

PATH TO PEAK HEALTH - John Hargrave

September 2016 Update: The info below corresponds to the improvements I made up until August 2016. Due to lack of steady improvement I am adapting my program. Please check my Blog for the most recent updates.

<http://www.pathtopeakhealth.com/blog/>

Disclaimer: This is educational material. Trying to fix yourself is incredibly difficult and I suggest you keep trying to find a skilled practitioner.

As hard as they are to find, a knowledgeable practitioner should be keeping an eye on what you are doing. If you do your own research on the products they give you and your gut feeling tells you that something isn't right, then keep learning about it before taking anything. There is so much conflicting information on the internet so don't believe everything you read.

The main objective is to NOT MAKE YOURSELF WORSE, which I proved is easily done, so 'low dosages and going slow' is the name of the game. Slowly ramp up dosages that you feel are too high to begin with. We all want to get better ASAP but rushing things only prolongs recovery.

Setbacks are part of recovery and experimentation does play a role because this area of healthcare is relatively new. But we only have to do ENOUGH to get better. I'm certain there are 'fast-track' health treatments available but we can only use what is available to us right now.

What do I know about health?

I know enough to turn around a completely dire situation that only seemed to be only getting worse. I've done the hard yards over 15 years; quite literally gone to hell and back. It's usually two or three issues that keep people unwell. Nutritional imbalances combined with toxicity issues are the main offenders. One type of treatment probably isn't going to cut it because it takes a holistic approach.

This short e-book touches on all the topics I will cover in my eventual e-Book.

Chronic Illness

I've come to the conclusion these illnesses require a number of factors to sustain themselves. Here are the main offenders...

1. Underlying Toxicity – At some point, the body becomes so saturated with toxins and therefore compromised that it is unable to heal, let alone thrive. Once we get sick at the cellular level, we get really stuck and nothing seems to work. A good night's sleep, more exercise, or a 'few weeks off' isn't going to cut it. Our billions of little mitochondrial engines are stuck in a dysfunctional state.

My opinion is that chronic toxicity is a huge factor causing chronic illnesses to not respond to typical therapies and treatments. If you do not remove these incredibly destructive and disruptive toxins, very little progress will be made. They just *have* to come out, but it's not an exact science and as easy as we'd like it to be. At least not yet.

We are surrounded by toxins and some of us have quite simply been overwhelmed with them and other factors such as many forms of stress. From sources like vaccines to chemical-laden food and water; it's very difficult to avoid these.

Take a typical day e.g. – Sleeping in bedsheets washed in chemicals, bathed in cell signals, wi-fi and AC house power all night, breathing air with moldy curtains, then you get up and have some chlorine and fluoridated water, then shower in its heated mist, onto cereal with some pesticides included, jump in the car, smell those exhausts, sit under fake light most of the day staring at a monitor we were not designed to stare at. And that's just some of it.

A healthy and vibrant body should be able to stay on top of these threats but someone who is compromised will just will not recover and continue to be affected. There are solutions to getting these toxins out.

Another issue is that different toxins such as mercury and aluminium have a synergistic effect meaning that a little of both creates exponentially more damage. Food, water and air quality also need to be considered/improved.

2: Infections – Virus, Parasite, Candida Overgrowth etc

These all thrive in a chronically ill body. They love the acidic, low oxygen and usually low-(natural) light environment. I don't think these can be totally brought under control unless the underlying toxicity and mineral imbalances have been rectified. For instance, Mercury, Mold and Candida are great buddies. Try all you like with parasite cleanses and candida diets but until you change the environment where they live, they will just grow back.

I understand that some infections can actually 'grab' hold of toxins such as lead and mercury (we all intake tiny amounts on a daily basis) in an effort to further weaken the immune system therefore making the environment more favourable for their own survival. I wouldn't be surprised if there was some truth to this.

There is a constant internal battle going on that the good guy's must win. You have to create an environment where you give the good guys the chance to take back control.

The trick is to simultaneously remove the toxins and infections/overgrowth. It's a balancing act, but the treatments I mention below all work on this.

3: Stress in many forms:

Environment, Relationships, over exercising, EMF e.g. Wi-Fi, Cell Signals, cordless phones and AC House power.

Particular an issue when we have metals inside us like mercury and lead, we become an antenna and all these electromagnetic signals can stress our systems. This is controversial but it probably is a factor making so many of us sicker than ever and so many kids struggling with autism. It's becoming an epidemic.

Down time and relaxation doesn't get too much respect in this success driven culture where 'being busy' is 'the right way to go.' Quite the opposite, as people are starting to wake up to the fact that the majority of us are getting more and more miserable and unhappy. This way of life isn't turning out well for many.

Our adrenals aren't designed to be on full alert most of the time and once our brains get toxic, all the signalling to these organs goes wrong.

The biggest stress can be going on internally when our brain cells get toxic. Brain cells are mainly fat and fat stores toxins. When our signaling is disrupted the physical and mental symptoms can be powerful and frightening.

Our nervous systems are irritated, we become and acidic and miserable. It's a recipe for disaster. We start worrying more and the vicious circle continues.

4: Attitude / Emotional / Spiritual Components:

I was pissed off and angry with myself and a lot of other people until I learnt to just give it up. These bad habits can be unlearned. Even when we are ill, we can still love ourselves and the people around us. We can still be cheerful when inside we are hurting.

The fact is, you want as little stress on your body as possible. Choosing to not get angry or pissed off is a healthy decision, despite our pride and ego. It's just not worth it. Choose the healthy way and decide not get angry because the stress hormones are too tough on us. I had to learn to NOT REACT. It was only a habit.

We only do what we were taught, and our teachers only did what they were taught. No one is at fault. But we can improve and break the cycle.

Another issue is that the more ill I got the more of a people pleaser I became; thinkin git was the right thing to do. My heart was in the right place but I continually got taken advantage of and disrepected. This was very unhealthy.

It's very hard making rational decisions when your brain is not working well and have no guide so things are bound to go wrong. That's the cost of being unwell.

This section is a big one and I will go into it much further in my eventual e-book. I touch on what helped me greatly, below.

The Program

1: I initially made some progress with **Nutritional Balancing** via Dr L Wilson. It did get me out of "four lows" which was great change(my four main minerals were dangerously low). This was obvious on the Hair Tests I did. I proved, to some degree, that these hair tests are accurate and worthwhile.

I thought the diet made sense and it worked quite well for me. Eventually I realised I needed to do more to pull the toxins out of me. I felt I needed to be more aggressive with this. I also was a bit concerned how wacky Dr Wilson's methods were getting. It was unreasonable to think clients would follow some of the strange treatments.

I'll admit, I did not follow the program 100% and I doubt anyone could. One to two coffee ememas a day, super strict diet, saunas every day and quite a few supplements for around 5 years? It's too much for too long. If anything, it was symptom management.

It was unrealistic and not precise enough for me. I still use parts of the program and I think the hair test analysis is very good and the interpretations are uncannily accurate.

I am also swapping some suppelments for various reasons such as no magnesium sterate. This might be fine but I'm going to avoid it. I also do not like taking supplements with too many ingredients. I do not take supplements just because they are loaded with "good" vitamins. I take the minimum that I need and I know works.

In many cases I think supplements could do more harm than good. When I say harm I mean causing other minerals inside of you to adapt and go out of balance. They are not natural. B12, Folate, etc. I've dabbled enough.

If you don't really know what supplements are doing what, then I would leave them out and focus on getting good clean food and water and avoid stress.

The objectives of doing 'NB' is to basically restore your alkaline reserve and therefore naturally detox. Diet, Supps, Meditation, Saunas, Coffee enemas are the main treatments. Repeat Hair Analysis is every 4 -6 months and the program is adjusted. The large dose alkaline minerals displace toxins.

I understand Dr Lawrence Wilson has analysed nearly 50000 tests so he's getting pretty good at seeing patterns people are in and prescribing the programs.

Getting a Hair Tissue Mineral Analysis done and not getting it analysed properly is not very advantageous. I used ARL but Doctors Data seems more popular.

Sept 2016 update - I now use Trace Elements in USA now as they show more useful data.

My practitioner is Roger Lange who resides in Colorado. Location doesn't matter and I hear from him about twice a year when he and Dr Wilson analyse my latest test and adjust the program. Whether I follow the program is another thing.

Like any form of treatment, you take what you need and do what works without any prejudgements. Coffee enemas anyone?

These NB practitioners aren't there to hold your hand; they tell you what needs to be done and rest is up to you. You can contact them as much as you like though. Cost is around US\$150 for Results and Analysis. I think it's worth doing if you can afford it. Essential? Perhaps not, it depends on your issues.

All info at www.drlwilson.com

1: **WATER.** Avoid chlorine and any other toxins you suspect or know about. Aim for quality spring water with pH higher than 7 but if it too difficult then at least get a chlorine filter on your household tap. Other drinks should mostly be herbal teas, soda water with lemon/lime. Try to avoid or limit alcohol as it just makes recovery take longer and is neurotoxic. There is a lot of saying 'no' in this program.

2: **Roy Masters.** What a legend. He has his critics but his knowledge and teachings about daily decision making, general human behaviour and attitude skills is second to none.

He understands the human emotions system and how it operates. Do you know that feeling when someone corrects you or has you up about something and you know they are right and you feel a bit silly but you also know they are right; well that's what Roy is on about.

The fact is, he *is* right but not many of us want to hear it. If you take the time to read his books and listen to his podcasts, he has some incredible knowledge to share. I learnt so much about where I when wrong in the past, why I disliked some people and why my previous relationship broke up.

The reasons were not what I initially thought they were. He filled in the gaps and I understood everything very clearly and will not make the same mistakes.

He does mention God or a greater power but he isn't religious or push any belief system on anyone. He just speaks truth. His work is mostly free so that is something in this day and age. His 'daily observation technique' somehow works so please give it a chance.

His knowledge can help no-end if you think some of your health issues have an emotional component; which most do, especially if you have been unwell for so long. It can be traumatic like it was for me.

You will learn the everyday skills, knowledge and understanding most people look for their whole lives but never find. If there was ever a manual about human emotional health, this would be it.

I listen to his radio show or podcasts via his App, only occasionally now just to stay current and practice the unbelievably simple meditation technique regularly. I listened nearly every day for 6 months in 2015.

Take what you need from Roy's teachings. Please do not underestimate this simple but powerful knowledge and technique. You also don't have to agree with everything he says. Like all these treatments, avoid judging them before you have given it a chance. Faith and open mind are necessary.

Roy is not a young fellow but his star still shines bright. His son David is taking over the reigns but all Roy's conversations are recorded and available.

If you are struggling with discipline, poor decision making or you are confused about things then he can help. Some of his ealier recordings are very beneficial if you find yourself not getting much from his more recent work.

Sites are <https://www.fhu.com/> and <http://antidoteforall.com/> for the exercise. Unbeleivably simple yet very powerful if used consistently.

In terms of relaxation, other techniques such as Trancedental Meditation may help just to try and relax properly once per day. Whatever works for you. As you detox, relaxation will become easier.

3: **Eating Right.** I'm not going to tell anyone what to eat because we all have such different needs. Different foods will work at different stages throughout recovery.

Food is the main medicine and supplements are exactly that. Nutritional Balancing is based on Paleolithic diet- some animal protein and cooked veges. Usually very low carb/ sugar. These foods are crucial for aiding detoxification.

You will probably know by now what foods suit you and what doesn't.

I feel best when I keep as close to an Alkaline Diet as possible, ensuring I eat a large variation of mainly alkaline foods. Cooked greens or wheatgrass powder. My spring water is quite high pH, about 8.

If you are really struggling and in pain and want to make big changes but don't know what to do, perhaps try something as close to pure alkaline for a while and adjust as you go. It is very powerful; way more than I ever thought.

There are many websites explaining what foods are alkaline (greens mainly, not hamburgers unfortunately). I got a lot less symptoms when I stuck to mainly alkaline. I could function, get work done, be more 'me', and just enjoy life more while I focused on getting the real job done – detoxing the lead, mercury, aluminum and God only knows what else.

The alkaline diet is ideal for that because it increases your pH level to a more healthy one so you can detox better and feel better. Blood has to constantly stay at pH 7.4 or you will die. So it will do whatever it has to stay there – i.e. pull out whatever minerals it needs from other less important places like bones and tissue. But this reserve can run out and your buffer is gone.

Your blood and body is just doing what it has to, to stay alive and the symptoms are a warning to do something about it. At some stage this alkaline reserve needs replenishing.

I use Ph Miracle PuriPhy Drops in water with Wheatgrass or Barley powder for a alkaline boost. 2 to 3 litres per day, first one on wakeup. I just keep eating and drinking more alkaline until I feel better then introduce other foods I like without too many symptoms returning.

We do what we can get away with and just enough to get the job done; it's human nature.

I use Hydrion pH test strips to regularly test my saliva and urine and keep an eye on levels. Increasing my pH has been absolutely crucial in my recovery in terms of improving my detox environment and just feeling better in general.

4: **Supplements:**

I've had more than my fair share of these. They have helped when I was stuck in 'four lows' and required large amounts of Calcium/Magnesium. I'm very cautious with introducing new supplements now. I only take the bare minimum now for detox support.

It can be very tempting to just buy and hope that some amazing supplement works but usually it turns out to be a waste of money.

Just guessing what supplements you might think you need is not the right way and could be making you worse. They can alter your other mineral levels.

5: **Occupation** - primarily mental occupation so we don't have to worry about health all the time. I've found that some direction or some form of work or study that I can look forward to helps a lot. Being around other people makes us feel part of something and worthy too.

I realise some of you may not be able to do that yet but you might be surprised at what you can do or how quickly your body adapts to something you thought you couldn't do. It's hard getting out the door when you feel crappy but I think it's better than sitting inside.

It has to work for you; or you have to *make it* work for you. It's amazing how you can change something or organise something for yourself if you just ask if it can be changed or made to suit you. People are usually understanding if you are honest.

As long as I was focusing on something outside my health, looking ahead; no matter how small, it's was so good for my psyche and soul.

An example for baseline occupation would be studying a library book at home on a subject you like, and writing notes on it. Whatever subject interests you. If you are able to do more, even if don't want to do and don't feel like it, just try to do something, however small or pathetic it seems.

That's how everyone else stays well too, most people would go bananas just sitting at home all day thinking about themselves and health. I sorted out my program as best I could, gave it priority and then eased back into life as best I could. Then it's only a matter of time.

I put my brain and body to work as best I could. Sometimes I used to go to the library and write notes on books I found interesting, sitting around with others, trying to seem normal. Other times I'd go and do some gardening. I wasn't a gardener but it worked for me. It was therapeutic and took my mind off more serious matters.

I sometimes wonder if those people at the library were there for the same reason I was. Poor buggers if they were feeling as rough as I was !!

Eventually I able to do some part-time and work and just built from there. I only did what I could manage and never ran on adrenalin again. The early days were damn hard, trying to work with a foggy brain and weak body is not fun. I was so dysfunctional I didn't know what to say to people and could hardly have a conversation as my brain could not process things quickly enough. I was still toxic but it was better for me than sitting at home.

6 Fun, if possible. It's okay to let your hair down if you want to occasionally. Eat, drink, when in Rome be a Roman, you know the story; even if it doesn't go that well for you. Sometimes it's less stressful just going with the flow.

Getting well can be a very difficult and lonely time. It might be impossible to enjoy the things you used to but if you have the opportunity, don't be afraid to not follow your program for one day or night and just do what you want to do.

The other thing is to test yourself with new things. As I got better I still found myself thinking 'oh no, I can't do that or I feel like crap' but then I did it and it was usually fine. The body needs time to re-learn that's it's okay.

It has been a long tough journey for me and perhaps for you too. I'm proud of myself for getting well as gracefully and respectfully as possible. I've learnt so many good things I wouldn't have if I'd never being challenged like this. There are many positives.

Ok, back to the job at hand...

7: Saunas

I made my own near-infrared one for \$200. Plans are available online and at Dr Wilson's site. These are beneficial for so many reasons but suit some more than others. Designs and heater types are controversial so you might want to do your own homework. The design I used is here:

http://drlwilson.com/ARTICLES/SAUNA_THERAPY.htm

Before buying or building one, you might want to try one at a health clinic or gym.

8: Coffee Enemas

Oh yes. I'm a veteran of over 200 "CE's" and I was doing these before I came across 'NB', as they also include them in their program. These can be a chore but have worked well for me. I do them when I feel the need, like every few days or week or two. Sometimes once a month. More when feeling bad.

Enemas helped greatly during the tough detox times or when things weren't 'moving' so well. Keep your mind on the job because things can get messy quickly. I use Organic coffee from the supermarket.

Particularly helpful if you are taking Alpha Lipoic Acid when detoxing metals from brain and organs. ALA excretes mainly via the liver, gut, stool so coffee 'bombs' were vital when I was doing this. They never let me down although the odd spillage wasn't fun.

The secret of why these can be so effective is the acid within coffee that uses our hepatic system to go up to the liver and dilate the gallbladder and squirts all the toxic bile out, thus not allowing it to reabsorb lower down in the colon. It also helps us to produce Glutathione which plays a major role in general detoxification.

CE's are a win-win; low cost and effective. They can be very relaxing. If I drink coffee, I get all agitated but when I take it via the back door, it's very relaxing. Ah, the joys of getting well!

Off topic slightly but Activated charcoal and / or Clay can be very effective for mopping up toxins too. Our gut surface is the size of a tennis court, much bigger than our skins surface area. I haven't had much experience with using these.

I hardly do any enemas these days as I don't feel I need to.

9: Emotional Freedom Technique (EFT)

Perhaps not essential but it worked well for me, definitely in the early days and many others seem to get benefits too. It works by tapping certain meridians when saying certain words congruent to your situation. Simple and free.

I wrote down everything that was bugging me and just worked through them. I discovered Roy Masters later on and that took over really but they could be a great combination.

I would consider returning to EFT to tune up on a few small issues.

Free guides online, easy to learn.

10: **Dental Work** - this should be at the top of the 'To-Do' list.

Ensure your mouth has no mercury or other toxic metals in it. This is one area we all must tick off if we really want to sort our health out. Issues and trauma involving the jaw can play a role in so many health issues.

I understand this can be a massive undertaking for some people, but please slowly work away at getting this done, even if it takes a year or two to get there.

Getting this job done gives peace of mind and lays the foundation for further treatment. Once this is done you can then consider chelation or some other form of metals detox. I use DMSA / DMPS / Alpha Lipoic Acid via Andrew Cutler Chelation Therapy. (sept 2016 - I am revising this method - see blog)

Even if these toxins don't show up on tests, they can wreck havoc on you. They are impossible to accurately test and that's one reason people suffer for so long.

Even if you can think of no time when you may have been exposed, please don't dismiss this as a cause. Many mercury toxic people never had amalgams.

This dental work can be expensive so it might take time to finally get them all out; months or years perhaps depending on your situation but there is so much other low cost supporting therapies you can do to prepare yourself and begin to make improvements in the mean time. You cannot 'chelate' with metals still in your mouth. Very easy to make yourself A LOT worse.

In General

Please be very careful trying toxin mobilising agents such as cilantro, chlorella, MSM, ALA, Vitamin C, HMD and NDF. They are very powerful! These can be very effective if your underlying health is relatively strong.

Your body deposits toxins in safe places so if you come along and take a mobiliser and stir it all up without a true chelator which excetes it, then you are asking for trouble and pain. I've proved it and that delayed my recovery for years.

I wouldn't recommend touching these products unless you are doing a cheap test for metals by taking miniscule amounts and slowly ramping up to see if you get side effects, thereby roughly concluding you have some sort of a toxicity issue or detox system malfunction (or both which is common). I'm talking an eighth of a drop of cilantro tincture or something. Please do your homework before trying anything like this and find some help. No cowboys!

If you are in a decent state of health then perhaps these might work for you. I am dealing with worse case scenarios here and being very conservative.

There are methods available to get an idea if you have a toxicity issue but it's impossible to know exactly where and how much of any toxin you have.

Chelation is one thing that is finally working for me when nothing else seemed to have any great positive effect. I'm currently on 5mg DMPS every 8 hours and 3mg ALA every 3 hours for at least 3 days. 3 days on (a round) then a week or two off to let my body recover. The regular dosing is so levels are kept constant in the bloodstream and not spiking, which can be harmful. Occasional spike/one off doses are not recommended for chronically ill patients.

** (NB: Regarding the above, the reason I could handle so little for so long is that my underlying detox system was not working well. So I could have doing so much more than just making snail pace and not really making great progress. The main reason is that I couldn't find a practitioner with enough experience.)**

Those seem like tiny doses but remember you have to cope for 3 days and 8 doses per day of 3mg ALA is nearly 25mg so it adds up. You take what you tolerate, and no more. If you are hurting, you stop, wait a few days and start with a lower dose. Low and slow, no rushing with big doses thinking you will recover faster.

I was on DMPS alone for nearly a year just clearing out my blood and tissue before starting to use ALA to pull toxins from my brain etc. The DMPS and DMSA, depending on what you tolerate best, or what toxins you have, helps to mop up what the ALA pulls out. This is not an exact science.

Getting the dosing right is a slow process that really only you can solve. The only way is to start small and go slow, then adjust when you know what make you feel the way you do. Just start, even if it is a therapeutic one off trial. If you feel better- you have a metals issue, if you feel worse - you also have a metals issue.

Chelation is not the only solution for removing heavy metals. New doctors and protocols are around, such as Dr Chris Shade at Quicksilver Scientific who has new testing options available and different treatment options but I have no experience with this. I stuck with Dr Andrew Cutler because chelation is relatively simple, inexpensive and it works.

More info at: Facebook Group - Andrew Cutler Think Tank or noamalgam.com

He also has a new book coming out soon that will be much easier to understand compared to his previous one - Amalgam Illness.

Supporting Supplements for Chelation

Supporting supplements are vital. Minimums are:

Zinc, Magnesium, Vit C (careful) and Vitamin E. Chelation is powerful and can be tough on your body so this is not to be taken lightly. It takes time, requires discipline but you get your life back. Things get easier as you begin to feel better.

Warning with supps: Vit C can act as a mercury antagonist and make you feel worse so be aware of this. Don't blindly take these powerful vitamins thinking they will have very little effect.

Sometimes I feel better 'on round' than off. It's an ongoing experiment that is constantly changing. Everyone seems to have a different chelating story, it's not something you just go to the doctor and get prescribed, it's a Do-It-Yourself job because no one else is ever going to have the time to analyse and understand what you are going through every day and every 'round'.

There is more info about chelation and products at:

<http://www.livingnetwork.co.za/site-map/>

Supplement Examples:

(from Endomet Labs, iHerb and local health store)

As I mentioned earlier I am swapping some brands.

- **Paramin**: correct ratio Calcium/Magnesium.
- **Vitamin C** - although this can make me feel worse sometimes so I vary it.
- **Renamide** - kidney support. DMSA/DMPS excrete via kidney, ALA gut.
- **Vitamin E** - antioxidant support
- **Megapan** - General multi B. Too many ingredients, looking to change this.
- **Selenium** - extra detox support (drops)
- **GB3** - Digestion. Not essential, stopping.
- **TMG** or Trimethylglycine - anti-oxidant, anti-inflammatory, energy booster and methyl donor. Not sure about this. Undecided but still take.
- **Endo-dren** - adrenal support. Chelation can be tough on adrenals.
- **Zinc** - immune support and chelation pulls out this metal so you need to replace it.
- Sea Salt with Iodine.
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With chelation, although it is a 'forced' therapy, your body is getting the message that somehow these metals are leaving your body, so it sends the next load into the bloodstream for removal. That's my theory anyway and this can cause 'redistribution' and lead to symptoms and the toxins circulate.

Hopefully when we clear our blood with chelators, the next load comes out of our tissues, bone and brain. ALA is usually needed to eventually clear these areas but it's not uncommon to stay on either DMPS or DMSA for many months.

Along with saunas, epsom salt baths perhaps, and of course coffee enemas. I'll do almost anything to avoid side effects.

There's a lot of marketing hype and empty promises online about 'detox', so once again, do your homework, talk to people and don't rush in. Doing nothing is better than carrying out under-researched experiments sold by the "miracle detox" guy online.

If you are going to go the Hair test/analysis route then use Doctors Data or ARL Labs (the company I used)

I did Nutritional Balancing for more than a year before chelation so you can see how big the time frame is for recovery. Don't be disheartened by this because you are always recovering and it just becomes a matter of time.

NB: Dr Wilson does not recommend chelation therapy; this was my own decision after a lot of thought. At this stage, my decision has been a good one. No one person or program is going to suit you perfectly. It's about safely experimenting and doing what you feel is best.

Only after months of trial and error will you really know what works. The truth is that it will probably be one long experiment until you are well. Always changing, trying new ways. Chronic toxicity can take 20 or 30 years to build up; there are no quick fixes that I am aware of.

Also : Clean Up Your Act

Limit incoming toxins. Over time, go through your house and get rid of all the toxic crap. Toothpaste, soap, deodorant (check for aluminium), cleaning products, women - make-up, crap food and water etc. This will lessen your toxic load. Go through everything you use throughout the day. Anything that goes 'in you' or 'on you'. Suncream etc.

So just be aware of everything you do and everywhere you go each day and see if you can change, limit or adapt the situation to be less toxic for you. Are you getting blasted by EMF at work or home? Cell sites, wi-fi, bluetooth, smart power boxes at home. We are all in a big experiment so just be aware of your environment and do what you can to mitigate potential issues. Change things and then don't think about it again because it can cause more stress if you become paranoid. You want to be in the moment not outside of it worrying whether you are doing the right thing.

Natural vs Fake Light

I'm a big fan of the neurosurgeon, Dr Jack Kruse. He explains how we absolutely require certain amounts of real light going in through our retinas to keep our circadian rhythm optimal.

And the flipside is to avoid fake light as much as possible. Laptops, smartphones, tablets, TV. They confuse our brains and stress our cells, disrupting our systems. It's one thing we do not need when trying to recover.

Spend as much time **outside in nature** and **away from man-made EMF**. Connecting with the earth is very important when it comes to chronic low energy disorders because your body is craving the free electrons from the earth.

We are electric beings and the earth is a big battery. Go barefoot in the park or even on concrete, swim in lakes and the sea when possible, touch trees,

anything to ground yourself occasionally. When was the last time you literally connected with the earth? Do you wear rubber insulators (shoes) all day? Get a bit of natural light on your carcass each day or when ever you have the opportunity.

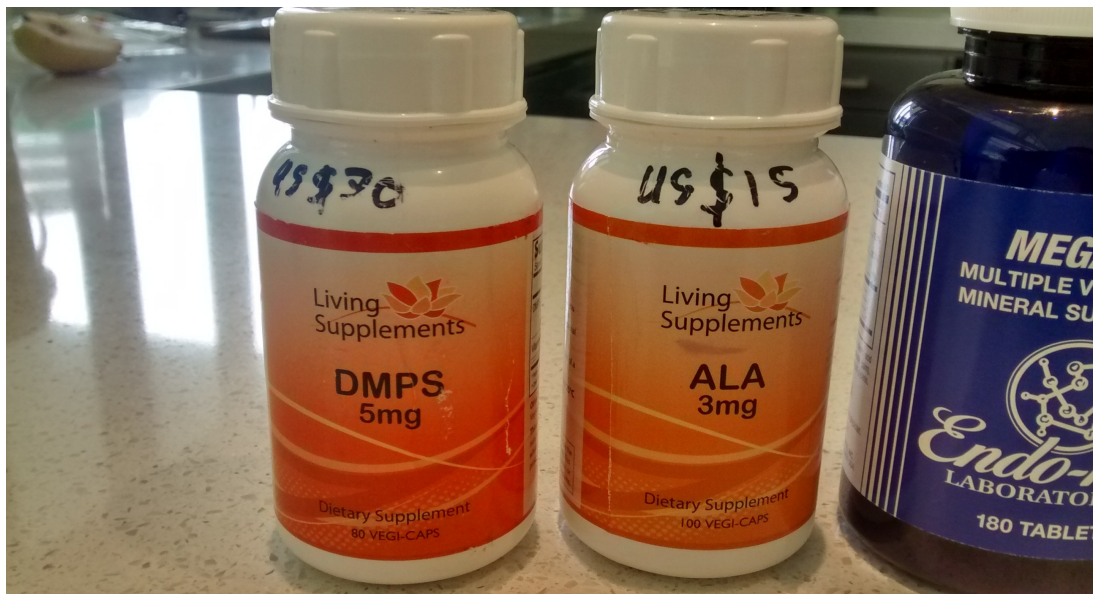
Particularly in evening to help with getting a good sleep, give your eyes and brain a break from monitors and bright lights. Limit fake light after sunset so melatonin levels can build up. Consider using a timer for the Wi-Fi box and be aware of anything 'wireless' that doesn't need to be on all the time.

Alternative health guru Dr Klinghart even suggests, particularly for pregnant women, to turn off your entire house power supply over night. Maybe he's on to something. On demand fuses can also solve this.

I'll be adding more but that covers the main topics. Best of luck and hang in there.

Some pics - previous and current supplements:

True chelators, the powerful supplements that do the business. DMPS/DMSA/ALA



The supporting cast, (of some I no longer take or have changed) which will also be working at correcting the underlying mineral imbalances and getting toxins out naturally. Customised to your Hair Tissue Mineral Analysis and /or support chelation or whatever else is working for you. This is just an example.



As I have said, these are constantly changing as I recover.

When my expanded and complete e-Book is complete, I will let you know via e-mail.

Thank-you and best of luck with your recovery. I hope you have learned something.

Feel free to contact me here: <http://www.pathtopeakhealth.com/contact/>

For those who have got some value out of this short ebook, I am currently setting up a donate feature on the above contact page. No obligation. This will help to develop the website and continue research. Thank-you.

John Hargrave

New Zealand

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