

DIGESTION
SCRIPT:
PART 5

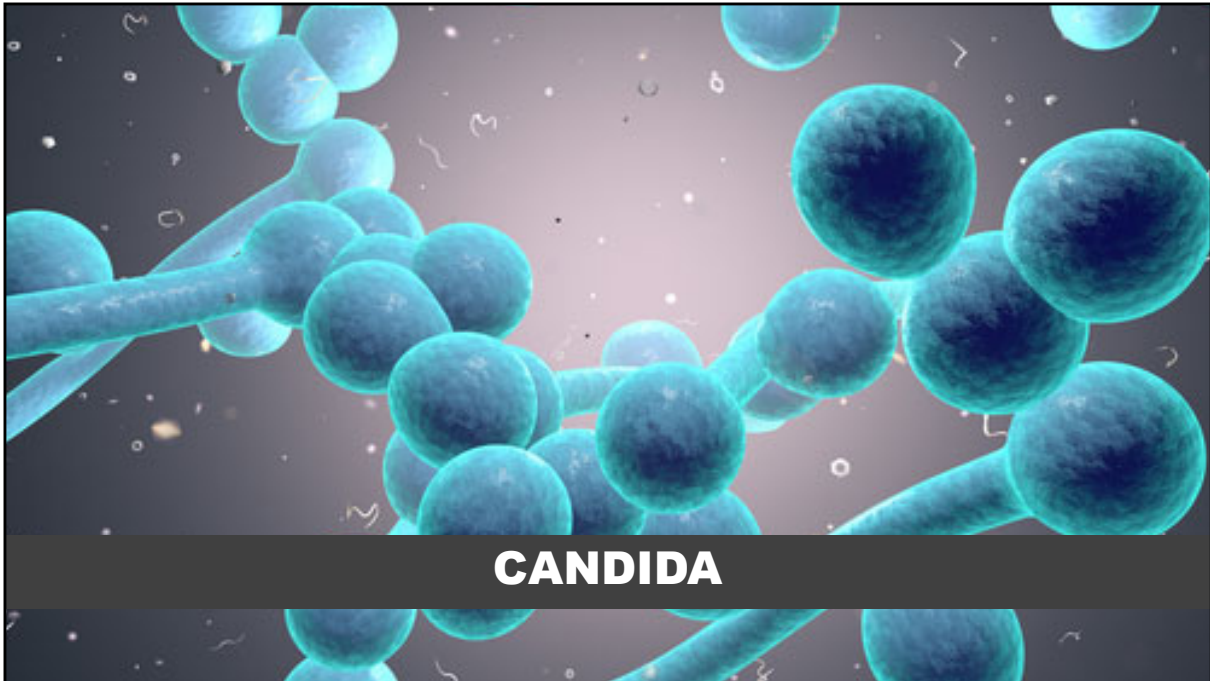
The **IRT** of
WELLNESS

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CNHP: Certified Natural Health Professional
DHS: Digestive Health Specialist
BS: Education



This is a continuation of the **NUTRITION** Event from *DIGESTION SCRIPT: VIDEO 4*.



CANDIDA

Yeast is your last line of defense in the Ileum - eating the large particles of food. If you kill off all your Candida, what happens to those large particles of food? They pass into the bloodstream and get attacked by the white blood cells.

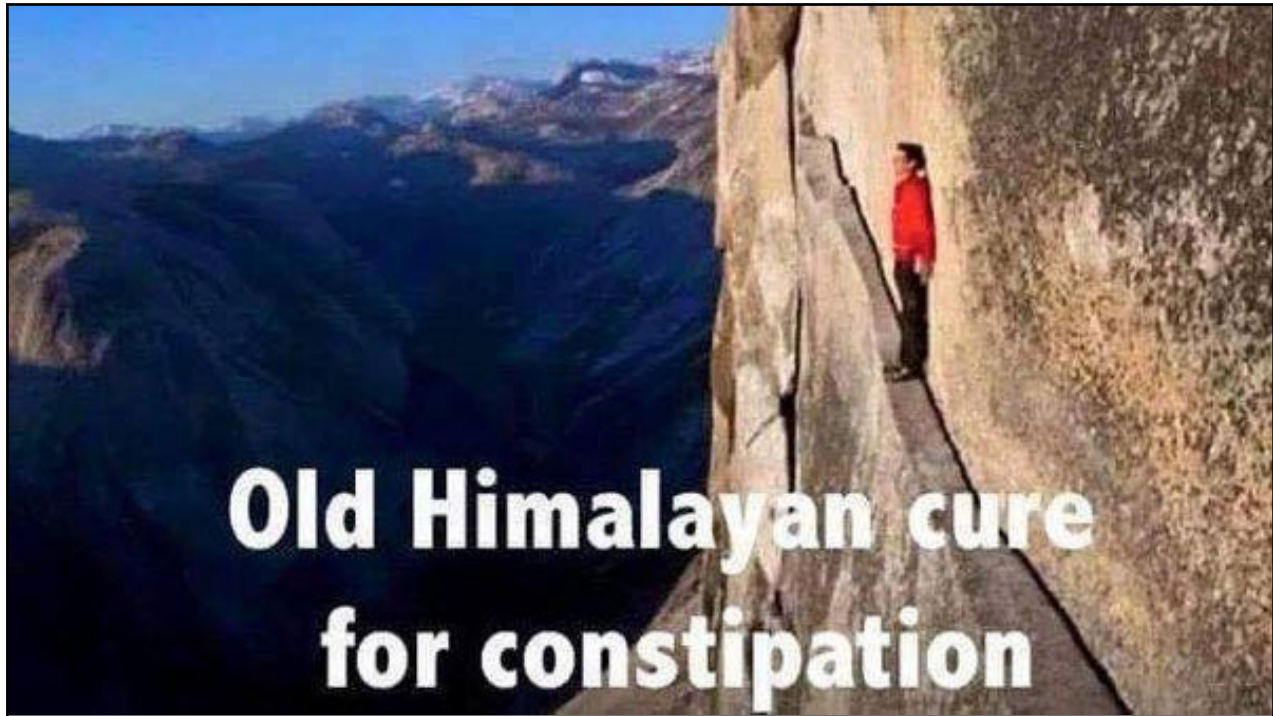
Natural Killer cells have a very good memory... that's how allergies and food sensitivities occur. You don't want to go thru what I went thru. Allergic to everything... Go to altmedangel.com and look up Author for My story...

So if you have food allergies, where should you look for the cause? *Digestion*
Will taking a drug to eradicate the symptoms, **cure** the problem? *No*

Can food allergies be cured? *Often yes.*
Simply by correcting the digestion and possibly using an acupuncture system called NAET to retrain the white blood cells.

If food is pre-digested in the stomach or digested in the intestines, the need for yeast will be minimal.

What is one way to get rid of an overgrowth of Candida?
Neutralize the intestinal pH back to 7.5. Candida requires a 6 pH.



Fun Facts:

Constipation causes an **overabundance** of minerals to get stuck in the **blood** stream causing **sensitivities**.

Hives are a sign of an **irritated liver**.

Cooked proteins are sealed and the body has difficulty **breaking down**... takes a **long time**.
Undigested protein wrecks the **kidneys**.

Water & Lemon is a good **alkaline cleanse** for **Liver, Gallbladder + Pancreas**... not good while **eating** as it raises pH of **stomach**.

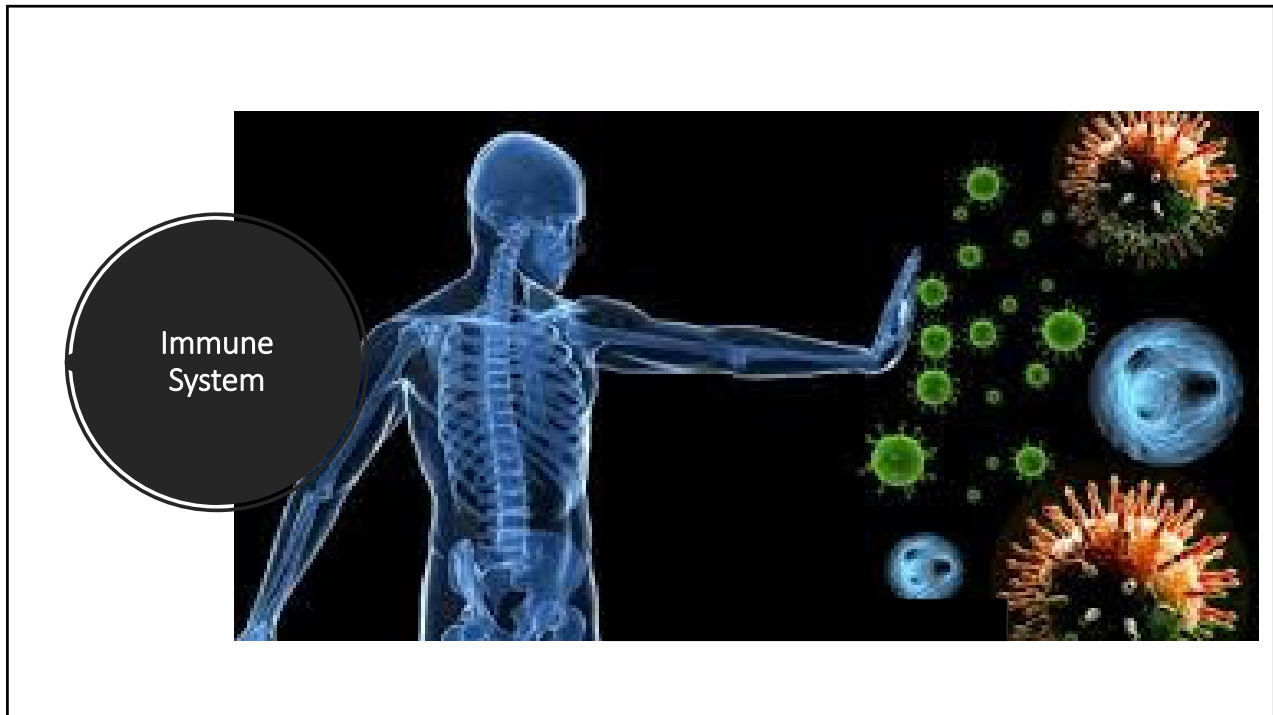
Lemon juice in **water** prevents **kidney stones**.

D-Mannose powder is a good way to **eradicate** a **kidney or bladder** infection.

Garlic is one of the most **potent** natural **antibiotics** on the planet.

Liquid **Bladderwrack** (20 drops in water) will end **food poisoning** in 20 minutes.

Refresh Mint (Electrical Body) 1 drop on back of tongue for **stomach cramps** caused by bacteria.



Let me back up a bit because this is key.

Often people think that it's the candida, the germ or allergen that's making you sick. It's not. It's your immune system's reaction to it. So here is a thought.

How do you train your immune system to fight something that it's never been exposed to? Some say that's what vaccinations are for. But vaccines only carry a previous years culture and they also don't last a lifetime. You must keep getting vaccinated periodically...

Every vaccine imposes a huge stress on the body.

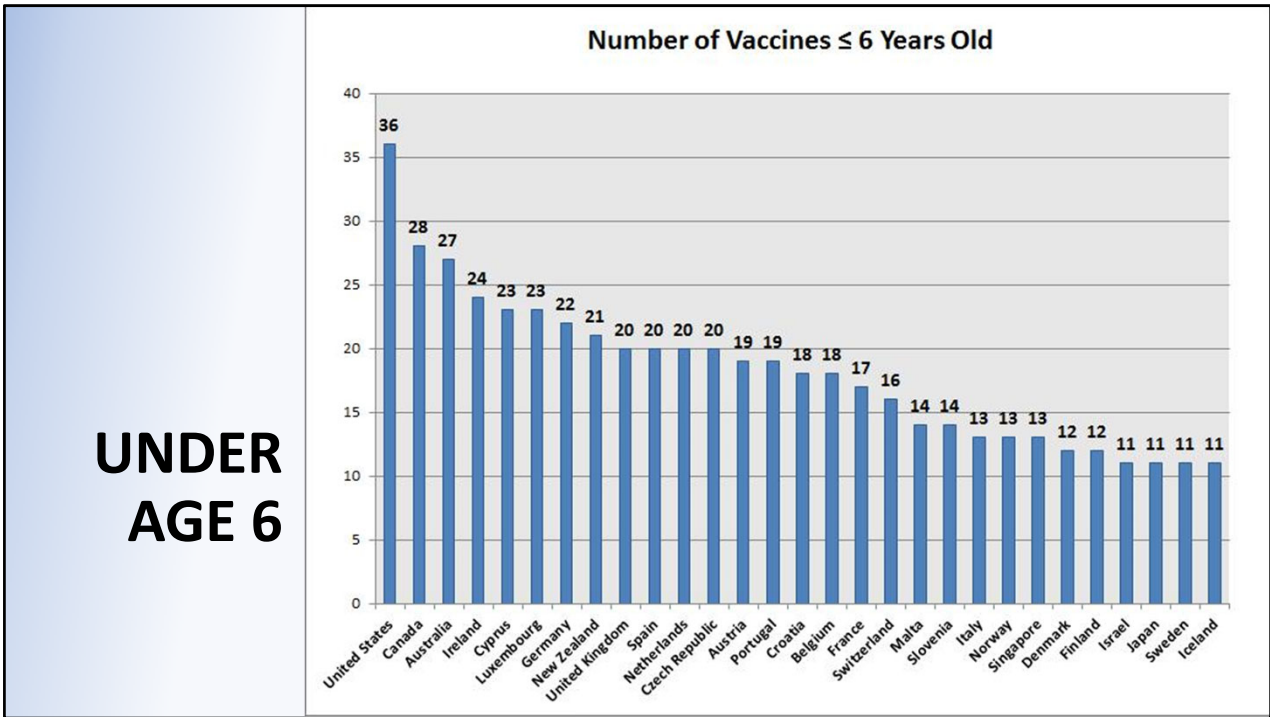
Did you know that there are safe, natural ways to achieve the same results as vaccination with the use of homeopathy? Check out **Nosodes**.

Did you know that there is a free local seminar every month and they usually post their outlines online. Link <https://homeopathyde.com>

If your immune system successfully fights off an ailment, whether thru the use of homeopathy or otherwise, it builds lifelong immunity. It's the old adage, What doesn't kill you, makes you stronger.

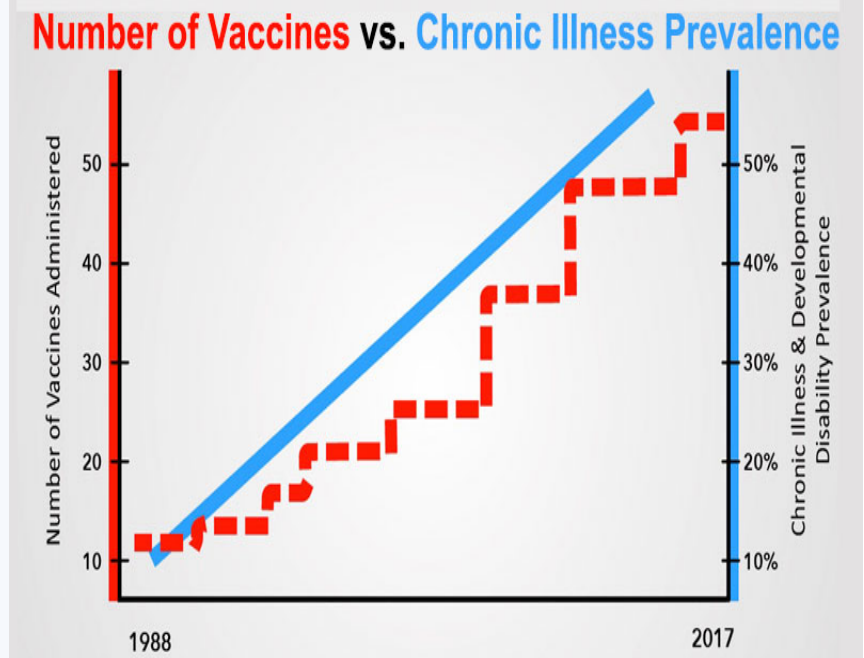
So, unless it's life-threatening, why not help your immune system by strengthening it, instead of suppressing it with drugs + vaccines?

See [Flu shot causes over 5 times more respiratory infections](#)



This is where the US ranks compared to other countries regarding **child vaccinations**. Could this be partly to blame for some of the escalating chronic diseases now showing up in adults? What kind of future does this paint for our kids?

THE QUEST FOR *REAL* IMMUNITY



Let's look at the facts:

Drugs suppress the immune system. **Symptoms are clues** about the nature and origin of the disease. When you suppress symptoms, they are driven deeper into the body, and more serious illness can occur.

Think of **disease** as the body **screaming**, and a **symptom** as a **whisper**.

I was a financial advisor in a previous life and I used to tell my clients what my grandmother told me, "Watch your pennies and your dollars will take care of themselves." Well now I'm telling you to, "Pay attention to the whisper, so you never have to deal with the scream."

This is where it's at. Right here in **your gut**. This is the information you need to know. This is the information that is at the **heart of all healing**.

Healthy Living



More Life Style Tips

Save the water that you boil your eggs and vegetables in and use it in soups & stews. Not only will they be more nutritious, but they will taste a lot better.

When boiling veggies you lose 60% of the minerals into the water.

If you salt your water you lose 85% of minerals.

You may want to consider getting liquid *ConcenTrace Mineral Drops* and put 1 drop per cup in soups, stews, hot cereal + skillet dishes. It's a great way to beef up your trace minerals.

For better skin + joints do the same with *Great Lakes Unflavored Gelatin*. It a great way to get your collagen. Collagen is the most abundant protein in your body, needed for hundreds of vital bodily functions. $\frac{1}{4}$ to $\frac{1}{2}$ tsp.

A great salt substitute for all around cooking is a vegetable salt called *Herbamare*. You can use it on all protein + veggie dishes. It's seafood counterpart is *Trocomare*. Great on all seafood. Really rounds out the flavor.

If you want to test your minerals, be sure to carefully follow the directions on my sheet, "*How to fill out the form.*" Please do not share this kit with anyone not at the seminar. Others can email me. No charge.



Role of Calcium

What is the Role of Calcium in Disease Prevention?

Best way to answer this is with an example: According to the National Cancer Institute: Cancer begins when some of the body's cells begin to divide without stopping. Why? Why don't the cells get the message to perform normally?

Apparently, the communication system between the cells (called cell-signaling) malfunctions. So, what does calcium have to do with it?

Calcium plays a key role in cell-signaling – so do other nutrients but the reason I'm picking on calcium is this. What is one of the key ingredients necessary for calcium absorption? *FAT*.

What is being pushed on us everywhere we turn? Low fat. (BTW: The Gov't does not recommend this anymore. They quietly removed it from their literature without telling anyone.)

A low-fat diet stimulates insulin and is a precursor to insulin resistance, as you learned in **NUTRITION SCRIPT: PART 1**. Ever wonder why there are so many diabetics now compared to 50 years ago? How about osteoporosis, arthritis, eye diseases, etc? If your cells can't communicate, your self-healing ability is severely compromised. Back to calcium:

If you are taking a calcium supplement that does not contain the necessary co-factors for your body to absorb it, it is not only ineffective, but you are damaging your body because anything your body can't process becomes a toxin that needs to be discarded and that adds more stress to an already struggling system, which kickstarts a downward spiral that's very difficult to reverse.

BTW: A quick word about vitamins & minerals in general. Always test your body before applying specifics. Don't guess or assume that just because it's right for someone else, it must be right for you. Everyone is different with their own unique biochemistry.

This is especially important for vitamins + minerals because they don't work alone. They all need cofactors. If you take a fractionalized supplement over a long period of time, you could be throwing your whole system out of balance. By fractionalized supplement, I mean pieces and parts of the whole complex, like B6. These things, while they may help over the short term, are not meant to be used long term and by long term I mean for more than a few days to a week or 2 tops. They are used strictly to solve a problem resulting from a deficiency. Once the issue is resolved, look for whole food sources and whole vitamin complexes.

This is especially true for minerals. If you take minerals that you don't need, they will start collecting everywhere and it could take years to rebalance your system if you become mineral toxic.

A good lab to use to test your mineral balance is **ARL Analytical**. They offer a hair analysis report that is about ¼ inch thick that not only provides an easy to read chart but also explains in detail every aspect of the test results.



Similar but not the same. The difference is what's important.

You are unique! Celebrate that. There exist only one of you in all creation! So don't let conventional philosophy put you in a box of cookbook medicine. We're all frogs to them. It's time to recognize the heat and jump out of the pot?

Main stream thinking conforms to **Government Regulations** aimed on controlling every aspect of your life with two hidden agendas.

1. Depopulation of the planet to downsize human impact on our environment;
2. Make as much money as possible while achieving # 1.

It's up to you to care for yourself. No one knows you like you do. Apathy has no place where your health is concerned. Blindly putting your health in someone else's hands is a recipe for disaster. The buck stops with you and that is why your understanding of how your body works is so critical. Without this basic information, mistakes are easily made which can take years or even a lifetime to overcome if at all.

If you are to benefit from conventional medicine, then you must be able to decipher right from wrong and good advice from bad. Use your own discernment when it comes to the doctor you choose and the protocols you follow. Most importantly, know your options, even those not spoken or downplayed by the medical establishment. Medicine is, first and foremost, a business.

Remember: Minds are like parachutes -- they only function when open.

To follow only one truth and see or allow no other is to close the eyes of your soul.