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EMIL I. MONDOA, M.D.
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Sugars That Heal The New Healing Science Of Glyconutrients

Ori Hofmekler



Sugars That Heal The New Healing Science Of Glyconutrients:

Sugars That Heal Emil I. Mondoa, 2008-12-30 Sugars that heal it sounds like a contradiction in terms but it is the key to one of the most important breakthroughs in recent medical science We've all been bombarded with warnings about the evils of consuming too much sugar But in fact for our bodies to function properly we need small amounts of eight essential sugars only two of which glucose and galactose are commonly found in our limited overprocessed diets When all eight sugars are available the health benefits can be breathtaking Individuals regain their ability to fight disease reactivate their immune systems and are able to ward off infection Based on cutting edge research in the rapidly evolving science of glyconutrients *Sugars That Heal* is an exciting new approach to health and disease prevention As medical doctor and scientific researcher Emil Mondoa explains these eight essential sugars known as saccharides are the basis of multicellular intelligence the ability of cells to communicate cohere and work together to keep us healthy and balanced Even tiny amounts of these sugars or lack of them have profound effects In test after test conducted at leading institutes around the world saccharides have been shown to lower cholesterol increase lean muscle mass decrease body fat accelerate wound healing ease allergy symptoms and allay autoimmune diseases such as arthritis psoriasis and diabetes Bacterial infections including the recurrent ear infections that plague toddlers often respond remarkably to saccharides as do many viruses from the common cold to the flu from herpes to HIV The debilitating symptoms of chronic fatigue syndrome fibromyalgia and Gulf War syndrome frequently abate after adding saccharides And for cancer patients saccharides mitigate the toxic effects of radiation and chemotherapy while augmenting their cancer killing effects resulting in prolonged survival and improved quality of life *Sugars That Heal* offers a revolutionary new health plan based on the science of glyconutrients foods that contain saccharides It gives authoritative guidance for getting all eight saccharides conveniently into your diet through supplements and readily available foods as well as detailed information on correct dosages Here too are chapters dealing with the special nutritional needs of people suffering from cancer heart disease asthma and neurological disorders and methods for using glyconutrients to treat depression obesity and ADHD The more doctors learn about glyconutrients the more excited they become about their long term fundamental health benefits Now with this new book the breakthroughs in the study of glyconutrients are available to everyone Whether your goal is to prevent disease live longer and better or treat a serious illness that has eluded conventional medicine *Sugars That Heal* is your essential guide to complete health

Aloe Vera Alasdair Barcroft, Audun Myskja, 2003-09 This is Alasdair Barcroft's third book on the subject of aloe vera and he believes the aloe vera topic will run and run as more and more people both lay people and professional healthcare specialists and therapists alike begin fully to understand the powerful healing and health giving properties of this amazing plant He believes that we are still scratching the surface in terms of aloe vera's vast potential Aloe vera has been around for over 4 000 years it has stood the test of time and it still continues to confound and very often baffle the medical profession and scientific researchers with its complex silent actions

potent properties and powerful healing benefits Aloe vera truly is nature's silent healer Aloe vera has been known for its wide ranging healing properties for over 4 000 years but it is only in the last few decades that scientists have really begun both to realise and understand the enormous scope of this amazing plant's actions and benefits Medical practitioners vets dentists therapists nutritionists and many others involved in healthcare throughout the world are finally realising that the anecdotal evidence of the powers of this ancient plant is true

Freedom From Lupus , Nourishing Broth Sally Fallon

Morell, Kaayla T. Daniel, 2014-09-30 The follow up book to the hugely best selling Nourishing Traditions which has sold over 500 000 copies this time focusing on the immense health benefits of bone broth by the founder of the popular Weston A Price Foundation Nourishing Broth An Old Fashioned Remedy for the Modern World Nourishing Traditions examines where the modern food industry has hurt our nutrition and health through over processed foods and fears of animal fats Nourishing Broth will continue the look at the culinary practices of our ancestors and it will explain the immense health benefits of homemade bone broth due to the gelatin and collagen that is present in real bone broth vs broth made from powders Nourishing Broth will explore the science behind broth's unique combination of amino acids minerals and cartilage compounds Some of the benefits of such broth are quick recovery from illness and surgery the healing of pain and inflammation increased energy from better digestion lessening of allergies recovery from Crohn's disease and a lessening of eating disorders because the fully balanced nutritional program lessens the cravings which make most diets fail Diseases that bone broth can help heal are Osteoarthritis Osteoporosis Psoriasis Infectious Disease digestive disorders even Cancer and it can help our skin and bones stay young In addition the book will serve as a handbook for various techniques for making broths from simple chicken broth to rich clear consommé to shrimp shell stock A variety of interesting stock based recipes for breakfast lunch and dinner from throughout the world will complete the collection and help everyone get more nutrition in their diet

What Your Doctor May Not Tell You About (TM): Alzheimer's Disease Michael B. Schachter, Deborah Mitchell, 2009-05-19 Part of the bestselling What Your Doctor May Not Tell You series an informative detailed guide to understanding and treating depression Depression is a serious illness that can often have detrimental effects on one's personal and professional life but it doesn't have to With proper treatment one can conquer this mental monster and lead a fulfilling and productive life What's more expensive prescription drugs with sometimes debilitating side effects may very well not be the answer In this breakthrough programme Dr Michael Schachter offers his proven protocol to treat depression naturally by rebalancing and repairing out of sync and inefficient neurotransmitters in the brain Readers are guided towards relief through potent safe natural supplements that directly affect brain chemistry Combining more traditional treatments with new proven remedies Dr Schachter's programme reveals the right amino acids that can help balance brain chemistry how to easily and effectively control the amount of serotonin dopamine and glutamine in the brain without drugs the importance of Omega 3 intake and the role of mercury and fluoride toxicity can play in depression and much more Dr

Schachter leaves no stone unturned on the path to treating depression safely effectively and naturally **Freedom From Fibromyalgia** , The Fertility Diet Sarah Dobbyn,2012-01-05 Approximately 500m per year is spent in the UK on assisted conception techniques such as IVF by couples who do not know that their diet could be affecting their fertility Men and women who are stigmatised as infertile or told they are too old to have a baby feel betrayed by their own bodies yet according to Sarah Dobbyn biological age and chronological age do not have to coincide If your body believes you are young and healthy enough to have a baby no matter how old you are you will be able to conceive a child and easily Not only this but a healthy diet that eschews contraceptive foods can enhance libido and delay the onset of the menopause With chapters on fertility power foods supplements and drinks enhancing male fertility and avoiding miscarriage The Fertility Diet will tell readers everything they need to know about staying as young fertile and sexually charged for as long as possible With delicious recipes and a Fertility Action Plan at the end of each chapter the book sets out suggestions for immediate steps you can take today to maximise your chances of conceiving the old fashioned way **Mycelium Running** Paul Stamets,2005-10-01 Mycelium Running is a manual for the mycological rescue of the planet That s right growing more mushrooms may be the best thing we can do to save the environment and in this groundbreaking text from mushroom expert Paul Stamets you ll find out how The basic science goes like this Microscopic cells called mycelium the fruit of which are mushrooms recycle carbon nitrogen and other essential elements as they break down plant and animal debris in the creation of rich new soil What Stamets has discovered is that we can capitalize on mycelium s digestive power and target it to decompose toxic wastes and pollutants mycoremediation catch and reduce silt from streambeds and pathogens from agricultural watersheds mycofiltration control insect populations mycopesticides and generally enhance the health of our forests and gardens mycoforestry and myco gardening In this comprehensive guide you ll find chapters detailing each of these four exciting branches of what Stamets has coined mycorestoration as well as chapters on the medicinal and nutritional properties of mushrooms inoculation methods log and stump culture and species selection for various environmental purposes Heavily referenced and beautifully illustrated this book is destined to be a classic reference for bemushroomed generations to come *Maximum Muscle, Minimum Fat* Ori Hofmekler,2010-06-15 The author of The Warrior Diet shares his revolutionary approach to physical transformation offering practical guidance on how to build and maintain a leaner stronger and healthier body Diet and fitness books appear at a dizzying rate and with a wealth of dubious claims in a culture facing increasing health problems based on a sedentary lifestyle Ori Hofmekler s Maximum Muscle Minimum Fat pulls out of the pack by focusing on the biological principles that dictate muscle gain and fat loss Written for the widest readership competitive athletes bodybuilders trainers martial artists sports nutritionists and coaches dieters and anyone concerned about their health the book builds on the concepts popularized in The Warrior Diet In simple lay terms Hofmekler how under eating and fasting can trigger an anabolic switch that stimulates growth and rejuvenation how to re engineer the body at the

cellular level to burn fat and build muscles and how to naturally manipulate the body's hormones for rapid muscle fusion and faster fat breakdown. He offers smart strategies for Taking advantage of hunger to stimulate growth, burn fat and boost brain power. Turning insulin into a muscle builder instead of a fat gainer. Shattering training and diet plateaus. Improve metabolic function, performance and your capacity to gain and sustain prime health. Challenging most common diet and fitness concepts. Maximum Muscle Minimum Fat provides a revolutionary way of looking at human performance, shedding new light on how the muscle and fat tissues operate and offering practical information on how to achieve optimal physical health. Life Begins at 65 Matthew E. McLaren, 2008-10-09. The words prostate cancer overheard in casual conversation are enough to cause the average male to cringe. To actually be diagnosed with this condition is to many a devastating blow from which they never recover, neither emotionally nor physically. Matthew McLaren received the blow and turned it into a twofold opportunity. First he overcame his own cancer. Secondly he gave us detailed roadmaps so that others in the same situation can find their way out of it or better yet to bypass the quagmire entirely by taking simple preventative measures. This book is must reading both for anyone who has prostate cancer or wishes to prevent it and for anyone who treats this condition or dispenses information about it. Within these covers Matthew has created a virtual encyclopedia of the etiology, anatomy, physiology, biochemistry and treatments of prostate cancer, written in a style that is easy to understand by lay people and thorough enough for practitioners. He interweaves science and personal experience in a delightful way. The theme of this book is self empowerment. Our body comes with its own innate healing power. It can cure itself of any condition provided we give it the conditions it needs to do so and in a timely manner. Matthew details what those conditions are. Much of the wisdom he expresses herein applies not only to prostate cancer but also to other forms of cancer and to disease in general.

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