



This is a continuation of the **NUTRITION** SCRIPT from *VIDEO*.

Cholesterol-Lowering Drugs, the **Lymph System** and Cellular Energy



## More About Cholesterol

Despite its previous connection to heart disease (which has now been debunked) cholesterol is essential for human health. In addition to what we previously discussed, it is the building block of steroid hormones, such as *cortisol* and the male and female sex hormones.

Cholesterol is so vital; the body can make its own. Most of the cholesterol in the blood is manufactured in the liver. Statin drugs reduce the liver's cholesterol production by targeting the enzyme **HMG-CoA reductase**. Some statins also depend on their ability to trick the liver into removing cholesterol from the blood.

The brain has a higher cholesterol content than any other organ. About 25% of the body's cholesterol is found in the brain, which is less than 2% of body's weight. Most of the cholesterol is in the *myelin sheath* and is used to protect the cells and facilitate the electrical impulses that govern thought, movement, and sensation.

Because the brain is so highly dependent on cholesterol, it produces its own. Like the liver, brain cells depend on **HMG-CoA reductase** to produce cholesterol.

Doctors have wondered about a possible link between blood cholesterol levels and brain function for many years because when the cholesterol lowering drug *clofibrate* (Atromid-S) was first introduced in the 1960s, patients taking it appeared to experience an increased risk of violent deaths due to accidents or suicide.

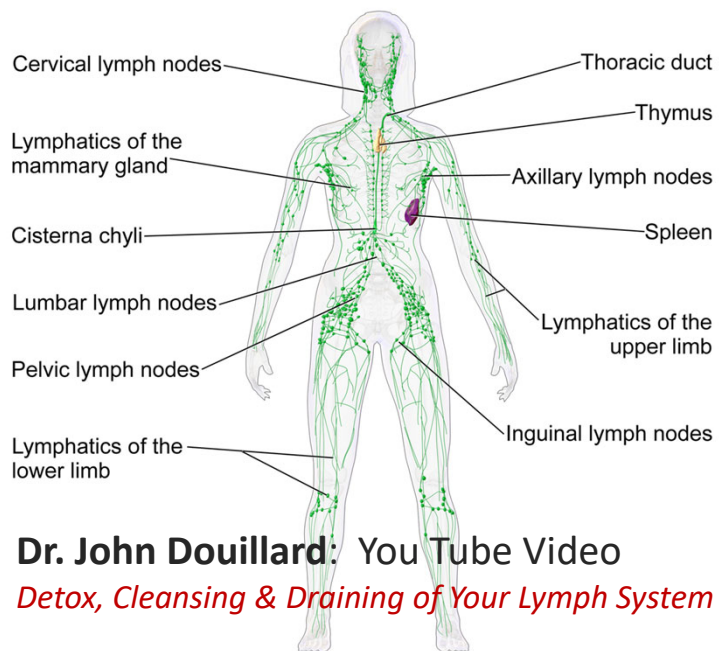
Clofibrate has long since been replaced by other cholesterol drugs, but the question of a link between cholesterol, mood, and behavior persists. We now know that the connection is not just confined to the brain, but cholesterol has an affect on every single cell in the body.

We also know that, in an effort to sell more drugs, the pharmaceutical companies have lobbied for the lowering of healthy blood pressure level guidance. So much so that if one were to lower their blood pressure to the current standards, they would be putting themselves in grave danger.

In addition, age has an impact on your blood pressure. The older you get, the higher the normal range of numbers.

# The Lymphatic System

Moves lymph fluid like the vascular system moves blood.



## Health Secret #1

Back to the Lymph... You can see how properly flowing lymph effects all of the body tissues. It plays a huge role in all cardiovascular issues. It's the lymph that supports the blood. The blood supports all your organs, including your liver and heart.

The liver is your bodies transport system (like **grand central station**) that sends everything where it needs to go. So a clogged lymph that cannot process properly will deposit toxic material back into the liver and, if the liver can't handle it, that may result in fatty liver and a whole host of other issues some of which are described below:

- Rings get tight on fingers
- Soreness and/or stiffness in the morning
- Feeling tired
- Bloating
- Itchy skin
- Water retention
- Dry skin
- Brain fog
- Cold hands and feet
- Breast swelling or soreness with each cycle

What would happen if the trains that left grand central turned around and came back, unannounced, without reaching their destination? Not only would the station be clogged with trains but the passengers would be stranded. In other words, total chaos. The body is no different.

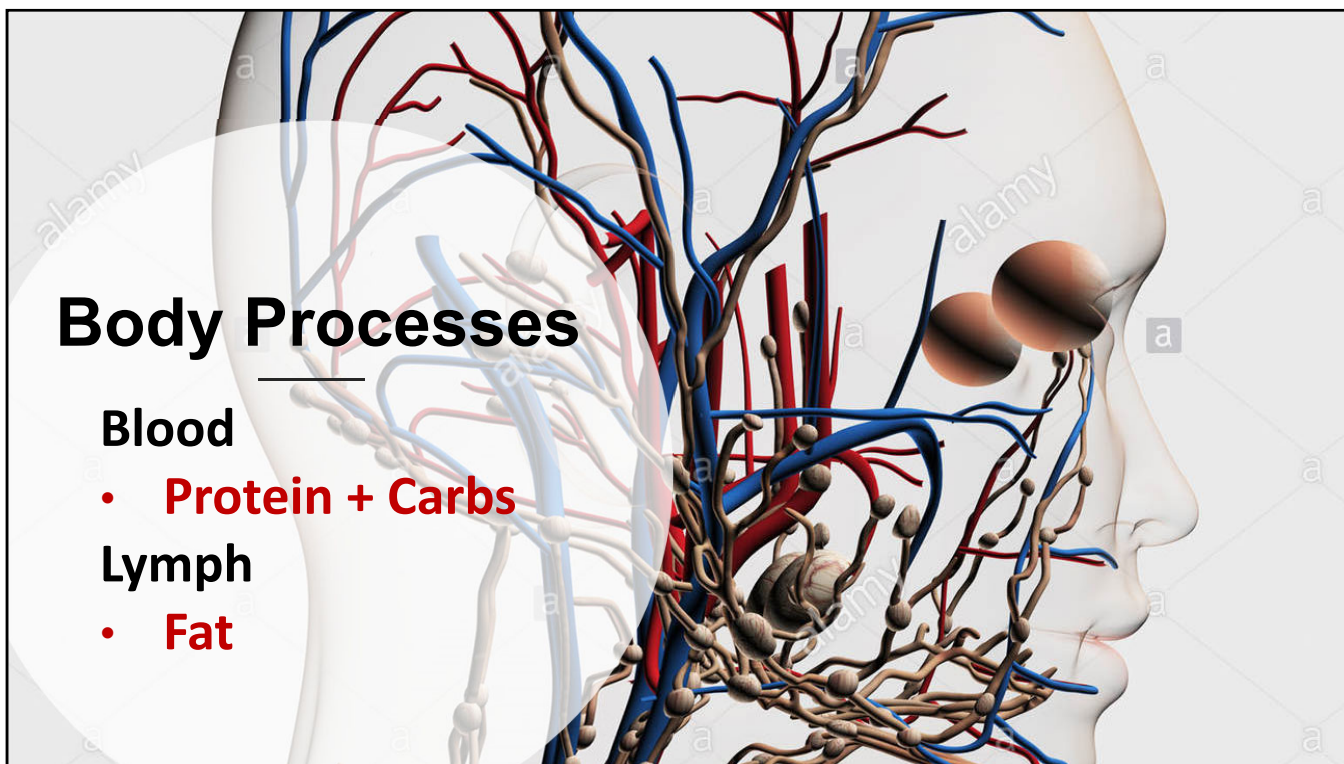
Remember: Your lymph system is in the space between the cells, which means it's just under your skin. That means, what goes **on** your body, goes **in** your body.

Did you know: 60% of lipsticks in the USA contain lead.

Dr. John Duillards's website: *lifespa.com* "While other plants possessing a red root, including beets, are also highly acclaimed as lymph movers, **Manjistha** is generally accepted as the most potent of the bunch."

*See event Outline for 3 great books exposing the truth about saturated fats and their importance to lymph.*

**Dr. John Douillard:** You Tube Video 9-min  
*"Detox, Cleansing & Draining of Your Lymph System"*



## Body Processes

### Blood

- **Protein + Carbs**

### Lymph

- **Fat**

**Lymph system processes fat** and some proteins, while blood processes protein and carbs. Fat is needed by every single cell of the body. The blood cannot process fats. That means that in order to absorb the fat soluble vitamins (A, D, E, K) your lymph system must work properly.

Lymph fluid drains into the lymph nodes, which act as filters to trap germs, toxins and abnormal cells to remove them from the body. So what do you think the impact on the body might be for removing lymph nodes?

- What would be the impact on the life of your car or your home heating system if you removed the filters?
- If the lymph node shows abnormal cells, might that mean that it is doing its job?
- If abnormal cells are getting into other parts of the body, what might you do to correct that?  
*Clean the lymph.*
- What might happen if you removed a drain in your bathtub but still allowed the spigot to flow?

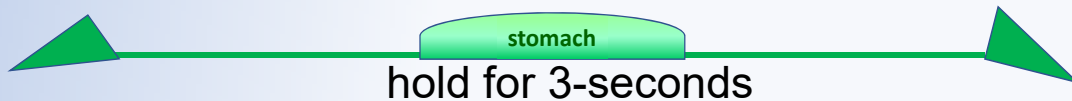
Drains and filters need to be cleaned periodically. So does lymph. Flow is everything! Dirty lymph can't clean the blood. One of the best ways to detox the lymph system is to drink warm water every 10-15 minutes throughout the day.

Here is my promise to you: If you know how the body functions, you will never make a decision without knowing the risks and consequences.

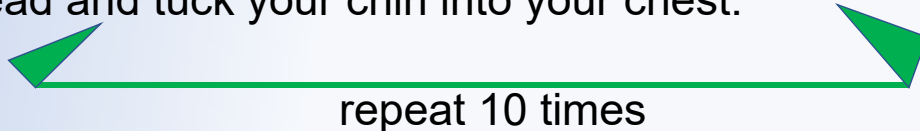
Did you know that the president of the American Heart Association, John Warner, MD, had a heart attack in November 2017? He was 52?.

## Lymph Drainage Exercise: 60 seconds

Lay flat on your back and **inhale** slowly as you point your toes away from your head and roll your head back.



Then **exhale** slowly as you point your toes toward your head and tuck your chin into your chest.



Did you know that the lymph system handles 2-3 times the volume of the blood system? Unlike the blood, lymph has no pump like the heart. It relies solely on body movement. (Tip: Walk for 2 min every hour; if sedentary, stand and march in place; do whatever necessary to move the body.)

Stretching and deep breathing are the two best exercises you can do for lymph drainage. Sweating and dry brushing also help clear lymph.

I'm going to demonstrate a 1-minute exercise that you can do in bed before rising in the morning.

**Emphasis:** Lie flat on your back no pillows.

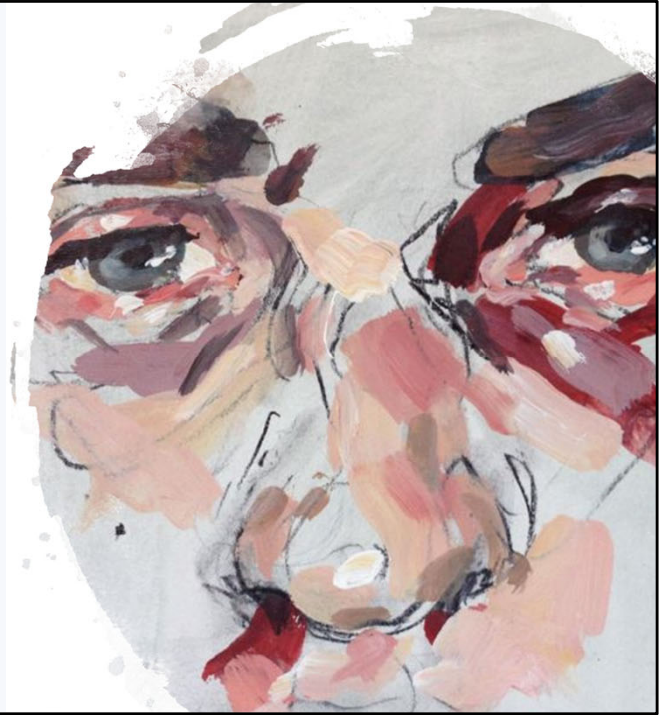
- Remember to point your toes (not just your feet) and stretch as many muscles as possible.
- Try to achieve a straight line from your chest to your chin when your head is back.
- Place your hand on your stomach to make sure it rises to be sure you are breathing deeply.

More about the lymph in later seminars. It's a huge topic, and we are just covering basics here. Just remember that **properly flowing lymph** (your bodies filtering mechanism) is **imperative for good health & wellness** and a lymph system **not functioning properly is at the root of all illness**.

In this afternoons session on digestion, we will see where and how the lymph system fits into the digestive process. All I need you to do right now is keep all this information in the back of your head so you can connect the dots later.



## What can we deduce so far



### **What can we deduce so far?**

You now know enough to ask the right questions if someone wants to remove lymph nodes or put you on a cholesterol lowering drug or a low protein diet.

And if you're given a statin drug you are even worse off because statins block the liver's ability to produce CoQ10.

# The Role of CoQ10



CoQ10 powers the mitochondria

Cells can't function without CoQ10

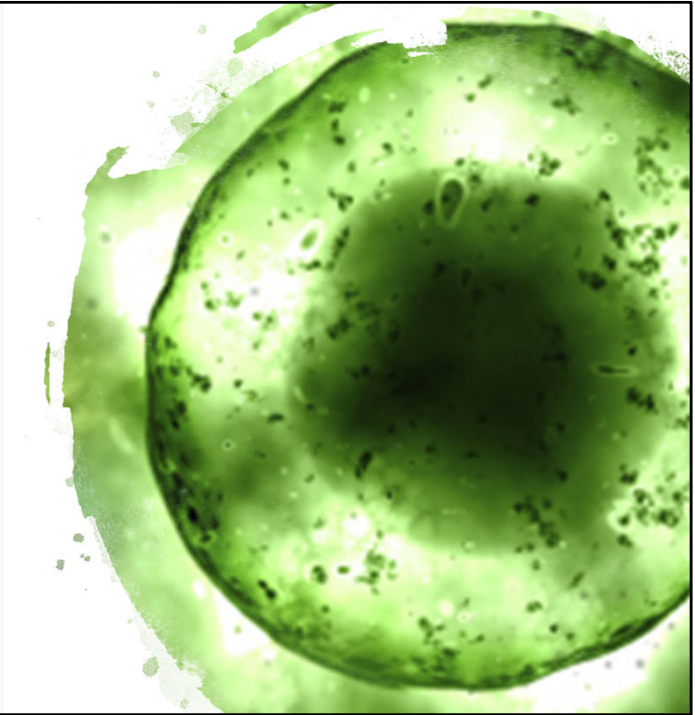
CoQ10 is vital for the electricity needed to power the mitochondria.

Without electrons moving around the way they're supposed to, there is no cellular energy. Without cellular energy, there is cell death. What does that mean to you? Your cells die = You die.

Taking a statin drug is like putting a piece of tape over the oil light on your dashboard so you don't have to see it anymore? Band-Aids may blind you to your symptom but sooner or later the underlying cause of the problem is going to impact the performance of your car, is it not?

Might it not be better to help your body absorb and use these substances properly rather than depriving it of something it desperately needs and can't function without? Later we'll talk about how to do just that.

# Cellular Energy



**Speaking of electricity**, every cell contains a Sodium Potassium Pump to keep the concentration of potassium high inside the cell, and low outside the cell. Conversely it keeps the sodium concentration high outside the cell or in the lymph fluid surrounding the cell. When sodium seeps in to the cell, the pump immediately pumps it out and vice versa. This constant push/pull of minerals in and out of the cells, is what generates the electrical energy that powers every organ, every muscle and every other part of the body to keep it alive.

**FYI:** Lymph fluid is supplied by the capillaries (to nourish the cells with oxygen and nutrients) to the tune of **3 quarts a minute**. Within that 60 seconds, the water in those 3 quarts diffuses back and forth in and out of the tiny pores in the capillaries **80 times**. That's more than once a second.

The friction causes electricity, but if the distance between the cells is too large due to trapped proteins attracting too much water, the electrical impulse cannot travel that far. So everything slows down, the cells don't get the nutrients they need, and cellular waste can't escape fast enough... causing acidity and lack of energy.

What's supposed to happen is, the pressure in the blood stream forces the water out and the powerful magnetic attraction that blood proteins have for water pulls it back to keep the blood liquid. It's a beautiful system when it works and it's all instantaneous. Which is why healing can happen relatively quickly if you target the right systems.

So it's important to always look for the root cause of your issue, which in addition to other elements that may be involved, will **always involve the lymph**. The lymph supports the blood and the blood supports all organs of the body.

It's not usually a good idea to alkalize or acidify your body. There are natural techniques you can use to clean the lymph and reduce that space between the cells so all runs smoothly again. But that's for another discussion.

All this about lymph may have gotten us a little side-tracked but it's really important for you to understand how important that system is to every other system in your body. And it's a system often overlooked by conventional medical modalities.

When was the last time your doctor or health practitioner spoke to you about lymph?

## Resting Cellular Energy



Produced...  
80% from Fat  
20% from Glucose

### Health Secret #2

Here is another tidbit to stick in the back of your head. **Optimal Fuel Mix** for the body. As you see here it's 80-20. What do you think might happen if you can't digest fat properly? The 80% above is gone. That means **100% or your energy must come from glucose**.

What does glucose need to be absorbed into the cells? *Insulin*

What organ produces insulin? *Pancreas*

What do you think might happen to the pancreas if it must produce all that extra insulin? *Wears itself out.*

We'll talk a little more about this later when we discuss fat digestion.

Now I've connected several dots for you so far and gave you an idea of how to formulate questions that may lead you to a true understanding of how the body works. There will be several more puzzle pieces for you to connect on your own as you move through this series. Just remember that every action has a reaction and it pays to know what it is before acting.

Sort of like being a courtroom lawyer. They never want to ask a question for which they don't already know the answer.

Just as courtroom surprises can bite you in the butt, so can your own body if you take it for granted. Treat it with respect and it will provide you a lifetime of good health.

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