



UNDERSTANDING THE

REVITALIGHT™ PROTOCOL

BODY CHEMISTRY AND MICROBIOTA
REBALANCING PROGRAM

BY

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REBALANCING PROGRAM**

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PROVISO

The information in this book is not intended to encourage the self-diagnosis of mental, emotional, or physical symptoms or complaints. It is also not intended to serve as a replacement for competent professional health care when such is required. Instead, the information presented herein is intended to educate the reader about certain tools and techniques that have proven to be of great help to those interested in creating a vibrant state of health.

From the perspective of natural medicine, it doesn't work to treat people as if they are machines. We are not merely bodies made of interactive but otherwise isolated parts. People have emotional, mental, physical and spiritual components, all of which affect each other and work together in a dynamically balanced way.

Lifestyle choices are an integral part of that dynamic whole. Various elements of a lifestyle — including diet and exercise, as well as emotional, mental, and spiritual predispositions — can influence the body's dynamic balance, and therefore its health.

The concepts and ideas we present herein are intended to offer suggestions for examining and re-patterning facets of your lifestyle that impact your health.

No guarantee or assurance is given for obtaining specific results from the use of any of the suggestions given. The reader is reminded that regular professional health care examinations are important if one's goal is the early detection and treatment of disease.

THIS PUBLICATION DEALS PRIMARILY WITH THE PREVENTION OF DISEASE, RATHER THAN THE TREATMENT OF DISEASE.

Nothing in this publication should be construed as a tool for the diagnosis, cure, mitigation, or treatment of any disease.

The reader is also advised that representations of internal organs or bodily processes described in this book, whether by illustration or discourse, are not intended as exact representations. Instead, these representations are often oversimplified to make the underlying issue more understandable to the layperson.

Certain persons considered experts may disagree with one or more of the statements or ideas presented by this manuscript. We understand and graciously yield to the inevitable. Nevertheless, it is our opinion that all statements made herein are based upon reliable knowledge, and can be understood and justified in the light of experience and common sense.

It should be noted that many people from many cultures have lived by these principles or close variations thereof for thousands of years — not because they were ignorant, but because they work.



Lono Ho'ala

Kahuna Kupua A'o – HunaWisdom™ Foundation

OVERVIEW

The ReVitaLight™ Protocol is designed to produce biochemical balance in the body. The better this balance, the more life energy we enjoy. Imbalance results in a lack of wellness that can progress from a vague feeling of being out-of-sorts to serious life-threatening disease states like cardiovascular disease, diabetes, multiple sclerosis, and cancer.

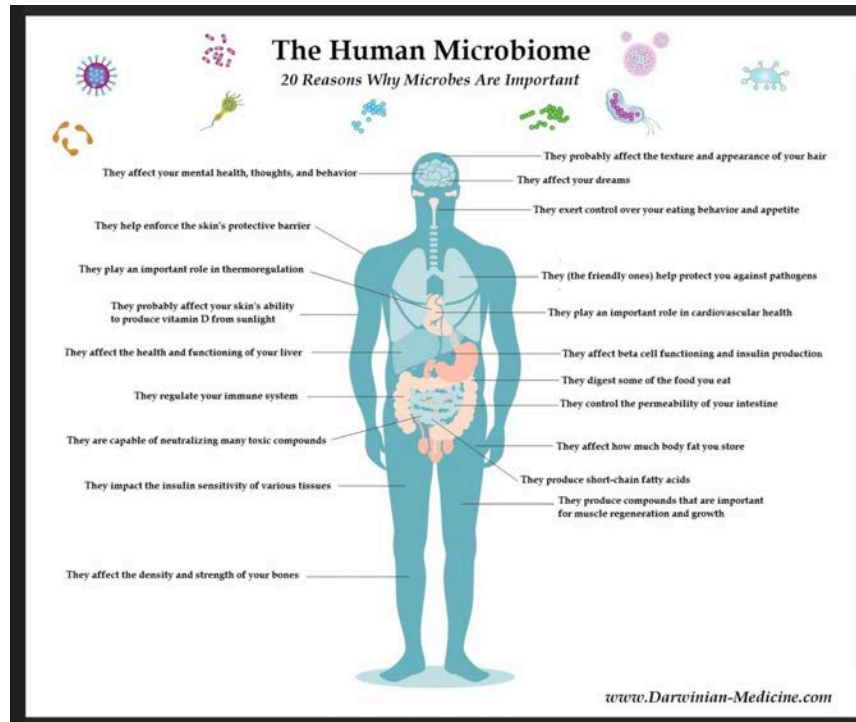
There is no doubt that maintaining and/or restoring body biochemistry balance is vital to your health. An extensive variety of pharmaceutical medicines have been developed to treat symptoms, but few of these offer any real “curative” value.

There are many natural alternatives. These include special diets, exercise routines, and a bewildering variety of herbal and nutraceutical products. While these natural treatments can compliment, if not eclipse some pharmaceuticals, most are less effective than they could be because they fail to take into consideration the body’s microbiota.



Quick Overview

The microbiota are composed of hundreds, perhaps a thousand, species of microorganisms that live throughout the human body. They provide an interface between your body and the environment. Their collective genes are known as the “microbiome.”



How important are they? We now know there are TEN TIMES as many of these organisms in your body as there are cells that carry your DNA. In addition, they exist not only on your skin and in your gut, but also within virtually every cell of your body. Studies now demonstrate that having healthy populations of the right kind of these microbes is vital to your health.

Medicine's understanding of the nature and role of these organisms is only now starting to reveal how an imbalance of their populations are a primary cause in the creation of chronic debilitating

disease. A peak inside this newly discovered door reveals a world promising the potential for curing (not just treating the symptoms) of most chronic debilitating diseases.

For example, we now know that the epithelial lining of the gut is not connected to your blood supply. Instead, it depends on certain species of microorganisms to keep it fed and nourished. When these are killed with chemicals like glyphosate in our food or chloramine in our water, the epithelial lining of our gut dies too. This is the major reason for permeable gut syndrome and the kind of chronic inflammation that underlies many disease processes.

Even more surprising is the effect of these microorganism populations on a person's state of mind. We now know that the microbiota interface with the second largest network of neurons in your body called the "second brain" which is located in your gut. Through that connection they drive your appetites through the release of neurotransmitter chemicals and hormone-like substances.

Not only that, but when "unfriendly" microbes gain too large a foothold, they crowd-out the "friendly" beneficial microbes and the important work they do in creating serotonin, the body's "happy" hormone. Research is confirming that imbalances in the microbiota are a primary cause of chronic anxiety, depression, and living in a state of anger/fear. Studies also show a connection between the microbiome and Parkinson's Disease as well as Multiple Sclerosis.

Common sense tells us that if imbalances in populations of microbiota are the cause of disease, rebalancing these populations should offer some effective health benefits. In fact, clinical experience demonstrates this is true. Astonishing results are common, but it takes a lot more than ingesting a course of probiotics.

To heal, we must get to the cause of these imbalances and correct them.

The primary cause in our modern times is:

- 1) the presence of so many synthetic chemicals in our food, water, and air;
- 2) consuming too much food of poor nutritional quality.

Our ReVitaLight™ Protocol is specifically designed to do the job – reliably and effectively. It combines every important tool required to support your body to regain balance over its populations of microorganisms and achieve the kind of biochemical balance that restores health.

ReVitaLight™ is based on ancient healing methods used by old-world Hawai'ian kahuna for thousands of years. In their wisdom they understood that the real doctor is your body's built-in intelligence. They saw their role in the healing process as supporting the body to do the job it is designed to do when given the chance. Their ancient methods are proven to cleanse the gut AND the tissues of your body of accumulated toxins, restore a healthy acid/alkaline balance to your tissues, deconstruct tumors and prevent the conditions that cause cancer, while restoring healthy populations of microbiota so the healing lasts.

Their methods work today just as well as in ages past. The difference today is that special supplements must be used in precise ways to help your body eliminate its toxic load of synthetic chemicals.

These supplements must be the highest quality nutraceutical grade, and administered in the right dose and in the correct sequence. Once that is accomplished, the body can then go on to use its innate intelligence to heal every sort of disease including:

Understanding The ReVitaLight™ Body Chemistry Rebalancing Protocol

- Brain fog and memory disorders
- Anxiety and Depression
- Chronic fatigue/low energy
- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen
- Constipation
- Diabetes
- Frequent urination
- Gastroesophageal reflux disease, commonly referred to as GERD or acid reflux
- Heart burn
- Hormone concerns
- Immune deficiency
- Irritable Bowel
- Joint pain
- Lactic acid buildup
- Low energy and chronic fatigue
- Mineral deficiencies
- Muscle soreness
- Obesity
- Poor metabolism
- Slow digestion and elimination
- Yeast/fungal overgrowth
- Weight gain/Difficulty losing weight
- Obesity
- Cancer

The ReVitaLight™ Protocol is so effective that we recommend anyone who is suffering from chronic debilitating disease or lack of wellness employ it before trying more invasive treatments offered by our modern medical system. It is likely the best way you will ever find to have the kind of health and wellness you were designed to enjoy.

INTRODUCTION

Traditional Hawaiian medicine defines health as the condition of well-being that results when the life energy we call **mana** (mah-nah) is flowing in a state of dynamic balance free of unnecessary blockages. This condition is called **pono** (poh-noh.)

Pono is a Hawai'ian word that reflects the understanding that each of us is connected to ALL THAT IS. This includes not only other parts of our World of Form, but also the World of Spirit. When we are in harmony with this ALL THAT IS, we can be said to be healthy. To the extent we are not, the flow of life energy becomes blocked.

Health is a dynamic thing, involving the physical, emotional, mental and spiritual parts of a person. **The key is balance.** When this balance is somehow disrupted, the result is experienced as disease (dis-ease or the experience of not being at ease.)

Whether this disruption is caused at the level of the body (as in the case of infection or injury) or at the level of the spirit (as in the case of the many illnesses caused by chronic stress), the result is the same. Blockages to the flow of life energy result in poor health.

Because spirit and form are connected, anything that affects the spirit will affect the form, and anything that affects the form will affect the spirit.

Healing happens when some process restores the flow of life energy and the person recaptures the experience of “at-ease-ness” that is dynamic health.

It can be helpful to see the word “spirit” as various types of intelligence. For example, think of the different expressions of intelligence involved with the design of an automobile. Its design reflects the intelligence that planned which components to use and how to assemble them. This built-in “intelligence” is the type of intelligence or spirit we call **Ku** (Koo). A different kind of intelligence is required to drive the automobile. This is the type of intelligence or aspect of spirit we call **Lono** (Loh-noh).

In other words, the intelligence/spirit that uses an automobile is different from the intelligence/spirit that designed it. If either has problems, or if they are not used in harmony with each other, the automobile won’t work reliably for its intended purpose. At this point, healing becomes desirable.

Healing is a dynamic process. No amount of “pushing” can make life energy flow where it is not designed to go, and no physical treatment, whether conventional or alternative, can truly heal a problem that is ultimately caused by a suppressed spiritual issue.

Since spirit is the blueprint for the form, healing must take place at the level of the spirit as well as at the level of form before health can be restored.

Hawaiian medicine is a holistic experience involving all of the interconnected parts of a person. It employs a variety of cleansing, nutritional and herbal therapies designed to work alongside special forms of body work, colon therapy, breath work, meditation, prayer and counseling. The focus is on healing the cause of symptoms rather than suppressing symptoms with drugs or surgery.

Overall the process of living in harmony with the ALL THAT IS, can be called **Ka Hana Pono** (*Kah ha-nah poh-no – to live in a state of balance.*) When we find ourselves out of balance with our world a variety of modalities can be used to restore that balance. These include:

Ho'opono'pono (*Ho-oh-poh-noh-poh-noh*) a method of restoring balance to one's spiritual existence and relationships;

La'au Lapa'au (*Lah-ow lah-pah-ow*), a form of medicine that includes nutritional and herbal therapies;

Maluna (*Mah-loo-nah*) a method of tissue cleansing;

Ho'opiopio (*Ho-oh-pee-o-pee-o*) a method of tissue rejuvenation;

Lomi-lomi (*Loh-mee loh-mee*), a form of bodywork used to bring up stored memories and blocked emotions;

Pule (*Poo-lay*) an particularly effective form of Hawaiian prayer;

Nalu (*Nah-loo*) powerful method of Hawaiian meditation and vision questing – sometimes facilitated with psychoactive herbs.

With proper use of these therapies, you will find that your life can change dramatically. You can unlock a sense of aliveness, health and joy that you never dreamed possible. The path that leads to health and enlightenment takes effort, but is well within the reach of every person who is willing to do the work of ka hana pono. In our modern times and culture we call it the “ReVitaLight” Protocol.

CHAPTER 1

YOUR MICROBIOME

A paradigm-shifting revolution is taking place in our understanding of medicine as it pertains to the treatment of chronic debilitating diseases. These new perspectives mean that the potential for treating and actually healing diseases like allergy, autism, chronic viral and bacterial infections, cancer, colitis, Crone's disease, hepatitis, tuberculosis, multiple sclerosis, Parkinson's disease, meningitis, diabetes, arthritis and many more is exploding.

What makes this nascent revolution both relevant and effective is that it is not based on pseudoscientific ideas that are easily debunked. Instead, it is based on solid scientific research. It is an interdisciplinary effort that is solving the puzzle of chronic disease. It involves thousands of scientists working at some of the world's most credible institutions. Their research is completely changing our understanding of how chronic diseases start and how they should be treated.

THE ROLE OF THE MICROBIOME

Biochemists and microbiologists have only recently discovered that who "you" are incorporates as many as 10 bacteria and other microorganisms like fungus, yeasts and molds, for every 1 cell that carries your DNA in your body. In other words, each of us is only about 10% human. Several hundred microbial species live on your skin, tongue, and in your digestive tract. Researchers use the word microbiota¹ to refer to all the microbes in this community and "microbiome" to refer to their collective genes.

¹ <https://en.wikipedia.org/wiki/Microbiota>

The microbiome is called the second genome. Your first genome is composed of the genes carried by your cells. Your second – or microbiome – exerts an influence on your health that is at least as great or perhaps even greater than the genes that carry your DNA. While we can't do much about the DNA we've inherited, we can reshape and even cultivate this second genome. This fact explains the effectiveness of certain “natural” medicines and alternative therapies and reveals why the ReVitaLight™ Protocol is so successful at treating chronic disease.

Leading researchers now understand the wisdom of the ancients. Human health should be thought of as a collective property of the human body and its interactions with the human-associated microbiota. In other words, your health is completely dependent on the health of the entire community of these microbes and how they are interacting with you as an individual.

This is a revolutionary discovery, because until now, medical science looked at bacteria as dangerous parasites that need to be either eliminated or controlled. As a civilization, we've just spent the better part of a century doing our unwitting best to wreck human-associated microbiota (any kind of microorganism that lives in the body) with a multi-fronted war on bacteria and a diet based on chemically treated foods and water that is notably detrimental to its well-being.

Researchers now speak of an impoverished “westernized microbiome” and agree the time has come to transcend outdated notions of pharmaceutical interventionism, and embark on a project of “restoration ecology” — not in the rain forest or on the prairie grasslands, but in the human body. Awaken Unlimited is dedicated to mastering this human “restoration” as we lead the effort with innovations like our ReVitaLight™ Protocol.

Microbiologists are beginning to catalog all the functions the microbial community provides for us as its host and habitat. The services they render are remarkable, varied, and impressive. “Invasion resistance” is one. Our resident microbes work to keep pathogens from gaining a toehold by occupying potential niches or otherwise rendering your body’s environment inhospitable to foreigners. The robustness of an individual’s gut community might explain why some people fall victim to food poisoning while others can blithely eat the same meal with no ill effects, or why some people have allergies and others don’t, or why some people fall prey to diseases like cancer, diabetes or multiple sclerosis while others don’t.

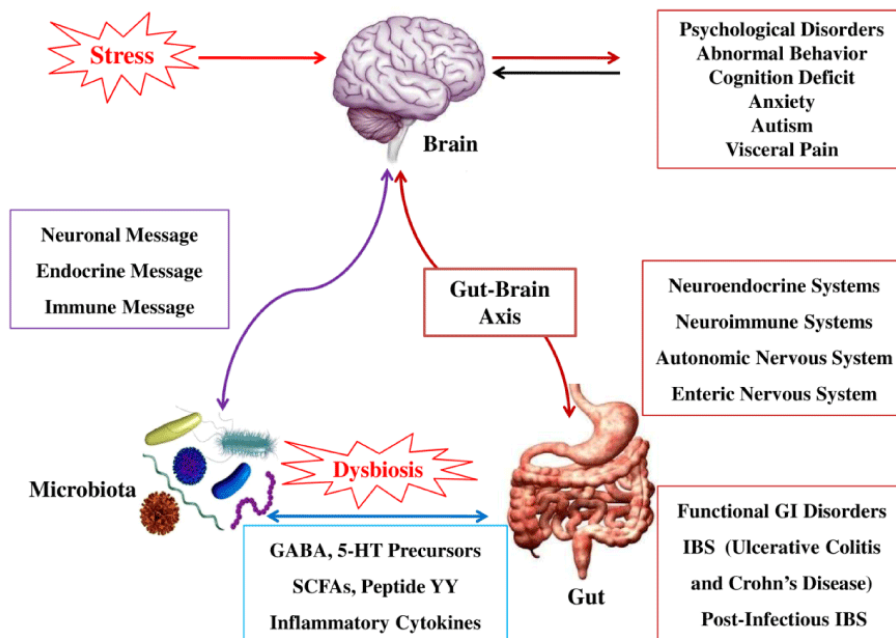
Our gut bacteria also play a role in the manufacture of substances like neurotransmitters (including serotonin;) enzymes and vitamins (notably B’s and K;) and other essential nutrients (including important amino acid and short-chain fatty acids;) as well as a suite of other signaling molecules that talk to, and influence your immune system, your endocannabinoid system, and various other metabolic systems.

This ability of your microbiota to communicate with “you” is far more sophisticated than anyone ever imagined. We are beginning to understand why the gut has the largest concentration of neurons in the body second only to the brain. It is how your “body” and the bacteria that compose your microbiome communicate.

We now know that your moods and attitudes influence the microbiome. In turn, the microbiome influences your moods by creating compounds that play a role in regulating our stress levels and even temperament. Experiments show that when gut microbes from easygoing, adventurous mice are transplanted into the guts of anxious and timid mice, the timid mice become more adventurous. Other similar studies suggest that anger and fear favor microorganisms that produce chemicals that cause heart disease, and predispose people to suffer strokes and even cancer.

Your Microbiome

Just as anger, frustration, and fear can favor disease-causing microbiota, evidence is emerging that the opposite is also true. A mood that is peaceful, serene, and in harmony with the beauty that life has to offer can favor the growth of microbiota that produce chemicals that are capable of boosting your immune system and actually heal diseases like diabetes, arthritis, and cancer. This can explain the many miraculous results attributed to “faith healing” and even why the “placebo effect” can be so powerful. It also supports the ancient HunaWisdom that states: “Spirit provides the pattern for form”; and why doing a ReVitaLight™ re-balancing protocol is the ideal time for working through spiritual issues that will most likely come up as you do this rebalancing work for your body.



Just before the discovery of the microbiota, an Israeli researcher named Dr. Ralph Mechoulam discovered the existence of the endocannabinoid system². The endocannabinoid system is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems. It consists of neuromodulatory lipids and their receptors configured to accept cannabinoids.

These receptors are keyed to both the endocannabinoids that our body naturally produces and phytocannabinoids (plant-based) like tetrahydrocannabinol (THC) and cannabidiol (CBD) found in cannabis plants. Synthetic cannabinoids, like the ones found in Marinol, also fit the receptor sites but don't work as efficiently as the natural ones.

This discovery provides insight into why cannabis has so many healing effects on chronic debilitating diseases. It dovetails completely with the new discoveries about the role of the microbiome to explain why cannabis is such a powerful medicine.

We now know that the microbiota are critical to health because of their interface with our endocannabinoid system, our central nervous system, our digestive system, and more. Without the microbiome living in balance inside our bodies and inside virtually every cell, we will suffer from a lack of wellness that will eventually exhibit as chronic debilitating disease.

For researchers, this expanded awareness brings up some obvious questions. Why haven't we evolved our own systems to perform these most critical functions of life? Why have we outsourced all this work to a bunch of microbes?

One reason is that microbes evolve so much faster than we do (in some cases a new generation every 20 minutes). They can also

² <http://reset.me/story/beginners-guide-to-the-endocannabinoid-system/>

respond to changes in the environment — to threats as well as opportunities — with much greater speed and agility than “we” can. Exquisitely reactive and adaptive, these bacteria can actually swap genes and pieces of DNA among themselves. This versatility is especially handy when a new toxin or food source appears in the environment. The microbiota can swiftly come up with precisely the right gene needed to either fight it — or eat it.

This plasticity serves to extend the capacity of our comparatively rigid genome, giving us access to a tremendous bag of biochemical tricks we did not need to evolve ourselves. The bacteria in your gut are continually reading the environment and responding. They become a microbial mirror of an ever-changing world. Because they can evolve so quickly, they allow our bodies to respond to changes in our environment.

HOW CHEMICALS IN OUR FOOD AND WATER DAMAGE THE MICROBIOME

Today, leading researchers are most concerned about the damage that antibiotics and agricultural chemicals, even in tiny doses, are doing to the microbiome — and particularly to our immune system and weight. Children in the West receive, on average, between 10 and 20 courses of antibiotics before they turn 18.

Prescribed drugs aren’t the only antimicrobials finding their way to the microbiota. Scientists are finding increased levels of pharmaceutical residues, as well as agricultural chemical residues in meat, milk, and drinking water as well. Their manufacturers have promoted many of these chemicals as “safe” for humans because human biochemistry is different from that of plants and bacteria. Any effect of these chemicals on bacteria was considered beneficial if the effect caused bacteria to die. That was before we understood the importance of the health of the microbiome to human health.

AN NEW EXPLANATION FOR CHRONIC INFLAMMATION

A growing number of leading medical researchers agree – the common denominator of most of the chronic diseases from which we suffer today is inflammation — a heightened and persistent immune response by the body to a real or perceived threat. Various markers for inflammation are common in people suffering from illnesses like cardiovascular disease, obesity, Type 2 diabetes, cancer, and nervous system problems.

We now know that the problem involves the epithelium that lines our digestive tract. This internal skin — the surface area of which is large enough to cover a tennis court — mediates our relationship to the world outside our bodies. More than 50 tons of food passes through it in a lifetime.

The microbiota play a critical role in maintaining the health of the epithelium. Some bacteria, like the bifidobacteria and *Lactobacillus plantarum* (common in fermented vegetables) directly enhance its function. These and other gut bacteria also contribute to the welfare of the epithelium by feeding it.

Unlike most tissues, which take their nourishment from the bloodstream, epithelial cells in the gut obtain much of their nutrition from the short-chain fatty acids that gut bacteria produce as a byproduct of their fermentation of plant fiber in the large intestine.

If the epithelial barrier isn't properly nourished, it begins to “die-off” and become more permeable. This allows bacteria, endotoxins — which are the toxic byproducts of certain pathogenic bacteria — as well as unfamiliar proteins, to slip into the blood stream, thereby causing the body's immune system to mount an immune system response. The end result is low-grade inflammation, which affects the entire body, and may lead over time to metabolic syndrome and the large number of chronic diseases linked to it.

Because of our new understandings about the role of the microbiota, it now appears that inflammation in the gut is the cause of metabolic syndrome – not its result, and that changes in the microbial community and lining of the gut may produce this inflammation.

What this means is that medical science may be on the verge of discovering a Grand Unified Theory of Chronic Disease, at the very heart of which we will find the health of the gut microbiome. It also explains why natural medicines, herbs including cannabis, and a variety of therapies like those taught by La'au Lapa'au (Hawaiian natural medicine) and other forms of traditional healing like Ayurveda and Chinese medicine, work so well.

As the ancient Hawai'ian system of wisdom teaches:

**Belief is necessary only for that
which is not Real.
That which is Real can be Recognized,
and it works – reliably and flawlessly.**

— HunaWisdom

CHAPTER 2

COPING WITH A MODERN WORLD

Your body is a very intelligent and efficient machine. Its metabolic machinery is Divinely designed and has evolved over many millions of years so that it can live in a place of balance with its environment. As the last chapter makes clear, this requires the aid of thousands of species of microorganisms that work with the body to help it adapt. These include friendly bacteria, fungi, and archaea (similar to bacteria but they do not contain a nucleus). The combination of all these microbes is called the microbiota and their collective DNA is called the microbiome.

It is because of these microbiota that human beings live in climates that are as diverse as the ice fields of the Arctic to the tropical islands of the Pacific. This adaptability extends not only to the ability to tolerate extremes in temperature, but also the extremes in diet that such geophysical diversity creates. Certain Eskimos remain healthy on diets of whale blubber while Polynesians eat fish and a wide variety of fruits and vegetables.

While your body is quite adaptable to natural environmental diversity, it is also very susceptible to unnatural things. In fact, so many people are injured or killed by artificial medicines, food additives, chemicals, and other synthetic substances. Such substances are especially dangerous when exposure is prolonged over time.

Yet, even in these situations, the body's healing powers are truly miraculous, especially when augmented by prayer. Many professional health care providers can attest to this.

All true healing is accomplished by the body's internal intelligence. Without it there would be nothing any doctor could do to make a difference in the state of someone's health or physical condition. The doctor's role is to support the body in doing its job. When this principle is forgotten, great harm can result from treatments that get in the body's way as it tries to heal itself. It is our experience that many treatments for cancer, heart disease, immune system problems, arthritis and other chronic debilitating illnesses fall into this category.

Anyone has only to look at a PDR³ to understand that the vast majority of modern pharmaceutical drugs have serious side effects — especially when used long-term. Although usually effective for short-term use on an emergency basis, significant concern exists about long-term efficacy of most pharmaceuticals when compared to the negative health repercussions of their known (and unknown) side effects, as well as the effect on the body when several different pharmaceutical drugs are consumed simultaneously by people in less than optimal health.

Research your alternatives. When it comes to health care, knowledge is power.

THE VALUE OF ANCIENT HAWAIIAN MEDICAL IDEAS IN OUR MODERN WORLD

The Hawai'ians of old didn't have pharmaceutical drugs, yet when they were first encountered by visitors from the west they were a remarkably healthy people. Cancer, diabetes, heart disease and mental illness did not exist. Their methods of birthing are a model for the most enlightened systems of today.

³ Physician's Desk Reference — a reference text that lists pharmaceutical drugs by generic as well as trade name, and provides information on the drug's chemical make-up, therapeutic uses, and potential side effects.

The primary reason old-world Hawai'ians were so healthy is because people saw themselves as Divine, totally interconnected with all things in life. As Divine beings it never occurred to them to see themselves as other than whole and completely healthy. To them, what we call illness was merely a temporary imbalance, which provided an opportunity for a lesson.

When such imbalances did occur, the first thing that was done was **ho'opono'ono**, a process designed to discover and untangle the **hihia** (spiritual entanglements) that formed the foundation of the illness. Only when this process was completed were the Kahuna La'au Lapa'au or other medical practitioners called into play.



Once the **hihia** were released and **kalana** (true forgiveness or restoration of the inner Divine Light to a place of harmony with the ALL THAT IS), the work of restoring physical balance was begun.

Then as today, this work starts with cleansing and rebalancing protocols to give the body the space it needs to heal, combined with bodywork, herbal medicines and nutritional protocols to support that healing process. These body-balancing programs are powerful because they are designed to work with the body — not against it — as the body's inner intelligence attempts to regain its optimal state of balance.

CHAPTER 3

UNDERSTANDING NATURAL MEDICINES

There are many types of powerful, yet natural medicines available to those who choose to explore their power. Things as simple as drinking an ample supply of clean water is one of the most important “medicines” available. Getting enough restful sleep is essential. Colon and tissue cleansing techniques as well as various forms of bodywork can often bring dramatic improvement to how people feel.

Clinical research demonstrating the power of nutritional, herbal, neonatal glandular, homeopathic, and amino acid therapies is readily available. Other valuable supportive therapies include acupuncture, acupressure, and reflexology. The most important “medicines” are spiritual and include meditation and prayer.

Unfortunately, as natural medicine has gained in popularity, so to has hype. “Snake oil” salesmen are always ready to emerge whenever an opportunity exists to make a buck. The wisdom of the saying “*A little knowledge is a dangerous thing*” has seldom been more evident than in the natural health industry as it is evolving today.

Many multi-level marketing operations, mail order houses and other retailers advertise and promote their products aggressively. Many claims they make for certain types of products or techniques are grossly exaggerated or completely unreal. As with other things in life, sorting through the hype can become frustrating or – for those without a significant education in biochemistry – impossible.

So while very powerful, natural medicine suffers from attacks by not only those who have a financial interest in promoting conventional medicine and synthetic drugs, but also those who have a financial interest in promoting ineffective or dangerous products to uneducated people who simply want to get well. What is needed are trustworthy people who are willing to discover the truth, and bring that truth from the shadows into the light.

That is the role filled by kahuna (ka-hoo-nah). In the broadest sense, people who are dedicated to understanding the secret knowledge of Reality (Huna) are kahuna. Sadly, there is no real English language equivalent for that word or I would use it.

Kahuna are people who are not motivated by money, peer pressure, or status, if achieving those things means supporting an official “party line” that is not in alignment with reality as it IS, instead of what prevailing attitudes would like it to be. That is why scientists who are also kahuna are so valuable.

Kahuna are dedicated to finding the reality in things – even if it means bucking the system in ways that can cause loss of funding for research and attacks on one’s reputation. It takes great courage to fly in the face of widely held dogma to operate as a kahuna in this world.

It is true that herbal as well as other natural medicines vary widely in quality due to differences in the methods used in their growth/collection, preparation, extraction, manufacture, and packaging.

Glandular products made for raw glandular therapy can be very powerful, but products derived from slaughterhouse animals can be contaminated with worm larvae or contain residues of toxic chemicals used to de-fat them before dehydration and encapsulation.

There are wide differences in the quality of vitamin and mineral formulations. Many are made from substances that are poorly assimilated by the body. Others may be more bio-available, but contain a lot of ingredients – none of which are present in a therapeutic dose. Others are acceptable products, but are too highly priced because of commission structures.

The kahuna of Awaken Unlimited, LLC spend a great deal of time and energy researching the truth about these substances so we can help our members' sort out fact from the fiction. It is a never-ending process that is constantly subject to revision as more information becomes available.

To ensure consistent high-quality, we recommend the use of nutraceuticals tested for potency and purity by independent U.S. labs. We look for products manufactured by companies that emulsify nutrients for the greatest uptake, absorption, and utilization. We use only neonatal glandulars because they contain richer substrates with more growth factors (so there is no need to extract toxic laden fats) and they are virtually untouched by the aging process.

We look for companies that produce true, organically bound food forms of vitamins and minerals using the principles of biodynamic farming and plant genetics. We insist on companies that make all their products in-house, and use independent analytical laboratories that test each batch for purity and potency to insure that the ingredients we use are products of the highest purity, freshness, stability, and quality.

We compound many of our own nutraceutical products using only the finest certificated ingredients. For each product we manufacture, consistency and quality are assured. Our newest additions include crèmes and tinctures containing CBD from the highest quality organic Colorado hemp as verified by independent U.S. based labs.

Finally, we provide a wide variety of educational resources for our customers and patients. These materials are as accurate and comprehensive as we can make them. As scientific understanding evolves, so do these materials.

CHAPTER 4

UNDERSTANDING YOUR BODY

The metabolic machinery of our bodies is finely tuned to our environment. While humans have adapted so that they can live in widely varied climates and conditions, the vast majority have never enjoyed the luxury of a dependable food supply. No matter where our ancestors lived, there were times when food of some particular type was abundant. At other times there was little or no food for days or even weeks at a time. It has only been during the last 100 years or so that significant segments of humanity have been able to enjoy a relatively constant supply of a variety of foods. This has been both a blessing and a curse.

Obviously, no one enjoys the sight of people starving to death. Severe malnutrition leaves people vulnerable to a whole host of infectious diseases. Yet, over-consumption of certain foods by people in the more developed parts of our world has created otherwise rare diseases to become plagues.

The over-consumption of unnatural foods have made diseases like cancer, heart disease, diabetes a serious health concern costing millions of lives and hundreds of billions of dollars a year.

The true cost of the environmental damage done by intensive farming techniques has yet to reveal itself. The damage done to soils by the application of pesticides and chemical fertilizers, the depletion of aquifers, and the destruction of the rain forests — the lungs of our world — will certainly have painful consequences to future generations.

WHAT YOUR BODY IS DESIGNED TO EAT

Nutrition begins before birth. This is a critical time for healthy fetal development as infants rely heavily on maternal stores and nutrients for optimal growth and health outcome later in life. Mothers who smoke, use drugs and alcohol, or suffer nutritional deficiencies or imbalances during pregnancy will create long-term effects on the adult health of their babies. Associated risks of lifelong diseases include cardiovascular disease, type-2 diabetes, obesity, and hypertension, as well as myriad forms of cancer.

Fetal Programming is the idea that during critical periods in early fetal development, there are persisting changes in the body structure and function that are caused by environmental stimuli. This relates to the concept of epigenetics where our genes can express different ranges of physiological or morphological states in response to the environmental conditions – especially during fetal development.

If the mother has an inadequate diet then it signals the baby that living conditions in the long term will be impoverished. Consequently the baby adapts by changing its body size and metabolism to prepare for harsh conditions of food shortages after birth. Physiological and metabolic processes in the body undergo long term changes as a result of restricted growth. When the living environment switches from the condition of malnutrition to a society of abundant supply of nutrients, this exposes the baby to a bountiful environment that goes against what its body was designed for during gestation, and this places the baby at a higher risk of adult diseases later in adulthood. By the same token, if the fetus growing in the womb of a healthy mother is exposed to prolonged famine after birth, the infant would be less adaptive to the harsh environment than low birth weight babies. Babies born lighter in weight appear to have an increased rate of mortality than babies born at a heavier weight.

At birth the baby is designed to eat mother's milk. It requires the colostrum and other components of mother's milk for immune system development. Mother's milk



is the source of over 700 types of “good” bacteria the baby's body will need the rest of its entire adult life to stay strong and healthy.

Infant formulas are usually made from cow's milk but can also be developed from goat's milk and even soy. All are mostly sugar. While formula can be used as a complimentary food, research demonstrates that babies raised on them are far more prone to the development of allergies, diabetes, asthma, and autoimmune diseases later in life.

Adult bodies are designed to eat a wide variety of natural foods. These include meats (sorry vegetarians, but it is true) and eggs, fruits, roots, nuts, vegetables and herbs, grasses, fungi, insects, fish, seaweeds, shellfish, and small amounts of whole grains. Many past studies have put an emphasis on the health risks associated with red meat and carnivorous diets, but a new study provided by the Medical University of Graz in Austria reveals that the vegetarian diet — characterized by a low consumption of saturated fats and cholesterol that includes increased intake of fruits, vegetables and whole-grain products — carries elevated risks of cancer, allergies and mental health disorders.

Overall, vegetarians were found to be in a poorer state of health compared to other dietary groups. They demonstrate higher levels of impairment from chronic diseases, suffer significantly more often from anxiety depression, and have a lower quality of life and require more medical treatment. Some of this is attributed to the lack of certain amino acids that cannot be obtained from a vegetarian diet.

WHAT YOUR BODY IS NOT DESIGNED TO EAT

Your body was not designed to subsist on Twinkies, ice-cream, Big Mac's, Wonder Bread, macaroni and cheese, pizza, sugar-laden breakfast cereals, potato chips, sodas and other fruit flavored sugar water, aspartame, MSG, food coloring, and other so-called "foods".



Unnatural foods include foods either made from or containing:

- refined carbohydrates like flour and sugar;
- hydrogenated or otherwise processed fats like margarine and blended vegetable oils;
- artificial flavors and colors;
- monosodium glutamate in all its many disguises;
- fruits, grains, and vegetables containing residues of pesticides and herbicides;
- nutrient poor vegetables grown in soils that have been chemically fertilized;
- fish, fowl or other livestock including eggs and dairy products grown in unnatural conditions on 'hot' feeds laced with hormones and antibiotics;
- foods preserved with nitrates, nitrites, or other toxic preservatives;
- water containing disinfectants like chloramine, fluoride, chemicals, and heavy metals.

HEALTH PROBLEMS ASSOCIATED WITH OVER-CONSUMPTION

The over-consumption of toxic laden foods, water, alcoholic beverages, tobacco products, and recreational drugs, all combined with an increasingly sedentary lifestyle, makes it harder and harder for the body to maintain a state of vibrant health.

Perhaps the most common problem associated with modern western diets is the over-consumption of carbohydrates foods made with various forms of sugar and flour. Breads, pastas, pastries, fried potatoes, white rice, and a wide variety of canned or frozen prepared foods are a significant part of many meals. This is followed by desserts of ice cream, pies, pastries, puddings and cakes. Combined with a few cups of coffee for breakfast, soda pop for lunch, and an alcoholic beverage or two before dinner, and you have the typical American diet. No wonder heart disease, cancer, and diabetes affect the majority of Americans who live to reach middle age.

These dietary habits cause stress on the hormonal system that regulates blood sugar. Over time, the result is obesity and diabetes – two of the most common and dangerous diseases of modern times. Diabetes mellitus is a complex chronic disease that affects millions of people. It is characterized by a progressive breakdown in the normal insulin-related usage of glucose, the body's basic source of blood sugar energy.

The body's use of insulin and glucose is a paradoxical “double-edged sword”. On the one hand, we cannot live without them. The body requires balanced insulin output from the pancreas and liver to transport glucose effectively to all the other organs and tissues to maintain healthy metabolic function. On the other hand, any insulin imbalance or loss of insulin sensitivity can cause a chronic overabundance of glucose and results in diabetes.

When diabetes develops in children or young adults it is caused by a fundamental breakdown in the body's ability to produce enough insulin for normal functioning. This is called juvenile insulin-dependent diabetes. When diabetes develops later in life it is usually when organs and tissues lose their ability to respond effectively to insulin, which is called adult-onset non-insulin dependent diabetes. In adult-onset diabetics, glucose is over-produced by the liver and under-utilized by other organs and tissues. Conventional medicine says a diagnosis of diabetes is a life sentence requiring pharmaceutical intervention. Yet certain natural treatments for Type 2 diabetes are capable of completely reversing diabetes.

Either form of diabetes is a disease with serious, deleterious health consequences. Untreated, diabetes can cause retinal degeneration and blindness, lead to kidney and nerve damage, contribute to atherosclerosis, and eventually result in amputations and death.

Lack of insoluble fiber in such diets creates additional problems for the body as it attempts to move the sticky, gooey, mess resulting from such a diet along the digestive tract. In such an environment the bacteria that produce toxins and an unhealthy pH overpower bacteria that produce vitamins and a healthy pH.

Lack of soluble fiber causes a build-up of toxic waste in the arteries and veins. Over time, the result is cardiovascular disease, malnutrition, toxemia, headaches, fatigue, depression, a weakened immune system, and colon cancer.

The body must also maintain a balance of certain kinds of fatty acids. Over-consumption of hydrogenated fats and foods containing trans-fatty acids like margarine, processed cooking oils, and shortening used in baked goods causes imbalances in hormones, problems with nutrient absorption, and a whole host of fatty-acid imbalances. The result is cardiovascular disease, stroke, and cancer.

Over-consumption of processed foods, or foods raised on nutrient deficient soils cause many deficiencies in vitamins, minerals, and important anti-oxidants, and causes the body to accumulate a burden of heavy-metals and toxic chemicals. These imbalances result in a wide variety of health problems including cancer, diabetes, and stroke, as well as a host of age-related disorders like cardiovascular disease, macular degeneration, arthritis, senility and more.

THE SOURCE OF THE PROBLEM

It is easy to see how an over-consumption of unnatural substances causes the body stress, especially when these substances are consumed regularly over long periods of time. Unfortunately, these substances are so engrained into our modern culture, avoiding routine ingestion is difficult.

An increasingly urbanized society makes it difficult for people to raise their own food. Most people in urban areas are forced to rely on what they can afford to buy in a grocery store or at a restaurant.

Deceptive marketing and labeling is a big part of the problem. Commercial interests have influenced government to the point that monosodium glutamate can be called “natural flavorings” and sugar-water preserved with chemicals can be called “100% juice”. “All natural – minimally processed” chickens are far from what that label would imply. The same is true for “all natural” when the term is applied to beef, pork, eggs, milk, cheese, or even farm-raised fish.

In an ideal world, consumers would insist that appropriate government entities require processors to disclose the country of origin of the product. Likewise, consumers have the right to know whether or not the product contains or was raised with feeds containing hormones, antibiotics, pesticides, herbicides, chemical fertilizers, or has been genetically modified or irradiated in any way.

Product labels should disclose the presence and amounts of refined carbohydrates, sugar and/or fat substitutes, hydrogenated fats, MSG (in any form), or any kind of artificial flavor, color, or unnatural chemical preservatives.

Government inspections should verify the accuracy of labels as well as compliance with food safety and sanitation practices. Retailers of food and beverage products would randomly test the items they sell to insure compliance. Violations of these requirements would result in steep fines and appropriate criminal penalties for those found to be deliberately deceptive.

Unfortunately, we don't live in such a world. What this means is that you are responsible for your own well-being.

HunaWisdom™ says it clearly: “The person with the consequences IS the person with the responsibility.” This statement is as true today as it was thousands of years ago.

HOW YOUR BODY WORKS

The Hawai'ian form of medicine known as ***La'au Lapa'au*** (*lah-ow lah-pah-ow*) has a very useful way of describing how the body's systems are designed to work. According to this ancient system of wisdom, your body is designed to recognize four things. Modern science has now confirmed the accuracy of this ancient wisdom.

1. **The body recognizes something that is a part of itself.** As long as the tissues and organs of the body remain up to “design specs”, these tissues work in harmony with each other. When they become infiltrated with poisons, the body turns against itself and disease results.
2. **The body recognizes something that is a normal metabolic nutrient.** These nutrients flow along normal metabolic pathways to nourish and feed the tissues and organs that

make up the body. Since nutrients form the building blocks of tissues, they must be kept unadulterated if the body is to remain free of disease.

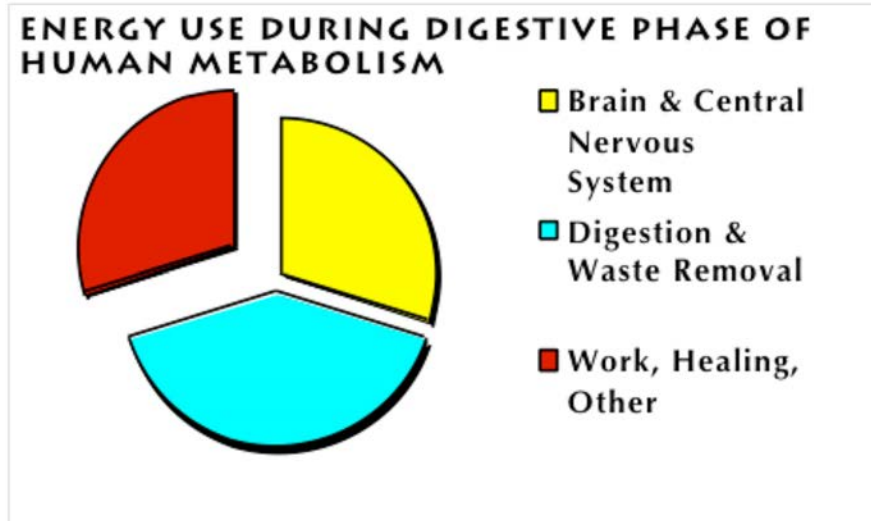
3. **The body recognizes something that is a normal metabolic toxin.** These normal metabolic toxins flow along normal metabolic pathways where they are either re-converted into nutrients, or eliminated through the breath, the urine, perspiration, or feces.
4. **The final category is called “everything else”.** When the body finds something that doesn’t fit into one of the above categories, its immune system tries to destroy it. Failing that, the body coats the offending substance with mucous and tries to either eliminate it, store it in adipose (fat) tissue, the myelin sheaths of nerves, or other places where it will tend to do the least immediate damage. However, over time the accumulation of such toxins can seriously impact health. Diseases like multiple sclerosis, fibromyalgia, and cancer are prime examples of this problem. Cleansing programs like the ReVitaLight™ Protocol are designed to give the body the space it needs to remove these toxins and rebuild tissues damaged by them.

PHASES OF METABOLISM

The damage done by the over-consumption of toxic laden or nutritionally empty foods can be remedied by understanding how the body’s intelligence (we call the Ku) designed the body’s metabolism.

Modern people look at the body as if it has only one “mode” of metabolism. We are told we must “eat” every day in order to stay healthy. Nothing could be further from the truth. If eating were the key to health we might expect that eating more when we get sick

would remedy the problem. In fact, just the opposite is true.

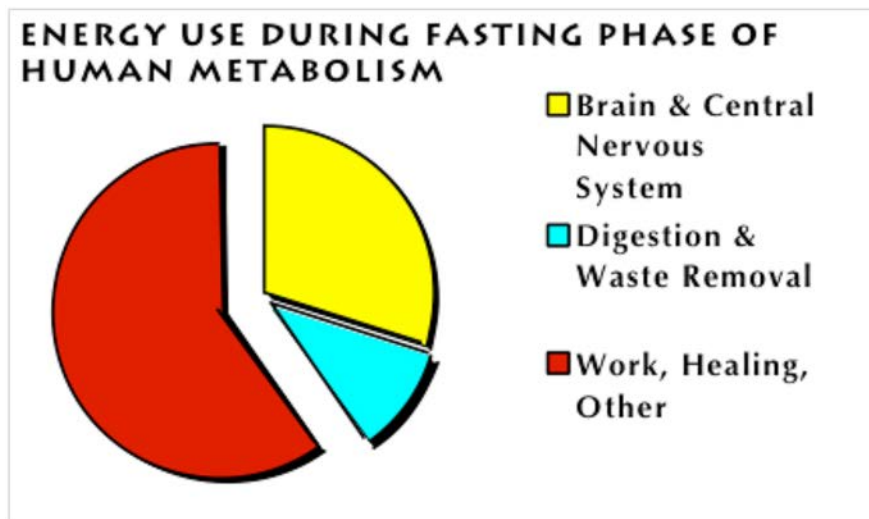


Have you ever noticed that when you get sick that the first thing to go is your appetite? There is a reason for that. When healing is required, your body wants to shift metabolic gears and go from “operating” mode into “healing” mode. The pie charts above and below provide an illustration of how these two modes work.

On average, in “operating mode” your body must use 40% of all the energy it is capable of producing just to digest food. Another 30% is required to run your brain and nervous system, leaving 30% for work, play, exercise, and healing.

During this phase of metabolism your body must do most of its repair work during sleep periods while your brain, nerves, organs, and muscles are not demanding much energy.

Did you ever notice that when you get a cold or the flu your temperature goes up and you feel worse in the evening? That is because your body “knows” that evening is a time when it can devote more energy to the healing process. You feel worse at night because your body has more energy to fight off the invaders then.



As the second chart illustrates, when digestion is curtailed, your body can use the 40% of the energy it normally has to expend on digestion to cleanse, rebuild, and heal itself.

The reason can be voluntary (choosing to fast,) involuntary (no food is available,) or the result of a lack of appetite (your body's signal that it wants to shift gears to cope with an injury or infectious agent of some kind.) Either way, it is important to know that when your body doesn't have to spend energy digesting food, it has far more energy available to put into the healing process.

... when your body doesn't have to spend energy digesting food, it has far more energy available to put into the healing process.

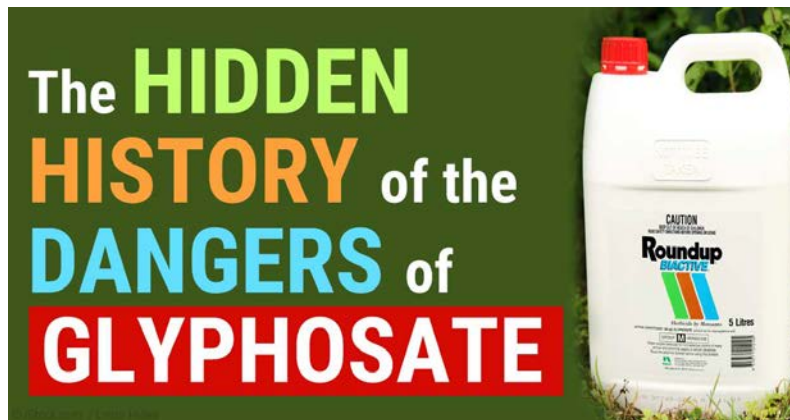
Your body is an amazing piece of engineering. Its "built-in" intelligence works efficiently and reliably. Understanding that your body has these "modes" of metabolism, and how to support your body during the "healing" mode are the keys to re-establishing health in a body that is struggling.

CHAPTER 5

THE DANGERS OF GLYPHOSATE

One excellent example of how the politics of power exploits our collective unconsciousness can be found in how the modern age of industrial agriculture and manufacturing has dumped antibiotics, heavy metals, carcinogens, plastics, and pesticides into the environment at alarming rates. These toxins are showing up in most human tissue cells today.

One distinct chemical may be trapping these toxins in human cells, limiting the human body's ability to detoxify its own cells. In a new peer reviewed study, this sinister chemical, glyphosate, has been proven to inhibit the human cell's ability to detoxify itself. Glyphosate, found in Monsanto's Roundup, is being deemed by publishers of the new study “one of the most dangerous chemicals” being unleashed into the environment in our modern times.

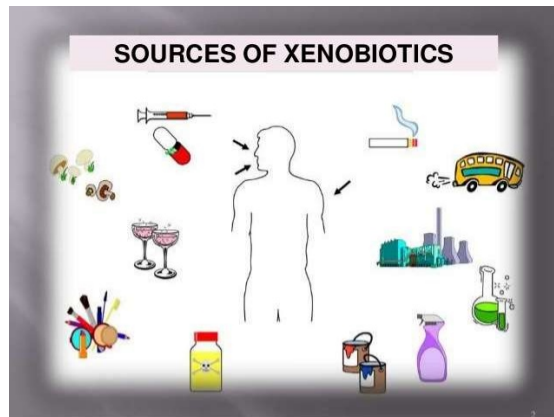


HOW GLYPHOSATE DESTROYS HUMAN CELLS

Glyphosate, most commonly found in conventional sugar, corn, soy, and wheat products throws off the cytochrome P450 gene pathway, inhibiting enzyme production in the body. CYP enzymes play a crucial role in detoxifying xenobiotics.

A xenobiotic is a foreign chemical substance found within an organism that is not naturally produced by nor expected to be present within that organism. It can also cover substances,

which are present in much higher concentrations than usual. Xenobiotics can include drugs, chemicals, carcinogens, and the spectrum of pesticides and herbicides.



By inhibiting this natural detoxification process, glyphosate systematically enhances the damaging effects of other environmental toxins that get in the body. This, in turn, disrupts homeostasis, increases inflammation, and leads to a slow deconstruction of the cellular system. Toxins build up in the gut over time and break through the intestinal walls, infiltrating blood, and ultimately passing through the brain/blood barrier, damaging neurological function.

Important CYP enzymes that are affected include aromatase, the enzyme that converts androgen into estrogen, 21-hydroxylase, which creates stress hormone cortisol, and aldosterone, which regulates blood pressure.

THE DISRUPTION OF THE SHIKIMATE PATHWAY

Monsanto wants us to believe that glyphosate is not harmful to humans, citing that its mechanism of action in plants (the disruption of the shikimate pathway) is not present in humans. This is absolutely not true and here is why.

The shikimate pathway, which is involved in the synthesis of the essential aromatic amino acids phenylalanine, tyrosine, and tryptophan, is present in certain beneficial human gut bacteria. These bacteria have a direct relationship with the human body, aiding in digestion, synthesizing vitamins, detoxifying carcinogens, and supporting immune system function. By killing these bacteria, glyphosate inhibits intestinal flora from performing their essential function in the human body. In this way, glyphosate creates or at least heightens many health issues facing the Western world today.

These conditions include inflammatory bowel diseases, Crohn's disease, obesity, diabetes, autism, multiple sclerosis and other neurological diseases, and even dementia and depression as well as the entire spectrum of cancers. Also, by restricting gut bacteria from absorbing nutrients, glyphosate voids the body of essential life-giving vitamins.

DEPLETION OF SERUM TRYPTOPHAN AND ITS LINK TO OBESITY

We now know that glyphosate is a primary cause of obesity because glyphosate's damaging effects on gut bacteria leads to depleted sulfate supplies in the gut resulting in inflammatory bowel disease. As more chemicals are absorbed from the environment, alterations in body chemistry actively promote weight gain by blocking nutrient absorption. By effecting CYP enzymes in the liver, obesity incidence is compounded, impairing the body's ability to detoxify synthetic chemicals. Since serotonin is derived from

tryptophan and acts as an appetite suppressant, the depletion of tryptophan in the brain encourages the overeating of empty carbohydrates, thus leading to obesity.

GLYPHOSATE AND CANCER

True to form, government agencies like the EPA and the FDA claim that there is no evidence to link the use of glyphosate to cancer. They even go so far as to claim that glyphosate can inhibit the proliferation of cancerous cells. However, research as far back as the 1980's demonstrated that glyphosate promotes the growth of human breast cancer cells. This research has been confirmed by many recent studies, but the giant Monsanto and its surrogates have forced these studies to either be retracted or those institutions who publish them are threatened with the loss of funding for other important research projects.

An excellent review on glyphosate toxicity written by Caroline Cox of Northwest Coalition for Alternatives to Pesticides, Eugene, Oregon in the US published in 1995 showed that most if not all the toxic effects of glyphosate had already been demonstrated in laboratory studies. These studies clearly show that glyphosate is not only acutely toxic to animals and human beings; but sub-chronic studies (long-term effects of doses lower than those observed to be immediately toxic) also demonstrate that feeding glyphosate to animals for three months caused "reduced weight gain, diarrhea, and salivary gland lesions."

Lifetime feeding caused "excess growth and death of liver cells, cataracts and lens degeneration, and an increase in the frequency of thyroid, pancreas and liver tumors." Also documented were effects on fertility including reduced sperm counts in males and the lengthening of the estrus cycle in females.

In spite of the evidence to the contrary, the EPA set new standards that drastically increase the amounts of glyphosate allowed in oilseed crops such as flax, soybeans and canola, (it is doubled from 20 ppm to 40 ppm,) while in food crops, it is multiplied 30-fold, from 200 ppm to 6,000 ppm.



By 2007, glyphosate had become the most commonly used pesticide in the agricultural sector, and second most commonly used in homes and gardens as well as industry/commercial/ government sectors. In other words, its use has become pervasive; and everyone everywhere is or will be exposed to it.

The situation is best summed up in a 2013 review with lead author Michael Alavanja who also led the Agricultural Health Study: “A growing number of well-designed epidemiological and molecular studies provide substantial evidence that the pesticides used in agricultural, commercial, and home and garden applications are associated with excess cancer risk. The literature does strongly suggest that the public health problem is real.”

CHAPTER 6

THE DANGERS OF TOXINS IN DRINKING WATER

Unfortunately, most drinking water in the country is contaminated with hundreds of different types of chemical toxins and heavy metals. Some of these are far more dangerous than what the public has been led to believe.

It costs a lot of money for water providers to properly clean up certain kinds of pollutants in water. Arsenic is a good example. The standard the EPA normally uses to determine its limits is if a substance can cause a cancer in 1 of 10,000 people. When it comes to arsenic that means a concentration of less than .5 ppb (parts per billion.) However, for years the EPA standard was set at 50 ppb – a concentration that by their standards will cause a cancer in 1 out of every 100 people who drink it. Why so high? It would cost water providers a lot of money to reduce levels of arsenic to that degree.

A few years ago, when the public became aware of how dangerous this level of 50 ppb was, the EPA announced a decision to lower the limit to 10 ppb. This was better, but not nearly enough. In fact, the EPA was eventually sued by cities like Phoenix and Albuquerque.

The limit is now 10 ppb but that means the water in many cities can be expected to cause a serious cancer in one of every 500 people who routinely drink it. It is important to notice that this is only for water that has been heavily chlorinated so it forms pentavalent arsenic. If you are so unlucky to have a ground-well contaminated

with arsenic, it will most likely be in the form of trivalent arsenic, which is at least 65x more toxic. If so, the expense will be entirely on your shoulders.

The problem is made worse because although less than 2% of the water a provider treats is used for human consumption, but all treated water must meet the standard. Most is used to water lawns, golf courses, parks, or is flushed down the drain in toilets and washing machines.

This is only one example. Hundreds of toxic chemicals are routinely found in drinking water, but no one knows how toxic they are because neither testing nor monitoring for them is required in spite of animal studies that point to serious health consequences when certain substances are present even in tiny amounts.

To add insult to injury, your water treatment plant adds dangerous chemicals to your water in the treatment process. Another problem is that the water supply infrastructure in most cities is very old, and supply lines have leaks that allow bacteria into the water supply. Many of these deteriorating lines are buried a few feet under sewer lines, which also leak. This means even if the water is properly cleaned at the plant, by the time it reaches an end user it may be contaminated with dangerous bacteria.

Sadly, rather than encourage people to invest in water treatment systems capable of protecting against these things, the EPA allows municipal water providers to tout the “safety” of their water processing methods. Because of leaking lines, the volume of water that must be cleaned, and the expense of dealing with certain contaminants, cities cannot provide reliably clean drinking water no matter what they advertise.

HEALTH PROBLEMS CAUSED BY CHLORINE

For water providers, disinfection is the number one priority. Nothing in water is more dangerous than potentially pathogenic microbial contaminants. For decades, chlorination (the addition of chlorine to water was the standard way to disinfect it. By the mid 1990's, biochemists started questioning this practice as far more harmful to human health than previously thought for two important reasons.

“Putting chlorine in the water supplies is like starting a time bomb. Cancer, heart trouble, premature senility; both mental and physical, are conditions attributable to chlorine treated water supplies. It is making us grow old before our time by producing symptoms of aging, such as hardening of the arteries.”

Dr. Herbert Schwartz, Biological Chemist

First, chlorine inhaled during a hot shower is absorbed through the lining of the lungs directly into the blood. Being a powerful oxidizer, once in the blood chlorine damages anything it touches. Most importantly, it oxidizes the lipids (fats) in the blood thereby making water chlorination a major, but hidden, cause of arteriosclerosis, stroke, aneurysm, and peripheral vascular disease.

Second, surface water supplies (water that comes from reservoirs and rivers) contain high levels of dissolved organic contaminants (DOC's) that are the result of decaying plant parts, fish, animals and their fecal wastes, and more. In other words, if it is plant or animal based, it dies and decays, and this material is in the water supply. Chlorine reacts with these dissolved organic contaminants to form dangerous chemicals known as disinfection by-products (DBP's).

As I said at the beginning of this chapter, even though the water is disinfected at the treatment plant, by the time it reaches points of delivery toward the end of these municipal lines it is often contaminated with bacteria which get into the mains via these leaks.

Because chlorine oxidizes many water contaminants and becomes spent in the process, and also because it evaporates, LOTS of chlorine is added at the plant to ensure residual levels of chlorine at the ends of the lines result in a disinfected water supply.

Once the problems of chlorinating water supplies became known, pressure was put on the EPA to do something about it. Eventually the EPA set the amount of permissible DPB's in the water to a level most municipalities cannot meet.

There are two solutions for this problem. The first is to remove the DOC's by filtering the water supply through large beds of activated charcoal, then chlorinating it. However, this is very expensive because those charcoal beds must be constantly refreshed. The second solution is to chloramine instead of chlorinate water supplies.

THE DANGERS OF CHLORAMINE

Chloramination is the process of adding ammonia to the chlorine used as a disinfectant. At normal pH's, the result is a class of chemicals known as chloramine.

Like chlorine, chloramine is also an oxidant, but it is not nearly as strong as chlorine and is far more stable. Being so much weaker it minimizes the formation of DBP's in water to the point where the water supplied to the customer can meet the new EPA standards. That is all well and good – especially if you like drinking water contaminated with dead animal parts and feces.

The problem is that unlike chlorine, chloramine does not degrade in the water supply, nor does it evaporate. This means that whatever the city puts in your water at the plant, most of it is still in your water at your tap. Unlike chlorine, it does not chemically change form as it moves through your stomach. It remains an oxidant after it enters your gut.

In light of the information I've just provided about the importance of the health of your microbiota, the danger here should be obvious. This stuff kills bacteria – including the bacteria in your gut.

Like glyphosate, if you have chloramine in your water you are a prime candidate for dysbiosis or disruption of this valuable metabolic machinery that prevents disease, feeds the epithelial lining of your gut, creates vital nutrients that your body needs, and the enzymes you need to absorb minerals – especially the alkaline minerals so important to bone and heart health.

In other words, in view of the many recent discoveries about the importance of your microbiome, the practice of chloraminating water is likely to be far more dangerous to human health than chlorination ever was.

CHLORAMINE

Fish Can't Live With It,



WHY SHOULD WE!

www.chloramineinfocenter.net

THE DANGERS OF FLUORIDE

Besides water providers adding toxic chloramine to the water, they also add fluoride to the water. There is no doubt that fluoride in water is extremely toxic. It is a halogen that causes a wide variety of hormonal disruptions and problems for your microbiota. Many studies from the nation's top universities have clearly demonstrated that fluoride in drinking water causes the gut to increase its uptake of

lead and other heavy metals. This is dangerous for any person, but especially so for young children. In fact, an increasing amount of research is leading to the conclusion that our nation's cocaine epidemic is partially caused by fluoride.

How can that happen? As the increased load of heavy metals like lead make it to the central nervous system the brain becomes dull. People instinctively want to do something to solve this problem so they start to self-medicate with stimulants. One prison population study revealed some shocking numbers. In communities where water was fluoridated, people were far more likely to abuse cocaine and become incarcerated compared to communities where water was not routinely fluoridated.

Finally, there are many toxins routinely found in drinking water. These include residues from birth-control pills and other hormone based medications. Because these things are hormones, they are disruptive to health in even minute doses.

Most water supplies contain measurable amounts of opioids from legally prescribed medications as well as illegal narcotics. Other drugs routinely found in municipal water supplies include antibiotics, blood-pressure medications, statin drugs, and many more. Many of these are very slow to degrade in water, and are very hard to remove by conventional water treatment methods.

CHAPTER 7

WHAT'S REAL ABOUT ELECTRONIC WATER IONIZERS

Electronic ionizers like models from Kangan, Jupiter, and others, are capable of raising water's pH dramatically. While the purveyors of these things insist that this is of great importance to health, as you are about to see, contrary to all the hype, pH has very little to do with imparting any sort of health benefit to the water.

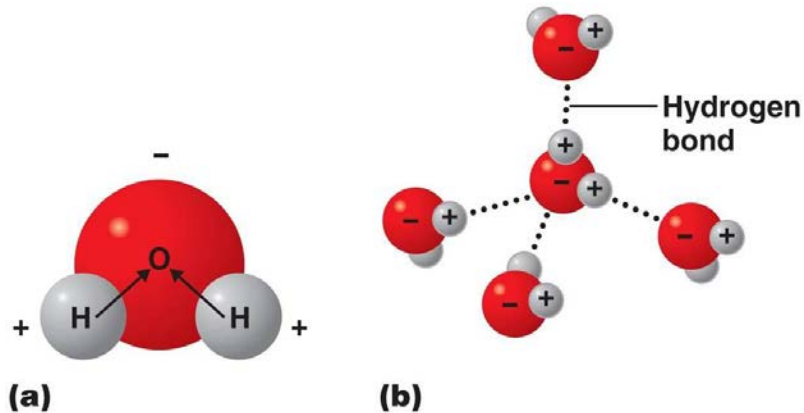
These people also claim the health benefits people notice from drinking water processed in one of these machines are due to the fact that the machine somehow makes “clusters” of water molecules smaller, and therefore more bioavailable. This is simply not true. In fact, careful scientific scrutiny reveals that water in the liquid state has no “clusters.” A careful review of all the scientific literature will reveal that no evidence of this supposed phenomenon can be found. Besides that, if your body can't absorb ordinary water whether plain from the tap or filtered through any other kind of system, you have bigger problems than an ionizer can solve. In fact, you are unlikely to survive long enough for anything to help.

Yet, legions of people who drink water made by one of these machines swear that the health benefits they notice are both noticeable and important. To find out why, let's examine the truth about these expensive products.

IMPORTANT THINGS TO KNOW ABOUT WATER CHEMISTRY

If you want to really become informed about this vital subject, you will need to recall high school chemistry class. Here is a little refresher course.

- Water is a molecule made up of one oxygen atom attached to two hydrogen atoms by covalent bonds. These bonds are easily broken so that the molecule can disassociate into H^+ and OH^- ions.
- Water molecules also exhibit hydrogen bonding – a fancy way of saying there is a hydrogen side of the molecule with a positive charge and an oxygen side of the molecule with a negative charge.



- Because these molecules are polar, they cause substances immersed in them to disassociate or dissolve.
- When water causes substances contained by it to dissolve, the disassociated components are called ions. Positively charged ions are called cations. Negatively charged ions are called anions.

- An ion has electric charge. Hydrogen ions are H^+ and are the definition of an acid. Hydroxide ions are OH^- and are the definition of a base.
- pH is a short way of saying: “potential of hydrogen.”
- **pH is a measure of the relative amount of free hydrogen and hydroxyl ions in the water – not how alkaline it is.** This common misunderstanding is what leads people to believe that ionizers can make the water more alkaline. They cannot. They can only make it more basic. Water that has more free hydrogen ions is acidic, whereas water that has more free hydroxyl ions is basic. That, and only that, is what a pH meter is measuring.
- pH is a measure of how acidic/basic water is. The range goes from 0 - 14, with 7 being neutral. pH's of less than 7 indicate acidity, whereas a pH of greater than 7 indicates a base.
- pH is reported in “logarithmic units”. Each number represents a 10-fold change in the acidity/basicness of the water. Water with a pH of five is ten times more acidic than water having a pH of six.
- Because ions are not electrically neutral they are chemically reactive.
- Because water can disassociate molecules, it is an excellent solvent. For example table salt is sodium chloride (Na^+Cl^-). Out of water it is a solid crystal. In water, it dissolves to become a sodium ion (Na^+) and a chloride ion (Cl^-).

In water, the cations include not only hydrogen ions, but the metals like sodium, calcium, magnesium, phosphorus, potassium, lead, mercury, arsenic and more. The anions include bicarbonates, sulfates, nitrates, silicates, fluoride, as well as the hydroxide ions.

Total Alkalinity is a chemical measurement of a water's ability to neutralize acids. That means Total Alkalinity is also a measure of a water's buffering capacity or its ability to resist changes in pH upon the addition of acids or bases. In practice, it measures the presence of carbon dioxide, bicarbonate, carbonate, and hydroxide ions that are naturally present in water. At normal drinking water pH levels, bicarbonate, and carbonate are the main contributors to alkalinity. In water produced by ionizers, hydroxide ions are the main contributors to alkalinity.

For drinking water, Total Alkalinity produced by alkaline minerals is what counts – not pH. Alkalinity produced by hydroxides (the kind that is measured by pH meters or created by an ionizer) is not important because hydroxide (OH^-) ions immediately recombine with the H^+ ions of stomach acid to produce water.

Total Alkalinity is the water's capacity to resist changes in pH that would make the water more acidic. This capacity is commonly known as "buffering capacity." **If water is to be healthy for us, besides removing toxic substances, what we want is water with a high content of alkaline minerals like calcium, magnesium, phosphorus, and potassium.**

The alkalinity of natural water is determined by the composition of soil and bedrock through which it passes. The main sources for natural alkalinity are rocks, which contain carbonates, and bicarbonates. Borates, silicates, and phosphates also may contribute to alkalinity. Limestone is rich in carbonates, so waters flowing through limestone regions or bedrock-containing carbonates generally have high alkalinity – hence good buffering capacity. Conversely, surface water (e.g., streams, ponds, lakes) and underground zones rich in granites and some conglomerates and sandstones may have low alkalinity and therefore poor buffering capacity.

For example, imagine two vials containing an equal amount of water. One of these came out of a distiller so the water is nearly free of alkaline minerals. The other comes from a stream or a well on your property. Both vials measure a 7 on the pH meter. Add one drop of vinegar to both vials of water. In the vial with no buffering power (e.g. zero alkalinity) the pH of the zero alkalinity (distilled) water will immediately drop precipitously. The other with buffering power (e.g. an alkalinity of 450 mg/l) will barely change at all.

Why this happens is that there is nothing in the distilled water to combine with the addition of the vinegar's hydrogen ions. The water with + charged ions like calcium and magnesium balance the acid by forming negatively charged ions like bicarbonate and hydroxides when they dissolve. Even when the pH of water coming out of your ionizer is very high due to high levels of hydroxide ions, the lack of sufficient alkalizing minerals can make it impossible for that water to neutralize acid in the stomach to initiate the production of bicarbonate in the bloodstream (the Alkaline Tide effect.)

It is the alkaline buffers supplied from outside the body, like drinking bicarbonate water, that causes a net gain of alkalinity in our body that can translate to tissue alkalinity.

It is critical to see that alkalinity does not depend strictly on pH. Instead, pH measures only the degree of alkalinity but not its quantity. It is like the relationship between temperature and heat. A huge conference room or a closet may both measure 70 degrees. Place a small air conditioner in the closet and it will lower the temperature rapidly. Put the same unit in the conference hall and it can run all day and never drop the temperature at all. Both rooms may be the same temperature but the large hall has far more heat than the small room thereby rendering the small air conditioner useless at lowering the temperature of the large room.

Many people test their drinking water and to their dismay, find that it is slightly acid. However, if they put only a small pinch of sodium bicarbonate into a gallon of their tap water, it will move the water to a strong alkaline pH. When that happens the reason is simple. Their water has very little buffering capacity. In other words it may have a pH under 7 (acid) but be very low in total alkalinity. This is the kind of water produced by distillers or RO systems.

When atmospheric CO₂ reaches equilibrium in distilled or RO water (forming weak carbonic acid) the pH goes lower (say pH 6.5) but there is virtually no acid-buffering capacity! As soon as the distilled or RO water hits your saliva or stomach-acid, its pH is rapidly readjusted and it takes on a different pH but it still has a very poor buffering capacity. In contrast, water that contains certain natural minerals can have a much higher buffering capacity.

MISINFORMATION ABOUT DRINKING WATER AND ALKALINITY

Misinformation about this topic abounds. To avoid confusion, let's look at what is real and what is not real regarding this important subject.

It is a myth to think that drinking acidic water will damage your body over time. Most water is acidic due to carbon dioxide naturally present in the atmosphere dissolving into water supplies. This form of acid is easily handled by the body by exhaling carbon dioxide in the breath. For the same reason it is a myth that acid in water will oxidize your body and create cellular stress.

In truth, too much of the wrong foods in our diets can create a condition called acidosis, which is a precursor to many adult onset diseases. However it is not the acid that does the damage. It is the nature of the foods and their impact on the microbiota as well as our own cells that does the damage.

It is a myth that drinking water made by an electronic ionizer can raise the pH of your body's tissues. This is not possible. The hydroxide ions in water produced by an ionizer simply combine with stomach acid to produce water. This kind of alkalinity never reaches the blood and therefore, the tissues nourished by the blood.

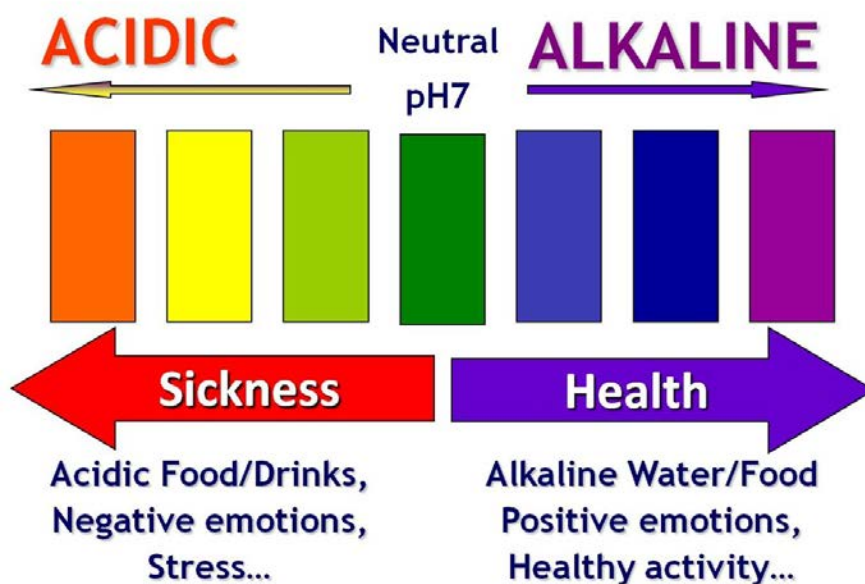
The point is that the kind of alkalinity produced by electronic ionizers cannot alkalize either the blood or the tissues nourished by the blood. It is simply not possible. As noted earlier, when confronted with this fact purveyors of electronic ionizers claim that if that is not true, then they work because they make water molecules smaller. Good trick if you can pull it off! To do so would require fundamental changes to the universal laws of chemistry and physics.

Most people who tout such nonsense have been debunked, so some of these now claim that ionizers make “clusters” of water molecules smaller, and therefore more bioavailable. As previously discussed, this idea is also pure bunk. The claim has been thoroughly discredited by careful scientific examination. In fact, liquid water has no “clusters” in any practical sense.

UNDERSTANDING HOW ALKALINITY SUPPORTS HEALTH

While it is true that we want to alkalize our body's tissues, it is false to think you can accomplish this by drinking water processed by an electronic ionizers.

Instead, over-ingestion of sugars that feed fungus and yeasts, as well as the consumption of microbiota damaging chemicals, are the real culprit. When this happens, the by-products of the metabolism of these pathogenic microbes are acidic, and these mycotoxins are what make the cellular cytoplasm acidic. This damages the mitochondria and the ability of the cells to metabolize oxygen and thereby become prone to the development of disease.



No doubt we want our intracellular fluids (fluids inside the cell walls) to be alkaline. The more the cytoplasm of a cell is acidic, the more the microbiome favors the development of pathological organisms. As mycotoxins build up inside of our cells, the ability of the mitochondria (the energy factories inside of each cell) to make energy is diminished. Eventually the cells must revert to the burning of sugar using a process known as glycolysis, and this is the beginning of serious disease.

What is false is that drinking water made alkaline by an ionizer is able to accomplish this worthwhile goal. In fact, electrolysis can change pH, but pH has very little to do with how much alkalinity is in the water. Worse yet, the process of electrolysis can concentrate levels of toxic heavy metals like lead, mercury, and arsenic in the product water, because each of these exist in water as the same kind of cations as the healthy alkaline minerals like calcium and magnesium.

The point is that the pH of water, by itself, means little to health unless it has buffering capacity. I can easily give you drinking water with a pH less than 7 that can neutralize more acid than water with a pH of 10! That's how un-intuitive this subject is, and why people are confused. High pH ionized water, without accompanying alkalinity (primarily bicarbonates), does little to alkalize the body's blood, tissues, or cells. If health is the goal, that is where we want to focus.

CHAPTER 8

HEALTH BENEFITS OF MOLECULAR HYDROGEN

While all we have learned so far is absolutely true it is also true that many people experience a positive health benefit from drinking ionized water. That means there must be another explanation for why this happens. Some scientists claim it is only a placebo effect, but carefully controlled double-blind studies demonstrate that is not true either. Only recently has science finally discovered a rational and scientific reason to account for the health benefits people experience from drinking water processed by one of these machines.

It turns out that it is not the alkalinity in terms of pH that produces health benefits, but these machines (unless or until the electrodes scale up in high hardness areas) infuse molecular hydrogen into the water.

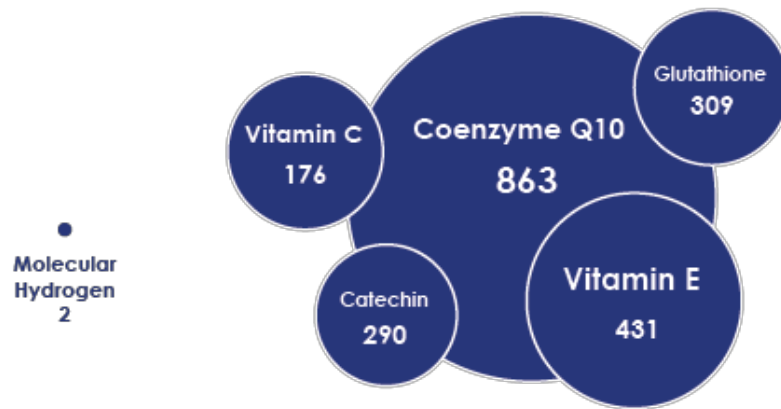
WHAT IS MOLECULAR HYDROGEN?

Molecular hydrogen, (H₂) or diatomic hydrogen, is a tasteless, odorless, flammable gas. It is the smallest molecule in nature.

In the body, molecular hydrogen acts like an anti-oxidant because it pairs up with hydroxyl (OH[•]) free-radicals in the body that need to be neutralized. There is no toxicity to H₂ because the by-product of its interaction with hydroxyl free radicals is water. Each molecule of hydrogen will neutralize two hydroxyl radicals creating water – which is a benefit because it adds hydration your cells.

Health Benefits of Molecular Hydrogen

Because the molecule is so small, it easily gets right into the cellular mitochondria (the energy factories of your cells) where these free radicals are produced and where anti-oxidant requirements are most important. By neutralizing free radicals right where they are created, these toxic substances don't have the chance to damage either the mitochondria or other important cellular machinery like your DNA.



Relative Sizes of Antioxidants

As a non-toxic substance, molecular hydrogen can be used like Vitamin C, except it is far less expensive and there is no upper limit as to how much you can take. The more you drink, the better.

Although the research is early, over 1000 scientific studies so far suggest that H₂ has therapeutic potential in over 170 different human and animal disease models, and essentially every organ of the human body. Studies show that hydrogen water protects against Parkinson's Disease, treats rheumatoid arthritis, lowers the risk of metabolic syndrome, improves learning and memory, and alleviates muscle degeneration.

BENEFITS OF MOLECULAR HYDROGEN

Molecular hydrogen has a wide array of benefits that can enhance your overall health and lifestyle, including:

- Improving skin quality
- Reducing inflammation
- Lowering joint pain
- Reducing muscle fatigue
- Promoting good microbes in the gut
- Relieving pain
- Slowing the overall aging process
- Lowering muscle degeneration
- Enhancement of mitochondrial function.

The most important thing to know about molecular hydrogen is that it negates the toxicity of oxygen. Oxidation and aging is largely due to the lack of antioxidant-type proteins/enzymes that stop free radical damage. Aging is evidence of the damage to millions of the body's cells through oxidation.

ELECTRONIC IONIZERS ARE NOT THE ONLY WAY TO GET MOLECULAR HYDROGEN INTO YOUR BODY

As long as power is available and the plates inside the machine have not scaled-up, electronic ionizers infuse molecular hydrogen into the water. Molecular hydrogen is the reason for all the reported health benefits from drinking water produced by these machines.

The good news is that you don't have to pay \$4,000 for an electronic ionizer to get it. New water filter media have been developed that can do the same job better, and for a lot less money.

LIVINGWATERS™ water treatment systems employ two different media that infuse from three to five times more molecular hydrogen into the treated water as premium electronic ionizers, and they do not stop working because of hardness scale accumulation, nor do they require electricity to operate.

CHAPTER 9

HOW TO SELECT A WATER TREATMENT SYSTEM

As you may be able to see by now, If you want to be healthy, you should not trust your water provider to provide safe water for you and your family. They try their best, but the job is simply not possible.

If you are on municipal water, you have to have your own filter. If you are on a private system or a well, it is critical you get a comprehensive water test every five years – even if your water is clear, tastes delicious, and appears to be completely safe. In fact, most dangerous contaminants in wells (like arsenic, naturally occurring fluoride, and most dangerous chemicals like pesticides, herbicides, pharmaceutical residues and more) cannot be seen (as turbidity), smelled, nor tasted.

The kind of test you need is NOT the same your state may require when you buy or sell a home. It has to be far more comprehensive. Few state mandated tests include tests for arsenic or toxic chemicals.

Because this is so important, **LIVINGWATERS™** provides comprehensive tests from an independent laboratory. If your supply is not tested regularly, or if the test demonstrates the presence of toxic microbes, metals, or chemicals, you need an effective filter. Otherwise, it is only a matter of time before you get sick. The only relevant questions are: 1) what the spectrum of toxins in your water are; 2) how long it will take them to make you sick, and finally; 3) what kind of sickness you will eventually develop.

Selection of appropriate water treatment equipment can be a complicated issue. No two water sources are alike, and people's needs are varied. Add to that the confusing sales hype many companies use to sell their products, and it is easy to become overwhelmed.

To help with this, our sister company LivingWaters™ has published a guide called: "The Conscious Person's Guide to Choosing a Water Treatment System." It contains a set of questions you should ask to avoid making an expensive mistake. You can download it from their website using this link:

http://www.livingwatersway.com/an_ideal_system_for_drinking_water

Stay focused on the issues that matter most. Water safety should be your paramount concern. Reliability comes next. The ability to operate effectively without power is third. **Whether or not the system can produce alkaline water or infuse hydrogen into the water is unimportant if your water is not safe in the first place!**

One thing you should know is that when water supplies are chlorinated, nearly any kind of water filter that uses an adequate amount of activated carbon will work to remove chlorine. No so with chloramine. Chloramine goes right through the vast majority of water filters largely unaffected. It goes through electronic ionizers as if they were not even there. If you think you are safe because you have an expensive reverse-osmosis (RO) system – think again. RO systems are even worse for chloraminated water because they actually concentrate chloramine in their product water.

The only way to remove chloramine effectively is through the use of a new water filter media known as catalytic activated carbon. This carbon has been specially treated to dramatically increase the number of catalytic sites in the carbon matrix.

When molecules like chloramine go through the media, they are attracted to these sites and are disassembled by the catalytic activity into components that are either harmless (like water or nitrogen gas) or easily adsorbed by the media. Not only is this media the only way to remove chloramine effectively, but it is also the best way to remove other highly toxic chemicals that are routinely found in water supplies. This includes things like MTBE, pharmaceutical residues, PFCs, and many more.

Catalytic carbon is very expensive – about three times more expensive than the best acid-washed coconut shell carbons, which used to be the state-of-the-art. That is why most manufacturers won't use it. It makes their systems too expensive to be competitive in a marketplace where the vast majority of budget-minded consumers are completely unaware that this problem even exists.

Systems like the Brita filters that mount on a pitcher or on the end of your faucet are absolutely useless. So are filters installed in refrigerators. These can make your water taste a little better, but the vast majority of toxic contaminants (like pathogenic microbes, minerals, and chemicals) don't have a taste and are completely unaffected by such devices. In fact, certain minerals like lead actually make water taste better! In other words, **how water tastes is a foolish way to determine whether or not it is safe.**

Systems that rely on reverse osmosis have their drawbacks as well. The biggest is that they won't remove chloramine. A system must do that if you want good health. If the RO system is not a recent model with twist-on cartridges, you can find standard-size cartridges to replace the system's post-filter. That will solve that problem. If you have a recent twist-on model, you are probably out of luck.

There are other drawbacks to RO not so easily solved.

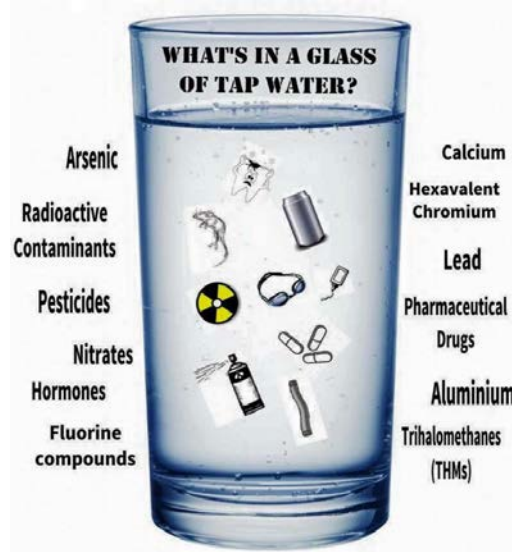
1. First, as the system gets older its membrane tends to “break-through” losing its effectiveness at making clean water. That is why RO systems cannot make the claim that they make water biologically safe unless they also include a UV light to ensure disinfection. Because it is difficult to know how much “break-through” has occurred in any membrane, such systems may be great when new, but over time cannot be relied upon to be either safe or reliable.
2. Second, they require a lot of water pressure to operate efficiently. If water pressure in your area is dependent upon pumps, when electricity fails so does your water system – just when you need it the most.
3. Third, they waste a lot of water – up to 4 - 7 gallons for every gallon of purified water they produce. As a result, many communities suffering severe drought conditions are banning these systems, or instituting heavy fines for homes that are using excessive water.
4. Fourth, they store only a limited amount of water – usually two gallons – in a tank under the sink. Combine that with the fact that the industry standards mislead consumers about the capacity of such systems (a system rated at 25 gallons per day only makes about a half-gallon per hour under normal conditions, you can see why most people who own such systems don’t use them for washing vegetables, cooking, and providing drinking water too. If you wash off vegetables for a salad and fill a large pot with water for cooking pasta, you probably won’t have any water left for drinking. Not only that, but it will take two to three hours to refill the storage tank to get more water.

WHAT YOU SHOULD EXPECT FROM A WATER TREATMENT SYSTEM

Once you understand the insignificance of the pH of water, it should be easier to see things in perspective. Common sense will tell you that the most important thing you want from a drinking water system is not water with a high pH, but water that is free of the hundreds of toxins that are typically present in drinking water – whether the source is a municipal water treatment system or a private well.

The main reason for buying a drinking water treatment device is to make water SAFE, not to make water alkaline.

Buying a system that makes water more alkaline at the expense of safety is a very poor idea.



Increasing one's consumption of drinking water is one of the best things that anyone can do for their health. However, making sure that your drinking water is free of as many unhealthy contaminants as possible is smart. A system capable of rendering your drinking water (including water used to wash foods) safe from pathogenic microorganisms is its most important task.

The infusion of molecular hydrogen into drinking water does not have to be expensive. New media can do a better job for a price that is 1/5 the cost of one of these machines. If the pH of your water is less than 7.0 (acidic) it doesn't mean your water is toxic, unhealthy, or

carcinogenic. Those myths are fear tactics used to sell electronic ionizers. Most drinking water in the country is already alkaline to some degree, and there is no demonstrable link between cancer rates for those who consume alkaline water (as measured by pH) versus those who drink acidic water.

The advantage of drinking water high in total alkalinity is that it naturally contains the alkaline minerals of calcium, potassium, phosphorus, and magnesium. Distillation, and reverse-osmosis are common methods of treating water that remove healthy minerals. While it is best to preserve these minerals for health and taste reasons, removing them does not make your water unhealthy.

As we said before, providing for an adequate supply of purified drinking water is a cornerstone of health. We encountered so many problems trying to find a good value in water treatment products that we finally developed our own. For over 20 years, our lines of



LIVINGWATERS™ Products (<http://livingwatersway.com>) have been and remain the finest money can buy.

LIVINGWATERS™ PREMIUM ALKALIZERS are the only water treatment systems on the market that can guarantee an inexhaustible supply of water that is microbiologically safe without power, high water pressure, or water waste, in which alkaline minerals are preserved and dangerous heavy metals and fluoride are removed, while infusing 3X – 5X more molecular hydrogen into your drinking water than an ionizer. Not only are they better products, they are available at prices that are one-fifth the cost of a quality electronic water ionizers.

BALANCING INTRACELLULAR PH

If you want to avoid making an expensive mistake, it is important to recognize that there is a gigantic difference between getting the benefits of water infused with molecular hydrogen and alkalizing the tissues of the body. While both are important, they are not the same thing.

Until a person can purchase a **LIVINGWATERS™ PREMIUM ALKALIZER** to get the advantages of safety and the many benefits of infusing molecular hydrogen into their drinking water, they can still effectively alkalize their body tissues by adding a small amount of Alkalize! by Awaken Unlimited, LLC. This product will alkalize your drinking water using Magnesium and Potassium Bicarbonates, key substances that can help to balance intracellular pH thereby improving metabolic function.



CHAPTER 10

UNDERSTANDING THE REVITALIGHT™ PROTOCOL

Awaken Unlimited was established by Lono Ho’ala – an authentic Hawai’ian Kahuna who is recognized as a master of La’au Lapa’au, a powerful system of Hawai’ian natural medicine. La’au Lapa’au is similar to western naturopathy, but is more focused on finding balance between the body, the environment, and one’s spirit.

La’au Lapa’au is based on the recognition that the body has a powerful innate ability to heal itself when it is thrown out of balance. This out-of-balance condition, known as disease or “dis-ease”, is a state where the patient’s flow of life energy is perceived as diminished in some way.

La’au Lapa’au recognizes that the causative agents of disease can be internal or external. Examples of external causes are things like physical injuries or exposure to poisons or pathogenic organisms. Examples of internal causes of disease are things like lifestyle choices (smoking, poor diet, etc.), stress (caused by fear-based ways of looking at the world), and even the body’s own natural aging process.

Most importantly, La’au Lapa’au is holistic, which recognizes that spirit is the blueprint for form, and our perspectives and attitudes about life are critical to our state of health.

WHAT IS HOLISTIC HEALING?

Holistic forms of medicine recognize that the body's physical state exists in a state of dynamic balance with the patient's mental, emotional, and spiritual states. All must all be considered if a lasting condition of balance is to be restored.

WHAT IS THE REVITALIGHT PROTOCOL?

Our ReVitaLight™ Protocol is based on the old-world wisdom of La'au Lapa'au combined with the best of new world science. It is the only protocol available that is specifically geared to the rebalancing of body chemistry **and** the microbiota. It is designed to give the body the support it needs to rebalance and rebuild. Properly done, it is one of the most powerful healing modalities you will ever experience.

The wisdom of these ancients says that life energy flows naturally where there is balance. It is a concept they called "PONO." Accordingly, ill health is what happens when the flow of life-energy becomes blocked in some way. Therefore true healing must involve the restoration of balance within and between the body, mind, heart and spirit of the ill person, as well as restoring balance between that individual and his/her environment. To do this they employed a process they called HO'OPIOPIO, which means to "rejuvenate". That is why we call our program ReVitaLight™.

Regardless of how these ancient people got their insights into medicine and health, there is no doubt they were ahead of their time. Only in the last few years has modern biochemical science been able to validate their ideas. For example, the master healers of Hawai'i known as Kahuna La'au Lapa'au say that the balance between an individual and their environment depends on some form of living interface that links the two together.

Not until the last few years have scientists discovered how much our health depends on hundreds of species of microbes that live not only on our skin and in our gut, but also in every cell of our bodies. It seems that every new month reveals powerful new insights. In fact, as Chapter 1 makes clear, we now know that there are as many as ten times of these microbes as there are cells in your body that carry your DNA. To remind you, collectively, these organisms are now known as the microbiota, and their combined DNA is known as the microbiome. These organisms are very alive, and provide the interface between each person and their changing environment, just as the kahuna described.

When the populations of these microbes get out of balance due to diet, stress, exposure to toxins, or other factors, disease is the result. What's more, typical cleanses, the administration of probiotics, or a regimen of supplementation, are not normally able to restore this balance by themselves. It takes more.

The ReVitaLight™ body chemistry and microbiome rebalancing program fills that gap. It is a four-step method of restoring balance and therefore optimal health to a body compromised by the effects of fear, stress, diet, lifestyle choices, exposure to toxic chemicals and other toxins so common in our modern day world. For chronic debilitating diseases it is an incredibly powerful healing modality.

The process begins with a patient filling out a form designed to help us understand your health history. This is accompanied by a body-chemistry balance questionnaire that will reveal both obvious as well as hidden areas your body is experiencing stress. Based on the insights gained from this information, a protocol is designed for your unique circumstances. If you elect to proceed with your ReVitaLight™ Protocol, you will be given a list of things you will need to have. Once all those things are in your possession, you will be ready to start.

Once you start you will be assigned an experienced Protocol Supervisor who will monitor your progress and be available to get you proper answers to the many questions that are likely to come up, especially for first-timers. Expect the protocol to last from 4 – 6 weeks. Your body will tell you when it is time to return to a regular diet. It is important that you follow the directions for your protocol carefully, so be sure to read it and ask as many questions as necessary to become not only informed but also comfortable with the process.

The ReVitaLight™ Protocol offers the benefits of a fast, but it is not actually a fast. During the four to six weeks that it will last, you will be taking in nourishment to feed your brain and central nervous system, along with small amounts of other nutritionally dense substances. The program is designed to make available to your body the energy it would normally expend for digestion and make it available for cleaning and rebuilding body tissues and the other requirements for healing.

Most people are extremely surprised that, except for brief and widely dispersed instances, they don't get hungry following the protocol. Prior to actually doing it they could never imagine going for four to six weeks without three meals a day. Doing the protocol is a revelation because you get to actually experience your body shifting metabolic gears – something most people have never experienced. You will not want to eat until your body has completed the process so hunger is rarely a problem, even after a month or more on the protocol.

The ReVitaLight™ Protocol is designed around four distinct but over-lapping phases. Each phase is designed to build on the one before it. Each phase will require a unique course of supplementation, which is extensive.

Some people, especially those who don't like taking "pills" complain about the amount of supplements they have to take. All we can say is that your body didn't get out-of-balance overnight, and if you want to experience the sense of aliveness that is available to you when your body returns to a state of improved balance, there is no other way. The good news is that with a proper attitude, you will soon get over your resistance to the process, especially as you begin to experience the results. Your Protocol Supervisor can also help by suggesting ways to integrate supplements into certain things you will be eating so taking "pills" is not as big an issue.

One other thing is to realize that just because the protocol tells you to start some new round of supplements, doesn't mean you are to stop taking supplements from the previous phase. Unless directed otherwise, finish any bottle of supplements you start.

The first phase of the Protocol involves a cleansing process that will require you to be very close to a bathroom for a few hours in the morning. For that reason it is best to start on a weekend, or during some time when you have at least five consecutive mornings to devote to the process. After that, you can resume a normal schedule.

While you are doing the protocol, it is very important that you resist the urge to put too much energy into physical work and/or exercise. This can be a real temptation because after a week or so you will begin to feel a clarity and a level of energy you have probably forgotten.

Awaken Unlimited has helped thousands of people heal their bodies and their spirits using these ancient ways. We have yet to find anyone who would not agree that ReVitaLight™ works as powerfully and effectively as we say. All that is required is to follow the protocol we advise and you can expect results unparalleled by modern pharmaceutical-based medicine.

Realize that the basic structure of the ReVitaLight™ protocol is the same as used by Hawai'ian kahuna for thousands of years. The difference is that in this modern incarnation, we are dealing with people whose bodies are contaminated by thousands of artificial chemicals found in our food, water, and environment. These chemicals have damaged our bodies and microbiomes in ways that need special help to undo. Fortunately, Hawai'ian medicine is flexible. We are always on the lookout for the latest treatments and protocols proven to work. We are just as quick to debunk products and ideas that have no provable value.

Do not be tempted to take cheaper supplements than those we suggest for the Protocol. Many supplements offered through the internet, chain stores, and large pharmacy chains may not only be useless, but also be contaminated with toxins. We advise that you use only professional quality nutraceutical supplements that are tested by independent laboratories for potency and purity. We also make our own products from certified ingredients. These are marketed under the name of AwakenUnlimited™.

WHO WE ARE

ABOUT OUR FOUNDER

Lono Ho'ala is an accomplished biochemist, herbologist, researcher, author, counselor, and teacher who has spent his life mastering how ancient cultures approached the art of wisdom. Most importantly, he is an authentic kahuna priest who was ordained by members of the Mo'o clan – an ancient people whose ancestors trace their history in Hawai'i to hundreds of years before the time of Christ. These legendary people created one of the most enlightened cultures this world has ever known. They were nearly exterminated by an invasion of the Ali'i from Tahiti in 1250 AD.



For more than 40 years, Lono has helped thousands of people heal their bodies, spirits, families, and communities. He is a clear and grounded sage who can express profound spiritual truth in terms anyone can understand. His HUNAWISDOM™ teachings (www.hunawisdom.com) are both powerful and effective because they take us directly to the deepest parts of ourselves where we find freedom from fear and awaken to the true meaning of our lives.

Lono has decades of clinical experience helping people understand how to heal a wide variety of issues using the best of modern science combined with the proven principles of La'au Lapa'au – the ancient system of Hawai'ian medicine.

As a biochemist Lono has developed many successful commercial

nutraceutical products that are now distributed through Awaken Unlimited, LLC. (www.au-now.com). These include an anti-aging product called OLA™, a powerful cancer-fighting product called MetaStop™, and a topical pain-relieving product called Cannabisome Crème™ that is especially effective because it is based on liposome technology.

Lono is also widely recognized as a leader in the water treatment industry. He is the co-developer of capillary membrane water treatment technology, an innovative process that has revolutionized the water treatment industry because of its ability to render water microbiologically safe without the need for power, high water pressure, or water waste. He is the developer of LivingWaters Engineered Water Treatment Systems (www.livingwatersway.com) and the author of “Don’t Drink the Water” endorsed by Dr. Andrew Weil, M.D. the best-selling book on water ever written.

ABOUT OUR COMPANY

Awaken Unlimited, LLC. is the for profit subsidiary of the HunaWisdom Foundation which is a 501C-3 non-profit foundation organized to bring the ancient wisdom of Ho’ala Huna to our world.

The primary mission of AU is to provide wellness resources to our members and those increasing number of people who are awakening to the many benefits of a holistic approach to health. Each of our products is made with ingredients independently tested for potency and purity, and contains a therapeutic dose to insure effectiveness.

