

# THE CHEK REPORT

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## Getting Well With Getoff

An interview with David Getoff,  
CTN, CCN, FAAIM

by Tristan Loo

**Hello David. Thank you for the opportunity to speak with you today. To begin, will you tell our readers a bit about your background?**

I am a board certified clinical nutritionist and a traditional naturopath. I think it would be prudent for me to explain the term traditional naturopath since there is a great deal of confusion in the naturopathic arena these days. Naturopathy is over 200 years old and it represents a long tradition of holistic medicine. Traditional naturopathy encompasses the science and clinical observation of both traditional wisdom as well as new knowledge and research. The patient or client is treated as a whole integrated unit and not a collection of parts. As naturopaths, we strive to work towards helping the body cure its problems while letting the actual symptoms decrease, and most often go away entirely, as the body gets well. Drugs are never used in a traditional naturopathic practice, since by definition, a drug is a synthetic chemical that never existed in nature (or else it could never be patented) and is most often suppressive. The purpose of most drugs is either to force the body to do something that it is not doing, or to prevent the body from doing something the doctor feels it should not be doing. In the case of antibiotics, the drug's purpose is to kill some type of organism that the body is currently not able to handle on its own. In stark contrast to traditional naturopathy, there is also now a much newer field in which the practitioner is actually licensed, although by a definite minority of states, as a naturopathic physician. My own term for these practitioners, formulated a number of years ago, is Medical Naturopath. These individuals attend four- year naturopathic medical schools which teach the use of drugs and some forms of minor surgery. They operate a great deal more like medi-

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cal doctors than like a traditional naturopath. In most states in which they are licensed, they can prescribe antibiotic and anti fungal medications, birth control pills, and other pharmaceuticals. There is a huge political fight around the U.S about this. I don't wish to speak for anyone but myself, but I have discussed this issue with a fairly large number of both types of practitioners. It appears to me that traditional naturopaths are mostly okay with the other group, as long as they do not infringe on their ability to carry out their profession, but the opposite does not appear to be true. The naturopathic physicians and doctors I call medical naturopaths, seem to have been brainwashed by their schools, much as our medical doctors are, that nobody else should be allowed to help the public get well. They want licensing laws passed in every state to allow them to be called physicians, like an MD, and make it illegal for all traditional naturopaths to practice and heal their clients/patients. Sorry for this sort of detour, but this information needs to be known by your readers.

Besides my formal college education in health and clinical nutrition, I have accumulated a great deal of knowledge from other trainings. This includes a three year program in classical homeopathy, numerous herbal courses, training seminars in Enderlein remedies (which were originally formulated by Professor Günthter Enderlein in Germany), seminars on gemmotherapies, complex homeopathics, flower essences, and many others. My philosophy is, anything I learn is worthwhile if my increased knowledge will benefit my patients or my students. I truly feel I have gained more beneficial knowledge from attending numerous scientific conferences and seminars every year than through any of my traditional schooling.

### What made you become a traditional naturopath?

I first became interested in health when I was about eighteen. I took a sixteen-week class titled Nutrition Against Disease. given by a medical doctor at the New School for Social Research. I still have my notebook so I can actually look to see what kinds of things he was telling us back then. It was just so fascinating, because here was a medical doctor who was not trying to drug-away symptoms, but was instead looking to see what the causes might be (often diet and allergies). He helped change what his patients were eating, utilized nutritional supplements, determined what they were allergic to using tests that were more accurate than the traditional allergy tests, and generally helped these people get well. It fascinated me so much back then that even though I never considered doing it as an occupation at the time, I could not stop learning about it. I kept reading books and magazines and furthering my knowledge.

About fifteen or sixteen years ago, I helped to turn my mother's cancer around. She had stage IV metastatic cancer and was given three months to live. 12 months later she was feeling terrific. All the cancer spots were getting smaller, every-

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thing was going great and no one could believe what was happening. I said, "You know what, this is fun. I like doing this. I like helping people get well." Although my mother was not a happy woman (because my dad had walked out on her years before) and she did not really want to get well, she was willing to do what I recommended because the doctors had made it clear to her that there was nothing that could reverse this cancer and she would be dead in three months. They said that it would be a miracle if she even made it for six months. When it was well over 12 months, the cancer was retreating

and she was feeling great, she actually stopped all the supplements and started eating crap again. She let the cancer take over her body and died a year later because she did not want to live. She had been following my supplement routine just to make me happy since she "knew" it would not work and when she found out it that it could work, she changed her mind. That was a very hard lesson, one that I still think about today.

There are a lot of people who are not really happy. If somebody is dying of cancer, they may not have any motivation to continue living if they live an unhappy or unfulfilling life. There are holistic psychologists who have their patients write a comprehensive essay on all the things they want to do over the next ten years. The doctors are often amazed at how many people cannot write that essay, because they have already decided they are leaving. If a strong desire to live cannot be re-kindled, no therapy will have a very good chance of producing long-term survival. In any case, I just never stopped learning, and it was after helping my mom turn her cancer around about a decade and a half ago that I said this career is what I want to do. I have been studying it ever since. The greatest difference is that back then, I was reading books and magazines writ-

ten for the public, i.e. Adelle Davis, Prevention Magazine, Let's Live Magazine, etc. I switched over and began paying large amounts of money, taking all sorts of classes and seminars, going to scientific nutritional conferences (which I still do today), and sitting for different board exams to get different credentials for better recognition in my practice. Now, I have come full circle. Credentials and schooling can actually become irrelevant. The best and worst physicians in the world might have graduated in the same class from Harvard Medical School or any other school

and have the same "MD" after their names. Now that I have met numerous practitioners in every field who range from excellent to awful, I realize that only knowledge, skills and proper clinical experience are important.

### **Can you explain the difference between naturopathy and traditional medicine?**

I am going to switch your words just a bit and explain the difference between traditional naturopathy and allopathic or drug and surgery based medicine. A traditional naturopath believes their entire purpose is to help support the body's natural ability to heal itself and to use as many non-toxic methods as possible. If a person has an infection—let's use strep throat or an eye infection as two examples, a physician would generally prescribe antibiotics or in the case of the eye infection, antibiotic eye drops. As a naturopath, I would prefer to support their immune system very quickly and very strongly to see if we could help their body to handle it. For a cold or flu, that might be all I would do. My two examples, however, have current infections that can be severe and contagious, so I would use what I call "anti-products." In other words, I would use something that actually is an anti-

bacterial or an antifungal agent, but has far less toxic effects on the body than antibiotic drugs. I like to help my patients stay away from drugs made up in a lab, which the body has no idea what to do with and therefore cause side effects. Instead, I use substances that have existed in nature for a long time, and the ones that a lot of ancient societies have used for hundreds of years before laboratory-created substitutes were even invented—natural products such as oregano oil, olive leaf extract, garlic, and for the eye infection, colloidal silver. Since the eye is very sensitive, one must be very careful what is put into it. Although I need to make it clear that I AM NOT telling any of your readers to do this, I use only the Meso Silver brand of colloidal silver from [www.PurestColloids.com](http://www.PurestColloids.com) if I am ever going to recommend an eye drop. The oregano, garlic, and olive leaf products need to be the right dose of the right brands, or they will be useless, and of course, none of these should ever go in anyone's eyes.

Now say, for example, if you have diabetes, the physician will say you should eat more whole grains and eat more healthy foods, but not tell you what "healthy foods" really are. They will often still tell the patient not to eat too many fats. If you do what the doctor says and eat more vegetables and whole grains, and watch your fat intake, then your glucose numbers may remain the same or might even get worse. In truth, what you need to do is eat less or even no grains. Eat more properly-raised meats, more fats that haven't been damaged by improper processing, and more non-starchy vegetables. This will quickly help regulate blood sugar.

Contrary to what most people believe, eating plenty of fruit is not helpful because sugar, in any of its various forms, is a big part of the problem. If you consume too much sugar, then you still throw off your blood insulin levels. Fructose has actually been shown to be one of the causes of diabetes. If you have heart disease, we need to re-examine all the myths that physicians have taught about staying away from eggs, pulling the skin off your chicken, and

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not eating too much beef, because none of those have ever been proven. That is all simply nonsense. I want my patients to eat more chicken, beef and fish. I will teach which ones are better or worse, for example, which fish are too high in mercury. I discuss this further on my website (see <http://www.naturopath4you.com>). Eggs are very healthy for you regardless of the cholesterol issue, which is basically a lie being told to the public. As long as the animal is fed the way it is supposed to be fed, their food is healthy for us, if we do not destroy it by overcooking it.

We need to accept that if we accept the fact that eating healthier makes us healthier, then we need to also understand that what we are eating must have also been eating healthy food, in order for it to be healthy for us. For example, the beef needs to be grass fed, the eggs need to be from outdoor, range-fed chickens, etc... To get back to treating diabetes, I am going to use herbs that have been proven to help support the pancreas' ability to regenerate itself. I am going to use the nutrients that have been shown to help reduce insulin resistance so the body can recognize what the insulin is supposed to do and help it work correctly. This is in stark contrast to simply giving a drug to purportedly take the place of what your pancreas did not produce. I want your pancreas to get back to doing its job correctly. I want to help support the body's ability to do what it is supposed to be doing, rather than trying to take its place with a pharmaceutical drug or to remove something that isn't working with a surgery.

### What type of clients do you see most often?

I do not consider myself as having a specialty practice. I consider myself to be a general practitioner. I do find I am working with a lot of cancer patients and patients with many forms of heart disease. I also work with a fairly large number of people that have EI (Environmental Illness) and MCS (Multiple Chemical Sensitivity). They are really two words for the same thing. Almost any doctor seen, unless the person really knows what they

are doing, will make these conditions worse because the condition is so sensitive. A doctor might give them something that may be good for them, but maybe they need to take 1/100 of the prescribed dose. So, instead of making them better, it makes them worse. As a result, I end up seeing a lot of people with environmental conditions as well as people with cancer, heart disease, diabetes, and chronic pancreatitis. I have seen so many different things it is hard to

really point to one. Obviously there are specific conditions that a lot of people die of, like cancer. I help a lot of people greatly extend their life and in some cases remove their cancer altogether, even though they were told by their doctors that it was impossible. I always say, I am not actually treating your disease at all because that is what the doctors do. I am only treating the person and helping their body to do its job better. When the body is able to perform its many functions properly, diseases begin to get better and most often go away entirely as the body heals.

### Could you walk me through your process of client intake through treatment?

To begin with, I require the completion of a comprehensive six page questionnaire, a two page symptom form, and a seven day diet log. I also send out a loaner copy of my three hour video on the principles of healthy eating, but clients must keep the diet log before viewing the video. Too many people immediately make healthy changes after viewing the video, and I need to see what they have been eating that got them to their current stages of "dis-ease." If any blood, hair, stool or other labs tests have been done within the past 18 months, I need copies of these as well. I really do not want to look at any films or x-rays or anything like that, as I am not a radiologist or x-ray tech.

When their consultation time finally arrives, we spend somewhere between three and four hours going over everything. I start with their diet, which is really simple because I have their diet log in front of me and I have already highlighted all the things that their body would happier if they did not eat. On most patient diet logs that is 50% of what they are eating! We go over that, and any questions they may have come up with from having watched my video. Then, I go through their other forms to see what specific conditions we need to address, while also answering any other questions they may have.

Next we go over their specific issues and all of the things they are currently doing. I do a tremendous amount of what is technically called "applied kinesiology", commonly known as muscle testing. This is the only way you can fairly accurately target the person you are dealing with, as opposed to people in general. A health practitioner might know of a research study in which a particular herb was very helpful for treating a particular condition, and simply prescribe or recommend that herb for that condition. If you actually pull the study out and look it over, you might find for example, just as you do with drugs, that 50% of the subjects tested got a demonstrable benefit, 30% of the people got a very slight benefit, 10% of the people did not get any noticeable change at all, and 10% of the people had some kind of a bad reaction or were made worse. Unless you read the actual studies, all you know is that someone reported that the study showed a product is good and it works, which is rarely ever true for everyone. Muscle testing allows me to see whether a particular product is very likely to be helpful for a specific client. If the product is not going to work for one of my clients, it is

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a waste of their money to take it. Furthermore, if the product is actually going to hurt their body, then the consequences would be worse than simply wasting money.

I put every single patient on a good kidney and liver support program because unless they are under 10 years old, their kidneys and liver are not working as well as they should, even if their inaccurate lab tests seem to indicate otherwise. Then we start to introduce healthier foods and basic supplements, such as a multivitamin and extra vitamins A, C and E, because there

**A rock has an energy field, a crystal has a big energy field, a piece of fruit has an energy field, and a piece of plastic has an energy field, even though it is a very small one.**

often are not enough of these vitamins in the multi-vitamin. Cod liver oil is also important because no one is getting enough of the particular omega 3 fatty acids contained in cod liver oil.

Those steps are the basics. Finally, we start going into the specific products they need for their body to do the specific healing they have come to me for. We may not be able to utilize the additional supplements for another couple of months because sometimes they need two months worth of kidney and liver support to get the body working better before we can bring in additional supplements. Even beneficial products can be overloading to the body and cause symptoms, if used before the kidney and liver pathways are working adequately.

### **Can you explain how muscle testing works?**

Basically, every substance has an energy field. A rock has an energy field, a crystal has a larger energy field, a piece of fruit has an energy field, and a piece of plastic has an energy field, even though it is a very small one. If you do a search on the internet for Kirlian Photography, which is a special photographic process that makes visible the surrounding energy fields from a given object, you will be able to get a better idea of what is seen regarding these fields. Better yet, read the book, *The Field* by Lynn McTaggart.

Muscle testing, or applied kinesiology, is a non-invasive method of measuring the body's response to various herbs and products in order to see which ones might be best-suited for that particular person's body. If I put a product in a patient's hand, such as a nutritional supplement, I can gauge if that particular product is right for their body by how much stronger or weaker they become while holding it, compared with their level of strength with nothing in their hand. With muscle testing, we are trying to find out for this particular person on this particular day, which of these products, which multi-vitamins, which Vitamin C product of the five I carry for example, is better for them, or which liver support product out of the eight I carry is the most appropriate for their unique body.

In performing muscle testing, I am applying pressure on an arm or a couple of fingers, trying to pull their fingers apart to see how much of a strength difference there is when different containers of substances are placed in their hand. As a poison control, I put something in that person's hand that is a known toxin such as a packet of NutraSweet™, or a battery, or a Sharpie™ magic marker. The person can't feel any decrease in strength within themselves when holding a toxic substance, but if I try pulling their fingers apart, I can tell their strength has diminished anywhere from 10% to 90%, depending on the individual. With a supplement their body needs, they become much stronger.

### **Won't having the substance in a bottle or container affect the muscle testing results because the substance is not directly in contact with the person's body?**

Muscle testing works even if the substance being tested is inside a container, because you can't block energy—it's just not possible. The substance can be as far as 1/4 of an inch away from the body and still give a reliable response. If the substance is in a glass or plastic container, it is approximately 1/16 of an inch away from the skin, and the energy fields between the substance and the person's body will still be touching. It does not matter that the substance is not directly touching them because the energy field goes right through the bottle or box. Just as a magnet's pull is only effected by distance and NOT what substances are in the way. If the magnetic strength of a very strong neodymium magnet were measured at 1/4 inch distance from a steel plate, the strength would not decrease if you slid a piece of paper, wood, plastic, or glass in between.

### **What are some common mistakes that professionals make when performing a muscle test?**

A lot of people I've seen performing muscle testing do it incorrectly. The two most common mistakes made in muscle testing (and I have observed these mistakes with my own students) are:

The practitioner believes a particular product is beneficial for their client and without consciously realizing it, they push with less pressure. In essence, they are creating the illusion that the favored product is making their client stronger because of their own bias for that particular product, when in fact, that product did not make their client any stronger—they are only applying less pressure. Or the exact opposite, can occur when the practitioner believes a particular product is bad for their client, thus they unconsciously push harder instead of the same amount, because they have a negative bias for that particular product.

To get rid of this bias you can do an experiment. Take four or five each of both poisons and good substances, and place them in opaque containers so they cannot be identified. Then have the tester use these unidentified containers to see which bottles test weak or strong. After all the strong ones are put

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on one side and the weak ones on the other, open the bottles to see if all the toxic substances were properly identified as weakening.

With muscle testing, you want to be able to pull yourself out of the loop by learning how to perform objectively enough that you do not even care what you are testing. Then, you do not jeopardize the test by having preconceptions about whether something is good or bad. It doesn't matter whether I know it is good for them, as long as I test correctly and consistently. As long as I am being careful not to pull more or less, I will achieve an accurate result. A lot of people who do muscle testing can't seem to pull themselves out of the loop because they are so sure that something is a good product. A common example of this is when I see is a representative from a supplement company trying to sell you their product. They never seem able to do an unbiased test.

### **What do you see as the biggest contributors of disease and illness today in your practice?**

The largest contributor to disease overall is pretty hard to determine. Which one is greater might depend on the following:

- *The tremendous number of toxins in our bodies.* Go to the Environmental Working Group's website ([www.ewg.org](http://www.ewg.org)) and read the Body Burden study. Look at the list of chemicals sent out for analysis in a biopsy. A little bit of fat was taken out of a bunch of different people and sent to various specialty labs to find out what was in the fat and everybody, even the fanatic organic people, were loaded with multiple toxic poisons. So, number one is the wide variety of different poisons we are unknowingly exposed to on a daily basis. For example, the people that got sick from hexavalent chromium in the movie about Erin Brochovich, did so because it was in their water supply. It was a pollutant.
- *Our body's inability to deal with the poisons in our environment.* A large part of that has to do with kidney and liver function not being optimal, which

is why I support kidney and liver function for patients. I do this around two months out of every few years and it makes a huge difference for them.

- *Over-consumption of substances that the body does not need such as starch, sugar and alcohol.* I do not want to call sugar, alcohol or potatoes toxins, as they are technically foods and contain various nutrients. Nonetheless, they can be, especially in the amounts the American population consumes.
- *All the vitamins, macro elements, trace elements, minerals, and trace minerals, which for the most part our bodies are not getting enough.* This issue is partially due to the fact that they are not being put back in the soil. Plus, we now need more than we would have otherwise needed because of all the extra poisons in the environment. Therefore, we are so deficient in these vitamins and nutrients that our bodies cannot function the way we need them to function.

To recap, the reason we are seeing so much disease and illness today can be attributed to having too many poisons in our environment; insufficient ability of our own organs to detoxify the poisons; too many substances in forms like sugar, starches, and alcohol and not enough of the foods we do need such as essential fatty acids, cod liver oil, avocados, and nuts along with a good amount of quality protein and fat; and not getting enough specific nutrients such as vitamins, minerals, and trace minerals.

### **How does stress factor into this equation?**

Of course, you have to add stress in there. Everyone feels stress is a major problem. I am not certain how much of any problem attributed to stress, is actually caused by the stress itself. We know from published research that when you put the body under any kind of stress, whether it is not enough sleep, loud noises, a spousal problem, you name it; when you subject the body to any type of stress, the body's need for different vitamins and minerals goes up dramati-

cally. So, if a person is chronically deficient in many of these nutrients before they experience the stress, then after the stress they become even more deficient. I think many of the causes we attribute to stress are actually more accurately attributed to the deficiencies of vital nutrients, which simply show up because the stress makes our body need even more of those substances of which we had too little to begin with. The result is a symptom.

### **Many organic fanatics believe a person can get all the vitamins and minerals their body needs from their organic diet alone, but you are a big advocate for using daily supplements in addition to an organic diet. What is your argument for using supplements?**

That is a very important question. Dr. Weston Price traveled around the globe and lived with various populations looking for exceptional--or maybe you could use the word perfect--health. These native cultures are harder to find today, but Dr. Price found them over half a century ago. The things he discovered about these cultures were:

- They were all eating their traditional diets, the diets that their ancestors had eaten for many hundreds or even thousands of years.
- They had no electricity so there were no refrigerators or freezers; everything was eaten fresh. Some small number of tribes fermented some of their foods but many did not, possibly even most of them did not.
- Many did not have fire, and those that did have fire rarely cooked, so the vast majority of their meats, fats, birds, eggs, fruits, and vegetables were eaten raw or barely cooked. They were still eating all their traditional diets, which nobody today is eating, and therefore it becomes very hard to copy that strategy. All the enzymes in these different foods were not diminished because their food was mostly raw or only slightly cooked.

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- Everything they ate was organic. Keep in mind there was no such concept as organic back then. They did not know the food they were eating was organic. There were simply no chemical fertilizers, no pesticides, herbicides, fungicides, which is the definition of organic, even though they didn't know it.
- They did not subject their bodies to the level of stress that we do today. Now, "stress" for the native cultures studied by Dr. Price may have been when the hunting party didn't know if they were going to be able to find a deer or a bison and sometimes they went hungry for a long time. We could potentially look at this situation as "stressful," nonetheless, it is nothing compared to the stresses we deal with today.
- They did not have any of the electromagnetic radiations of today -- there was no electricity and no cell phone towers.
- They were not affected by all the thousands of poisons in our air and water today. Nor by the thousands of poisons in our homes today coming out of our furnishings, cleansers, adhesives, carpeting, ceiling tiles and vinyl flooring. This does not even include the poisons in our lotions, soaps, shampoos, toothpastes, body lotions, etc. I could go on forever.



Look at these native cultures and you will see what was needed for perfect health. I do believe that if somebody could travel to one of the few places left on our planet where there is no electricity and everything was fresh, where they were far enough away from all the various different environmental poisons present in industrialized societies today, and they learned how to live off the land and raised their children in this pristine environment, those children would probably not have much need for additional supplements. The reality is, we can't all go live that way and we are not going to. Therefore, we have all these extra poisons the body has to get rid of, that our bodies were never designed to be able to handle. We have all of these heavily processed foods we eat, which do not even have what they should in terms of nutrition. We also have all these non-processed foods, which still do not have all the nutrients we need. So it is impossible with the added stresses on the body; the lowered nutritional intakes of our foods; and the tremendously high toxic load, for us to be healthy unless we take in additional nutrients from supplements.

### **What would you say are the most essential supplements that a person needs to take daily?**

My answer to this question has been the same for a long time:

**A multi-vitamin:** A combination high potency multi-vitamin, multi-mineral, trace mineral tablet, and it cannot be a "one-a-day" because a one-a-day is not enough. Most vitamins do not stay in your body all day, so you have to take them with both breakfast and dinner to have them in your body all day. Number One is a good quality multi-vitamin/multi-mineral with both breakfast and dinner.

**Vitamin E:** Some extra Vitamin E in the most natural form we can get. The only product I have found that I really like is one called Unique E. People can find it on the Internet, and I generally have patients take at least one of those a day. I take three.

**Vitamin C:** Extra Vitamin C can be very beneficial--the research on this is overwhelming. The book *Curing the Incurables* is probably the best book out there on Vitamin C, but there are a couple other really good ones as well. Humans are one of the few animals that do not make their own Vitamin C, so I usually recommend clients take 1000mg with breakfast, lunch, and dinner.

**Cod liver oil:** We are supposed to get our omega 3 fatty acids in our foods, but they aren't there anymore. I have patients take a tablespoon of Carlson brand cod liver oil. It is the brand I like best, and I will be more than happy to argue with anybody who thinks there is another one that is better. When I am finished showing them the research, they will probably realize they were mistaken.

**Trace minerals:** Additionally, I suggest including some trace minerals in a person's diet. The only product I really like for that

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is simply called Trace Mineral Tablets, manufactured by Trace Mineral Research. It is available in liquid form as well.

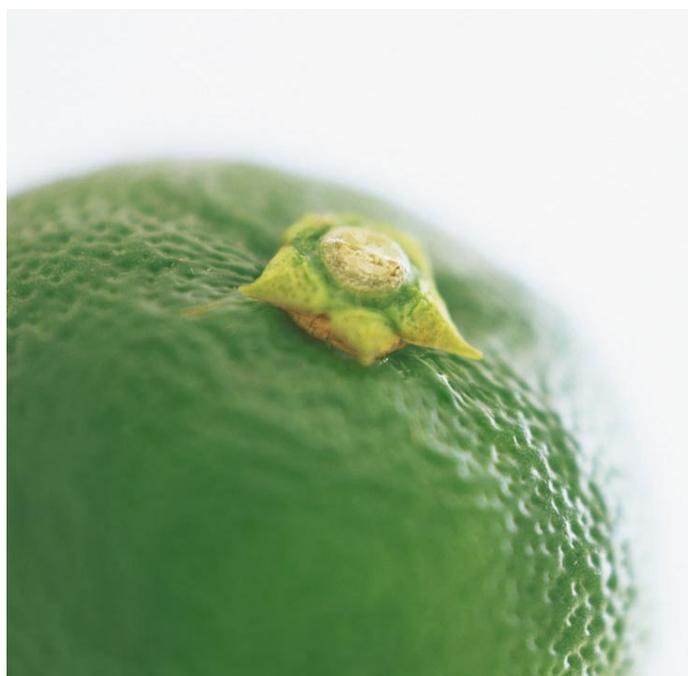
**Vitamin A:** We were designed to get our Vitamin A from eating liver at least a couple of times a month, but few people do this anymore. There is no natural form of bio-available Vitamin A in the vegetable or plant kingdom. Vitamin A is entirely an animal molecule. Only beta-carotene is in plants, and unfortunately, the FDA has given permission to the supplement companies to list beta-carotene as Vitamin A. I have petitioned the FDA to outlaw this practice, although I do not know whether they will listen to me. I submitted a petition two years ago, which is still under review. Our bodies need actual Vitamin A because we do not convert most of the beta-carotene we consume into Vitamin A. I usually recommend taking approximately 10,000 international units of Vitamin A per day, my preferred brands being either the Carlson, or NOW brand, whichever one they test better for.

**Vitamin D:** Research is finding that 80% of Americans are deficient in Vitamin D, so an extra 1000 to 2000 international units of vitamin D along with the extra Vitamin A would be beneficial. After testing, I find many need a great deal more.

Those are the basic supplements that can make huge changes in a lot of people.

### **What should people look for when selecting a multi-vitamin?**

There are a couple of different things to look for when selecting a multi-vitamin. The first thing is to look on the back label to see how many micrograms of Selenium the multi-vitamin



contains. Selenium is a nutrient subject to a growing amount of research. There are already many studies showing how phenomenal it is at preventing numerous types of cancer, but in order to prevent cancer, we need to be getting somewhere between 150 and 250 mcg of Selenium each day. The manufacturer is supposed to have a label which indicates what a daily dose is for their product. On the Super Nutrition Perfect Blend, which is a pretty large multi-vitamin tablet I use for a lot of people – it states that a day’s dose is 4 tablets, (2 tablets with breakfast and 2 tablets with dinner). That dose will give you somewhere around 150-200 mcg of Selenium. A lower-quality brand of multi-vitamin will probably give somewhere between 25-75 mcg of Selenium. These cheaper brands do not offer the amount of Selenium needed to prevent these cancers. *Look at the amount of Selenium in the daily dosage and make sure it has at least 150 mcg.*

Another thing to look for on the label is that the multi-vitamin contains at least 400 International Units of Vitamin D, as the natural form of vitamin D (D3 or cholecalciferol).

Lastly, look at what form of Vitamin E the multi-vitamin contains. The only totally active form of Vitamin E allowed to be referenced as an anti-oxidant is d-alpha-tocopherol. It must be d-alpha-tocopherol and not dl-alpha-tocopherol. “DL” is the synthetic form of E, and is much less active than the natural form. At the end of the word, “tocopherol” look for an “OL.” If there is a “YL” , this means the manufacturer has esterified the Vitamin E to make it more stable and not go rancid in the pill. However, esterification transforms the Vitamin E into a molecule that is no longer an anti-oxidant.

While considering the multi-vitamin aisle, review in your mind the following: Does it have at least 150 mcg of Selenium? Does it have 400 international units or more of the natural form of Vitamin D? Does it have at least 200 or 300 (I would prefer 400) international units of Vitamin E as d-alpha-tocopherol? Somewhere on the label does it also have some mixed tocopherols for the proper Vitamin E complex? More than 90% of multi-vitamins on the market will not meet just those few criteria.

### **What is the difference between food-based vitamins, versus pharmaceutical-based vitamins?**

There are two exactly opposite myths out there. One myth states, any vitamin that is not pharmaceutical-grade is not a good vitamin. The other myth, is that only concentrated food source vitamins that DO NOT contain pharmaceutical or concentrated vitamins in them are the healthy vitamins. They are both wrong.

The pharmaceutical-grade myth is nonsense, because for a product to be pharmaceutical-grade, it has to be around 99.8% pure. For food-grade, I believe it has to be around 98-99% pure. There is only a tiny difference in purity, which doesn’t make an impact unless the impurities are toxic, which is sup-

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posed to be tested for. There are almost no pharmaceutical-grade vitamins on the market, and the few that are, are not any better simply because of their status as pharmaceutical-grade.

On the other hand, there are a number of companies that compress full forms of food together to make their tablets, capsules or powders. There is nothing wrong with these vitamins; however, the dose of each particular vitamin is so low in its whole food form, that I would never achieve results for my patients. If I gave that type of vitamin to my patients, it could take five years to get the results I can otherwise get in twelve months, simply because they do not have high enough quantities of nutrients to impact the body quickly.

Jonathon Wright, MD, is a fine example. One of the top nutritionally-oriented physicians in the country, he teaches a lot of doctors and gives a lot of seminars. I have taken many of his multi-day Nutritional Therapy in Medical Practice seminars. He can treat a case of mononucleosis, who would normally keep a patient in bed for anywhere from three weeks to three months, and get them back to work in three days. Dr. Wright does this with around 100-150,000 mg of Vitamin C, given intravenously once a day for those days. This is simply not possible with a whole-food form vitamin. To get even 1/1000 of that much Vitamin C, would require a full bottle of those tablets four times a day, and it still would not work. The belief that there is no purpose for concentrated vitamins, can be effectively dispelled by working with a physician who uses intravenous nutrients, which will illustrate how quickly they can contribute to healing that food-form vitamins could not achieve in six months.

The Super Nutrition brand, which is not a compressed food multi-vitamin, has far more nutrients. Some people can only tolerate compressed food multi-vitamin supplements, so sometimes I have to use very low-dose compressed food multi-vitamins while getting a patient well. After I have improved their liver and kidney function, their body can get rid of the excess, be it poisons or supplements. I can then switch the client over to the multi-vitamins that are going to make them well more quickly. For those people who prefer not to take a high potency multi-vitamin, they can take a low dose multi, or they can even some of the concentrated food powders, like Berry Green™, Nano Greens™, or Green Defense™. These food products introduce concentrates, because in juicing the ingredients, the fiber is taken out and all the nutrients become more concentrated. Adding some of these powders to water or your smoothie is a very good way to do things, but it is no substitute for the daily regimen of a high-potency multi-vitamin.

### Why would someone take Vitamin C intravenously?

If the concentration of Vitamin C is high enough, it acts almost like a chemotherapeutic agent, in that it actually kills cancer cells without hurting any “good” cells. In fact, it makes the

other cells healthier. Digestion alone will not provide a high enough concentration of Vitamin C in your body for this to happen. It can only be achieved through an intravenous infusion or injection, and the results are quite impressive. *Curing the Incurables*, mentioned earlier, provides further insight in this area.

### What types of supplements do you recommend for boosting the immune system?

My favorite general immune nutrients are simply Vitamins C and A. It is advisable to stay on an adequate dose of these year-round. The formula I recommend to prevent an illness before it takes hold has been proven time and again. When you get that feeling that you know you are going to be sick tomorrow (everyone is different; some begin to get a sore throat, some get a stuffed up head, some get a runny nose, and yet others get a stuffy nose. Everyone knows what symptoms their body gives them to let them know a cold is coming). If within the first hour of getting those symptoms, an adult begins to take:

- 2000 mg of Vitamin C three times a day, and
- 75,000 international units of vitamin A once a day,

around 80%+ of those people will not get sick. Waiting two hours after that feeling of becoming sick, the success rates drops to around 50%. Waiting 3 or 4 hours (for example, the patient knows they will be home in three hours and doesn't want to buy more vitamins) results in the majority of them falling ill, because the virus multiplies so fast. The difference between when you think you are going to be sick tomorrow and when you actually get sick is so many orders of more magnitude of viruses in the body, that you can no longer get rid of them by boosting your immune system with just C and A after 3 hours. Starting this regimen late might reduce the length of the cold, but you won't get rid of it. I tell my clients that because of this, they should take a good immune-builder product, and take it daily, because you usually need stable, elevated levels in your body well before the cold and flu season to make your body much more able to resist an illness. By taking these suggested high doses, you can often cut the illness time in half. So, if someone is already sick and they know they generally stay sick for two weeks, the vitamin C and A regimen could likely cut it in half to one week. But, you can't just take the preventive doses; you have to take much higher doses.

Some of my favorite supplements for immune building are:

**Epicor:** This is a relatively new yeast-derived natural immune-enhancing product. Take one capsule a day. There is some good information on the web as to what it is and what it does. It is a fascinating product, and I have achieved good results with it. This is for long term; it probably will not help with an acute problem.

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**Colostrum:** The only colostrums I use are made by Imu-tek. Their strongest colostrums are called immuno-5. A preventative dose is a teaspoon with breakfast and dinner. A therapeutic dosage would be a tablespoon with all three meals. For the best possible results, take it half an hour before a meal. It is better to take it wrong than to forget to take a dose. If you skip a dose it does nothing for you, but if taken incorrectly, it still does most of what it is supposed to do. Take this product all year long.

**Immune builder:** Immune Builder is a combination of seven different excellent immune-enhancing mushrooms. Health practitioners can purchase the product from JHS Natural products, and consumers can find it in the health food store brand called Mushroom Science. Either way, it is called Immune Builder. Again, for a short-term immune system boost, take a capsule with three meals a day, or ½ an hour before meals. Immune Builders is a product that can help you knock a cold, flu or sore throat. When used for this purpose, the dosage is 12 capsules a day: four capsules three times a day, or six capsules two times a day. This regimen usually reduces the illness length by half.

**Quantum Immune Complex:** This is another interesting product, previously named InfectoStat. The FDA decided it did not like that name because it sounded like it could help with infections, so the company changed the product name to Quantum Immune Complex, manufactured by Premier Research Labs. Again, to take just a few to keep the immune system healthy, take one with two or three meals a day. If you sense you already have something coming on or are pretty sure you are about to get sick, then it is 12 a day, broken down as either four capsules three times a day or six capsules two times a day.

### How about Echinacea for fighting colds?

Echinacea has been used for a long time and is a well-known product. The problem is that most of the Echinacea products on the market are not worthwhile. They may contain 100% Echinacea, but it may be the wrong part of the plant or it may be from a plant that was grown incorrectly. Simply stated, it is not active enough to be helpful. To take an herb such as Echinacea, you must first have a good quality product, and then take it at a high-enough therapeutic dose to get the desired result. Without meeting both of those requirements, you will not get the desired results. In my classes, I ask how many people have ever taken Echinacea. Three-quarters of the hands go up. Then I ask only for them to raise their hands if they are 100% convinced that at least some of times they took it, it really helped them knock out whatever they were taking it for. At that point, there are only five or ten hands that go up. If everybody

had taken the right product at the right dose, most of those hands would have stayed up.

### So what are some good Echinacea products?

Easily available in almost every health food store is a brand manufactured by a company called Herb Pharm. They offer a variety of different high-quality Echinacea tinctures. Disregard the instructions on the bottle. If you are already sick, and already taking Echinacea tincture, take a teaspoon-full (adult dose) three or four times a day. I warn my patients in advance that Echinacea has a very interesting way of puckering up the mouth, so drink it diluted in some water and then drink more water after it. Do not buy a one ounce bottle, because it only offers two days' worth at the dose you will need to help yourself recover from an illness. An equally good product is Herbalist by Alchemist, available at [www.herbalist-alchemist.com](http://www.herbalist-alchemist.com). I recommend the Ultimate Echinacea in either a four or eight ounce bottle.

The only tablet form I have found that I really like is made by Mediherb, imported from Australia to the United States by Standard Process. This product is made by creating an alcohol-based tincture of Echinacea and then drying it out and making it into a tablet. This creates a very effective product. As a preventive measure, one should take one tablet with breakfast and lunch or breakfast and dinner, but if you already have an illness, you might want to take two of those tablets three times a day. Always take it for at least three days past the time you are sure you are not sick anymore, because even though your symptoms are gone, it doesn't mean the bugs are gone. If you stop taking the product, those bugs multiply and come right back. If you continue for at least three days after symptoms have disappeared, you will ensure your body still has enough help to clean up all the residual pathogens.

### Any other tips on preventing illness?

There is something else that might not fall under immunity, and could really be under five different topics. *Heavy metals* are one of the things that bring down our immunity and also increase our risk of cancer. They also increase our risk of all neurological diseases, such as numbness in fingers/toes, Alzheimer's, and multiple sclerosis. Those I am referring specifically to are mercury, arsenic, cadmium, nickel, lead, etc. I highly recommend that people start to slowly pull the heavy metals out of their bodies. To increase your health and reduce future risk of diseases, nutrients are important, eating well is important, and keeping your body's ability to get rid of toxins is just as vitally important, *but doing something to pull the heavy metals out of your body can mean the difference between getting cancer or a neurological disease and staying healthy*. For years, almost all the best products have been health practitioner products only. Some of them, like DMPS, and DMSA, are toxic enough to cause major side effects if they are not used correctly. I do

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not use these products since they never test for my patients. Instead, I use many non-drug based products. Until recently most of the better natural products such as Metal Free were not available to the public.

In recent years, a natural product has arrived on the market that works quite well, and is available to the public. When it first came out, I was not going to look at it because it was distributed by network marketing and I don't like network marketing. Then a friend reminded me that I was the guy who investigates everything because I need to know what works and what does not. I purchased some of the product called Natural Cellular Defense by Waiora, generally abbreviated as NCD. I muscle tested 20 or 30 patients and was extremely surprised that the vast majority of these people not only muscle tested positively for it, but many of their results suggested I should switch them from the heavy metal binding agents that they were already on to this product instead. Still skeptical because network marketing turns me off, I invested \$1,000 of my own money and conducted a baseline and challenge test on four patients. I took patients that were not on any binding agents for heavy metals and ran stool tests to get a baseline of what heavy metals were coming out of their body on a daily basis. Then, I gave them a free bottle of NCD with instructions to take ten drops, three times a day sometime in the morning, afternoon, and night, without consideration for an empty or full stomach for about 10 days. On the last day I had the patients take another stool specimen for analysis. I was rather amazed at the

stool test results that came back from Doctors Data.

I was surprised that Natural Cellular Defense—a product available to the public, was working as well as any of the health practitioner-only products that I had been carrying for years. NCD is available on the internet at [www.mywaiora.com/740800](http://www.mywaiora.com/740800). This URL links to the main website where you can look into it. I always recommend you not waste their money by buying retail. Sign up for the wholesale, by calling a Los Angeles distributor and asking for Joanne at 1-800-700-5402. Since it is a network product, you'll need my ID which is 740800. Currently, further studies are in progress that may demonstrate its ability to pull out other chemicals as well. I categorize NCD as a detoxification product. Even as safe as this one is, I wouldn't recommend starting with a high dosage; rather, start low and take maybe three drops twice a day for a week, to make sure your body doesn't mind you pulling these toxins out at that speed. If your body does mind, you will notice a headache, loose stools, or feel fatigued. If there are no bad side effects after a week, increase your dosage to three drops, three times a day for a week. Continue to go up two drops per dose each week and plateau at ten drops a day.

#### **How long can you stay at ten drops of NCD a day?**

For as long as you want to avoid these diseases. How badly would you like to not lose your memory as you get older? How badly would you like to avoid-

multiple sclerosis, Alzheimer's, possibly Parkinson's, and how badly do you want to reduce your risk of cancer? Unless I find a product that tests better for me, I am probably going to take it for the next ten years. Experts are telling us it takes eight to ten years for our skeleton to go through one full remodeling, the process through which your bones slowly break down and build back up again. While your body is continually breaking down and rebuilding bone, all the toxic metals that were bound up in the bone matrix are released. I do not want these to go to another part of my body or back into my bones. I want them to be bound up by something like NCD and taken out in my urine and stool. So, I recommend my clients use this or some other good product for a very long time.

#### **What are the biggest sources of toxic metals that people are exposed to?**

The WHO (World Health Organization) conducted their own research and publicly stated that the single dominant source of mercury in the human body is silver fillings. Silver dental fillings are approximately 50% mercury. It is not bound up in the silver "amalgam" as dentists are still being taught. It has been researched for over 30 years and proven that it leaches out into our bodies 24 hours a day. To look at more information, check out the International Academy of Oral Medicine and Toxicology website [www.iaomt.org](http://www.iaomt.org), purchase the DVD called QueckSilber. You can listen to all of the actual research information about the major effects of silver fillings because of mercury. Another good resource is titled Smoking Teeth-Poison Gas, from the same organization.

Many people continually ingest Mercury either through eye drops, drugs, vaccinations, and/or fish. A complete list of offenders can be found on my website [www.davidgetoff.com](http://www.davidgetoff.com). The fish with the highest concentration of mercury right now seem to be Swordfish, Orange Roughy, Shark, and Tile Fish. I believe recently they have added Sea Bass to that list. For years, mercury was added as an antifungal agent into paint, so if



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you have an old house, it could even be coming out of your walls. Mercury is also added to a lot of cosmetics, even today. Mercury and lead are both in many artificial food coloring agents. An article on this issue is in the works, which will hopefully be published in either Mothering Magazine or the Townsend Letter soon. This article will provide insight into the different food colorings (and toxic heavy metals that are in those food colorings) with the FDA's knowledge and approval.

### **What do you recommend for keeping our brains functioning optimally?**

The first consideration is food, because if we do not have all the right foods coming in, we do not have enough nutrients to sustain optimal brain functioning. What makes people more likely to be emotionally imbalanced is a lack of certain amino acids, which are supposed to come from the proteins we eat. Eating enough protein is in itself a helpful break. This is one of the reasons that the smoothie I make for myself in the morning contains a couple of properly fed, free range eggs.

Another important supplement for maintaining a healthy brain is cod liver oil. You cannot have a healthy brain without EPA and DHA. Those two of the omega-3 fatty acids are most available in fish oil or cod liver oil. Everybody is also deficient in vitamins A and D these days and the little extra in the cod liver oil is another side benefit.



For proper brain function, our brains also require both PC and PS. PC is phosphatidyl choline, also known by its common name of lecithin. PS is phosphatidyl serine. Both have extensive research and come in various forms or compounds. For example, the PC (lecithin) is available as granules or powders with vastly different concentrations of the active ingredient. It is also available in liquid-form essential phospholipids product from Lipoflow corporation. I often use this form with those who can afford it. Even more expensive is the newer product GPC which is glycerophosphocholine. I test patients for all of these. The PS product I recommend is called PS-100, manufactured by Jarrow Formulas.

### **How much lecithin and PS should a person supplement with?**

As with any supplement, that depends on the reason for supplementing. If it is just for preventive purposes, take (which is why I take them) one PS-100 with breakfast and dinner and three to four tablespoons of NOW's non-GMO lecithin granules in a smoothie or on your salad once a day. If it is for a neurological issue or memory issue or ADD/ADHD, specifically for Alzheimer's, or as an aid to detoxification, that affects my recommendations for dosage. In this situation, take the PS-100 (softgels, not capsules) three or four per day, and for the PC/Lecithin I would test to see which form the patient would do best with. I might have them take a teaspoon of LipoFlow vitamin C to get 900mg of the phospholipids, with 1000mg of C two or three times a day. Or, I might use the new GPC hummingbird one-shot 1200mg liquid dispensers from Crayhon Research at one per day. My treatment plans are totally individualized to each patient.

### **How about Ginkgo Biloba for improving memory?**

Ginkgo is good for improving memory functioning, but you need a standardized extract. and there are a couple of good brands on the market. The least expensive quality Ginkgo product is made by Jarrow Formulas. The product comes in varying quantities or mg of extract in each pill. The therapeutic dose for ginkgo is at least 160 mg of the standardized extract a day. So if it were an 80 mg capsule, I would recommend taking one capsule, two or three times a day. One should take anywhere from 160 mg of the standardized extract up to 360 mg a day total.

As a precaution, consider that Ginkgo will slightly thin the blood. This effect is a benefit for most people because their blood is often already too viscous to begin with. However, if they are receiving adequate Vitamin E and cod liver oil, their blood will be normalized to a healthy viscosity. Because of this risk of thinning, if someone is going in for surgery of any type, even dental surgery, I tell them to stop all Ginkgo three days before surgery. I also tell clients to either stop their use of cod liver oil or drop it down to a teaspoon instead of a tablespoon, and drop their use of Vitamin E to no more than 400 mg a day. As a result, the surgeon will have an easier time sealing

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off blood vessels during the surgery. Other good Ginkgo products are offered by Herbalist and Alchemist, and Mediherb from Australia. The only other supplement I can think of that has research for memory is Vinpocetine. Since it does not test well with my patients, I have stopped stocking it.

I have had patients relate to me that after they see an improvement in their memory, they stop taking the supportive supplements to save money. After they have not taken them for a couple of weeks or months, they lose the benefits and memory problems start up again. More often however, it is other family members who notice differences before the patients themselves. The owner of Mediherb recommends taking a couple of Ginkgo tablets about an hour before engaging in activities like attending a lecture or a conference, because it will help your memory and retention. Remember, our brain is a living organ requiring numerous nutrients. It is not an erector set. Nutrients are required on a daily basis for proper functioning, we are not buildings that can be "finished" by putting in one single missing piece of wood. The required nutrients are used up and need to be replenished daily.

### **What are some of the biggest dangers out there that would affect brain functioning?**

Heavy metals 100%! Chemical poisons, 100% again! Boyd Haley (University of Kentucky) has found through his research on mercury that the dominant cause of dementia and Alzheimer's is the effects from the destruction of the nerves in the brain. The most common source of this mercury is coming out of the silver fillings in people's mouths. To greatly improve your possibilities for not getting these diseases, I recommend one seriously considers removing all of their silver fillings and replacing them with the non-toxic fillings. Whenever I mention this procedure to anybody, I also warn them *do not under any circumstances* go to your dentist and tell them to put in something white instead of silver! You can do even more damage while drilling out the silver fillings incorrectly, than by leaving them in place. This replacement procedure must be done correctly. Websites like [www.holisticdental.org](http://www.holisticdental.org) or [www.IAOMT.org](http://www.IAOMT.org) provide information about the amalgam mercury syndrome. Find yourself a properly trained dentist that knows how to remove silver fillings without causing a problem. The best books on this are *Uninformed Consent* by Hal Huggins, DDS, MS and *Elements of Danger*, by Morton Walker. People need to learn about these things. I think it is a fabulous preventative action to replace silver fillings, but ONLY if it is done properly and safely.

If you do have your silver fillings removed, I recommend you go one step further. In addition to having the work done by a properly qualified dentist, I highly recommend running the Clifford Biocompatibility test on your body. This blood test, for a couple hundred dollars, finds out which substances, of the hundreds your dentist might use, are the ones that your body does not react to. This will ensure the dentist is not putting into you some other substance that, while it might not contain Mercury, might be bad for you in another way.

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# REALITY CHEK

Busting common health, fitness and training myths that proliferate the industry.

## Myth

I can't eat eggs because I'm intolerant to dairy.

## Reality Chek

What cow lays eggs? Or better yet, what kind of chickens do we milk? The reality is that eggs are in no way related to dairy. Dairy refers to milk and products derived from milk. Eggs come from chickens. It would appear to be common sense, but many clients who suffer from dairy intolerances or allergies often believe that their allergies affect their consumption of eggs and egg products, which it does not. The false association between the two is most likely due to the fact that we are used to finding milk products and eggs in the same dairy aisle of our grocery market.



## C.H.E.K Certification CEC Quiz - Quiz # 16

This quiz has been approved for one continuing education credit for C.H.E.K-trained professional certification members. **Pass mark is 70% or better.** You can submit your quiz by:

1. **E-mail:** educate@chekinstitute.com
2. **Fax:** 760.477.2630
3. **Postal:** 2105 Industrial Court, Vista, Ca. 92081 USA

Please **include your name, address, phone number, e-mail address and quiz number with your answers.** If you are submitting your quiz via postal mail, please save a copy for your own records. The C.H.E.K Institute Education Department will send you a certificate of completion via e-mail or postal mail upon successful completion of your quiz. You will need to save your returned certificate when you renew your certification. The C.H.E.K Institute will not automatically apply the credits toward your renewal. You must submit your quiz answers before **September 15th, 2007** to receive points.

- 
- 
- 1 What did Weston Price discover through his studies of indigenous tribes, living apart from the industrial society?
    - A. They were suffering from vitamin deficiencies
    - B. Since they did not have refrigeration, most of their diet came from dried foods
    - C. They cooked all of their meats thoroughly to prevent parasite infection
    - D. They ate fresh organic food that was mostly raw
  - 2 David Getoff's argument for integrating high-quality supplements into your daily diet is:
    - A. That it is required for muscle growth
    - B. Environmental toxins and stresses that permeate the industrialized areas of the world stresses the body of everyone living in those areas; therefore, supplementation
    - C. That organic food is poor quality these days
    - D. Both A and C
  - 3 Beta-carotene is the same as Vitamin A
    - A. True
    - B. False
  - 4 Humans were designed to get our Vitamin A from eating:
    - A. Leafy vegetables
    - B. Fruits
    - C. Liver a couple of times a month
    - D. Seafood
  - 5 The two vitamins that David Getoff recommends to curb an illness before it sets in is:
    - A. Additional vitamin C and vitamin E
    - B. Additional B complex vitamins
    - C. Additional vitamin E and vitamin A
    - D. Additional vitamin A and vitamin C
  - 6 One of the problems with the most Echinacea products out on the market is:
    - A. That they are contaminated with toxins
    - B. That they are not active enough to be helpful
    - C. That they are not really Echinacea
    - D. That they have a short shelf life and must be used immediately
  - 7 The biggest source of toxic mercury in humans is:
    - A. Red wines
    - B. Seafood
    - C. Red meats
    - D. Silver amalgam fillings
  - 8 The common name for phosphatidylcholine is:
    - A. Lecithin
    - B. Selenium
    - C. Kava
    - D. DHEA
  - 9 Another popular supplement for improved memory and retention is:
    - A. Jasmine
    - B. Coffee extract
    - C. Ginkgo Biloba
    - D. St. Johns Wort
  - 10 Enzymes that travel around in the body and help regenerate new tissues are called:
    - A. Digestive enzymes
    - B. Systemic enzymes
    - C. Metabolic enzymes
    - D. Proteolytic enzymes

# Ask Paul: Herniated Discs



Paul Chek

Holistic Health  
Practitioner  
(Vista, Ca.)

Founder, C.H.E.K  
Institute

about 76%  
of the popu-  
lation at  
large - who  
do not cur-  
rently have  
back pain  
- have an  
undiagnosed  
disc bulge

## Question:

Could you please offer some suggestions about training people with herniated L4 and L5? I have a client who has a number of issues, but the most pronounced is his herniated L4 and L5. Plus, as a child, he had abdominal surgery. The incision was similar to the one used for Cesarean sections. Therefore, he has a constant pelvic tilt, which then adds to his back pain. Oh, and he's about 50 pounds overweight. Help!

## Answer:

This is a complex issue and to make it sound too simple would be to fall prey to the weaknesses of the exercise industry. I will give some general indicators, but what is more important is that you study the relevant materials. According to Serge Gracovetsky, Ph.D., about 76 percent of the population at large - who do not currently have back pain - have an undiagnosed disc bulge (herniation if you prefer; not a sequestration). The point being, any trainer in a gym without significant knowledge of how to exercise correctly to prevent unnecessary disc stress or to manage an existing condition is in a sense working in a mine field! The condition you have described in your client above is the most common orthopaedic injury today.

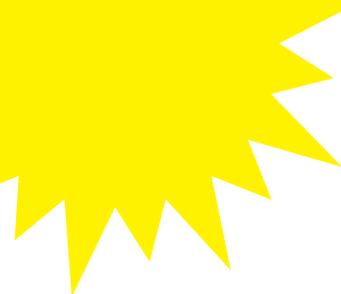
Some clinical guidelines for this type of client/patient (someone with an injury is actually a patient!):

1. The further from the back the client has symptoms (pain, numbness, tingling, motor weakness, circulatory/temperature changes, hair loss, trophic changes in skin and nails, etc.), the greater the magnitude of the injury and the more careful you must be! If the body has a shift (shoulders lateral to pelvis), the condition is again significantly greater in magnitude, and no attempt at exercise or centralization in the sagittal plane should be made until the shift is corrected. When working with such a client, always begin the session by asking the client to rate his pain or symptoms on a scale of 10 (i.e., "My pain is a 7/10 at present."). If his pain or symptoms increase in magnitude anywhere peripheral to the segment of injury, such as in the hip, knee, foot or ankle, you are making the condition worse and should stop that procedure immediately!
2. If your approach is causing the symptoms in the legs to reduce, this is good. It is common

that the pain becomes worse in the injured segment as it decreases in the more distal regions. This event is called "centralization."

3. The safest and most common approach to this condition is the prone lying McKenzie press up, which is basically like performing a push-up but leaving your lower body as relaxed as possible. As your client pushes his upper body upward, arcing his low back into an exaggerated lordosis, it is important that he:
  - Not tighten the butt muscles or spinal muscles.
  - Breathe out (exhale).
  - Allow the head and neck to extend naturally with the rest of the spine. Don't allow the client to look down.
  - Go to an end range position that is uncomfortable but only therapeutically so. Forcing the end range position can cause the bulge to worsen if forced, but not coming up high enough will give poor results.
  - Stay in the extended position for as long as he can, coming down when he needs to inhale.
4. Perform 10 repetitions every hour or as needed to control pain and peripheralization (travelling away from spine) of symptoms.
5. Avoid any axial loading of the spine with your exercises until you have had a comprehensive evaluation performed. Any C.H.E.K Certified Level 1 or higher is trained to perform a comprehensive evaluation of this condition and can coach you and the client as to what exactly should be done to restore function! The Swiss Ball is your method of choice for such a client. I recommend a skilled evaluation to exclude any exercises that may decentralize the disc, though.
6. Your client will need the following to properly recover function:
  - A corrective stretching program that targets all tonic muscles that have shortened (in facilitation).
  - A corrective joint mobilization program for any region of restriction in the entire kinetic chain; the back injury is commonly an injury of decomposition; this means the back was compensating for other problems and could no longer take the stress, thus the bulging disc.
  - A comprehensive corrective exercise program with all the necessary precautions taken to avoid exacerbating the disc injury.
  - An assessment of the client's ergonomics at home and work.
  - An evaluation of the client's diet and lifestyle factors; they dramatically influence the rate of healing!

[Continued on page 18]



# Summer Salads

by Andy Cowing

Here are a couple of salads that work well in late winter/early spring especially on those rare warmer days that tease us up here in the frozen tundra. These warm spells all too often only last a day but give us hope that soon we can put away our insulated underwear, ear muffs and lined gloves.

## Chicken, Apricot, and Almond Salad

Yield: 4 servings

Almonds, whole, raw, pre-soaked	¼ cup	60 milliliters
Chicken, cooked, med dice	1 ½ cups	360 milliliters
Celery, med dice	½ cup	120 milliliters
Whole fat yogurt	¾ cup	180 milliliters
Dijon mustard, prepared	1 tablespoon	15 milliliters
Honey	1 tablespoon	15 milliliters
Orange zest	1 teaspoon	5 milliliters
Apricots, dried, chopped	¾ cup	180 milliliters
Cilantro, chopped	2 tablespoons	30 milliliters
Sea Salt	to taste	to taste

1. Combine all ingredients together, stir and refrigerate until ready to serve.

### NOTES:

- You can substitute different dried fruits for apricots such as cherries, raisins, cranberries, mango etc.
- If I do not have ready soaked almonds many times I prepare this salad after dinner with leftover chicken or turkey mixing everything together except the almonds which I soak overnight and add to the salad in the morning.

## Marinated Roast Beef Salad

Yield 4 servings

Beets, peeled, 1 inch dice	1 ½ pounds	675 grams
Onion, peeled, cut 1/8 inch strips	1 med	1 med
Orange juice, fresh squeezed	1 tablespoon	15 milliliters
Coconut oil, extra virgin	2 tablespoons	30 milliliters
Cider vinegar, un-pasteurized	3 tablespoons	45 milliliters
Celery seed	1 tablespoon	15 milliliters
Cinnamon, ground	pinch	pinch
Cayenne pepper	pinch	pinch
Orange juice, fresh squeezed	1 tablespoon	15 milliliters
Horseradish, prepared	1 tablespoon	15 milliliters
Olive oil, extra virgin, cold pressed	2 tablespoons	30 milliliters
Sea salt	to taste	to taste

1. Preheat oven to 400° F (205° C)
2. Place beets, onion, 1 tablespoon of orange juice and coconut oil in a medium baking dish and stir to coat the vegetables. Cover and bake for 40 minutes.
3. Remove from oven and add the rest of the ingredients, stir and refrigerate overnight.



## What should people look out for when selecting personal hygiene products?

In general, the more we avoid toxic substances, eat properly, and keep our blood flowing properly, the better off we will be. Sodium lauryl sulfate, sodium laureth sulfate, Methylparaben, Propylparaben, and PEG, which is Polyethylene glycol, are substances in 99% of every single product used every day in our bathrooms. One of these is basically the same chemical found in the anti-freeze used in your car. At least one of these toxins are found in almost all toothpastes, shampoos, conditioners, body lotions, and liquid soaps. It is important to look for these toxic ingredients and avoid purchasing products that contain them.

For healthy toothpaste, I have a couple recommendations. NOW produces Xyliwhite, in both mint and cinnamon flavors. The brands Weleda and Peelu each make two or three different flavors. For anyone signed up with Young Living Essential Oils, their Dentarome Plus is really good toothpaste. A really good toothpaste for helping with periodontal disease issues is available, along with some other good products, from [www.DocHarrison.com](http://www.DocHarrison.com). The telephone number for Joanne referenced earlier is another good source for natural care products. Joanne is the owner of Holistic Enterprises at [www.msmSupplements.com](http://www.msmSupplements.com), and she carries a very healthy MSM body lotion called MSM Pure and Natural. There are no scents or anything artificial in it, in comparison to the many toxins that in America we generally use in all our cosmetics. MSM also carries a fabulous brand of shampoo and conditioner called Soignee. Their shampoo and conditioner is top-quality, again, with nothing toxic in it. Any time you can avoid any of the chemicals I mentioned, you should. For people who prefer bar soap, I suggest Zeetoon; it is 100% extra virgin oil bar soap and is terrific.

If you have antiperspirants in your bathroom, I would recommend throwing all of them away. Don't ever use an antiperspirant—your body was meant to sweat. By using antiperspirants, you are basically telling your body, "Listen body. You are stupid. Why are you producing moisture under my arms? I am going to turn that off and not let you sweat anymore." Antiperspirants turn off the natural detoxification process your body was designed to do. Although there is no research on this, I believe that females who use antiperspirants greatly increase their risk of breast cancer because that is the detoxification closest to their breast tissue, and antiperspirants shut down that process down. Replacing all these harmful products with natural ones will make a big difference. Home Health Products makes a natural roll-on deodorant in 3 scents with no poisons.

## What is Vitalzym and what does it do?

Vitalzym is a systemic enzyme. Rather than the ones that we use to digest food that are produced by the pancreas, systemic enzymes travel around our blood stream and help regenerate

[Continued on page 18]

## Tips on Buying Yogurt



- Remember that the culturing process makes yogurt more digestible than milk, especially for those who are lactose intolerant.
- The only ingredients that should be in plain yogurt are milk and live bacterial cultures.
- Avoid yogurts with blended fruit or fruit-on-the-bottom. These are often loaded with sugars. A better alternative is to add your own organic fruit to plain yogurt.
- Avoid yogurts that are labeled as "heat-treated." This means that the yogurt was heated to a temperature high enough to kill off the active culture bacteria that made the yogurt in the first place.
- Avoid "lite or "light" yogurts, as these are often sweetened with toxic artificial sweeteners.
- Avoid yogurts that say, "Made with active cultures," as these are often double-pasteurized—first, to kill off all the bacteria in the milk and a second time to kill off the bacterial cultures that made the yogurt, rendering the product effectively "dead."
- Be sure to buy yogurt with active and live bacterial cultures for the greatest health benefits.

new tissue. They help prevent platelet aggregation and help blood flow correctly; and they help reduce or eliminate scarring after an injury. They also help to reduce inflammation and act as catalyst in numerous reactions. My favorite is Vitalzym. I know there are newer products, but I don't like them as much. It is an empty-stomach enzyme, and must be taken when it will not come in contact with any protein, preferably 2 ½ hours after eating. That means when you first wake up in the morning is a perfect time because you haven't eaten for well over 2 ½ hours. After a good night's sleep, take your first dose. I've had clients purchase a timer (like one you would use in a kitchen to time a roast) and when they finish dinner or lunch they set the timer for 2 ½ hours and take their second dose when it beeps. I recommend people take one capsule twice a day for a week, then two capsules twice a day for a week, then three capsules twice a day, and stay at that for about eight months. Purchasing the big 450 capsule bottles and working through 2 to 4 bottles worth will help undo damage in your body and help in ways you couldn't even possibly imagine. For a copy of Dr. Wong's CD on Vitalzym, in which a PhD exercise physiologist covers many of the benefits of this phenomenal product, contact the manufacturer.

### What's next for David Getoff?

The next thing is to see how many educational videos I can produce in the next year and a half or so. I can only see so many people throughout the year and I can only give a limited number of lectures each year. I feel a strong need to get all of this information into various forms of media, so if someone wants to know how to help themselves with their diabetes, or

their heart disease, or their cancer, or if a practitioner need this information to use with their patients, they can purchase one of my videos. Obviously, I would rather they work directly with their health practitioner, but if they cannot find one that knows this information, then they can get additional knowledge from the video to greatly enhance their ability to heal themselves. My main thrust right now is to edit, produce and market these videos, to reach as many people who need them as possible. Also, I would like to write a cook book, since patients and students have been pleading with me to do so for many years. –



DAVID GETOFF, CCN, CTN, FAAIM is a board certified Clinical Nutritionist and Traditional Naturopath and received his B.S. degree in Nutrition and Holistic Therapies from Union Institute College in Ohio. He is the Vice President of the internationally renowned Price-Pottenger Nutrition Foundation.

Visit his website at [www.davidgetoff.com](http://www.davidgetoff.com)

### David Getoff DVDs and Audio CDs Attaining Optimal Health in the 21st Century



Available at the  
**C.H.E.K Institute.**  
Call **800.552.8789** to  
place your order now!

### Suggested Resources:

1. I strongly suggest you get the book *Treat Your Own Back* by Robin McKenzie. You and your client should study it carefully.
2. Much vital information is available to you in my programs titled *Scientific Core Conditioning and Scientific Back Training*. In these programs, you will find many necessary testing and corrective procedures outlined.
3. I have produced two handouts that will benefit you: "10 Tips for a Healthy Back" will show your client how to manage an acute back injury while in the healing phase (it takes about 500 days for most disc injuries to fully stabilize under correct guidance from a skilled therapist), while "10 Tips for a Healthy Workplace" will show your client how to properly set up his desk or work station to prevent ergonomic insults on the injured spinal column. (These handouts are available on the C.H.E.K Institute web site.)
4. I suggest you read my article series on PTontheNet.com titled *Scientific Balance Training* and pay special attention to the section on the survival totem pole. Here you will get

an idea of all the body systems that can use the back to compensate for malfunction, leading to a disc injury as an indicator of decompensation – the body has worn out that compensatory mechanism. I also suggest you read the three-part article series on both PTontheNet.com titled *Back Strong and Beltless* because it will improve your comprehension of spinal stabilization mechanisms and functional anatomy, as well as the common abuses of belts and their proper use (as a lumbar corset when needed, not a weight belt!).

I hope you find this information useful, and I strongly suggest you take advantage of this learning experience so that you can prepare for a future of more of the same! Once you learn to perform a skilled orthopaedic assessment, you will be shocked to find that both the gym and your own clientele are probably littered with disc injuries and other spinal injuries that have been either mismanaged or misdiagnosed. It will probably shock you somewhat when you realize the danger most trainers expose their clients to out of ignorance. –

-Paul Chek

# C.H.E.K INSTITUTE CRUISE

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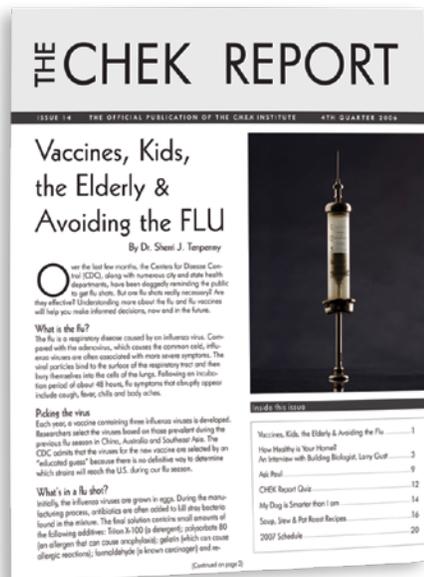
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or call at  
**800.552.8789**



# 2007 SCHEDULE

## USA

Taste of Health Food Preparation  
Classes

July 11, San Diego, CA  
Instructor: Pat Connolly  
Contact: Price Pottenger

Holistic Lifestyle Coach Level 1  
July 13-15, New York, NY  
Instructor: JP Sears

CHEK Exercise Coach  
July 18-22, Minneapolis, MN  
Instructor: Karen Redmond, Josh Rubin

Holistic Lifestyle Coach Level 1  
July 27-29, Denver, CO  
Instructor: JP Sears

C.H.E.K Practitioner Level 1  
July 27-31, San Diego, CA  
Instructor: Chris Maund, Janet  
Alexander

C.H.E.K Practitioner Level 1  
August 1-5, Chicago, IL  
Instructor: Karen Redmond, Dan  
Hellman

Fitness Resources Seminars  
August 4, Seattle, WA  
Instructor: Paul Chek

Fitness Resources Seminars  
August 5, San Francisco, CA  
Instructor: Paul Chek

Taste of Health Food Preparation  
Classes  
August 6, San Diego, CA  
Instructor: Pat Connolly  
Contact: Price Pottenger

CHEK Exercise Coach  
August 10-14, Boston, MA  
Instructor: Robert Yang

C.H.E.K Practitioner Level 2  
August 10-14, Chicago, IL  
Instructor: Janet Alexander

Fitness Resources Seminars  
August 11, Tampa, FL  
Instructor: Paul Chek

Holistic Lifestyle Coach Level 1  
August 17-21, San Francisco  
Instructor: Dr. Daniel Kalish

## CANADA

CHEK Golf Biomechanic Intensive  
July 18-22, Toronto, Canada  
Instructor: Janet Alexander

Can-Fit-Pro Conference and Tradeshow  
August 17-19, Toronto, Canada  
Instructor: Paul Chek

Holistic Lifestyle Coach Level 1  
September 7-9, Calgary, Canada  
Instructor: TBA

CHEK Exercise Coach  
September 26-30, Vancouver, Canada  
Instructor: Yves Ethier

## EUROPE

Holistic Lifestyle Coach Level 1  
July 6-8, Eastbourne, E. Sussex UK  
Instructor: Emma Lane  
Contact: CHEK Seminars (Europe)

CHEK Exercise Coach  
July 12-16, Eastbourne, E. Sussex UK  
Instructor: Emma Lane  
Contact: CHEK Seminars (Europe)

C.H.E.K Practitioner Level 1  
August 6-10, Kingston University,  
Surrey, UK  
Instructor: Mark Buckley  
Contact: CHEK Seminars (Europe)

C.H.E.K Practitioner Level 2  
August 13-17, Kingston University,  
Surrey, UK  
Instructor: Mark Buckley  
Contact: CHEK Seminars (Europe)

CHEK Exercise Coach  
August 20-24, Kingston University,  
Surrey, UK  
Instructor: Mark Buckley, Dan Hellman  
Contact: CHEK Seminars (Europe)

CHEK Golf Biomechanic Intensive  
September 7-13, Eastbourne, E.  
Sussex, UK  
Instructor: Janet Alexander, Jon Bowskill  
Contact: CHEK Seminars (Europe)

CHEK Exercise Coach  
September 13-17, Farum, Denmark  
Instructor: Mathew Wallden  
Contact: O2 Aps.

Holistic Lifestyle Coach Level 1  
September 12-14, Halmstead Sweden  
Instructor: Dr. Clifford Oliver  
Contact: ELEIKO Education

## SOUTH PACIFIC

C.H.E.K Practitioner Level 3  
August 20-28, Sydney, Australia  
Instructor: Suzi Nevell  
Contact: HQH

CHEK Exercise Coach  
October 9-13, Sydney, Australia  
Instructor: Mark Buckley  
Contact: HQH

C.H.E.K Practitioner Level 1  
October 16-20, Sydney, Australia  
Instructor: Mark Buckley  
Contact: HQH

CHEK Exercise Coach  
October 22-26, Auckland, NZ  
Instructor: Mark Buckley  
Contact: HQH

## **Contacts:**

Please contact the C.H.E.K Institute  
for all events unless otherwise noted.  
Always verify that dates have not  
changed prior to booking flights.  
Please check the Web site for the most  
up-to-date locations and dates.

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