

BEAUTY

EXTINCT

Written for all, who suffer in silence, as my wife once did.

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I am an Acupuncture Physician who works in a hospital, and I do treat many complicated medical conditions, if you need help contact me. If you are confused contact me directly or talk to your doctor.

Don't do it alone.

Also, this book is not suited for children under the age of 18. I have a teen friendly version for children under the age of 18, mostly for high schoolers, but also for junior high school students, who can read the material with their parents.

Please do not read this if you are underage.

!PAGE MAP

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SOCIAL MEDIA DIETS

Influencers all over social media, models, fitpro elites, are consuming the beauty likes and body attention. How long will it last, though? What diets are they on? If they are on plant-based, vegan, ketosis inducing, Paleolithic cave, high protein diets, their beauty will be lost. They will gain fluid weight. Their face will swell. Their body will swell. They will lose the beauty fight.

Getting attention on social media can last in your short-term youth without much effort, and on basically any diet or exercise plan. But as time passes, if you diet like the influencers, the social media nutrition experts, if you are always fasting like the gurus, if you follow any of them and their eating, you will swell and lose your pretty face. Your hair will thin. Your body will soften. You will lose your youthful energy. You will have trouble sleeping. You will be depressed, and you will find yourself posting fewer and fewer pictures. Wishing you had the body you once had, and constantly looking at old photos on your page.

All this can open-up a world of problems: food fear, food manipulation with deadly promises, Anorex-diets, Bulimic swelling, exercising harder and longer, sickness – a lot of sickness and pain. Spending your life and money on trying to get something that you will never get. The cave diets, fake-health experts, fitness hippies, will leave you empty, lost, and hungry. The clean diets will make you swell, gain weight, and lose your beauty.

Stop trusting them.

Stop wasting your money on diet supplements and skinny teas.

Stop the high protein, ketosis inducing, plant based, raw food, clean food diets, and stop the inter blah blah fasting. They are ALL making you swell with fluid. They are ALL ruining your face, your beauty, and causing you to retain fluid.

All the dieting and fasting will make you sick and it will show on your face and in your body.

There is only one way to get what you want, and only one way to keep it.

I have spent the last 16 years teaching the youth how to stop the beauty loss and body swelling.

ENDING THE BEAUTY FIGHT

1. EAT HIGH-CARB (starchy white rice + starchy potatoes) together with HIGH CALORIE EATING
2. STOP over-exercising
3. SLEEP A LOT
4. NO Paleolithic diets, NO ketosis inducing diets, NO raw food diets, NO high protein diets, NO plant-based diets, NO intermittent- fasting... NO MORE DIETS
5. NO supplements, NO herbs, NO protein shakes, NO skinny teas

End the beauty fight.

LETTER TO KRISTIN

2008, Orange County, CA

Hey Kristin,

I'm sorry you are going through what you are going through. Last time we talked I didn't get a chance to explain everything. So, I want to write the information down. That way you can have it and review it, if you need to.

I know the pressure you are under, and all young girls/women are under to be skinny and pretty.

I know you want to be pretty and skinny – our society demands it. Our culture doesn't do enough to value the inner person. I wish it was different, and maybe one day it will be, but for now we have to learn to overcome social beauty demands and fight to win the beauty war that you and so many are losing today.

Wanting to be skinny and pretty isn't bad. The problem is that everyone thinks they will get prettier and skinnier by eating less, eating clean, eating only plants, eating no carb, fasting, and always dieting.

What these young and vulnerable teens and young women, like you, don't get is that what you guys are doing is actually making you lose what you want. How do you get what you want – to be and stay skinny? This next part of my letter will teach you all about skinny.

TO BE OR NOT TO BE SKINNY –

When a person does not get enough food (carbs or calories), the blood weakens. The red blood cell density and strength, the total number of blood cells in the body, weaken and lessen. When this happens to the blood, the medical diagnosis is called Anemia. Know, that the blood can still weaken, even if there isn't a true Anemia diagnosis. So, you aren't safe if your blood tests are normal. With or without Anemia, eating less weakens the blood, and will always lead to beauty changes.

The most obvious beauty change is hair. Hair gets weak because of lack of nourishment from weak blood. It becomes thin, brittle, and oily.

The next beauty change happens to the face. The face changes shape and color. The jaw starts to droop. The color changes to a pale or ash gray color because face tissue lacks blood volume. Over time, these changes become apparent to everyone, and people start to ask why that person looks so “tired” all the time?

No blood = no beauty.

Blood is one of the first parts of the body that is affected by not eating enough food. It doesn't matter if you are in a complete state of starvation or restricting calories. Either way, the blood weakens. The weakening doesn't stop there.

The body deficits spread and hurt the kidneys. This is important to realize because what I am writing to you is all about real beauty problems. Kidney weakening is directly related to external beauty that people judge.

When people see “beauty,” my theory is they actually see internal density, supply, function = health. They are really judging internal health, manifesting on the external body – unknowingly. But these same people can be cruel, and sometimes they see the opposite of internal health. This is when they use the word, “ugly.” When they use this destructive word, I believe what they are really seeing is internal deficiencies, low density, low supply, low function, and lack of resources.

Weak kidneys = weak beauty.

When the kidneys weaken, they weaken slowly. They don't show their weakening or deficiency right away. Did you know at any one time, around 20% of the blood is in the kidneys being filtered and cleansed? So, the kidneys clean the blood, which allows for all organs and tissue in your body to work.

Again, this may seem like boring biology, but it is directly related to long-term external beauty (beauty that the world sees as beauty, not God).

Have you seen anyone with kidney disease? What is the universal look? They are swollen. On a beauty level, weakening the kidneys by fasting or restricting calories will leave the face looking tired and puffy. Over time, the face and body swell with fluid.

This is where you are now.

You have Edema. I know you had an operation to fix your swollen facial glands, but the swelling came back. It came back because removing the fat doesn't fix the fluid problem just like with liposuction.

Again, I am sorry you are going through this. I relate to your confusion and pain. Everything you are doing isn't stopping the weight gain. You think you are getting fat, but what you are gaining isn't fat. It is fluid.

The fluid in your face is from kidney weakening, but kidneys aren't the only part of the body that cause fluid retention. You also are accumulating fluid from endocrine and digestive system weakening as well.

Your body has become so weak from lack of food and calories for years, that it cannot control the processing and transportation of fluids. You are in a state of total body deficit, all from dieting.

Weaken the body, retain fluid. That's how it works.

The pathways where fluid travels in your body have slowed. When fluid slows, it spills from places it is supposed to be, into spaces it is not supposed to be. It gets "stuck." This stuck fluid is around the glands in your face. This is why you think your face

looks “fat.” Without carbs, your body will never be able to expel the fluid.

Think back, did the fluid first start to accumulate in your cheeks, your lower abdomen, back of your arms and ankles? Usually, fluid accumulation starts in these places. And, after an extended time of not getting enough calories, eating low-carb, just eating veg/fruit, the fluid stagnates throughout the body. This is called Anasarca – generalized Edema. It is what you have now.

Have you ever looked at pictures of young starving children? They don’t look skinny. They have big bellies and a swollen face, but they are starving. This is the kind of Edema I am talking about.

This is what is happening to you.

So, you paid to fix your swollen face, but the fluid came back because the deep, internal, fluid problem isn’t resolved. The fluid will stay stuck until you re-deposit energy (ATP) and fortify your blood, kidneys, stomach, endocrine glands, and total body with resources.

Resources from more carbs, more food... a lot of food.

You told me you were on an all fruit and vegetable diet. You told me you eat some nuts, some protein, mostly plant based, while practicing fasting. You were very proud of your diet, telling everyone about it.

From your calorie count, I can tell you that you are eating way too little and exercising way too much. Your low-calorie intake, plus the raw, plant, high protein diet, you are on is the formula for beauty death. Imagine, what is going on in your body as you get so little calories into your body, and at the same time expend so many calories as a college student? It’s not just school

with you. It is also your passion for working out and for fashion. You work, and socially you are in it to win it – always out with friends. Kristin, this is a ton of calorie output. Do you know how many calories you need to protect against internal deficiencies, food debt?

You need at least 4000 calories, daily.

You aren't getting that, so, what happens? The answer is your body isn't getting enough RESOURCES necessary to go through each day of activity, rest, cellular repair, so it eats itself. This is not good, and don't listen to anyone who tells you eating yourself (catabolism) is good. Remember, you exercise Kristin, and that means even more catabolism.

Exercise causes cortisol release, complex hormone factors to flood the blood, and all of this translates into higher calorie needs for your body and brain.

What happens to your body systems that regulate beauty when you don't have enough food to repair them? They just keep breaking down. You are too young to breakdown. Breaking down is for people who are in their 80's, not their 20's like you. Your body should not be breaking down. You should be gaining and building. You should be full of life and energy.

But you told me you are tired all the time, why?

The answer is you because you don't eat enough calories, specifically carbohydrates.

What you are eating doesn't do anything to sustain those body systems responsible for beauty and youth. So, your body has had to take from itself – EAT ITSELF.

This is not good, and again, don't let anyone convince you that it is good. It doesn't matter what study you find online. Catabolic states, repetitive fasting – they steal beauty, make you swell, and leave your face unrecognizable.

Kristin, you have dieted for so long, since junior high school, and what are the results? You weren't tired at first, but now since you have used up your glycogen reserves (glycogen is sugar energy stored in the cells of the muscles and liver), and you have cannibalized your tissue, over-taxing your endocrine system; you are always tired. You can't pay your taxes or food debt.

Your body has survived by eating itself. It has no energy left in it. No currency, no dollars, which in the body is cellular ATP that comes from glucose starchy-carbs like refined rice and potatoes.

The way this works is first, your fat deposits are used up as energy to match all your daily calorie needs. Next, the muscles, together with the sugar stored in the muscles/liver are burned up.

As all this breakdown is happening, the deep energy system connected to the adrenal/thyroid/pituitary glands that sustains your life, bio-function, work overtime. They work too hard, causing them biological exhaustion.

If we took a bio-picture of your insides at this moment, the picture would show your body downgrading as damage collects across all your systems. As all this is happening, your body continues to cannibalize itself.

It takes from your bones and bone marrow, depleting them. The need for energy never ends, so the body keeps eating itself. This is going on as you keep working out, keep studying, keep

staying up late, keep active. The little resources your body has left move inward to protect the vital organs and critical life functions (like breathing, heart rhythm, and blood cleaning).

As time passes, all of this internal stress makes the brain go into survival mode.

*Does any of this matter to your beauty regime? **Yes, it is everything to your beauty and body.***

Your body is fighting to stay alive, and it is LOSING. Losing means losing your external beauty, losing your hair, and losing your body. All this already happened to you.

You are losing the beauty fight.

Life is contracting within you, and as life contracts, the beauty you want and have been dieting for, FADES AWAY. The results of eating yourself is what you see in the mirror now: swollen, pale, tired, with wrinkles in your twenties, thin hair, oily skin.

The diet you swore by and crusaded for, is what made you this way.

It is what made you unable to get out of bed.

Eating just plants has made your face pale, puffy, and wrinkled.

Exercising with no carbs has made your body swollen.

Fasting every morning for hours has made you lose blood volume, causing your hair to fall out.

And now, you have been feeling pain in your gut, with chronic soreness in your body muscles.

You can't sleep.

You are withdrawn, isolated, and confused.

What is good about anything you have been doing for years?

NOTHING!

Eating plant-based, drinking herbal teas, high protein, fasting, all are the reasons why you are suffering so much, so young. All of this combined is why you told me you feel "fat" and "ugly." Again, I am so sorry you are suffering but know that you are self-inflicting all of it. And, to reverse all of it and heal, stop all the new-age dieting.

YOU HAVE TO START EATING FREELY.

Eat everything, stop exercising, and sleep/rest as much as you can. It works, and it is the only way to stop the system contraction your body is going through. It is the only way to stop the swelling and beauty loss.

You need food, a lot of food.

You need carbs, a lot of starchy-carbs.

Start eating carbs right away. You can't eat vegan, or plant-based anymore. You need meat during your recovery period because of the strength it will give you internally to repair cellular damage.

How does meat repair cells?

The answer is through amino acids. There is a lot to talk about regarding animal proteins for your recovery, but I don't have the time here. Next time I see you, we can talk about amino acids.

Your plant-based diet is making you very weak, and internal weakness reflects externally. A weak and sick body takes away beauty.

So how to fix all of this? What should you do now?

Start by never fasting. Don't fast ever again if you want to preserve your youth and beauty.

Next, eat everything that has life – a DNA code. EAT EVERYTHING. This means carbs, too. Carbs are what will save your beauty and help stop the swelling.

Stop, counting calories. It is time to stop fearing food.

If you don't stop fasting, stop counting calories, and start eating right now, you will keep swelling. You will keep breaking down, until multiple systems in your body 'give-up.' This will make you very sick and unrecognizable.

Once your thyroid gives up, and you get diagnosed with Hypothyroidism, it will be so hard for you to recover fully. You will be swollen forever. Your metabolic factors will be far away from regaining their function before the damage from years of not eating. You will need medication, and it will get very complicated.

It can get WAY worse, and it won't stop there.

You know about autoimmune disease? It can cause kidney failure, it can cause heart failure, it can cause pain all over your body, and you will end- up on life saving steroids. Steroids will

make your hair completely fall out and make you gain tons of weight.

Kristin, you are on the way to getting an autoimmune condition.

Now is the time to heal, and it only comes by eating. You don't have to get a weird and complicated sickness. You control what happens right now.

You can eat and heal or keep dieting and get sick and lose your beauty.

If you don't have an appetite to eat, or if you have distention, bloating, in your stomach or intestines after you eat, it is probably because you hurt your digestive system and weakened peristalsis (muscle movement for digestion). You have to start taking any digestive enzyme your body can accept. You will know right away if it is helping, the digestive enzyme shouldn't cause more symptoms. And you need loads of white rice.

Without these two additions, you will just keep bloating, and keep being unable to digest food. This will cause you to not want to eat, and that means the whole cycle will keep perpetuating until you get very, very sick.

Most young women who have been dieting like you since junior high school, have stomach problems.

These problems are complicated.

So, let me try and give you a little more information about why eating again will fix a lot of problems with your health and beauty.

The stomach is made up of smooth muscles that digest food. The smooth muscles of your digestive system need to have a certain blood saturation, amino acid count from food to stay mobile and “sharp,” so that they can properly digest, and then absorb what is needed for the body to function. Because you haven’t eaten steadily for so long, your smooth muscles lined in your gut have decreased in digestive function.

They, too, are starving.

And, because of their starvation, they are weakening, and when they weaken, they begin to get “dull,” and the “dullness” makes it hard for them to “cut” or digest.

Is that confusing?

Just know that your stomach is so important to your beauty, and the expectations you have for the way your body looks. And this is why you should never throw-up your food. Binging, then throwing-up what you ate destroys the face.

Nothing will ruin your beauty faster and longer than Bulimia.

It is beauty suicide. BEAUTY EXTINCT.

Also, know that when food stays stagnate in your stomach, or there are certain immune responses in the gut, you will feel bloating and distention.

Things leak when your system is weak.

Food can’t digest in this kind of environment. It is complicated, but it will go away in time.

As the stomach and digestive organs are re-strengthened through high calorie, high-carb foods, and the re-saturation of blood takes place systemically, the immune responses will be mitigated, downregulated, and that means you will heal.

There is so much more to go over, but for now try to understand one thing:

CARBS AND MORE FOOD = BEAUTY

Please, please, realize that not eating carbs like white rice, eating just salads, only protein, daily fasting, completely ruins your external appearance.

They are the direct and only reasons why you are insecure about the way you look.

They are why your face and body are swelling.

You will never recover until you start to eat freely. Freedom to eat is the only way.

FREEDOM!

BEAUTY WAR

I have spoken a variation of the letter you just read so many times. The letter is why I wrote this book. The same story of Kristin's beauty pursuit through untested, new-age diets, was playing out over and over. In every medical clinic I worked at as an acupuncturist, from Orange County, California, to Ft. Lauderdale, Tampa, Orlando, Florida, outside Manhattan, and all over New Jersey. And now in Texas with the US Army in the most modern hospital in the Department of Defense.

I have seen it all.

Kristin and young women everywhere pseudo-anorexing themselves with ketosis inducing, cave, plant, vegan, high protein, raw food, clean food diets, and fasting.

These diets and weird fasting are acting as gateways to the real psychiatric and devastating medical disease – Anorexia. Anorexia, Bulimia, are the quickest and most permanent ways to ruin a young person’s beauty. They both make the face swell endlessly. A swelling you will never recover from. Those afflicted with Anorexia, Bulimia, are many times left with a new face and body they don’t recognize. Their body swells and becomes soft. Their faces never get slim again. So many young people are trying these new-age diets with beauty as the end-goal. Predators know this and are capitalizing on the desperation. Scan beauty products online, teas, supplements, herbs – people are getting rich off the misery of the beauty war.

Since my twenties, I have treated these young people who come in for help with complex, chronic diseases. Conditions like PCOS, Hypothyroidism, Insomnia, Anxiety, Depression, Fatigue, Auto-immunity, and Fibromyalgia. For years, I haven’t witnessed any real help for them, but **THEY NEED HELP**. Their list of body and brain dysfunction is endless, and they aren’t even 22 years old.

The best time in their life, where they should be full of energy to study, travel, meet new people, dress-up, and take pictures, go through new experiences, but they are dead. Barely able to speak, locked in their rooms, retreating from society, wondering what happened to the person that they were a few years ago.

Total confusion, total despair, and where is the help? Is the help in ketosis, cave living, plant eating, high protein, raw food, intermittent fasting?

Is this where you find your great beauty hope?

They don't help at all. They do the opposite of help. They kill body and beauty. They can act as gateways into the anorexic-maze or pre-anorexic shadow from which many never make it out. A lot of young women think these diets are what will make them beautiful, stay young, and be skinny. But they don't. These diets confuse the youth into losing their beauty and body by the time they graduate college.

Everything that the world sells them, keeps them in a place of not eating. The world keeps them there, justifying it by pushing these diets through the scope of modern health, + intuitive health, + natural. These diets keep them in a place where they may not have an eating disorder, but their body is undergoing changes and beauty loss associated with one.

Everything the gurus and experts are teaching teens and young women, will keep them in a place where their body fills with fluid. Their beauty fades because of external changes triggered by internal ones. And, their personality is defeated, withdrawn, seeking isolation.

Everyone eating high protein, raw food, clean food, salads, Paleolithic, ketosis inducing, plant based, no carb/low-carb, vegetarian, vegan diets, you are in the category of about to LOSE IT.

Lose all your beauty, and your body.

These diets are the reason why you are so tired all the time. They are why you gained weight even while you are dieting hard and exercising harder. And they are the reason why you feel so insecure, why you are so confused, and why you have changed.

All of this, and you are just starting your life.

All of this is nothing new to me, seeing young girls and their beauty wasted was too real in my youth.

I lived in China.

Have you been to China or anywhere in East Asia? If you have, then you know that girls there don't eat much. If people in the west think our body standards are high, beauty is an obsession... live in China. In China, if you are not around 110 lbs. or less, you are fat. If you don't have white skin, you are a peasant. And don't blame this on the west and white people. The Chinese lusted for white skin thousands of years before the Star-Spangled Banner. The Chinese were binding feet for centuries, literally for over a thousand years.

I started to feel the Chinese heartbeat for beauty as my days went by in Nanjing, China, while at a university.

It is a long story of why I went to China. I needed help with my own health condition. A muscle condition I got as a soccer player at the University of California Santa Barbara.

In China, the people were consumed with beauty and skinny. It became a routine that while out to dinner with friends, I would watch the girls not eating. They would drink thick soy milk to fill-up their bellies. They would put food on my plate, and then at the end of our meal, maybe take one or two bites for themselves. They would say how fat they were and how they needed to lose weight. The typical college girl in China was pale, had a more swollen face, and a skinny/emaciated body.

They all had beauty, but according to the world's standard of beauty, they were losing it. I observed a difference between younger college girls and older women in China.

A doctor that took care of me was close to retiring. She had no wrinkles on her face and looked like she was in her early thirties. She never missed a meal, and never dieted.

It was the same everywhere I went in China. Older Chinese women were winning the beauty fight. The younger Chinese women were losing.

Young women everywhere are losing the beauty fight because of internal deficiencies. So many teens and young women, both anonymous and famous, today are losing this fight for two reasons:

1. NOT EATING CARBS

2. OVER-EXERCISING

You might be in this beauty loss or body changing process. You call it “aging” or bad “genes.” You think it is “pesticides,” “GMO food.” You think it is because of a past life, or that it is all because your chakras aren’t aligned. You think of new-age reasons, yet they are all deceptive fantasy. You might even blame it on where you live, the water, the air. You have a thousand reasons why all these changes are happening to you, or maybe you quietly don’t understand the changes at all. Well, if you do have any theories, if you were taught theories, or heard any from nutritionists, diet gurus, yogis, exercise champions – **THEY AREN’T TEACHING YOU ABOUT ATP**. And if you don’t know why you are changing, now you will know. You are going through what you are going through because you are not eating enough. You are not eating carbs like rice. You are eating too much protein. You are a vegan. You are exercising way too much.

There, you finally have your answer.

And just so you know, when I write you are not eating enough, I don't mean Anorexia. This book helps to counter gateway diets that lead into Anorexia and Bulimia, but anyone with these conditions needs real medical help. Eating disorders like Anorexia are very serious and complicated.

Eating disorders need to be treated professionally and clinically. Anybody with an eating disorder who reads this can learn a lot, but again, they need professional medical help. **They need more support and guidance than I can offer.**

This book was written to expose Anorexia diets, and counter them before another precious young life falls prey to the complex maze of eating disorders.

But this book is not a cure for eating disorders.

What I am writing to you so urgently about are those who don't cause alarm. These girls and women, like Kristin, are in a SECRET world of fight. They are fighting with the mirror, fighting with the size of their jeans, fighting with what food to eat or not to eat, fighting with calorie counting. They are fighting the unrelenting, seemingly unbeatable, unnoticed to the outside world beauty fight. The war that causes teens and young women to manipulate, segregate, divide, dispose, hide, control, fear, deceive, lie, isolate. The war that causes them to get lost in confusion, believing they know what they are doing. Believing that eating no rice, no carbohydrates, will make them skinny and stay skinny. They start eating only protein, only vegetables, only nuts, like they are living in a cave. As if living in a cave equates to "clean." Caves are dirty.

They look for the newest combinations of food on social media, thinking they found the enlightened way to beauty. They

say it is for their “health,” that it makes them feel so much “better.” They really believe what they are doing will give them the beauty/skinny they want. These teens and young women, even some young men, are not diagnosed with an eating disorder, so people around them aren’t alarmed. People like their mom, their dad, their brother, their sister, their teachers, their friends; cannot see into the secret world of the **NON-EATER** so close to them.

The secret world of depravation and body punishment. Everyone thinks they are “fine.” But moms, dads, brothers, sisters, teachers, friends – **THEY ARE NOT FINE.**

They need help.

They need to be set free.

They need this knowledge in their youth to be free. The youth need to know that eating no/little carbs will ruin them. They need your support to start eating freely. They need to understand why this freedom to eat in their youth will stop them from losing their beauty, their body, and their health way too young.

So, if you are reading this, start taking notes and start thinking new. Let your mind be renewed from the predatory health vipers, the beauty police, the exercise radicals, who are getting rich off you. All of them combined, don’t know how the body works. If they did, they would’ve realized and wrote about **HOLOCENE** eating and the **QUATERNARY** diet. How it changed our world from building caves to building the Mont St. Michel and St. Peter’s Basilica. If they knew the body, they would never take away carbs from you. If they knew anything, young people would not be suffering under their influence.

These people might mean well but they aren’t doctors. I am not a medical doctor, either. I am a doctor of acupuncture and

Chinese Medicine, but I am not an M.D. I am just a nobody acupuncturist who was sick most his life, trying to get you to not be like me. DON'T BE LIKE ME. And even though I am not an M.D., for the last two decades, I have worked with MD's and surgeons, side-by-side, as they gave me their damaged patients. Patients they had no answer for and could only try to manage with medication. I have seen almost every chronic disease imaginable. Right now, I work in a massive hospital. I work in the Oncology/Hematology Department treating patients dying of cancer. Patients that MD's will not touch. Patients with neuropathy, digestive bleeding, inflammation throughout their body, so weak they can barely walk or talk. They can't sleep. They can't get into a position that isn't painful. They are hurting and desperate. They cry to me and as I work on their body and rub Chinese medicine into their aching bones and muscles after I am done with the acupuncture treatment, so many have told me with tears, how it feels to be worked on after so many years. Nobody will touch them; nobody will work on their tired and broken bodies.

I also work in the Pain Department, seeing young soldiers who are consumed by depression, anxiety, chronic pain conditions, that no MD can fix. The Orthopedic surgeons and Neurosurgeons in our hospital send me, the only acupuncturist in the hospital, conditions they can't fix. Pain that is still there and even worse after major surgeries to shoulders, ankles, knee replacements, osteotomies, cervical fusions, lumbar discectomies... I mean the list is endless, and the MD's who get tons of money for surgery, who get all the privilege... they can't fix them. They send these patients to me. And I have seen it all. I have spent a lot of time seeing the most high-risk, sick, low-income patients, addicted to drugs, with multiple infections of HIV, Hepatitis C, with kidney

failure, and heart failure. Many surviving just by the power of opiates. All of them in severe chronic pain with multi-layer diagnoses. I have spent years in Newport Beach, California – in Orange County, in Los Angeles, the apex of cosmetic surgery in the U.S., outside Miami and NYC, the cities of beauty obsession, working with young people that starved for so long they now have autoimmunity. They have degenerative brain diseases. They are fatigued. They can't sleep. They are depressed. I have been in the clinic with these kinds of patients since 2005. I know the hurt and suffering. I know the confusion the patients are going through. I know the loss they endure.

So, I am not an M.D., but I never wanted to be one, because it was acupuncture, praise Jesus, that restored blood-flow to my ischemic leg muscles, when no M.D. could help me.

I am not a wannabe MD. I have my specialized skill in working with layered disease, chronic conditions, that have degenerated multi-systems in the body. That is my specialty. But the diet gurus and health sages on social media, many are trying to be doctors. Sometimes, even claiming they know more than MD's.

They don't.

Medicine takes years to learn. I went to school for 9 years. I spent a lot of time in hospitals in China, lamenting in sickness and helplessness. I finished my Doctorate in Acupuncture and Chinese Medicine. A total of over 10 years of doing nothing but learning, studying, going to school. I didn't work while going to Acupuncture Medical School. I studied. Most social media dieters have not spent their life studying, working with, sacrificing their youth to help the sick. That is why they are not physicians. They are looking to your confusion in the beauty war to make them rich.

They want yachts.

They want celebrity, so they package themselves as shepherds of health, but they aren't. They are hurting you and being on their new-age diets will make your body cross the threshold from health into chronic illness. Do you know what this means? It means life will start dying inside you. Yes, dying, or a less scary word would be – 'contracting.'

The way Kristin's life was contracting within her. Your body will go through a process of downgrading its youthful, high-energy, working function to preserving energy and holding onto life. The body does this because it is so sophisticatedly put together. The body is programmed to adjust, to adapt, to endure internal and external stresses. Life inside us can persevere and cope with a lot. It takes a lot for that life to finally end.

Ending life is a process. A process, which this population, this generation, has activated by eating less and not eating starchy-refined carbs. These teens and young women (even young men) develop internal deficiencies.

That is when their body starts swelling, and their beauty 'contracts.' Everything changes, and so they diet more and exercise harder. It is an endless, youth killing, life draining, confusing cycle.

And these teens and young women don't need to be diagnosed with an eating disorder to go through the changes those internal deficiencies create.

THE BAD NEWS is the rest of the world sees them.

THE GOOD NEWS is they aren't permanent.

Some Hollywood stars you know have been through this process of body swelling because of internal deficiencies. Most of them have faded out of Hollywood because they got “FAT.” It isn’t fat. It is swelling. It is fluid. And a new generation of young Hollywood stars are on the way to swelling land. You might not be able to see it because they hide it so well. For someone like me, though, who has spent years studying medicine, analyzing body changes caused by internal deficiencies, even the beginning micro-changes are recognizable.

Why is all this happening? Because teens and young women don’t understand that what is going on inside the body is what is seen outside the body. Internal deficiencies of tissues, blood, organs, will show up on the face and make the body swell with fluid. Lack of food, calories, starchy-carbs, will always lead to beauty loss and body ruin in the youth.

It is only a matter of time.

Some people are born with a stronger constitution, or as science identifies as DNA/genes. An innocent, country singer turned angry pop star, was born with a stronger genetic constitution. But, her food restriction, almost zero carb intake for years, finally caught up to her and even she swelled with fluid. I had predicted she would years ago, but nobody believed me, now they do. People thought she would be that skinny forever. They thought her thinness was just genetic.

Genetics only play a part.

They are not all the colors of a life’s painting.

Some can endure longer, more severe conditions of starvation and malnutrition. Some have higher cortisol output and

resistance, with stress hormone saturation. Some have denser bone marrow, where red blood cells mature. They have an overall higher threshold than others because of genetics and gene expression.

Still, though, even the most genetically capable in handling long-term starvation, will, in the end, be in the same place as everyone else who eats only protein, eats small portions, eats Paleolithic, remain in long states of ketosis, always fasting, always dieting, and over-exercising in their youth. They will end full of internal deficiencies to body systems = fluid weight gain and beauty loss.

But I want to give special attention to teens, college-aged girls/guys, and post-graduates.

They are why this book was written.

These young women are still in the process of development and cellular maturity. The worst and most aggressive changes are in them because their body systems are not fully developed.

Think of a house that has no roof, and that isn't fully built. What if a hurricane passes over that house? There is damage, a lot of damage to the inside and outside of the house.

Well, think of an unfinished house as a young person, and a storm as eating less. If they start eating less, not matching energy output (**activity**) with energy input (**food/carbs**) when they are young, the consequence is not just their identity lost. The consequence appears in all body systems, and that always shows up on the outside.

It makes them lose valuable years of development and body maturity. The body is much more able to fight against the changes from eating less when it is stable and developed.

Everybody reaches this point of body and tissue maturity at a different age. Some earlier and some later. Again, it doesn't matter because no one can beat the changes in beauty, body, and health, that come from lack of food – especially lack of carbs.

Eating less will change you.

Changes you don't want. Changes that always cause fluid build-up, and changes that take away beauty.

Remember, you may not be completely starving. You might be just eating less, eating less carbs, only salads, only fruit, or trying a clean diet. Once again, none of it matters because to your body it is all the same, and creates the same problem – debt, FOOD DEBT.

IF YOU FORGET EVERYTHING in this book, try to remember that restricted calorie, low-carb diets in your youth will take away your beauty and make your body swell.

I hope you realize that every diet that is not high in carbs will leave you worse off than when you started – more swollen, more confused, more insecure, more unrecognizable.

You won't see the changes right away.

But when you do see the changes on your face and body, it will be too late.

At that point, the changes are very hard to fix.

One day you recognize yourself, and the next day your face is swollen, pale, and misshaped. It's not you anymore. The process going on in you to make those changes can take a lot of time. Then, suddenly, the changes happen and can happen very fast.

You won't understand why you look different. All you will think is what you always have thought – eat less, diet more, work-out harder.

The death ritual of facial beauty and a tight, thin body. The beauty death ritual will just make everything worse. Do you see why this endless cycle of beauty ruin and body swelling is so hard to stop?

And remember, the worst changes happen if you do all this when you are in your youth. If you are already thin, heavy into exercising, and not eating through developmental changes in your teen years, you will not recognize yourself by time you are in your mid-twenties.

Skinny diets leave young bodies deficient and in debt early in life.

Deficiencies and internal debt are what lead to beauty wasted and body swelling.

The youth have to guard and protect themselves against internal deficiencies to stand any chance of living life without so much beauty loss and fluid retention at such a young age. A life that will be consumed sickness and chronic disease, chronic fatigue, chronic hopelessness... that comes with beauty loss and body swelling.

HOLOCENE EPOCH EATING – QUATERNARY BEAUTY

The **QUATERNARY period** is the current era of history that we are presently in. This period classifies our part of history as the **HOLOCENE EPOCH**. **HOLOCENE** is now and has been for the past few thousand years, it is part of the **QUATERNARY** period. *BEAUTY EXTINGUISHED* is all about the consistency found in generations of the **QUATERNARY DIET** and **HOLOCENE EATING**, but with more understanding on how beauty is lost and kept in the post-modern, transhumanist world, where everyone is an expert, and everything is confusion.

In this part of history, humankind turned to planting fields of grain like rice, corn, wheat, and domesticating animal livestock like sheep, cow, chicken, and pig.

Do you think that was dumb? Are caves better?

Does anyone realize that the cave period of history, the Paleolithic Era, was without advancement? Cave dwellers did nothing for humanity. They couldn't do anything because they didn't eat carbs.

Want to do nothing in life? Eat a NO CARB diet.

Do the people who started this Paleolithic way of eating even know how damaging this diet is to the youth? How it kills youthful beauty and body? Cave, plant diets will make a young person swell with fluid. How hasn't anyone figured it out yet? No one has figured it out because everyone is busy making money off insecurity and fitting the youth for only one kind of life – life in the cave.

You don't live in a cave. You use your brain. Your brain is a glucose hog. Your brain, primarily, fuels itself off only one source – SUGAR (glucose). Fats for structure, amino acids for receptor health, sugar for energy (glucose sugar or sugar from starchy-grain). It is why humanity is where it is today. Humanity circled around grains, and learned grains were the absolute daily necessity to function. Grains are vital to survival. Grains fueled the advancement and revolutions in science and technology that we have had for generations. There is not one scientist in the last thousand years that lived on a caveman diet, literally, not one.

They all were fed and consumed rice, corn, potatoes, barley, wheat, rye.

All of them. They would've never accomplished what they did, eating the way you do today – high protein, low carb, no carb, vegan, herbivore diets. **PLANTS AREN'T FUEL-ENERGY.** Their brains would not have had the fuel to participate in the kind of daily energy output and consumption that was necessary to change the world. Changing it through real medicine, science, and technology.

I will give you an example, Nikola Tesla. The Serbian American scientist who gave the world the electricity we use today, ate white potatoes every day. He grew up this way in the old country and carried it with him. Have you seen old photos of Tesla? He was very thin and very healthy. He ate a very high carbohydrate diet. Of course, that wasn't all he ate. He drank milk and ate fish. But he ate potatoes every day, yet he was so skinny.

How do I know? Well, the Orthodox priest who baptized Nikola Tesla into the Christian faith has a direct family lineage to my mother. The Serbian people live the Christian way. Where there are no ritual or other humanmade restrictions, and grains are the primary source of food intake. My parents immigrated to America from Europe. They grew up on the **QUATERNARY DIET** with Christian freedom. **With this kind of diet, they fully expressed their genetic code to its maximum potential.** My mom, dad, grandmother, with their new life in America, continued their refined, high-carb diet, and they were never sick along the way. My grandmother lived until the age of 90, on a high-carb diet, never missing a day eating French bread.

How is this possible? How, if all you're the social dieters are telling you white carbs are so bad for you, and it is grains that are responsible for obesity? They say, "rice makes you fat!" Sure buddy. The diet sages want your money that is why they are social sages, or they would actually go to medical school. They would work hard, and study harder.

Diet sages are not telling you about any of this information.

We, as a species, are where we are today because somehow by the love of God, He instilled in humans to cultivate grains and livestock, to plow the land and harvest the wheat, to get out of the caves. The first account of bread being shared in history, written and recorded history, is found in the Bible, here:

“Then Melchizedek king of Salem brought out **BREAD** and wine.”

- **Genesis 14:18, NIV**

They were sharing bread and wine. This event happened over 4000 years ago, and ever since, the world, society, humanity has grown and advanced with a steady input of sugar to the brain. Daily sugar from glucose found in grains. This is why the **QUATERNARY PERIOD** was a miracle for the human species, and why all this information will be a miracle for you. The cave diet was sure death in early life, disease, brain degeneration, and beauty loss. It is glucose that saved our brains, and it is glucose that will save your brain and beauty.

And later, I will demonstrate to you why your brain is everything to your external beauty and a thin body.

When I use “carbs” in this book, it specifically means only these foods: rice, potatoes, corn (in flour form), wheat and barley (but nobody eats barley in the west). NOT VEGETABLES OR FRUIT.

Eating high carb is why the Chinese live so long, eating white rice up to three times a day.

It is why the Japanese live so long. Not just because they consume fish, but because they eat white rice that gives their brain energy.

The Mediterranean diet? It has always been rich in wheat, in bread. It is not just fish, olives, and cheese. They always consumed bread.

Nobody has ever witnessed a society that lived like the cavemen and cavewomen. Nobody, not one person. It is all theory. No one has ever studied the long-term effects of a high protein diet from youth, or a Paleolithic type-diet from youth. It is all theory. These diets work only after a lifetime of excess – excess donuts, soda, and beer. This is the only time eating like you live in a cave works.

QUATERNARY PERIOD eating has been studied, and data has been collected. It exists everywhere. Just pull any data from China, Japan, India, Korea, the Mediterranean, Israel. They have all gathered around grain from the beginning of their existence. Never has one of these nations turned to a cave diet. The Chinese and Japanese will not eat their dinner without white rice. No Jewish grandmother will pass up bread. Italians don't consider a meal without refined wheat noodles, and Greeks won't sit at the table without refined white bread. Indians wouldn't go without grains, Koreans without rice.

Have any of the diet experts considered this?

Paleolithic Era eating has never been tested or observed. If you are young, you are going to get very sick if you eat like you are a cave person. I promise it is only a matter of time before your body breaks. **When your body breaks, your beauty gets wasted.** This book is about that body breaking and beauty wasting that so many young women are experiencing today. Right now, girls everywhere are losing their beauty and body. Losing means their face is swollen, their thighs have cellulite, their hair is thinning, and their radiance gone. Nobody is telling them why.

Everyone keeps selling them get thin-drinks, supplements for skin, hair, and weight loss. Shouting at them, "CARBS ARE THE DEVIL!"

Carbs are not the devil.

Not eating carbs will make you prey to the devil.

Not eating carbs will weaken your brain output so much that you fixate on food and beauty. When you are in this weakened place you are easily controlled through fear, rejection, and insecurity. Tell Satan you are outie 5000 and eat your rice.

All of these teens and young women going through the beauty loss and body swelling process, have all been dieting for years. Many of them since high school, and what?

Like Kristin, they are tired, pale, depressed, insecure, swollen, yearning for the years when they were skinny and pretty. Left alone, empty and broken. All because they told you eating like a caveman and a Brontosaurus works.

It doesn't work.

No one has ever observed cavemen or the glorious long-neck. But right now, you can get on a plane to China and observe any older Chinese man or woman eating bowls of white rice with every meal. With more energy than I had in my twenties. With hardly any wrinkles, a fit body, and all their hair.

Is anybody thinking of these things?

Well, you don't have to think about it ever again, because I suffered all my young life, and my testimony will help you figure it all out.

HIGH PROTEIN/LOW CARB RUINS LIFE

I had a dream to make it as a soccer player in Europe. It started to come true when I went to the University of California Santa Barbara on scholarship. I was seventeen and didn't know anything about food. In the dorms, someone gave me a popular diet book for athletes. How awesome that book made everything seem, just eat protein and vegetables, and you will be like pro-athletes that compete in a zone. That zone is where you perform at your body's maximum potential.

I trusted.

So, I barely ate any carbs (rice, bread, potatoes) my whole time in college, and I rarely ever took one day off from training. By my second year at UCSB, I was exhausted all the time and just wanted to sleep. My legs were starting to burn and hurt during practice.

I didn't know why.

I transferred to the University of Illinois Chicago my junior year. In Chicago, I was still eating just protein from meat sources, with vegetables. My junior year, I was in serious pain every day. That's when our team doctor told me I had Exercised-Induced Compartment Syndrome. He said that I needed a Fasciotomy. It is a surgery to release the pressure that was built up in the muscle compartments of my lower legs. Nobody told me why this pressure was there in my legs. Nobody told me why I was susceptible to this condition, and why my friends on the team who partied hard and never slept, were not. Why did I get it and nobody else? I didn't drink or party. I was disciplined. But I was sick, and no trainer, no doctor, nobody could explain to me why. Nobody told me anything about this condition. They didn't tell me what to eat as an athlete, how important sleep is to have a long healthy career as an athlete. I had no clue about anything. I had no idea that my muscles were lacking glucose because I was trying to stay in that stupid "zone" by eating just meat and vegetables. I didn't know that glucose (sugar) is what gives muscles energy – ATP. ATP is everything for a muscle to stay healthy and work hard.

I was completely lost.

The pain got worse. I never got the Fasciotomy to relieve the pressure in my legs because another orthopedic surgeon at Northwestern University told me it was too risky. So, I played out my final season of college soccer in deep, excruciating pain.

Biggest mistake of my life. You know how boomers make their kids never quit and finish what they started? This is the worst advice and teaching ever. GIVE UP! Don't fight through pain.

I started to have trouble sleeping, concentrating, and studying. I had no strength or energy. I was changing from an open, radiant young person to a withdrawn, quiet, person I didn't know. A few months later, a doctor told me I had mid-to-high creatinine phosphokinase (CPK) levels in my blood. He diagnosed me with Rhabdomyolysis.

Basically, the pressure in my legs was cutting off blood supply to my muscles, releasing a toxic chemical byproduct into my bloodstream. I had no medical insurance and no way to treat it. That is why I went to China. And that is why I share all this with you.

For sympathy? No, to demonstrate and prove to you that high protein diets will RUIN YOUR LIFE. The ruin will take you years to fix. It took me years to recover. I was sick all my young life. I was ruined. I write you this so that you can once and for all understand how the body works. So, that you don't listen to so much conflicting information from dieticians, industry experts, and health celebrities that get rich off your confusion.

It is time someone tells you eating only protein is simply one of the worst diets you can put yourself through. It is the quickest way to lose your beauty, swell, hurt your mental health, and over time, create real problems.

Having no carbohydrates in the body means no energy and no life.

If you have no energy input from food, can you tell me where you are getting energy? You are getting it from your deep internal sugar reserves in muscles, from organs, and the endocrine system (adrenals, thyroid).

But remember, this ruins you over time.

Know and recognize the truth that protein is not a source of energy in the body. It is material for building and repair.

Protein is vital for life, but it does not breakdown into sustaining cellular energy. Protein breaks down into amino acids that are the building blocks of internal cellular machinery. In some cases, energy, like with glutamine in digestive cells and few other sources, but none sustaining.

Again, the worst and most adverse diets for the youth is RAW, plant based and long-term HIGH protein **(UNLESS MEDICALLY NECESSARY)**.

Again, has anyone observed a civilization eating high protein, raw, clean foods – just meat and vegetables? No, it is only theory. Scientific theory includes observation to better understand the consequences and data of a generational diet. No society on record has ever lived this way. Raw eating, high meat, vegetable eating, is all theorized. In real life, real history, every earthly society, cultures, have gathered around grain. Why, tho? Because grains = energy. Sugar is fuel that the brain and body need to operate. Sustained energy, brain-protecting, modulating, outputting energy, and not caffeine-energy drink, fake energy.

Eating only protein and vegetables, will burn your brain and endocrine system. Do you know what the endocrine system is? It is the hormone system. It is the 'metabolism.'

If you have no sugars in your body for energy, then you are living off the deep energy reserves found here.

The reserves are present in every person, varying in amounts. These deep reserves were used throughout humanity's history to get us through times of famine and drought. They are for survival, not for beauty. If you are in this process, chronically, your body won't care about your external features anymore. It will try to protect the most core parts of keeping you alive. Leaving no energy left to preserve your external beauty (skin, hair).

Think about it.

You are using up future 'you.' Again, without energy input, you are relying on internal stored resources glycogen reserves, muscle tissue, endocrine production, basically eating yourself. And eating yourself takes from future you. Eating yourself is how you get internal deficiencies. Internal deficiencies are what the world labels as "unattractive." Deficiencies are why your face is swollen, your thighs have cellulite, and your ankles have disappeared. They all happen because you burn up more energy than you consume energy = internal deficiency.

When you are deficient and living off your body tissue to survive, you enter different stages of tissue and system function breakdown. What does that mean? It means at the beginning of dieting you won't feel much. As the deficiencies deepen, though, your body will weaken, and the **4 PROOFS** of health suffer. You will feel it here:

4 PROOFS

1. Energy – if your energy is ever decreasing, not sustaining, or returning to a state of efficiency, then you are hurting yourself. You can always tell that something is not right if your energy levels drop.

2. Sleep – if you can't sleep, you can't fall into sleep, then whatever you are doing is wrong. Exercising without replenishing or eating starchy-carbs, will ruin your sleep, not at first, but it will happen.

3. Emotions/Brain function – if your emotions start to scatter, and you find yourself withdrawn, irritable, with no steadfastness, and you are eating less, then you now have proof what you are doing is not right.

4. Digestive center – if you are starting to bloat, if you have pain after you eat, or pain with an empty stomach, something isn't right. If all of it starts happening on your favorite diet, patterns of exercise, then you know that you are doing is wrong.

This is just what happens internally, externally there are a list of changes that will define your youth and life.

If you are just eating salads and protein, that means you have no, or little, energy input. But you have to produce energy somehow, how do you produce it? Remember, the way your body produces energy is through itself – catabolism. This breakdown of internal energy is not limitless. It has a limit. That means it will run

out, and as it runs out, the indicators of health will enter stages of dysfunction.

These **4 PROOFS** are the best indicators of health. Follow your high protein, no-carb, low-white-carb, exotic nut, tuna salad, fruit, vegan, Paleolithic, ketosis generating, all plant diets, keep intermittently fasting, and see what happens to the proofs of health. They all suffer. All systems that regulate the **4 PROOFS**, contract and weaken. To stop the weakening that leads to beauty changes and body swelling, you have to eat more, sleep more, and stop over-exercising.

It is the only way, the **QUATERNARY** way.

Welcome to the QUATERNARY world, the HOLOCENE story. The world and story your grandfather and grandmother built and shared through and with high carb diets. They have been eating this way for the past 4000 years, and you think that we today, know more than them? Your grandparents were taught by their grandfather and grandmother, who were taught by theirs, copy + paste, until we get all the way back to Jesus raising the dead.

They all ate carbohydrate-grains, every day, all day. Those grains were all refined.

Prepared by your abuela in the kitchen. Inspired by the One who fed 5000 with five loaves of BREAD and two fish.

BRAIN SLOWING

Remember, when I wrote that I would demonstrate why brain health means everything to beauty? And, how a robust brain energy output, dense brain tissue, saturated with blood, makes for a thin body?

Ok, so have you ever seen anyone with a traumatic brain injury? There can be a lot of change in appearance after this type of trauma. In the past, these trauma patients may have been strong and lean, with muscle definition, but after the accident to their brain, their muscle tone wastes. It is not always just a lack of physical ability. Even with physical ability, their body changes. It is because the brain is the number one player in the body, responsible for muscle and body development. This is where young men ruin their youth and body, by wrongly thinking that muscle development is all in the muscles. It is not. It is in the brain. In the brain, there are testosterone receptors. Without high density and function of these receptors, you can work-out all you want, take all the free testosterone you want, you still won't have a cut and lean physique. Testosterone-receptor-density in the brain is also how young men, who don't work-out, have some of the leanest and fittest bodies. Because their brain is at a high function and optimum output. This is true of West African men. They have a diet high in rice, potatoes, yams – carbohydrates, (just like Jamaican sprinter Usain Bolt had growing up). They don't spend their days in the gym. If you saw them, you would think they are high-level athletes based on their body composition. All of this explained in physiology is complex. It doesn't just depend on testosterone receptor health, that is one part. It has to do with more, like growth hormone released from the pituitary gland, parts of the brain like the motor cortex, and many other critical factors in the brain that you don't need to know or study.

What you need to know about is something I call, **BRAIN SLOWING.**

This is what happens when you don't eat foods like rice or potatoes, and you eat too little in your youth, meaning calories.

When you don't get enough to eat in your childhood, teenage, college years, your brain function and output starts to breakdown. Breakdown creates a slowing down of all internal processes. This is why young people that have crossed over to this state have a hard time falling asleep. They also have problems with repetitive thoughts and anxiety. They can't remember information. They become timid, can't react to conflict, and over time develop instability to emotions. The brain, together with the endocrine system governs all these functions. If there is no tumor or pathology, lack of resources is most likely the problem. The brain suffers output loss due to a no carbohydrate diet. No carb consumption (not enough glucose – energy input to the brain) weakens the brain. And it is why without starting to eat rice right away, you will continue to suffer through sleepless nights and **BRAIN SLOWING**. Simply, your brain isn't getting any food, and it needs to eat. The brain is the MOST high-energy tissue in the body. It needs sugar to work. It is hungry all the time. And, like those commercials, it is not itself when it is hungry. If you think your brain being in a constant state of hunger in your high school and college years doesn't matter, think again. If you think you can suffer through these brain changes for beauty and a thin body, think again squared. It is true that most girls will suffer through all of this to be pretty and skinny.

The problem is, if you are going through this, your pretty face will change, and your thin body will swell.

Brain slowing has a real-time effect on what things the world considers beauty. Things like hair, skin, face shape, and body. **Sugar is brain fuel**. The best source of sugar for the brain is glucose from STARCHY-grains. If you are on a low-carb diet, your brain will suffer – THE END. Brain suffering means your beauty and body will suffer.

Glucose that comes from rice or potatoes is the sugar your body needs to for beauty energy. Fruit sugar (fructose) and table sugar (sucrose) won't help. The difference is in the molecular structure of the sugar. It is important to know because something called the blood-brain-barrier guards the brain. This barrier is very exclusive and sophisticated. It allows only specific molecules to cross over. They include some amino acids, some micronutrients, some fats, and mostly glucose-sugar, to pass through. It is very selective. The most sustaining micro-particle that passes the blood-brain-barrier as energy is glucose. The most sustaining foods that give us that glucose are high starch-grains. Young women don't eat starchy-grains. This is why after years in the clinic helping them recover from so much misinformation and so many health conditions, I have witnessed the same declining health trend:

BRAIN SLOWING

If you have problems sleeping and changes in your mental function, after years of restricting carbs, without any MRI findings, then you most likely have a glucose deficiency. Without glucose, your brain gets no or little fuel to work. Glucose sugar is the resource your brain needs to activate and process all the reactivity it goes through all the time.

Fructose cannot sustain your brain function. Fructose from fruit metabolizes in the liver and is not used by cells as energy. Part of the fruit sugar is converted to glucose, but it needs ATP for that reaction to occur – it's complicated and you really don't need to know the metabolic pathway. Just know that fruit sugar is not enough to fuel your daily beauty energy need. And too much fructose causes lipogenesis – fat production. This is one reason people who drink soda gain a lot of weight – HIGH FRUCTOSE CORN SYRUP. Companies aren't using it as much anymore, but

boomers drank a lot of it and this is one reason why a lot of them are overweight and diabetic, it is not because of white rice. The baby boomer generation didn't and doesn't eat white rice. Fructose syrup, excess everything, ruined their health. Most of them never dieted and never played sports. They don't know what deficiencies are to the body and what they do to the body. Fruit is not the solution to skinny.

I have treated a lot of young beauty dieters who think fruit is the answer to skinny.

This is what Kristin was doing, she was eating a high-fruit diet, but she started to swell. Remember you can't metabolize that fruit if you don't have ATP. ATP comes from glucose and starchy-carbs. If you don't eat glucose-rich carbohydrates like white rice every day, remember, your body will eat itself to convert glucose into ATP, so that you can transform that fructose into glucose. It always comes back to ATP. ATP is the bitcoin, the dollar of the body. It is used in almost every cellular transaction, reaction, activity. Just like you need your debit card to do anything in the world today. Imagine, living without your ATM card? You can't. So, why are you living without your ATP card? You can't. This is why you are losing the beauty fight, and will always lose the beauty fight to swelling, hair loss, oily skin, looking tired all the time, pale, and never being the person, you once were in old pictures.

Please, please, know that you get no true energy from fruit unless you have ATP to convert fructose to glucose. Fruit is not your skinny solution, and neither are vegetables. So, if you are eating just vegetables, fruit, protein; your brain is definitely slowing. Sugar energy the brain loves is only one type – glucose. Anything else you heard is new-age fantasy.

BRAIN SLOWING is complicated, but it does develop as a direct result of the modern, clean, high protein, beauty, and skinny diets. All of them remove starchy-carbs. Carb fear is why you, your daughter, your friend, who have been dieting forever, are going through what they and you are going through.

BRAIN SLOWING results in so many complex changes to your life. Take one big change – ANXIETY. When you live off your body, your tissue, to make up for lack of eating, the autonomic nervous system starts to operate more sensitively to the ‘flight-or-fight’ pathway. Because of your long-term starvation (even though you may not think it is starving, your body does, and that is why all those diets should be classified as **Anorexic Diets**), your body stays in the ‘flight-or-fight’ response to stay alive. It doesn’t mean you will be totally anxious all the time. It is more of a slow progression, as you wear your body’s ability to endure away. Claro, anxiety is very complicated. It could be rooted in emotional hurt, long-suffering, post-traumatic stress disorders, spiritual reasons. But I am not talking about anxiety that originates from personal hardship or our inner person. I am talking about:

GLUCOSE DEFICIENT ANXIETY – GDA

What I have patterned in the clinic is not substantiated by clinical trials, yet. Hopefully it will happen one day. Even without clinical trials, though, there exists scientific evidence of mental changes in a person that does not get enough glucose to the brain. Just study what starvation does to the brain; the literature is there for all the people who are going to come after me after reading my book.

People who don’t eat carbs like rice – daily, will experience problems with over-thinking, constant thoughts in their heads, a

restless mind, depression, withdrawal from social activity, timidity, insecurity, even speech output will be compromised.

The dopamine striatum and serotonin feedback system are where to look for this type of brain pathology. Dopamine and serotonin levels fall as your glucose intake decreases. They are inter-dependent.

No sugar, no happiness.

These changes don't happen right away. There are so many variables to when the changes occur, variables like blood saturation, bone marrow strength, central-nervous-system output, DNA tolerance for stress. The variables go on and on, depending on life stage, energy input, and output. Rest assured though, if you are not getting glucose to your brain, your brain will suffer. And it can really suffer deep pathologies like Multiple Sclerosis. You will see more and more young women who were the beauty queens of their time getting diagnosed with serious brain disease like MS, like Dementia, like Parkinson's.

It is only a matter of time.

Sleep will also suffer, too, without a high-refined-carb diet. Sleep is a big problem when the body develops deficiencies. Issues like falling into sleep and needing hours to get to sleep. Waking up tired and "looking tired."

There is no escape, it will happen to you. If you are fighting for beauty and body by eating little, or not eating carbs, having a ratio of less energy input and more energy output, means your brain will go through pathological changes. It will enter a diseased state. It is already happening to some Hollywood stars who have been diagnosed with Multiple Sclerosis. They have been

dieting most of their adult life and have lived low-carb. They will have no memory, no capacity for brain output and a lot of inflammation = no carbs.

What people don't know is the brain breaks. It has a breaking point, and you will get some strange and rare disease if you don't feed your brain glucose from rice. But first, as the brain is fighting to survive, the changes are mental and in personality, in sleep and the ability to learn and process information at school.

Here is how the brain breaking plays out in most families... a young person who is going through mental changes and has enough trust in their family to open-up about them. This young person is taken by their family to a doctor. The family doctor usually asks no questions about food intake, or anything related. The young person might be asked to fill out a questionnaire about how they have been feeling mentally and emotionally. Depending on how they answer, the diagnosis is always depression or anxiety. The doctor says it is genetic. They prescribe medicine. Later as the condition progresses, mental health professionals get involved and it becomes a complex maze people rarely overcome.

DEPRESSION IS REAL, ANXIETY IS REAL! Medication is many times the only and best way of treating it.

If you are on medication, DO NOT STOP TAKING IT.

Your doctor is the only one who has the right to take you off any medication.

There is a goal after reading this, though, and it is for the teens and young women (even guys who are working out hard with no starch-carbs) living out the trend of eating less to meet society's standards and expectations of beauty and body, to start

looking at their mental function in a new light. New light illuminating new information that may help the confusion and help overcome the shame and fear of talking to a health professional.

I can't write enough about mental health, but I am not a mental health professional. I have worked with them, but I don't have authority to write deeply about mental health. What I will write is how serious mental health is and how much support you need if you are going through changes in your mental health, personality, and social outlook.

You need help. A lot of care and love to overcome everything you are suffering.

Please talk to someone.

Remember, not eating carbs, means no dopamine, means no serotonin, means no socialization, means you will withdrawal from friends, family, school, society. Your brain is lacking so much glucose energy, that it just wants to hibernate in the room alone. Sometimes even medicine can't fix this, you can't fix it unless you break your fear of carbs, white-refined-carbs like rice. Your brain will never recover without rice, without glucose. You will always suffer. You might be managed on medicine, but you will never fully be the person you could be – full of joy, love, and hope.

BE AWARE that what I am writing is for a population that has suffered from mental health changes as a result of years of dieting, food deprivation, carb-fear, beauty sacrifice, fasting, and all the other skinny diets out there ruining and killing young women.

THAT MEANS not all mental health is related to food deficits, glucose deficiencies, and not eating carbs.

MENTAL HEALTH is very layered and needs expertise care from professionals who have spent their lives devoted to studying and learning and helping in this field of medicine and psychology. I can't help you here, I pray you find help if you are suffering.

WHAT DID WE LEARN ABOUT BRAIN SLOWING?

SUGAR (glucose) is the primary source of food energy for the brain.

BRAIN SLOWING will hurt every part of you, even your beauty.

ANXIETY – GLUCOSE DEFICIENT ANXIETY (GDA) cannot be fully overcome with medicine, only managed.

HIGH-CARB DIETS protect brain function, and helps your young brain mature and develop fully, which creates the right environment for full gene expression.

EATING for beauty must be high-carb oriented. High-carb eating = optimum brain function = optimum external beauty.

NO SUGAR = NO POTENTIAL FOR HAPPINESS

INTERNAL DEFICIENCIES CREATE EXTERNAL BODY CHANGES

If you re-read the letter to Kristin, you will get a good sense of what deficiencies do to internal body systems, and how those deficiencies take away from your external identity.

When a person doesn't get enough resources from food, the body goes into a kind of survival mode and feeds off its tissue reserves. As the body starts to live off itself, the outside world starts to notice changes to appearance. What you read in the letter may have been a little confusing because of the added medical information. **Remember, this is for the youth. I'm not writing this for doctors or the medical world, but for the youngest person to understand clearly that so many diets and health experts out there have wronged them.** I am writing this to expose the beauty war that so many are suffering through and losing.

So, let's analyze the changes on a non-cellular, non-scientific, not so medical level, that will take place when a person does not get enough food.

HAIR – **You will lose your hair.** Hair is always hurt when a young person thinks they are doing right by eating less and by eating low- carb diets (especially young guys who love the gym, their hair loss will take place early in life – early/mid 20’s). Without carbs and on low calorie diets, hair turns thin, brittle, dry at the ends but oily at the scalp. It looks unhealthy, lacks shine and body. Males go thin and even bald. And guess what? No shampoo bottle in the world or hair product can restore your hair. You have taxed your essence; blood, marrow, endocrine system, brain, every system, even your DNA, by having no rice/carbs and by over-exercising for years. Only by rebuilding, re-strengthening the blood and correcting deficiencies can healthy hair be restored to young girls. But guys, sorry, once you deplete yourself through high protein diets and heavy workouts, there is no getting your hair back. Your only hope is a hair transplant.

You will go grey, too. Greying because of the oxidative stress that high-intensity workouts, high protein diets, low-carb intake causes the internal organs, blood, and operating systems. You will go grey way premature if you don’t go bald.

There is no reversing it.

All of this is avoidable. You control it. Unless you are genetically predisposed and the gene is activated, you can control when you lose your hair, how healthy it is, how much it greys, and at what age in your life.

You want awesome hair... cool, eat.

BODY HAIR – Have you ever wondered why some girls have body hair on their lower backs, stomach, upper lips, and neck? Some medical conditions cause body hair like PCOS. Some ethnic groups are genetically predisposed to body hair. But for those who don't have a complex medical condition, and aren't part of those ethnic groups, hair growth in these places is totally abnormal.

Body hair growth is pretty simple to understand if it is not from a disease source. What happens is our bodies compensate for decreased food intake, which causes a decrease in overall body temperature, by growing fur.

Weird, right? It is a survival mechanism. Our core body temperature is pretty high, around 98.2-.6 degrees. We are not cold-blooded. We are warm-blooded. Think about how much easier it is to live in the Caribbean than in Antarctica. Why is that? It is because the external environment more closely matches our internal environment. When we don't get enough food, we don't get enough inner warmth, and that means not only is our internal body deficient, but it also gets "cold." The body doesn't have the "warmth" to function properly. Medicine may call this adrenal fatigue syndrome, chronic fatigue syndrome, thyroid dysfunction, or just not having the best blood circulation (and YES – not eating carbs and eating less can cause all).

Remember, if you don't eat, the endocrine system (hormone system) over-exerts and takes from the body's reserves to keep you alive.

Remember, also, that the endocrine system includes the thyroid and adrenal glands. When the body doesn't get enough food, the body overworks these glands that help regulate body temperature. That means the endocrine glands start exhausting

themselves to survive the lack of food (primarily glucose from carbs).

Over time, the exhaustion and over-stress causes them to fail.

So, although the body's temperature-regulating system is very complicated, we know that the body's internal temperature is directly related to food. If there isn't enough and the deficiencies are long-lasting, the body starts to adapt by growing fur.

BODY HAIR... if you don't eat, it will grow.

If you start to eat, and recover your internal deficiencies, then, the hair will fade.

SKIN – Skin is changed by any beauty diet, eating less, new-age fasting, or not eating at all. The changes are not good. The two most striking changes that occur are the color of the skin and the overall health. The color of the face turns pale, yellow, or ash gray. It doesn't take much time for this to happen.

A yellow color is called Jaundice. Jaundice can mean a variety of health issues, but in teens and young women eating less, it usually indicates Hemolysis. Hemolysis is the destruction of red blood cells. Jaundice in girls who eat less, can also mean that bile from the gall bladder (used in digestion) is spilling, or it can mean liver problems.

Most of the time though it is related to blood and collagen weakening.

Remember, not eating or eating less hurts both. **Hurting the blood weakens the blood, and weak blood cannot nourish skin.** Allowing the body to work in a malnourished survival state continuously, means it focuses less on the hair, skin, extremities (head, legs, arms) and overall physical beauty. It is more focused on keeping the heart rhythm regular, getting as much nourishment to the lungs to aid in respiration and oxygen transportation to tissue, and keeping the kidneys healthy to clean the blood and stay alive. Your body keeps the triad of life as healthy as it can, functioning the best it can with the limited resources it has. The TRIAD of health is:

HEART – LUNG – KIDNEY

If you don't eat enough, the body starts to think less about health and beauty on the outside, worry more about keeping itself

alive on the inside.

Your body will protect the most vital parts, and it won't worry much about the not so vital. That leaves your skin out of the running for most vital organ, which means your skin, because of lacking resources will go through visible changes.

Visible changes like an oily face.

If you are older, eating less, not eating are the surest and fastest ways to get wrinkles. If you are younger and eating less, not eating, fasting, planting, know that all you are doing is making your skin hyper-release oils and aging you at hyper-speed. The less you eat, the more oils your skin will produce. Oils breed acne, blackheads, and cysts. You can use products to dry the oily skin, and they may help temporarily, but the fix needs to be internally.

Lack of resources from food also causes the skin to get soft, while it depletes healthy collagen.

SPECIAL NOTE ON COLLAGEN

Collagen is really important for skin structure and health, but how does skin maintain collagen health? Skin needs amino acids. Collagen is just a collection of amino acids. Restrictive-beauty diets, diets that restrain white-starchy-carbs like white rice, low calorie diets, will totally collapse this amino acid collective output and production in your body. Do you know why? Because to get the amino acids actually into skin cells which combine to make collagen and keep skin thick and tight, keep skin supplied with resources to produce beauty... you need what else but ATP? I tried to explain ATP is to the body as Betty White was to TV – everything to the beauty you want on the outside, the skin, the hair, the skinny body – if you want these things, you need starchy-carbs. You need to eat rice every day. Rice and teriyaki chicken with some soft broccoli is something you can eat every night forever.

And eat tons of rice with it. Not just a handful of rice. I mean a big bowl of rice, a Texas sized bowl of white rice, not brown rice.

This is the only way to recover, to start reversing the beauty loss you have suffered, the water that is accumulating in your thighs, belly, back of your arms, face, and calves. You need to eat at least one huge bowl of white rice a day for dinner, but it would be better to eat it twice. Eat it for lunch and dinner. And have a fatty breakfast like an egg, bacon, cheese bagel. Everything has to change in your beauty scheming. The way young women want and think they will get beauty has to be deprogrammed. A new learning is the only way to fix your skin. Learning that intermittent fasting is total ruin for the collagen, which means

total ruin to the skin. You may not see it in your twenties, but it will show up. Instead of wrinkling in your fifties, you will wrinkle in your thirties.

Again, because you used up **FUTURE YOU**. Using up your reserves, eating yourself, is like going back to the future and robbing yourself.

Taking from future you is NEVER GOOD.

That is how it works – you use your future self. You don't eat now... you will pay later, like LAYAWAY.

So, collagen is important, but it is not the answer. The answer again is always – ATP. ATP energy from one source, GLUCOSE = refined rice. And from an over-abundance of calories to recover deficiencies, and more calories eaten every day in your youth, not from using up resources from future you. **YOU NEED TO EAT A LOT** if you want to preserve and keep your external beauty and skinny body. Using up future you, happens on all the diets everyone is on right now. You can't escape aging yourself if you eat no carb, low-carb, low calorie, salad, dinosaur, cave, sage diets. To produce and transport collagen into cells, you need to eat a lot. But really, you need to eat a lot of carbs (vegetables and fruit don't count as carbs). Eating a lot of starchy-carbs high in glucose, will protect you against deficits in collagen by keeping collagen actively transporting into cells and a non-vegan diet will take care of the rest. Please know and remember that eating a vegan/veggie, plant-based diet will ruin your external beauty. Maybe when you are over 60+ years old you can go vegetarian, but not in your youth. Even then it is dangerous to some. Vegans are robbed of so much they don't even know. Eating meat adds a steady flow of amino acids into your blood to produce complex structures in your

body – not just skin. Collagen is everywhere in your body. That means you need a lot to sustain the structure. A lot of amino acids in steady supply to your body, **EVERY SINGLE DAY**. Dieting, not eating, high protein/no carb diets... will change your skin, not for the better.

Always for the WORSE.

You would think that eating low-carb wouldn't affect the collagen because you are on a high protein diet? Or you are taking tons of collagen powder or other collagen products, right? Because protein is what gives your body the amino acids to make collagen, right? This is a deception. If you are not getting carbs, all your body systems are downregulating because there is no energy source present in the body to do what? To move the collagen collection into the cellular networks all over the body. And do you know what happens over-time when you are eating salad and chicken every night and not ever touching rice? All those cellular networks, those body tissues that contain structures filled with the amino acids that make-up collagen, start to break-down. Because even if you are eating chicken, you aren't getting ATP from carbs that give you glucose to make ATP that moves those amino acid chains into those proper structures. So, they start to weaken. SO what you think? So what? This will change the entire shape of your face. Your face will look much bigger, your jaw much stronger, your jaw much looser – almost drooping because the ligaments and collagen structures that hold the jaw in place start to prolapse. There will be prolapse everywhere. Your uterus will PROLAPSE making it harder to have babies, repetitive miscarriages, and painful sex with your partner. And chiropractors can't fix this! Actually, Chiropractors have no place in this complex-type of patient, presenting with all these co-dieting problems that are

manifesting at the same time. **DO NOT WASTE YOUR MONEY** on Chiropractors. I have worked with many, and they will sell you everything and anything. And sadly, you will be left more confused and lost than when you started, with more immune sensitivity because of the Turmeric and Co-Enzyme Q10 they told you to take.

You can't fix prolapse with physical therapy, chiropractic, or rehab. Even acupuncture won't work unless you start eating mucho calories and extra, extra, extra – 3 extras of rice.

There is a good place in medicine for Chiropractic, Physical Therapy, and Functional Medicine, but not here.

Seriously, anything can prolapse. Your stomach, your kidneys... I have seen it all. And it is all directly related to the beauty confusion and dieting manifestos online.

If you have any organs prolapsed right now, contact me and I will give you specific help. You need a lot of care and are in a pretty dangerous place.

All this happens because you eat no glucose, no starchy-carbs. And without glucose, the body has to go through a complex and high-cost energy process of breaking down itself to try and make whatever ATP it can, which is never enough. Beauty takes energy.

It takes energy to break down your body to make energy, where does this leave you? With no energy for beauty.

It leaves you with a broken, aged body; doesn't matter how much protein you get if you are not eating carbs.

+ eating too much protein is dangerous to your kidneys.

This is why I recommend if you are in this BEAUTY EXTINCT process, where your face is swelling, body swelling, hair thinning, look changing... you **SHOULD NOT** be taking any collagen products,

powder, or even protein powder. You have been on a low-carb diet for way too long, you have used up all your GLYCOGEN reserves in the muscles and liver to survive up unto this very point that you are reading this, and you have no glucose reserves, no fat reserves, no sugar reserves. And what are glucose-sugar reserves (glycogen)? They are energy. Used for active energy transport through ATP.

And the crazy thing is all the **KETOSIS, PALEOLITHIC, DINO-bots**, who are telling you to consume only high protein, are either intentionally or by their own weak study of medicine, aren't telling you that protein (which breaks down into amino acids) needs ATP molecules for transport. What does that mean? It means if you are high protein, no carbs/low-carbs, there is no energy in your body to fully transport amino acids to where they are supposed to go. So, you are just flooding your system with protein/collagen without any energy molecules to sort it all out. Too much protein will cause a lot of stress to your kidneys and your body. Too much stress on your kidneys and body will lessen external beauty and cause the body to swell. And all those amino acids aren't even being used anyway. People don't realize that too many amino acids like taking collagen powder routinely, is just excreted by your body. What organ do the amino acids exit from? They go out through the urine by the kidneys. Have you seen anyone with kidney disease? They don't look well. This happened to me, I changed completely; people didn't recognize me and they won't recognize you. Kidneys are beauty organ, protect them if you want a skinny body and to keep your beauty. Constant exiting excess amino acids hurts the kidneys. It can cause something called BERGER'S DISEASE. It is a really serious immune response in your kidneys. Even without it though, you will swell overtime as your kidneys are inflamed and damaged from the heavy intake of

synthetic collage and protein powder.

In your recovery from non-eating, **DO NOT TAKE ANY POWDERS** and no collagen beauty supplements. All of them will make you swell.

REMEMBER THIS FOR THE REST OF YOUR LIFE – every day, all day, your body wants one thing – CELLULAR ATP.

ATP ATP ATP ATP ATP!

Your entire internal computer system is constantly seeking ATP in every way and will break down anything and everything to get it, if you are not voluntarily supplying your body with it.

Where does ATP come from?

IT COMES SPECIFICALLY GLUCOSE-type SUGAR, starchy-carbs.

What kind of sugar?

GLUCOSE.

There are some other complicated ways the body makes ATP without glucose, but again, you don't want to have to go through any of those regularly. They will steal your beauty and make you swell. They are only supposed to be used for times of survival from real food shortages/famines.

You want to get your ATP from glucose that comes from rice or potatoes – **EVERY DAY**. This will change everything in your body and work for your beauty. Without glucose/starchy-carbs in your middle school, high school, college years; you are doomed to a life of swelling, wrinkled skin, thin hair, an oily face, looking tired all the time, body hair, cancles, and a swollen face.

FACE/BODY – Years of studying acupuncture, biomedicine, the complexities of the human body, together with reflecting on my personal loss with health, years of clinical experience and practice with the sick... all these years gave me insight into the changes that take place to the outside of the body when the body accumulates internal deficiencies. Young people who don't eat because they are trying to get that skinny body, guys who are trying to get jacked and yoked by eating fewer carbs, all start generating the same appearance to the outside world. Sadly, they will appear tired, swollen, aged, puffy, pale, and insecure.

Towards the peak of your new-age dieting, you will feel like you should be on the cover of an indie brand, fashion catalog. At the peak of your restricting calories, eating no carbs, you will get super thin (as long as there isn't something like PCOS going on).

Your face will get skinny. Your cheekbones will be exposed, and everyone will see how in love you are with yourself. You will thank everyone on your social media accounts. You will talk about how amazing life is and how everyone is wonderful. You will be muy supportive. You will reveal to your followers the secrets of living and being happy. You will use inspirational quotes. You will video everything you do like your workouts. You will take pictures of the plants and veggies that got you to a place of enlightenment. You will teach everyone about the diet that empowered your feminine energy. It is all deception. It is all vanity.

You peaked.

This is the HOT GIRL phase of dieting and plant crusading, which morphs you into an Insta diet expert. It is a safe place,

where you think you will be skinny forever. Everybody around you sees your hotness, likes are proof.

You start thinking your vegan, plant diet can save the world, so you take a million selfies to convince everyone it can. Your yoga routine and crushing it at the gym is evidence hard work pays off. You are so wrong because the thing about the HOT GIRL phase is that it is so temporary.

The peak doesn't last long.

The body's ability to metabolize fluid will start to slow down. Everything in your body will start downgrading, and one day you will see your face looks a little "fat" in photos. You figure you can solve the "fat face" problem by doing what you have always done; eat less, eat more plants, deprive yourself of what little carbs you had on your one cheat day, and work out harder than ever before. Guess what? Your face will just get bigger and bigger. And when it gets bigger and bigger, the inspirational quotes will stop. The secrets to happiness won't work anymore. The supportive, encouraging sage you once were, gets replaced with an irritated, judgy, offended at everything, hungry millennial/Z'r. Instead of leading the world with kindness emitted through your once aligned chakras, which were nourished so long by the kale and green drinks, you turn to divisive politics and hate.

Everything will bother you. Everyone with joy, everyone with freedom, will cause you real stress.

All of this happened to you because of misplaced #beautygoals. Because dieting for many teens and young women has nothing to do with health.

It is all about beauty. That's ok. That is why I am writing this book. You can be beautiful, and you can be skinny, but you are doing it all wrong.

Let me try to explain why your face will get bigger and bigger after you reach your peak hotness.

Let me explain it with an analogy. Think of old trains. They were powered by burning coal. When train operators wanted the train to move, they used more coal. When they wanted it to stop, they would use less coal. The train needed coal for movement, to produce heat, and the heat would produce steam, and the steam would move the train. Well, the body is the same way. If you can understand that our bodies are around 60% water, then you can understand the importance of fluid metabolism in our body. Our body needs its coal (which for us is food/carbs) to keep the fluid inside of us moving and moving to the right places. If we don't get enough food/carbs over time, our metabolism function slows down – like a train that isn't burning any coal. When that happens, too much fluid spills out into places it is not supposed to be.

The fluid stays stagnate there, until the body has enough fuel as energy to redistribute and move the fluid.

This is the Edema that Kristin had.

Most girls who diet from high school, exercise a lot, eat no carbs, end up with systemic Edema that looks like fat. It is not fat. It is fluid, stuck everywhere throughout the body, and you think it is fat. It looks like fat, but it is not fat. So, you fight harder by eating less, working out more to get rid of it, but nothing changes. The "fat" gets worse.

You can't get rid of it because it is not fat.

If it was fat, it would burn up easily as energy because you don't eat energy-rich carbs, but it doesn't burn up because it is fluid. You can run a marathon every day, but it isn't going anywhere.

This fluid stays stagnate when your body doesn't get enough grain-glucose-energy, and that leaves the face unrecognizable, tired looking, aged, and swollen.

The only way out of this fluid cycle is to eat high-carb and EAT HIGH CALORIES.

Seriously, there is no other way. Even sucking the fluid out by surgery (buccal fat removal) won't permanently change it. It will come back like Kristin's swelling came back. You need to fill all the deficit in your body from years of high protein, salad only, raw food, yoga diets, and clean eating.

I'm sorry for all the deception you have suffered, but now you have the solution to all your confusion and years of suffering.

The solution is **FREE EATING** and **HOLOCENE EATING** – what I call the **QUATERNARY DIET**.

That means high calorie and a lot of carbs from rice, potatoes, and bread. For sure, you have to eat meat protein and vegetables still, but you should never go a day without a big bowl of white rice or potatoes.

If you haven't suffered swelling and changes to your face, but you are getting pulled into the new-age deception diet world, **FREEZE**. Don't take another step down the **BEAUTY EXTINCT**, beauty ruin rabbit-hole of social media nutrition. You can avoid so many years of confusion, fatigue, a swollen face, and anxiety by testing everything yourself. Start eating like you are present in the **QUATERNARY PERIOD** of world history, occurring right now and

stop exercising until you recover.

Get out of that nasty cave. There is no artwork in that cave, no painted ceilings, no stained windows, no beauty in a cave like in a church. Walk into an old church and see the beauty inside the dome of God and outside of the cave.

Your future will be free from the beauty war.

HEALTH AND BEAUTY CHANGES YOU WILL GO THROUGH

For most young people who don't get enough food or don't eat, who over-exercise and are always dieting, again, they can expect their bodies to swell and become soft. **SOFT BODY** is their future or present. **SOFT BODY** most assuredly around the hips, butt, and lower abdomen – swelling – fluid accumulation – water stagnation,

Remember, the body survives off glycogen reserves when you don't eat carbs like rice every day. It also survives off any fat deposits which really there are none by the time most girls graduate high school. They have eaten through all of their little fat reserves. The body eats itself and its tissue when it doesn't get enough resources to function from food.

Remember too, that muscles will be used up as fuel for the body to live, causing internal atrophy and what I call a '**Fluid Muscle Transfer**' (**FMT**). This is not a medical term, just something I observe in the clinic. This transfer is a replacement of muscle tissue with fluid. As muscle is catabolized, stagnate fluid replaces the muscle region. Muscles atrophy, fluid stagnates. This is very hard to fix. When fluid metabolism slows down, the fluid accumulates interstitially and extracellularly. So, hurt your metabolism = gain weight. The fluid retention accumulates in the interstitial spaces between the muscles and skin. And that will make the body feel soft without muscle tone. Instead, of a natural tone and shape a healthy body should have (especially at a young age) with high brain and endocrine function, the body, seems soft and mushy.

It is NOT FAT.

It is FLUID.

This kind of change in the body also allows for cellulite even in your youth. There is your answer to why some girls have cellulite on their legs at such a young age, if you have ever wondered.

Fascia tools won't help.

Cellulite is another deficiency **BODY SIGNAL** in the youth, not in the population that this book isn't for – the excess population. The excess population is over 50 years old and hasn't been hungry a day in their life. Most of them don't diet. They have spoiled themselves with chips, beer, and soda all their lives. Their weight is not from deficiency. It is from excess calories mixed with a high volume of white sugar in their diet.

They might need to transport back to the caves for a time. But in a young girl who has been through the **HOT GIRL phase**, peaked and has been losing her beauty and body ever since, the answer is not enough calories, not enough carbs, causing fluid retention.

That retention is a kind of waste accumulation.

Like monarch butterflies migrate to the same place every year, so will any young women get cellulite on her thighs if they diet through their teenage years, eat only plants, eat no carbs, or become a non-eater.

It just takes time, but the butterfly will get there, and you will get cellulite.

Again, some people have a stronger disposition to survival and a deeper genetic ability to endure longer more harsh environments, but in the end, there is no way around how beauty is lost and kept.

As sure as these changes are, there are even more changes that most young girls don't really think about, and they are the consequences of eating less, not eating has on health. You should know that every internal body system is changed by not getting enough food. Those **CHANGES** always cause you to lose your beauty and never be skinny again.

There can be big changes or small ones. I will list some of the changes that happen when you don't eat, eat little, or eat high protein.

They happen when you are already thin and in a deficient state, or thin/healthy, and keep away from grain-carbs for too long building internal deficiencies.

CELLULITE

Cellulite is so very hard to fix. To get rid of cellulite by restoring deficiencies, takes a lot of time and rest. Acupuncture, my own style – MIT (Micro-Injury Therapy), works but it takes time, too.

If you haven't gotten cellulite yet anywhere on your legs or your body, you don't have to get with age or at any other time. You can prevent it with this system. There is only way to prevent cellulite and that is with high-carb (**STARCHY CARBS**), **HOLO6CENE EATING**. Eat a lot in your youth, minimize your exercise, and you won't ever have to deal with cellulite.

There is a whole other category of young people with cellulite. I do want to write about them. They are the group that have cellulite from intertangled real diseases and body disorders like PCOS and Hypothyroidism.

This type of body cellulite is almost impossible to get rid of by eating alone. IF you are suffering from real diseases, you need a lot of care. I have reversed a lot of cellulite and swelling from PCOS and so many other weird and complex chronic disease/conditions. I have done with my style of acupuncture. I don't know of any other way.

Most of these young people have already been Bulimic, have been on birth control for years, have starved in their youth, and have huge mountains of deficiencies that crossed their body over into real disease. Sometimes though the disease is not from anything they did like under-eating. Sometimes we just don't know the trigger or reason. And for these people who are carrying tons of water weight like over 300 lbs. I can help you, but it would have to be way more than this book.

OK NOW back to the changes list...

**HERE ARE THE CHANGES THAT WILL
HAPPEN TO YOU WHEN YOU DIET...**

BIG CHANGES

Repetitive miscarriages and inability to get pregnant – no blood/hormones in the womb to hold the baby or to create a secure environment for conception/fetal development.

Endocrine disorders – adrenal gland exhaustion, hypothyroidism, and other disorders of the endocrine system. Over-exertion and taking from reserves without resource replenishment.

Heart arrhythmia – the heart is a muscle and heart muscle cells need SUGAR (GLUCOSE) to keep a healthy, steady rhythm and function. The worst thing anyone can do for their heart at a young age is exercise and not eat. The reason is because the heart needs a lot of nutrition when it is over-worked through exercise. The heart is sensitive to stress on the body in all ways, whether it be through not eating enough, over-exercise, emotions, mental states, or life circumstances. Not eating and exercising will hurt your heart.

Kidney failure – the kidneys need food to survive, period. When the body doesn't get enough food, kidneys suffer.

Anxiety – increased sensitivity to fight and flight autonomic nervous system pathway.

Autoimmunity – blood-brain-barrier breakdown, gut membrane dysfunction and chronic inflammation, loss of tolerance leads to a list of auto-immune conditions that will forever change your life.

Hypoglycemia – low blood sugar levels lead to low brain sugar levels, which is called NEUROGLYCOPENIA. This condition causes

all kinds of changes in the body that you don't want. There is only one way to stop this, and that is to eat glucose – rice, potatoes.

Gastric and intestinal ulcers – the stomach releases Hydrochloric Acid (HCL), and if there is no food in the stomach to digest, then the HCL can burn the stomach lining. Also, Helicobacter Pylori (H-pylori bacteria) that is a cause of ulcers can sometimes find a more opportune and sustaining environment in a host whose immune system weakens because of a lack of nutrition.

Neurological disease – nerves are an extension of the brain which feeds off GLUCOSE from starchy-refined-carbs. When there is a decrease of carbohydrate sugars to the body and overall nutrition, the myelin sheath suffers. This can work the other way too, for those with excess like diabetics. People with type II diabetes are an ocean away from the youth that is fighting with chronically low sugar levels. Levels that also weaken the nervous system. When nervous tissue doesn't get nourishment from the blood, there are all kinds of neurological diseases that can develop. The most common is some kind of pain, and it is usually chronic. Nerves also need uninhibited blood flow because blood is what carries nourishment to all the body's tissue.

Fibroid tumors/cysts in the uterus – slow, deficient blood and malnourishment of GLUCOSE to cells, unyielding stress on uterus.

Depression – related to deficient glucose levels. The brain needs glucose, without it, neuro and chemical transmitter become unbalanced. Lack of glucose supplied to the brain also makes for almost no output of dopamine and serotonin, so you rely on meds to synthetically produce those critical neurotransmitters.

Creatine Kinase – this is what I had in college, too much exercise, not enough carbs. This can be a very serious condition. If left untreated, over time, it can destroy the kidneys, leading to a kidney transplant and a life of misery like mine.

Gynecological Problems – deficiency of blood and hormones always changes the uterus, for the worse, not better. Expect a lot of problems to come and keep coming with all the worldly, new-age diets. Here are a few of those problems: Amenorrhea, Bacterial Vaginosis, Primary Ovarian Insufficiency, Pelvic Inflammatory Disease, Menstrual Irregularities. Disclaimer – let me be clear; I am not claiming that ALL gynecological issues are caused by a weakened endocrine system that results from a youth of dieting. I am just giving you a new way to look at woman's health. And most of these problems in young women are treated through your OBGYN by birth control. Almost all hormone-related conditions in your youth self-regulate when your doctor puts you on the pill. This medical strategy might quiet your symptoms because it synthetically depletes much needed hormones to an already deficient young body. It is SO costly. It robs you of future you and ages you. Hormonal birth control works by making your body believe it is pregnant with the manipulation of hormone levels, that is why you can't get pregnant. You can't get pregnant when you are already pregnant. The pill stops ovulation because it has estrogen and progesterone in it. Your body, for all the years you are on birth control, operates as if it is pregnant. Do you know how hard it is to be pregnant? So hard. Your body pretending it is pregnant will force it to use-up future you to sustain today's you – creating even more deficit internally. There is so much that goes wrong when you eat less for beauty, and it will ruin your baby maker.

Birth control is also, besides Bulimia and Anorexia, the worst thing you can do for your beauty, and the #1 causes to make your body swell.

I would say, the majority of women who take hormonal birth control, by the age of 30, will swell and gain weight.

Some girls can stay on it for years and never swell, but these exceptions are thinning out as fewer children are breastfed and more grow up on white-sugary fake-food and soda. From my clinical experience, I would suggest finding a better way if you want to preserve your face and body. Birth control is the worst thing to happen to a woman's health and beauty, but the best thing to happen to the elite men who control the world and are obsessed with population control. I don't care about your personal life, but a lot of men do and don't want you to have babies. In China, forced abortions happened for a long time. In India, sex-selective abortions and post-birth murder have caused the death of millions of beautiful girls. Many men around the world have a problem with the female gender. Don't let men control you with birth-control. You will suffer for it. Birth control is hormone therapy. It is like men take FREE-Testosterone pills. Do you know what happens to men on hormone therapy pills? Have you seen pictures? They lose their hair. They get **SOFT BODY**. They swell with fluid. They age. The world around them can see it. What makes you think that taking synthetic progesterone and estrogen for years will make you avoid the same fate? You won't. You will be ruined just like the men who inject themselves to be stronger and younger. It will work for a glorious period in life and then the ruin comes.

This book is written to help free anyone who is wrapped in beauty chains and can't get out. So, I have to tell you that birth control will eventually take both your beauty and body. Leaving your face swollen, body filled with cellulite and fluid, hair thinning, and if that isn't and wouldn't be devastating enough to cope with and try to adjust to every day in front of the mirror – birth control will also take away your health.

You will have nothing left, and this is why so many young women are killing themselves.

They get into this confused and isolated place where everything is going wrong and the world can only say, **“YOU LOOK SO TIRED TODAY.”**

STOP telling people they look tired. IT IS NOT OK.

STOP it.

Those words wound deep. These words are enough to send a young person that is trying to survive through all this body disaster and beauty loss, into a suicidal break.

This is why everyone close to anyone who has endured these changes, has been a life-long dieter, has chased beauty and a skinny body... should read this book and become equipped with the knowledge and information to develop a spirit to help and care in these young people's deepest time of need.

There isn't one young girl anywhere in the world who hasn't been tempted to reach the beauty and body standards of this messed-up world. NOT ONE, so family and friends read this book together and never ever tell anyone again that they, **“LOOK TIRED.”**

ESPECIALLY MOMS. I can't tell you how many mothers are so hard on their daughters in this way. Constantly, telling them they look exhausted and that they should sleep more, or take a shower to help wipe of the tired face, or wash their face, or moisturize, or go through a beauty routine... BOOMERS STOP IT!

NONE OF THAT WORKS.

This isn't going to be fixed with Nivea, ok? Washing their face won't change the swelling and paleness. I know most of you worshiped Farrah Fawcett and want your daughters to be like her, but your beauty obsession has ruined the next generation.

BABY BOOMER MOMS and any other mom, new moms too, with young daughters... the reason any of you are skinny is not from yourself. If you are skinny and grew up in the 1970s it is because you were born to a mother who most likely didn't smoke, didn't starve herself, didn't party, didn't drink alcohol, and didn't sleep with many men. This is why you are skinny, because you were born with a high metabolic rate, dense blood, strong bone marrow, reactive brain tissue, and so much more. Most of you were breastfed in the 1950s when you were babies, and none of you played sports.

YOU WERE BORN TO A WHOLE DIFFERENT WORLD.

I bet most of the mothers who are disappointed in your daughter's weight problems, didn't breastfeed, right? You didn't breastfeed, you gave your kids cereal for breakfast, you gave them soda, you put them on birth control, and now you tell them they look tired, and that you are just WORRIED ABOUT THEIR HEALTH!

You aren't worried about your health, you care about their presentation, their body, and that they look overweight. We all know "WORRIED ABOUT THEIR HEALTH" is code.

If you were worried about their health, you would have sacrificed sleeping when you were a young mother and breastfed through every night. You wouldn't give your child cereal; you would wake up early and make them rice porridge or grits with an egg/bacon sandwich. You wouldn't put your child on birth control at 15, and you wouldn't make them work at such a young age, play sports, and expect them to get good grades. When you did none of that as a teenager.

If you want your daughters to stop looking tired and lose weight, start listening and let go of the Farrah Fawcett, 1970s disco, playboy world. Your generation hurt a lot of young lives.

G-HEALTH, BACTERIAL INFECTIONS

The last thing I want to write about regarding gynecological health is about chronic bacterial infections. Once they start, watch out, they don't stop. They keep coming back. Aside from any uncommon immune deficiency, like HIV, cancer, or anything in that category; deficient, weakened bodies from clean eating, repetitively are susceptible to Bacterial Vaginosis. This kind of body is just too weak to fight against opportune bacteria. A weakened environment, a change in pH, and blood supply in the vaginal canal is perfect for chronic bacterial infections. All these problems will consume your youth, and they are all because of dieting and thinking skinny comes from a low calorie, no carb diet, and from running or whatever other exercise.

Many times, these infections also come from being on long-term antibiotics like TETRACYCLINE, MINOCYCLINE, DOXYCYCLINE, and other long-term antibiotics for Lyme Disease. Antibiotics are one of the most amazing but most dangerous medications in the world. I would never take long-term antibiotics unless it was for a deadly pathogen and to save life. But for things like acne, intestinal bacterial overgrowth, or Lyme Disease, I wouldn't take them.

I took them in college, and they ruined my life. I took Minocycline and Tetracycline, and together with my high protein diet, never sleeping, never eating carbs like rice, playing soccer for hours every day never missing a day... I lost in life. I lost big time. I brought so much shame and disappointment to my own parents. Nobody could recognize. All my friends abandoned me. Even my own sisters, brothers-in-law, were ashamed to introduce me to anyone they knew. All of that was what it was, but what I was

suffering in my own body and mind and spirit, was beyond written word.

You will suffer so much after taking years of antibiotics, **(UNLESS FOR A REAL LIFE-THREATENING DISEASE, ALWAYS LISTEN TO YOUR DOCTOR).**

You will suffer so much that death will feel like the best rest ever.

It felt that way for me.

You don't have to be like me.

DON'T BE LIKE ME.

And for anyone suffering from terrible, life-draining Lyme Disease... I am so sorry, but antibiotics are not the way to get better. I haven't seen patients diagnosed with Lyme Disease get better with antibiotics. There are other ways to treat the disease. Again, I can help. Contact me.

ANTIBIOTICS are a miracle for the world. They have saved hundreds of millions of lives. I am not against antibiotics for any real pathogen, bacteria, disease, like Strep-throat, Pneumonia, and other very serious attacks by bacteria. But I am **TOTALLY** against taking long-term antibiotics for things like acne.

SMALL CHANGES

Anemia – weakened density and volume of red blood cells.

Body temperature changes – no fuel or warmth from food, causing adrenal fatigue and thyroid temperature control malfunction.

Circulation – weakened blood system and no nourishment and strength from food for the heart muscle to work properly.

Bloating and distention, no appetite – damage to digestive organs, immune cells lined in the digestive tissue, and the hypothalamus.

Never-ending appetite – the body’s attempt to correct deficiencies, a survival mechanism to stay alive.

Kidney stones – kidneys can’t function the right way without food, overloaded with too much protein.

Shortness of breath – oxygen absorption and transportation, weakening of blood which is the oxygen transport system.

Feeling dizzy – standing up and feeling dizzy, low oxygen levels to the brain, weakened blood volume to the brain.

Immune deficiency, always sick – no support or stability for healthy immune function.

Chronic Fatigue Syndrome – lack of cellular ATP, glucose from complex carbohydrates, adrenal exhaustion, cellular deficiency, organ deficiency, weakening of blood.

Jaundice – red blood cells dying, bile leakage, other medical disorders.

Mood changes, personality changes – the glucose hog, aka the brain, lacks the one thing it feeds on glucose = weakened brain.

Inability to produce milk for breastfeeding – this might be a small change for a mother, but it is significant for a baby. Mother's milk is the best source of food and nutrition for a baby's normal and natural physical development. It is always best to breastfeed. Not eating enough food or limited reserves in the body can lead to a lack of milk production.

Menstrual disorders – weakened deficient blood.

TMJD (Temporomandibular joint disorder) – problems with the jaw. When the body does not get enough food, the network of tendons, ligaments, and muscles around the lower jaw stop working the way they should. The tendons and ligaments that hold the jaw in place weaken. It can be painful and can change the shape and look of the face. This also coincides with cranial nerve damage. Eating less will affect the cranial nerves that innervate the face, which will change your face and never for the good. Antibiotics long-term wreck cranial nerves and change the face.

Edema (body swelling and facial swelling) – deficiency, weakening of organs that are involved in water/fluid metabolism.

Craving for sweet food – your body wants sugar, **THE END**. Your body runs off sugar but glucose sugar, not white sugar (sucrose). It is the only sustainable source of energy, and if you don't eat carbs (your body is created with the mechanism to fight for life and to heal automatically), it will force you to eat sugar. Your body is programmed to live, and therefore you want sugar. It is just that

you are feeding your body refined human-designed cane sugar (sucrose).

Chronic urinary tract infections – immune system lacking food for its “soldiers,” so they are unable to capture and kill bacteria and other pathogens. Long-term antibiotics for acne causing burning when urinating, chronically. For years, patients have had burning while urinating without positive bacteria tests, and no specialist could stop the burning. All of them were on long-term antibiotics. This is almost impossible to fix, and it won’t heal on its own.

Insomnia – glucose, blood, and brain receptor/gland deficiencies. Sleep takes energy. Energy comes from rice. No rice = no sleep.

ABOUT INSOMNIA AND SLEEPING

I have to write about how messed up sleeping gets when you try to be skinny by not eating, eating no-carb, eating low-carb, over-exercise, or try to follow any low calorie diet... you just won't be able to fall asleep. You will be so tired, but you won't be able to get your brain to fall into sleep. When eventually, your brain does shut off for sleep, you will have a hard time to wake up. All of this always comes back to GLUCOSE. Sugar your brain needs to actually have the energy to cycle-in and regulate all the complex components to enter-in to sleep. Sleeping is so super complex, and to sleep you need an energy-rich environment. You need rice. Without rice, without starchy, high-energy, foods like white rice and white potatoes, you won't have the resources for the brain to actually move into sleep. Combine this with medications from youth like ADHD medication, birth-control, antibiotics for acne, and you get a brain that is broken.

A broken brain won't and can't fall into sleep.

You will rely on Tylenol PM and Advil sleep medications just to override that brokenness and try to sleep. But as you do that on a weakened stomach and digestive function, you will dig the hole deeper and actually dig a hole into the tissue of your stomach causing ulcers. The pain will force you into your doctor's office who will either prescribe you antibiotics for H. Pylori bacteria colonies, which are considered the cause of the ulcers formed in your stomach, and those antibiotics will destroy the little flora you have left in your gut and your sleep gets so bad you start losing all hope. Losing hope leads a person to want to die. This is real and very serious, you need help.

The first and only way out of this is to start over-eating, eating like you are running a marathon everyday or are pregnant with triplets. Like you have to eat so much to just begin the healing process, and you have to eat even more rice and carbs to actually carry out the healing to the place where you are actually healed and can sleep.

There is one thing that you can do to help sleep in combo with eating a high-rice, high-carb, high-calorie diet and that is you can start taking BUTYRATE or BUTYRIC ACID. A bottle of this stuff costs about \$15 on Amazon. You need to start taking this right away and stop taking everything else. STOP taking melatonin.

Everything you take will hurt you except BUTYRATE. This will help your sleep and help inflammation if you have any, but not on its own. You still need to eat high-carb. It might take a few weeks, but you should start getting very sleepy. The most important thing is to eat a lot. Eat everything during this time. The BUTYRATE is helpless without sugar (glucose) getting to the brain. Without sugar you have no hope. You need starchy-refined-grain sugar. With glucose the BUTYRATE will start to help you get out of that sympathetic response where you are always insecure with fear and anxiety. It will help but you only with loads of calories. Energy to trigger the para-sympathetic mechanism inside of you.

At this part in your healing, you need family. You need mom, dad, boyfriend, husband, girlfriend, anyone to help you with being able to sleep all day. The most important sleep comes in the morning, and you need to sleep through those hours to make a full recovery and heal one day. Those special hours are like from 5am-11am. Those hours you will need to sleep through, if you want to have a life full of energy and power to raise children, have a career, travel... to do whatever you want to do.

Back to the list of SMALL CHANGES and to summarize it...

Any dieting, eating low-carb, over-exercising, robs, kills, steals, and destroys. For some people, it may take longer to rob, kill, steal, and destroy, but no matter how long it takes – it will happen. And, when it does happen, remember that you will lose your beauty and you will swell with fluid that looks like fat. You won't be able to tell. You will always think it is fat.

These changes are just a matter of time.

Again, some have a stronger disposition to survival and a deeper genetic ability to endure longer more harsh environments, but in the end, there is no way around how your youth, your body, and your beauty is lost.

And there is only one way to keep your beauty and thin body in your youth. You have to eat freely and eat HOLOCENE, relearn the QUATERNARY diet.

Those BIG AND SMALL CHANGES will lead to EXTERNAL CHANGES, and these are the changes that everyone will see and will change many young lives from open and social, to closed and withdrawn.

You can prevent these changes...

EXTERNAL CHANGES

Swollen face

Swollen calves

Fluid in the back of your arms

Thin hair

Oily skin

Acne

Body hair growth

Wrinkles early in life

Pale skin

Yellow skin

Big pores

Jaw drop

Systemic weight gain

Cellulite

You will...

Here is the list of what will happen to you if you don't eat to be skinny and pretty, listen to dieters, or if you eat clean, vegan, caveman...

You will... lose the hair on your head and grow it on your body

You will... grow a mustache

You will... have loose, oily skin and open pores

You will... have the skin color of a zombie

You will... get dark rings around your eyes like a zombie too

You will... have no ability to get tan

You will... have a swollen face that looks fat, but really isn't fat

You will... grow a pouch like a kangaroo that is filled with fluid

You will... be introduced to 'cankles'

You will... have upper arms that are swollen with fluid

You will... depending on how prolong and severe the deficiency, you will retain fluid throughout your entire body. People will say, "wow she gained weight," but it isn't fat

You will... look old

You will... get cellulite

You will... develop mental changes like anxiety, inability to sleep, OCD, irritability, insecurity, over-thinking, or a restless mind

You will... lose your body

You will... lose your beauty

HEART PROBLEMS

I want to dedicate a special section on heart problems and the journey to be skinny.

Few things in this world will hurt your actual heart, in your youth, like not eating/eating less while exercising. This combination is the absolute worst for a young person's heart, aside from a weird virus attacking it. Just not eating or clean eating alone, without exercise, will lead to real heart dysfunction. Add exercise, do it long enough, and you can anticipate having an enlarged heart, arrhythmias, and the worst possible outcome would be dying. Death to young athletes while running, exercising, or in your sleep after a night of partying, really does happen. Depriving yourself of carbs and calories long enough in high school, college, and you will be at high-risk for heart problems.

And a new problem arises after all your sacrifice to get skinny. The new, bigger problem is when do you start eating again, if your heart has been hurt by years of undereating and exercise, you will have the hardest time with it. For some, reintroducing food can cause Congestive Heart Failure. For others, they swell all over their body even if their heart is not failing. Google, "heart and starvation," and "swelling and starvation." This isn't a peer-reviewed medical book, so I am not going to fill it with citations and research. You can find it all online.

This is a book about the getting skinny and pretty fight. A fight everyone is losing in the long run because everyone thinks the same. Everyone thinks that skinny comes and stays by not eating. It is the opposite, skinny comes and stays by eating, which sustains in you a healthy heart. Heart health is completely related to enough food eaten every day.

A healthy heart = a healthy face.

Do you think your heart function has nothing to do with your beauty? It has everything to do with your beauty. Just like the kidneys.

Your heart health is so critical to what people see on your face, and how your body looks to the outside world, that if your heart gets damage, your beauty will be damaged. The two are co-dependent.

If your heart weakens, your face weakens.

And if your heart weakens you will feel symptoms. A lot of young people are starting to get “Cardiomyopathy.” It is a real phobia but it also many times comes from a real change in the heart condition. It is not just mental. There are real symptoms. Symptoms like palpitations and feeling like having a heart attack. The daughter of two Hollywood stars, talks about her Cardiomyopathy online. She openly shares her fear of constantly having a heart attack. She has real symptoms. Using my system, and from years of clinical work, from just looking at pictures, I believe she has been over-dieting and has had a very real fear of food most of her conscious young adult life. This has most likely caused low blood volume (anemia) at some marker in her life, which means weakened blood saturation to the heart. She also probably has low hormone output. Maybe she has been on birth-control? Maybe not. She might be on some anti-anxiety meds, and for sure she must be taking or has taken beauty supplements. She is not hard to classify, beauty medically. Every young person wanting beauty, pretty much, ends up on the same path – even if they feel unique. They all create body deficiencies, and those deficiencies create heart symptoms. Heart symptoms even though there is no real heart disease diagnosed. The diagnosis will come. Heart disease will come. It takes time. All young people sacrificing their lives for the idol of beauty, end up this way. There are variations to body symptoms along the way depending on body constitution, but it is always the same story because it is always

the same secret way to get what they want – pretty and skinny.

This young person and the life she lived, has created stress on her heart muscle and heart output. Remember, dieting and exercising at the same time really hurts the heart. The problem here is young people that are dieting for pretty and skinny think that eating “clean” is healthy. Eating “clean” is not healthy because eating clean takes away most starchy-carbs. Starchy-carbs are what the heart muscle actually EATS. The heart has cells that need fuel, just like the brain cells need fuel. And what is that fuel? Yes, it is ALWAYS GLUCOSE from foods like refined-high starchy, white rice. Do you think famous young Hollywood stars eat rice? No way. Maybe on occasion when they party and eat sushi, but there is no way they eat it daily – especially the younger ones who are consumed with beauty pressure.

So, the symptoms this person in particular writes about on her Instagram page are real. They are indicating real change and they are something to be taken very seriously. But her doctors, of course, are telling her she is fine. They told me that too. I was fine, just ice my calves. I iced my calves for two years and the pain in my legs while playing soccer just got worse and worse. It is not the doctors’ fault. They are operating by the book, but they are not taking into study or analysis anything that I am writing to you about in this book.

They can’t.

They can’t speculate. If there is no positive diagnosis, it would be out of their bounds and authority to try and make-up a diagnosis without any diagnostic values or data. They wouldn’t be able to scientifically attribute medical reasons to why this person is having so many symptoms related to the cardiac system. But

because they did the same thing to me, I am writing this to you. It is scientific and medical that the heart needs energy.

The heart is a muscle. Muscles need glucose to function. They need cellular ATP. Without a diet high in carbohydrates, real carbohydrates, not calling a vegetable or fruit a carbohydrate, the heart is continuously pressured to find energy sources. But there are no energy sources put into the body. And at her age, mid-twenties, she has most likely gone through most of her sugar reserves. Remember, they are stored in the muscles and liver and are called GLYCOGEN. There is just no energy in the body.

This young person is surviving because she doesn't output that much energy. She doesn't work on her feet at retail store or as a waitress, all day. She has time to sleep-in and rest because her father and mother were famous, and she is cared for. She doesn't have to work for survival or go to school. She doesn't have to endure any real stress just to live. The stress she puts on herself is most likely BEAUTY STRESS. She probably practices intermittent fasting, some kind of yoga, she goes to the gym, she eats high fruit and plant-based, and all of this equals massive amounts of stress to the heart because the heart is getting no sugar to actually pump and work.

This is the same story all over Hollywood, California, the U.S. and the world.

Your heart will be like her heart, and you will develop severe anxiety because you will get palpitations and you will feel chest tightening, and so many other weird symptoms. It will take you years of going to the doctors and years of wasted young life to be able to finally live with everything your body is feeling, every day. It is total misery. Total ruin of a young life.

Youth should be full of joy and freedom, learning and developing, but none of that happens in a body environment that has no sugar in it.

Real sugar like glucose. Real energy that produces what your body is hunting at all moments of your young life and that is CELLULAR ATP.

This is the beauty molecule. It is the skinny molecule, and all the social media diets have never talked about it.

ATP Is what you need, and your life will change. Your heart will get strong.

Heart health is real. Heart health will suffer on any beauty diet, any diet that includes exercise, cross-fit, yoga, core-training... literally anything.

You can't exercise and eat "clean."

You can't exercise in any way and do any kind of fasting.

Your face will swell, and you will be in the emergency room every month. Everyone will know you at the hospital, and they will never catch anything or diagnose you with anything except anxiety. Why? Because you don't have a congenital heart disease, meaning a heart disease from birth, and you don't have any real-time changes yet to the heart valves or heart structure. But believe me, those symptoms you are having are very real, and to me, they are very real indicator that your heart is suffering, and you will start swelling soon, if you haven't already.

If you want a strong hearth that makes a tight face and a tight body without fluid, without water retention that looks like fat... you have to have a bowl of rice, a big bowl every day. You

can't exercise on an empty stomach or just eating fruit or a salad that day or any other day. You can't be taken tons of herbs and supplements that really can cause damage to your heart and actually all parts of your body. And you can't ever eat high protein again.

Your heart wants sugar – glucose, and it needs glucose from carbohydrates every single day you wake-up and God gives you another amazing day to live on this earth.

VARICOSE VEINS

Yes, you will get varicose veins on your legs if you try to eat guru healthy. I have seen very young women, women younger than 25 years old, with superficial veins spread across their lower legs. These aren't true varicose veins yet, but they will develop into them. They are a sign that the blood is moving very slowly back up to the heart within the venous system. Veins pump blood against gravity up to the heart, and arteries pump nutrient/oxygen-rich blood down and around the body. Pumping up against gravity takes a lot of work, and work takes what? Work takes energy. What is energy in the body? Sugar is energy in the body. What is the best source of sugar for energy? White rice and white potatoes are the best energy sources for your heart to pump all that blood back up the vein highways. So, if you diet in your youth, skip breakfast, stay addicted to the gym, expect to see light veins all across the skin surface of your legs and thighs. They will stay light as you draw from your youth and spend it to stay alive, but as you get into your thirties, they will darken, and you will spend a lot of money on laser therapy.

DNA FOOD vs. DEAD PARTICLES

The definition I have for **FOOD** is anything that is not humanmade or processed, that has a DNA code (comes from land, water, or air).

Food to be considered “food” for humans has to have a DNA code. That means it has to be something that was living at one time. DNA FOOD has life in it. Eating DNA FOOD is how humans have survived from the beginning of history. This survival heritage has only changed in the last century with processed and synthetic food. Processed and synthetic food has no DNA. Food must have a DNA code to be considered FOOD. If it has DNA, then there is no right food to eat. Food is good if it has a DNA code. It doesn’t matter if a person prefers spicy, sweet, thick, thin, toasted, or roasted, basted, or sauced – you name it. It is all good.

In some parts of the world, fish is a staple food. In other parts of the world, milk is the staple. Doesn’t matter what you like, if you eat what was once alive, or coming from something alive.

There is no right DNA FOOD to eat – all food is good.

People eat according to their preference and cultural heritage. In China, everyone eats rice. In Mexico, corn tortillas are primero. In the Mediterranean, bread is boss. One people group’s diet, one cultural kitchen is not better than the other. They are all good because they are all eating DNA FOOD with a molecular code present in the substance. It is all about personal choice.

Again, there is no wrong DNA FOOD. But there is the opposite of DNA FOOD. The opposite of DNA FOOD is what I call, DEAD PARTICLES.

DEAD PARTICLES are pretend foods that do nothing for us, except take up space when we eat it, cause inflammation over-time, and burden us with toxicity.

DEAD PARTICLES lead to internal deficiencies. Things like candy, soda, energy drinks, processed foods, and humanmade things, are classified as DEAD PARTICLES.

Really, anything that doesn't have a DNA code. Dead particle substances cannot be found on land, sea, or air. Now that doesn't mean that you can't eat them. What it means is the main thing that should be going in your mouth is DNA FOOD – not DEAD PARTICLES. Dead empty particles are what make people gain weight when they build-up enough excess reserves internally. These reserves become fat cell accumulations mixed with fluid retention. People who make dead particle matter a way of life tend to be unhealthy. They develop problems like obesity, diabetes, and other health complications. In our America, eating DEAD PARTICLES is normal. Most young people don't have this problem.

It is the older generations that love this stuff.

Usually, these pretend foods have processed white sugar (sucrose) and chemical additives. Does anyone realize that in nature, there are only a few sources that yield white sugar? The two most familiar are sugar cane and sugar beets. What does that tell us? It tells us that the human body was not made to consume excessive amounts of this type of sugar.

The problem is that in your deficiency, you will crave this kind of sugar. A doughnut, a brownie, or anything sweet tastes so unbelievably good when the body lacks glucose-carbs.

Remember, when the body is deficient, it starts to want sugar to correct the glucose/cellular ATP deficiencies from so much time passing without DNA FOOD energy consumption. The body wants sugar because sugar is energy and life to the body. That is why rice/potatoes are your critical DNA FOOD for recovery.

You need rice, and white rice – not brown, you need white

potatoes – not yams, to restore glycogen deposits and ATP resources in your body.

Without them, you will never recover.

You have to start eating high-carb. Remember, when I talk about high-carb, I mean white rice and white potatoes. These are the best DNA FOOD, rich in glucose, to restore glycogen levels. But, pizza, cheeseburgers, anything you can eat that is cooked and has DNA, will aid in restoring your body's output and function. Burgers/pizza will help you correct and refill your body's internal deficiencies, but rice and potatoes will help more.

So, eat freely, without restrictions, and that means any food that has DNA. It doesn't have to be organic. Organic food has no place here in your restoration process. Organic or not, it doesn't matter, and it doesn't play any part in your recovery from deficiencies that have taken away your beauty and body.

Organic vs. non-organic means nothing in this space. Organic food won't save you, so don't waste your money and hope. Once you heal and stabilize your body, fill up the deficiencies, then you can start looking to more natural and organic meats, vegetables, fruits. But none of that will help you now.

What matters right now is DNA vs. non-DNA. As you eat **DNA FOOD**, a lot of it, the internal deficiencies are corrected, and the less and less you will crave sweet foods. The less and less you crave white sugary things like donuts, cookies, chocolate, the more and more you know you are healing. By healing, I mean glycogen (sugar) reserves in your body are restored, and your mitochondria, your every cell, your brain, and your endocrine system are receiving high inputs of sugar – daily.

EVERY SINGLE DAY.

Remember, **ONLY** by high-carb eating will you fix and eliminate your brain craving sweet food.

Until that time, sugary things will taste so majestic that you won't be able to get enough.

Remember also, if you are craving sweet food, white processed sugar does not correct your deficiencies. White sugar has no corrective properties. However, white sugary foods have calories. Foods like donuts, like brownies, like cookies, help meet your daily calorie needs and help with food debt, which you desperately need right now. So, the QUATERNARY DIET flows with that sneaker company:

JUST EAT MORE.

FOODS, HIGH-CARB EATING

As far as what kind of food groups to eat, protein, carbohydrates, good fats? All of them are necessary to a body's life processes, healthy living, and in your case beauty. Carbs being the most important and the reason why the old food pyramid from the 1970's/80's was right. Carbs were at the bottom of the pyramid as the foundation of health. Who changed it? Go back to it. You cannot limit carbs and stay healthy (unless it is for a medical condition like diabetes, kidney problems, gluten intolerance, or any medical condition that requires a strict diet, in this scenario, **whatever the doctor orders, a patient should always follow**).

For the youth, who are counting calories and avoiding eating to stay pretty and skinny, and have no health complications, all different kinds of foods are necessary to keep function, output, and protection against creating system deficits. System deficits = swelling and beauty loss. Carbs from grains, being the absolute most important to stop and prevent deficits.

I always hear about how “bad” some foods are like white rice, and how “good” others are like raw vegetables. I wonder if all the wise dieticians and nutritionists who make those claims have ever visited China? Because in China every grain is refined, rice is white, noodles stripped, and bread is made from white flour. Rarely, is any vegetable eaten uncooked. In China, the majority doesn’t have weight problems, and most people don’t suffer from the health problems that we do in the U.S. Do you think it is because they are all “Zen?” That they are all vegans and vegetarians? They aren’t. China is an ATHEIST country. They love pork, fried food, cigarettes, and beer.

So, how do they live to 100 years old with NO degenerative disease, NO degenerative breakdown? How is this happening if white rice and refined, starchy, grains – a daily part of the Chinese diet, are so bad for us?

The answer is that white rice, refined grains, and white potatoes aren’t bad for us; this is the whole point of the book – to undo your programming.

Not only are foods like white rice and starchy potatoes good for us, but it is a myth, in the youth, that they make us gain weight. The heavy starch nature is not what is responsible for weight gain. You see, even though white rice is stripped of its natural outer shell and in the process loses some nutrition, the DNA of the rice pod doesn’t change. That is where the energy is stored.

So, the health attributes it gives our body doesn't change either. White rice is easy to digest. It clears acid from the stomach. It stabilizes the digestive system. It is full of glucose to fight against depression, restore energy levels, and feed the brain. It gives the brain the fuel it needs to work efficiently and muscles cellular energy.

White or brown?

It matters if you are in recovery from years of dieting. Eat **WHITE RICE** if you are recovering, because your digestive system can't afford to expend so much energy breaking down the shell that encapsulates brown rice. Brown rice has more trace vitamins and nutrients, but the criteria for consuming food shouldn't be about how many B-vitamins or any other trace contents it has. If it has a DNA code, then the only question is which do you like?

Again, in China, everything is refined. White rice and white flour are staple foods. They are eaten daily and with almost every meal. So, even after you restore internal deficiencies, rice or any other refined carb, should be consumed daily. Daily, for the rest of your life. Unless you get diabetes from drinking too much soda, beer. If you don't eat carbs, your brain will degenerate. You will age way faster and develop complex, internal, medical conditions over-time.

So, what people fear most = carbs, should be eaten daily. Carbs could be eaten with every meal. We know this to be true by observing the Chinese. Analyzing Chinese longevity and health in a carbohydrate-rich diet, proves "wise" dieticians and popular nutritionists wrong. They really have a lot to learn. The **QUATERNARY** part of human history is high grain. The Chinese have a history of eating grain, **DNA FOOD**, and rarely eating any **DEAD PARTICLES**.

My Serbian relatives and heritage do the same. They eat high-carb, **DNA FOOD**, but different than the Chinese. The Chinese stir-fry everything, and it is good, but not the eastern European/Slavic way of cooking. In Serbia, they are poor, and the poor eat grains because grains are cheap and plentiful. Their grain choice is bread. With bread, they eat mostly heavy stews. Stews cooked with potatoes, beef, carrots, onions – so many variations. They eat one of my favorite things called ‘gibanica,’ which is like Serbian pizza. It is goat cheese layered filo-dough, crispy on the outside, soft on the inside, served with plain yogurt. Everything is cooked, just like the Chinese. Just like any **HOLOCENE** culture that has existed in the last 4000 years. These foods do not hurt your digestive processing, like raw food diets. They are high in carbohydrate content to meet the high energy demands of today’s world, and to fuel the brain through the complicated daily routine of modern life.

Both the Chinese way of cooking, and the Serbian way are life preserving, guard against deficiencies, give high energy. One is not better than the other.

No cultural food is more superior to another, well maybe tacos, but whatever, aside from tacos, all food is created equal. It really comes down to your preference.

All cultural foods that have existed throughout the **QUATERNARY PERIOD** are supreme over anything shared on social media and sold in the nutritional industry. Cultural diets are better because they have been tested for generations and generations going back to Abraham and Melchizedek.

Did you know that no world cultural diet, not one, is high protein/low carb?

All of them are high carb... think about that.

No, really think about it.

No, really.

VEGAN, VEGETARIAN, RAW, PLANT-BASED DIETS KILL BEAUTY

If you haven't noticed by now, I haven't given any recommendations, advice, or rules, about what kind of food you should eat. That is because eating should be free. Food, with a DNA code, should be freely eaten according to personal choice.

Eating beef or fish, sushi, or curry, it is up to you and your preference. Remember, if the food has a DNA code, anything goes. And yes, you can eat non-DNA stuff like protein shakes, protein bars, candy, and whatever else as DEAD PARTICLES. But I wouldn't eat them as meal replacements, and I wouldn't live off them. I don't like protein bars, protein shakes, and meal replacement products long-term. If you need them for a time to recover, all good, but again, long-term use can hurt your kidneys and decrease endocrine function. So, the type and combination of food you eat doesn't really matter, if it has DNA, and as long as you eat high-carb from starchy-grains. What I would say matters is not counting calories, not eating high protein, and not eating vegan, vegetarian, raw, or plant-based. All these diets are forced manipulation of food and will kill your beauty. They will literally warp your face. **It takes time, some can endure deficiencies longer, but the youth will lose on these diets.**

Let's start this section quickly commenting on RAW FOOD DIETS. I can't even begin to explain how harsh and bad a RAW FOOD DIETS are, quit them right away. You are hurting your body. How are you hurting your body? You are draining digestive energy that you don't have to break down fibrous carrots, beets, celery, and kale. They are hurting you. They will leave your face pale and swollen.

Go into an organic supermarket, look at the shoppers. Most of them look the same – deficient because most eat raw. They think kale and celery will bring back the dinosaurs.

If you want to preserve your beauty, don't be like them.

Now, I want to talk about vegan and vegetarian diets, which also includes all plant-based diets, because they all yield the same thing – **BEAUTY LOSS. Teens this is for you.**

A vegan or a vegetarian diet is very harmful to the maturity and life process of your body in every way – that means your beauty will suffer!

Consider this, vitamin B12 is an essential nutrient for brain and nervous system health. It is involved in the metabolism of every cell in the body. It is so extremely important and vital for survival and life. But the only viable natural source for humans is in animals. There are supplements of Vitamin B12, but for thousands of years, people didn't have supplements. So, my question to all the VEG's, where did people before supplementation get Vitamin B12?

This is proof we are not meant to be herbivores. Any young person who is a vegan or a vegetarian in their critical teenage years is up against a lot to recover from years of trying to save the world by not eating cheeseburgers. In my years as an acupuncturist treating patients with complex endocrine disorders, chronic inflammatory conditions, degenerative disease, and so many idiopathic conditions – I have observed one thing, I have never seen a healthy young vegan or vegetarian.

You can make your case about animal suffering.

I am with you.

I hate that animals have to die to for us to live, but that is the way of this broken world. A lion has to kill antelope to live, a wolf has to kill deer, and humans need vitamin B12, that only comes from animal flesh, which is involved in the metabolism of almost every cell.

Here is something encouraging for all the people who love animals so much, like me. In the Bible, there is a future description of what eternity will be like and it has animals.

I want to share that description with you:

“The wolf will live with the lamb,
the leopard will lie down with the goat,
the calf and the lion and the yearling together;
and a little child will lead them.

7 The cow will feed with the bear,
their young will lie down together,
and the lion will eat straw like the ox.

8 The infant will play near the cobra’s den,
and the young child will put its hand into the viper’s nest.

9 They will neither harm nor destroy
on all my holy mountain,”

- **Isaiah 11:1-9, NIV**

One day, in eternity, with King Jesus, this is what it will be like.

Animals will feed with each other, not on each other. Animals will lay down with each other. There will be no more killing and no more death.

Reading this, I can't begin to express my hope and joy.

The DNA and life within the meat will help you recover from the deficiencies created by a vegan, vegetarian, raw, plant-based diet.

If you want to get chronically sick, lose your beauty, swell, for animals to live – I can't stop you.

If you want to heal, then eat a cheeseburger, stop trying to save the world, and start your recovery.

The more you eat, including meat, the more your body will redeposit and refill internal deficiencies. Your body will auto-populate glycogen and amino acid deficits, auto-correct system dysfunction, and start to restore damaged tissue due to long-term **PSUEDO-STARVATION**. But without eating more and eating freely, your body will not have the resources to overcome the internal damage caused by vegan and vegetarian diets.

Stay herbivore and nothing will be corrected.

You will continue just barely surviving, while life inside you contracts. And as life inside you contracts, like it did in Kristin, everyone will start telling you how "tired" you look. Taking a shower or drinking coffee won't fix your "tired" looking face. Fatigue Face Syndrome is caused from internal deficiencies, and so, it needs to be corrected internally. The correction can only take place with food – lots of food, not raw plants.

All kinds of cooked food.

Take away is vegans, vegetarians, raw food radicals, and plant-based heroes can develop severe internal deficiencies if they aren't very careful. These deficiencies show up on the face.

Still, it's your choice.

Just be fully informed and educated before you make any decision. Don't just use pro-animal informational analysis on diets because they have an agenda. My agenda is for you to break the chains of the beauty fight, to live without sickness, and to stop idolizing food.

So, once again, this book is TOTALLY AGAINST vegetarian, vegan, raw, plant-based diets.

Sadly, meat is useful and necessary in youth for development and cellular/system maturity. And remember, in Christ's heaven there is no more animal slaughter.

So, what to remember from these past sections?

REMEMBER to eat all different groups of DNA foods, stick with the old pyramid from the 1980's.

DON'T FEAR EATING because more calories are always better in your youth, especially from the years of 12 - 22. These are your eating years. You need to consume food like a racehorse.

EAT everything, not just plants and seeds.

DON'T THINK TOO MUCH ABOUT WHAT TO EAT unless you have a medical condition. If you do, always follow your doctor's orders.

YOU CAN EAT DEAD PARTICLES but the more you eat food with a DNA code, specifically glucose-grain-DNA, the less you will want foods with no life like donuts, brownies, and cookies.

HIGH-CARB eating every day, mostly from white rice and white potatoes.

VEGAN, VEGETARIAN, RAW, PLANT-BASED DIETS KILL BEAUTY.

FREE EATING

FREE EATING, why? And, how do you know how much food is enough?

Every young person has to get enough food in their bodies. It is critical for full gene expression. Youth here, I define as up until the age of at least 35. This is the population I am writing for – the youth. So, how much food is enough for the youth? **ENOUGH IS MORE.** More food will only strengthen and solidify you and your beauty in critical young years of development. All this will keep your body tight and free from swelling. **Why, because your internal health is what the world sees on your face and body.** Keeping your internal systems from deficiencies, keeps you from beauty loss, body swelling, and ruined youth. The only way to keep away from deficiencies is to eat, eat a lot.

Getting enough food is different for everyone. Some are athletes and need more to replenish. Some are students who think and use more brainpower. They also need extra calories to fight against building internal deficiencies. Everybody is different and everybody's energy output throughout the day is different. **So, there is no right answer to how much food is enough, but more is better in your young developmental years.** The QUATERNARY way is when you are hungry, don't stop yourself from eating and always eat till you are full. I know it sounds psycho and totally counterculture, but your hunger regulating mechanism in the brain is more sophisticated than any smart phone. It knows what you need. When you get enough resources, it will stop you from eating any more. Unless, your hunger is coming from episodes of depression, emotional hurt, or some other deep issue provoking eating for comfort, then usually the hunger is balanced and self-regulating.

So, follow your hunger.

Again, does that sound bonkers? It is not. I have seen it fix the self-starving again and again. It works.

Remember, this is not for people who have been eating white sugar diets all their lives and have excess. It is for the youth who have skipped breakfast, have eaten just vegetables since middle school, high protein, living off diet pills, skinny teas, over-exercising, and fighting to be a size zero.

This population has consumed all their reserves, and the brain knows it. So, the brain in its dying state fights to survive. This is really a miraculous mechanism that the Author of life programmed in us. A mechanism to heal and survive, constantly, even against your own effort and sacrifice on the altar of beauty.

So, when the brain “kicks on,” and starts that wolf like hunger, you must respond. **You must eat, eat a lot.**

If you don’t, your brain will come to the point where it becomes so deficient, the tissue so weak, the blood volume so light, the output so low, that the hypothalamus (the little gland that regulates your hunger) will go to “sleep.”

You won’t feel hungry anymore. This can happen with enduring hunger or on medications like antibiotics for skin/acne. This is bad. Don’t get here. You don’t want to be in this place either by medications or by years of not eating. You need that hunger to restore your food debt.

If you don’t have it, it can be switched “on.” It takes work stimulating the brain to upregulate the hypothalamus gland into relaying hunger again.

Acupuncture is the top catalyst in medicine for stimulating the brain’s upregulation of the hunger system. It works by placing needles in the occipital region of the brain. The therapy goal is to increase blood volume to the brain and activate gland hyperfunction. If you don’t have access to something that will stimulate blood flow to the brain, sometimes drinking a soda, or sweet coffee can help. Something sugary before you start to eat.

Just don't wait too long to consume your meal after you get the sugary substance in you, because that processed sugar will falsely tell the brain you met your urgent blood-sugar levels, and your hunger will fade again. Sugar spikes are temporary, but they are at least a juvenile way to help if you cannot get medical acupuncture to upregulate the brain. Resting and sleeping more can help restore hunger, too.

There is so much to write about regarding this, but this is not a book on medicine. It is a book on physical beauty. So, medicine aside, if you have come to a place where hunger is gone, you need help fast. Usually, in this state, your body is very emaciated, very pale, without blood density, tired, weak, skin is oily, and face is swollen. These body states need so much care, rest, sleep, and so much food to recover.

In this place, as hard as it is to eat, I would say your minimum calorie count should eventually get to 4000+. There should be no restrictions on your food intake unless **a doctor advises you to restrict your calorie intake.**

4000 CALORIES – MINIMUM

Pancakes, donuts, cheeseburgers, burritos, tacos, grilled cheese, coffee, soda, pastrami sandwiches, fries, a lot of fries, fast food, heavy foods, and a lot of them. All of this will start to replenish the debt you have internally. If someone asks you why you eat so much, tell them you are paying back food debt like college debt.

You should overeat, so that you can match the daily energy needs you have. You also should overeat to get a surplus amount of resources to help fill the deficiencies. Just eating 1500 calories won't even cover your daily energy output, so your deficiency **GAPS** will only persist, and actually grow deeper.

Have you been to London?

Have you been on their metro system?

If so, you have heard the voice, through speakers, warning you to, “MIND THE GAP.” With **QUATERNARY** eating it is “FILL THE GAP.”

You must “FILL THE GAP” established in your youth.

This section is very hard for me to write because I can't really give a direct guideline of what and how much to eat. Everybody is at varying levels of deficiency and energy output. The universal principle, though, is to eat more and eat high-carb foods like rice/potatoes in your developing years of youth. The most important thing in this section to remember is to practice **FREE EATING**, without restrictions of **DNA FOOD**. The Christ way, which created the **HOLOCENE way**, just with added freedom from ritual eating and superstitious food rules. It is what I mean by eating “without restrictions.” This is so important to your healing. You need to be free from food superstitions and food rituals.

They can do so much damage.

I love the Chinese people. I love China. I went there to get medical help and total strangers there cared for my health. I am forever grateful, but forgetting about me, the Chinese culture has a lot of food superstitions that are harmful to the world. Superstitions like eating tiger penis and taking rhino horn as medicine. Attributing miraculous healing to these endangered species of animals. This is food superstition because tiger penis does literally nothing to heal anything, neither does rhino horn. What about another Chinese favorite, shark fin soup?

Shark fin is literally just collagen – nothing more. The Chinese can easily get collagen from standard food sources, and it will do more than eating a bowl of slaughtered shark. And if the Chinese do feel any sexual stimulation after eating/taking these collagen rich animal parts, it is because their diets are low in calories and lacking amino acids. For decades, China was very poor. There was no meat available to most. Without meat there is no amino acids, without amino acids there is no cholesterol, and without cholesterol you don't have the derivative to create sexual hormones. Translation no sexual power. So, just taking amino acids individually, or collectively, as with collagen supplements, would do way more than a bowl of shark fin soup.

It is not just China, though. Korea, too, has food superstitions. Many Koreans are about eating according to blood-type diets. This is “FAKE HEALTHY.” It isn't real. There is no science to demonstrate any of it. The same with YIN/YANG body type eating. There is no such thing as “YIN” and “YANG” in the body. It is just an old, very, very old, interpretation of how to classify body types – FAKE HEALTHY.

In the western, Christian world, we don't believe that eating bear gall bladder, taking donkey skin extract, sipping shark fin soup, eating only beef for cold – “YIN” bodies, drinking camel urine, have special power. Bear gall bladder is full of acid; it doesn't cure cancer. Donkey skin is what else but collagen. Shark fin soup causes Dementia. There is no such thing as a “YIN” body. And urine is waste. These kinds of “secret” food healing “revelations” cause a lot of damage to the animal kingdom and your body.

Christian society and Christian academia, science, moved away from this kind of thinking centuries ago. It is why they were largely responsible for developing today's system of modern

medicine. A scientific system that broke away from old world superstitious medicine.

Superstitious medicine like dipping a fly in your soup cures disease, eating dates to protect against evil spirits, or killing a sublime rhino to use its horn to reduce high fevers. This is not ok. Flies spread disease, dates don't stop the devil, and I spent years studying Traditional Chinese Medicine – rhino horn doesn't do anything. Again, I love China, and I am always thankful to my Chinese Doctors, but just no.

It has to stop. So, when I reference the Christian way of eating in this **QUATERNARY** period we are in, it means freedom to eat with no ritual superstitious eating, no blood vibration energy classification of foods. It means total freedom. **QUATERNARY + FREEDOM is the complete spectrum of eating in your youth. The only way to win the beauty war.**

This is very important to accept and codify in the life of vulnerable people who don't feel well, who seek beauty, or are always looking for a miracle food. There is no miracle food, well maybe funnel cake, but besides that, there is no food that you can take to make everything perfect in your life. A lot of people get rich, making you think that there are these miracle foods, and they sell you whatever they can. Every few months a new food makes its round.

The vulnerable and desperate get their hopes up, buy the new hype, and then realize it doesn't work. They lose hope, and the cycle starts all over again. Turmeric was one of these great hope foods. What people don't know is turmeric can antagonize the immune system and cause stomach ulcers. It is not designed to take in high doses, but what do we do in the west?

We overdose everything.

CBD was the hype cure. Everyone was buying it. Almost every one of my patients, who are in low-income populations, mostly on permanent disability, spend hundreds of dollars on tiny tinctures and tubes of CBD infused products. They buy the hope, but CBD won't do anything for them. CBD is not a miracle. CBD is not Jesus.

Health consumers have to move away from a one constituent, miracle, cure everything product buying formula. But it seems consumers can't resist. The same pattern repeats over and over. Hype comes in something like celery juicing, charcoal, bee venom... people buy it.

It doesn't work. So, they wait for the next miracle hype.

Don't participate. Don't waste your money.

Taking one herb, one supplement, one extract, will do nothing for you except hurt your stomach, kidneys, even disrupt your heart rate.

The body doesn't fix itself this way.

For a teen or young woman who has been listening to new-age profiteers repackaging the ancient, superstitious past, there is nothing on the market, no product, you can take that could get you to where you want to be – pretty and skinny. The only way is the QUATERNARY way. Add to it, Christian freedom to eat all food without ritualistic, superstitious food hype, and you have the real and true formula to healing.

Don't get offended.

Don't get offended with me classifying the freedom to eat as "Christian," because that is what it is, it is Christian and only Christian.

Freedom only exists in the Christian system – nowhere else. Freedom doesn't exist in Islam, Hinduism, Buddhism, Mormonism, Judaism, or anywhere else. All these religions have strict dietary rules, regulations, and ceremonial rituals. Some even keep superstitious ancient beliefs about food.

Don't get offended by me comparing Christianity to other religions. I am a Christian, and to me, freedom is everything. You don't want to be free, that is your right. You want to drink camel urine, drink it. You can't drink coffee because your elder tells you that you can't, ok don't drink coffee. You can't eat beef or pork, don't eat it.

This book isn't about your belief. This book is about freedom to eat all food, and only Christianity teaches this freedom. Freedom is everything for teens and young women who have been through years of slavery to food, slavery to calorie counting, slavery to restricting carbs, slavery to the gym. Freedom is everything for all enslaved to social beauty standards. This is the freedom I am writing to you about,

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

- **Galatians 5:1, NIV**

So, don't go back to diet slavery. Christ set us free, and I will show you proof that it was Christians, 2000 years ago (in the east not the west, so it was non-white people) that heard from Jesus to teach this diet freedom to a world obsessed with and enslaved by food.

This Christian freedom within the high-glucose-grain QUATERNARY framework is what helped give the world airplanes, antibiotics, Johannes Sebastian Bach, symphony, opera, ballet, cars, Harvard, Oxford, Yale, air conditioning, English literature, Italian fashion, German engineering.

It gave Christian culture and nations freedom from being constantly burdened with food and food ceremonies. It also kept them from perpetuating a made-up world about food, which could have carried over into their position on the way the universe works. Making them create fantasies like the stars are missiles being shot at Satan, and solar eclipses are signals to sacrifice your children to the sun god. This could have been the Christian west, but it never happened. It never happened because Christians in the west developed critical thinking and analytical minds to seek Christ's design in our natural laws and within scientific categories that are the foundation for everything you live today. Christian freedom is a big part of the way that helped change the world, and it is what will help change you.

Christian **QUATERNARY** is high-carb with the addition of freeing you from superstitious, energy food healing, and spiritual eating rituals. This way will start to restore all your internal deficiencies and free you from food myths.

QUATERNARY eating will bring more blood flow back to your brain to help the hypothalamus "switch" back "on." It will keep your hunger regulated and present, until all your reserves are built back up, and your metabolism is running high again.

QUATERNARY eating will allow for your genetic expression to maximize – full gene expression.

You will be you, the way God made you.

You won't lose yourself to the superstitions, vanity, and greed of man.

DON'T BE A SLAVE TO FOOD.

BE FREE IN THE NAME OF JESUS.

MIRROR FLUID CHECK

For sure, if you have been on a high protein diet, low/no carb diet, vegan/raw food diet, you have to follow your hunger. Some of you might have a wolf-like hunger. This extreme hunger is in you because your brain is trying to balance the food/ATP debt, you accrued by restricting calories and carbs for so long.

Time to be a she-wolf.

Eating until you are full will not make you gain weight.

It is the opposite.

I know many teens and young women are afraid to eat because they think they will lose their thin body, but that slim body will end up swollen as you go on fearing food. Here is information that will help you understand how the body gains weight, and hopefully it will encourage you to stop fearing.

TWO WAYS TO GAIN WEIGHT

1. Through excess fat cell deposits.

Fat cells deposit in the body because of eating too many calories from mostly **DEAD PARTICLES**.

This is when low-carb diets can help.

These diets work for people who are done maturing, have excess sugar in the blood, and an overflow of reserves. A profile typical of this population would be not active, diet high in **DEAD PARTICLES** (soda, chips, donuts, processed food), and alcohol consumption.

This population doesn't use enough energy as it takes energy in through the mouth. When this happens, there is only one way to get rid of the excess weight; burn it through exercise or restrict calories.

Short-term ketosis generating diets become productive and work here. Cave diets can also work here. They work when you have excess in the body. When you do have reserves in your body, the only way to shed the excess is by using it up as energy.

So, if you exercise and eat no carbs that means you have a really high energy output with almost no energy input. How does your body respond?

It eats itself.

Eating yourself releases energy. Energy that you need to stay alive. This energy comes from your own excess reserves. This is the classification of almost every diet in beauty and health right now – EXCESS. All current trendy diets and beauty regimes take the position that you have excess amounts of sugar, fat, and calories in your body. None of them account for deficient bodies.

Most millennials and younger are using excess cave diets to make their deficient bodies even more deficient. For female youth, under 35, your generation is eating too little to create fat cell deposits. Most of your generational weight gain is from fluid. That is why many of you are heavier now, even though you have been dieting steady since high school.

It is fluid, not fat.

If you have fat, then remember, there is no other way to lose it except burning it as fuel.

If you do have fat that means this book is **NOT FOR YOU**, and my message for you is vaya con Dios, brah.

More energy output than energy input, and that is it, that is the answer to losing excess, not deficient, weight. If the weight is from fat cell deposits = years of excess, this is the only way.

There is no miracle for fat cell weight loss.

Even Bariatric surgery is not a miracle. Sometimes this kind of surgery is the only way to prolong a life, and so it is necessary. But I have seen many of these surgeries go wrong. They can cause absorption problems, chronic anemia, and very complex digestive issues.

They also won't fix your deficiencies, so these surgeries are strictly to try and save lives.

2. The other way a person gains weight is through fluid.

Fluid retention can develop from a medical condition like diabetes or hypothyroidism. These conditions that disrupt fluid metabolism in the body are big challenges to correct, but if you correct the condition, you will correct the retention. It is the only way.

Along with challenging medical conditions, there are also other problems like hormone deficiencies later in life that cause fluid retention. Medications can also cause fluid weight gain. Medications like steroids, birth control, and anti-depressant SSRI's (selective serotonin reuptake inhibitors). Again, fixing the internal problem here, will push the excess fluid out of the body.

The special case of fluid weight gain that can only correct through food is the kind of fluid weight gain that teens, Hollywood stars, college girls, and young women are getting today. This fluid weight gain is what we have been discussing throughout the book. This fluid weight gain is what you might be going through now, if you have been dieting. It is what anyone and everyone will go through, if they eat low calories in their youth, high protein, low-carb diets that create internal deficiencies. Again, this kind of weight gain can only be cured by eating. By eating, the body will correct the deficiencies that were created by not eating. Remember, you can exercise all you want, but the fluid that looks like fat, won't go away.

Only eating will correct and upgrade the function of the fluid metabolism mechanism in the body.

Upgrading the metabolism will redistribute and transport the stagnate fluid from the interstitial spaces, from weak capillary walls, from tissues and cavities, while keeping it from leaking and slowing down again.

There are hard times, though, when just eating more calories and carbs will not regulate stagnate fluid in the body. It has happened to some of my patients. Let me share a case from my time practicing acupuncture in Jersey. A young woman was filled with fluid in her abdominal spaces, thighs, and waist. She had dieted for twenty years. Starving herself at times, and other times eating just salads. She couldn't lose weight. She had been a heavy partier all through her twenties. All this combined, made her extracellular space fill with fluid. The fluid was stuck for years from deep deficiencies, combine that with her weak endocrine system, and it left her unable to lose weight. She was depressed, hated the world, cried a lot, trapped in a body she was disgusted to look at in the mirror.

This is a case where just eating carbs to restore the internal energy deficits and take pressure off the endocrine system, **will NOT work.**

This was a case for the type of acupuncture I practice, which is more than just Chinese Medical Qi/Meridian Theory. Its basis is in Chinese Medicine, only more scientific. This kind of acupuncture strategy creates reactivity in tissue that upregulates systems responsible for water metabolism.

It took a long time to treat her body. For over a year there wasn't much change. But around 18 months, the weight just started to drop. She lost over 60 pounds without dieting or exercise. Her body started to self-regulate, and everything inside and outside changed.

Her case ended perfect, though it was very hard to treat because of the years she dieted and partied like it was 2005.

These types of cases cannot be fixed by eating alone. There is just too much fluid, and the internal deficiency **GAPS** are just too widespread. Still, without eating carbs, her body wouldn't have had the energy to finally regulate the fluid problem. The carbs she did eat, gave energy to the centers in her body governing fluid. And that meant as these centers were catalyzed by my acupuncture treatment, and as they received the supply of carb energy, they finally began to fully perform their task of regulating fluid again.

So, eating is still essential in this kind of case. It is just that this patient's body crossed the threshold where food was not enough to remove the excess fluid. She needed a catalyst to help.

This clinical case might seem off-topic, but I write it to demonstrate the complexity of a young body still maturing and having to fight self-starvation for years. I plead with you **DO NOT** get to this point. To the point where you are carrying so much fluid that nothing but long, enduring acupuncture treatments will help.

It will drain your life savings, take all your time, and change your personality.

Being sick will leave you broken.

Please don't get sick from beauty diets, please. They just don't work. They will leave you swollen, all of them.

So, how do you know you are in this deep deficiency swelling place? There is a way to make a determination. We need data. We calculate the years of dieting, fasting, alcohol use, and any deficiency symptoms: fatigue, sleeplessness, depression, amid others occurring in the body. Put those indicators together with fluid weight you are carrying, and there can be a determination.

This kind of calculation is better left to professionals, but there is a self-determining way to check if you are retaining fluid.

I call it the **MIRROR FLUID CHECK**.

As, demonstrated, fluid build-up is different than fat cell deposits. So, if you have more of one than the other, you will know.

The way you will know is like this, imagine a calm lake, and imagine throwing a rock into that lake. What happens? There is movement across the body of water – rippling. Well, rippling is the consistency of fluid accumulation in your body.

If you stand in front of the mirror, hit your abdomen, and you see a ripple across the abdomen, it is most likely fluid.

RIPPLES = FLUID.

Fat is different.

Living in Kona, Hawaii, with my wife, we got to be around the Hawaiian delicacy of roasted pig. Have you been to a *luau* in Hawaii?

Have you seen how Hawaiians cook pig? Well, if you get to come close to the pig, and see the fat of the pig, you will notice the fat doesn't move much. There is limited movement, and it confines to a space. Flicking it won't cause a ripple effect throughout the pig.

This is a way to differentiate between fat and fluid.

You can, with a discerning eye (not the all-seeing eye), and the **FLUID MIRROR CHECK**, figure out what is going on in your body. Either fat deposits or fluid accumulation.

Remember, fluid accumulation is one of the most challenging processes to treat in the body.

Please don't get to the point where your body swells and accumulates fluid. Know that both Bulimia and Anorexia cause severe fluid retention. With Bulimia swelling, particularly Bulimia facial swelling, being the absolute hardest to treat.

BULIMIA IS A BEAST.

It destroys beauty like nothing I have ever seen. It will make you swell forever.

Protect your beauty by eating the **QUATERNARY** way, living the **HOLOCENE** life, in this part of earth's history.

MY WIFE

When I married my wife, she was 25 years old. She didn't have one atom of life left in her ruined body.

She had been a dance major in college. Dance, I believe, aside from Bulimia, is one of the most abusive things a young girl can do to her beauty and body. Her dedication and study of dance/ballet caused her suffering words cannot express. Along with dance, she was a cross-country runner and worked two jobs from the time she was a freshman in high school. She started work at 5 am at a bagel shop in Lake Forest, CA. She worked weekends there, and she worked summers. So, she never got to sleep-in. This allowed for a sleep debt to build in her from a young age. After school, she worked at a car dealership until 9 pm. She did all this for years, without ever matching her calorie/energy output with food input. What was happening? You already know, she was catabolizing herself.

My wife worked hard, but many teens work hard. A lot of high school students work two jobs and play sports like my wife did. The problem is that nobody taught my wife, and nobody teaches teens how to eat for their future. There is no true education or culture of eating to protect the future of America. Everything is diet, diet, and more weird diets. In your young life, have you ever heard that your body can reach a weakened state of deficiency?

Be honest, you haven't? Neither did my wife.

My wife went on to college, where she met with a nutritionist in her dance program who convinced her that she shouldn't eat more than 1500 calories a day. My wife actually paid money for information that ruined her college years.

The nutritionist should have been held responsible, financially, and legally, for how much her unscientific diet council hurt my wife's body and health.

My wife isn't the only one who suffered from hurtful diet information. A lot of people have suffered from the same. Why do

so many nutritionists give the same diet advice?

Their diet plans all seem to go like this: eat less calories, eat more like a caveman, eat good fats and a lot of green things. That's it. Every client ends up with the same diet plan – plus or minus food allergies, and other individual medical needs. People trust nutritionists, but I have never met one who recognizes the high caloric need of a young body.

Did that nutritionist not know a young person needs around 2000 calories just to sit in bed all day? Just for breathing, sleeping, repairing cellular structures/tissues, eliminating, and processing. These life functions take at least 2000 calories a day. Add to that primary energy consumption, the schedule my wife had dancing 4-5 hours a day, going to the gym, running, using her brain to study all day, go to class, work, and the minimum calorie intake she needed was 4000.

For me, the more protective calorie count would've been closer to 6000. The amount of physical activity like the dancing, the running, the gym, she was putting herself through, created such a high demand on body networks and organs. Just one high-intensity run, high-intensity ballet class, breaks down all tissue in your body, even kidney tissue.

My wife trusted that nutritionist and ate only 1500 calories a day in college. It left her college experience energy-less, while she spent those critical years developing massive, internal, deficiency **GAPS. GAPS** that we would leave her lifeless from the first day of our honeymoon.

After our honeymoon in Cancun, we moved from Orange County, California, to Florida, where I was working at a medical center outside Miami. The first day we got to Florida, she just slept. And for the next period of her life, all my wife did was sleep and watch TV.

She ate everything, watched everything, and slept for years. There were days where she slept for 18 hours, 22 hours. She never went a day without a minimum of 5000 calories.

To repair the breakdown she experienced, and to pay back deficiency **GAPS** took a very, very long time. It required a lot of patience to walk through until she got to recovery. She needed to sleep and eat a ton, so our life was on hold. Without waiting it is impossible to recover.

Those years were devoted to eating and sleeping. She ate Philly cheesesteak sandwiches, cheeseburgers, pizza, teriyaki chicken with white rice, while she slept the days away. Her diet was endless and full of high calorie foods. She also needed at least 12 hours of sleep but was getting more.

She would eat whole pizzas.

She would eat 6-7 tacos at a time.

She would eat two cheeseburgers, fries, and a soda.

I made her thick sandwiches, like her favorite the "BACONATER." Bread fried with butter, cheese, mayonnaise, and bacon, sometimes with tomatoes, depending on the day.

I made her massive tuna melt sandwiches.

I made her Chinese pork dishes, with a lot of fat and sweet sauce.

She ate rice daily, white rice – big bowls.

She ate everything, muffins, chocolate, donuts (she could eat a dozen in a day), quesadillas, burritos, nachos (one of her favorites), pasta, pies, cakes, beignets, crepes, chips, chili cheese dogs, grilled cheese sandwiches.

She ate it all.

Do you want to know what happened?

About one year into the eating, she dropped a bunch of fluid weight, and got a six-pack of stomach muscles. She never did any sit-ups those years. And for the next six years, until she had our first child, she had that six-pack. She was tight and toned, without ever going to the gym. Muscle development, structure, and regulation by the brain was proven in her. For all those years she stayed at the same weight, and all the fluid she had was gone. A lot of that fluid excretion was expelled so quickly because of my acupuncture treatments, but without her heavy calorie intake, acupuncture wouldn't have worked. On these severe deficiency cases of fluid retention without energy intake, nothing works. Acupuncture cannot deposit energy, but because she was eating and sleeping so much, like my patient in New Jersey, the acupuncture could stimulate the endocrine system into regulating fluid again. Before, as she danced so much and ate so little, her endocrine system was contracting. All the reserves in her body were depleting. There were no incoming resources daily through her mouth. There were no resources stored up anymore in the muscles or liver to help the endocrine system, digestive system, cardiac system, function the way they should have at her young age. This caused a move away from the high metabolic rate my wife had in high school. Almost all young people have this elevated metabolic rate until it is disturbed, the way my wife and so many other young girls disturb their metabolism, by eating low-carb, low calorie, high protein, cave diets, and over-exercising.

There is a better way. The way that God showed us a long time ago. Eat grains, high-carb, meat in your youth, and along the way cook or fry your vegetables = **QUATERNARY.**

QUATERNARY eating that took man from a limited hunter to a patient grower and farmer. The diet that took us from not even knowing how to write language, to painting the ceilings of the Sistine Chapel. The way that took my wife from being completely lifeless, dead at the young age of 25 years old, confused and totally defeated, to a mother of two, with a third on the way. A mother who runs our green tea cigarette business helping people quit smoking, who hasn't slept through the night in years, who has endless energy, and who has maintained the same weight for years.

It can do the same for you.

You just have to stop fearing food. You need someone around you who will encourage you to eat all things. Things like cheeseburgers, burritos, pizza, fries, a lot of fries, baconaters, and white rice. Not once a month, not once a week, but daily. Daily until your deficiencies restore, **GAPS** fill, and your debt is paid back.

Those **GAPS**, that debt, took many years for my wife to fill and pay back. Her internal body deficit affected every part of her. In the beginning of our marriage, she would get a bruise from the slightest tap against anything. It would take weeks to heal. Sometimes the bruises would take months to heal. Her blood density was so light, and her blood volume was so low. Remember, blood can only be built-up through food, a lot of it, and she was eating nothing. So, her blood volume and density were of the first deficits that needed to be restored.

There was so much more that had to be fixed.

She had acne that was with her from high school. But once she ate and restored her progesterone/estrogen levels, which were low since her early teen years, the acne went away.

She had pain in her hips from dancing, chronic pain in her back, that went away. Her pain didn't go away because she ate a lot, but it helped. Her muscles were void of sugar. They needed carbs to restore glycogen reserves and decrease inflammation to the fascia.

Acupuncture cured the chronic pain, but the food gave her what she needed to enter-into rest and repair.

About acupuncture, my advice is you don't need it, unless you have real health problems like chronic fatigue, chronic pain, insomnia, menstrual dysfunction. A real condition that isn't getting better. Otherwise, you don't need acupuncture therapy, and if you do get it, it should be done medically, not only by Chinese theory. And DON'T GET ELECTRICAL ACUPUNCTURE, IT CAN MESS WITH YOUR HEART RHYTHM.

Is all this making sense now?

My wife was completely devastated at a young age because of the deception and non-education of our culture in food, dieting, and the beauty war. She was deceived and devastated by the money makers in health, the nutritionists who can't grasp they are starving our youth, and all the gateway diets that can morph into eating disorders.

Her devastation, though, was saved by Jesus.

And I, her Christian husband, learned from the Son of God, how to love her through her sickness and long-suffer through it all. She leaned upon me, and I leaned upon Christ.

Jesus Christ who comforted me in my suffering. The comfort I received was passed on to my wife in her suffering. Just as the Bible predicts would be,

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”

- **2 Corinthians 1:3-5, ESV**

We both clung to Jesus. We both were comforted by God during a time we could have lost our minds and spun into a web of darkness and despair.

I learned from my own illness, from my own desert and being in the wilderness alone, how much time and how much support a person needs to overcome these **NEW WORLD** conditions. Conditions that if not fixed, lead to a waterfall of health problems that involve autoimmunity, repetitive miscarriages, organ transplants, cancers, viruses that absolutely ruin and steal young life. With these conditions there is **NO ROCK BOTTOM**. Life can always get worse. My wife could have gotten so much worse. Thanks to the Lord Jesus, she didn't. Thanks to Him, for saving my wife. For having mercy on us, and for giving me the love to walk with her in her sickness.

People don't like the sick. You know that, right? The sick get labeled and discarded from society. After all, evolution is about the strongest, not the sickest. So many people think the chronically ill are “faking it,” that it is all in their “head,” but it isn't. Deficiencies in your youth, accumulated over-time, will devastate your health, and they are almost impossible to recover from once

they settle in and activate changes in the genetic code. Changes like Lupus, Multiple Sclerosis, RA, and other degenerative diseases. Genetics, as a topic, is way too scientific to go over in this book. Just know that you should try to keep your DNA “tight.”

Staying “tight” means that it will silence changes and mutations in genes.

How do you keep DNA “tight?”

You keep yourself from internal stress. What is “internal stress?” It is what every young girl is doing in middle school and high school – self-starvation, vegan diets, over-exercise. **Today’s beauty culture “loosens” the genetic code because it introduces the body to ongoing, high-level internal stress.** Over-time, what you think will make you skinny, actually breaks down your life code (your DNA). Keeping your DNA “tight” and changes within the genes “silent,” will keep you from aging young, beauty loss, swelling, and from activating these very painful diseases.

All of this comes back to love.

Life is nothing without love, and if you are sick, weak, broken, and exhausted from a life of beauty dieting, you need love. It is so important to find someone to walk with you in love. In the love that filled my heart for my wife in her suffering. In the love that the Bible promises will pour into our hearts,

“God’s love has been poured out into our hearts through the Holy Spirit.”

- **Romans 5:5, NIV**

This is the kind of love you need if you are suffering right now. You need God’s love.

Perfect love.

Love, not shame.

If you are sick, have gone through the body changes my wife went through, that I went through, I hope you can find someone to love you.

Your mother, father, brother, sister, boyfriend, girlfriend, wife, husband, friend, church, rehab – you need someone to love you. You need love to get through this time and to recover. You need someone to be patient with you because a youth of eating less to be prettier and skinnier, eating clean, eating like influencers, will take a long time to fix. You will need this kind of love, because your brain, your mind, your soul, has been so programmed to think eating less, eating just plants, just protein, will give you the thin body that you want. So, you will always revert to that place. Recalibrating your thoughts to go back to those “safe places” of fearing food, eating less, or not eating. Back to the place of throwing up your food. All of those places (especially Bulimia) will make your face swell endlessly. They are dark places not safe places. They are places that will make you gain a lot of weight – suddenly. All this is why you need a lot of love.

All this is why you need person, a comforter, an encourager like Jesus.

A person who will endure this time with you.

A person that will remind you that eating is what will get you the body you want.

A person to remind you that eating less makes you swollen.

A person to remind you that eating just plants will make your face unrecognizable to your old high school friends.

A person to continually remind you that eating high-carb will raise and sustain your metabolic output to the point where you never gain weight in your youth.

You need someone who will keep reminding you of these body truths and the real way to keep your beauty and a thin body.

If you can't find anyone, then keep reading this book over and over. Read it until you memorize the information and start to live it out in your life. Also, my most important suggestion to you is to start praying to the only God that is love – the Christian God,

“GOD IS LOVE” - 1 John 4:16, NIV

This God, the God of the Bible, will come to you, and when He does, He will never leave you or forsake you. You can ALWAYS count on His love; Jesus will always be with you.

JESUS LOVES YOU.

Jesus wants to be spend eternity with you, what can be more affirming or value-giving than wanting to spend forever with you?

You will need a lot of His love to get through the darkness and confusion of the past. But that darkness and confusion will fade, and you will be born anew. You will be born again, into a new light and a new life. You will fill with energy, hope, strength, and love. Your obsession with food, the thoughts of dieting, controlling you and taking away your peace, will die out.

You will heal.

I believe.

SPECIAL NOTE: if you haven't developed deep deficiencies yet, you aren't tired, you haven't swelled, that is great news!

STOP DIETING right away.

Rejoice and be thankful!

You can avoid a life of pain and regret.

You can avoid it all by eating the **BEAUTY EXTINCT** way.

High-carb, high calorie, **CHRISTIAN FREE EATING** in your youth, add to it the lifestyle of rejecting the extreme exercise cults on social media, telling you to exercise hard or go home, learning to sleep way, way more and your beauty will never go extinct.

QUATERNARY living will keep your future safe from genetic loosening, body swelling, and beauty loss.

You really will be free.

INFERTILITY, PREGNANCY, AND MISCARRIAGE

I want to write a section about pregnancy within the scope of deficiency. In the clinic, I have witnessed a pattern of young women, after a life of eating less, exercising a lot, using birth control, get to the age where they want to have kids (usually in their thirties) and they can't. They have infertility.

This is one of the most heart-breaking moments in life, a young aspiring, and hopeful future mother can go through. Another moment would be hearing from the OBGYN, “there is no HEARTBEAT.” I know because my wife heard those words.

We lost our third child, a little boy, we named Phillip.

I can’t explain to you the pain I felt and the pain I still feel, the pain my wife surges through and suffers through losing our little one. I pray you never ever have to go through losing a child this way or any way. Our child, as with all children, is with Jesus now in heaven, and we will see him one day, and that is where our peace and strength remain – in Christ.

We have lived it, I treat infertility clinically and have since 2007. I have helped with repetitive miscarriages, swelling, pain, nausea, vomiting, you name it. So I will write quickly about both infertility and miscarriage. In some cases, both can be guarded against with your effort. In other cases, infertility and miscarriage happen, and there is nothing you could do or could’ve done to change it. Sometimes genetic defaults, or medical conditions are real causes of miscarriage and infertility. Put those complex medical occurrences aside, and let’s think about how you can lower the risk for both with your own effort.

Taking action in the years leading up to motherhood can help you avoid long delays, and even a cycle of miscarrying.

By action, I always mean correcting deficiencies. Going into your motherhood years without internal deficits, without over-exercising, and without a sleep debt, will help secure your womb and create a fertile environment.

The way you do this is by eating A LOT. Eating a ton of food and a high-carbohydrate diet for months leading up to the time you want to get pregnant.

If it is too late for that, and you are already experiencing infertility or repetitive miscarriages, then I would recommend going to an experienced acupuncturist. Most insurance covers acupuncture now.

Modern acupuncture works with advanced medical fertility programs and treatments in an integrative setting. Medical acupuncture treatments stimulate the 3-way axis of the brain, uterus, endocrine glands (pituitary, hypothalamus). Combine that with the blood activity acupuncture needles direct to the uterus, helping ovaries with hormone and follicle production, and you have a catalyst for conception.

Acupuncture also affects weak uterine lining, too weak to sustain full-term pregnancy. So, it can help prevent miscarriage and stop the cycle of repetitive miscarriages. But the acupuncture has to be done above your womb and with many needles. I am an Acupuncture Infertility Specialist, so again, if you need help contact me – all my help is free.

And remember, none of this works unless you are eating and fixing the deficiencies before you want to get pregnant. Eating a high-calorie, high carbohydrate diet, taking time off from the gym, and sleeping more is everything to guarding your womb from infertility and repetitive miscarriages.

IT IS NOT A GUARANTEE, but it is the best you can do on your own.

Acupuncture can help you get pregnant, but to stay pregnant, your hormone levels need to stay up. The only way they stay up without synthetic help is by eating a lot and sleeping a lot.

SWELLING DURING PREGNANCY

If you have fluid retention in your twenties from deficiency, then when you get pregnant, you will most likely swell. Swelling during pregnancy usually accumulates in the lower legs, lower abdomen/thighs, back of the arms, and face. But it can be systemic, meaning all over the body. This swelling is not from salt. This swelling is from going into pregnancy in a weakened state of endocrine output. Again, that means deficiency. Deficiency is this book's buzz word. Swelling has everything to do with not eating, eating too clean, eating raw food, eating high protein, and low calorie going into pregnancy. Pregnancy is very, very complex. It demands a lot from your body. If you can't meet those internal demands, you will swell. Live the typical beauty seeking life in your twenties, and it will be rare that you don't swell during pregnancy. Few young women make it through pregnancy nowadays without swelling. For you who swell, don't try and take any herbs, or any supplements for the swelling. Anything you take can really hurt your baby. Also, they won't help. They are a waste of money.

You are just going to have to deal with the discomfort through your pregnancy.

The best thing you can do, even if you are swollen, is to eat. Unless you develop preeclampsia, gestational diabetes, or any other medical condition during your pregnancy. In these cases, you have to have a STRICT DIET and listen to your doctor ONLY. You can really be in trouble if you eat too much with high-blood pressure during pregnancy. You are high-risk in this time and need to listen closely to your OBGYN not to me. Sometimes deficient bodies will manifest with preeclampsia or gestational diabetes. It is a web I can't undo here, and you will just have to get through it and wait to get better after you beautiful baby is born.

If you are clear from medical risk, a high-risk pregnancy, then it is so important to eat a lot because it takes a lot of blood, hormones, and resources to sustain a full-term pregnancy.

The only way to keep all those internal levels up is with food.

Keep eating even if you are swollen, as long as the doctor doesn't give you any clear orders, because eating it will help sustain your pregnancy and help you after pregnancy to recover. And if you plan on having a second child, or another child, eating a lot will help restore internal deficiencies and regulate fluid metabolism.

Hopefully, making your next pregnancy way more comfortable and with less fluid.

PREGNANCY GLOW

If you are going into your pregnancy after a decade or more of dieting, killing yourself at the gym, eating high protein, eating only plants, or by any other beauty manipulation tactics that cause deficiencies, then you will not have the pregnancy “GLOW” you hear about. The “GLOW” is reserved for bodies that have an excess of sexual hormones (progesterone and estrogen), and energy reserves. If you don’t have the “GLOW,” please stop blaming it on carrying a girl. I can’t believe how many mothers blame carrying a female gender child for their acne and “unpretty” face during pregnancy. It has nothing to do with carrying a girl. Stop blaming girls. As if girls don’t get enough blame around the world for everything that is wrong in a society, now pregnant mothers are repeating unscientific superstitions.

Girls are aborted, by the millions, every year, around the world, simply for being girls. So, if you want to make a stand for your gender in this social warrior culture, please start in the womb and stop attributing negative beauty changes on your face to having a girl. It doesn’t matter what your last pregnancy was like when you had a boy and felt beautiful. Chances are your last pregnancy you were younger, and your body was stronger. It wasn’t because you had a boy. Boy or girl, if you don’t eat for years going into pregnancy, you will have acne, you will swell. From your own doing, not from the precious baby girl in you.

If you want that glow, then you have to eat, eat a lot of carbs leading up to the pregnancy and resolve deficiencies. You have to eat **QUATERNARY**.

WARNING EXCESS BODIES

If you are at risk for excess sugar levels, high-blood pressure, then this book isn't for you. Excess bodies get that way usually because there was never constant dieting, low calorie intake, and exercise. There are other complicated ways to get there but I won't discuss them here. For these pregnant women classified as having excess, **they should follow strict diets their doctors give them. Again, they are not included in the population that I wrote this book for – the youth, who have restricted food most of their lives.**

YOUR Obstetric Specialist should be treating you during pregnancy. LISTEN TO YOUR DOCTOR ALWAYS.

BREASTFEEDING

I don't know how to write about this, it is highly sensitive. There are so many opinions, and many opinions can involve shame, guilt, and blame. I don't want to add to any of it. So, in the gentlest way, I also want to give my clinical experience about the formation and development of children.

What you eat matters, how much you eat matters more. All of it matters to the health and development of the child. I can write another book on this but for now to all aspiring mothers, know that your child can also develop deficiencies. They may not be expressed until later in life. Your cycle of dieting will affect your child. The less you eat, the weaker your mitochondria passed down to your child, the less breastmilk you produce, which can mean more potential to suffer from food sensitivities, allergies, inflammation, stomach problems, and other conditions that are exhausting and painful. It isn't always true, but it seems to be happening more and more. Restricting calories while pregnant with the goal of gaining just belly weight, can weaken your child. Don't be offended. Please realize that growing and developing a life takes so much. In the past, generations may have gotten away with not eating enough, or working non-stop while pregnant. Maybe they got away with it because of stronger mitochondria that came from their mothers who were breastfed and from the old world. Today, lineages of women have been formula fed. Formula downgrades genetic tolerance over generations. We aren't as strong as the generations before us.

That means you should eat a lot during pregnancy.

Remember, this only works for those going into the pregnancy deficient. This book information isn't for people with excess bodies. Excess bodies have excess conditions.

Conditions of excess during pregnancy are things like gestational diabetes, high-blood pressure, and a fatty liver. Very serious conditions that need to be monitored and treated by Medical Doctors specializing in this field.

If you aren't in this excess category, you should eat a lot and freely. Keep consuming DNA FOODS from the first day of your pregnancy to the last. Don't count calories; don't worry about how much weight you gain.

If you don't eat, you will probably swell during your pregnancy, usually indicating a deficient body with **GAPS**.

If you restrict calories going into pregnancy, chances are you will have a very difficult time getting through the nine months. You might not only swell, but you have a higher chance of being sick and tired throughout the pregnancy. Vomiting, fatigue, headaches, it can just be miserable – all related to low hormone levels.

Eating doesn't always protect you from these unwanted symptoms during pregnancy, sometimes medical conditions can cause them. But eating will always help. Once again, to remind you, all the information in this book is only for women that have dieted for years, over-exercised, fasted, and not eaten enough in their most critical developmental years. It is the same for this section. Eating a lot during your pregnancy only works if you are going into your pregnancy thin and deficient from years of internal **GAPS**. Operating without reserves, dieting for years, with a history of punishing yourself at the gym.

And once again, always listen to your doctor if they give you warnings about what to eat and not eat.

Listen to your doctor above anyone else.

Let me just add that if you go into your pregnancy after years of dieting and worshipping the gym, representing that low-carb life, you will most likely will not have breast milk to feed your child.

So, what, right?

I am a formula fed child. My mother was very thin, didn't eat much, and didn't know that was why she couldn't produce milk. My mother as formula fed. That is two generations of cow milk that fed us, not breast milk. Now, examine the suffering I experienced in my life and compare it to my dad who was breastfed for years. He was never sick a day in his life. I have been sick all my life, I haven't even written anything about how much I have suffered.

Take from that what you want, make up your own theories, conclude whatever.

You might think it is all the same, formula and breast milk. It is not, but breast feeding is very hard, and to have a good supply of milk is harder. Breastfeeding takes a high calorie diet throughout pregnancy and after pregnancy, while resolving deficiencies before pregnancy.

My wife breastfed both of our daughters, no formula. Remember, my wife, the one whose body depletion was so severe that she literally laid in bed for years. That wife, yes, that one. Breastfed both of our kids, all through the night, and every day. Never having a problem with supply.

She was able to breastfeed without interruption and with ease because she trusted Jesus to heal her through those sick years and she ate everything I put in front of her.

ENDO BEAUTY

Certain aspects of what you see in the mirror reflects the endocrine system (hormones). The endocrine system is a network of small glands that are heavily involved in reactions throughout the body governed by the brain.

The four most significant parts of this system are the thyroid, adrenal, pituitary, and sexual organs. With the brain, they control sleep, mood, growth, development, and most of all – the metabolism.

Have you ever seen anybody with Hypothyroidism? They have a distinct external appearance. Their body appears to be soft, without muscle tone, and bigger. The fault here is not overeating. The size of their body is directly related to the thyroid gland and its deficiency of the main hormone it produces – Thyroxine. When this hormone can't meet the internal demand of the body, the metabolism slows. This slow down, like **BRAIN SLOWING**, allows for fluid to get trapped throughout the tissue in the body. This excess fluid won't go away with exercise or dieting.

DON'T GET TO THIS POINT!

In my clinical experience, this is one of the hardest conditions to manage and stabilize. Because to get to the point where your thyroid stops working, you must have established some very deep deficiencies. Throw into the deep deficiencies Hashimoto's – thyroid autoimmunity, and it gets even more complicated. With these patients, no matter what they do, they just can't seem to lose weight. Acupuncture can upregulate the thyroid gland function and raise metabolic factors, but it is a very long and complicated treatment plan.

So, once again, don't get here!

Don't hurt your thyroid gland so bad that you cannot produce Thyroxine anymore, having to take prescription synthetic hormones just to survive.

How do you get to the point where you damaged your thyroid gland so bad that you have to be on thyroid replacement hormones all your life, causing you to gain fluid weight that you can never get rid of?

Outside of medication and genetics, the answer is DIETING in your youth.

Low-carb diets, plant diets, low calorie diets, cave diets, skipping breakfast in high school, over-exercising without eating high calorie/high-carb – all of them kill your thyroid. It is all cumulative. Over time, sacrificing for beauty causes deep deficiency **GAPS**, depleting you, as your body makes drastic attempts to protect your DNA and highly interconnected thyroid energy networks. Time goes by, and your body keeps up its fight against the ever-expanding deficiencies. It fights until it collapses, and when it collapses, you get diagnosed with Hypothyroidism, and the chaos in your body shows on your face.

Swelling everywhere. Fatigue non-stop.

If you don't eat breakfast in high school, you skip lunch, play soccer, dance, repetitively for years, then this might be you by the time you are in your mid to late twenties. And, then there is almost no hope of coming back unless you find a skilled acupuncturist that can help excrete the fluid and upregulate the endocrine system.

I haven't seen the fluid expelled with any other therapy, medicine, or treatment. Even on synthetic hormones, the body gets what it needs metabolically, but the fluid stays trapped.

Prevent all this in your youth.

How to prevent it? First step, in high school, in college, to protect against thyroid beauty loss and swelling, the best thing to do is to have an egg, bacon, and cheese sandwich, on buttered grilled sourdough bread or bagel, every morning you go to school. On the weekends, or days off, you can skip breakfast and sleep-in until lunch. You don't believe me? Fine, just remember that each day you go to school missing a greasy breakfast, you fit the profile for major fluid weight gain in your mid to late twenties.

For lunch, in high school, in college, I know cool young teens don't want to be seen eating. But I wouldn't care if I was you, because those young people who don't eat will lose the beauty fight a decade later.

DON'T BE THEM.

If you don't care about what people think and eat your lunch, you will not have to go through the future pain the non-eaters will go through. Your body will be tight because your metabolism will be functioning at a high and optimum output. You will have no fluid accumulation in your face or body like many young Hollywood actresses are suffering through now. I predicted many years ago that certain Hollywood stars would phase-out of the HOT GIRL part of their lives as their bodies were about to start swelling with fluid. It will happen to you if you keep sacrificing food for beauty. **Remember, when you don't eat, you tax the body's reserves.**

Any dieting in your youth, robs your stored-up sugar in the liver and muscle cells. This is what the world is selling you, fasting and the trend of catabolism. Do this and spend your youth looking back at the time when you were "pretty" and "skinny." Fasting and catabolism don't make you beautiful. They do the opposite. They both make you eat yourself.

Eating yourself away means eating your beauty away, and all this eating away can only go on for so long. After the little fat, sugar stores you have burn up, then what? Then, your body pillages the only deep energy reserves left.

Where are these deep reserves? The deep energy reserves are found in what we have been discussing – the endocrine system. The glands in this system, like the thyroid gland, release complex energy factors to keep cellular activity in your body alive. But these glands can only function for so long without carbs coming into your body. Carbs like white rice take the burden off of the thyroid and adrenal glands to produce energy where there is none left or coming into your body. The problem is, like the sugar reserves and fat reserves, the deep energy reserves in these glands can only last so long without help from you eating glucose. They only last so long before they too, break.

When they break, your body breaks, and your beauty breaks.

When your body breaks, you will never be the same person once all this happens.

If they break, your life will be lost to going to doctor after doctor, reading book after book, trying diet after diet, supplement after supplement to get better, but nothing will work. You will be diagnosed with what we already discussed – Hypothyroidism. You will probably get a Chronic Fatigue Syndrome diagnosis, which is really your adrenal glands totally burned out from trying to keep you alive without any back-up in the form of cellular ATP. On top of both of those very serious and harsh chronic conditions, you will probably get an insomnia diagnosis. Insomnia that is treated with pills but is related to another endocrine gland – the pineal gland. A gland in the brain that helps regulate sleep through the hormone melatonin.

Do you see what the quest for beauty causes?

All of this before the young age of 25.

Some devoted to thinness and beauty might say, so what? I can take all the pain as long as I am skinny. It doesn't work like that. More sacrifice doesn't mean more beauty. The more sacrifice of food for thinness and beauty, the more you will swell and gain weight. Once you need to plunder your endocrine system for daily energy needs, your beauty is ON-THE-OUT. These conditions will change your face, make your body soft, and ruin your hair. You won't be the same person. Not only will you lose the pretty face you always had, but you will be left with a body that doesn't work anymore. A body that can't sleep at night. A body that can't wake up in the morning. A body that is always hot or always cold. A body that is sensitive to everything.

A body that you won't want.

So how do you stop all of this? You stop all of this in your future, by eating now. What you do now, in the present, will shape your beauty and body future.

All diets, every single one that you think will make you pretty and skinny, will take both away and leave your parents with insane medical bills – especially if you have a PPO insurance plan.

IF YOU FORGET EVERYTHING in this book and what I wrote not to forget on page 28:

“IF YOU FORGET EVERYTHING in this book, try to remember that restricted calorie, low-carb diets in your youth will take away your beauty and make your body swell.”

Please by the love of Jesus God, remember that external beauty is produced internally; to produce that beauty you need lots of food.

Keeping beauty and body is the opposite of what you have been taught. Every formula for skinny you see on social media and in the diet industry is this:

EAT LESS = GET SKINNY

So, wrong. It is the opposite. The more you eat in high school, college, the more you will keep your beauty and body through the years that most young girls lose everything. The less you eat, the less beauty you will produce.

Just so we are clear, the beauty that I am talking about is external physical beauty that the world esteems and pressures you into reaching as a standard. It is not my standard. I don't esteem or regard anything physical. I learned to be this way from my God, Jesus Christ, who does not judge or value appearance. He is the only God that is love, and because He is love, He is the only God that does not judge us by our outer appearance.

The Bible confirms it here,

“people judge by outward appearance, but the LORD looks at the heart”

- 1 Samuel 16:7, NLT.

God, the Christian God, looks at the heart, not your physical appearance. And, He has taught me to do the same. So, to be clear, again, I write this book because of the struggle I have witnessed in the clinic for years. The struggle of young women and their desire for an outer appearance the world demands.

I pray every young person realize their value in Jesus, and that the heart is all that matters in this life.

I hope from that value; you receive power to reject social beauty standards and pressure.

RECOVERING FROM DIET SLAVERY

If you have been through any changes or the beauty loss process, **know that it is isn't permanent**. You have hope, but you must start to eat with freedom. You need to eat more to correct the internal deficiencies and strengthen your body again.

1. HIGH-CARB + FREE EATING

A. You can eat DEAD PARTICLES like cookies, as long as you don't eat only this dead food. Don't get most of your calories from dead stuff.

B. DON'T COUNT CALORIES and don't labor over what to eat and not to eat.

C. HIGH-CARB EATING WORKS. If you have been eating just protein, you have to start eating carbs like potatoes (refined-white) and rice (refined-white) right away. Eat at least one big serving a day. You will need more for recovery from internal deficit. Remember that it may be uncomfortable to start eating again because of digestive weakening. You may even gain weight quickly after starting to eat again. This is not fat weight gain. It is fluid. You have to do your best to get through this healing stage. The length of this stage depends on the level of deficiency in your body. Expect that it will take time. Again, if you start gaining weight suddenly, it is not fat, and it is not from overeating. It is fluid. Your digestive system is weak, your fluid metabolism is weak. There are ways to help together with a high calorie diet, contact me and I will try to help you. Just know that it may take longer to transport and move excess-waste fluids out of your body, but in time it will all be corrected. You have to get through this stage, without turning back to your old ways.

D. DON'T FEAR FOOD. You are young and need to be set free from fearing food. Fearing food will keep you sick and weak, pushing your beauty away, and your body into complex immune diseases, even organ failure.

2. DON'T OVER-EXERCISE

Over-exercising on a low-carb diet is the fastest way to look pale, aged, with thinning hair, swollen ankles, and a swollen face. I have tried to stress throughout this book, how bad exercise and undereating is for you. It is so horrific to your health and beauty. Your heart, your kidneys, your skin, your hormones, everything will ruin if you keep an energy output-to-input deficit throughout your teenage and college years. Remember, **Fatigue Face Syndrome?** This is the fastest way you get it.

3. SLEEP MORE

You need a lot of sleep. In your time of healing, you have to think of yourself as going into a kind of hibernation – “BEAUTY HIBERANTION.” Where you are not expending so much energy, and you have access to days of long sleep. Like 10+ hours long.

4. NO MORE DIETING

No more high protein, raw food, theoretical cave diets, intermittent fasting, ever again. Eating a high-carb diet (rice/potatoes) protects the brain. It gives the brain resources to adapt, perform, output and process information. The brain is everything in health and youth, and to your body shape.

5. NO MORE SCAMMERS GETTING RICH OFF YOU

Don't hurt your kidneys with protein shakes, herbs, supplements, and excess volumes of water. They won't heal your body when you have internal deficiencies. They will hurt you. Water is important but it is not your savior.

This is **HOLOCENE** life and style with Christian eating. I shared the principles with you at the start of the book, but here they are in a little more detail. What you probably already noticed is this whole book is about these **QUATERNARY** principles that are specified and organized into this book.

These principles are how people made it through life without antibiotics, vaccines, and surgery. In the harshest periods of history, people relied on high-carb, starchy-grain diets, to get them through the energy demand of the old world. The new world demands even more energy, so where does that leave a young person like you who eats no carbs? It leaves you puffy, pale, swollen, without energy, preparing for a life of going from doctor to doctor.

You don't have to lose this fight.

Come back to the way that God designed for you. The way of Abraham, Isaac, Jacob, Moses, David, and Jesus.

The QUATERNARY way with Christian FREEDOM.

In time, as you eat carbs, you eat more calories, you stop over-exercising, you let your body sleep/rest, and take away the addiction to buying every beauty and diet fad product, your internal body will restore itself. That is what I call the "Jesus Mechanism" in you. This healing mechanism in you is programmed to bring you back to a healed and optimum body state, which always translates into external beauty.

Eat, sleep, lay in the sun – **REPEAT.**

And your body, brain, and life will come back.

Here is something I need to write about in this **RECOVERY** section.

If you gain a lot of weight when you start your **FREE EATING** recovery stage, then you need to go see a doctor and find out what is happening with your heart and overall health. Don't wait. **Go see a doctor and tell them everything you have put yourself through with dieting and not eating for so long.**

Depending on how deep the internal deficiencies are within you, directly reflects the time of healing. So, if you have been dieting throughout high school and college, expect around three years or more to recover the cellular and tissue deficiencies internally. The only way to fill the levels of deficiency **GAPS** to an optimum output and function is by eating and eating a lot – mainly carbohydrates, since most of

you are high protein anyway. If you are not high protein, if you are more vegan/plant, then you need lots of amino acids from meat and glucose-grain-carbs to recover – not just carbs.

You have to eat everything, sleep a lot, exercise less, and watch more TV.

BEAUTY HIBERNATION + AUTOIMMUNITY

WARNING: *if you are a TYPE 1 DIABETIC or TYPE 2, none of the information in this book is for you.*

You need sleep to heal. The formula for healing from years of dieting, no carbs, and gym obsession is:

SLEEP + REST + FOOD = REPAIR

Most girls who have been not eating or eating less throughout high school, college, have weakened blood.

Remember the letter to Kristin?

She thought this was totally normal. It may seem normal to you, too. I hear so many girls in the clinic say, *“I have had Anemia for years; it is just me.”* Sorry but it is not just you, and it is not normal. It is hard for the body to run on weakened blood volume and density. Blood is maintained and strengthened by one thing – **DNA FOODS.**

Less food = less blood = less beauty

More food = more blood = more beauty

Blood renews every 120 days. Most girls who are recovering from years of dieting have to go through multiple renewal cycles of blood. The cycle renewal takes eating more and eating freely, sleeping a lot, and not over-exercising to restore and normalize blood density, volume, and strength. This is **FIRST** in your healing.

You need food and sleep to restore blood. Food is the material substance as a resource to rebuild, but sleep is what activates the restoration. In your time of healing, you should think of yourself as going into a kind of hibernation. Remember, I call it, **“CELLULAR HIBERATION,”** or **“BEAUTY HIBERNATION.”** Where you are not expending or using up too much energy, and you have access to days of long sleep.

If you don't start eating and sleeping right away, if you don't stop the over-exercise, then you are at risk of developing complex autoimmune conditions.

If not clear diagnosable autoimmune conditions, then chronic inflammatory sensitivity conditions.

Remember, your body can only take so much deficiency before it breaks. In the case of a breakdown in the immune system, autoimmunity can be the devastating result. Autoimmunity caused from a youth of dieting is a break in the tolerance of the body to endure any more stress from years of food and sleep debt. The genetic code cannot withstand the internal stress of **PSEUDO-STARVATION**, so it weakens. Autoimmunity gets activated. This is so hard to live with, and it is getting so common. Just count how many of your friends can't eat gluten, how many? This count reveals how many young people are dealing with immune related problems in their body.

Also, for your own health library, know that autoimmunity can be caused by a one-time incident or long-term pressure from drugs, or allergies to medicines. A good example of this would again be long-term antibiotic use like minocycline or tetracycline for acne, which I wrote about already. Viruses and infections (especially respiratory for some reason) can change your life, too. They can activate autoimmune factors. A virus did it to me in 1997 when I was 17 years old, which started all the sickness in my life.

Your young body is susceptible to strange diseases that you may not hear about but are destroying many lives like mine. So, your youth should be thought of as being vulnerable to developing chronic sickness. And in that vulnerability, being prepared to fight against chronic sickness that invade your body when pathological changes from a weakened and deficient body with **GAPS** finally succumb to.

Remember, this isn't just about your health. The changes from chronic disease will show up on your face and body.

The best and only way to help prevent these disease changes is by never missing meals, never exhausting your body, and always keeping carbs in your diet.

In cases where girls are going on for years manipulating their diets, thinking they will stay skinny forever, the body can't handle the starvation anymore, so the autoimmunity switch is flipped on.

This is why I call it **PSEUDO-STARVATION**.

You don't think you are starving, but your body changes as if it is starving. Because it really is, you just think you are safe by eating clean and green. You don't have to have a diagnosis of autoimmunity to suffer from years of manipulating your diet. Chronic inflammation, sensitivity and intolerance are sometimes just as bad as having a real autoimmune disease. So, if you have pain in your body, and there are no positive results for autoimmunity in blood tests, this would be that type of scenario. Where inflammation and intolerance has settled into your gut and immune system, and not having a real diagnosis can really be frustrating. Because what to you do, how do you treat something that has no name and no identity? The most you can maybe get from a specialist is Fibromyalgia. Fibromyalgia is still inflammation, just no positive lab findings for immune factors. Most doctors can't make sense of why young patients have chronic pain symptoms that match the diagnosis of Fibromyalgia.

There is nothing they can do, you are on your own in a never-ending world of pain, fatigue, beauty changes, and confusion. You don't have to get to this hopeless and morbid place.

You don't have to live the rest of your life with one of these mystery conditions in despair.

You don't have to live the rest of your life in pain.

To be pain free, you have to **STOP** listening to dieters, **STOP** pop culture dieting, and you have to **START** eating. You have to eat everything, and in time your body will have the strong internal military to fight against these devastating health changes.

Remember, the **4 PROOFS** we highlighted earlier? These are the best indicators to check if what you are doing, and eating is right.

If you have been living out your high protein, clean, yoga, no carb, tuna salad, grilled chicken, fruit, vegan, plant diets, tell me, what has been the result?

All four have suffered, right?

Then, do what I am pleading with you to do, stay away from **ANOREXIA GATEWAY DIETS** and start eating a high-carb **QUATERNARY** diet with Christian **FREEDOM**.

With more sleep, less exercise, and see what happens.

GLUTEN

One complicated thing to think about in all your beauty restoration and preservation is gluten. Gluten can be inflammatory. Gluten can worsen a gut condition if you are in a weakened immune state. What is a weakened state? You guessed it, complicated. But, usually, people in this state know their body well and know they can't tolerate gluten.

Outside of this state, and inside of an immune system operating in the boundaries of stability, no inflammatory responses, then my suggestion is to eat wheat as it is very good for ATP levels, it benefits the heart, has antioxidants, and feeds one third of the global population.

So, eat it unless your doctor advises against it, or you react to it.

Again, when I write about a high-carb diet, I mean wheat, rice, potatoes, and corn (as flour).

NOTEBOOK:

QUINOA is not a glucose-grain. It is high in protein, which means it is high in amino acids. So, it doesn't count as a food that will replenish your glycogen reserves. It won't give your body the sugar it needs. Quinoa is very good for people who don't have access to milk or animal proteins, as it supplies the body with a rich array of protein and amino acids. But it is not energy, and it is not sugar, so it will not help you recover at all. Also, it is very hard to digest.

Of all the grains that will help you heal; wheat is in a special category because of inflammation. Everyone knows gluten in wheat is inflammatory because of Leaky Gut. But really, any food has the potential to become inflammatory if your body is weak enough. It is just that wheat has gluten and gluten is a glue-like protein that is very tough for the body to breakdown. Anything hard to breakdown can cause your digestive systems "stress." And because your digestive system is lined with immune cells, when it is weakened, the combination of hyper-immune activity and hypo-gut activity forms an environment of sensitivity from the "stress" of trying to break-down large amounts of gluten.

This is one reason why gluten can cause reactivity provoking immune responses in the gut and systemically in the body tissue. Medically, all of the grains I mentioned, wheat can cause this kind of provoking immune response. Remember, if your gut is weak enough it will get the immune system involved when almost anything enters it. So, all grains can be reactive, but it is not common. Wheat, alone, is more common. Again because of the presence of gluten and it's hard to digest structure. I am sure most of you know about this and the problems gluten can cause. If you don't know, try to take a few minutes to learn about gluten and the immune system. But as you learn, please don't diagnose yourself.

Always go to your doctor and always listen to your doctor.

If your doctor isn't any help, if your doctor hasn't ordered sophisticated labs to determine what is going on inside you, then I guess you have to lead the way. The good thing is your body will tell you what is provoking an immune attack and what isn't. So, if you don't have any medical help, your body can sometimes guide you. The only thing I fear about this is people who self-diagnose can be really harsh on themselves. They have a pattern of depriving themselves and restricting many foods, almost coming to a place where all they eat is leaves and nuts. This might seem self-righteous, and it might feel like it's the only way to heal, but **FOR SURE** it will only deepen the immune complexity.

By deepen, I mean, eating hard to digest foods will cause more "stress" to the digestive system. That "stress" will cause more immune self-attacks. Eating raw doesn't work. It has never worked. There is no true, sustaining energy sources in raw food. Not the kind of energy your brain needs to operate in this modern world.

And this is why the **QUATERNARY** period of human history moved away from raw food.

Either instinctively or revelation by God, humans stopped eating raw food forever ago. Don't go back to forever ago.

Stay **QUATERNARY**.

I know this is easier to preach, then it is to practice. Trust me, I know how hard immune responses can be, most people will do anything to stop the pain. I observe this pain and try to stop it every day. I have devoted my life to it. I lived in pain forever. You don't have to be like me. Don't be like me. **QUATERNARY EATING, FREE EATING**, is the way to keep immune sensitivity away. Again, just get on a plane to China and study the Chinese. Their medical history rarely records occurrences of autoimmunity in their massive population.

The Chinese are a population of people that enjoys long life without antibodies to foods.

If you are suffering from immune intolerance and sensitivity to foods, usually this is a warning to stop consuming the food that triggered you. But to have these kinds of complex antibody/antigen immune reactions, there has to be certain conditions in your gut or DNA, so how did you get here? It could've been from diet manipulation, occurring for extended time. It could've been from a virus, or it was already present in your genetic code.

Immune sensitivity, food intolerance, and autoimmunity are all very complicated, and many times medicine doesn't know why. I am not going to pretend to know everything. I am just trying to help you understand a new way of thinking about any painful immune sensitivity you already have. And to help you never get

immune sensitivity if you don't already have it. For both groups, those who do and don't have immune sensitivity, think of this specific kind of sensitivity through a process of weakening from diet manipulation in your youth.

If you have a real autoimmune condition, you should be under the strict care of an Immune Specialist.

If you have immune sensitivity, and you have deficiency **GAPS**, the best sources for you to get through the immune hyper-reactivity, are always white rice and white potatoes because you have to fill the **GAPS** to heal. The problem is some people react to rice if they react to gluten. It is a kind of cross-reaction. So, if you feel any pain, distention, bloating, or any other weird symptoms after eating rice that means stay away from it. If you do have a sensitivity to rice, I don't think it can last throughout your life. As your body gets stronger and your digestive system repairs, your rice intolerance should fade. Keep that in mind as time passes if you are dealing with rice intolerance.

As for white potatoes, it is very, very rare to react to them. They are an A+ food to restore the immune factors in your gut by super-strengthening it.

Anyone who grew up on white potatoes can pretty much tolerate anything. Do you have an Irish grandfather that drinks whiskey every day, smokes two packs of cigarettes, and is still alive and strong at age 90? There you go, proof white potatoes transform regular guys into super-tolerance guy.

As good as potatoes are in restoring your gut, you need help. **CONTACT ME**. For all of you overwhelmed from weird symptoms in your body that may be originating in the gut/immune axis, a lot of you already have spent a lot of money going to see a Functional Medicine Doctor.

Functional Medicine Doctors have access to very accurate lab testing. Labs that test a spectrum of immune responses in your body. These tests can really help you make sense of everything, but they are very expensive.

From the lab results, your Functional Medicine Doctor will help guide you through your complex immune problems. What these doctors can't do, in my experience, is quickly change your body's internal conditions.

Meaning, Functional Medicine doesn't treat deficiencies and deficiencies in the youth are many times responsible for immune chaos.

The way Functional Medicine treats immune problems is almost always the same. It takes away the immune antagonizing agent to let the body start healing from inflammation. Next, they give you supplements and costly nutraceuticals. The problem with this strategy is taking away high energy foods (as immune triggers), deepens deficiencies in young patients who have already dieted for years.

Deepening deficiency always makes way for more hyper-immune reactivity.

Functional Medicine takes away almost all grain-sugar energy.

It relies on meat and vegetables almost always... back to the cave. No rice and little potatoes. So, young people in these programs are left more confined and restricted than when they came in for help.

Be careful, feed your body.

And remember, the secret to your youth is to avoid eating less, dieting, over-exercising, and not sleeping enough. All of these beauty trends translate into internal “stress” the body can only cope with for so long. Do this to your body long enough and you will enter the sad world of chronic pain and immune issues.

I hope you never enter that sad world.

SUMMARY

All this information is probably more boring medicine talk unless you are suffering from life interrupting food allergies, sensitivity, and intolerance.

So, to summarize and be clear, my firm position is to eat pizza, cheeseburgers, hot dogs, sandwiches, all with gluten. Again, unless, you have real disease that forbids it, or you have symptoms after eating gluten. If you are confused and have symptoms, you have to go to your doctor ASAP. If any doctor, nutritionist, chiropractor, take away all grains from you and manipulates your diet to almost nothing but meat and vegetables, you are going to get worse. Contact me and I will try to help.

Remember, white potatoes, red potatoes, yellow potatoes... almost never react to the immune system. They are almost a perfect food.

You need GLUCOSE. Without it you will never get better.

You cannot be void of ATP/sugar if you want to heal from deficiencies and all the beauty loss and body swelling. So, be persistent, don't let anyone tell you what to eat unless they have tested you. Unless they can prove that you do really have autoimmunity, or very reactive food sensitivities. And remember, just because you have sensitivity doesn't mean you have to stop eating that food like rice. Most young people in these weakened diet states start to have no **TOLERANCE** to anything. That doesn't mean the food is bad, that means their body is so weak and tolerance is **GONE**. You need that tolerance in your youth. It is what makes you be able to go through any kind of work environment, study environments without much damage.

So, talk to anyone who is taking white-starchy-carbs away from you, and tell them about this book. Tell them why you need potatoes.

If they don't listen. Just walk. You can't heal without cellular ATP that is derived from glucose-sugar rich carbs like rice.

Don't diagnose yourself, always let your MD be the one to examine and diagnose you. If they can't figure it out and all tests are negative, thank God, and re-read this book to put the kaleidoscope together.

And again, you can always contact me ANONYMOUSLY at **beauxbook@gmail.com** – I help everyone I can for FREE.

If you have no diagnosis, and no symptoms, eat pizza and be free.

STARTING NOW!

MY PLAN FOR OVERCOMING INFLAMMATION

Anyone, who is fighting either food intolerance or autoimmunity, you have my sympathy. I know how hard it is, I see it every day I the clinic, and have for almost 20 years. I am sorry you are suffering.

Please know there is hope.

If you can be patient and go through a time of healing, you will be able to manage your autoimmunity and overcome food sensitivity. As we just learned in the previous section, anyone who is fighting chronic inflammation has to be careful with gluten. They also have to be careful with white processed sugar, tea/coffee, and chemicals. Those are four main immune triggers. There are more depending on what state of cellular/tissue inflammation and where/how much there is in the body. For all of you going through low-grade inflammation, chronic inflammation, or immune sensitivity, I have identified three stages of recovery that might help you:

1. STOP IMMUNE HYPER-ACTIVITY

This is best achieved by acupuncture, eating more, and with something that can help repair tissue, help food digest, and help decrease inflammation. This goes only for patients with deficiencies. **Patients without deficiencies that have immune hyper-activity need a strict diet.** But for those with deficiencies, which is who this book is written for, diet, sometimes isn't enough. This population of non-eaters need a catalyst to overcome the chronic inflammation and regulate immune sensitivity rooted in gut, blood, endocrine, weakness. This is where acupuncture can help in many ways. It upregulates the endocrine system, CNS output, and reduces inflammation. There is a direct and specific way to help with needle therapy, and it isn't easy. It takes a lot of care.

Acupuncture together with a few substances that can help downregulate activated white blood cells like interleukins that cause inflammation.

Food, again, is critical in this initial stage of recovery. **Food is literally always critical.** If you are deficient, it is so important that you restore these deficiencies. Because deficiencies are probably what created your condition, or they are responsible for it by weakening you. When you operate out of deficiency, your body will endure the changes and internal stress as long as it can. It will, one day, come to the biological point, where it just can't take the deprivation anymore, and it breaks. When the immune system breaks, internal confusion spreads in the immune cells. This makes them come to a place where they cannot process genetic information. Meaning, immune cells will start to attack your own tissue causing chronic inflammation. **The weaker you get, the more possibility everything becomes a trigger.** In this state, almost any food triggers your white blood cells, even chewing gum. Getting too tired triggers immune responses. Environment triggers you (perfume, chemicals). Temperature, too, will cause an immune response. Life becomes hard to manage.

Everything bothers you.

Your tolerance disappears.

Treating all of this depends on each individual's current body place. A skilled doctor has to mitigate the immune response, decrease inflammation, while strengthening core systems. You can start the healing process on your own by eating more cooked food, by eating high-carb **DNA FOODS**. They will restore your blood density and help with energy **(AS LONG AS YOU ARE NOT REACTIVE TO ANY OF THEM – potatoes are the hero)**.

But eating is the hardest part to healing, why?

Because of the fear of food. In every young girl's mind, eating less is what will give them the skinny body they want. They don't know it is the opposite in **BEAUTYLAND**. These non-eaters will only be skinny for a time, and then the swelling comes. I can't tell you how many times I have tried to explain this in the clinic. Many refuse to accept that this is the way the body works. The refusal and denial take time to work through. The fear of food is so programmed in the youth, that for me, it really is the biggest and hardest fight to win. Though once they start to realize that less food means beauty loss, body swelling, then winning gets easier.

Let me give you another clinical case documenting the fear of food. It was also in New Jersey. The patient was a young singer. She came to my office when she was 22 years old. Her menstruation completely stopped. She had no monthly cycle. She was always tired. She had stomach pain and trouble sleeping. She was withdrawn. She had been a vegetarian since the age of 12. For ten years she didn't eat meat. She was completely confused as to why and what was happening.

I spent the next four years giving her free treatment in my office. I did acupuncture to increase her estrogen and progesterone levels. Also, to increase her hunger by upregulating the brain. In all those years she came to treatment, it wasn't until a few months before I moved back to California that she finally started to break free.

It took years of treatment, off and on, to get her to accept eating and to stop fearing food. **Every treatment, I repeated the same information. I repeated the same reasoning you hear in this book.**

Why she was the way she was, and how she was going to heal.

All that time, she was restricting her calorie intake, still fearing food. It was the reason why acupuncture would bring her menstruation back, then her not eating enough would make it disappear again. It would come for two months, then disappear for the next four. This on/off cycle repeated for years. I knew she wasn't eating. I knew that her period would've stayed permanent if she had the extra food resources to produce sexual hormones in the uterus.

I knew it, but it meant nothing.

She had to overcome her fear of food. She had to start eating and realize that what she wanted would only come from eating. Not eating would leave her swollen and in the beauty loss process. She finally got it. The last week I was in New Jersey, I had a pizza party at my acupuncture office near Rutgers University, and she ate pizza with meat. It signaled to me her freedom.

She is now fully recovered, gets her monthly cycle, doesn't fear food anymore.

Hallelujah, if you can overcome your fear, you will also be free.

2. Rest and Repair

The second stage begins when the fear of food is overcome, and chaos of the immune system becomes controlled.

When we can control the inflammation and remove the triggers that provoke that inflammation (if you don't have access to lab work, you are your best doctor in this case), then your body can start healing. Your body usually will react to foods, chemicals, stressors, so you will know what you can and can't eat.

The body is so amazing that number one, it usually takes a long time to switch on inflammation, and number two, the body has an internal mechanism that you never have to think about that wants to heal you. It just needs the resources and the right environment to initiate that healing process.

So, after lessening the immune response, your body can finally start healing. You will go into a rest and repair phase that can take anywhere from 6 months to 3+ years.

Again, it all depends on how much damage was done by not eating, over-exercising, chronic inflammation, internal deficit, and no sleep.

In this phase, you need to sleep and sleep a lot. You can't exercise too much, and you still have to keep eating.

Basically, eat, sleep, and watch TV all the time.

3. Life Returns

The third phase or stage will come on its own. It's a process that will bring you to the day when you wake up, you won't be insecure, and you won't be tired. You won't want to sleep all the time. You won't want to eat chocolate and donuts non-stop. You won't be swollen anymore. You won't be lifeless.

It will take time. It is a process.

I pray to Jesus you get here.

When your "life returns," then you can start adjusting to being able to tolerate more stress. Meaning, if you lose sleep, it won't affect you so much. If you miss a meal or skip carbs, you won't have to worry because your body will have reserves again. You can start exercising again without concern for internal tissue breakdown because you will have **TOLERANCE**, again. You will have a higher threshold for internal/external stress. **Tolerance is the marker.** To stay in this place where your life returns, you have to eat complex carbs (rice, potatoes, bread).

You can't miss meals consistently.

You have to exercise less.

You have to sleep.

You should stream a lot, kick back, and let your body rest.

OPTIONAL:

Lastly, **optional**, but the biggest one for me in my suffering, asking Jesus to heal your mind, heart, and body. Since Jesus is the only one on record ever to heal anyone, He is the only one to ask. And remember, Jesus is the only God to not judge by physical appearance, so there is safety with Him in this place.

Do you know what the Dalai Lama recently said? The head of Buddhism that many of you think is way better than Christianity, said this:

“if a female Dalai Lama comes, she should be more attractive.”

He also said, women should ***“spend money on make-up.”***

This guy over Jesus?

Seriously?

Whoever you choose to help you, you can't do it alone. Hopefully, you have mental health professionals, a team of doctors, loving family and friends, beaus, to help you undo all those years of pain, isolation, fear, and confusion.

You can't do it alone.

And when you do get better, I hope you share your story and help others. Your testimony will help the next generation, who will go on and suffer the same way you have. Someone has to open-up this beauty war and take it to the streets to fight for young lives to be healed and set free.

You are the future.

People want to hear your story.

EXCEPTION

FREE EATING doesn't work if your body is over-filled with glycogen reserves, your glucose levels are high, and you are overweight from a life of fast-food and beer.

If you fall under this category, all of this information is NOT for you.

You are not deficient, and you are not running on an internal deficit. The cave diets are probably for you in this case and restricting your sugar/glucose/carb intake is a good idea. But know that to get to this stage doesn't happen early in life. It happens after a life of excess, that can translate into a long time.

Most teens, college students, and post-graduates do not fall into this category. So, this specific population of youth really shouldn't be on restrictive diets. That is what all the trend, pop diets are, restrictive. They restrict energy intake so that you eat yourself. Cave diets, ketosis inducing diets, plant diets, they all fall into this category of **RESTRICTIVE DIETING**.

Most of this population have been living off glycogen reserves, deep internal energy deposits, and have been eating themselves for years. They have been exhausting their endocrine beauty, thanks to fasting and planting.

No one that falls under this category should be on a restrictive diet.

This population of mostly young women are who need years of eating to recover and stabilize.

RECOMMENDATIONS

I have no recommendations about what to eat, but I do have some information that I want to share with you that has nothing to do with eating.

NO HERBS

Herbs are very dangerous. Always remember that herbs have medicinal properties. They go through biochemical reactions in the body that can lead to devastating effects on the body if they aren't regulated and properly prescribed like medicine. In China, herbs are studied more than anywhere in the world. They are also used more in medical practice than anywhere else. China has a long and proud tradition of its own medicine, and a part of that medicine is a powerful, well understood, strictly regulated pharmacy of herbs/plants. In China, when there is a health problem depending on the problem, the patient is sent to a family doctor, specialist, surgeon, acupuncturist, or herbal doctor. If they go to an herbal doctor, the herbs that patient receives are prescribed. Any patient that is given a prescription of herbs is closely monitored for even the slightest unwanted side effects of the herbs. Herbs have medicinal properties and should be treated like medicine. And, because they have powerful medicinal properties, they can create an antigen/antibody reaction in the body. They provoke the immune system, and in this way, can be very dangerous. It doesn't mean that herbs are bad. It means herbs have unbelievably powerful healing properties on the human body, and when used the right way can help the body recover from illness. **However, they must be prescribed by a physician who is knowledgeable and who has the authority to use them as medicine.**

Never take herbs on your own for something like more energy, better concentration, or to feel better. Even, something that seems harmless, like turmeric, can trigger autoimmune responses in your body.

Never take herbs on your own.

I am personally against herbal medicine, and do not give it to my patients. Herbs antagonize already weakened and compromised immune systems from a young life of dieting.

Herbs will mess you up.

There is no reason for you to take them.

NO SUPPLEMENTS

Supplements are not only a waste of resources, but they can also be harmful to a person's health. Supplements are not as powerful as herbs. They do not provoke the immune system the same way herbs do, because they don't have the same medicinal-chemical properties as herbs. Even so, over time, supplements can hurt the blood circulation and the organs that clean the body, like the kidneys and liver. For all of history, humans never had supplements. As humans, we never developed the ability to absorb or process such high concentrations of any substance. Still, this is your personal decision and if supplements work for you, then do what works. My fear is over time; they can cause problems in the body instead of benefits because of the hard work they put the organs through in metabolizing, processing, expelling, such high concentrations. A multi-vitamin can be used to recover from deficiencies short-term, but even a good multi is synthetic and humanmade.

The one thing I will say never to take is diet pills or any diet stimulants. Also, don't take any body cleansers or detoxifiers.

They can really hurt your health and hurt your face.

MY POSITION: don't take supplements, they hurt your blood system, and are hard to excrete. Again, they put excess pressure on the kidneys, and over time, they can slow down internal metabolism.

There is no science behind most supplements. They are dead substances, except for some things like amino acids, and the amino acids in collagen. Supplements do have trace minerals and vitamins, and bio-constituents, but they are not alive.

They have no DNA, and without DNA, they don't give what we need – life.

Throughout human history, people have had to survive off food that has DNA, that has a life code. Plants, animals, fruits, grains, all have life.

They all have written code in their DNA.

Since many of you have internal deficiencies, it might be a good idea to take an absorbable multi-vitamin. Because it is necessary to restore critical trace vitamins and nutrients lost during the time of eating less/dieting.

I already wrote about certain digestive compounds, amino acid supplementation, and collagen. They help. But they can hurt you a lot. I would be careful with them, but they do help rebuild tissue and restore function lost to dieting. Though most young women are already high protein, and drink protein shakes, so having enough amino acids isn't the problem. It comes down to an energy intake problem, a lack of glucose problem.

Most beauty dieters are not eating any carbs, so they are not getting energy.

For me, this is the biggest problem, and you can't supplement cellular ATP. It has to come from sugar, good sugar – rice sugar, potato sugar. Still, supplementation, carefully, with certain amino acids (glutamine, collagen) can really help speed up your healing if you have stomach ulcers or Irritable Bowl Syndrome or Fibromyalgia. I wouldn't take these supplements unless you have real medical issues, diagnosed. Don't take supplements. I did share BUTYRATE for not sleeping, which I still recommend because most young people in this category have jacked-up stomachs and it has ruined their ability to fall into sleep.

Also, deficiencies long-term cause stomach disorders, even without a diagnosis. For stomach problems I always have my patients get on a digestive enzyme supplement for a few months, but I can't exactly say how long here. Everything in a patient's health has to be monitored closely. So again, if you are suffering with stomach pain, you are going through the BEAUTY EXTINCT process of swelling and changing, contact me and I will try to help.

FIBROMYALGIA

About Fibromyalgia – **MUSCLE SORENESS.**

Muscle soreness is not normal. If you do some high intensity training, sprinting, or are just getting back into the gym, then yes, it is normal. But that muscle soreness is from a build-up of acid because of the muscle breakdown during exercise. This soreness goes away. The soreness I am writing about that has left many with a FIBROMYALGIA diagnosis, doesn't go away. If you are experiencing muscle soreness all the time when you press on your scapula, calves, forearms, or basically any muscle tissue, this is not good. If you feel soreness everywhere, this is not normal.

Medicine calls this Fibromyalgia.

Nobody knows why Fibromyalgia happens, but I have theories.

THEORY ONE: Fibromyalgia activates through long-term viruses like 'MONO.' The most important thing to do to avoid this immune activation is rest during each viral stage. Playing sports through the virus, not resting enough, can cause deepen immune attacks against your own tissue. How does a young person get a serious virus like this? They get run down. They don't sleep enough. They don't eat enough. It can happen with respiratory illnesses, too. They linger around for months. Things like chronic coughs. Although, it seems respiratory illnesses cause an immune response that ends up attacking nerve tissue, and then moves into muscle tissue. I don't know the exact pathway of the chronic inflammation. Anyways, the idea is the same. Deficiencies allow for long-term viruses in your teenage and college years. They go unresolved, and the more you fight through them without rest and food, the more inflammation you will get systemically in the muscle tissue and surrounding fascia – connective tissue.

THEORY TWO: Fibromyalgia gets a lot worse with a connective tissue disorder. When the body is under severe stress as it develops in its youth, the immune system gets funky. It can't read our amino acid codes, and thinks we are an enemy and attacks us. This results in pain. It can be everywhere in the body where there is muscle or fascia. Pushing down on the forearm, the calve, the deltoid, or upper back, results in extreme soreness. Soreness everywhere. To me, this problem has always been a combination of fascia and muscle. Inflammation of fascia with deficiency in muscles. No sugar in the muscles, no function, no energy – means total breakdown. Over-exercise, not enough food, and the fascia breaks down, becoming inflamed chronically.

It is a nightmare.

THEORY THREE: Fibromyalgia is more common in young people who are treated with long-term antibiotics for skin conditions or other conditions. Antibiotics just ruins muscle, nerves, the gut, and the total body long-term. Short-term they have saved millions of lives, so don't think for a medical minute, I will ever be against antibiotic use. **I am not.** I am against long-term use for something like acne. Everyone I have treated on long-term antibiotic regiments have the same muscle soreness throughout the body. Acupuncture can't fix it. They need to decrease inflammation, start the repair of fascia, and rebuild new muscle tissue.

All three can happen in one body. This isn't a medical book, though, so it is useless to go over theory. But I do want to write this because almost every one of the young women I have treated, who diet all their youth, have systemic muscle soreness. Every single one of them. To check if you have it, push on different spots of your body where there are deep pockets of tissue like the scapula and the calve.

If it hurts when you push-down on your muscles, if it is sore, you know all your dieting has been in vain. This doesn't mean you have Fibromyalgia, but you should go to your doctor to check.

Only your Medical Doctor can tell you if you have it or not.

Don't diagnose yourself, and don't try to figure it all out on your own. If you have chronic pain symptoms, you need help.

If you do it yourself, you will get overwhelmed and lose your way.

AMINO ACIDS

I don't really count amino acids as the typical get rich supplements that everyone and their mom is selling online or trying to influence you to buy.

Amino acids are critical to life, just as energy in the form of glucose/cellular ATP is to your life. They can't be replaced.

You can't take away either and keep your beauty.

When a young person goes through the typical beauty sacrifice of eating less, eating clean, eating green, the amino acid count inside the body drops. It drops very low (especially on vegan diets), and the problem is the young person keeps dieting, keeps eating no meat, keeps eating only plants. There is no replenishment on these beauty diets. Replenishing the body's total amino acid need, gets harder and harder the less calories you eat and as more time passes.

This is where I tell any young person who has been on these beauty ruining, body swelling diets, to start taking amino acids.

I have a clinical protocol that I use, that seems to work with patients who have been accumulating deficiency **GAPS** since their early teen years.

The protocol is using three different types of amino acid delivery systems. The three are GLUTAMINE, COLLAGEN, and BCCA's/ESSENTIAL AMINO ACIDS. For anyone who has the typical fluid muscle replacement/transfer, fatigue, swollen face, thin hair, and beauty loss, this is important. **But you need a real doctor to help you**, because everyone is different and requires different amounts of replenishing to recover internal deficits. Even so, I will

give a general guideline to helping rebuild your internal body systems/tissue with amino acids.

FIRST: you need GLUTAMINE to help with redepositing energy in the digestive cellular network. Cells in the stomach and intestines need GLUTAMINE. It is energy for them to digest and absorb food. Giving your body GLUTAMINE will allow your digestive system to start working again. GLUTAMINE also, “promotes enterocyte proliferation, regulates tight junction proteins, suppresses pro-inflammatory signaling pathways, and protects cells against apoptosis and cellular stresses during normal and pathologic conditions.” - Min-Hyun Kim and Hyeyoung Kim. Basically, it tightens the gut. For more information on what GLUTAMINE does, you can do any common search. Just remember, less is always better. Do not take high amounts of any amino acid. They can really make you sick.

BUT PLEASE KNOW that you need very tiny and small amounts of this amino acid. Taking large spoons full with GLUTAMINE will REALLY HURT and your kidneys. It will make you swell. This is why you shouldn't do these things alone, contact me if you have digestive problems. Amino acids can be dangerous and can really hurt you, and remember, amino acids can't even get into your cells without ATP. Without eating carbs, it is all a waste. So don't take any supplement unless you switched to a carb heavy diet. You won't have any ATP active transport to get the amino acids into the cells, like digestive cells, that need them.

GLUTAMINE isn't the full picture of energy needs in the digestive system. BUTYRATE (Butyric Acid) is not an amino acid, but it is a more supreme energy source than GLUTAMINE for colon cells. Without BUTYRATE large intestine cells go through autophagy (self-digestion), like cannibalism, and die. You can take Sodium BUTYRATE, as a supplement, and it helps. INULIN helps,

too. Nothing long-term. It is complicated, and I wouldn't do anything on your own. Ask for help, please.

SECOND: COLLAGEN is the main structural protein in the space outside of the cell. It is the most present protein in our body, making up around 30% of tissue. This is very important, because during the years that these girls are vegans, they are getting almost no COLLAGEN or COLLAGEN promoting amino acids into their body. We already went over collagen but just to repeat, this is when weird stuff starts to happen: organs prolapse, the uterus falls out of place, the face/jaw drops, the sacrum extends out from the lower back, the scapula pops out, the shoulders droop down. I have seen kidneys prolapse, I have seen faces droop, and do you know anything about Asian beauty?

Some cultures obsess about having a "small face." They don't like big faces by their own admission. I have seen faces get bigger in young women who eat little. Their jaw seems to prolapse. The lower jaw, which shapes the face, connects to nerves, ligaments, and tendons, holding it in place. When you eat low calorie, you become a non-eater, or eat vegan, take antibiotics for acne (tetracycline), there aren't enough resources to keep those ligaments and tendons working, while antibiotics destroy cranial nerves. So, all facial tissue weakens, making the face look bigger because of jaw flaccidity. There are so many problems that happen when you become deficient in the amino acids that make collagen. Collagen doesn't work unless you eat rice to transport the amino acids in collagen, always remember that. This is why high protein diets don't work, no ATP for transport. And again, less is ALWAYS more. The body can't handle high amounts of amino acids, and just flushes them out through kidneys. Do this flushing every day and your kidneys will hurt. Do not take much. I would suggest 10-20% of the recommended dosage.

DO NOT take it for longer than 90 days straight. **If you feel anything weird – STOP immediately.**

THIRD: When your digestive system can once again process and absorb because you gave your digestive cells energy in the form of GLUTAMINE/BUTYRATE, and you have used COLLAGEN to help restore all the protein levels in your body, the **next step is to take** BCAA's or ESSENTIAL AMINO ACIDS. These amino acids are categorized as ESSENTIAL because you cannot produce them yourself. You can only get them from food or supplements. These amino acids are necessary for life, so supplementing them after years of dieting or just eating plants will really help. But this is the third stage of amino acid supplementation. Your stomach/gut has to be able to absorb and process. So, without the first step, you are losing healing momentum because you might not be able to use these amino acids. **BCAA's** will help you to recover the muscle you lost using them up as fuel to survive. All the muscles catabolized in your body to keep your heart beating and energy-releasing, have to rebuild. Remember, the full picture of building muscle isn't just the gym. It is brain health and endocrine health. Making sure these systems have the resources to build muscle. BCAA's are those resources. They are composed of 3 ESSENTIAL AMINO ACIDS: isoleucine, leucine, and valine. I like this formulation because it really helps to drop fluid and stimulate muscle re-growth after years of depletion on Hollywood diets. **But again, any weird side effects, STOP.** For the record, I am only recommending amino acid supplementation for eight weeks, to people under 35, who have had a history of restricting calories, veganism, over-exercise.

You can get a complete ESSENTIAL AMINO ACID supplement instead, but my patients don't respond well to taking the complete ESSENTIAL supplement. Maybe because of the

methionine, or maybe the ratios? There are 9 ESSENTIAL amino acids in the supplement. You can try them at this stage if you want, but I like BCAA's + LYSINE, much better.

Whatever works for you, though, and again all this is best done under the care of a licensed physician.

Those are the three stages of amino acid supplementation that I have used in the clinic, and they work. I really don't like any kind of supplementation, but with such deep deficiencies and a weak stomach, even I have to admit it is best to go through a short period of supplementation. Think about it, for this beauty loss, body swelling population, to rely on food to restore all the deficiency **GAPS**, all the amino acid debt, would really take a long time. I have seen it, and it can take years restoring through food alone. Speeding up your healing with amino acid supplementation preserves some of your youth. Take amino acids, butyric acid, a digestive enzyme, so you don't have to spend all your twenties recovering and healing.

Losing your twenties to sickness, like my wife did and like I did, is really hard.

Rebuilding your internal body systems and tissue is the only way to get your body/beauty back.

This is what amino acids do; they rebuild internal systems and tissue, helping you heal. But they don't work unless you have a steady supply of energy to the body – the steady supply remember is always carbs like rice and potatoes. Without carbs, people on high protein diets still get sick.

In the 'ANXIETY' section I wrote that I would explain how amino acids can get you sick. In the 'SKIN' section I warned any

protein groupies that consuming too much can cause kidney damage. Well, let me explain both further with one more real clinical case of a doctor I worked with at the Jersey Shore.

I wasn't treating this doctor, but we worked in the same office. He was on a no carb, high protein diet. He had been for a long time. One day he came into work with very yellow skin and his face swollen. He didn't feel well. He felt nauseous and weak. He was immediately sent to the hospital and there they found his kidneys failing. He was shocked and started treatment. It turned out that he didn't need dialysis because the steroids his nephrologist put him on were enough to reverse the failure. He told me that when his doctors did specific kidney tests, they found IgA nephropathy – Berger's Disease. He had an immune response in his kidneys, and the doctors didn't know why. Immediately, I asked him how much protein he was ingesting a day. He told me he had been eating over 200g of protein, plus protein shakes, no carbs. The amount of protein for years was toxic to his kidneys. They finally broke. Inflammation activated, and he will need a kidney transplant, but he is trying to go as long as possible without one. All because of his zeal for the gym and protein. It was almost deadly and over-taking amino acids as supplements can cause the same kind of reaction to your kidneys. High amounts of amino acid ingestion can cause Interstitial Nephritis.

A different type of inflammation than the IgA type that my colleague had, but still inflammation, and inflammation causes swelling plus damage.

So, your body will swell, your kidneys will suffer if you take high doses of amino acids as supplements for too long.

Never take high doses.

Never take them for long.

DON'T OVER-EXERCISE

Exercise is America's way. All we ever hear is exercise is what makes us and keeps us healthy. This is true, but only to a certain extent. Over-exercise can be just as detrimental to the body as lack of exercise. Actually, over-exercise can be even worse than under-exercising, as you just read with my **Fibromyalgia THEORY TWO**. Unless you are a high-level athlete that has every day and all day to practice your sport, rest, repair, eat, sleep the day away, then over-exercise hurts the body. It produces free radicals. It oxidizes tissue. It builds up lactic acid and other bio-waste products. It hurts and speeds up the aging of internal organs.

Rhythmic exercise is always best. When you exercise, don't push yourself to the point of exhaustion. Exercise to the point that when you finish, you feel more energy and you feel that exercise high. If you passed this point, you have gone too far. You are pushing your body too hard. This can also cause internal deficiencies.

So, rhythmic exercise that does not overwork or overstress the body is what will keep you healthy, free from internal deficiencies, and keep your brain operating.

You don't need to exercise every day but if you like to, make sure you are not overdoing it with the duration of the exercise. My firm position is exercise should be limited, and for sure no more than three times a week. A light rhythmic activity that makes your heart pump and makes you sweat a little. Again, when you finish, you shouldn't feel tired, but this is after recovery. If you are in the BEAUTY EXTINCT part of life after years of dieting and pushing your body in the gym, you cannot exercise and recover. You have to go through hibernation.

Recovery from not eating/eating less requires ZERO exercise.

Any exercise will use up precious and limited energy you need to recover your beauty, stop the swelling, and restore your health.

DON'T EXERCISE if you have deficiencies.

Just wait, the time will come when you heal and you can do whatever you want, but to get to that freedom you need to be patient and go slow. Sleep is the most important thing and resting all the time.

Be set free from your bondage to over-exercise.

It is aging you and ruining your body.

NO INTERMITTENT FASTING, EVER!

At the beginning of this book, I wrote nothing ruins facial beauty more than Anorexia and Bulimia. I was wrong. I have to add INTERMITTENT FASTING.

Whoever knowingly or unknowingly deceives you with this fasting hype, should again be held responsible, just like my wife's nutritionist. Who is ever going to be held accountable for starving our youth? INTER BLAH BLAH FASTING can act as a gateway into Anorexia. It has devastating effects on the face and body just like Anorexia. It makes your face swell, your hair thin, and your skin age. In some ways, it is worse.

Why is it worse? Because when a girl starts to fast for health, she does it thinking she is doing something righteous. The fasting becomes a public cause to get healthier, to detoxify her body, and live cleaner. It is so hard to break a hardcore INTERMITTENT FASTER. They think they know it all. They think this kind of fasting makes them have more energy. They think it is an ancient beauty secret that will keep them young. They think it will also regulate their hunger and keep them thin.

WRONG. WRONG. WRONG.

So, wrong. This kind of fasting will ruin your face, change the shape, make it swell. A few months fasting, while you are exercising, working, going to school, and it can take years to recover. I mean years to fill the **GAPS** fasting creates in your blood, muscles, brain, endocrine system, and energy reserves.

My position is **NO** young person should be fasting at all. If you want to fast for your faith, that is different and hopefully done very short-term and not repeated or scheduled.

Under the age of 25, you are in such an energy-dependent, high-risk development process. Fasting in these early years can change your personality and will weaken your total body tolerance. As a result, you might become sensitive to everything. You will end up the one at dinner who can't have gluten, who can't have dairy, who can't eat a piece of cake because it makes your stomach hurt.

You will be the one who can't do anything. You will babysit yourself through the most exciting and energy rich period of your life.

Any kind of fasting, but **especially INTER BLAH BLAH FASTING**, will ruin you because it makes you think you are doing something righteous. It is not righteous.

It is vanity, and vanity is deadly.

I understand many Christians fast, but this is not vanity fasting. Biblically, this kind of fast is not to get skinny or stay young. It is to draw closer to Christ. So, in this case, done quickly and without lengthy periods of time, guided by the Holy Spirit is the only time I would say fasting is good. Outside of this protective space, prolonged fasting will lead to a stack of **NEW WORLD** problems.

If you fast like the self-obsessed on social media, you will swell with fluid.

Recovering is like the hardest thing ever.

SEX

I don't want to discuss something so personal, but I have to write a few things about SEX.

Every diet you will ever do, every time you miss a meal, every session of punishing over-exercise at the gym, will take something so special away from you – intimacy.

Sex is devastated by non-eating. Low calorie, high vegetable diets, high protein diets, will make you asexual. You just won't want to have sex. For your loved one, this can be frustrating and confusing. It can cause a lot of problems in marriages and relationships. I have seen it in the clinic. Most men eat, so they don't have this problem in early life. Most women restrict calories, eat little, so they have this problem in their young life. This dynamic creates a wide sexual wilderness, where two lovers can't find each other.

Men just can't understand, get angry, feel rejected.

Women close-up, feel their own rejection, think they are not good enough, and can't understand why their body has no desire for sex.

I am not a therapist, and I am not trying to be one. This book is all about physical beauty and body. **So, if there is a problem with sex that originates in trauma or abuse, none of this information is for you. You need a real therapist to guide you through that deep suffering.**

I am only talking about the collapse of sexual health in a young person's life because of modern diets and the longing to go back to living in caves.

All of these diets, all the fasting, all the beauty schemes, will crush your sexual hormone output.

Sex hormones are fat derived.

Sex hormones need a lot of consistent energy supply to stay regulated and at a level that matches your young age.

Meal jumping, missing breakfast, skipping lunch, staying an extra hour at the gyms, seems like righteous, self-sacrificing, disciplined behavior, seems like a person with health priorities, right? Sorry, however you interpret this lifestyle, the results will always be the same: **beauty loss, body swelling, and sexual hormone collapse.**

Being a meal skipper, dieting for a long time = you just won't want sex in your late 20's and early 30's.

Instead of having a deep bonding experience through a healthy sex life, your experience can turn into weird problems like a uterus that is prolapsed. A uterus that falls out of its normal anatomical position.

You can experience changes in your menstruation, or no menstruation at all like my patient in New Jersey.

You can experience cysts, fibroids, and other stagnate growths in your womb.

The limited and rare times you do have sex, you might experience pain from pelvic and uterine inflammation. Dryness from lack of blood supply to reproductive tissue. No potential for orgasms due to a weak endocrine system.

Overall, everything in your life will suck, including sex that God made for you to experience in joy and love.

Porn won't fix it.

Sex toys won't fix.

Experimentation won't fix it.

This problem is from your attachment to thinking skinny comes from eating less. The sacrifice for skinny that almost everyone is hypnotized by.

It is an idol. Idols want sacrifice.

Idols ruin.

Stop the ruin by starting to eat. **Eating free.**

Idols enslave.

Freedom is the only way out, freedom that is only found in God's Son.

So, start eating free. Start eating rice, stop over-exercising, sleep more, and you are on your way to recovering a beautiful and meaningful time with your loved one.

PARTYING WILL AGE YOU

The more you party, the more you ruin beauty. Specifically partying in your youth.

Do what you want but remember girls who party a lot in their teens and college years, change a lot by the time they get to their mid-twenties. Drinking alcohol, doing any kind of drugs, taking prescription medication for fun can kill you. If it doesn't kill in one night, it will kill you slowly and ruin you when you need 'you' most – from the ages of 20-50. Your most productive years of work, creating a family, and sustaining life. Remember, every time you take prescription medication for fun, you are playing roulette with your life. All it takes is an enlarged heart from over-exercising, dieting, and getting drunk one night and taking an opiate. Bam your parents are burying you, and you didn't even get a chance to take a picture with your Boaz under the Eiffel Tower.

Again, every single time a street drug, a prescription pill, alcohol is in the body, they can kill. If they don't kill you, they will methodically rob you of the image you once knew as yourself. One day, your friends won't recognize you.

About beer, shots, and rosé, I want to give you some insight you might not have heard before. There is a show in Beverly Hills with housewives, and one of those housewives is very strong. She is what I would label as a **70's mom**.

They are **SKINNY STRONG**.

These moms are rare today, but were normal in the 1970's. They stay skinny forever. They stay skinny without deficiencies. Most girls today are skinny because of deficiencies, so their bodies are ready to break and swell at any time. But these **70's moms** are different.

They are skinny from strength. Their metabolism is uber fast, so they stay skinny through high endocrine function. Even eating little, starving most of their lives, exercising a lot, they never change. They also never feel tired.

A **70's mom** body is not really around anymore. These women were born in the 1950's and had kids in the 1970's. They were born from a lineage of strong mothers that didn't grow up with sugary cereals, soda, and slimming teas. They didn't go to the gym, and they didn't diet. These mothers who gave birth in the 1950's didn't drink alcohol, didn't smoke, and they breastfed. So they gave birth to these women who were young adults in the 1970's. These 70's moms were therefore deposited with a high DNA threshold for stress. Very strong mitochondria passed down from their mothers born in the 1920's. So, they have extreme tolerance to everything.

Now, coming back to alcohol, these women have high tolerance to drink. If they drink wine every night, they experience little consequence. They don't swell. They don't breakdown.

You aren't a 70's mom.

Chances are you don't have the genetic fortitude, mitochondria, that **70's moms** have.

What does that mean?

It means if you love to drink and party, you will experience beauty loss and swelling early in life.

Binge drinking in college... welcome to the land of swelling before the age of 25.

Drinking wine every night before bed to relax? It will degenerate your brain and cause inflammation, all while aging you.

Alcohol is fun for celebration, for weddings, for dinner events, and birthdays. Jesus turned water into wine at a wedding celebration that ran out of alcohol.

I mean come on how historically defining was that party miracle?

But still, you are not a **70's mom**.

So, if you want to preserve your beauty, DON'T have a glass of wine every night.

VAPING WILL CAUSE “TIRED FACE”

Vaping will make you cause “TIRED FACE.” Defined as low hormone output and function, low blood saturation, and deficiencies built-up internally.

You want to keep vaping? **Whatever, it is your face.** Just remember the vape look is pale, swollen, tired, and oily.

Why does vaping cause your face to change? Because vaping constricts and hardens the blood vessels in your lungs, which over time, lessens blood and oxygen saturation to your face. Start in the lungs, that area of the body is directly responsible for oxygen transport, carbon exchange, and blood movement throughout the body. This is very important to your beauty. Without blood supply to your face, you will start to look sweaty, pasty, swollen, and just unwell. People will tell you that “YOU LOOK TIRED.”

WEAK LUNGS = WEAK BEAUTY

This is also why mothers should never smoke cigarettes or vape during pregnancy, or even be around young children. Vaping is bad for a grown human, but it is a million times worse for an unborn child in your womb, or a developing child outside of your womb.

Did you know that vaping releases 2-2.5 MILLION, not thousand, but MILLION particles every time you inhale? Can young people understand the amount of damage these micro-particles are causing their face? Yes, their face.

Hurt the lungs, hurt the face.

This is also why anytime you have bronchitis, pneumonia, or any kind of virus/bacteria that has moved into your lung space; you have to sleep and rest. Do not exercise. Do not go to school. Stay home, stay in your warm bed, until the cough is resolved. Antibiotics are always best whenever your doctor orders them for a respiratory illness. Take them, and sleep, and eat, and don't get out of bed until the crisis is over.

Remember, if you exercise, if you go to the gym, if you keep living like you aren't sick during a severe lung attack, you can push your body into neuro/muscular-inflammation territory as I tried to explain already. If you are dieting and tired, then some kind of immune response that is beyond our medical system's power to cure, becomes a real possibility. If you don't get an autoimmune response to the long-standing pathogen in your lungs, you will get **SLEEPY GIRL SYNDROME**. You will be tired all the time.

Vaping has been causing those severe-type lung attacks. Only the attacks are not from a virus or bacteria. They are from the ingredients in the vape juice. They are totally toxic to your body. The cartridges are made in China. You already know that I lived in China. The Chinese Medicine Doctors that worked on me in Nanjing told be me to beware of even the herbal medicine prescribed at hospitals because of heavy metals. They are Chinese, and they told me to be careful with actual medicinal substances that come from their own country.

Who knows what kind of carcinogens are present in vapes? There is a really good study published by the West Virginia School of Medicine in the Journal of Applied Physiology. It was published last year. This study reveals a lot about what e-cigarettes do to the body. Check it out if you vape.

It is already known that e-cigarettes do contain carcinogens like formaldehyde. Cigarettes have them too, so what, right? Wrong way to think. Cigarettes produce smoke. Vape is a steam. It is a petroleum that is heated and becomes aerosol. This creates a whole different set of problems for the lungs involving the immune system. It is why you have been hearing about kids going to the ER and having to be put into a medically induced coma. Their lungs test positive for widespread inflammation, a response that is common in sick, old patients with pneumonia. Tobacco cigarettes don't make young people go to the hospital with a response like full-blown pneumonia that the body cannot fight. Cigarettes will kill too, but this kind of immune response is specific to vaping.

This immune response, I believe, happens over-time. It slowly incurs, until a major episode causes hospitalization. But what you cool vape kids don't know, is that all these years you are vaping before a trip to the hospital, your immune system is activating. The lungs were not designed to cope with 2 million micro-particles inhaled so many times a day. Vape 20 times a day, and that is 40 million micro-particles burdening the lung cells. Those particles cause alarm in the body, and the immune system triggers.

Triggering the immune system will weaken your body, which will hijack your beauty.

Want to look sick? Keep vaping.

LAUGH AND BE FREE

Try your best to laugh more and be free from obsessing about what to eat and not to eat. Stop counting calories and exhausting yourself at the gym. These things will only deepen your emptiness. They will make you swell, too.

BE FREE from the beauty war.

JESUS AND THE QUATERNARY DIET

Remember, when I wrote that I would prove that eastern, non-white, Christians taught the world to be free from restrictive diets, food superstition and food slavery? Well, I am going to prove it here, so if you are offended by Christianity, better skip this section.

On this long journey of health and caring for the sick, I have realized that what the Christian Bible says about food can save you:

“Accept the one whose faith is weak, without quarreling over disputable matters. 2 **One person’s faith allows them to eat anything**, but another, whose faith is weak, eats only vegetables. 3 The one who eats everything must not treat with contempt the one who does not, and the one who does not eat everything must not judge the one who does, for God has accepted them. 4 Who are you to judge someone else’s servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand.

5 One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. 6 Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God. 7 For none of us lives for ourselves alone, and none of us dies for ourselves alone. 8 If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. 9 For this very

reason, Christ died and returned to life so that he might be the Lord of both the dead and the living.

10 You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. 11 It is written:

“As surely as I live,’ says the Lord,
‘every knee will bow before me;
every tongue will acknowledge God.’”

12 So then, each of us will give an account of ourselves to God. 13 Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister. 14 **I am convinced, being fully persuaded in the Lord Jesus, that nothing is unclean in itself.** But if anyone regards something as unclean, then for that person it is unclean. 15 If your brother or sister is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy someone for whom Christ died. 16 Therefore do not let what you know is good be spoken of as evil. 17 **For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,** 18 because anyone who serves Christ in this way is pleasing to God and receives human approval.

19 Let us therefore make every effort to do what leads to peace and to mutual edification. 20 Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a person to eat anything that causes someone else to stumble. 21 It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall.

22 So whatever you believe about these things keep between yourself and God.”

- **Romans 14:1-22, NIV**

The Christian Bible teaches all food is “clean,” and that when a person is strong in faith, they can eat anything. They can eat anything, be thankful, and move away from letting food become the central obsession in their life. Food cannot save you, but it can become an obsession that dominates and controls your thoughts, your every action, and takes away your joy (an idol). Food, nutrition, body consciousness can really hurt you. I see it in so many young people. Breaking free of the chains of food, the chains of how to eat, when to eat, what to eat, is the only way out of the maze of beauty and the desire to be thin that is ruining so many lives. This freedom, now proven, only exists in Christ’s Operating System – **CHRIST OS**. This is where I get the Christian way of **FREE EATING**, from this chapter in the book of Romans – Chapter 14. The way Nikola Tesla and my Serbian ancestors ate.

There were no restrictions.

All food is clean, and every food God created with a DNA code can be eaten. It is **FREE EATING**. Again, Islam, Hinduism, Buddhism, Judaism, Mormonism, don’t have this freedom.

They have dietary restrictions, ceremonial food preparation, and food ritual attached to their religions. Apostle Paul taught the opposite of these religions. Apostle Paul taught that God’s Kingdom is not fixated on food. It is not a place where food is first.

It is a place where love is first;

“and now these three remain: faith, hope and love. But the greatest of these is love.”

- **1 Corinthians 13:13, NIV**

Apostle Paul also writes that we should not judge each other for what kind of diet we follow or foods we eat, that this matter is private between God and the individual. I like this a lot, in this day of judgebook and judgergram, it is a good directive to follow.

In Jesus, no food that He made is unclean.

All food is clean.

Nothing will defile you. Eat without shame, guilt, or superstition.

Eat freely.

I hope you get past food as the primary thought consuming your life, and on to the part where Paul says,

“let us therefore make every effort to do what leads to peace and to mutual edification.”

FREE BOOK

Since 2009, a version of this book has been online at no cost. It has been free.

Years ago, we traveled around the U.S. on a concert tour to give out free books. In that time, I realized something. I realized people think “FREE” amounts to valueless and cheap.

I don’t care.

This book is still free. If you think free means: “worthless, cheap, no value, not desirable, not exclusive,” – cool, I don’t really care.

I cannot profit off something that was given to me freely from Jesus, who said,

“Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.”

- **Matthew 10:8 NIV**

Jesus gave to me freely, healed me freely, freely I received, and now freely I give.

BEAUTYLAND

‘Beautyland’ is my hope. It will be like a ranch-style center where young people can come from around the United States, around the world, to live and heal. Food will be provided, housing, without cost. There will be acupuncture medicine to help the process of healing begin and mature. All to move out of the dark isolation, manipulation of food, and back into society with the light of the truth. Where they will know and live, “all things are possible for one who believes,” - **Jesus, Mark 9:23, ESV.**

There will be open discussion about all of the information in this book. We will go over everything. Like I did with my wife, daily. Encouraging her and showing her that it is ok to eat. It is more than ok to eat. It is what would restore her body and beauty. And it will restore yours, too. This kind of encouragement and freedom will be embedded in the environment.

There will be open discussion about how these young people were deceived by dieting, by influencers, by society.

For the record, BEAUTYLAND will not burn sage, talk about karma, and there will be no past life readings. THESE WON'T HELP YOU. They will only confuse you and leave you with a broken body.

With **BEAUTYLAND**, I want to get this information into schools – middle schools and high schools. For the next generation to study and openly discuss the information. Nobody talks about this stuff. I am sure of it. From the sample size over the years in my clinic, I can testify that all this kind of talk is very secretive with most young women. But I do have to admit that since the first version of this book was finished in 2009, the world has come a long way in opening-up about body image. Many young people have started the discussion, talking about nutrition, positive body image, and their exercise routine. But few go into the dark abyss of the beauty war.

I want young people to go there, but it can't be alone.

There needs to be support and fellowship with others that know your pain. That is why I hope this information, this book, gets into schools across the United States and the world. Where the youth can analyze it, hate it, give their opinion about it, go back

and study it, and learn why **QUATERNARY ERA** was a miracle for our species.

And why this book, *BEAUTY EXTINCT*, will be a miracle for you.

Can I get an AMEN?

All of this is my hope and my prayer to Loving Lord God Jesus.

Zero cost healing centers, providing books for schools, and restoring the youth to a life of energy, love, and promise.

YOU ARE THE GENERATION

I hope that this book gets into the hands of young people everywhere, so they learn how to win this war.

So, that they never go through the kind of fight my wife had with her body, and I had with my health.

Remember always, the **GOOD NEWS** that your hurt, pain, confusion, starved body, dieting, body loss, beauty loss, is **NOT PERMANENT**.

You will heal, but only if you break free. Jesus said, “then you will know the truth, and the truth will set you free.” - **John 8:32, NIV**

YOU ARE THE GENERATION that can break free from the insecurity, the low self-esteem, the devaluation of yourselves, ruthless non-eating, gym addictions, stupid teas, manipulative information, fatigue, confusion, new-age radical diets, and ruin of your identity before you even start living.

YOU ARE THE GENERATION that can break free from the never-ending beauty war consuming, isolating, and hurting so many.

Tell your family, your friends you want to go out and get a cheeseburger to officially start your freedom from a life of deprivation, endless calorie counting, weak sauce diets, wannabe influencers, and anyone else telling you not eating will make you skinny.

Jesus said to her, “**Daughter**, your faith has healed you. Go in peace and be freed from your suffering.”

Jesus, Mark 5:34, NIV

CITED

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