

30 DAYS TO WELLNESS



How to Be Thin and Healthy -- For Life!

Liberation Wellness, Inc

2010

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INTRODUCTION TO

30 DAYS TO WELLNESS

by Kevin Brown, President and Founder
Liberation Wellness

Hello, my name is **Kevin Brown**, and I'm a nationally certified personal trainer and nutritionist. My profession could really be called the thin and healthy business, as we work with clients who are struggling to lose weight and or recover their health. The Personal Wellness Business has developed in the last 20 years because America has an overweight/obesity level **above 70%** and chronic diseases like **cancer, diabetes and heart disease** are also at all time highs!

The training I received in school led me to believe that by cutting calories, and exercising very vigorously, people could attain normal weight and excellent health. This principle seems plausible to most but I discovered that it's just not true!

When using these principles I was unable to get consistent results for my clients, and my personal training business is a *results-oriented business!* Clients who had paid thousands of dollars to work with me did not continue to train if they weren't getting to their goals!

I believed whole-heartedly in these principles, but knew something was awfully wrong, and now I was beginning to **put weight on myself!** I may have suspected

my clients weren't being compliant, but I could see firsthand what was happening to me.

Beginning with myself, I started applying the exact opposite of what I had learned about nutrition, and lo and behold - weight started flying off me! I felt much better, and each new principle I learned made me feel healthier and healthier!

Now I began applying these truths to my clients and to no surprise-my clients also began to experience tremendous results! They were not only losing weight and getting truly healthier, but they were **consistently able to maintain the program**, something other programs almost always fail to do!

I soon became a *very popular trainer*, and began to get speaking engagements to lecture medical doctors and health professionals. Three times I spoke for over 100 cardiologists because the president of the hospital was working with me and lost all his weight and was off all his medications!

Shortly thereafter, I was nominated to become a fellow on the prestigious **National Board of Fitness Examiners**, and was asked to do a national TV show.

In the last 18 months we have written the book, the **Liberation Diet**, which is co-authored by Annette Presley RD. Our book is a fabulous overview of the program, and is the foundation for our Liberation Wellness team.

Liberation Wellness for Life

We have now grown into a team of All-Star health professionals, who share these principles about wellness, and are starting to educate nationally people from all walks of life who want to attain excellent health and normal weight.

This powerhouse group has developed our 30DayWellness program, an incredible compilation of the insights of many years of research as well as a healthy dose of good old-fashioned common sense.

Because the number one problem people in America face today is the constant drumbeat of health MISS-information, our program is designed to help educate, motivate, reinforce, and deliver results to people from all walks of life, who are desperately looking for truly healthy lifestyle answers.

Our **30 Days to Wellness Program** is the backbone of a comprehensive wellness program that will bless you and your family in many ways. **There is no other program of its kind**, which has such a wide array of accurate health information, assembled in one place!

We look forward to your improved health, and encourage communications to us in terms of sharing your success stories, as well and questions you may have. We have developed a free support group for Liberation Wellness which can be found at: www.LiberationellnessBlog.com

God bless you on your journey to a sustainable healthier lifestyle!

Kevin Brown

HOW TO GET THE MOST OUT OF YOUR 30 DAYS TO WELLNESS PROGRAM

*"If you want to look like a Cow -- eat like a Cow,
if you want to look like a Tiger -- eat like a Tiger!"*
-Kevin Brown, President of Liberation Wellness

This 30 day program is designed to give you information about many facets of wellness which includes nutrition, exercise, sleep, motivation, and a process to empower you to reach your wellness goals!

Some studies find that in as little as 30 days, lifestyle changes can be made that can impact the rest of your life. Our goal at Liberation Wellness is to immerse you for 30 days with what we call healthy-programming that helps both mind and body get in tune with a healthy lifestyle.

The program is set up to give you bite-sized information and encouragement to take you to this 30 day climax, where wellness concepts can be embedded and patterns of the old life can be changed.

There is no right or wrong here, but we suggest you do not go through all the information at once, but a little each day as these changes will seem smaller and less daunting when taken step-by-step.

Here is the plan:

1. Simply read two articles per day, every day. Read the table of contents and choose the topic that most interests you until you have completed this great book.
2. Apply the lesson in each article -- make it part of your healthy lifestyle!
3. Visit LiberationWellnessBlog.com and ask questions, provide your input and learn with others
4. Enjoy your new lifestyle, free of overly processed, fake foods and filled with fun activities!

You should notice your weight coming down (*if need be*), and your energy going up! Your sleep should improve as well as your mental clarity. It is not unusual for aches and pains to start to subside as well as things seemingly unrelated to improve, sometimes dramatically. Often people notice their romantic inclinations return after being dormant for many years, and a noticeable reduction of the effects of stress. Notice we don't reduce stress, but stress feels less stressful when living a Healthy Liberation Lifestyle!

The greatest enemy of healthy lifestyle changes is the onslaught of MISS-information brought about by the main-stream media. Try to turn off the TV, and be careful of discussing all your new understanding with friends and love ones who are often misled by these same so-called health experts.

Most of all, have a thank-full attitude, for you are on a wonderful journey, that will lead you to an improved lifestyle in every possible way, and you will be able to maintain this new found health for the long run! That's why we call it – **Liberation Wellness for LIFE!**

30 DAYS TO WELLNESS

EAT WELL

A Health Barometer in Your Mouth

by John Chisholm

The health of your gums is a sensitive barometer for the current trend in your overall bodily health.

That's because the individual cells in the mouth are among the quickest to be replaced and have extremely short lifetimes compared to other types of cells.

A cell in the pancreas is replaced after about a year. The entire skeleton is replaced approximately every ten years; a muscle cell around the ribs lasts an average of 15 years. The cells of the gut are replaced at a 16-year average (except for the gut's lining, which replaces quickly, like the soft-tissue mouth cells). Over a lifetime, only about half of the heart cells will have been replaced with new cells, contrary to popular misconception. And many if not all of the cells of the cerebral cortex last a person their whole life. In contrast, the lifespan of a healthy gum cell typically ranges from only two to seven days, and is usually replaced in four or five days.

Because so many cells are being replaced so rapidly in the gums, any change in the factors that affect the health of tissue shows up quickly there. These factors can include toxins, radiation, and infection, but the most prevalent factor is the availability of resources in the body to build these new cells, i.e., the quality of the nutrition that has been absorbed from our food. It's this short-term sensitivity that allowed Dr. Weston A. Price to perceive the clear correlation between whole, un-

processed, full-fat foods and correspondingly robust health on the one hand, and on the other hand between denatured, processed foods and poor health.

The mouth is not only a good indicator of our current health trend, but contains a lasting record of past oral health, by the presence or absence of cavities, whether currently active or long dormant. Once a human adult tooth has been grown, it's not growing any more, so any past episode of dental caries leaves behind either an unfilled indentation or a dentist's filling.

I don't know whether it was by genius or stroke of luck that Dr. Price set out to study isolated populations with excellent oral health. But from his studies he was able to notice the correlations among a healthy oral history, vigorous bodily health, and a nutritious diet. And he further discovered that all these people with good oral and bodily health shared the same dietary principles, the same ancient "primitive" diets followed since Neolithic times and passed down in cultural traditions. And interestingly, even the remains of ancient people show that they had excellent teeth.

A person with evidence of being cavity-free for decades was someone who not only grew several gum-cell-generations of healthy gum tissue during that time, but also benefited from a steady accumulation of healthy slow-replacement cells in organs throughout their body, resulting in a high level of overall bodily health.

The typical calorie-rich but nutrient-poor diet of modern society leads directly to an uncontrolled population explosion of otherwise tame digestive bacterial flora, and this initiates gum infection. Unchecked gum infections are usually the forerunners to tooth decay, and correspondingly "dental caries are likely to be accompanied by

periodontal disease with further reaching complications” (from the introduction to Dr. Price’s book, “Nutrition and Physical Degeneration”).

When the first few denatured foods, such as refined sugar and white flour, were added to the world’s diet, the gums and teeth reacted quickly. Dr. Price found numerous examples of this effect in the form of siblings who had dramatically different oral health, because one brother started eating white flour and sweets and lost numerous teeth, while the other continued to eat only traditional foods and had pristine teeth and gums.

But it was later, after the wholesale displacement of natural, pasture-raised and full-fat foods by technologically denatured and artificial foods, that we saw the rapid rise of modern chronic diseases. It has now become normal that after reaching an age of four or five decades spent eating a conventional diet of fake foods, a significant proportion of the population starts being diagnosed with chronic diseases in the slow reacting organs, such as heart disease and cancers.

And of course, gum disease has become the norm, and most people carry in their mouth a memorialized history of poor oral health, in the form of fillings, crowns, implants and root canals. There is a common misconception that cavities and gum disease only come from the topical application of refined carbohydrates, such as sugar and refined flour, to the surfaces and margins of the teeth and gums. But the deprivation that comes from nutrient-poor foods is all that’s needed. Dr. Price did some experiments in which he fed to rabbits a significant portion of their diet as sugar through a tube, so that it wouldn’t even touch their teeth, and they still developed dental caries.

There is no substitute for truly healthful nutrition, even in oral health. It's not progress to eat denatured foods and then apply sophisticated chemicals to the teeth to suppress the most acute symptoms that would naturally ensue. The answer to tooth sensitivity from receding gums or deepening gum pockets is not to use toothpaste that's formulated to coat the teeth with a desensitizing film, so you won't feel the ongoing deterioration. Since gum disease is painless most of the time, the strategy of coupling poor diet with cutting edge oral products could lead to serious problems by the time trouble is first noticed.

It's better to learn to eat right and brush with just plain pure water, than to eat conventionally and use the most advanced toothpaste and oral care products. A little localized support in a formula of natural tooth cleansers and beneficial herbs can be a helpful boost while on the road back to robust overall health. But it can also be very helpful to use the health of your gums and teeth as a barometer of your current overall health trend, and to follow a truly healthful diet with increased diligence whenever your barometer starts to indicate any sign of vulnerability.

Tooth Re-Enamelization

John Chisholm

The body is marvelously designed to keep itself healthy,

and not just for muscles, soft-tissue-organs, and bones. We were made with a built-in process to maintain healthy tooth enamel as well. Records of people with primitive technologies who ate traditional diets show they had the occasional broken tooth, but the remaining stub was often covered over with a sheen of newly formed enamel to protect the softer internal tooth structure. Even though that degree of tooth self-repair is almost unheard of in modern society, our bodies also retain the same untapped potential.

The power of tooth re-enamelization—usually referred to as tooth remineralization—doesn't rely on growing new tooth cells from the inside. Teeth stop growing in that fashion during childhood. Instead it relies on exposing the teeth to mineral ions in the saliva to maintain or repair the enamel.

A healthy person's saliva is rich in ions of the minerals that make up tooth enamel,

especially calcium and phosphorous, and these ions are ready to deposit themselves into the crystalline lattice work of enamel material. This is the process of enamel repair, but it's also part of the original process of a tooth's enamel maturation. When a child's new tooth first erupts, it's still relatively soft until it's had a chance to “soak up” minerals from the saliva, a process that takes months at least.

For fully formed teeth, saliva remineralization is used for maintenance instead of tooth formation. When we eat, normal digestive bacteria work on the food, and in the process form acids that contact the teeth. Bacterial activity and acid formation is particularly strong in the presence of refined carbohydrates and all forms of sugar, in other words, for the bulk of the typical American diet. Acids leach away molecules from the enamel surface, a process called demineralization.

Healthy, mineral-rich saliva both reduces the effects of acid (by flushing it away from the teeth and by buffering the acidity) and also repairs enamel (by remineralization). Most demineralization occurs when you eat and shortly after; most remineralization occurs when the mouth is empty of food, particularly when you sleep. Both the demineralization and remineralization processes are slow, but over time the tipping point between the two can lead either to strong enamel or cavities. We can actively support remineralization two ways: by nourishing ourselves to increase the ion mineral content of our saliva and by eliminating barriers between teeth and the saliva.

Ample nutrition is more than just consuming increasing amounts of minerals,

even the predominant enamel minerals of calcium and phosphorous. It's not the minerals you put in your mouth that count, but the minerals your body absorbs and can put to work. Replacing conventional nutrition with the [Liberation Diet](#) maximizes mineral absorption and mineral utilization. For remineralization, that means selecting foods that are mineral-rich in their natural state, preparing foods in ways that don't leach minerals from the body, and ingesting high levels of the vitamins needed for mineral absorption.

The best foods to support remineralization are real milk and the foods made from real milk (such as cheese, yogurt, and kefir). It doesn't seem particularly insightful to be told we can get calcium from dairy. But what is perceptive is the knowledge that not all milk is equally beneficial. The nearly universal practice of pasteurizing milk makes most of its calcium insoluble, and precludes the benefits that people had derived from milk products for thousands of years. Pasteurization also destroys milk's vitamin D, upon which calcium absorption depends. With almost all commercial milk being pasteurized, most Americans have insufficient vitamin D and upwards of 87% of Americans have a calcium deficiency. A little guidance is sorely needed after all.

The [Liberation Diet](#) also explains how preparing foods can be just as critical as selecting the right foods.

A lot of people take pride in selecting whole grain flour and whole grain foods, but as commonly available, their health benefits are usually elusive. Unless the grains are sprouted or fermented, the vast majority of their phosphorous (one of the critical minerals of enamel) is in the form of phytic acid, which does more harm than good. Not only does it make the phosphorous unavailable, it also binds with calcium already in the body and actually reduces the calcium available for use. The mineral-reducing processes of high phytic acid is also at work from nuts, seeds, beans and tubers, unless properly prepared as our ancestors once did to reduce the phytic acid and free up the food's minerals for absorption.

Besides considering foods that add or subtract minerals, an effective diet also provides for high levels of vitamins A and D, necessary for the body to absorb the minerals that are available in the mineral-rich food. The Liberation Diet offers guidance for getting optimal levels of these often elusive nutrients.