from this stuff.

**DIRECT TO CONSUMER ADVERTISING**

So when we start looking at it, America is one of the few countries on the plant that had DTC: Direct to Consumer Advertising. "Ask your doctor if this is right for you." How would you know, how would he know? Well, when you look at this marketing ploy, either our society is the sickest the planet has ever seen, or there is an epidemic of sleep deprivation. In 2001, 29 million prescriptions for sleep, by 2010 it doubled, 60 million? So, either the sleep pill is the greatest advent to mankind, or they’re dangerous. So, let's find out how to chemically alter sleep. If you do take a sleeping pill, you have a 35% increase risk of cancer. You die about 4.6 times greater than those that don't take sleeping pills. Come on, say why. Why? I knew you were going to say that, I knew it! I can feel it right on the tip of your tongue. Because when we look at sleep, you chemically alter sleep, you're altering physiology. You're not getting real sleep. You're getting 11 more minutes of sleep at night, but you're totally chemically alter it, because you're trying to change your physiology with a chemical.
BLOOD PRESSURE MEDS

When we talk about lowering blood pressure with a chemical, what happens? Heart disease, diabetes and cancer, from lowered chemically, those blood pressure drugs. What happens if you lower cholesterol with a chemical? **Heart disease, cancer and diabetes.** What happens if you lower sleep, or induce sleep? Same thing. Suicide, accidental overdoses. Those are ways that they kill. I absolutely feel and I put this on your handout. DarkSideOfSleepingPills.com. 35 years of research on sleeping pills. This is one of the few MD's out there who is absolutely, looking at altering physiology with chemicals, and because that's what it is. I can't call it medical care, because it's not. It's insane. It's taking a normal physiologic response and altering it with a patentable chemical. That's not consistent with health. I love this; they're called "Ambien zombies." All you've got to do is look this up, people are taking these drugs, they're interrupting their sleep and they're eating things out of the refrigerator that they normally wouldn't eat, they're even driving. Police don't know what to do with these people, and they don't know why it happens. And I love this one, "Ambien makes my husband eat in his sleep, Ritalin gives my son hallucinations, what do you have for depression?" Now this is common. If I went to a doctor and he was causing my mate to go crazy and sleep walk and my son to have hallucinations, would I go in there and ask for a drug for me? He's obviously failing on the first two. That's ridiculous.

MORE SLEEP MED SIDE-EFFECTS

Now, it also increases infection, these sleep drugs, by chemically altering our sleep. You're taking this drug for how much extra sleep at night? 11 minutes. You're taking this drug that has a 35% increase risk of cancer, and you die 4.6 times more. So, that's over 400% greater rate
of death. How many people have recovered from death? Only one of them had help. So, not many people have recovered from death. Lazarus, Frankenstein. Three! Two of them had help! So, when we look at this, infection. Now, why is there a greater rate of infection, and weakening of the immune system by taking these drugs? We don't know. Heck, we don't know how most of them work. Now if you're taking the drug at night, there is driving performance, there's impairment. Why, because of the REM state of sleep. You're actually missing sleep. Now, how much sleep do you need?

Audience: Eight hours.

Dr. Bergman: Nope. That's not true, let's look at reality. When we look at this, now this is about three hours of sleep on the left, it's about 10 hours of sleep on the right. Higher disease rates, slightly higher.

*If you get three hours of sleep at night, you have more disease rates.*

*If you get 10 hours of sleep, there is more disease rates.*

The less disease rates are right in the middle. About six and a half, seven hours of sleep at night.

It depends on you. I get about five hours of sleep at night and my immune system is perfect and it's normal. But my sleep is very, very disciplined. I go to sleep at the same time, I get up at the same time, seven days a week. So, I've trained my body in order to achieve sleep, and this is what you need to do. You need to actually train your body. And what this shows is that you will find an natural rhythm, but it's right around six and a half hours of sleep. You don't want to get too much sleep. Now, the healthiest people in the world sleep six and a half hours, in the ball park. You can get five hours, but if you start sleeping nine to
ten hours you're going to get sicker, and sicker, and sicker because your body is not designed to sleep that way. And it's normal for older people to wake up. It's a normal, healthy response.

**INSOMNIACS LIVE LONGER?!**

Now, what's weird is, insomniacs, people that sleep very little, or sleep fitfully, tend to live longer. Wow. Wow. So, let me put this together. If you take a chemical to induce sleep, you end up with depression, anxiety, weakened immune system, increased viral infection, and increased risk of cancer. If you naturally induce sleep, you get healthier. I'm just connecting the dots. Let's look at why. Because, you've got to figure, this is the nervous system. The nervous system controls every function. The stomach lining is replaced every five to seven days. You've got to figure it, 98% of all the atoms in your body are replaced every year, and it does this during sleep, during the REM state of sleep. So if you get deep sleep every night, your body is continually replaced, and continually renewed. If you don't get REM state of sleep, your body tends to break down and it breaks down pretty quickly.

**INCREASE METABOLISM TO INCREASE HEALTH**

So, anything that you do to increase metabolism, the metabolic processes, your body's going to be healthier. Anything you cause to decrease metabolism, your body's going to break down earlier. You're supposed to say, "Wow! That's too simple. How could this actually be?" It's true. The tough part is, every medication slows or stops metabolic processes.

Every medication.
Every medication.
This means that drugs for diabetes, this means every medication. So you have to look at your physiology and change this, because if your body's breaking down faster than it's building up, you're going to have disease. If your body builds up faster than it breaks down, you're going to have health. That's the whole thing. And the modern world is foolish because we're trying to alter physiology with a chemical. And we call that health care? That's foolish. Absolutely foolish. You need REM state of sleep. This is when your body does it. It's called slow wave sleep, but if you can't achieve it you die. You actually die, your body dies quicker, and this is why. The chemicals that they give you to sleep interrupts REM state of sleep. Television interrupts REM state of sleep. In fact, we're going to go over the different REM buster.

**CIRCADIAN RHYTHMS**

We're also tied into this planet. There's a thing called circadian rhythms, where you are tied. There are certain rules that you have to live by. You have to be asleep by 11 to one o'clock in the morning. Why? Because that timeframe is when your gallbladder in going to secrete, and the gallbladder helps you break down fatty acids, fats to fatty acids, and you can rebuild your tissue. But also, guess what happens, if you don't, if you can't sleep at night, your body, your gut, where 90% of the body’s serotonin is produced can't produce the serotonin. You can't produce serotonin, you're not sleeping at night, depression and anxiety. 40% of all prescriptions are written for depression. Do you think those people are sleeping good at night and have healthy bowl function? Heck no. It's absolutely foolishness to get someone who has depression, anxiety, or a weakened immune system, and what do you do, you give them another chemical? No. The real doctors are going to go in there and say, "Well, how's your gut function? How's your bowl elimination? What's your diet like? What's your sleep patterns like?" They fix those and the body will fix itself. So you have to be asleep at 11 or one o'clock.
When you look at this, you start looking, sleep is restorative. Sleep is when your body rebuilds itself. Sleep is a little bit less of a third of your life. So what happens if you interrupt that repair stage? All of these different conditions up here are misdiagnosed as sleep disorder problems. See, if you go to the standard chemical physician, because we're not going to call them medical doctors, because there are some brilliant medical doctors, but the chemical physicians, if you come in with high blood pressure, diuretic. Depression? Wellbutrin. It's foolishness. Headaches, anxiety and depression. When I see anxiety and depression, I think gut dysfunction. The body's not producing serotonin. Fatigue. Obviously they're not sleeping right. So what do we do, give them a stimulant?

Migraines, heart disease, high blood pressure, insomnia. All of these are conditions that come from abnormal sleep.

What's unusual is these conditions, Parkinson's, Alzheimer's disease. This is at epidemic proportions now. Alzheimer's is considered a man-made disease, and you're going to see why. Alzheimer's. Do you think that has a problem to do with the brain repairing itself? Gastrointestinal disorders. Behavioral disorders. That's out of the Journal of the American Medical Association. Now here is something. Alzheimer's, according to the Journal of The American Medical Association, is linked to lack of sleep. Parkinson's, all of those diseases I just said. These are drugs which interrupt REM state of sleep. Antacids interrupt REM state of sleep. High blood pressure drugs, appetite suppressants, ADD, cold drugs, steroids, analgesics. This means sinus medications. Wait a second. I'm seeing a pattern here. You have a symptom, you take a drug that interrupts sleep, it increases more symptoms. Do you see the same pattern? Here, borrow these. You'll see the pattern. It's just like, this doesn't make sense. It doesn't make sense at all. And then you get
this one, error rate for drugs in kids. What's weird is, drugging and adult is really cruel. Drugging a kid is stupid. That's just dumb. This is out of the... Give baby drugs, well OK, he's a partier.

**ANTIBIOTICS**

When you look at this, there's the Archives of Pediatric Medicine, and what they're talking about is antibiotics, they're talking about analgesic, they're giving gastrointestinal problems. They're giving newborns these drugs. I'm not even talking about the hepatitis B shot given in the first 12 hours, or the 36 shots that they give them by the age of two. I'm not talking about the neurotoxins in there. But when you look at this, they're seeing the typical infant brought to a hospital, they get between four and eleven drugs. Now do you think that's going to interrupt their REM state of sleep? Yeah, this is just insane to expose kids. And so then they come up with a way, and I don't know if you've heard of the term, diagnosis? Have you ever heard that? "Di" mean two, "Agnos" means not to know, so two people agree not to know. So what we do is, if you come to me and you say "My child doesn't sleep well at night", and the physician will look down, knowingly, superior, looking down at you because you're obviously not a doctor, "I'm going to give your child a diagnosis." See, what I could do is say, "Well, he has trouble sleeping." You could say "Hell, doc! I just told you that." "No, he has a disease. He has sleep onset delay syndrome.

How foolish is this? You're labeling something over just ridiculousness on something that doesn't actually exist, but now that I labeled it, you now have a disease, so the child is labeled. He now has a label that you can get medically treated. So, now I can give you a drug, even though the drugs add how much sleep at night? Eleven minutes. Good. Are they tested in children? No. OK, no. And what are the side effects of it? Are we increasing the child's risk of cancer? Absolutely. So this is absolute
foolishness when an idiot comes up with a diagnosis and labels your child. Do you know that this year the DSM5 is coming out? This is the Diagnostic and Statistics Manual that psychiatrists use it. Well luckily, we're going to change the diagnosis of pediatrics so these kids won't have autism anymore. The kids will still be sick, but we're going to label it different.

Has anyone in here ever lost a loved one? I lost two, I lost my mom and dad. If you're sad more than two weeks, grief is now a mental disorder. So, don't worry. I bring that up because that's as dumb to me as this. Sleep onset delay, that's ridiculous. That stuff doesn't exist. Here's one. I get a patient in, 16 years old, she's given Ritalin. And that is an amphetamine, it's a class two narcotic. I said, "What medications are you taking?" She said, "Prescription meth." And I said, "Whatever you're going to be when you grow up, you're going to be successful." Because, a stimulant, this is an amphetamine that they give kids. No kidding. You give a kid a stimulant, an amphetamine, they're going to have trouble sleeping at night. They have trouble sleeping at night, how do you think they're going to function the next day? Oh, difficulty paying attention, no problem. Green tea, this is one of the neat things that actually starts to help, and it's just an antioxidant. You don't want to take it right before bed, but it's going to be vital to help kids calm down. So they get paying attention more. Early sleep in life, vital and crucial. This is why we don't vaccinate and we don't give neurotoxins to kids. We allow them to develop naturally, which would be ideal. And then more drugs that cause sleep deprivation.

The reason I bring this up is because, if you have deprived sleep your blood pressure gets bad, your lungs get bad, your digestion gets bad, a lot of things. Asthma, COPD, and sleep drugs, they cause these things, they cause reflux. It's just crazy to treat it with this. This is one of my favorite things. Do you know the blood test for depression?
Audience: There’s a blood test for depression?

Dr. Bergman: There isn't one. I was just kidding. Is there an x-ray analysis for depression? No, there isn't. One of the things they use for depression, to see if you're depressed, is they ask if you have interrupted sleep patterns. This is on one of the questionnaires. The interesting part, and you might find this just a thrilling pattern, difficulty in sleep, and waking up early in the morning, these are symptomatic of depression. So if you have those, they give you an antidepressant drug. However, antidepressant drugs like Wellbutrin, Depakote, Elavil, Prozac. They tend to interrupt REM state of sleep. So, that causes sleep disturbances, which cause more diagnosis of depression. Keep that train rolling, rolling, rolling. It's absolutely ridiculous. I'm telling you, 50 years from now they're going to look at this and they'll go, "My god, this guy is better than Benny Hill." No, I think it's absolutely psychotic that they would do this.

**FIBROMYALGIA**

Fibromyalgia, this is an incurable disease. There's no blood test, there's no x-ray analysis, there's no test that shows it. And what kind of moronic, I mean obviously there's an x-ray of her spine. Those nerves that come out of the spine, her body could not produce serotonin, because of abnormal gut function, she could not sleep well. She was hurting, in pain, she was depressed. So what was she given? Muscle relaxants, pain relievers, antacids, antidepressants. And then she was upset so they gave her the Prozac. Was she sleeping good? Ambien. We're talking **nine different prescriptions** and nobody knows how these drugs are going to react. If you're taking more than one drug, try and separate them by, at least, an hour, drink a full glass of water in
between. That just is common sense. Within a month she was drug free, 90 days later she was cured of the disease.

**Inadequate sleep affects hormone levels.** How many people use an estrogen or progesterone creams when they're not sleeping right? How many people are taking sleep drugs? Can you see that it adds one to the other to the other? I mean, it's just crazy. Women need more sleep than men, obviously. Women are in charge of everything, we should let them sleep. And here's another one, if you miss sleep, your blood pressure goes up. Blood pressure drugs cause missing of sleep. REM sleep is decreased by beta blockers, ace inhibitors, and diuretics. These are all the drugs. Do you see another pattern there? I mean, I could put the same thing up there, the one with the depression, how the drugs cause decrease of sleep, the lack of sleep causes depression and it goes one? We could put another one with blood pressure drugs, the same thing. Then we could put another one with the ADD, ADH drugs, same thing with that. We could put another one with viral infections or a weakening of your immune system. Causes and increase of, you know, can you see this?

So, it's pattern after pattern, after pattern. You cannot chemically alter the human body and expect a positive outcome. This right here, typical guy, young guy, kid, 56 years old. Now, what is your belief system? Are you stuck in the idea that treating a human being with a chemical is a good idea?

**What is the leading cause of death in American today?**

**Audience:** Medical care.

Dr. Bergman: Medical care and this is according to the medical journals. And what's frustrating is that there's a huge prejudice about this. So, if
you have the belief system, and that's what it is, it's a belief system, because when you look at the science behind this, is there any science behind saying that taking a sleep medication is helpful? No. All the science is backing that it's a foolish approach. So if you get a doctor that's prescribing a sleep medication, he's got to either go back to school, he's either ignorant or evil! I'm voting for ignorant. So this is just foolishness. His belief system, when he first came in, was that the doctors were smart. So, they gave him the Tylenol, even though Tylenol causes joint destruction. They gave him the asthma, even though the steroid inhalers, most people die of asthma from the inhalers themselves. They gave him the indigestion, what does the antacids do? It interrupts REM state of sleep which causes high blood pressure and high blood sugar. No problem. That gave him the Metformin, even though blood sugar drugs lower blood sugar, but insulin levels remain high and that's what does the damage. So, I mean it's just foolishness on top of foolishness.

Luckily, his wife said, "Look, get in there. I don't think the doctors are making you healthy." And he says, "No, I need these pills to keep alive. I've been taking these pills for years." Well, how do you feel? "I feel like... OK, but I need these pills!" What's your belief system? Because that's what it is, it's not science. If your belief system is that your body is foolish and it's designed to wear out, he should probably be dead now, but that's him now, drug free. So, when we look at this, your belief system has to change. It's not science. There's no science saying that a blood pressure drug is going to make you healthy. There's no science that says that a cholesterol drug is going to make you healthy. All the drugs they give for our arthritis cause joint destruction, when arthritis is reversible. This is a whole different world.
WAYS TO CORRECT INSOMNIA

Insomnia, the best way, and this affects the whole family. Insomnia, how many people have insomnia? Have you ever heard of anyone that has it? This is the weirdest thing. To correct insomnia, you deprive sleep. It takes 21 days to change the firing of the brain. See, we're talking about belief systems here, but now we're going to talk about neuronal connections. Every time you develop a new pattern in your brain, your brain fires the way it's wired. So, I'm going to show you how to rewire that brain, and it takes 21 days to do it. What you've got to do, you've got to follow the sheet right here, the REM busters. You drink, well at night time, it has to be very, very dark, you don't do anything in bed except sleep. You go to bed at about 10:30, 11 o'clock at night, you're going to wake up at about 5 o'clock in the morning, because you need about six and a half hours of sleep. That's it. I don't care if you get 20 minutes of sleep, I don't care if you get whole six hours of sleep. This is what you do on night one.

You take a blanket, cover the clock radio, because when you're rolling around and you can't sleep, and you look at that clock and it says 12, and you look at 12:15, "Oh god no!". You know, you look at it, it's one o'clock and it's going to build frustration, so you cover the clock and you do this. I'm going to tell you how to break a pattern. You do this. Would a drug addict get off of heroin quickly or slowly? It's a good idea to get off quickly. Do alcoholics say, "I'm going to go from five drinks a day, to three drinks a day, to two drinks a day to one drink a day?"

Audience: None that I know of.

Dr. Bergman: No. It's pretty much "Stop". So this, we're going to change your brain, how it rewires. You do this now tonight. Now, you're going to be tired tomorrow. You get up, you go through the entire day, no naps
or anything else. By 10 o'clock, 10:30 that night, you go to sleep and you're up again same time. So you do this every day. What about Friday, do you get up the same time that time? Saturday? What about Sunday, when you can sleep in? Same time? You have to have the same pattern. After 21 days you break the cycle. Now, there's certain things you can't do. You can't watch TV before you go to bed. That creates a beta waves state, almost like a hypnosis. So you have to stop that. It's kind of like you've been driving down the road and you realized you're 30 miles further than you thought you were. That's because under those rhythmic images, you actually develop this beta way state. It's like a hypnosis. This means you can't read the computer either, because that’s vibrating at 60 cycles a second, just like this TV is. So, you're now being slowly hypnotized. That's why advertising is so effective. Then you have to start limiting the chemicals.

So, the breaking the patterns are ideal. Now, these things they're called REM busters and they're on your sheet, the things that interrupt REM. First off, nervous system pressures, you've got to get it to fix. Have you ever heard of sleep apnea? Now ladies, that's a CPAP machine. Does he, you think he's sexy, too? I'm thinking he's hot and I don't even have that orientation. So, right now this one here bothers me. What tough is, you've got this giant machine forcing air in there, when if you lose 10% of your weight, if you're just 20 pounds overweight, lose it, you eliminate sleep apnea. So again, this is an intervention that usually isn't needed. A hundred percent of the people we've gotten off CPAP machines. Why? We get them on a healthy nutrition program, we get their nervous system working right and they don't require it. Then, stop using alcohol or tobacco, or stimulants. That thing interrupts REM state of sleep. Sleeping on your side is ideal, elevate the head, maintain regular sleep hours. This is all very simple stuff, it's almost too simple. But it really does work. This list you've got it to follow it.
Now, in the morning, here's some tricks to do. If you have the TV going on late at night it's going to continuously wake you up. You can't do it. You can have white noise but that's rare. In the morning, I'm going to tell you a trick. This is a trick that you've got to do. It's called Bright Light Therapy. You ready, you ready for this? I travel a lot, speak at a bunch of different areas. If you're in an area where you've got to reset your clock, because I'm talking about going to bed at 10 and waking up at about four or five. You have to reset your clock, so you need a very, very bright light. And you have to be exposed, your face, skin, your eye balls. So get about a 150 watt light bulb, and while you're brushing your teeth, have your body bathed in light because that stimulates the pineal gland, and that wakes you up internally, so you can reset your biologic clock. So this is one of the tricks that you can do using light therapy. So, when you're brushing your teeth, when you're reading the paper, have your body bathed in bright light and this will reset your clock. And it will actually eliminate the jet lag, but it also makes your body work more correctly. Does that make sense? Then journaling is vital. Journaling, have you ever laid down and you thought about your spouse or your girlfriend or your business or whatever? Have you? The act of physically writing that thought down, journaling, it quiets your mind. There's something is your brain that once it's written down, you don't need to think about it. So you absolutely have to journal.

It's like this gal here, I mean horrible. There's virtually no curve in the neck. Now, this is grade two arthritis. That takes around two to four years to fully correct and reverse. Now, she was having consistent headaches, she was having numbness in the hands, everything else and every medication to go along with it. That's her 90 days later. You can see the neck is now giving a more normal curve. So this is reversal of arthritis. But not just reversal of arthritis, remember physical, chemical, and emotional stress, your body has the same response. If you're taking multiple drugs, it's like you're choking the nerve supply off.
taking multiple drugs, it's like having a very poor diet or not exercising. If you're taking multiple drugs and a poor diet it's like your nervous system is just being choked off from bones. This is what your body requires to reverse disease. You absolutely need to get your nervous system checked, that's primary because that controls everything.

You absolutely, absolutely need to get regular exercise. This means before you go to bed, four or five hours before you go to bed you've got to go for a little walk around the block. That would be ideal. A half hour exercise a day. Proper nutrition, this mean if man makes it, you don't eat it. I had a patient today that, I was saying, "Look, make sure you get a lot of dark green leafy vegetables, make sure it's not preserved, and make sure it's loaded with healthy nutrients." And she said, "What should it say on the can?" I said, "No, hun. It's not, well what should it say on the package. No, no, no, no. I'm talking about food. Food." I look at food and I go to the produce and I see these plants and that's food. Food doesn't come in a package. So, if man makes it, you don't eat it.

Sufficient rest, these are the tricks. You absolutely have to get rest. If you do, you live, if you don't, you die. Five out of six Americans are dying of heart disease or cancer. That's a crime. 98% of all heart disease is preventable; 98% of all cancers are preventable. There's a really good book called, “The Trina Study.” Heart disease is reversible. Arteries can clean themselves. This is vital. This is when we draw the line here. We stop this stuff. Sufficient rest, that's when your body repairs. And prayer and meditation. You absolutely have to do this daily. Why? Not only does it give you a connection with a greater power, but it also stimulates cell growth. Remember your body builds up faster than it breaks down, you've got health. If it breaks down faster than it builds up, you've got disease. It's really simple. Do more aspects of your life to build your body up, you have health. Every action that you take, every medication you take, every packaged food you take, every lifestyle choice that you
take to break your body down early, you're going to break down early and you're going to die and I'm going to miss you.

It's true! I like humans, and I've got to thank you for making it here, because this is information that you're only going to get here. You're generally not going to get from any place else, and I know it take a lot of effort to get here, and that's why we do this. All of these are recorded, they're all on YouTube, and this right now is our summer special, I mean to get checked, and this is for everybody that's in the area. We just had a patient that saw these videos that came down from Canada. She's got an autoimmune disorder and she's going to stay down here for a month and she's going to get better. We had a guy come down from Germany a couple of months ago, another guy from Dubai. We've got patients from all around the world coming over here to get checked, so use these coupons. For $20 your get a x-ray analysis or a posture exam, a drug search, which is vital. So we go over every medication you're taking and we go over it, it make take a couple of times if you're taking a lot of drugs. But I'll spend the time with you because we've got to go over it. A physical exam. If I feel you need x-rays you're get digital x-rays that we actually put on a CD, and a report so I can tell you what I found and what can be fixed and what can't be. Does that sound good? And Laurie has the coupons, that's my sister. She's giving the parade wave in the back. Thank you very much for coming.