

Vernon Dasser CN

Sick and Tired?
of being
Sick and Tired

A simple guide to restoring
vitality and wellness.



Chattanooga Tennessee was rated by USA Today newspaper in 2014 as having the 8th worst Health in America!!

by Vernon Dasser

I have lived in Chattanooga for almost 5 decades and also been personally and professionally involved in nutrition and holistic health for most of that time. I consider myself a professional observer of others health and over the past 4 decades, I clearly admit that I am not surprised at this horrific story. Stand at the checkout line at any grocery store in Chattanooga and you will observe the majority of grocery carts filled with crystal clear reasons for this desperate plight. We are the ones that are solely responsible for this crisis in health and must be willing to assume full responsibility in order to turn this sinking titanic around.

This ebook will fully explain the steps necessary to take you out of these devastating statistics from USA today. Dr Keith Scott-Mumby states clearly that in his opinion, ignorance is the biggest risk factor to our health. Without knowledge, you are doomed in today's world due to the complexities of nutrition, health care and foods. My goal for this book is to enlighten you from this darkness and lack of knowledge.

However I must inform you that if you are unwilling to open your mind to new ideas and fail to commit to these recommendations, chances of you becoming a casualty is most probable. The ancient poet and philosopher Rumi once said, "You already have the precious mixture that will make you well, use it." My desire is that you see this ebook as having part of the precious mixture Rumi is speaking of and will make use of it in a positive life changing way.

So how could a town that has 2600 physicians, 94 drugstores, 13 hospitals, and a growing list of walk in health clinics popping up in every part of town have such dismal health? The overwhelming reason is that the majority of traditional healthcare today has little to do with health but only focuses on the diagnosis and treatment of sickness. When was the last time your doctor asked about your daily intake of colored vegetables, the cleanliness of the water you drink, your exercise routine, stress levels, joy in your life, dental work you need or the myriad of dozens of other pertinent questions that relate to how your health is built and maintained? The training and philosophy of today's medical professionals is strongly centered on the belief that there is a pharmaceutical solution for every disorder. Yet the truth is that all living creatures possess the innate ability to heal almost every sickness imaginable without much intervention. We contain



within us our own personal pharmacy that produces antibiotics, hormones, nutrients, etc. for our healing.

If this were not true, our species would have never survived through the thousands of years of living off the land without the aid of doctors or hospitals. You may have heard that medical advancements have increased our life expectancy by decades yet the truth is that plumbers were actually the hero's that created these longer lifespans.

Almost every epidemic and much disease that killed millions in human history was generally caused from poor sanitation not lack of hospitals or drugs. When we finally cleaned up the water supply, improved food storage methods and learned the importance of keeping wounds sanitized, this is what truly extended life spans and reduced illness.

Fast forward several decades and now we find ourselves in another dark time in the state of our health. Unlike in the age of poor sanitation where we actually lacked the knowledge or resources to reduce the problem, this time we trace the lack of solutions by simply following the money trail. Creating a drug and other treatments to treat every single bodily disorder has now become the status quo in how medical schools and pharmaceutical companies train the physicians of this country. Lost is the art of healing where our health professionals value and support the God given miraculous power built into our chemistry and learn about the non-toxic methods to stimulate this marvelous healing force.



I find great value in the old story of the system that physicians in China long ago adopted where the citizens would make regular payments to their doctor to keep them well. If sickness came and health could not be regained, no more money would be paid because it was obvious the doctor failed in his duty. The medical system today is the only business where the professional is rewarded regardless of results. Just imagine having someone look into your failing computer and with every fee paid for repair, nothing improves.

How long would most of us endure such inefficiency? The medical system today contains some of the most caring and compassionate individuals in our society however the system is broke and the individuals within it have no choice but to follow its rules. Now the only option left is to become more of a self care individual when it is appropriate. The one person you can completely trust is yourself and technology has allowed access to the necessary information that was not possible not so long ago. I strongly encourage you to become your own best advocate now and forever. The first method of informing you of the steps to superior health lies in explaining the reasons for the lack of health in today's society. When you grasp the basic reasons for our demise you will have a very clear concept of what needs to be done in your own life.

I encourage you to make a strong commitment to whatever area you choose to change. Each individual must make wise choices as to the method of instituting these changes. Some start with small steps in the plan but others may do better by making more radical changes all at once. Connect with the wiser part of yourself and consider which type of personality you are before jumping into any change.

Over my decades, I have witnessed thousands of individuals commit to changing their health. A large percentage of these were often motivated by a crisis in some area of their lives. Some were simply the personal witnessing of themselves aging, perhaps after a close call with a scary disease, or the witnessing of a relative or friend lose their health or life. Whatever the reason that motivates you just remember, it is never too late to fight for your own better health.

How to create Optimal health and Vitality

1) Understanding how we have lost our instinctive wisdom to our food supply is crucial to your understanding of health.



I have spent thousands of hours over the past 40 years closely observing the eating habits of humans and how it relates to either superior or inferior health. Somewhere along the way in our existence we lost the concept and wisdom that our physical body is maintained by only one building block: the daily intake of our food and liquids. Most know that eating food fuels our body for energy but almost more importantly is the reality that nutrition from food provides the brick and mortar to build all new cells that are made each and every minute we live. In the time it took for you to read this paragraph, millions of cells died inside your body and at the same time many new cells were created.

When a woman gets pregnant, what raw materials do you think the body uses to produce the newly conceived fetus cells in her body? How does this baby grow and mature within the body of its mother? The answer is clearly that the baby must receive every single molecule from the nutrition within the mother and this can come only from her daily intake of foods and liquids. Where else could it come from? Similarly the many new red blood cells that just formed in the last 60 seconds in your body have as their only source of nutrition whatever you ate or drank in previous weeks. Realize the fact that what you are physically at this exact moment is the total culmination of what you chose to put into your body over the past months and you are already halfway on your way to vastly improving your health. Most have a concept that we are just "here" similar to how their computer just operates. Every 7 years we all have had a complete cell

change except for a few brain cells that don't renew. Follow the information in this book and in 7 years you will have a completely new body! In fact in 1 year you will have 50% new cells.

We have been so misguided by the marketing of foods by big business that the masses of people simply cannot make the common sense decisions necessary to create superior health any longer. The majority of the public today demands only 3 requirements from their foods: Price-Taste-Convenience!

As long as these 3 motivates you instead of the quality of nutritional content or purity of your foods, manufacturers are more than happy to fulfill your expectations. Animals in the wild do not have to consider which foods to consume to maintain health because they have the wisdom within them that guides them wisely on their choices throughout their entire life. However we know that this wisdom can be misdirected such as in the case of people feeding bears in state parks with all the same processed foods that we eat. It does not take long for these bears to cease foraging and being unable to find the foods that have created their previous vitality. They end up searching only for low quality foods because of their distorted instincts. This is exactly what is occurring to individuals in Chattanooga and the majority of the United States.



2) Dr Weston Price proves that our choice of foods that we eat will affect everything relating to your health.

In the 1940's a dentist and researcher named Dr Weston Price made one of the most startling discoveries of all time in regard to the true reasons for our poor health.

Dr Price started noticing at a certain point in his career that his patients were suffering more and more chronic and degenerative diseases. He also noticed that his younger patients had increasingly deformed dental arches, crooked teeth, and cavities. This definitely concerned him: he had not seen such things just ten or fifteen years ago. Why was it

happening now? Price also observed a strong correlation between dental health and physical health: a mouth full of cavities went hand in hand with a body either full of disease, or generalized weakness and susceptibility to disease. In Price's time the White Scourge, tuberculosis was the major infectious illness. He noticed that the children with lousy teeth were increasingly affected.

Dr. Price had heard rumors of native cultures where so-called primitive people lived happy lives, free of disease. He hit on an idea: why not go find these people and find out if they really are healthy, and (2) if so, find out what they're doing to keep themselves healthy. Being rather well

off financially, he and his wife started traveling around the world to remote locations. They were specifically looking for healthy peoples who had not been touched yet by civilization – at that time, such groups were still around.

Dr. Price and his wife went just about everywhere in their journeys. They traveled to isolated villages in the Swiss alps, to cold and blustery islands off the coast of Scotland, to the Andes mountains in Peru, to several locations in Africa, to the Polynesian islands, to Australia and New Zealand, to the forests of northern Canada, and even to the Arctic Circle. In all, Price visited with fourteen groups of native peoples.

After gaining the trust of the village elders in the various places, Price did what came naturally: he counted cavities and physically examined them. Imagine his surprise to find, on average, less than 1% of tooth decay in all the peoples he visited! He also found that these people's teeth were perfectly straight and white, with high dental arches and well-formed facial features. And there was something more astonishing: none of the peoples Price examined practiced any sort of dental hygiene; not one of his subjects had ever used a toothbrush! For example, when Price visited his first people, isolated Swiss mountain villagers, he noticed right away that the children's teeth were covered with a thin film of green slime, yet they had no tooth decay. What a difference this was from the children in Ohio!

Dr. Price also noticed that, in addition to their healthy teeth and gums, all the people he discovered were hardy and strong, despite the sometimes difficult living conditions they had to endure. Eskimo women, for example, gave birth to one healthy baby after another with little difficulty. Despite the Swiss children going barefoot in frigid streams, there had not been a single case of tuberculosis in any of them, despite exposure to TB. In general, Price found, in contrast to what he saw in America, they had no incidence of the very diseases, such as cancer, heart disease, diabetes, hemorrhoids, multiple sclerosis, Parkinson's, Alzheimer's, osteoporosis, chronic fatigue syndrome (it was called neurasthenia in Price's day), etc.

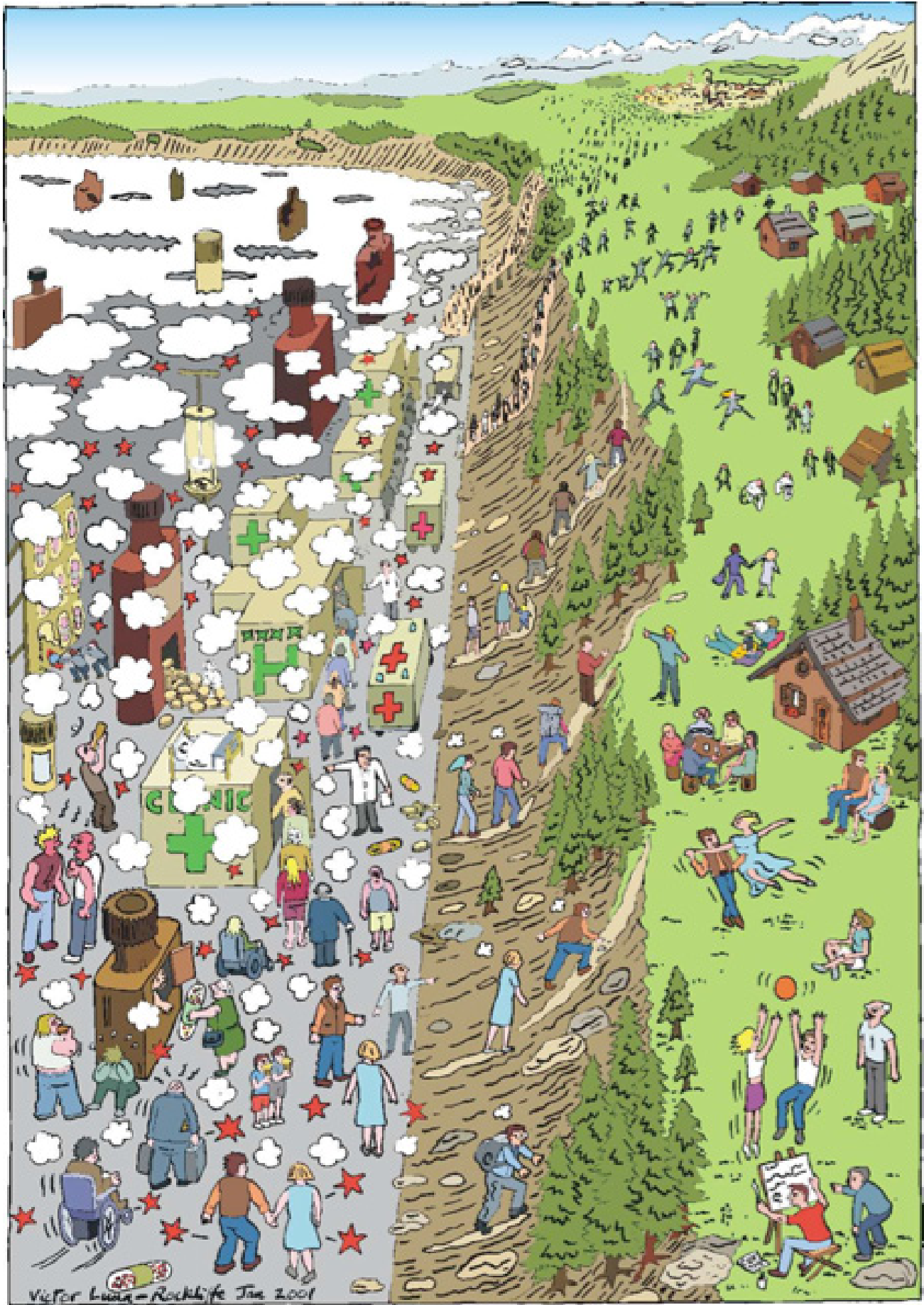
Dr. Price also noticed another quality about the healthy primitives he found: they were happy. While depression was not a major problem in Price's day, it certainly is today: ask any psychiatrist. While certain natives sometimes fought with neighboring tribes, within their own groups, they were cheerful and optimistic and bounced back quickly from emotional setbacks. These people had no need for antidepressants.

Lest you think Dr. Price made all of this up, he was sure to take along with him one modern invention that would forever chronicle his research and startling conclusions: a camera. Dr. Price and his wife took pictures – 18,000 of them. Many of the pictures are contained in Price's

Why are these people so healthy?



Native people eating traditional foods had physical excellence, splendid facial and dental arch forms, and no cavities.



masterpiece Nutrition and Physical Degeneration. The pictures show native peoples from all over the world smiling wide as the Mississippi river, their perfect teeth shining bright.

The conclusions that Dr Price made in relation to the choices of foods and their relation to health is incontrovertible. Clean, unprocessed nutrient dense foods create health, processed, low fat, altered foods destroy health. Decades of medical research, as good as it is, cannot ever equal the information garnered during these special years before civilization spread across the planet. This type of study would not be possible today due to the lessening of health of almost all countries of the world because everyone has been negatively affected by our declining quality of foods. Dr Price found the last remaining pristine areas of the world in the last decade of their existence.

3) The Eating Plan

The plan to optimize your health is found in "The Ancient Wisdom Diet" . This plan was developed through decades of observation of thousands of clients, education, many other experts knowledge and lastly utilizing common wisdom. The majority of the benefits in "The Ancient Wisdom Diet" is really more about what you will be excluding rather than including. We are poisoning ourselves daily by giving into easy choices that are convenient and cheap. This lifestyle change will work for everyone but only if you understand that you must be willing to raise your grocery budget to get quality foods. The only way manufacturers are selling foods at today's prices is because they cut every corner by utilizing unnatural methods from seed to table.

What is not to be eaten on "The Ancient Wisdom Diet".

1. Margarine
2. Artificial sweeteners
3. Fried foods
4. High fructose corn syrup or regular fructose
5. Cola's
6. Meats such as lunch meats or others processed with preservatives
7. Canned foods that contain chemical preservatives
8. Peanuts
9. Soy
10. Corn
11. Chips and related snacks
12. Sausage
13. Self basting turkeys
14. Most salad dressings
15. Most cereals
16. Potatoes
17. Doughnuts

What is to be reduced significantly in your diet.

1. Desserts
2. Gluten (found in wheat and many grains)
3. Processed foods-almost anything that is packaged where you cannot understand the ingredients on the label.
4. Meats that are not grass fed and antibiotic free.
5. Water that has not been highly filtered.
6. Foods such as white potatoes, corn, white bread, grits, soy foods.
7. Dairy products
8. Eggs that are not raised without antibiotics and other unhealthy methods. (local is usually best from small farmers)
9. Fruit juices
10. Foods with high glycemic index. (foods that have sugars that digest too quickly)
11. Pasta
12. Couscous
13. Rice

What you can eat.

1. Chicken (anti-biotic free if possible)
2. Turkey
3. Wild fish (wild caught if possible) no swordfish or tuna.
4. Grass fed beef
5. Sweet potatoes
6. Black beans
7. Chia seeds
8. Lentils
9. Quinoa
10. Organic Fruits
11. Organic apples - most healthy
12. Organic berries - most healthy
13. Raw nuts, (except peanuts)
14. Seeds
15. Coconut
16. Avocados
17. Olive oil
18. Broccoli, cabbage, cauliflower, spinach, green beans, carrots, beets, peppers, etc.
19. Protein drinks from whey, hemp, cranberry or peas.
20. Organic butter
21. Almond butter
22. Gluten free crackers (only if clean ingredients)
23. Flax

The Supplement Plan

Utilizing these super nutritional supplements will boost your results to unbelievable levels.

When I hear health experts state the following “all vitamins only give you expensive urine” it immediately indicates that this person is truly living in the dark ages. The bias against the intelligent use of high quality nutritional supplements is still pervasive in this country among healthcare professionals and must be ignored if you desire the highest levels of health. Non biased medical research has confirmed the benefits and safety of nutritional supplements thousands of times. Despite these facts, the media creates constant negative health headlines whose method is to use fear and uncertainty to persuade you to stop taking vitamins. Following the money trail strongly points to the obvious conclusion that using nutrients may be competing against pharmaceutical drugs. Since the majority of medical schools are strongly influenced and funded by drug companies, is it any surprise they would not endorse nutraceuticals for health?

The complexity in deciding which supplements to be taking daily can be overwhelming due to the massive variety of choices, exaggerated advertising claims, and the fact that nutrition only works best if individualized for each person. Despite these challenges there is a basic supplement plan that anyone whose goal is superior health must consider. The number one reason for this is the reality that we all are unable to eat foods that have the superior quality, nutrition and at the same time be a “clean” food. Clean meaning that we know it is not harboring pesticides, grown without chemical fertilizers, not picked early and shipped thousands of miles and also not manipulated by genetic modification. The growing plants that produce our foods can appear almost identical whether they contain a full orchestra of all the nutritional components that nature intended or just the few that must be present just to make them grow. This is exactly like looking at computers offered at stores. On the outside they all look shiny, pretty and capable of accomplishing our goals but as we know it is the stuff you don’t see inside that really counts, not the outside appearance and this holds true for our foods. We have all been led to believe if a food looks good, it is good and that must be changed if you desire your health to change. This explains clearly the dire need to support our system with whole food supplements because many of the companies today have strong commitments to be 100% transparent with their product and ingredients. This means you can access every detail of information as to where the ingredient was produced, the lab tests on the batches of product, certification of organic, non-gmo, soy free, and anything else that may be important to your health.

The goal of taking these supplements is threefold. First is to insure no shortages of all the nutritional components that the body requires to activate all its thousands of bodily functions that produce health and energy. When even a small percentage of mechanisms of the body are not optimal, lessening of health will usually occur. Secondly is to activate the detoxifying channels of our liver, kidney, bowels, and the myriad of systems whose purpose is to expel all the poisons we are exposed to, ingest and produce daily. The most perfect diet if combined

with an inefficient or weakened detox system, would prevent us from being healthy . I believe the George Burns type of person who does everything apparently wrong but still lives to almost 100 years old has within them a genetically superior ability to rid their body of disease causing toxins.

The 3rd reason for daily supplements is based on the unrecognized fact that the greatest risk factor we all are exposed to is birthdays! Have you ever observed any living creature and watched its quick decline once it has passed the age of reproductive ability? Every living being on this earth is ultimately designed first and foremost to accomplish the continuation of its species. This makes perfect sense because if living a long time was more important than procreating our species, we would have ceased to exist millenium ago during difficult times. We must attempt to improve the certain systems of the body that decline quickly once nature has finished getting us through the reproductive years and this can only be done by utilizing therapeutic nutrition.



The Supplement Plan:

1. Green Drink with algae.

Daily consumption of a green drink product that meets the following requirements: organic, non-gmo, vegan, raw, tested for contaminants and heavy metals, contains chlorella, spirulina and cruciferous vegetables.

Consuming a green drink daily has many benefits. The three that are most important is that it opens your bodies ability to release poisons and toxins that normally would remain within your cells, organs and fatty tissue and these toxins are cumulative if not removed. This is one reason 20 year olds can eat so poorly with no apparant damage. The level of poison has not risen to the level in these younger people to create disease and disharmony yet.

The second reason you benefit from green drinks is that they reduce acidity in the body. Acidity and alkalinity is a chemical term for the measurement of PH of a substance. We all know that lemons are acid and baking soda is alkaline but most are unaware that a human body that is always extremely acid is generally less able to maintain health and have increased inflammation. Green drinks are an excellent way of balancing all the acidic foods that we tend to eat. Because of the alkalinity of the ingredients.

Thirdly is that there is a class of nutrients that are not classified as vitamins, minerals or fatty acids and are called phytochemicals. Phytochemicals are substances that plants produce for the purpose of protecting them from anything that could damage or shorten their life.

This includes UV rays, predators, chemicals, pollution, etc and when we consume these phytochemicals they accomplish the exact same protection in us as nature programmed for the plants. There are thousands of phytochemicals, some of which have not even been discovered and that is why we must regularly eat a variety of colored plants and vegetables and a green drink is the only consistent way I have found to accomplish this goal .

2. Probiotics that actually implant in the colon

80% of our bodies actually consist of organisms that are foreign visitors and are not considered “me”. At first this seems so unbelievable and almost incomprehensible but science bears this fact out. Jack Kornfield once said we are simply a “feed lot” and I find this accurate. The good news is that these billions of organisms are for the most part companions on our ride through life and



support many systems important to vitality and health. Probiotics are the most important of these partners and most adults have at least 3 pounds of probiotics within their gut. Probiotics are producing every minute 50% of both our brain chemicals and 50% of our immune cells to keep us from getting sick. Just imagine cutting out 50% of your cars horsepower, this is what happens in your body when you lack the proper bacteria in the gut.

The killing of our good bacteria is done by drinking chlorinated water, taking antibiotics, eating foods filled with antibiotics, consuming processed foods, and not eating cultured foods. (which we quit doing decades ago) Many believe that a cup of yogurt will replenish their

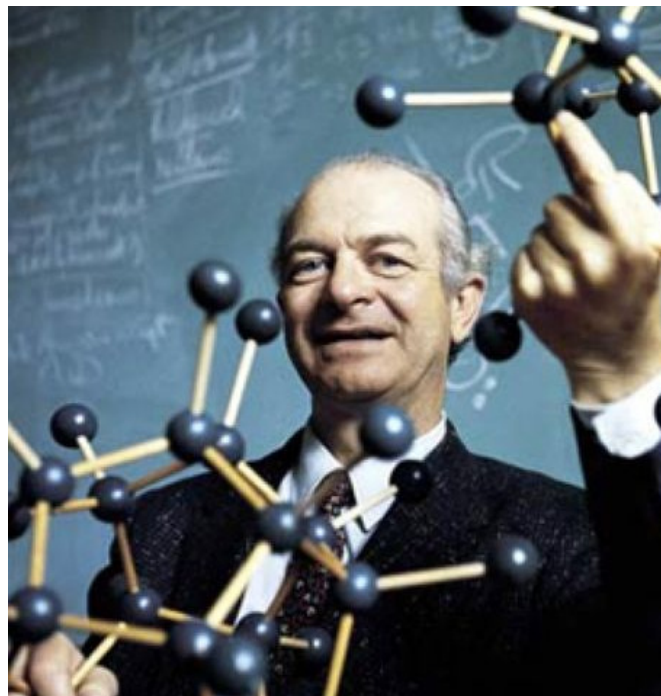
probiotics but the truth is that most commercially processed yogurts are not able to implant the beneficial bacteria because of the sugars in the yogurt, poor quality probiotics in the yogurt, and the low quantity of probiotics.

Purchasing a reliable trusted brand of probiotics is the only option to me. Find one that is kept in the refrigerator and is labeled to contain the amounts on the label through the expiration date. Probiotics are the other method of detoxing the body of disease causing toxins.

Remember this: your body will grow and maintain trillions of some kind of intestinal bacteria but it is up to you if it is building superior health or creating illness by the choice of name brand probiotics.

3. Vitamin C

Two time Nobel Prize winner Linus Pauling made Vitamin C headlines when he presented research showing its amazing ability to maintain and build healthy cells and immune systems. Research has shown that one type of monkey, a guinea pig and humans are the only warm blooded creatures who somehow lost the ability to convert glucose in our body to Vitamin C! Any other animal that gets infection produces tremendous quantities of Vitamin C to fight their infection. Since we cannot make our own Vitamin C we have lost a powerful weapon for maintaining health and recovering from illness. I strongly recommend 1000mg twice daily with foods and even more if not feeling well or feeling sick.



4. Omega 3 without heavy metals

One of the most important points that Dr Weston Price found in all his research on thousands of extremely super healthy people was that the quickest way to destroy their health was for them to reduce their intake of healthy fats. Decades ago a flawed study call the Framingham study changed several generations of eating habits and has probably shortened the lives of millions of people in this country. This study done on rabbits observed how a fatty diet caused heart disease and this resulted in the low fat recommendations that lasted the past 3 decades. It all made such good sense when you see chunks of yellow fat that a surgeon can remove from blocked arteries and you seem to quickly recognize how it bears a resemblance to the butter you ate at lunch.

The problem however is that association does not determine correlation. This is a vital concept to understand because so often in medical research they are coming to conclusions based only on association which most times reveals nothing important. If a study is done on car accidents and drinking coffee, I can assure you anyone could easily associate the drinking of coffee with car wrecks because a large majority of the public both drinks coffee and drives automobiles. It does not take a PhD to know that observing these both together does not determine any correlation.

The Framingham study never took into account that a rabbits metabolism is simply not capable of processing fats and it ends up simply clogging the rabbits arteries and they die prematurely. This led to the association theory that since humans have yellow fat in our arteries and we eat fat then we must immediately cut out fat or we will continue to have heart blockages. This swept the nation like a virus and all of a sudden the "low fat" craze hit and we all jumped onto it. The truth is that inflammation in the artery is what causes most plaque, (which is caused by multiple reasons)



but fat is not one of them! Excessive carbohydrates and sugar is one of the reasons for inflammation and when fat was removed from foods, guess what replaced it? EXCESSIVE CARBOHYDRATES!

Secondly this also led to our nation becoming deficient in one of the most important nutrients necessary to every cell and that is Omega 3. Omega 3 comes from certain fish, nuts and seeds and this fat is what comprises the outer cell membrane that controls everything that enters or leaves a cell. Now just imagine the bank teller being the cell membrane.

The bank teller decides every moment of every day what money comes into the bank and what money goes out but what if the teller was unable to think clearly? It would not be long before the bank would stop functioning completely because it let in the wrong things and gave out too much money. That is the issue with cell membranes that are deficient in omega 3.

I recommend taking an Omega 3 from fish sources (unless allergic or vegetarian) and the brand you choose must adhere to very strict guidelines. The company must be very open and transparent on their testing for chemicals and heavy metals. The shipping in hot weather must be done in ways that does not expose the product to extended heat. The product must be processed from harvesting the fish into the bottle while at the same time preserving the freshness and integrity of the oil. Demand this information before buying and realize that most mass market brands are simply putting out bids for the lowest price and quality is usually secondary.

5. Folate (not folic acid)

One of the B vitamins that has multiple functions on detoxing toxins and preserving healthy brain chemicals is called folate. Don't confuse this with folic acid which I DO NOT RECOMMEND. Folic acid is synthetic which normally is not an issue in nutritional supplements but in this case it has been found that folic acid actually increases a very potent poison in our body. Folate is a completely natural food derived vitamin and the more progressive companies are now reformulating using folate. I recommend approximately 1000mcg of folate daily to start but some need to eventually move up the dosage.



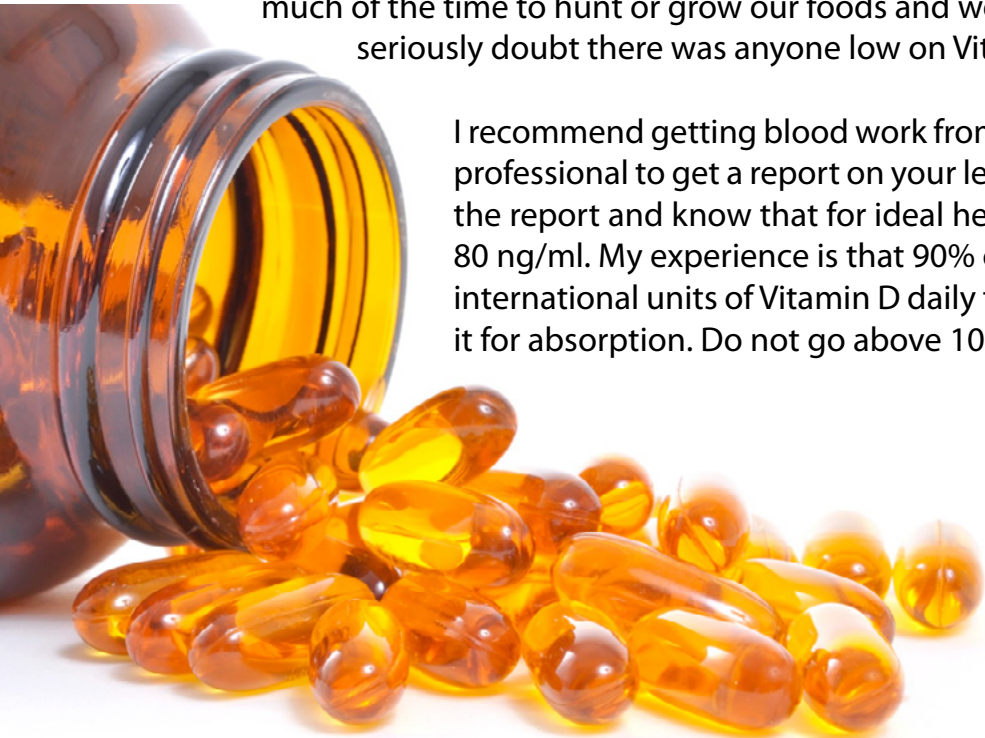
6. Vitamin D (the miracle of this decade)

The nutrition industry, throughout its long history, has been the originators of so many nutrition ideas and products that could have never made it into the marketplace without them. The open minded heroes of the nutrition industry were brave enough to stand up against the prevailing attitudes of so many ideas such as the fallacy of not eating healthy fats, benefits of coconut oil, dangers of toxins in skin care and toothpaste, fluorides effects on thyroid, side effects of artificial sweeteners, effects of dyes in foods, potential of genetically modified foods to destroy health, Coenzyme Q10 benefiting heart health, and literally hundreds of others. However in my opinion when history looks back on this century it will have to admit that the connection of Vitamin D to health will be the most admired.

When I put on my "Ancient Wisdom" hat, I quickly realize the reasons we are in such need of supplementing the lifesaving Vitamin D. Vitamin D is actually a hormone and not a vitamin. Vitamin D is the one substance that interacts with practically all our DNA in our body. DNA is the blueprint that controls so much of our cellular activity and it gives directions as to how the cells operate. This is why low levels of Vitamin D causes so much poor health and disease. I would quickly state that if you could only do one single nutrient, take Vitamin D. 16 different cancers, auto-immune disorders, low hormones, depression and the list goes on and on as to deficiency symptoms of this miracle substance. The one main reason the majority of us are so low on Vitamin D is because the sun is the ultimate best source of it.

Just picture in your mind how much sun the average person received before we became an industrialized nation. Also remember that no one wore sun block, we all had to work outside much of the time to hunt or grow our foods and we walked where ever we went. I seriously doubt there was anyone low on Vitamin D.

I recommend getting blood work from a mail order lab or your healthcare professional to get a report on your levels. Ignore the reference ranges on the report and know that for ideal health you must stay between 50 and 80 ng/ml. My experience is that 90% of people need approximately 5000 international units of Vitamin D daily taken with food that has some fat in it for absorption. Do not go above 100ng/ml on your blood test.





7. Vitamin K and its magic benefits

Vitamin K is quickly becoming the second runner up to Vitamin D for its importance in long term health. When medical researchers desire to create plaque in the arteries of rats they found long ago that making them Vitamin K deficient quickly accelerated the process. Vitamin K is known to help the healthy clotting of the blood when it is needed which is true. However the true miracle of this nutrient is in preventing osteoporosis by how it acts on the bone cells themselves to help them hold onto calcium. This is why I have preached for years the fallacy about the claim that calcium builds bones. Calcium

can only build bones if Vitamin K is present and this comes from green leafy vegetables and taking a supplement.

I recommend at least 100mcg of Vitamin K2 every day to insure your optimal health.

8. Multiple Vitamin (not your big box product)

I compare nutrition to the New York Philharmonic Orchestra performing and imagine if several of the musicians did not show up to play and how incomplete the music would sound. This is why we need to make sure we have included all the players in our health orchestra and also why I recommend a basic high quality multi-vitamin.

I am not referring to the multivitamins advertised and sold in all mass markets because the ingredients of these are completely synthetic. I recommend you search for a company that is able to provide the kind of information to insure quality, no synthetic colorings, dyes, and of course no folic acid. The newest version of "Whole Food" vitamins are the most effective but are costly.





Finding Your Source of Pure Chemical Free Water:

I have been a seeker of truth for decades and in the area of water and water filters it has been a journey. I unequivocally state that unless you find a way to have consistent pure water, your health will be compromised. I have never seen the epidemic of kidney diseases in humans and pets as I have in the past decade. I also am astounded as to the increase of thyroid issues

that are seemingly out of control. Lastly is hormone issues of both men and women that seem to affect one out of every two people. In the 80's and 90's this was not true. The one item all these conditions have in common is that the contaminants in our drinking water can relate strongly to all these conditions.

In studies conducted on tap water, it is being discovered that small amounts of all pharmaceutical drugs that are flushed down the toilet and also all people who take drugs and then urinate are causing these drugs to be found downstream in the tap water. Can you imagine your kidneys having to filter out hundreds upon hundreds of drugs along with all the pesticides and other contaminants! Dr Broda Barnes was a true pioneer in naturally treating low thyroid and he discovered that fluoride and bromide (found in breads) can lock into the thyroid gland and reduce its ability to produce thyroxine. Of course almost every city and county adds fluoride to their drinking water.

Every year I read of a country that realizes the negative consequences of fluoride and bans it totally from the water but that is not going to happen in the United States. When I mention this to clients many tell me that they have a water filter either on the refrigerator or on the faucet. Little do they know these remove chlorine and a few chemicals only and completely allow fluoride and dozens of carcinogenic compounds to pass right through.

I recommend searching for either the carafes that take out fluoride along with all other chemicals or getting a reverse osmosis under your sink. This is the only method that will allow you to know you are drinking the kind of water nature intended for all living creatures. Lastly you must be diligent to purchase the correct kind of water bottles if you are going to store and carry your water to work or play. I do not recommend distilled water.

Being Joyous

Much has been written about the relationship between stress and disease. Despite this fact, more people than ever seem to be on the fast pace to the somewhere else that no one ever seems to arrive at. Gone are the days of quiet still time that used to be built into our society by living simply. History recounts many stories of how societies valued and encouraged aloneness on a regular basis to distill down life to its essential beauty by self reflection. Today we are many times simply living a life of moving from one distraction to another out of fear of stopping for what we might find. This is similar to eating a meal and before you have fully digested it, you start eating another.



All the emotions of human life have to be digested in order to not become overburdened with all its energies. Pain and sickness, in my opinion, has blocked energy as one of its components and until I realized this truth I many times found healing sometimes impossible. I encourage everyone to find a technique, passion, practice or anything where you step outside from the hectic grind of "to do lists" at least every other day. You should have no less than 30 minutes per day to learn to quiet the mind and still the body. I admit at first this can be torture when the thinking mind keeps throwing endless thoughts your way but just keep bringing yourself back to something like your breath. It would be similar to training a puppy where each time he tries to potty on the carpet you simply reassure him and bring him back to the newspaper.



Exercise:

I heard long ago that it is far better to wear out than rust out. Americans have few worries of wearing their bodies out from my observations. The rusting out of the body is what happens when inactivity pervades the lifestyle of middle age and older citizens. We were designed to be active daily and this does not mean getting up to find the remote control for the TV. Unless you have a passion for some activity, I also do not believe you need to be over exercising. Research strongly points to the life extending properties of at the minimum, walking daily. I again go back to my "Ancient Wisdom" thinking. I am quite confident that no one lifted heavy rocks thousands of years ago simply to see if they could get stronger or tried to see how far they could run for no obvious purpose. Have you ever seen a wild animal who runs just

for the pleasure of it? However you do see all creatures move continuously for much of their waking hours.

If you do nothing but get up every hour and move around for 5 minutes you are going to benefit. I believe however that the most beneficial activity we all could do after age 30 is to lift weights. The human body loses approximately 1% of muscle each year after age 30 and muscle is vital for stabilizing the skeletal structure and preventing many of the age related aches and pains that plague most people. I suggest finding the activity that you know fits your budget, schedule and personal lifestyle and never something you dislike or dread. If you simply dislike every exercise than you may have to simply come to terms with this fact and partake of the least object-able. I promise in several months you will feel pride and gratitude for what you have accomplished.



Sleep

This nation has never experienced a time when more people are sleep deprived than at the present. Sleep is the time when the physical and emotional rebuilding is done and lacking sleep will take its toll on health as sure as any bad eating habit. It is obvious by just seeing all the commercials for prescription sleeping medication that there are many millions in need of help. I believe one reason for the epidemic of insomnia we now have is the lack of joy and peace in our lives. When we feel as though we are on a daily race to get to an imaginary finish line, this

creates much constant uneasiness.

Most have lived this way so long that it appears normal to them. Missing meals and eating improperly will also produce such disharmony in our bodies chemistry, (hormones, etc) that this alone can make us unable to relax and rest. Lastly, sleep should be looked at with almost a sacred respect yet most see it as only the quick way to recharge the body so they can accomplish more. Sleep is a time of connection to the parts of us that create so much healing and health and honoring this special time changes everything.

Adopting the health plan that you are reading will go far in alleviating chronic sleep issues but the following should be considered for directly addressing insomnia:

1. Sleep in Complete Darkness, even the tiniest light disrupts your internal clock.
2. Keep temperature in bedroom no higher than 70 degrees.
3. Move any object that has electricity at least 4 feet from your head and body. (even turned off lamps produce harmful electromagnetic fields)
4. Reserve your bed for sleeping.
5. Consider separate beds if your partner or pet is disturbing your sleep.

6. Get to bed as early as possible, the majority of your adrenal gland recharges between 11pm and 1pm.
7. Don't drink any fluids 2 hours before bed.
8. Eat a high protein snack before bed.
9. Go to the bathroom right before bed.
10. Wear socks to bed-a study showed that wearing socks to bed reduces night waking.
11. Wear an eye mask to block out any remaining light.
12. No TV right before bed.
13. Read something spiritual or uplifting.
14. Avoid caffeine long before bed.
15. Avoid alcohol.
16. Take 1 to 2 mg of melatonin at the same time every night. If nightmares or headache occurs, cut back.

WHEN THE END COMES

One of my all time most favorite poets, Mary Oliver had this to say about death: When it is over, I want to say: all my life I was a bride married to amazement. I don't want to end up simply having visited this world.

I have so many who say, "Vernon you will probably live to age 100 because of your great lifestyle and knowledge" yet the truth is, this is not even on my wish list. My greatest desire is to simply make the most of whatever years I have remaining on this earth. To be present for what is in front of me and not always be living in the future or past is my goal. The title of the long ago written book, Be Here Now, says it all.

My other goal is to be able to be healthy enough to follow my heartfelt passions, savor quality time with those I care about and lastly to stay well enough so I am not consumed by the medical system because of poor health.

I sincerely know that if we all follow the common sense that comes from connecting to and respecting the "Ancient Wisdom" of health, we will all vastly improve ourselves and our health that honors the life we have been given.

Best of health and joy for you now and forever.

Vernon Dasser



Vernon Dasser is a Chattanooga, TN based nutritionist who is very passionate about natural health, holistic health, natural healing, and physical fitness. Vernon is a certified nutritionist from American Health Science University and he earned his Associate in Arts Degree in 1978 from MTSU. Vernon is also a professional member of the American Botanical Council, a nonprofit organization that helps people live healthier lives through the responsible use of herbs and medicinal plants. He is very knowledgeable in homeopathy and was also elected to membership

in the American College of Nutrition. Vernon has training in German New Medicine and as a Biofeedback Practitioner. He also is an active member of the Vitamin D council, attended seminars in all areas of holistic and nutritional health for the past 30 years including the Functional Medicine Institute, Integrative Medical Conference, and has personal conversations with many of today's experts on natural health.

He co-authored the book '101 Great Ways to Improve Your Health' with some of the top leading experts in natural health such as Dr. Joseph Mercola, Dr. Marcus Laux, Dr. Stephen Sinatra, Sr. Julian Whitaker, and Dr. Susan Lark among others. The book addresses simple and workable ways to overcome unhealthy habits and to live life to its healthiest potential. As an author, he has written three eBooks: "Sick and Tired of Being Sick and Tired", "100+ Ideal Protein Recipes" and "The Health Dangers of NOT Supplementing for Athletes". Vernon Dasser has also fulfilled all membership requirements at American College of Nutrition.

Vernon believes that our health is up to us, and he seeks to inspire and empower people to take control of their health through the use of holistic approaches to accomplish peak vitality and thorough wellness.

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