

# MAXIMUM METABOLISM



TOP 10 EVIDENCE-BASED STRATEGIES FOR  
EXTRAORDINARY HEALTH AND HEALING

[ENDALLDISEASE.COM](http://ENDALLDISEASE.COM)

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TOP 10 EVIDENCE-BASED STRATEGIES FOR EXTRAORDINARY HEALTH AND HEALING



**BY MARK SLOAN**

#1 Bestselling Author and creator of Endalldisease.com

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# INTRODUCTION

Almost everything people believe about health and nutrition is wrong and will actually make your health worse!

This is what happens when the engineers of popular opinion - media and governments - are controlled by corporations that benefit from us being sick, like drug companies. If drug companies want to steadily increase profits year-after-year, they have to figure out ways to steadily decrease public health year-after-year. One important tactic is to cause confusion regarding what health is and how to obtain it.

My name is Mark Sloan, #1 bestselling author of many books and creator of Endalldisease.com. I get emails all the time from people asking me what they can do to heal a particular symptom or disease. The remarkable news is, no matter which symptom or disease it is, the answer is the same.

I wrote this book to give you the 10 most potent and practical evidence-based strategies that you can use immediately to increase your level of physical and mental health, to recover from illness, and to maintain a physically active, energetic, symptom-free life until your die of old age. Incorporating all of them into your life is the ideal and is highly recommended, but even adding a few can make a profound impact on your health and life.

Many people will experience immediate, positive benefits from adopting these changes, but remember, this is not an overnight fix - it's a long-term commitment to your health. Slowly adopt all of the 10 principles at your own pace and watch your health steadily improve.

But before we get into it, first we need to find out... Are you healthy?

# ARE YOU HEALTHY?

Thousands of health books have been written, and yet how many of them take the time to define what health is? Do you believe you are healthy right now? Let's find out.

The common theme underlying all of my books is that *all* disease is caused by a deficiency of energy, or the inability to convert food into enough energy for your body to function properly. The evidence for this at this point is so overwhelming that we know beyond a shadow of a doubt that it's the truth.

A popular "buzzword" going around today to describe this condition is mitochondrial dysfunction, but this often leaves people confused as to what it is or how to solve it. The thing to understand is that in all illnesses, in all cases of mitochondrial dysfunction, the elephant in the room is hypothyroidism.

Your thyroid – a butterfly shaped gland in your neck that produces thyroid hormones – is essential for highly efficient energy production (metabolism) within the body. When thyroid is being produced and used by your cells, you'll have **a high metabolic rate** (the definition of health) and no disease or unwanted symptoms will be present. When thyroid hormone is not available, disease and degeneration begin.

The lab test that drug doctors today use to diagnose hypothyroidism is so inaccurate that they've been unable to recognize that hypothyroidism is occurring in virtually every sick patient they see. Thankfully, there's a way you can accurately determine if your thyroid is functioning anytime, anywhere, for free.

## ARE YOU HYPOTHYROID?

The most accurate indicator of your metabolic rate (and overall health) is your body temperature. Even a single degree drop in body temperature will significantly reduce the rate of chemical reactions in your body, and thereby significantly reduce the amount of energy generated by your cells.

## **ACTION STEP 1: Measure Your Temperature**

Body temperature is regulated by your thyroid gland, so go ahead and grab a thermometer. If your body temperature is closer to a sloth's (95F or 35C) than the ideal for a human (98.6F or 37C), now you know why you have a hard time getting out of bed in the morning.



**GET IT!**

If your body temperature is 98.6F then your metabolic rate is high. Congratulations! You don't need this book. Go and visit your family. But wait!

## **ACTION STEP 2: Measure Your Pulse**

Elevated heart rate from stress hormones can artificially raise your body temperature, making your metabolic rate appear high when it's not. So count out your pulse by putting your finger on your neck for 60 seconds. If it's between 70-85 beats per minute (and your body temperature was 98.6F or 37C) there's no stress involved and you're in excellent health. If it's above 85 beats per minute it means stress is high, and your thyroid is malfunctioning. No problem, though. The rest of this book is your quickest road to recovery.

Keep these two tests in mind at all times, and repeat them as needed to re-assess your health over the coming months and years, after the strategies in this book have been applied.

It's time for the top 10 strategies that you can use to heal and enhance your metabolism in the shortest amount of time.

Let's get to it!

# #1. OBEY YOUR THIRST!

Whether you're a 90-pound schoolboy or a 900-pound Sumo wrestler, they tell us, everybody has the exact same water requirements: 8 glasses a day. This dangerous advice remains largely unquestioned by people interested in health, and the consequences of drinking too much water begin with cold hands and feet and in the long run can be fatal.

In fact, hyponatremia - a condition where blood mineral content becomes so diluted by excess water consumption that efficient energy production fails - is the most common cause of sudden death among long distance runners and other endurance athletes.

Overdrinking water cannot be done without negative consequences; it's a powerful source of stress which will inevitably lead to unnecessary suffering and disease.

## STOP OVER-DRINKING WATER

The sensation of thirst is one we're all familiar with, yet many people have completely lost their relationship to it.

Instead of using the built-in bodily system that tells us how much water we need, most people obey an arbitrary 8-glasses-of-water-per-day rule, which makes no physiological sense, and lowers your metabolic rate. Pay attention to your sensation of thirst, and when you're thirsty – drink!

If you've drank too much water you may notice your hands and feet become cold, and your urine clear. Clear urine is not a good sign, there should always be some yellow in it. If it's clear, try eating some solid food to increase the mineral content of your blood and avoid water for a while.

Your *thirst* will tell you when you need more water.

For myself, this amounts to 2 or 3 cups of water on most days, but if I'm doing hard physical labor that number will increase. Obey your thirst!



## #2. DETOXYFY YOUR GUT!

Gut issues and digestive disorders are at epidemic levels today, and they've been linked to allergies, food sensitivities and every psychiatric disorder in the books.

“Gut researchers” claim to have it all figured out: All you have to do is take their expensive probiotics and eat sauerkraut, yogurt, and other fermented foods to balance your gut microbiome. But of course, gut issues still exist despite these interventions, so there's more to the story than they know.

The real epidemic in society is a low metabolic rate, caused by hypothyroidism – and when the thyroid fails, all essential systems in the body begin to fail, including reproduction, digestion, detoxification and immunity.

The combination of immune system failure and reduced stomach acid creates “the perfect storm” for bacterial overgrowth in the upper part of the intestinal tract, called Small Intestinal Bacterial Overgrowth (SIBO). This is a major (and growing) condition in our society, and it means many people are walking around with gut infections and don't realize it!

### **TOXICITY & DEFICIENCY: CONSEQUENCES OF GUT INFECTION**

Scientists writing in the journal *Gut Pathology* explain:

“SIBO can compromise proper absorption of proteins, fats, carbohydrates, B vitamins, and other micronutrients due to bacterial interference.”<sup>R</sup>

So the bacteria steal *your* food for themselves, preventing you from getting the nutrition you need. And as if that wasn't bad enough, the bacteria end up excreting various types of poisons.

“Excess bacteria,” they continue “can successfully compete for nutrients, produce toxic metabolites, and cause direct injury to enterocytes in the small intestine.”

The bacterially-generated poisons then proceed to damage your gut lining, causing “leaky gut syndrome” and food allergies, as undigested food particles enter your bloodstream. And of course, this also allows the

poison itself to enter your bloodstream, which has been associated with anxiety, depression, cognitive deficits, autism, abdominal obesity, cardiovascular disease, diabetes.

And because your detoxification system is also shut down from the hypothyroidism, now your body is unable to remove the poison, making a bad situation much, much worse!

If it shocks you that you weren't aware of this, now you know first-hand the importance of studying history - for not long ago this was well-known, when Metchnikoff famously discovered that aging and degeneration were caused largely by absorption of poisons from the intestines.

## SOLUTIONS

One way to deal with SIBO is to eradicate the pathogenic bacteria with antibiotics, which has been shown to restore the intestinal barrier function.<sup>R</sup> Another method is to speed up intestinal transit time to reduce the chances of making endotoxin in the small intestine. Cascara Sagrada - Spanish for "sacred bark" – can do both!

Cascara is an extract from the dried, aged bark of a species of buckthorn tree that has been used for centuries by Native Americans, and for over 2000 years in traditional Chinese medicine.

The active ingredient in cascara is an anthraquinone called emodin, which offers a wide spectrum of protection, including anti-cancer, liver protective, anti-inflammatory, anti-oxidant and anti-microbial effects – and it can also improve intestinal barrier function.<sup>R</sup>

Here's the cascara I use and have had great success with. Take one capsule daily. If it causes stomach upset, stop taking it.

**GET IT!**

**CASCARA  
SAGRADA**



# #3. SURROUND YOURSELF WITH BRIGHT LIGHTS!

## LIGHT BULBS

The light bulbs we use in our homes should replicate the light emitted by the sun. Sunlight is full spectrum - including all of the colors of the rainbow - with 60% of its radiation in the red and near-infrared spectrum. Yet so many homes today have replaced healthy, full spectrum incandescent bulbs with fluorescent or LED bulbs that emit virtually zero red or near-infrared light and are blue in color.

Blue light is very toxic and has the opposite effect on your metabolism as red light. While red light boosts metabolic energy production in each cell of your body, helping the body heal from virtually any symptom or disease, blue light has a toxic effect on the body which promotes stress and inhibits the manufacture of energy. Replacing all the blue light bulbs in your home with bulbs that emit warm, full-spectrum light is an essential step in turning your house into a safe and relaxing environment.

There are three options for bulbs that I recommend you use below. Incandescent bulbs are the best for your health because - although they require more energy to power - they emit lots of healthy, near-infrared radiation. LED lights require the least amount of energy to power, but they also emit the least amount of near-infrared heat energy. Halogen lights fall in the middle. Take your pick below just make sure the ones you get have a color temperature rating of 2700K!



**Incandescent**

**GET IT!**



**Halogen**

**GET IT!**



**LED**

**GET IT!**

**Note:** If any links in this book don't take you to the exact product, then it's not available in your country, so try another.

If full spectrum light bulbs are what create a healthy environment in your home, then heat lamps and red light devices can be seen as medicine. Both can be used daily to de-stress and promote healing of the body.

## HEAT LAMPS

If you're like me and living in a northerly part of the world that experiences cold, snowy winters, laying underneath a heat lamp is one of the most luxurious and quality-of-life-enhancing things you can do. I have one clipped to a shelf above my couch and I often lay underneath it (shirtless; clothing blocks the light) to relax and de-stress. These heat lamps are essentially high-powered incandescent bulbs which emit 250 watts of full spectrum light. I highly recommend you buy a bulb and clamp below and try it. You can thank me later!



Heat Lamp

GET IT!



Reflector with Clamp

GET IT!

## RED LIGHT THERAPY DEVICES

The full light spectrum includes literally hundreds of wavelengths of radiation in every color of the rainbow. But different colors effect the body in different ways; some are even toxic, like blue light, as mentioned. For metabolic energy production, red and near-infrared are the most relaxing and therapeutic.

So what inventors have done is produced red light therapy devices, which omit blue and other ineffective colors from the equation, and generate powerful beams of only the most therapeutic wavelengths of red and near-infrared light. In doing so they've made light therapy much

more efficient and medicinal. Begin with 12 minutes with the light as close to your bare skin as possible. I always encourage people to experiment with 2 hour treatments or longer if you feel you need it.

Below are three premium-quality red lights that I recommend everyone add to their medicine cabinets. I believe there should be a red light device in every home. By the way, I've worked out a deal with the company to get you \$25 off your purchase. Simply apply the discount code below when you checkout.



**360 Watt Device**

\$100 Off Discount Code:  
**ENDALLDISEASE100**

**GET IT!**



**720 Watt Device**

\$100 Off Discount Code:  
**ENDALLDISEASE100**

**GET IT!**



**840 Watt Device  
PULSED**

\$100 Off Discount Code:  
**ENDALLDISEASE100**

**GET IT!**

**Pro tip:** Add 20 drops (10mg) of [methylene blue](#) to a glass of juice and drink it directly before your red light therapy session for a synergistically enhanced and scientifically proven type of therapy called photodynamic therapy.

## VITAMIN D LAMP

Another issue for people not living in a tropical climate year round is how to get enough Vitamin D. It's easy to get adequate vitamin D in the summer from laying in the sun or just being outdoors, but in the winter most of us don't have that luxury.

Many people supplement with vitamin D capsules in winter, but there are a number of potential issues with vitamin D supplements. Here are 3 of them:

1. Many vitamin D supplements contain unsafe additives and preservatives in their ingredients list
2. According to the work of Dr. John Ferris of Yale University in 1962, supplemental vitamin D can cause potassium wasting in the kidneys.
3. The type of vitamin D that doctors prescribe is actually the storage form of vitamin D (25-hydroxy vitamin D). The problem is the storage form of vitamin D requires conversion in the liver into its bioactive form (1,25 -dihydroxy vitamin D), which burdens the liver and wastes magnesium.

Due to these controversies, instead of taking supplemental Vitamin D, I use a Vitamin D lamp a few times a week during winter. By applying ultraviolet light to your skin, your body will produce its own vitamin D in its bioactive form.

Furthermore, another very important benefit of using a Vitamin D lamp that you definitely won't get from oral vitamin D supplements is that it breaks down vitamin A (retinol) into the many retinoids needed to run your metabolism.

Here's the UV sunlamp I use and recommend for getting vitamin D:



**UV Sunlamp**

**Vitamin D Sunlamp**

**GET IT!**

**10% Off Discount Code:**  
**ENDALLDISEASE10**

**Pro tip:** Setup your Vitamin D Lamp and Red Light Device side-by-side and turn both 'on' during treatment. The red light will protect you from the ultraviolet light and prevent sunburn.

## #4. STOP STARVING YOURSELF!

Gluten free, low calorie, no calorie, low fat, no fat, low carb, no carb – WHERE DID ALL THE FOOD GO!? With all the highly restrictive food options out there, you might as well eat cardboard because there's not much energy left that your body can use for its metabolism.

One of the most common problems I see working with people looking to improve their health is they've become so restrictive in what they allow themselves to eat that they're literally starving themselves. In fact, the people who try hardest to be healthy tend to be the worst! (I know. I starved myself trying to eat "perfectly" for around 8 years).

If this sounds like you it's time to wake up from your eating disorder. Food restriction (fasting included) at the end of the day amounts to stress, there's no way around it. And stress promotes hormones which inhibit your thyroid and metabolic rate. Regardless of how much propaganda there is trying to convince you otherwise, you can't starve yourself into good health.

Science has proven that all the major chronic degenerative diseases have one common denominator: a deficiency of energy. Energy is everything! How can your body produce large amounts of energy if you're not eating large amounts of energy?

Vitamins and minerals are important for producing metabolic enzymes, but *energy* (calories; protein, carbohydrates and fat) is by far number one. Find out if you're eating enough food by doing the two action steps below.

### **ACTION STEP 1: Calculate your daily caloric needs**

The amount of calories you need in a day can vary depending on many factors including your level of physical activity. Most people are shocked when they realize how much food their bodies actually need in a day relative to the miniscule amounts they've been eating. The body requires *a lot* of food to function optimally. And as your metabolic rate (overall health) increases, you'll actually need *more* food to support it!

To find out how many calories you need in a day use the following calorie calculator: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>

## **ACTION STEP 2: Calculate your daily caloric intake**

Now, it's time to compare the calories consumed in a typical day with your actual daily caloric needs.

Write down what you eat, and determine the calories in each. Add them up then compare them to your daily caloric requirements. Are you eating enough calories? If not, begin!

You can't build a home without lots of energy, and likewise, your body cannot function properly without lots of high-energy food. Stop starving yourself!



## #5. DITCH THE VEGETABLE OIL!

The more food you eat, the more dangerous it is to eat the wrong things, which brings us to strategy five. For almost 75 years, the world has been brainwashed into believing that saturated fats are *unhealthy* and that polyunsaturated fats are *healthy*, especially for the brain and heart. Nothing could be further from the truth! It's no exaggeration to say that polyunsaturated fat are one of the most potent metabolic poisons in existence and the primary driver of disease and aging.

Before the year 1900, what we now call 'vegetable oil' (aka nut and seed oils) were used, literally, as paint varnish. Nut and seed oils are a superb paint varnish because when they react with oxygen they harden so thoroughly. It's no longer a mystery what's causing the plaque-filled, hardened arteries seen in heart disease patients.

Before people starting eating paint varnish, cancer, diabetes, heart disease, obesity, and all the other 'diseases of civilization' were so rare that they were virtually non-existent. With some quick dietary changes, you can greatly reduce your consumption of PUFA and safeguard your health from this insidious metabolic poison.

### **ACTION STEP 1: Cook only with coconut oil and butter**

Open up your pantry and toss all vegetable oils directly into the garbage (or paint your deck with them). Coconut oil is the safest cooking oil in all of nature and contains only 2% PUFA. Butter is a close second with 4% PUFA. Cooking only with coconut oil and butter for the rest of your life is the single greatest thing you can do for your health.

**Pro tip:** Coconut oil is the most shelf-stable oil in nature, which means it will last for years at room temperature – so save yourself some money and buy it *in bulk*. Don't like the taste? Get refined. [Click here](#).

### **ACTION STEP 2: Eat beef instead of chicken or pork**

According to government statistics, meals containing chicken are the number one source of PUFA consumption in the United States. When chickens are fed corn and soybeans, the fat contained in the bird is

not really ‘animal fat’ at all; it’s almost pure corn and soybean oil. Pig fat also reflects the fat contained in their diet, and conventionally-raised pigs are fed corn and soybeans just like chickens.

- Conventionally-raised chicken and pork fat can have more than 30% PUFA
- Beef fat contains only 4% PUFA

Therefore, the second most important way to reduce PUFA consumption is eating beef instead of chicken and pork.

And if you tend to avoid beef because you’ve been convinced that eating beef is bad for the environment, check out [this TED Talk](#) by Allan Savory, whose tragic story proved that putting animals out on pasture is the most efficient way to regenerate topsoil and repair the damage caused by conventional agriculture.

### **ACTION STEP 3: Avoid fake ‘milk’, ‘meat’ and ‘cheese’**

Visit the organic section at your local grocery store and you’ll find so many fake ‘milk’, ‘meat’ and ‘cheese’ products these days that it can be difficult to find the real thing! There’s even a product called ‘Not Milk’ (as if that’s a good thing!).

So what’s the problem with these foods? Exchanging real milk (and cheese and meat) for these heavily processed nut-, seed- and bean-based alternatives means you’re exchanging highly stable and nourishing saturated fats for highly toxic polyunsaturated oils. Do yourself a favor. Ditch the Vegetable Oil!

**Pro tip:** Want to protect yourself from PUFA when eating at a restaurant? Vitamin E is what your body uses to protect itself from polyunsaturated fats. Get yourself some [high quality Vitamin E](#) and take one with your meal!



**Vitamin E**

**GET IT!**



**Organic Refined Coconut**

**GET IT!**

## #6. DON'T GO VEGAN!

Remember the days when all the major diseases like cancer, diabetes, heart disease, obesity were so rare that they basically didn't exist? Neither do I, but here's a history lesson: Health was the norm before the year 1900 in the United States (and the entire world!).

And so was not fearing any foods and embracing all of what's available, including meat, eggs, dairy, fish, seafood, vegetables, roots, fruits, mushrooms, and grains. This is called a healthy relationship with food. It's not a coincidence that as modern culture vilifies animal foods and pushes all kinds of highly-restrictive, highly-processed, grain-based diets that people are sicker than ever before in history – and you're about to find out why.

Two of the most important dietary principles we've covered so far are 1) Eat enough calories and 2) Avoid PUFA. Once you subtract the low-calorie foods, and the high-PUFA foods from the plant-based menu, you're left with a very short list of available foods to meet your daily caloric needs.

Let's go through the list...

### HIGH-ENERGY PLANT FOODS:

- Fruit (lots of energy and alkaline minerals)
- Potatoes are a high energy food (carbohydrates, and a very high quality protein) with few plant toxins (because they're underground)
- Squash is similar in nutrition to fruit

### LOW-ENERGY PLANT FOODS:

- Celery
- Tomatoes
- Carrots
- Onions
- Garlic
- Peppers
- Leaves
- Zucchini
- Cucumber
- Brassicas (broccoli, cauliflower, brussel sprouts, kale, etc) contain potent thyroid inhibitors

Am I saying you should *never* eat the low-energy foods above? Of course not! But food without calories cannot support life so don't make them your staple foods or your body will literally eat itself instead.

## **GRAINS (BEANS, SEEDS, NUTS, LEGUMES):**

Beans, seeds and nuts are typically the staple foods in the vegan diet. Although they are higher energy foods – and this brings me to one of my most critical points - they contain an enormous amount of PUFA!

Once people realize just how toxic polyunsaturated fats are, it becomes clear that the promotion and use of grains as a staple food is one of the worst public health disasters this world has ever seen. Research shows that eating more than 4 grams of PUFA per day significantly increases your risk of all major degenerative diseases.

Just how much paint varnish (unsaturated fatty acids) do popular beans, seeds and nuts contain?

- **Sunflower Seeds** (100 grams) = 50g Unsaturated fat
- **Almonds** (100 grams) = 46g Unsaturated fat
- **Cashews** (100 grams) = 36g of Unsaturated fat
- **Peanuts** (100 grams) = 35g Unsaturated fat
- **Soybeans** (100 grams) = 14g Unsaturated fat
- **Chickpeas** (100 grams) = 7.5g of Unsaturated fat
- **Corn** (100 grams) = 4.2g of Unsaturated fat
- **Brown rice** (100 grams) = 3g Unsaturated fat
- **White rice** (100 grams) = 0g Unsaturated fat

Sorry to burst your bubble... I love cashews too! It gets worse...

Plants fight for their existence just like animals do, except instead of tearing apart their prey with a mouthful of sharp teeth, they do battle by adding various poisons to their leaves, stems, and especially their seeds. The poisons inhibit digestion, making the plant food less nutritious and can cause direct damage to the gut. These include:

- Polyunsaturated fats (inhibit digestive enzymes and thyroid)
- Oxalates (inhibit mineral absorption, cause kidney stones)
- Phytates (inhibit mineral absorption)
- Lectins (inhibit carbohydrate digestion, damage gut lining)
- Trypsin inhibitors (inhibit protein digestion)

If you still want to “go vegan” after reading this, the best chance you’ve got for a high metabolic rate is to eat almost exclusively the high energy plant foods above that contain no PUFA. I’m not going to say it can’t be done, but how long can you eat only fruit, potatoes, squash, spinach and rice before you can no longer stomach your menu options?

## BREAKFAST OF CHAMPIONS:

Consuming a high calorie, nutrient-dense breakfast is essential to flush the stress caused by laying in bed for 8 hours without food or light. There’s no better way to balance your blood sugar, increase your body temperature and metabolic rate, and set the pace for an emotionally stable and highly productive day. Breakfast *really* is the most important meal of the day! So don’t skip it!

The following breakfast might change your life. It’s quick, simple, delicious, has almost 900 calories, and is an absolute powerhouse of nutrition.



**2 Boiled Eggs**  
(salted)



**Orange Juice**



**2 cheese slices**



**Ultimate Coffee**  
(Ingredients: milk, instant coffee, maple syrup and gelatin powder)



**Gelatin (collagen) Powder**

**GET IT!**

## #7. “REV UP” YOUR HORMONES!

The body’s protective and energizing hormones are essential to maintain a peak state of health - efficient energy production and a high metabolic rate.

These include...

- Thyroid
- Pregnenolone
- Progesterone
- DHEA

Polyunsaturated fatty acids (PUFA), found abundantly in vegetable oil, are probably the most potent metabolic poison in all of nature. They inhibit the production of *all* your protective and energizing hormones, by inhibiting the thing that produces them – your thyroid!

The result? Efficient metabolism fails; stress becomes chronic; symptoms occur; your doctor gives your symptoms a name, then hands you some pills that further suppress your thyroid.

One way to restore production of all your protective hormones would be to remove *all* of the excess PUFA from your body. This is definitely the goal if you want a high metabolic rate but 1) there’s some PUFA in most foods so it’s impossible to do entirely, and 2) based on the half-life of fatty acids this can take up to 4 years to accomplish once you stop eating it.

### HORMONE THERAPY

Instead of sitting around waiting, you can expedite the process by supplementing your body’s hormones to make up for the ones that are missing, and rapidly restore your body to a more relaxed, youthful, balanced, and energized state.

After a lifetime of research and working directly with people to recover their health, one of Dr. Ray Peat’s most effective strategies appears to be the use of thyroid hormone, pregnenolone and progesterone.

After you begin taking supplemental hormones (and using other strategies in this book), you should notice an improvement in energy levels, and body temperature, which will begin to climb closer to the ideal 98.6F. (It could take months, or even years). And at that point you

can ditch the supplements and your body will resume producing its own hormones. That's the goal!

Below are high quality hormone supplements that you can use to balance your hormones and improve your metabolic rate - one set for women and one for men. Taking one supplement below is good, but taking all three is probably best for most people.

## FOR MEN:

Thyroid – Start with one per day (130mg) (read sales page 'how to use')

Pregnenolone – One per day (100mg)

DHEA – One per day (15mg)



**Thyroid (200mg)**  
15% Off Discount Code:  
**ENDALLDISEASE**

**GET IT!**



**Pregnenolone**

**GET IT!**



**DHEA**

**Coming soon**

## FOR WOMEN:

Thyroid – Start with one daily (130mg) (read sales page how to use)

Pregnenolone – One daily (100mg)

Progesterone – Three drops daily (rubbed into gums) (increase as needed)



**Thyroid (200mg)**  
15% Off Discount Code:  
**ENDALLDISEASE**

**GET IT!**



**Pregnenolone**

**GET IT!**



**Progesterone**

**Coming soon**

## #8. DETOXIFY YOUR ENVIRONMENT!

The list of toxic chemical threats to our health in our environment - food, water, air, personal care products, etc. - is large and growing every day. Does this mean we should ignore it and do nothing to protect ourselves because chemical exposure is unavoidable? Of course not!

With a little knowledge and some simple action, we can minimize our exposure to almost all of it. Every step you take to protect yourself is an act of self-love that will safeguard your health. Let's go over three important ones now.

### 1. ELECTROMAGNETIC FIELDS (EMF)

Radio frequency radiation is the invisible carrier of information used by wireless electronic devices. Unfortunately, this same radiation induces stress inside the body, which is harmful to your thyroid and can lower your metabolic rate.

The good news is there are many simple ways to protect yourself from electro-pollution, including...

- **Cell phones:**
  - Disable bluetooth and Wifi
  - Put your cell phone in 'Airplane mode' when not in use
- **Internet:**
  - Good: Unplug your internet router when it's not in use, especially before bed
  - Better: Use wired internet (and disable wireless signal emitted by your router)
  - Best: Cancel your internet at home

### 2. FOOD

Conventionally produced food is made using a variety of poisons – from the pesticides sprayed on vegetables and fruits, to the stress hormones injected into animals to fatten them more quickly.



Always buy the highest quality food you can, and ideally produce some of it yourself. Certified organic is far from perfect but it's better than conventional foods. Ideally, find a local farmer in your area who produces food in a healthy, regenerative way and support them.

Start here: [www.eatwild.com](http://www.eatwild.com)

### 3. PERSONAL CARE PRODUCTS

Anything you massage directly into your skin, scalp, arm pits, or gums everyday - you better make damn sure is safe! Soap, shampoo, deodorant and toothpaste are probably the worst offenders when it comes to exposing you to unsafe chemicals.

If you buy your personal care products from a drug store, you can be certain they contain a variety of toxic chemicals that are being absorbed into your body and damaging your health more with each use.

The following products contain clean ingredients that will not harm you. Buy all four at once and replace all your old products before they drag you into an early grave.



**Shampoo**

**GET IT!**



**Soap**

**GET IT!**



**Deodorant**

**GET IT!**



**Toothpaste**

**GET IT!**

## #9. BATHE OR SAUNA REGULARLY!

Therapeutic use of water is as old as mankind. Steam saunas have long been used to stimulate relaxation and detoxifying the body through the skin. And Balneotherapy - bathing in mineral-rich, carbonated spring water – is another way to stimulate deep relaxation and healing. Most people will be surprised to hear that Balneotherapy was the primary mode of treatment for all diseases in Western Medicine up until World War II.

During its peak of popularity in the United States, beginning around 1835, there were over 200 'Water Cure' clinics operating in many states. Then by 1950, medical use of balneotherapy in the US vanished practically overnight and the drug- and surgical-based medical system took over.

With the busy, stress-filled pace of the modern world it's important to take time for ourselves to relax and rejuvenate. Indulging in a steam sauna or running a hot bath fortified with minerals at least once a week is an effective way to reduce stress and keep your metabolic rate high.

Below are some of the finest bath products available that you can use to charge your baths with health, produced by a company that puts all the research, quality and care into their products that I would.

The bath salts add vital minerals, amino acids and soothing essential oils. The bath bomb adds highly therapeutic CO<sub>2</sub>, color and essential oils. Use one of each per bath to maximize your balneotherapy sessions.



**Premium Bath Salts**

15% Off Discount Code:  
**ENDALLDISEASE**

**GET IT!**



**Ultimate Bath Bomb**

15% Off Discount Code:  
**ENDALLDISEASE**

**GET IT!**

## #10. DONATE BLOOD!

One of the most popular ways doctors kill people is by prescribing them iron pills after noticing subnormal red blood cell counts. It's been known for decades that anemia is caused *not* from lack of iron, but from low body temperature due to hypothyroidism. Research has shown that increasing body temperature normalizes red blood cell production – no extra iron needed.

Yet wheat and rice are fortified with iron by law in North America, and as a result excess iron is found in so many popular foods that it accumulates with age.

### **But isn't iron essential?**

In trace amounts, yes, but in excess iron is one of the most toxic heavy metals known. And what's more, the type iron added to flour and grains is in the form of inorganic iron filings, which is the most toxic form that can be added!

### **How do these iron filings in our food cause damage?**

One reason why iron is so destructive is that it catalyzes the oxidation of polyunsaturated fats both inside cells and in the bloodstream, which are then broken down into extremely toxic fragments that inhibit your metabolism. In other words, they synergize negatively with the PUFA you eat in your diet and make a bad situation worse!

Women eliminate iron once a month through menstruation, and statistically they have a lower risk of heart disease than men. However, once women reach menopause and menstruation ceases, and suddenly their risk of heart disease is no longer lower than men. This is no coincidence! Removing excess iron from your body by donating blood 2-4x per year is a simple yet powerful step to maximize your metabolic rate for both men and women. Donate blood!

**FIND A BLOOD DONATION CENTER ON THE NEXT PAGE...**



**Find a blood center:**  
<https://myaccount.blood.ca/en/donate>



**Find a blood center:**  
<https://americasblood.org/donors/find-a-blood-center>

**Pro tip:** To remove iron even more quickly, iron chelators can be used to detoxify iron from your bloodstream. Two proven chelators are [green tea extract](#) and [IP-6](#).

**Pro tip 2:** Take one whenever you eat beef to reduce iron absorption.

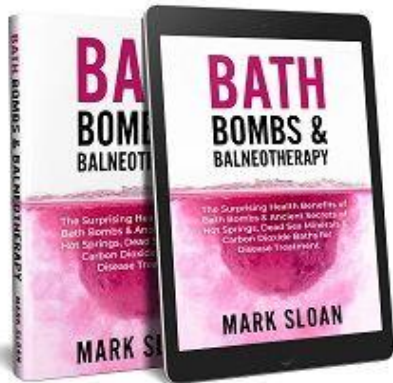
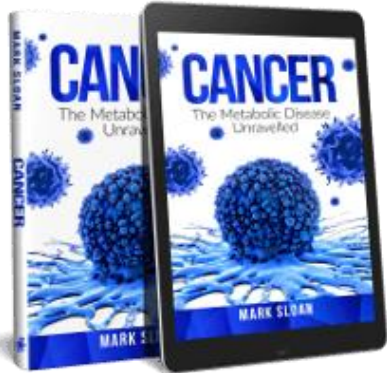
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<https://endalldisease.com/books>



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