



# ***It's Not Your Fault You're Fat***

Free E-Book from author Deborah Devar

What's that mean, "It's not your fault your fat!" Whose fault is it? When I grew up it was rare to see an overweight child. Forty years ago there were a few classmates in elementary school that were heavy and there were explanations for it, such as, "I am big boned", "I inherited the fat gene" or "I have a glandular problem".

It is common knowledge that if you over eat and eat junk foods you will be fat and that is the truth, but due our toxic external and internal environments there is more to fat than food. The numbers and the statistics of overweight and diseased children and young adults is increasing. Degenerative diseases that were blamed on aging are now showing up in our youth. This should not make sense to us and we need to reexamine our daily walk with regards to God's plan for our health.

Today even the most careful, diligent people are gaining weight. When I see an overweight person I don't see what most people see. I understand that the person has been poisoning her or himself, consistently and cultivating this condition over a period of time. You can swell up and increase your inches by taking prescription drugs, eating fat or sugar free, chemically laced, dead packaged foods and by absorbing chemicals from the cleaning and cosmetic products. When I grew up fast food and microwave dinners were not available and there was only one product on the market to get rid of the tangles after washing our hair called "No More Tears", unless my mother mixed one up by hand.

The media is powerful at helping us forget how it once was by dumbing us down. If you notice there are more overweight people cast in commercials then ever before. The fashion industry jumped on board about eight years ago and adjusted the size scale of women's clothing. If you usually squeezed into a size 10 all of the sudden one day you were magically able to fit into a size 8. We are being taught through all types of propaganda that being 40-60 pounds overweight is the norm and there is nothing we can do about it. My hearts hurts when I go to the gym and see the dedicated members religiously working out. Months will go by with very little, if any improvement as they consistently sweat away valuable mineral nutrients.

On average, we weigh 25 pounds more today than we did in the 1960s. One in fifty adults suffer from severe obesity, being at least 100 pounds overweight. This is an increase from one in every two hundred adults who were severely obese in 1986. During the past 25 years, the rate of childhood obesity has more than doubled, which means that one third of American children are overweight and suffering from the complications

associated with obesity. Complications such as diabetes, arthritis, high blood pressure and heart disease, chronic fatigue, fibromyalgia, eczema and allergies. These were known as the diseases of the aging but are now appearing in children as young as twelve. Childhood diabetes, for example, has increased tenfold in the last 20 years. Consequently the life expectancy of generations born today will die younger than their parents will. Since 1986 the trend of life expectancy has been reversing.

Eating right is more important than almost any other health measure. It is a simple fact that our physical body is actually the food we eat transformed into living tissue. We build and repair the body from what we eat or drink. But there is an entirely different aspect of eating that I want to interject. When we consume anything that registers as an invader to our immune system, or when we eat food that is difficult for the body to digest and utilize as fuel it is detrimental to our health as well. Our health is also a direct result of how we each respond to social stresses. This includes our perceptions, thoughts, feelings, physical environments and relationships. Connections between the mind and the emotions directly affect the nervous, endocrine and immune systems. Balance of all body, mind and emotional systems strengthens our spiritual relationship with God. When we love the Lord our God with all our heart our mind is disciplined and we automatically make the choices that support the body to heal and we find peace and joy in His grace.

Wake-up believers, don't accept disease as the norm. It is not OK that one of the richest countries in the world ranks number 38 on the World Health Index. We suffer from diseases that don't exist in many other cultures. I have already written two books that teach healing. My book titled, "A Path To Perfect Health" is a naturopathic textbook loaded with the scientific facts and protocols for assisting the body, mind, and emotions to heal which will strengthen you spiritually. "Scriptural Solutions To Gain Health Everyday" teaches the scriptural and scientific support to prove that God created the human design with the ability to heal perfectly. Here and now, I intend to specifically explain how the body produces and uses our fat cells, connective tissue and degenerative diseases to save our life for one more day.

The tools are in place for you to start today. Within 120 days your biology, thought patterns and emotions will be able to connect and balance. You will forget that pain and suffering was once your everyday annoyance and companion. Your energy and strength will shock your closest friends and they will want to know where you found this recipe for health, beauty and spiritual strength.

#### **Part one- HOW THE BODY WORKS**

#### **Part two- HOW ALL BODY SYSTEMS WORK TOGETHER TO SAVE US FROM DEATH**

#### **Part three- WE HEAL WHEN WE TRUST GOD**

#### **Part four- FINDING THE POISONS**

## **Part five- GETTING STARTED; HOW TO USE IN-HOME TREATMENTS AND HEALING HOMEMADE PRODUCTS**

### **Part one- HOW THE BODY WORKS**

#### **Myth: Cellulite is a beauty issue not a health condition**

##### **MICROCIRCULATION**

Our cells can only stay healthy if nutrient rich blood can reach them. Poor circulation or blood that lacks nutrients and oxygen will contribute to cellular starvation and disease. Our cells, like everything else, live within an environment. The fish live in a fishpond, the apple lives in the field and our cells live in their environment. To the degree that our cells receive what they need or lack there of, or to the degree of the level of toxins and poisons in the environment we will either suffer disease or gain health with each 24-hour period that it takes for our cells to duplicate.

Cells need: oxygen, water, minerals, vitamins, essential fatty acids, amino acids, enzymes and the ability to eliminate their waste to be healthy.

When everything is flowing properly, the red blood cells are oxygenated. The blood cells receive oxygen from the lungs, and then the heartbeat moves the blood cells around the body. First, the oxygenated blood passes through large arteries to reach all parts of the body. Arteries are strong muscular vessels that pulsate. It is this pulsating action, which helps the blood flow through to reach the tissues.

When oxygenated blood flows through the arteries and reaches the tissues, it branches off into small arterioles and then into fine capillaries that mingle in between the individual cells. Once among the cells, fluid from the blood leaves the capillaries to bathe the tissue cells in oxygen and nutrients. This capillary action that supplies oxygenated and nutrient rich blood to the tissue is known as microcirculation.

When microcirculation is compromised, the breakdown of our bodies and the foundation of disease begin. Poor circulation results when capillaries cannot reach the cells. Also, if the blood carried by these tiny capillaries lacks nutrients or is full of toxic poisons, the tissue starves. This leads to a build-up of waste products, acid mineral deposits and toxins. An insufficient supply of oxygen and nutrients to the tissues and an insufficient elimination of cellular waste results in tissue damage. Damaged tissue stores water and becomes inflamed. Water retention also contributes to poor circulation. This breakdown then affects the new tissue-building process. This condition is commonly known as cellulite.

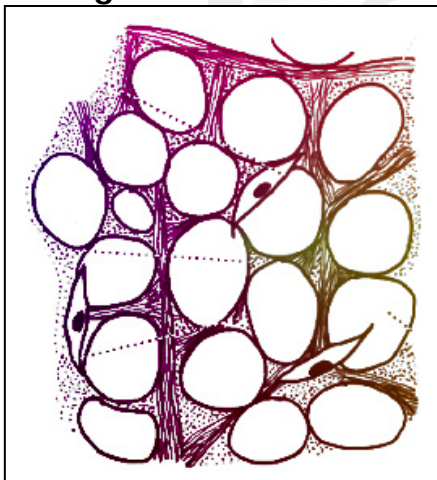
**Cellulite is not a beauty issue, no; it is a whole body condition.** Cellulite is a combination of toxins and waste, water, fat, and fibroblasts. When the body's filtration and digestive system are bogged down and overwhelmed toxins are not eliminated properly. Often there is a waste spill and the body has to clean up the mess. As we daily ingest, inhale, and absorb poisons, the body has no choice but to take the

excess and encapsulate it into a toxic gel ball within a fat cell and shove it into our connective tissue.

The body will store this toxic gel ball as far away from its vital organs as possible in order to protect them. Connective tissue cells perform many functions. They provide support and nourishment for other tissues and act as packing material in the spaces between organs. **Connective tissue works to defend the body by digesting and absorbing foreign material.** This is a very important fact.

The lumpy, bumpy, rippled skin known as cellulite is the result of the tiny tears made in the connective tissue to accommodate the storage of the toxic gel ball. The swelling and puffiness that go along with cellulite is the excess water the body holds to dilute the poisons. The fibroblasts are small, flattened, somewhat irregular cells with large nuclei and reduced cytoplasm. These cells form fibrils that are normally used to repair injury. However, in the case of cellulite, the fibroblasts form the tough, stiff fibrils in order to encase the toxic gel ball like a cocoon. This is to prevent leakage of the poisons into the system. All of these factors hinder the circulation, which is a very dangerous condition because the cells depend on circulation for their nutrition.

#### **Damaged Tissue:**



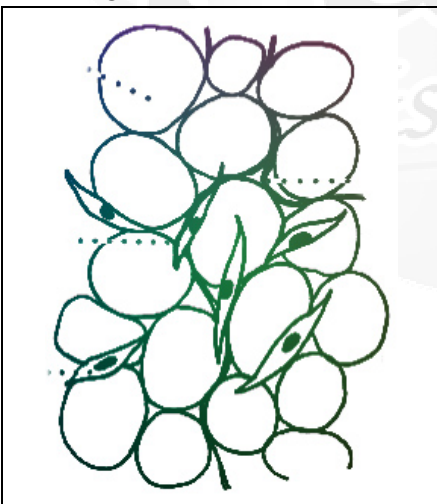
**Unhealthy fibroblasts make thicker, rigid, fibers around cells (in red)**

**Fibroblasts starved of oxygen and vital nutrients**

**Fluid builds up in between the cells**

**Blocking the release of their waste**

#### **Healthy Tissue:**



**Cells contain glucose that is easily available for use by the body when energy is required**

**Fluid released by the capillaries to nourish the cells is removed by the drainage**

**Few fine elastic fibers support the fatty tissue**

**Fibroblasts that produce fibers are healthy to support the cells**

## **Part two- HOW ALL BODY SYSTEMS WORK TOGETHER TO SAVE US FROM DEATH**

**Myth: We must use drugs to reduce high blood pressure**

**Myth: We must use drugs to control our cholesterol**

Healing alkaline fluids must be able to wash away the acid residues that form and accumulate in the system. In order to achieve this, the arteries must carry an increased amount of oxygen and alkaline minerals to the body parts where the battle rages. The need for increased oxygen means that the heart must beat harder and more intensely. This rapid, intense heartbeat and increased blood pressure is necessary for damaged cells to repair and regain health.

The body is amazing and will do whatever it has to so we can live for one more day. An acid condition in the body fluids that is not neutralized by alkaline minerals will surely cause death. To avoid death the body needs the increased heart rate and blood pressure to carry the oxygenated, mineral rich blood in order to wash away the acid buildup. I am making this point over and over, because you must understand that, **you can simply reverse high blood pressure, increased heart rate and a high cholesterol condition in the body by:**

- 1. Reducing the acid condition in the body**
- 2. Increasing the oxygen and minerals in the blood**

The increased heart rate and blood pressure ensures that circulation will be supported through the acute crisis until the body heals. When the circulation is slowed down artificially and the body's fluids become too acidic, the muscle tissue surface of the arterial wall begins to disintegrate due to lactic acid buildup. **A break in the artery wall can be fatal.** Therefore, in order to prevent death, the body responds by reinforcing the weakened arterial wall with collagen, triglycerides, fibrin, mucopolysaccarides, heavy metals, proteins, muscle tissue and debris, and finally the crack-sealing sticky LDL cholesterol. All of these negatively charged components are bound together by calcium. The weakened arterial wall is patched to prevent instant death.

## **Part three- WE HEAL WHEN WE TRUST GOD**

**Myth: high blood pressure leads to heart disease**

**Myth: high cholesterol is the cause of heart disease**

**Myth: drugs heal**

An acidic cellular environment is created by what our cells burn as fuel. We all have control over what our cells burn as fuel. We can eliminate poisons and add nutrients to what is ingested through food and drink, what is absorbed into or released out of the skin, what is breathed in or out of the lungs, as well as, triggering, or not, the “fight or flight” stress response that will release damaging acid producing hormones into the bloodstream.

The cell is like any other energy-producing factory. Just as a car produces exhaust (smoke), our cells also produce waste by-products that must be successfully eliminated. The metabolized carbohydrates, proteins, and fats produce organic and inorganic acids. Animal protein produces sulfuric acid and phosphoric acid. Carbohydrates and fats produce acetic acid and lactic acid. These acids are all poisonous.

The body's defense against these acids is to neutralize them by using mineral compounds. If we are not eating healing live raw fruits and vegetables that will supply the minerals, then the acid condition cannot be neutralized instantly. When we eat to heal, the proteins, carbohydrates and fats are being converted into sources of energy effortlessly. This will supply the inorganic minerals that will control the functioning of the organs, contribute to metabolism and initiate the activities of the nervous system. Throughout this process, (the conversion of raw materials into energy), the exhaust or waste by-products of the cells can be damaging or healing depending on what we consume as the raw ingredients.

If the waste by-product of the cell is "acid ash" the cellular environment becomes dangerous. If the waste by-product is "alkaline ash" the body heals. The acid condition will melt the vessel walls of the veins and arteries, forcing immediate repair of this life-threatening condition. If the neutralizing minerals are not in the bloodstream the cells go into panic and send a distress message to the brain. It is not the brain's job to make you feel warm and fuzzy. The brain's job is to regulate all body systems and functions. When the brain receives the distress signal from the cells about the acid pH condition of their environment, the brain will immediately contact the storage units of the body.

We all have reserves of the vital nutrients stored in our organs, bones, muscles, tissues and vessels. The brain will send a message demanding that the bones surrender their calcium.

The bones don't want to surrender their minerals because that contributes to **osteoporosis**. The pancreas will try and refuse to contribute its minerals because that will lead to **diabetes**. If the arteries and veins give up their reserves, then heart disease will develop. But the brain sends back a message explaining that if we don't work together right now the body is dead and I don't have a problem killing off a few hundred thousand cells and developing a disease in order to save the whole system. Besides, the body can survive for years with the degenerative disease, but it won't survive 2 hours in an acid pH condition. If the storage units don't surrender their nutrients needed to neutralize this acid condition, **instant death is the result**. The organs and bones will reluctantly contribute their minerals to avoid instant death. The body will literally digest itself to neutralize the acid condition so **we can live one more day**.

Cellulite, osteoporosis, high blood pressure, high cholesterol, arthritis, fibromyalgia, allergies, eczema, along with a host of other conditions are created to maintain the safe pH balance of the cellular environment and to complete the repairs necessary to avoid heart disease, cancer, diabetes and stroke as long as possible.

**Artery-clogging cholesterol and high blood pressure are not the direct cause of heart disease and death.** These symptoms are the body's desperate attempt to repair itself.

The fact that high blood pressure and high cholesterol are present at the time of a heart attack does not conclude that these conditions are the direct cause. The ignorance of this domino effect is the reason that heart disease is the number one killer in America.

The veins and lymph are responsible for returning our dirty blood to the heart and lungs for purification and oxygenation, as well as, digesting and neutralizing poisons. Within the veins there are one-way valves preventing the back flow of blood. The tiny valves step the blood up toward the heart. It is important to support this process. If the toxic blood slows down, a backwash effect occurs. When this happens, tiny valves break down and the blood, which is full of carbon dioxide and cellular waste, is pushed back through the vein walls. As a result, the dirty blood spills over into the surrounding tissue. When the surrounding tissue is forced to suck up these poisons, both the tissues and the walls of the veins become inflamed.

Inflammation of the veins causes the walls to weaken, thus allowing them to release more potent substances, including acids. It is this type of damage (the inflammation to the tissue) that results in painful, swollen areas of the skin commonly known as fibromyalgia. This cycle of breakdown contributes to the 9 out of 10 top killers in our country.

**The Nation's number one killer- Heart Disease:** Every 34 seconds someone in America dies of heart disease. The cost to those who choose the conventional medical route adds up to \$110 billion a year. It is not uncommon for a person with high blood pressure to be prescribed as many as three or four drugs. One prescription drug chemically forces the blood vessels to dilate lowering blood pressure. This, in turn, causes the heart rate to speed up. Then, another is prescribed to slow the heart back down. These two drugs will cause water retention. It will be suggested that the patient must now take a third drug, a diuretic, which is designed to chemically force the body to release the extra fluid. The extra fluid is the body's attempt to dilute the two drugs that are now registering in the body as poisons.

The three drugs previously mentioned will raise cholesterol levels. Inevitably, another drug will be prescribed addressing the high cholesterol. Over two billion dollars worth of prescription drugs are prescribed each year, in an effort to reduce cholesterol levels. Cholesterol is not the cause of any disease. As a matter of fact, cholesterol is a reaction to an imbalance and the solution to avoid instant death. Drugs cannot heal the body. Side effects from these drugs can cause liver damage, kidney failure, weight gain, headaches, diarrhea or constipation. Some are even linked to depression, violence and even suicide. **Drugs can't heal us; they only lead to more drugs.** Other medical procedures for heart disease are not long term either. A study in the Journal of the American Medical Association in 1992 revealed that half of the angioplasties in the United States were probably unnecessary. Nonetheless, this so-called balloon therapy procedure costs the patient approximately \$15,000. The average by-pass surgery costs \$45,000. Patients who have undergone these procedures usually return to the operating table within three to five years. The recommendation for this procedure is what I call job security. Currently more money is being spent on research for the LVAD (left ventricular assist device implants), or the AbioCor Heart device.

## **Ask yourself, who profits when we refuse to take responsibility for our health?**

When you understand that high blood pressure and high cholesterol are symptoms of your body working together to save your life for one more day, and when you understand it is not the origin of heart disease, then you can do something about it by changing the everyday choices that are triggering a defense reaction. High blood pressure and high cholesterol is not life threatening. Contrarily these symptoms tell you it is time to get serious and make the changes to ensure life.

Cholesterol is actually an antioxidant that works to help the body. The body needs to produce cholesterol for specific productions and functions. LDLs (so-called “bad cholesterol”) are just as important as HDLs (so-called “good cholesterol”). LDLs carry cholesterol, triglycerides and fat-soluble vitamins to cells where they are needed. HDLs take them back to the liver as required.

Our 100 trillion-cell community depends on cholesterol for accurate cell membrane function. Also, proper brain function depends on a large percentage of cholesterol. The body requires cholesterol for the efficient production of certain hormones and vitamin D.

If the body is in a state of emergency there will be an abnormal high percentage of cholesterol in the blood. The body will always try to correct, repair and balance the conditions that are threatening survival. When an over abundance of cholesterol is in the blood there is always a reason for it. High cholesterol, as well as, high blood pressure are symptoms, (signals) that the body is trying to resolve an existing problem. High cholesterol, high blood pressure and coronary vascular disease are caused by consistently cultivating an acidic condition of the cellular environment over a very long period of time. If these symptoms were hereditary (an issue caused by a weak or mutated gene), you would have expressed these symptoms at birth.

If we do not begin to take responsibility for our health, the result will be that a large percentage of the population will become lifelong patients of a “disease managing system.” This means we will not be healing our bodies; we will just be managing our degenerating diseases.

What we need to understand is that fear is intentionally cultivated around the words “high cholesterol”. High cholesterol is big business for laboratories, hospitals and the pharmaceutical companies. It is more profitable for physicians to prescribe over two billion dollars worth of drugs each year in an effort to reduce cholesterol levels rather than assign a healing eating protocol consisting of fresh organic produce that costs about \$34 every 10 days.

**The new-generation of cholesterol-lowering drugs like simvastatin and pravastatin are very expensive and may reduce the risk of heart failure by only 2%.**

The U.S. Government states that 95% of the drugs on the market have not been proven to work. *Almost all testing done is to determine toxicity, not effectiveness. (Healing in Zion p. 23).* This is a very important fact!



The FDA is entrusted with the oversight of drug research, but a high percentage of the FDA own stock in the pharmaceutical companies they are responsible to watch over. This is a dangerous conflict of interest. The FDA allows researchers to classify toxic and fatal reactions to drugs that are in the developmental stage as a “trade secret”. Once a death or toxic reaction to a new drug is classified by the researchers as a trade secret, they are then under no legal obligation to reveal these deadly reactions to the unsuspecting public, or even to the physicians to whom they are marketing.

The following is just one example: Pfizer, the world's largest drug firm, was informed over the weekend that an independent board monitoring a study of Torcetrapib found that 82 patients out of 7,500 who were taking the drug had died. Fifty-one patients out of 7,500 in the same study who were taking Lipitor -- Pfizer's best-selling cholesterol drug - also died, though the company said it was not concerned over Lipitor's safety.

Pfizer -- which spent roughly \$800 million on the development of Torcetrapib -- was counting on the success of the drug to invigorate slow sales. Several patent expirations are projected to cost the company \$14 billion in annual sales between 2005 and 2007, and its patent on the world's best-selling drug, Lipitor, could expire by 2010.

By Jessica Fraser (NewsTarget)

If you understand how the body repairs itself, and if you choose to make a few simple lifestyle changes, you can turn the high cholesterol condition around very quickly.

Why take a drug that is very expensive, offers only a possible 2% reduction for heart failure along with a plethora of side effects when God has provided the healing foods. God's provision guarantees a higher percentage in the reduction of risk without the dangerous side effects. Evidence that fruit and vegetable consumption protects human health is accumulating from large population (epidemiological) studies, human feeding studies, and cell culture studies. Listed below are a few selected population studies from literature linking fruit and vegetable consumption to health. For an excellent review concerning vegetables, fruit and cancer prevention, see Steinmetz and Potter, Journal of the American Dietetic Association 1996; 96:1027.

Fruit and vegetable consumption has been linked to decreased risk of stroke -- both hemorrhagic and ischemic stroke. Each increment of three daily servings of fruits and vegetables equated to a **22% decrease** in risk of stroke (Gillman et al. Journal of the American Medical Association. 1995; 273; 1113).

Elderly men averaging an intake of 2.2 servings a day of dark green and deep yellow vegetables experienced a **46% decrease** in risk of heart disease and **70% lower risk** of cancer relative to men who consumed only .8 servings a day. **This suggests that small, consistent changes in vegetable consumption can make important changes in health outcomes** (Gaziano et al. Annals of Epidemiology 1995; 5:255 and Colditz et al. American Journal of Clinical Nutrition 1985; 41:32).

People that consume 2.2 servings a day of spinach or collard greens, (plants high in the carotenoid lutein), had a **46% decrease** in risk of age-related macular degeneration compared to those who consumed these vegetables less than once per month (Seddon et al. Journal of the American Medical Association. 1994; 272:1413).

#### **Part four- FINDING THE POISONS**

Today it is not enough just to eat right and exercise to gain and maintain a healthy lifestyle. You must make a very serious commitment to eliminate all the poisons and toxins out of your household environment, as well as, the toxins and poisons created within your body. I remember when a sterile clean house meant that you were a good wife. I remember specifically one day I concocted a combination of bleach and ammonia. I wasn't aware that I had created a deadly gas. I ran out of the house and laid down in the front yard, my throat closed off and I could hardly breath. My face puffed up, my eyes swelled shut and my mucus membranes ran and ran leaving me gasping for breath. I literally thought I was going to die and actually came pretty close to it. That experience at 23 years old triggered my chemical sensitivity. From that point on I have not been able to swim in a chlorinated pool or breath in fumes of chlorine, ammonia, bleach, hair color, aerosols or perfumes.

For most of us that are "highly sensitive" there has been an event that has happened to cause a chemical overload. Maybe it was when you bombed your house for flees, or it was a slow process of absorbing chemicals over 20 years as a hairstylist or nail technician. We are bombarded with chemicals every second.

An average American day is as follows: we wake up after soaking up chemicals in our sheets and PJs. We jump into a shower for an early morning blast of chlorine. We soap ourselves up all over from head to toe including our gentiles in harsh degreasers and antifreeze chemicals known as SLS and propylene glycol. We dress in chemically washed clothes and absorb in the chemicals all day. We make our way to the kitchen to ingest foods with stimulants and preservatives loaded with chemicals, usually cooked or heated up in a microwave that renders the food and the plastic container altering it in a way that it can only be recognized as an invader to our immune system. We get in our cars and inhale some petrochemical fumes; we join others on the freeways and inhale their fumes. We work indoors in a chemically infested environment with stale recycled air. We consume a lunch and a few pick-me-up snacks, which are chemically laced, stimulant, dead foods. Then we grab a soda or coffee that whips our adrenal glands all the way home and lastly stop and fetch a fast food dinner for the family. Life snatching chemicals are all around us!

There are dangerous chemicals and poisons in all our household cleaning and cosmetic products. If you don't believe me have a sample of your blood analyzed. If there were traces of diethanolamine in your blood I would know that you used one of 600 home and personal care products that contain this carcinogenic dangerous chemical. It is commonly used in the shampoos, conditioners, bubble baths, lotions, cosmetics, soaps, laundry and dishwashing detergents. Sodium lauryl sulfate (SLS) and propylene glycol would tell me

that you use the most popular brands of shampoo and toothpaste. Finding trichloroethylene I would know that you recently picked up your dry cleaning; benzene would indicate that you put gas in your car; and toluene could account for walking across a polyurethane floor.

Sodium lauryl sulfate, (SLS) is just one of the very common harmful chemicals found in your more popular expensive shampoos, toothpaste and soaps. SLS irritates skin, corrodes hair follicles and impairs hair growth. When SLS interacts with other nitrogen bearing ingredients, carcinogenic nitrates are formed. Residual levels of SLS can be found in the heart, liver and even the lungs and brain. SLS impairs the development of young eyes, the immune system, causes inflammation and separation of skin layers and dehydrates the lipid lining in the cell membrane. Used often enough it is capable of changing the information (the blue print) stored in the DNA of each and every cell. SLS has been used in studies to induce mutations in bacteria. This is just one of thousands of extremely dangerous chemicals found in our daily cleaning products.

Processed foods contain many life-threatening chemicals that are found in artificial sweeteners, food preservatives, food dyes, high fructose corn syrup, hydrogenated and partially hydrogenated trans fats, MSG, which is also known as; monosodium glutamate, hydrolyzed protein, sodium caseinate, hydrolyzed corn gluten, textured protein, gelatin, yeast nutrient and glutamic acid. If you are not convinced to make changes, I recommend that you continue your research with the following books. *Detoxify or Die* by Sherry A. Rogers, M.D., *Rub A Dub Dub...Is Cancer In Your Tub?* [www.netnewspl.com](http://www.netnewspl.com), *A Consumer's Dictionary Of Cosmetic Ingredients* by Ruth Winter, M.S. and *Dying To Look Good* by Christine Hoza Farlow, D.C., Found hidden in Natural Flavors and Seasonings ([www.truthinlabeling.org](http://www.truthinlabeling.org)), Our Daily Poisons ([www.miraclesoap.com](http://www.miraclesoap.com))

When you do your research you will see the relationship between the increase of diseases and the increase of toxins. Fifty years ago we were not exposed to the fat soluble toxins that our livers are forced to deal with today. Our bodies were more successful with the detoxification process than it is today because we were mainly dealing with water-soluble toxins. Today we are bombarding our systems with the fat-soluble toxins, which make the detoxification process much harder for the liver.

**The liver** is responsible for 500 functions. The most common one is the re-combining of what we ingest such as excess fats, carbohydrates, proteins and distributing those molecules for storage, for tissue building and some for antibodies. The liver is like a big strainer that sifts through everything before it enters into the general blood circulation. Within seconds of finding a toxin, the liver creates a chemical cap to conceal the toxin. When the liver is unencumbered, the bloodstream remains pure and toxin free. The liver must also detoxify almost every foreign chemical we eat or absorb. This is done in two phases. Phase one, the right side of the liver is where enzymes will neutralize the water-soluble toxins such as alcohol, caffeine, nicotine and Tylenol. Phase two is responsible for transforming a fat-soluble toxin into a water-soluble toxin through several enzymatic processes. The fat-soluble toxins include drugs, food additives and preservatives,

petrochemicals and heavy metals. During the process of breaking the fat-soluble toxin down into a water-soluble toxin the toxin becomes even more dangerous. If the liver is burdened and slow our body uses the fat cells to come in and absorb these partially capped toxins for storage in the connective tissue.

You may be thinking that you are healthy enough to rid the body of harmful chemicals and this is a good point to consider. The body does create over half a dozen molecules that act as attachments to hook onto dangerous chemical molecules and pulls them out of the body. A common heavy detoxifier molecule is glutathione. Glutathione is a tripeptide that the body creates to collect hundreds of types of environmental chemicals and drag them right out of the blood into the liver, to the gallbladder and into the digestive system where they are eventually flushed out. But in order for the glutathione to attach there has to be enough enzymes and minerals in the system to set up and prepare the chemical molecule to be able to be grabbed by the glutathione. Enzymes prepare an attachment site or niche on the unwanted chemical so a detoxification molecule can attach to it. In today's toxic environment we are constantly depleting our oxygen and vital nutrients needed to rid our body of poisons. For every chemical molecule that is eliminated we deplete a glutathione molecule as well as ATP (the cellular energy required for the elimination process). As this process breaks down we collect and store more chemicals.

It works like this: first the body identifies the invader and a defense reaction is triggered. Enzymes go to work to prepare the chemical invader to be able to be picked up by creating a site or niche. But in order for the enzymes to do their job they need minerals.

*Logically, if you are deficient in some of these minerals you won't completely detoxify.* It may seem confusing and complicated when it comes to providing minerals, especially since the soil is depleted due to the fertilizers and pesticides. Fortunately, *A Path To Perfect Health* has a very affordable saline regime that provides the cellular environment with 96 amazing minerals. See website at [www.miraclesoap.com](http://www.miraclesoap.com), click on *Path To Perfect Health* and refer to nutrition programs, Quick start 2.

## **Part five- GETTING STARTED**

### **HOW TO USE IN-HOME TREATMENTS AND HEALING HOMEMADE PRODUCTS**

#### **Myth: Living a healthy lifestyle is expensive**

Now that you have a better understanding of how our body responds to poisonous chemicals in our foods and in our environment, you can begin to take steps that will support the process of healing. First, find out where the poisons are. Second, get rid of them. Now when you've done this, replace them with healing products and foods that will support the body in detoxification and healing.

## Living a healthy lifestyle is less expensive then poisoning your family

1. Go to Nutrition Programs- [www. miraclesoap.com](http://www.miraclesoap.com) and click on A Path To Perfect Health. **Read Daily Poisons** under the nutritional programs header.
2. **Follow your [quick start protocols](#) and your food charts.** When following the Daniel's Diet, the Quick Start Recipes and the Healing Food Charts, it will cost about \$40 for the healing fruits and vegetables every 10 days to feed a family of four. Follow the soaking instructions to ensure that the chemicals, (herbicides, pesticides, fungicides and spray growth hormones) are pulled out of the vegetable and fruit tissue as they are hydrated with the healing minerals. It is scientifically impossible to have a food allergy, food intolerance or digestive problems when following your food charts. If you have leaky gut syndrome or IBS you may have to start out juicing your raw vegetable and fruits until your weak digestive system is strengthened. As a result, you will now have a tremendous amount of energy, time and money. Remember, you will not be cooking out the nutrients in your food, or getting sick. Contact [debdevar@miraclesoap.com](mailto:debdevar@miraclesoap.com) for suggestions with a personalized program if you need help.
3. **Eliminate the chemicals out of your life.** You will be able to wash your body, hair, clothes, sheets, upholstery, carpet, walls, sinks, toilets, bathtubs, dishes, counter tops and car with Miracle II soap. Just play around with different dilutions for different home and body cleaning products. The foam (using the foaming bottle) works amazingly on any type of stain and you can even brush your teeth with it.
4. **Make your own healing skin care products.** All recipes for healing skin care products are listed on the website as facial kit under the skin care header.
5. **What you will need to make your daily products for a 3 month detox program:**

Products	Cost	Refer to the website under
Miracle II soap	\$13.95	Quick Start Stage 1, Bath Tub Therapies
Liquid Neutralizer	\$13.95	
Miracle II lotion	\$29.95	Skin Care, Facial Recipes, Usage Instruction
Miracle II gel	\$13.95	Detox Bath, Bath Tub Therapies
(2) Solar Sea Salts	\$14.00	Quick Start Stage 2
Weight +/-	\$30.00	PTPH Essential Oils
Wrinkles	\$28.00	PTPH Essential Oils
Cleanse Pure	\$16.00	PTPH Essential Oils
<b>TOTAL</b>	<b>\$158.95</b>	<b>= 3 months of healing products and nutrients</b>

**6. Use your bathtub as your hydrotherapy treatment center.**

**Detox Bath:**

Body brush, using a natural boar bristle brush as bath fills. Add 1 oz Miracle II soap and Neutralizer to bath water. Before soaking, squirt gel in palm and add 4 drops **Weight** +/- essential oil formula and rub on areas congested with cellulite or flab. Soak in a warm tub for at least 20 min. Massage all congested areas while soaking. Towel dry and again squirt gel in palm and add 4 drops **Weight** +/- essential formula. Rub the **Weight** +/- on areas congested with cellulite and flab. Apply Miracle II lotion mixed with **Weight** +/- essential oil formula to the entire body. Repeat routine until desired results.

Weight+/- contains the oils of grapefruit, orange, cypress, myrtle, celery, juniper and fennel. This formula is used to break up and eliminate toxins lodged into the connective tissue and body fluids. Cypress will increase circulation, which will carry oxygen and the healing oils quickly to each and every cell. Toxins such as petrochemicals, pesticides, and growth hormones will be ejected from the cells. When toxic gel balls are shoved into the connective tissue for storage there are tiny tears made in the connective tissue. Juniper will assist in healing the scar tissue created with each tear. Orange and grapefruit will stimulate perspiration, assisting with the excretion of toxins by dissolving the fat cells. The combination of these specific oils will tone and smooth out the skin. One of the most exciting aspects pertaining to the healing power that the essential oils offer is their ability to rid the body of the fat-soluble toxin molecules while bringing massive amounts of oxygen and nutrients into each and every cell. The essential oils are hydrophobic so they hate water. Once in the bloodstream they go straight for the lipid lining of each and every cell where they clean up the waste build up and reestablish communication of all body systems. They are also attracted immediately to the fat-soluble toxins and will digest them, which helps the overburdened liver.

**7. Exercise to circulate your blood, lymph and sweat the toxins out of the skin.**

An intense 60-minute walk each day is perfect. As your strength builds invest in a couple of dumbbells and an easy to follow DVD to workout. Weight training at 85% capacity will increase the production of Human Growth Hormone, (HGH) by 400%. The HGH is the master hormone and heals degenerative diseases, reduces pain and supports weight loss. Exercise up a sweat at least 5 times a week.

**8. Take deep breaths in and out your nostrils while rolling up onto your toes, and then all the way back on your heels.** You can also sit in the tub during your bath or on a chair and flex and point. This creates a thoracic pump to eliminate toxins, increase circulation and distribute nutrients and oxygen to each cell. Push out all the air in your lungs during exhales to rid the body of carbon dioxide poisons.



## Product Knowledge

Go to [miraclesoap.com](http://miraclesoap.com) and click on the [Path To Perfect Health essential oil formulas](#) to learn what you will need and how they work. Contact [debdevar@miraclesoap.com](mailto:debdevar@miraclesoap.com) if you need help with your order.

The only healing, cleaning products and bases used for the essential oil products, that I have found, tested and have learned to trust are the Miracle II products. Miracle II products are composed of nutrient natural minerals and organics that work immediately. For 28 years I absorbed chemicals into my body because of my career. I was able to rid my body of some of the toxins I was absorbing and inhaling because I ate very healthy and exercised. But when I did retire from that career it took a year to pull all the embedded chemicals out of their storage spots.

**Miracle Soap** (regular and moisturizing): Cold pressed avocado oil, almond, olive and coconut oils, Vitamin E, calcium, potassium, magnesium, “prayer”, eloptic or subtle energized stabilized oxygenated water, Ash of Dedecyl solution derived from coconut husk, electrically treated coconut based surfactant and Dehydrabiethylamne.

**Miracle Neutralizer:** Prayer, electrically engineered eloptic energized stabilized oxygenated water, ash of Dedecyl solution, calcium, potassium and magnesium (Carbool)940.

**Miracle Neutralizer Gel:** Prayer, electrically engineered eloptic energized stabilized oxygenated water, ash of Dedecyl solution, calcium, potassium and magnesium.

**Miracle Moisturizer Lotion:** Prayer, electrically engineered eloptic energized stabilized oxygenated water, ash of Dedecyl solution, calcium, potassium and magnesium (Carbool)940. Cold pressed avocado-S-almond-B-coconut oils and vitamin E.

**Path to Perfect Health Carrier Oil:** An excellent blend of useful, odorless, nutritious fatty acids. This is a combination of 100% organic cold press sunflower, rice bran, and flaxseed with omega 3 and a high content of vitamin E (which contribute to the oxidative stability). Kept cool, it has a minimum shelf life of one year. This is an excellent choice for nutritious base oil. With the high content of omega 3 and the vitamin E it is perfect for a healing salad dressing base as well.

In-home hydrotherapy treatments, accompanied by deep breathing, proper consumption of nutrients and exercise help your body to provide appropriate amounts of oxygen and nutrients that the cells use for vital growth, repair and division.

By, Deborah Devar 2007