

DISCOVER

The Hidden Causes Of Your **DIGESTION & 'ALLERGY'** *Problems*



PREVIEW

By Dr. Mark Joachim, DC, FIAMA



“Life is not merely to be alive, but to be well.”
MARCUS VALERIUS MARTIAL, 1ST CENTURY ROMAN AUTHOR



Introduction

In May of 2000, there was a beautiful 19-month old redhead, Alana, whose fair, white skin would turn red and raw at times because she was suffering with eczema. It just **wouldn't** go away, no matter what natural remedy was tried.

Her parents were frustrated, and they were at the point of using medications, which they **really** hoped to avoid. Then, they made a major discovery. It was THE breakthrough they were searching for to help their suffering daughter. Soon, because of this amazing new discovery and treatment, Alana's eczema was gone, and it NEVER returned.

That little girl is my youngest daughter, and along with my wife, we were the frustrated parents searching high and low for a "CURE" for the eczema. We now know we were among **millions** of others who face eczema and other conditions that frustrate sufferers at ANY age.

As you read on, you may be shocked to learn what CAUSED the eczema. More importantly, it may be the **same reason** why you or someone you know and love are suffering with various health problems. It's actually (and sadly), quite common in our society, but many **just don't know** what it is.

Since 1990, I have been in private practice as a chiropractic physician, and have helped infants, children and adults suffering with many types of health problems including allergies, gastric reflux, asthma, fatigue, and eczema.

As my career developed, I became more involved in the importance of nutrition, and the absolutely vital role it plays in helping us return to and maintain **optimal** health. It was during this period that I was also introduced to an amazing healing method which addresses a complement of health not taken seriously, but should be.

A whole new world was introduced to me. A world that, I discovered, offers the hidden key to health for people suffering with **all types** of health problems, whether acute or chronic.

I'd like to ask you something. Have you ever looked for that 'missing piece' and found it? (I imagine it's your reason for reading this). Well, that's what I discovered - the missing piece of the puzzle for my daughter and others. Many people who had **not** been helped by western (allopathic) medicine, or **didn't** want to rely on medication, **have been** helped.

This **non-invasive** method (in testing and treatment, called BioSET®) unifies the ancient wisdom of Chinese medicine with 21st century technology, addressing the **underlying causes** of **MANY** day-to-day health problems. It soon became VERY clear that the large variety of medications taken by many, many people, did **NOT** address the true cause of their problem. Proper treatment of the situation was simply NOT being administered.

With this new realization, combined with what I had learned from my daughter's suffering and the **permanent elimination of her eczema**, I knew I had to start sharing these important facts with my patients.

So let's get back to Alana. What was causing her suffering? Ready? Alana's eczema was actually related to **HIDDEN food sensitivities and food 'allergies.'** We obviously had no clue these existed until her body expressed the problem through her skin when certain foods were ingested. Why the skin? Read on...

“Did you know that for every known allergy, there are 2 HIDDEN allergies? And with this challenge the body can have difficulty digesting foods, creating toxins that can leak out through the intestinal wall and initiate an allergic response.”

–BRICAN EDUCATION SYSTEM, 2008

Ever since we discovered and conquered our daughter’s battle with eczema, I share with my patients the influence and effects, both good and bad, foods have on us. It is **so important** that people realize the powerful effect foods have - like any drug; whether over the counter or prescribed - food **DOES** affect the way you feel physically, mentally and emotionally.

Now, I don’t know why **you** are reading this. I don’t know how long you or a loved one have been suffering. And, I don’t know if your problem has caused a dramatic loss in health - affecting your quality of life.



However, **I DO know** that anyone who is suffering now **will continue** to suffer... unless something different is done to identify, and then properly take care of the culprits.

Many of my patients, people who suffered just like you do now, **did** something different. They were tired of the usual medical treatment of drugs that **treat ONLY the symptoms**, and dealing with harsh side effects that are sometimes worse than the symptoms being treated.

Like the other people who read this material and have already come to me, you will have some “ah-ha” moments, which you know can be life changing once the proper action is taken. I always look forward to helping those who are ready to stop suffering.

Let's look at the basics. What is food?

According to Webster's dictionary, food is defined as "a source of nourishment." And, the purpose of nourishment is to "strengthen the body and give it the necessary energy it requires to function at an optimum level."



So I have a question for you. When YOU eat, do you feel revived and full of energy, ready to conquer the world, **or do you feel worse** and ready to find the nearest couch and lie down for a nap?

You're about to find out the answer to both questions.

Remember, food is supposed to make you FEEL better and give you ENERGY, **not** take energy away. If you feel good after eating, but an hour or two later you "crash", feel bloated, start to have a headache or experience any other symptom, that's not good. These and other symptoms are very strong indicators that you may have food sensitivities.

You **should** feel good after you eat, ready to conquer the world until your next meal. Over the next 3-4 hours or so, you should slowly begin to feel hungry or perhaps lose energy. Remember, food is the fuel your body requires to function at its optimum. And sometimes hunger pains are actually your body's cry for water, in order to prevent dehydration.



TIP: *If you are hungry, have a glass of water and notice if you are still hungry in 20 minutes. If not, it was your body's cry for water.*

DR. JOACHIM

“You are what you eat...” Oh Really?



That saying is only partly correct. The truth is, you are what you DIGEST.

A healthy digestive system is vital to your health because the foods you eat are not in the form that can be used by the body as nourishment. The foods and liquids we consume must be broken down efficiently and properly into smaller components, **BEFORE** the body is able to absorb them as nutrients.

High-grade fuel or low-grade fuel?

Just like an automobile runs better on high-grade fuel, it's the same with your body. You **WILL** feel better on higher quality foods. When I say higher quality foods, I am referring to organic, water rich, non -processed, low-sugar types of foods.

You might be thinking, “yeah, I know, I know, but it's too easy to eat other things.”

Yes, this is true. In our society we are constantly bombarded with information promoting this food and that food. In many cases, it's fast and it's convenient, meeting the needs of our fast-paced lifestyles. In fact, the food industry spends over a billion dollars a year marketing their food to us, and more importantly, to our children.



“Unfortunately our society does not promote true health and wellness. We have a “sickness care system” and not a true “health care system.” Please remember, just because you don’t have symptoms does NOT mean you are healthy. “ (That’s a whole other book.)

DR. JOACHIM

But beware... its mostly “dead” and deadly food!

So I ask, what is the “state” of the food you are eating?”

Living food is “water rich” in nature, such as fruits and vegetables. These provide our bodies with the replenishment of nutrients and fluid that your body constantly **requires** to be healthy and vibrant. They are important in fighting debilitating diseases such as diabetes, high blood pressure, cancer and other chronic health issues.

Foods I refer to as “dead” are the foods that, unfortunately, most people in the United States rely on as a food source. These are the processed foods we see when walking the aisles of the grocery store, or the ever-present fast food restaurants lining our streets, with **most of us** thinking they are actually providing us with nutrition. This just isn’t the case.

In truth, it’s **really not** hard to understand why there are so many health problems in the U.S. today in both children and adults. Two obvious examples - among others - are obesity and diabetes.

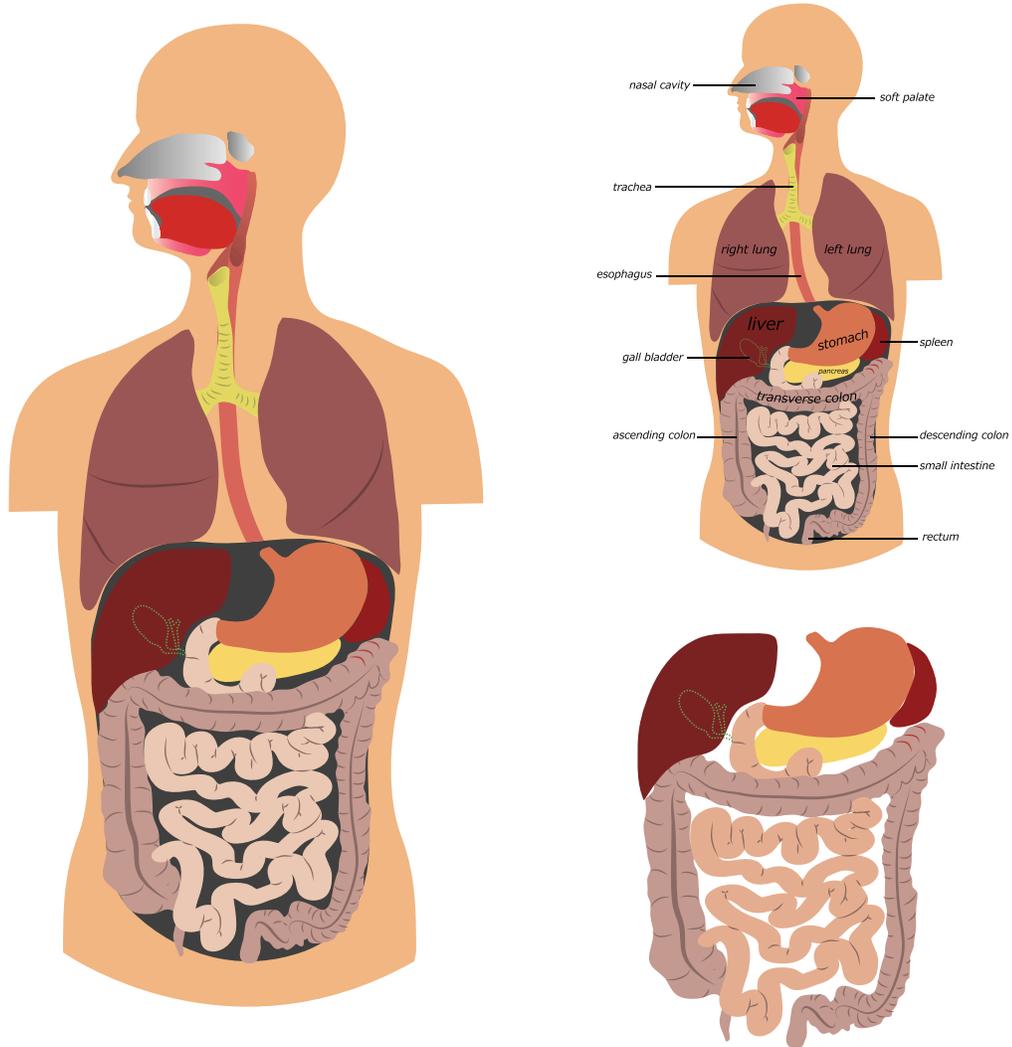
Both are rising at an alarming rate. **Both** are directly related to eating foods that DON’T provide proper nutrition. Is there really **any** doubt this IS a fact?

Your nutrition should be taken seriously. If you treat it like a hobby, where once in awhile you play with the idea of ‘maybe’ eating better, your overall health will be a ‘maybe’ too.

In my opinion, just ‘dabbling’ with ‘healthy’ types of food will, in the long run, continue to allow the breakdown of your immune and digestive system, leading to food allergies, acid reflux, heartburn, colitis, Irritable Bowel Syndrome and the list goes on and on.

In short, this is ALL due to the dysfunction of the digestive system.

How Digestion is SUPPOSED to Work



HUMAN DIGESTIVE SYSTEM

You may or may not have known that a healthy digestive system is the **cornerstone** to good health.

And what IS the digestive system?

The digestive system is composed of the mouth, which begins the digestive process through enzymes in the saliva; the esophagus, which carries food from the mouth to the stomach; the stomach which expands, mixes the food with digestive fluids and empties into the small intestine; and the small and large intestine which dissolve and digest food until nutrients are absorbed through intestinal walls.

What other organs aid digestion?

These include the tongue, salivary glands, pancreas, liver and gall bladder along with the nerves and blood. The walls of the intestines and other organs are controlled by nerves. Digested molecules of food, along with water, are absorbed from the small intestine and carried in the blood stream to other parts of the body, either for storage or further chemical change.

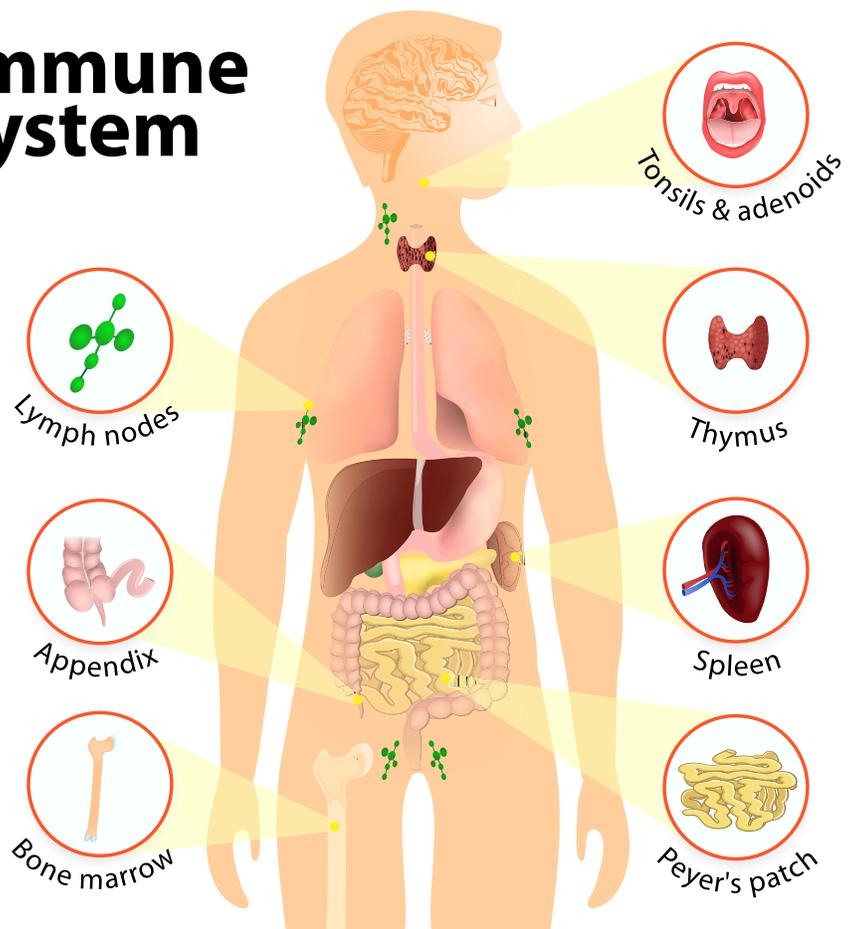
Why is it so important to be aware of this? Well, like any other system, when a part is “broken” it affects **EVERYTHING!**



Here are some interesting facts about the digestive tract and its importance...

- **About 70 % of the IMMUNE SYSTEM** is located within the intestinal tract and digestive organs. Good bacteria on the inside help fight bad bacteria from the outside. The small intestine averages between 15 and 20 feet in length.

Immune system



- The inner surface of the small intestine is composed of tiny folds and finger-like projections called villi and microvilli. The purpose of these is to provide a maximum possible surface area for absorption of nutrients from foods. If the small intestine were to be unrolled, unwrinkled and laid out flat, its total surface area would be about the size of a **tennis court!**
- The overall length of the digestive tract is 25 to 35 feet.
- The intestinal lining has the ability to repair and regenerate itself every 3-5 days.
- While the surface of the small intestines equals that of a tennis court, its actual thickness is no greater than that of a human eyelid.
- Compared to the small intestine, the large intestine (colon) is much smaller: only 3-5 feet in length.

- When the colon is stretched out it equals the surface of about half the size of a pool table.
- In adults, the colon absorbs about 2 gallons of water per day. (And yes, the type of water you drink does matter!)
- It is estimated that at any given time, as many as 100 trillion (100,000,000,000,000) bacteria inhabit a healthy human intestinal tract. Some of these bacteria rank among the most toxic substances found in the environment.
- About 1/3 of stool is made up of these bacteria and their by-products.

We are all human beings and have the same body parts, so why do some people do well eating a certain way and others don't? As always there are theories.

Some say it has to do with our genetic makeup and the type of foods generations before us ate, and that has influenced your DNA today. Others say it depends on how well your body can adapt to today's foods and whether we can process what we put into our body.

At times theories are nice, but the question here and now is, "eating the way you are eating, how do you look and feel?" If you are eating optimally (this mostly means eating a lot of fresh fruits, vegetables and protein, and cutting out most saturated fats, sugars and processed foods) do you **still** feel out of sorts or just not right?

Why is that?

What else do you need to know?

What else do you need to do in order to feel better about what you eat?

And how you feel after eating?

Everyday.

Let's find out, right now.



- You might need to learn more about Enzymes and the vital role they play in digestion.
- You might need to learn more about Probiotics and Prebiotics.
- You might need to learn about how your medications are effecting digestion.

- What about cravings? What do they mean?
- 5 allergy misconceptions - what are they and how are they affecting you?
- How is digestion related to the 'tenacious trio,' Asthma, Allergies & Eczema?
- Reading the ingredients... and why?
- Organic foods and their effects on food sensitivities.
- Artificial dyes in our foods and their effects on our behavior.
- And how about a self-assessment test to help you learn **even more** about **exactly** what you can do to live healthier?



*Learn the hidden causes behind why you just don't feel good...
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85 pages of valuable insights and little known facts about what's harming our digestion. For too many people, this is damaging BOTH our short-term AND our long-term health. Most just don't know it.

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