

FUTURE HEALTH *Now!*

48-Week Total Wellness Program with Carolyn Dean M.D. N.D.



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DR. DEAN'S SEVEN PILLARS OF HEALTH



VITALIZING
FOODS



PERSONAL
CARE



ENERGIZING
EXERCISES



SUPER
NUTRIENTS



LIVING
SPACE



REJUVENATING
SLEEP



MIND OVER
MATTER

doctor of the future publications

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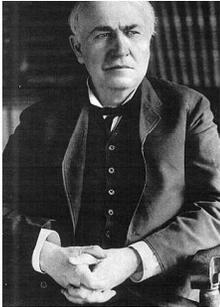
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About Carolyn Dean MD ND

Was Thomas Edison Talking About Dr. Dean?



Thomas Edison

(1847–1931) inventor of the motion picture camera, the phonograph and the first practical, long-lasting light bulb. He is credited as the “man who made the future.”

Thomas Edison said: “*The doctor of the future* will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.” Today’s media repeats Edison’s words calling Carolyn Dean The Doctor of The Future.

Credentials: Dr. Dean’s not only a medical doctor, but also a naturopath, herbalist, acupuncturist, nutritionist, lecturer, consultant and author. Dr. Dean has been in the forefront of health issues for over 30 years.

Education: She graduated from Dalhousie Medical School in 1978, holds a medical license in California and is a graduate of The Ontario College of Naturopathic Medicine — now the Canadian College of Naturopathic Medicine (CCNM) — in Toronto. She served on the board of Governors of the CCNM for six years.

Publications: Dr. Dean has authored or coauthored sixteen books, including *VidaCosta Good Health Encyclopaedia*, *Death by Modern Medicine: Seeking Safe Solutions*, *The Magnesium Miracle*, *The Yeast Connection and Women’s Health*, *IBS for DUMMIES* and *Hormone Balance*.

Media Appearances: Radio, TV and magazines interview her regularly — including ABC, NBC and CBS.

Appointments: Presently, Dr. Dean is Medical Director the Nutritional Magnesium Association. She is President of Hallmark–Dean Academy, U.S., and Hallmark–Dean Laboratory working closely with Danna Hallmark, inventor of a unique functional, computerized, urinalysis lab test. Dr. Dean and Ms. Hallmark teach Laboratory Technician, Wellness Counselor, and Certified Naturopath courses in their licensed school, building a network of practitioners in their National Wellness Project.

Consulting Practice: Dr. Dean also conducts a busy Telephone Wellness Consulting practice assisting individuals with all types of illness at any stage or degree of severity.

Current Status: Dr. Dean lives in Maui with her husband where she visits the beach most days, swims, snorkels and thoroughly enjoys her work and play — most days not knowing which is work and which is play!



Dr. Dean in her home in Maui.

Introduction

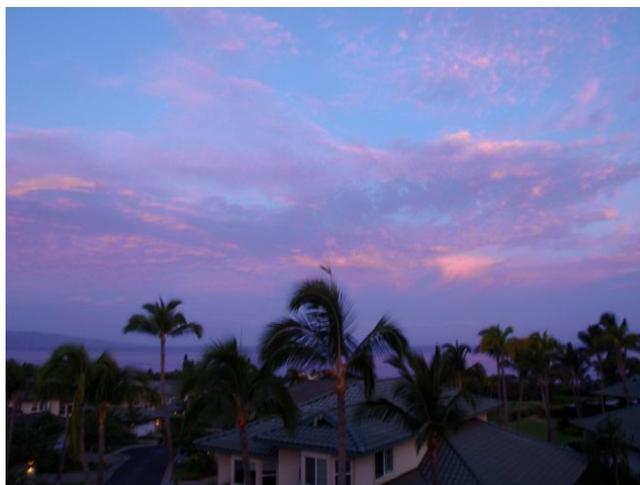
How's Your Caveman Posture?

Last module we covered four major areas:

- * Are you using one of the “caveman” postures for sitting on the toilet? I hope that’s made evacuating easier. Keep in mind you’ve probably been sitting upright on the toilet your whole life — so the new position takes time to get used to.
- * Did you find a grass fed, organic source of beef? Do you notice the difference in taste? How is your body feeling? Did you reduce or increase your beef intake per my 2–3 servings a week recommendation?
- * Have you started taking food-based B vitamins? It’s amazing how much extra energy those elusive nutrients can provide.
- * How’s your melatonin production? Are you sleeping in the dark or wearing a blindfold?

Again, if all you had time to do was ONE of these items... that’s fantastic. Future *Health Now!* isn’t going anywhere. As long as you complete the entire 48-week program you’ll have access to the download area for as long as I’m still kicking.

This week we go from the cow to the cow’s milk. But we don’t stop with the cow. As I point out in the Vitalizing Food Pillar, outside of North America,



A picture I took of the sun rising one summer morning here in Maui.

goat milk is the most widely consumed form of dairy — and for a few good reasons. Find out how to select the healthiest dairy products (whether cow’s or goat’s — or even sheep’s or water buffalo’s) and how to consume them so they nourish instead of congesting you.

In the Super-Nutrient Pillar I share with you my most advanced recommendations about magnesium. Yes, just when you thought

there was nothing more to learn about magnesium... I show how to ensure you’re getting maximum benefit from magnesium. If you already supplement with magnesium and have been impressed with the results... this week’s counsel may produce another “magnesium miracle” in your life.

Finally, I conclude with a look at the placebo path to superior health. Phenomenally, in double-blind studies, placebos will often produce the desired results 80% of the time. If you think something is working... then it often can be so. I show how to put the power of the placebo into effect in your life so that everything you do becomes more beneficial to your health and happiness.

Onward to sheep, goats and water buffalos...



Pillar One: **Vitalizing Foods**

The Dairy Dichotomy

Nothing may be more baffling to someone seeking greater health than the question of whether they should consume dairy products. You can go to the health section of any Barnes & Nobles, open a book and read how “if you had to choose one food to live on, pick milk.” You can then open the next book on the shelf and discover that milk is “white death.”

Ignore the health debate and listen to your body.

The main thing you should be concerned about is whether **you feel better** consuming dairy products or not. The best way to know this is with a dairy avoidance test. In Module 4 and 14, I’ll show how you can properly substitute your consumption of dairy for two weeks. After two weeks you’ll return to eating dairy. You can see if life was better with it or without.

But there’s no point in doing such a dairy avoidance test until we “optimize” your daily dairy experience. In other words, we need to make sure you are consuming the best quality dairy you can get your hands on and consuming it in a way that makes it easy to assimilate. Otherwise you’ll think that you are sensitive to dairy but you’re really just sensitive to “bad” dairy.

If you already consume dairy products, following a few of the simple recommendation in this week’s Vitalizing Food Pillar could improve your assimilation resulting in more energy and less congestion.

Do You Need Dairy?

Dairy denouncers love to cite that many cultures — such as North American Indians and Chinese — have lived thousands of years without dairy. Thus, we don’t need to eat it. But you can easily counter



Knowing what type of dairy products to buy and how to prepare them can bring big improvements to your digestive system, sinuses and energy levels.

this argument by pointing out that many cultures — such as in India and most of Europe — have lived thousands of years consuming dairy. Thus, you don’t need to avoid it, either.

I recommend you go back to module 1 and look at what you ancestors ate. This is your biggest clue to whether dairy may help or hinder you. Also pay close attention to WHICH animal they got their milk from (more on this in a minute).

Debates about assimilation aside, dairy is rich in protein, fat, calcium, vitamin C, vitamin B12 and potassium. It is only slightly acidic (not as much as beef, for instance). Cheese, yogurt or kefir are low in carbohydrates when the milk sugar (lactose) is fermented.

Principally, you’d want to view it as a protein source. Consult Module 2 to determine how to use dairy to meet your daily protein needs.

Organic Dairy

Similarly with beef, I only recommend you consume organic dairy products. As we are seeing today with human breast milk, chemicals, antibiotics and pesticides can easily become concentrated in the milk of mammals. It is even quite possible that non-organic dairy may be more toxic than non-organic beef.

In the United States, I particularly encourage the consumption of organic dairy. It is the only way you know that your milk has not been contaminated with genetically modified growth hormones. These genetically modified growth hormones have been banned throughout the world, except for the United States. The growth hormone is sanctioned by farmers and the government yet it only produces 10–15%

more milk from the cow.¹

Amongst other issues, the most disturbing is the fact that milk from cows treated with genetically modified growth hormone have ten times the normal Insulin-Like-Growth-Factor-1 which has been shown to produce cancer cells.²

In addition, milk from cows treated with genetically modified growth hormones has a lower nutritional value and more pus from infected udders. It is well recognized that the cows are more prone to infection. The resulting milk is thus higher in antibiotics which wreck havoc on the healthy bacteria in your gut and may even be contributing to the rise in the super-bugs we are seeing today.² The milk may also contain more bacteria (prior to pasteurization).

While not all non-organic dairy comes from cows that have received genetically modified growth hormones — there is no way of knowing whether what is in your supermarket's dairy section does or does not. Due to pressure from the creators of genetically modified growth hormone (Monsanto — the people who brought you PCBs) dairy providers are not allowed to state that their milk is GMO free.

It is, however, illegal to use genetically modified ingredients in foods labelled “organic.” So by buying organic, you know that you are not drinking milk that came from cows (mis)treated with this nasty growth hormone. For more details about the GMO milk scandal and the shocking story of how it finally was banned in Canada, see Chapter 3, “Spilled Milk” of Jeffrey Smith's book, *Seeds of Deception*.

Of course, if you live outside of the United States, organic or not, your milk is GMO free. But I still recommend you consume strictly organic dairy products. The best scenario is to find a source of milk where the cows are grass fed. Grass-fed organic cows eat a non-toxic diet that keeps them healthy — and thus their milk healthy.

Despite many “organic” labels in the mainstream supermarkets, there's a lot of debate about how organic their milk really is. Your best source for milk is your local farmer or health food store. Check with the supplier to determine the milk's origin and whether the cows were fed grass or corn. Sometimes

the staff at your health food store will know the answers to these questions. As with the beef, it's a little bit of work, but once it's done, it's done, and will provide your family with a good source of milk and cheese for a lifetime.

Non-Homogenized Whole Milk

I recommend you drink non-homogenized whole milk. This is where none of the butterfat has been skimmed or processed.

First of all, you need the butterfat to properly absorb the minerals and vitamins found in milk. Don't worry. Fat doesn't make you fat (unless you have too much of it). The idea that watery skim milk is a “health drink” is nonsense. We'll talk more about fat in module 20 and 21.

The homogenizing process also causes small fat globules to surround a protein enzyme called xanthine oxidase. This binds the enzyme and allows it to absorb directly into your bloodstream where it may cause problems with your heart.⁴

Others have found that homogenized milk is difficult to digest. People sensitive to MSG find they are also sensitive to homogenized milk.

In short, it's not how Mother Nature made it.

Now, many people say they don't like non-homogenized milk because it has all this lumpy fat floating around in it. I agree! And I'll cover how to rectify that problem in a second...

Exactly What to Order

So I advise you to purchase milk (and cheese) from milk products that are 100% organic, grass fed, whole and non-homogenized. When you open the milk bottle you should be able to turn it upside down without the milk coming out because of all the cream at the top. (If you do test this, make sure you have a bowl underneath... just in case!)

Most health food stores will have a few bottles of non-homogenized milk. But, to ensure you get what you need, and that it's fresh, order ahead. Consider, even, paying for a month's supply at once and negotiating a discount.



Why Raw Dairy Is Even Better

“The pasteurization process,” says Dr. Mercola, who has researched raw milk extensively, “alone destroys milk’s natural micronutrient and vitamin content, encourages the growth of harmful bacteria, and makes the major part of calcium insoluble, leading to rickets and bad teeth.”³

Quite contrary to what the government may tell you, raw milk, when properly produced, appears to be healthier. For thousands of years raw milk was commonly used in rural areas around the world. Families often owned their own goat or cow. In medieval England, the “milkman” would actually bring the cow right to your front door. Milk was consumed the same day it was produced. This is still common (and legal) in rural areas of Europe, all of England, Wales, Northern Ireland and in India.

The argument by government regulators against raw milk is that it contains too much bacteria. This may be quite true of factory-farmed milk where, as noted, the cows are treated with antibiotics due to poor diet, growth hormone treatments and bad living conditions. You certainly don’t want to be drinking contaminated milk — and in such a case, pasteurization may be preferable (though, best to just stay away from factory-farmed milk altogether).

However, cows which are cared for properly, fed a natural diet of grass and free of infection appear to produce milk free of harmful levels of bacteria. Keep in mind, everything has bacteria in it. Many of the bacteria are helpful to digestion. And, many of our modern health problems may be linked to not enough exposure to bacteria. More about probiotics in Module 15, 19 and 28.

Pasteurization seems to largely benefit large cooperate dairy farms that can now produce more milk, faster — albeit in an unhealthy way that they can then cover up later by cooking it with the high temperatures of pasteurization. Pasteurized milk also offers a longer shelf life.

But the pasteurization process destroys important enzymes, possibly making milk protein more difficult to digest and decreasing the nutritional value.

Most importantly, raw milk farmers pro-

claim, “If you taste raw milk you’ll never want to go back to pasteurized again.” It simply has more flavour (which is often a indicator of a higher nutritional content).

How to Get Raw Dairy

Depending on which state, province or country you live in will depend on how easily you can access raw dairy products. Oftentimes, even health food stores will not carry raw milk because of its short shelf life. You’ll have to contact dairy farmers directly. A good source are farmers living in Amish or Mennonite communities.

You can start with a local search on Google. If that does not produce results than call your local health food store. You can also go to your local farmer’s market and ask around.

If it is not legal to buy raw milk in your area, you may be able to buy or rent a cow — or at least part of it. Cow sharing is an excellent way to ensure you family has a constant supply of fresh, raw milk. You pay the farmer for boarding, feeding, caring and milking your cow. You do not “buy” the milk — but either pick it up or pay to have it delivered. The milk and the cow are your property (or at least partly yours if you share ownership with the farmer or others) — the farmer merely takes care of it for you. This is similar to arrangements in the horse racing business.⁶

You can than make your own cottage cheese from the milk or you can buy raw cheese from Dr. Joseph Mercola at www.mercola.com/forms/cheese.htm or other online retailers and have it delivered by post.

Goat, Sheep and Buffalo Milk

Is goat, sheep or buffalo milk better for you? Possibly. Again, look at what your ancestors ate. It’s quite likely they drank goat’s milk instead of cow’s milk.

In fact, even today, more people drink goat’s milk rather than cow’s milk (outside of North America). Worldwide, there is an estimated 440 million goats producing 4.8 million tons of milk for human consumption.⁸

There are many pluses to goat’s milk:

* Goat’s milk is never homogenised because the 

fat globules in goat's milk are smaller and don't rise to the top as they do in cow's milk.⁷ (So if you can't find non-homogenised cow's milk in your area, goat's milk is a good alternative).

- * Many people intolerant to cow's milk can drink goat's milk with no problem. This is largely believed to be because the protein in goat's milk more closely resembles the protein found in human breast milk.
- * If you live in a rural area, caring for your own goat or sheep is much easier than caring for your own cow (or buffalo!) — allowing you to obtain raw milk with no government intervention.

Many of these points are also true for the milk you can obtain from sheep and water buffalo. In Italy, for example, *mozzarella di bufala* (Buffalo mozzarella) is widely available. Buffalo cheeses and butter are also made in Switzerland, Southern California, Australia, South America, India, Thailand, Egypt and South Africa.

Fermented Dairy

In Module 15 I'll talk more about yogurt, kefir and cottage cheese. Suffice to say, these may be closer to "raw dairy" as the bacteria produced in the fermentation helps digest the dairy and reduce the sugar content. There are many other benefits — and if you're consuming dairy, in general, fermented is probably better.

Butter

More important than eating organic milk or cheese, may be eating organic butter. Toxins are often stored away in fat tissue. Since butter is pure fat it may contain a high concentration of pesticides and antibiotics from the animal feed. We'll talk more about butter and how to "clarify" it in Module 21.

How to Make Milk More Digestible, Ayurvedically

East Indians have been consuming milk for at least 6,000 years. According to their health system of Ayurveda, milk is regarded as the most perfect food because it is freely given to humans unlike even fruits which must be picked. Ayurveda teaches that

how you consume dairy plays an important role in how beneficial it is to your health:

- * **Warm Your Milk:** Milk should be warmed to room temperature or slightly warmer. You don't want to cook it, but it should not be "refrigerator-cold." You can do this by heating it on a stove top. Just don't walk away and cook or scald the milk. A foolproof way to warm milk is to place it in a mug and then set the mug in a bowl of hot water. Warming non-homogenised milk also allows the fat to dissolve so you don't end up with lumps of cream floating around.
- * **Spice Your Milk:** Adding ground cinnamon, ground cardamom seed and ground ginger root is a classic Ayurvedic recipe believed to make milk more digestive. Ground ginger is considered the most important stimulant to help you digest milk.
- * **Eat Soft Cheeses:** Soft cheese like ricotta and cottage cheese are considered the easiest to digest. Hard cheeses like cheddar, parmesan, etc., should only be consumed if they are melted into soups, stews or casseroles (essentially making them soft). You can add raw cheese grated after cooking if you want to simply melt the cheese but not cook it. (In general, hard, dry foods are often hard to absorb and constipating.)

How to Make It Happen

So here's what I recommend to optimize your dairy intake:

1. Only get raw, non-homogenized, whole, organic, grass-fed milk and cheeses. Buy or rent a cow/goat share if you have to.
2. If you can't get raw and/or grass fed, at least make sure it's non-homogenized and organic.
3. Drink milk at room temperature or slightly warmer.
4. Eat only soft cheeses or melt hard cheeses in soupy dishes.
5. Try a week on goat's milk and goat's cheese and see how you feel.

More Dairy Guidance Coming...

In Module 13 I'll show you how to substitute



dairy products with other foods that provide the same nutrition. You may find that you want to do this just for variety, if you can't obtain a good source of dairy or if you find it causes you problems.

Personally, I do not eat much dairy — just a little goat cheese or yogurt once in a while. Other people, however, find that they feel healthier consuming dairy daily. Others find that cutting dairy out of their diet altogether makes dramatic improvements in their health — clearing up skin rashes, digestive problems and mood disorders.

The first step in determining whether dairy should be a regular part of your diet is making sure you are getting the best quality dairy you can and consuming it properly per the instructions in this week's module. Do that for a few weeks. In Module 17 I'll show you how to go off dairy for a two-week trail and see whether you have more energy and less health troubles with or without it.

This way you'll know — regardless of what this or that health guru says — whether dairy is right for your body and your situation.

Questions and Answers

I think I might be lactose intolerant — how can I know for sure?

If drinking milk upsets your stomach or causes diarrhea this is an indication of lactose intolerance. The quickest way to diagnosis lactose intolerance it is to buy lactase enzymes supplements from your local health food store. Take the maximum dosage recommend on the bottle with a glass of warm milk and see how it goes (don't try this experiment on the road). If the milk goes down fine — where as before it just went out the other end — then you know it was a lactose intolerance problem.

I'm lactose intolerance — should I just avoid dairy entirely?

Much depends on WHY you are allergic to the lactose sugar in milk...

Many Asians appear to naturally stop producing the needed lactase enzyme after they stop breastfeeding. Unlike other cultures, their ancestors did not continue to drink milk from animals and so never adapted to retain the ability to break down lactose.

On the other hand, lactose intolerance can simply be the result of a damaged or weak gastrointestinal tract which is no longer able to produce enough lactase enzymes.

Taking lactase enzymes with dairy products is one solution. Avoid lactase enzymes from pharmacies as these swap lactose for sucrose and other ingredients that make the tablets taste good but otherwise harm you.

You should note, however, that not all dairy products contain lactose. Fermented dairy, such a yogurt and kefir, contain very little or none (depending on how they are prepared). Many cheeses do not either. You can usually determine the lactose content by consulting the label to see how much sugar is in the product. If it says zero grams then you know the cheese is lactose free.

Cheddar, colby, swiss, havarti, farmers, jack, asiago, parmesan are low lactose cheeses on the Specific Carbohydrate Diet's™ "legal" list that you can find at www.breakingtheviciouscycle.info/legal/legal_illegal_a-c.htm. This diet avoids all use of all grains and sugars including milk sugar — so the fact they allow these cheeses shows they are safe. (They are hard cheeses, though, so you'll want to melt them into your dishes).

There is much more that can be said about healing lactose intolerance but that would consume an entire module. Future Health Now! is not about correcting diseases but about maintaining health. Suffice to say, you should either take enzymes with dairy or consume only dairy low in lactose.

If your lactose intolerance appears to be a genetic disposition, then avoiding dairy altogether is probably a good idea. You can, however, always use lactase enzymes when you are not able to avoid dairy (e.g. you're a dinner guest or shipwrecked on an island populated with wild goats).

It's also worth noting that many people who are lactose-intolerant find they can drink raw milk with no reactions. 

Organic milk is so expensive — is it really worth the money?

Well, keep in mind a few things:

- * Organic milk is often cheaper if bought from a health food store or a local farm network (while being of higher quality). The big brand names producing organic milk are using the "organic" label because it has a higher-perceived value and thus they think it merits a higher price.
- * If organic is too expensive for you, then you may just want to consider limiting the amount of dairy you consume — so you can afford only organic sources. You can replace your dairy with dairy substitutes like I'll discuss in module 13. Personally, I consume very little dairy and get my protein needs from nuts, fish, and some chicken and beef. I supply my calcium needs with vegetables and an angstrom calcium supplement.
- * Really, it's not that that organic dairy is expensive, but that non-organic dairy is artificially deflated in price because commercial dairy farmers are usually subsidized by the government. Non-organic milk may or may not possess the same nutritional content but it will contain more chemical residues (and in the case of American milk — cancer producing hormones). The cows that produce non-organic milk have not been treated properly. Besides the obvious animal rights issues — do you want to be drinking the milk from a sick animal?

Doesn't goat milk smell?

Goat milk should not smell "goaty." If it does, you should probably not be drinking it. How the milk tastes has a lot to do with what the goat was fed. Goats will eat just about anything — but that's not necessarily a good thing. Bad smelling goat milk may also be the result of poor refrigeration, spoiling or unsanitary milking procedures.⁹

If you have any questions regarding this section that are not covered above, please email me at info@drCarolynDean.com

& Citations

- 1 Jeffrey M. Smith, *Seeds of Deception*, Yes Books!, 2003
- 2 Your Milk on Drugs: The Dangers of rBGH in Dairy Products, <http://www.seedsofdeception.com/Public/rBGHInDairyProducts/index.cfm>
- 3 Dr. Joseph Mercola, Upcoming Flood of Unhealthy Organic Milk, <http://blogs.mercola.com/sites/vitalvotes/archive/2007/05/15/Upcoming-Flood-of-Unhealthy-Organic-Milk.aspx>
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- 6 Cow Shares, Herd Shares, Farm Shares, The Weston A. Price Foundation, <http://www.realmilk.com/cow-farmshare.html>
- 7 Milk, goat, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=131>
- 8 Goats Milk Versus Cow Milk, <http://www.goatworld.com/articles/goatmilk/goatmilk.shtml>
- 9 George F. W. Haenlein, Producing Quality Goat Milk, University of Delaware, www.goatconnection.com/articles/publish/article_75.shtml



Pillar Four: *Super Nutrients*

Maximizing Magnesium

While the possibility exists that you are reading this without having already heard more than enough from me about magnesium — I'm sure most members of Future Health Now! are well versed in this "miracle mineral." I won't be going over stuff you already know. Consider this the "advanced magnesium" training...

What I want to do here is make sure you are absorbing enough magnesium (and thus getting the maximum benefits) and to share with you some of my unpublished revelations since I wrote my book, *The Magnesium Miracle*.

Three Reasons Why Magnesium Is So Important

There are essentially three things your brain needs to know about magnesium to ensure you give it the attention it deserves:

- * Without sufficient magnesium your body's cells cannot absorb other essential minerals (like calcium, iron, potassium). Without adequate mineral absorption it is very difficult for you body to perform at its best.
- * Magnesium is essential for relaxation – without it you muscles (including your heart) would not be able to release tension. In other words, you will end up in a state of stress — and stress is probably the underlying cause of most diseases.
- * Most people (probably you) are not getting enough magnesium — modern farming methods use mineral-depleted soil.

So it's essential and we aren't getting enough. That should be reason enough to make sure you are



Getting magnesium in as many forms as you can is the best way to maximum absorption of this miracle mineral.

not only getting enough magnesium each day... but also absorbing enough magnesium each day.

Absorption is Key

As with all supplements, it's not just how much you put in your mouth — but how little comes out the other end. Your ability to absorb magnesium may be greater or less than another person. Again, part of this goes back to how abundant magnesium was in your ancestor's environment. If there was an over-abundance, your ancestors may have adapted to absorb less of it.

The other factor is the type of magnesium you are consuming. Even plant sources, we understand, may bind magnesium to its own fibres making it unavailable to you.

The point I'm getting at: Just because you are taking, let's say, 750mg of magnesium a day — don't assume that that is enough. And don't assume that you are absorbing all of it.

A Revealing Story

I've saved this story for Future Health Now! members only. It really illustrates the importance of absorption versus consumption.

One client (I'll call her Susan) is a dialysis patient. Her kidneys have failed completely. She requires a machine to clean her blood. She barely urinates.

Dialysis machines, however, are very poor at cleaning out excess minerals. Dialysis patients usually go on a strict diet where they limit their intake of potassium, sodium and phosphates to avoid build up in their bloodstream. No dietary restrictions, however, are given about magnesium — because there is

so little available in our diet it's difficult to overdose.

(Just to clarify: If your kidneys function properly, dietary "overdosing" on essential minerals is not a problem — you will simply pee them out. Better too much than too little.)

Now, Susan started taking magnesium-citrate. About 700mg a day because she had classic magnesium deficiency symptoms. She began to feel welcome relief once she went on the magnesium-citrate.

A week later, however, her condition worsened. She started to become very weak, nauseous, sleepless and suffered horrible headaches. She felt awful.

Her nurse ran a blood test and found that her magnesium levels were dangerously high. (Again, if your kidneys work fine, than this will not happen to you. Magnesium is one of those minerals that will be released by your kidneys and your bowels when there is too much.)

But Susan wasn't really taking all that much magnesium. Only 700mg. Less than she probably needed.

I suspected that her body cells were not absorbing all the magnesium citrate. The rest was left circulating in her blood stream, unable to pass through her kidneys into her bladder.

We immediately took her off the magnesium citrate. The symptoms all went away in a few days.

We then tried angstrom magnesium. This type of magnesium has been broken down to 5 billionth of a meter in width. Within the next fews she felt better, her magnesium deficiency symptoms decreased and her blood work showed that her magnesium levels were fine — no excess build up.

In Susan's case, at least, the angstrom magnesium absorbed a lot better than the magnesium citrate. The evidence (albeit anecdotal) is in the blood work.

Making Sure Your CELLS Are Getting Enough Magnesium

The key point I'm making here is that I want you to make sure you are absorbing enough magnesium. Maximizing your magnesium could add years to your life, dramatically increase your energy levels, improve your sleep, relieve tension — plus produce

endless beneficial side-effects by allowing you to better absorb other essential minerals. It's worth the effort and the experimentation. There are three ways you can do this.

Magnesium Citrate and Dimalate

Citrate is the most popular form of magnesium and for many people does the job just fine. It also tastes the best. Especially if you enjoy Natural Calm's line of magnesium "just-add-water" powdered drinks (they didn't pay me to mention that, by the way). The dosage is 1-4 tsp per day where 1 tsp equals 200mg.

Other people prefer just to pop a tablet. Places like www.jigsawhealth.com offer high quality magnesium dimalate in a sustained release form, which can improve absorption (they don't pay me either!) The dosage is 4-6 tablets a day where 1 tablet equals 125mg.

Make sure you are taking enough magnesium-citrate or dimagnesium malate until your bowels start to become loose. Don't take a full day's supply all at once, take it 2-3 times per day with the last dose being at night to help you sleep. You can usually take magnesium with or without meals.

If you're already very regular then these forms of magnesium might not for you. You might be able to handle a little but probably not get enough to meet your needs. If you're prone to diarrhoea, then you might just have to forget about it if splitting your dosage and using small amounts doesn't help.

Once you find your maximum dosage of magnesium citrate or dimagnesium malate, don't make the mistake of stopping there. Just because your bowels are loose doesn't mean your body cells are getting enough.

In terms of how many bowels movement... Don't go beyond 2-3 bowel movements a day. Make sure they are "well-formed" (much like a ripe banana). If they are loose and watery, you are probably losing magnesium and other nutrients from your food and supplements.

Magnesium Oils

Magnesium oil is an excellent way to get extra magnesium without any laxative effects (and, therefore, higher absorption). 

Magnesium oil really isn't "oily" at all. It's made of supersaturated magnesium chloride in distilled water. I recommend you mix it with more water, coconut or sesame oil and massage into your entire body before or after taking a shower. Give it about 30 minutes to absorb.

Good sources of magnesium oil can be found at www.globallight.net and www.magneticclay.com (alas, they aren't paying me, either).

Combining this with the daily oil massage practice I'll share with you in Module 22 should not only be most enjoyable but also keep your nerves relaxed and your body in exceptional health.

Apply as much as your skin feels "comfortable" with. To give you a precise amount, that would be about ½ to 1 teaspoon. Too high a concentration or too much application will usually result in a mild redness of the skin. Occasionally people with very sensitive skin may not be able to handle much at all and have to dilute the magnesium oil considerably.

As with your bowels, don't assume that just because your skin has had enough, that your body has maximized its magnesium levels.

Next, I strongly recommend you at least try...

Angstrom Liquid Ionic Magnesium

Scientists have found that minerals pass into your body's cells through extremely narrow channels – about five angstroms wide (which is about 5 billionths of a meter). The company Complete H₂O Minerals at www.123minerals.com (that's right, they aren't paying me either) uses a process that breaks down magnesium to the angstrom level so that it can absorb through these narrow channels.

I've observed with myself and amongst clients that 72mg of angstrom magnesium can have the same effects as 750mg of citrate. I don't have the million dollar scientific studies yet to prove this — it's all anecdotal — but I'd love you to share your experiences with different types of magnesium.

How Much Is Too Much?

Personally, I'm very magnesium deficient and I need so much I get a laxative effect from powders and pills. Instead, I take four 72mg doses of angstrom

magnesium each day (two doses in my breakfast smoothie and two at night before bed). I find that any more brings no extra benefit. Three doses, however, is not enough.

Because of the high absorption of angstrom minerals it won't cause a laxative effect... so just work up to the level that feels beneficial.

Each day just add another 18 mg or so. If you're not sure if it's making a difference, reduce and see how you feel. Life is dynamic, sometimes you need less, some days you need more (e.g. depending on what you ate or how rested you are). So aim for just a little more than you think you need, but not much more.

When I don't have enough magnesium my legs cramp up when I'm swimming or my heart skips a beat. You'll soon find your own way of deciding how much you need.

It's worth repeating that, ideally, dividing your magnesium up throughout the day is best. The morning is often the best time and 30–minutes before going to bed is especially beneficial if you need help sleeping.

Also, keep in mind, that as your body's cells build up their magnesium stores, the better you will be able to absorb more magnesium — thus reducing your need for magnesium. So, you're not going to need more magnesium over time, but less.

This Could Change Your Life

I'm not prone to say things are life-changing too quickly. But maximizing your magnesium levels can truly improve every function in your body. I get emails from people every day confirming this.

Imagine if every night you sit down to read a book and are squinting and struggling with the print. Then one day someone points out you are only using a 40 watt light bulb. You replace it with a 100 watt light bulb and suddenly it is so easy to read. Comparably, before maximizing your magnesium intake you are reading in the dark.

How to Make it Happen

1. Each day increase your dosage of magnesium citrate or dimagnesium malate until your bowels 

- become loose.
2. Make sure you are briefly and gently massaging into your skin as much magnesium oil as you feel comfortable with (to a maximum of 1 tsp), each day when you shower.
 3. (Once you've maximized your magnesium citrate or dimagnesium malate intake) begin taking 18 mg of angstrom magnesium. Increase by 18 mg each day until you don't feel any extra benefit.
 4. Stay at that level for 30 days then try reducing your intake of angstrom magnesium until you feel like you are losing the benefit.
 5. Continue taking the citrate or dimalate, the oil and the angstrom magnesium six days a week. One day a week you can skip it (if you feel comfortable doing so) to allow you body to get rid of any excess.

Questions and Answers

Do I need to take all three – the magnesium-citrate, the magnesium oil and the angstrom liquid ionic magnesium?

Possibly. It really depends on your body. What I'm recommending is that you experiment with all three.

All three are essentially artificial or synthetic ways of getting magnesium (rather than from food). They are inventions to make up for what we've done to our food supply. I suspect none of them do as good a job as our ancestors received from eating a diet naturally rich in magnesium.

So, by combining all three practices, you're more likely to get the full benefits of magnesium. The magnesium citrate or magnesium dimalate may do a better job of supplying the lining of GI Tract. The magnesium oil may absorb better into the cells of your skin and into your nervous system. The angstrom may work better for nourishing the rest of your body at the cellular level.

You can easily combine the angstrom liquid ionic magnesium (which doesn't taste great) with the magnesium citrate drink (which tastes delicious).

And, as I mentioned, the magnesium oil can easily be combined with a daily oil massage.

Of course, if your prone to loose bowels, than you can omit the magnesium citrate and dimagnesium malate altogether and just focus on the magnesium oil and the angstrom minerals. If your skin is too sensitive for the magnesium oil... then your left with just the angstrom magnesium.

Listen to your body, experiment with all three, and see what works for you. Some people may feel comfortable staying with one of the four choices of magnesium and that's perfectly acceptable too.

Is there any way I can just get my magnesium from foods?

Yes, there is. Juicing lots of collard greens — which are rich in magnesium — is one way to get a high dose. The magnesium content may explain much of the well known benefits of collard juices.

Bananas, cacao and coconut milk make a magnesium-rich dessert.

Nuts and seeds – especially sunflower seeds — are very rich in magnesium. In next week's module I'll show you how to select and prepare nuts and seeds so you can extract the maximum benefit from them (while making them more tasty and easy to digest).

If you are going to go the food route I would think you need to make sure you eat these foods at least six days a week. For example, you really do need to be juicing those collards every day and/or eating plenty of nuts and seeds.

And, even then, I would recommend you at least try adding some angstrom minerals to your diet to see if you feel any better. (You obviously won't need as much.)

Everything, essentially, comes down to how magnesium rich was the soil your produce came from. If it's magnesium depleted, even collard greens will be low.

If you have any questions regarding this section that are not covered above, please email me at info@drCarolynDean.com.



Pillar Seven: *Mind Over Body*

Placebo Power

The other two pillars we covered this week ended up being quite lengthy (did you notice?). I'm sure you're ready for a short one by now. And this week's Mind Over Matter strategy is relatively brief and simple:

Think That Whatever You Are Doing is the Best Thing for You

How much something helps or hurts is largely dependent on our conscious and subconscious thoughts. We'll talk more about reprogramming the subconscious in Module 9 and 46. Right now, let's just focus on what you're thinking (and saying).

If you are saying something is going to work, chances are it will. Even better, is when you have the support of people around you also saying it will work.

Big-Pharma Proves Placebo

The big drug companies are well aware of the power of the mind to influence one's health.

For decades, the gold standard of medical research has been the double-blind placebo-controlled clinical trial. One group of patients takes a medicine to be tested and another group is given a dummy pill. The doctors prescribing the medicine don't even know whether it is real or not.

The placebos are used to tell researchers whether a tested drug has any effect beyond a patient's belief that the pill is going to be beneficial.

Now, some researchers are demanding that two different drugs be used in clinical trials and compared for their effectiveness. Is that because placebos are often as effective or more effective than the drug? It's true. Placebos can be effective up to 80% of the time



80% of the time, belief in a useless white "dummy pill" is all people's minds need in order to improve their health.

and most drugs show an effectiveness of about 40%.

Let me say that another way... 4 out of 5 times a patient's condition will improve simply because he or she **thinks** they are receiving an effective treatment.

Before We Get Carried Away...

...note that when the patient was given the actual drug, results dropped. So it isn't all mind — otherwise the placebo would be equal

in its effectiveness to the drug. So while the placebo alone proves to be more useful, the toxic pharmaceutical neutralizes the power of positive thinking.

Whether this was because some drugs interfere with people's moods and thoughts processes, or simply because the drug made them feel worse and thus triggered their mind to think negative thoughts about the treatment, I don't know. But obviously the drug affected the mind's ability to heal the body.

But, don't feel that simple positive thinking is all you need and go eat whatever you feel like, skip exercise, sleep erratically and otherwise ignore what I'm giving you here in Future Health Now! In the highest, most transcendent, mind-over-body sense, I'm sure that is true. But until we can levitate, I think we should follow, to the best our ability, the laws of the physical plane (without obsessing about them).

Much of the benefit of avoiding an unhealthy lifestyle may not be so much from the direct effect it has on our bodies, but by the indirect effect that feeling bad or good has on our mind.

If you eat something you shouldn't and it makes you feel a little sluggish — your mind automatically kicks in with negative thoughts about how tired 

you feel. How our body feels affects our emotions and our emotions tend to lead our thoughts.

Take Control of Your Health Thoughts

Whether you live a super healthy lifestyle or not, you need to take control of your thoughts.

Because, quite frankly, the physical plane is rarely set up to suit our idealistic desires for a perfect world. You may eat organic food, but can't control the air pollution you breathe in each day. You may ditch your cell phone but you can't knock down all the cell phone transmitters in your county. (Don't even try, it's too aggravating!) You may do everything right to get a good night sleep but have a little baby who wakes you up every thirty minutes. You may eat as healthy as you can but can't afford super foods.

You can easily allow your thoughts to dwell on what you can't do... or focus on what you're doing right.

Take the Easy Route When You Can

If you can correct something on the physical plane, easy enough, you might as well do that. There's an old joke in India about a saint not walking on water because he felt it was easier to pay the boatman to take him across the river.

But when we are faced with physical limitations, lack of resources, lack of options... then mind is all you have to turn to. And even when you do have physical advantages, you can amplify those advantages, by positive thinking.

Don't Make Bad Habits Worse

And then there are times when our bad habits just get in the way of us doing the right thing.

In such cases you need to ignore the negative thoughts and dreary predictions that come to mind and affirm only the positive.

If you're not eating the most nutrient-dense food, just think, *I'm chewing this food thoroughly and deriving the maximum number of nutrients. I'm enjoying it and thanking everyone and everything that brought this food to me.* That approach offers you much more benefit than someone who rushes

through a healthier meal. Whatever you are doing right, focus on that, give that more force with the power of your mind.

Maybe you can't sleep with the electricity off because you have an old fashioned fuse box... Don't lay there all night fretting about electrosmog. Think about what you are doing right. Are you sleeping in the dark or wearing a blindfold? Focus on that instead. Forget about the electricity. Put it out of your mind and it no longer becomes part of your reality. It's not in your universe. Relax and allow yourself to have a good night's sleep.

Life is Complicated — Don't Make it More So

Trust that whatever circumstance you find yourself in is the best thing for you. Life is complicated and full of many variables. What may hurt you now is almost always of long term benefit to you. It's true. An infection here may build your immune system up so that it can fight a more serious threat later. A negative side effect today is a warning to get your act together to prevent a disaster tomorrow.

Of course, don't create problems for your mind to overcome. Life is good enough at coming up with problems for you. And don't use the placebo effect as an excuse to justify bad habits. But if you are going to indulge in something that is bad for you, then you might as well bring the placebo effect into play. Just be honest with yourself.

Sometimes Bad is Good

And, once in a while doing something "bad" may only help strengthen your mind.

Now, I'm not suggesting you go out and poison your body with excessive drinking or eat excessively or anything extreme like that. But if you want to have a donut or ice cream or something like that, once and a while, go for it.

I'm sure there must be something of nutritional value in a donut. Just focus on that. Or focus on the delicious taste of the donut and the memories of when you ate them as a kid. Or focus on the people you are sharing the snack with. Or focus on how nice a day it is.



Wherever life brings you and whatever situation you are faced with, accept it as being the best thing for you on a physical, mental or spiritual level. Keep in mind that your mind is more important than your body, and your soul more important than both your mind and body. Even what we consider death, doesn't actually happen, because our souls continues to exist.

The Best Path

Don't go off into extremes. Be balanced. Develop the power of the mind for far greater achievements than overcoming the results of physical neglect.

The best route is to do your best physically — follow everything in *Future Health Now!* that works for you — and still apply the placebo effect. The best health strategies in the world become a thousand-fold

more powerful when positive thinking backs them up.

When you have the power of positive thinking behind you, you don't find yourself worrying about the little things: Whether you should be eating blueberries or goji berries, whether you should eat your eggs raw or cooked, whether you should be eating your tomatoes with the skin or without, whether you go to bed at 9:30pm or 10:00pm.

And even if everything I've said in this strategy is dead wrong. Even if the placebo effect is not true. Even if positive thinking, right attitude, relaxing and allowing does nothing to improve your life... What choice do you have? You can either love or fear what life brings you and what actions you choose to take. At least, you'll be happier, loving your life.

Until Next Week ...

One Step

I gave you a lot of major lifestyle changes this week. I don't expect you to follow all of them right away. At least pick one thing that you can change and test. One action item is better than none and is certainly one step further down the road to better health.

If you can fit it all in, that's fantastic, but here's what you have to choose from...

1. Switch to non-homogenized, whole, organic grass fed milk. Raw if you can get it. Consume your milk warm and melt your hard cheeses in soupy dishes. Try goat (or sheep or water buffalo) and see if it digests better.
2. Max out on magnesium citrate (or dimagnesium malate), magnesium oil and angstrom magnesium. Keep on increasing until it's not producing any noticeable benefit. Make sure your body's cells



are getting all they need of this essential mineral.

3. Whatever you do, think that what you're doing is the very best thing for you... don't focus on what you can't do, don't have, or any other negative aspects of your environment or actions. Remember the placebo effect and how 80% of the time a sugar pill outperformed the desired result an expensive pharmaceutical

couldn't come close to.

Next week we move away from animal proteins and cover...

- * How to select and prepare nuts and seeds — a under-rated super food full of protein, healthy fats and valuable minerals. If nuts and seeds usually give you gas — wait till next week where I'll show you how to make them easy to digest (and more tasty!).



- * How to make cell phones and especially cordless phones (which can be more dangerous than cell phones) safer for you and your family.
- * How to improve your quality of life by taming the television (and your DVD player, YouTube and all the other TV substitutes).

- * How to maintain an ideal body temperature while you are sleeping so that your body isn't kept restless trying to keep you warm.

It's all coming to you next week, in Module 5 of Future Health Now. Thanks so much for staying with me and sticking with your program.

Aloha,

Carolyn & A. Dean

Feedback...

I'd love to hear what you thought of this module. How did it help you? How could it be better? What was the most important point you got out of it? And, above all, let me know about the results you get from applying the strategies in your life. If in the process of implementing these ideas you come up with new ones, variations or improvements — I'd love to hear about them and might include them in a future edition of the module (with credit). You can email me at help@drCarolynDean.com