

Health Maverick Turns Medical Science Upside Down

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Cutting Edge Nutritional Scientist Gary Tunsky Shatters The Lies Of Medicine In This Hard-Hitting Interview With *CRUSADOR* Editor Greg Ciola And Explains In Simplistic Detail How Following His 9 Pillars Of Cellular Health Is What Is Needed To Stay Healthy And Recover From Disease

Gary Tunsky is a world renowned speaker/lecturer and teacher to doctors and health professionals on the latest healing technologies. In this groundbreaking interview Tunsky will shatter the mysteries surrounding all disease. His perceptive understanding of health and healing therapies will help you sift through the maze of disinformation amidst a sea of chaos and confusion so you will understand the root cause of all disease – **Cellular Malfunction**.

Mainstream Medicine's fundamental misconception that thousands of different diseases exist, all with varied causes demanding different treatments, has led scientists down the flawed path of categorizing symptoms as disease when symptoms are the intelligent warning signals of disease. In this provocative interview, Tunsky will share with readers the inner workings of the body's cells and outline his **9 Pillars of Cellular Health** that are needed to restore whole body health and overcome virtually every disease "label" known to man.

Greg: Gary, it's a pleasure to have the opportunity to interview you on this extremely important subject. Can you give our readers a short presentation on what goes on at the cellular level and how all disease originates there before we get into your **9 Pillars of Cellular Health**?

Gary: Sure. To fully understand what leads to the degenerative and metabolic disease process so prevalent today you need to understand the inner workings of the cell. All life begins at the cell, is maintained by the cell, and ceases by the cell. Your cells are pretty much the bricks and mortar -- I call them the nuts and bolts -- from which all living tissues and organs are made. Each cell performs different responsibilities, depending on what type of cell it is.

In a complex world of over 100 trillion cells, the body is made of at least 200 different cell types. There are brain cells, skin cells, kidney cells, muscle cells, bone cells, nerve cells, and so forth. All of the body's cells perform unique functions and synergistically orchestrate the body's function capacity as a whole. You cannot separate these cells any more than you can separate organs or systems without suffering consequences. The problem with medical science is they've compartmentalized the body

into a bunch of truck parts which has led to the training of specialty fields teaching that the cells, organs, and systems all work separately. You cannot segregate or isolate any of the cells, organs, systems, or even nutrients for that matter. They all work in synergy like a synchronized orchestra.

Greg: What constitutes a healthy cell?

Gary: There are eleven different categories that are necessary for new cell growth and proper functioning of the body's systems as a whole. They are:

1. 24 amino acids.
2. Carbohydrates or glycogen.
3. Essential Fatty Acids (EFA's).
4. 16 vitamins.
5. 72 plus minerals.
6. Enzymes (catalysts which make everything else work).
7. Phytonutrients (pro-oxidants instead of antioxidants coming from green plants which have the chlorophyll).
8. Sunshine or photon light (electromagnetic pulse waves which come from the sun).
9. Glyconutrients (essential glycosugars and glycolipids needed for cellular communication).
10. Oxygen.
11. Water (restructured alkaline water as opposed to dead acidic water).

Greg: Can you explain how these eleven different categories are synonymous with the 26 letters of the alphabet and how it ties into good health?

Gary: Just as a dictionary is built on 26 letters, which are rearranged in sentences, the human cells need over 100-plus nutrients in eleven different categories to run cellular processes. Let's say you have 30 nutrients out of 45 needed at a beta cell site to produce insulin. The cell will sit there and wait for the next meal to complete the extra 15 nutrients needed to synthesize the insulin. If there's a deficiency, it will wait to complete the nutrient recipe or synthesize inferior insulin. Another cell might be a brain cell needing 40 nutrients to produce serotonin. If it's not at the cell site or if the cell membrane is solidified, caked up with toxins, or hardened with hydrogenated fats, obviously that would be a factor in the cell not being able to receive the intelligent nutrients or electrical impulse needed to produce serotonin.

If it's a liver cell that produces bile, it's the same thing. If the liver cell doesn't have the recipe of the nutrients out of the 100-plus, the cell will sit there and wait for the next meal. Hopefully you'll be smart enough to complete the cellular recipe for the building material in order to make the bile.

So every hormone, neurotransmitter, peptide, and substance such as ATP for energy, is actually built on a recipe or a synergy of different nutrients from those eleven categories I just listed.

Greg: Tell us how the body's cells perform different functions within the body?

Gary: Well, every cell, whether it's a nerve cell or a muscle cell or a brain cell, is analogous to us as a whole in a microcosm. For instance, we have to breathe oxygen -- cells have to breathe oxygen. We communicate -- cells communicate in four different languages. They communicate in electromagnetic language, neurotransmitter language, hormonal language, and electrochemical language, which would be a combination of brain and the muscle.

We have internal organs -- our cells have internal organs called organelles or genetic material. We have skin -- our cells have skin called semi-permeable membrane to protect the inside of the cell from damage due to free radicals.

We conceive children -- cells actually conceive by splitting and dividing into new cell generations called daughter cells. We produce waste -- cells produce and release waste which has to be eliminated from the body via the skin, colon and urine. We need photon light from the sun -- every cell of the body needs photon light from the sun for cellular communication which creates the electromagnetic energy to light up the cell like a light bulb. We harness the micro-electric current energy coming from the sun through photosynthesis -- cells harness micro-electric voltage inside the cell, in the mitochondria which produces the ATP; the energy factories for every cell. Cells are also manufacturing plants that synthesize hormones, neurotransmitters, proteins, peptides and intelligent life force to run all the body's functions.

So if you look at the correlation between a human and a cell, we have 100 trillion tiny cellular engines that are analogous of a human that performs different functions. Cells are multifaceted. Some act as miniature electrical generators, like lithium batteries. New Age calls it aura but every human being produces energy that can be measured by Kirlian photography. All of your cells store, repair, communicate, and transport. Every second of every day your cells are involved with waste disposal, food production, temperature control, and pH balancing to maintain health and vitality all dependant on the **9 Pillars of Cellular Health**.

Greg: Gary, you've been able to break almost every disease known to man down into a short yet thorough presentation. Can you explain that to our readers?

Gary: Okay. By knowing that the creation of the human body is built on plant-derived substances, not synthetic pharmaceutical compounds, the body is created to recognize self from non-self. Anything synthetic is rejected as a foreign substance. The disease process is triggered by the accumulated toxins that we eat, breathe, drink, think, and bathe in on a regular basis. If we take in more contaminants, carcinogens and acids than what the body's filtration, elimination and immune system can handle on a daily

basis, it supersedes a threshold that eventually overwhelms the body and pollutes the blood. Our blood is a river of life. When it becomes overwhelmed with toxins it becomes a river of disease and death instead.

Here's an analogy of the toxic assault most of us are faced with on a daily basis. Most Americans wake up Monday morning to a jolt of caffeine from a cup of coffee and a sugar-laden donut or pastry. Then their hit with more toxins from breakfast, lunch, and dinner that will introduce more sugar, white flour, preservatives, additives, emulsifiers, stabilizers, cancer-causing dyes, artificial flavors, rancid fats, hydrogenated fats, and a litany of other toxic additives that eventually get into the blood through digestion.

Then you step outside and breathe contaminated air, especially if you're in a major city like New York, Los Angeles or Houston. It's possible you could be breathing 100,000 different environmental and industrial contaminants with every breath. You have fluorocarbons, petrofluorocarbons, PCB's, dioxin, industrial contaminants, fossil fuels, paint fumes, Chemtrails, pesticides, herbicides, and other genocides.

Combine this with the chemical by-products from industry depending on your profession. For example; if you're a painter or if you're a mechanic that's dealing with turpentine solvents that leach through the skin and into the bloodstream.

Then you have beverage contaminants with your Cokes, Dr. Peppers, carbonated sodas, BHA, BHT, sodium benzoate, Yellow No. 5 dyes, caramel coloring, MSG, aspartame, Splenda, phosphoric acid, and thousands of other chemicals that also get into the blood through digestion.

Then you have your skin, which is literally a sponge with what you're bathing and showering in and most people, out of ignorance, don't have a shower filter to filter this garbage out of their municipal water. When you bathe you're taking in chlorine dioxide, fluoride, bromide, arsenic and all the other chemical by-products they use to treat the water. An average person with a 10-15-minute shower is going to drink six glasses of tap water by the absorption of the skin pores.

A trip to the bathroom will assault your body with thousands of other chemical toxins that are in your cosmetics and toiletries like toothpaste, mouthwash, soap, deodorant, shampoo, hair spray, shaving cream, lipstick, perfume, and cologne. In many cases manufacturers are not even required by law to list what chemicals are in these products.

So the big picture is by the time you breathe, eat, drink and bathe, not counting your social habits, second-hand smoke, emotional toxins, or the contaminants in your homes, businesses, or airplanes by breathing in recycled air from the air ducts that haven't been cleaned in five years, you are past a threshold that your body can handle to stay well. It doesn't take a rocket scientist to figure out that if you breathe, eat, drink and bathe in more contaminants than your body can eliminate on a daily basis, eventually your payday will come as a degenerative or metabolic disease.

If you're taking in an accumulated combined total of 150,000 contaminants on Monday and the liver, kidneys, colon, lymphatic system, the skin through sweat, and respiratory CO2 output are only capable of dumping 100,000 contaminants, you're in trouble. By Tuesday you haven't changed your lifestyle; you have the same job, the same stress, the same eating habits, same social habits, and same job. Day after day you maintain that toxic load at 150,000 or more, and the body is only dumping 100,000 or less.

As time goes on, the immune system weakens, the liver, kidneys and the lymphatic system get congested, and they slow down as far as their filtering capability. Usually a lethargic condition or sluggishness sets in at this time telling you that contamination is occurring at the blood level. Most people, being tired like that, are even more sedentary and ingest toxic stimulants to get them through the day. Then at their jobs, they're sitting around watching computers. At home they're watching television and they're not moving the blood and they're not moving the lymph fluids. So as time goes on, now the elimination systems, the filtration systems, and the immune system are only capable of removing 90,000 contaminants, then 80,000, then 70,000. As time goes on, the toxic load is maintained but the elimination capability is weakened.

What happens with these extra carcinogens, acids, and toxins is they end up collecting in the blood. Once the blood becomes contaminated, the body goes under what's called adaption response where it will shove these toxins and poisons into a weak link in the chain of organs; what I call the path of least resistance. This is your genetic predisposition given to you by your parents. Wherever your weakness is, or the path of least resistance, is where the blood is going to choose to store or deposit the toxins in order to keep the blood clean and you alive.

If the dump zone is the joints and the blood is shoving these acids and contaminants into the synovial fluid producing cells for storage, what happens next is billions of cells that produce synovial fluid or bursa fluid become congested, contaminated, and suffocated. Eventually it causes a cascading effect of cellular respiration problems and the water, oxygen, and intelligent nutrients can't get in through the phospholipid membrane.

When billions of cells in the joints can't produce the joint protecting fluid, you get a dryness and then an immune response of T-cells, macrophages, and NK cells to clean up the toxic mess like a Pac Man. When the white blood cells fight anything, they release histamines, cytokines, or prostaglandins which are inflammatory chemicals. This inflammatory response is going to be called arthritis or bursitis by medical science. I want the readers to know that arthritis is not even a disease. "Arth" means joint; "itis" means inflammation. So inflammation of the joint is a description of the cellular malfunction of the synovial fluid or the bursa fluid producing cells.

If the dump zone is the pancreas because that's your weak link in the chain of organs where the beta cells are that produce insulin and they get congested, suffocated,

and contaminated, eventually the cell receptors get clogged and they cannot produce the insulin or receive glucose. When sugar is ingested, sugar regulation is affected and you're going to go into a hypoglycemic condition eventually leading to the label "diabetes mellitus." Again, this is cellular malfunction just like bursa joint cell contamination would be cellular malfunction. Two different locations, one disease: **Cellular Malfunction**.

If the dump zone is the heart where the cardiac cells are located that regulate electrical conduction for heart contraction, eventually you're going to have arrhythmias or palpitations telling you what's happening at the cellular level; that the toxic residues are impacted in the arteries, coronaries, or the cardiac tissue. Eventually the symptoms are going to scream louder in an angina pain to tell you that cellular malfunction is more severe. When the cells malfunction in the heart, you're going to have a label called cardiovascular disease, eventually a myocardial infarction, or a heart attack, if it's not dealt with by non-toxic, non-invasive treatments.

If the deposition is the frontal lobe of the brain, usually it's heavy metals: aluminum, cadmium, lead, mercury from your teeth, vaccines, etc. Heavy metals will leak in through the blood brain barrier via the dopaminergic system then the lipid fatty tissue of the brain will attract these heavy metals. If it's the frontal lobe of the brain where cells regulate cognitive thinking, you're going to get short-term memory problems and then eventually long-term memory loss called Alzheimer's disease. Again, these are labels of the same disease: **Cellular Malfunction**.

If the substantia nigra dopamine producing cells or the corpus striatum in the brain just below the pituitary is the collection or deposition zone for heavy metals and neurotoxins, you're going to have problems with dopamine production; and you're going to display symptoms of festination, or shuffling gait, called Parkinson's disease. There's no such thing as Parkinson's disease. Parkinson is the name of a doctor. Parkinson's disease is the descriptive label of cellular malfunction of dopamine producing cells in the brain.

I can show this physiological pathway with every "dis-ease" label known to man. The readers need to know that there is only one disease, cellular malfunction with two causes to the 10,001 "labels" on the one disease. The question to your readers is what would be the treatment protocols if you knew that the physiological pathway to the one disease is toxicities and insufficiencies.

Greg: The medical answer to the cellular malfunction is to prescribe symptom suppressive pharmaceutical drugs, administer chemotherapy, or radiate the body and poison the cells into an even further damaged state instead of bridging the gap and getting into what you talk about, the **9 Pillars of Cellular Health**, that will actually restore health to the body by going to the cell level and feeding the cells the things that they need to survive and thrive.

Gary: Correct. The readers need to know that there is only one disease and only two factors that cause the one disease of cellular malfunction: **Toxicities and Insufficiencies**. The categories of toxicities, Greg, would cover your environmental contaminants, food contaminants, beverage contaminants, your industrial household cleaners, and everything else I just described above.

Then you have your insufficiencies which are caused by the toxicities: insufficient respiration, hydration, circulation, nutritional assimilation, etc. When you have a caked-up coating around the cell membranes, obviously that would cause hydration problems -- the water can't get in. It would cause oxygenation problems, or what's called hypoxia, which is the medical term for low oxygen and that's a breeding ground for bacteria, viruses and even cancer.

It would also lead to nutritional insufficiencies. If you have a cell membrane that is caked up, coated and solidified, obviously amino acids, essential fatty acids, vitamins, minerals, enzymes -- those eleven categories I talked about, even the photon light and electricity, are going to have trouble penetrating the cell membrane to get inside the cell. You need intracellular nutritional elements instead of extra-cellular.

Most people don't understand that it's not the quantity that you take in with nutrition, it's the quality. What is the bioavailability? What is actually absorbing intracellular versus floating on the outside called extra-cellular nutrition? And most people don't take in the proper nutrients necessary to get inside the cells where the genetic material lays, especially the inner hub called the nucleus, which is where the subatomic particles are. That's the power that runs the cellular engines.

So based on the location of the cellular malfunction, there is a correlating symptom or group of symptoms that is intelligently built in by God as a warning signal that medical science calls disease. Every cellular malfunction in the human body, similar to a car, has the dummy lights that correlate to where the malfunction is occurring. Medical science, out of ignorance, is wiping out the cellular cry (symptoms), driving the disease deeper instead of getting to the cellular malfunction because of ignorance in their training in med school.

Greg: What you say sounds so simple, Gary. Why doesn't the medical establishment address these issues and correct the problems at the cellular level instead of just shutting down symptoms at the system level?

Gary: You can sum it all up in one simple word -- MONEY! The medical training curriculum in the top university medical schools of Harvard, Baylor and Stanford make sure that the medical doctors are not taught the most important subject matters of symptoms verses disease. Remember, these are 20-year-old kids that want to be an MD. They're sitting in front of a professor in a position of trust with a white coat who's probably on the payroll of a drug company. So, due to the infiltration of millions of dollars in the form of grant money or research money, they make sure that they do not

teach the two subject matters that are the answers for cellular disease treatments: **homotoxicology** and **nutritional biochemistry**.

Medical doctors are ignorant about the toxic assaults against the DNA, cell membrane, genetic material, and the deficiencies of nutritional elements that are the building blocks of the cells. The reason why these two subject matters are totally eliminated in medical school is because if they were ever taught that toxins cause cellular damage they would have to point their finger at their own profession and question their own toxic medicine, surgical knives of butchery, unnecessary organ removal, nuclear radio isotopes, chemotherapy, and radiation, and say, "Well, Professor, you're telling us that toxins, X-Rays, and the category of synthetic compounds are the main cause of disease and cellular malfunction. Then why are we writing symptom suppressive prescriptions with multiple side effects? Why are we using mustard gas derived chemotherapy cocktails, radiation which causes cancer, and these radio isotopes and media contrast dyes that cause DNA damage?"

All of these treatments rob nutritional elements, make cellular respiration worse, cause dehydration, wipe out the immune system, and make cellular pH more acidic, allowing future opportunistic infections and disease to flourish.

Greg: The reality is if they were taught the truth, their whole empire would crumble because it's built on a foundation of junk science that cannot withstand the light of truth.

Gary: Absolutely. It's built on sand. When you start with a lie based on pseudo science you've got to maintain that lie to protect the economic system. The whole medical profession is built on symptom suppression. Symptoms are not the disease they are just the warning signals of the cellular cry due to cellular malfunction caused by toxicities and insufficiencies.

What's interesting is these two factors cause a cascade of other problems that will eventually drive you into the hospital. Cellular detoxification should be one of the main treatment options of medical doctors to remove the cellular toxemia from the kidneys, liver, and blood so the cells can breathe properly again. That is not even addressed in the medical profession. There is not one mainstream medical doctor that will implement a cellular detoxification program.

Greg: Let's get into the **9 Pillars of Cellular Health** that you recommend to stay healthy and recover from illness. Your first and most important pillar is **Cellular Detoxification**.

Gary: The reader needs to know that in the category of cellular detoxification, there are at least nine factors that need to be done to clean up the cellular toxemia. The first is bowel elimination. The bowels are a major elimination system that protects the liver and cells from toxic contamination. Most people are constipated because they're eating fiberless, colon clogging food that is causing congestion to the 30-foot alimentary

canal which eventually leads to putrefied proteins, rancid fats and fermented carbs. When they mix together, you get cancer-causing agents of nitrates, sulfates, purines, and peroxide free radicals and hydroxyl free radicals which will enter into the blood through the portal vein. You have to implement measures of colon cleansing to detoxify the body. Temple Cleanse is a powerful magnesium based ozone product that I use which has superoxide ozonates to help break up the fecal matter into water and gases like Liquid Drano.

Greg: What do you recommend after cleansing the colon?

Gary: Cleanse the liver, kidneys and lymphatic system because they are the body's filtration organs. If the liver is backed up, the toxins switch to the kidneys. When the kidneys back up, toxins are shoved through the skin, which is the second kidney. Rashes are really caused by a backup of the colon, liver and kidneys. Seven layers of the dermis and the epidermis get clogged by the toxic sludge trying to come out through the skin pores through sweat. Most people have trouble with perspiration, especially women.

Greg: What are some things that people can do to cleanse their liver, kidneys, and lymphatic system?

Gary: I use a homeopathic drainage remedy from Germany called the Detox Kit which has three vials; one for the liver, kidneys, and the lymphatic system. Then I use an extra drainage remedy for the blood because the life of the flesh is in the blood.

We also have herbs. There is milk thistle for the liver and uva ursula for the kidneys. Even pure cranberry juice that doesn't have sugar is great for the kidneys. I'm a real advocate of fresh vegetable juices that have live enzyme and high chlorophyll content along with thousands of phytonutrients that cannot be matched in a chemistry lab. As simple as fresh juice is from a juicer, it washes through the kidneys and liver because the digestive enzymes are intact and there's no digestion needed because the juicer just did the digestive tract's job. It's a tremendous pH changer, too.

Greg: What are some of the other protocols of detoxification beyond cleaning the colon, liver, kidneys, and lymphatic system that you recommend?

Gary: The next detox pathway I open up would be respiration, which is as simple as breathing properly. Deep breathing and regular exercise will increase O2 respiration and CO2 output, alkalizing pH.

Next would be increasing circulation. Most people are sedentary so they don't have any lymph and blood circulation. You have a stagnation which is caused by lack of life-giving circulation. A stagnant swamp draws mosquitoes and flies and allows fungus and algae to grow on the top. Many people have systemic candida problems because of stagnation. Then the sugar, white flour and Frankenfoods that they've been eating for years eventually collect in that stagnation and ferment, causing scavengers of bacteria,

viruses, parasites, fluke worms, round worms and other virulent pathogens that eventually feed and breed in that area.

Next would be addressing vibratory problems. Cell vibration would obviously be affected by not having enough electromagnetic pulse waves to the cells because of toxicities and other factors I've talked about. Lack of circulation, filtration and exercise causes cell vibration to drop to where cells become wobbly instead of having a high vibratory rate -- what's called resonance. Instead of having a left spin of health, which vacuums nutrition into the cells like a tornado vortex, the cells becomes wobbly and repel nutrients and fluids with a right spin and low vibratory rate similar to two magnets in opposition to each other. When this happens they start spinning right, keeping them on the outside of the cell. The cells either spin left for health or right in a "dis-ease" process.

My last protocol of detoxification is heavy metal chelation. Most people today are loaded with heavy metals from mercury amalgam fillings in their teeth, fish, vaccines, aluminum from aluminum cans, cookware, cosmetic items and other industrial sources. All of these heavy metals imbed deep into the brain and nervous system and have a dramatic impact on the body's health. It's important to find out what heavy metals may be in your system so they can be chelated out of the body.

Greg: Let's pick up on your **2nd Pillar of Cellular Health**, Gary.

Gary: Okay. It's correcting **Cellular Oxygenation** and respiration. Most people, because they're sedentary, don't breathe in enough oxygen, they're shallow breathers. Another problem that we have is our environment is contaminated so we have trouble getting the saturation of oxygen we need because it's chelated with fluorocarbons, fossil fuels, and industrial contaminants.

There are a lot of oxygen therapies available to help correct oxygen deficiencies. There are oxygen drops that can be added to your water. There is ozone therapy. In our clinic we use an ozone cabinet. Ozone is an exotic form of oxygen that's broken down into O1's which are nascent molecules brought in through the skin. You can also do ozone therapies to the blood outside of the United States called autohemotherapy. There are hyperbaric chambers that pressurize the oxygen in the blood and increase saturation. There are also water machines that can ozonate the water and actually manufacture oxygen through ozone generation.

Greg: What about chlorophyll? Doesn't that help oxygenate the body as well?

Gary: Yes. Chlorophyll comes from plankton, green leafy vegetables, wheat grass, barley grass, spirulina, chlorella, and other potent green foods. Concentrated wheat and barley grass has a high chlorophyll content which helps increase oxygen. If you look at our environment they're cutting down the rain forests and polluting the oceans, which have the oxygen giving plankton and algae.

The attack on our oxygen is a ploy being used to cause sickness. The global elitists know that if they can drop the oxygen, keep you away from oxygen therapy, keep your colon polluted, keep your cells contaminated and insufficient of nutrition, water, photon light, and oxygen; they can maintain their sick care industry. Disease, Inc. is built on keeping medical doctors in the dark on cellular malfunction and away from removing toxic residues from the body that purposely creates the factors that cause the insufficiencies and toxicities at the cell level. Then by focusing on symptom suppression, they keep the medical money-go-round or the medical merry-go-round rolling. If you never get to the root cause of cellular malfunction, you can maintain this colossal scam by perpetrating mystery illnesses to the public that have unknown causes.

Greg: What is your 3rd Pillar of Cellular Health?

Gary: The third pillar is **Cellular Hydration**. I'm talking about living water versus dead water. When the body becomes too toxic the cell membranes become solidified with toxic residues and water has a hard time getting inside the cell. The only water that would break up the toxic residue around the cell membrane would be micro-clustered or structured water that has an ionic exchange. Once water enters the cell, it actually forces toxins in the genetic material outside of the cell. It spits out the toxic residues that have accumulated inside the cell back into the lymph and then eventually back into the blood circulation where they can be eliminated by the skin, colon, urinary tract, or through respiration.

Most people don't drink enough water and they don't drink the proper type of water. People truly believe that H₂O is H₂O, whether it comes from reverse osmosis, distillation, or some type of water in the stores? Through my research with fluid dynamics and hydro technology, water is as complex as quantum physics. In order to properly hydrate the body you have to have alkalized micro-clustered structured water that is similar to a hexagonal snowflake if you look at it frozen under a microscope. That's what's called intracellular water that gets inside the cell versus floating on the outside of the cell membrane.

There's an incredible invention called **The Alkalizer**, which is a Living Water machine that works phenomenally well. Tap water comes in, it's filtered through a carbon filter, and then it's actually run through the machine and restructured by platinum and titanium plates by electrolysis. The water is restructured into that snowflake structure that I talked about – what's called a micro-cluster which has a particle size that is so tiny that it passes right through the cell membrane into the cell.

What's interesting about this water, too, is that it will bond to any nutrition in the blood, especially oxygen, vitamins, minerals, enzymes, pro-oxidants, etc. pulling them right into the cell with it. So you're getting what's called intracellular technology versus an extra cellular technology. Most waters are flat and dead because they have no mineral content. Reverse osmosis and distillation have no life force. It may be pure filtered H₂O, but unfortunately it's flat dead water that floats on the outside of the cell as opposed to going inside of the cell.

Greg: A lot of patients you work with think they're getting hydrated drinking bottled water (Aquafina, Dasani, etc.) but they're still dehydrated aren't they?

Gary: Absolutely. I'm still finding that they're dehydrated because the body is getting water, but the cells are screaming, "I know you drank water, I didn't." And the cells will continually scream for hydration if you're not drinking intracellular water. The dehydration is at the cellular level, not at the blood and system level.

Greg: When you talk about drug companies and modern medicine, none of them recommend hydrating the cells properly as a protocol to getting well. In fact, pharmaceuticals dehydrate most cells in the body, don't they?

Gary: Yes they do. Dehydration is a main culprit in migraine headaches. Every single pillar of cellular health that I recommend is actually blocked or antagonized by pharmaceuticals, surgical procedures, chemotherapy, and radiation which are the only four tools of treatment in the toolbox of the medical establishment.

Greg: Let's pick up on your 4th Pillar of Cellular Health.

Gary: Cellular Nutrition. I also call it intracellular nutrition or nutritional assimilation. What we've been taught is basic nutrition but I want to bring it a step ahead to show that the cells need to have intracellular nutrition versus extra-cellular nutrition just like I described with the water. That means either the nutrition is floating on the outside or it's vacuumed in where the genetic material, the DNA, and the co-factors of the cellular engine that run the cells are. It's called bioavailability. What is your assimilation inside the cell? It has nothing to do with dosage.

This is not addressed in nutrition. They're just telling you to pop your pills and get your isolated vitamins, minerals, and enzymes. What they don't tell you is the type of minerals, vitamins, and nutrition that you need to take into the body that are bioavailable.

Greg: Why don't you explain what some of those are so our readers know what intracellular nutrition you recommend. We don't want them buying a generic multi-vitamin thinking that they're getting intracellular nutrition from it.

Gary: There are only a few companies out there that have figured out that liquid nutrition in a soluble ionic form instead of a colloidal or rock shale form actually has a higher absorption rate versus capsules, tablets, and pills that need to be digested and then broken down by the liver and kidneys. One of my favorite lines is that "It's a sin to put synthetics into a human living biological machine." Anything that's not plant derived that is put into a chemistry lab in a synthetic concoction and synthesized is looked at as a foreign substance consisting of petroleum-based carbon-chain constructs. When it comes to products like Centrum or a One-A-Day from Walgreen's or Wal-Mart, you get what you pay for. And you're going to get synthetic constructs that are not going to be utilized

versus a product such as Vibe from Eniva which has a solubility that creates a magnetic effect so the nutrition gets inside the cell.

If people bridge in the eleven categories of nutrition that I discussed earlier that are needed to build healthy cells, it will play a major role in cellular health. Your readers need to know the synergy involved with these eleven categories. It's called synchronicity. You can't separate the eleven categories of nutrition or the **9 Pillars of Cellular Health** that I am laying out. They all work synergistically. By doing cellular detox alone, it would obviously help, but if you're not doing cellular oxygenation, cellular hydration, cellular nutrition, cellular immunity and so forth, you're going to have gaps in cell function. The body's cellular matrix engine parts cannot run on oxygen only, or vitamins only, or minerals only; they need all nine pillars for peak performance. To tell someone to take their vitamin C, vitamin B6, or calcium is useless information. What about the other nutrients that work with these isolated nutrients?

You have to see the rain forest instead of just looking at a tree to see the big picture that the cell runs on integrative complex factors and not just myopically running on one thing at a time. If an automobile engine runs on many parts, the cellular engine runs on many parts. And you have to understand those 9 parts, which is what I'm trying to explain. When you combine oxygen, photon light, micro-clustered water, minerals, living foods from plants, etc. the blood becomes extremely rich as far as health is concerned and a flowing river of life to the hundred trillion cells, as long as there's circulation flowing from head to toe.

Greg: What's the 5th Pillar of Cellular Health?

Gary: Correcting Cellular pH.

Greg: You and I wrote a book and produced a CD set called "**The Battle For Health is Over pH.**" pH is a huge part of the health program, but when you bridge everything else in that you're talking about here, the body's pH corrects itself, doesn't it?

Gary: Correct, as long as you're incorporating the **9 Pillars of Cellular Health.** Acidic pH actually draws in virulent pathogens and scavengers to clean up the mess. Acidosis also shuts down cell process. Instead of running on 8 cylinders, the cells will only run on four cylinders, causing a host of problems.

Greg: So it's very important for people to stop doing all the things that are poisoning them with acid, isn't it?

Gary: Absolutely. The sugar-laden, saturated fat American diet or what they call the standard American diet is loaded with toxins and acids coming from food sources and beverages. You have carbonated beverages, sugar, coffee, alcohol, and even acid emotions of anger to stress, which is a major factor in the United States. Most people are eating a diet that is 80 percent acid and 20 percent alkaline, if they're lucky. For some it's 90 percent acid and 10 percent alkaline. It should be 80 percent alkaline and 20

percent acid in order for cellular process to function correctly, in order to maintain that 7.3 pH.

Greg: What is your 6th Pillar of Cellular Health?

Gary: Cellular Immunity or cellular immune system modulation versus manipulation. Everything in medical science is a manipulator to cellular immunity, such as bone marrow transplants, gamma globulin injections, interferon, and interleukin injections. What they don't understand in immunology is the immune system runs on 22 instruments simultaneously and it plays like a symphony orchestra. When you manipulate one out of the 22 and elevate it artificially, then you throw off the other 21 instruments causing a homeostatic imbalance to the body.

With cellular immunity you need to modulate it like tuning in a piano or a radio that's between channels. To do this you need glycosugars, which is the science of glycobiology, transfer factors, mushroom extracts, aloe vera, colostrum, Beta-1,3-glucans, thymus extracts, glandulars, and many other natural compounds. These healing elements are all powerful immune system modulators as opposed to artificial manipulators. All of these modulators actually tune in the 22 instruments that play the immune system symphony.

You have T cells, B cells, memory cells, natural killer cells, tumor necrosis factor, interferon, interleukin, etc. You have a wide variety of different types of white blood cells that are orchestrated as an immune system symphony and communicate to each other like a wireless fiber optic phone system.

Greg: What would be your 7th Pillar of Cellular Health?

Gary: Cellular Communication. Again, like I said earlier, we communicate and our cells communicate. We use different languages of Spanish, German, Polish, Norwegian, etc., cells have different languages depending on the cell type. The problem is if the DNA antenna and transmitter cannot receive the electromagnetic, hormonal, electrochemical, or the neurotransmitter pulse waves, they cannot receive the correct pulse to trigger a cellular communication to the distant or neighboring cells. A good analogy would be to picture a hundred trillion cells firing like a wireless phone system. There are over 6 billion people on the planet. Envision all of them picking up a wireless cell phone and making a phone call. That's 6 billion conversations going on simultaneously. Then picture everyone hitting three-way with three-way conversations going on throughout the world. Then picture everyone hitting conference call where each phone has the capability of 1,000 conversations.

Now picture everyone dunking their phone in mud. What would happen? Transmission and reception would be affected. When the body's cells become suffocated or contaminated by the cellular toxemia or sludge, they block the cell membrane and the electromagnetic, neurotransmitter, and hormonal pulse waves cannot get in and hit the

DNA coil to transmit and receive cellular messages. It shuts down cellular communication making you tired and docile.

A lack of glycosugars on the cells' receptors also plays a factor in the cellular communication breakdown. If glycosugars are not lining the cell membrane and causing a Braille-type notching, the cells can't fire the messages. When our mouths are covered, we can't talk and communicate. When cell membranes are coated with toxins and deficient in glycosugars, they can't talk and communicate properly either.

When a hundred trillion cellular engines are being shut down from proper communication, it affects moods and feelings. It also affects energy and thought process. If you look at every **Pillar of Cellular Health** I've talked about, electromagnetics and photons are involved. Every nutrient in a living form is conductive, whether it's oxygen, minerals, essential fatty acids, or water, which carries current just like if you were in a bathtub with a live radio thrown into it. Water is a carrier of current, as long as you have the right type of water in the body. So every pillar contributes to cellular electricity.

Greg: When you talk about glycosugars, can you expound on that a little bit more because this is a relatively new science that has a lot of clinical research behind it?

Gary: Just like there are essential fatty acids, essential amino acids, and essential vitamins and minerals that the body needs, there are essential sugars that the body needs too. Due to our poor dietary habits and the degeneration of the environment around the world, our bodies are lacking some of these essential sugars. Even if you're following these pillars that I've outlined here, if you're missing four, five, or six of these important sugars on the cells, you're still going to be lacking perfect health because your cells aren't going to be able to communicate without those essential sugars on them.

Unfortunately, because no one eats perfect, we have to implement these glycosugars in a supplement form. There are only two products that I know of currently that offer a complete blend of these essential sugars. One is Manapol from Carrington Labs and the other is Ambrotose from Mannatech.

Greg: The only problem with Mannatech is that they are promoting these sugars as the cure all. Unless you incorporate your **9 Pillars of Cellular Health**, you're missing a whole spectrum of other treatment protocols that are necessary. Your famous line that always sticks in my head is "There is no magic bullet, whether it's with nutritional supplements or pharmaceutical drugs."

Gary: Absolutely not. Just as no organ works alone, no cell works alone, no system works alone, and no nutritional element works alone. That needs to be known. There is a lot of deception out there. You can't bake a cake with flour only. You need a lot of ingredients. The cells need a lot of ingredients. This is why incorporating these **9 Pillars of Cellular Health** are so important. The reason why the Lord has chosen nine is that nine is the only number in the universe that completes itself. We are complete in cellular health with **9 Pillars of Cellular Health**.

Greg: Can you explain to our readers how nine completes itself?

Gary: In Pythagoras math, nine is the only number in the universe that remains nine when multiplied and broken down into one digit by adding the digits together. For example, 1 times 9 equals 9; 2 times 9 equals 18, 1 plus 8 is 9; or 9 times 3 equals 27, 2 plus 7 is 9; 9 times 4 equals 36, 3 plus 6 is 9; 9 times 8 equals 72, 7 plus 2 is 9. If you go to 9 billion times 9 it equals 81 billion, 8 plus 1 plus 0000000000 is 9. So it completes itself to eternity, forever. That's why God chose that number as a completion number. We are complete in 9.

When you incorporate these **9 Pillars of Cellular Health**, it kicks in God's self-healing autonomic system, so the healing doctor that's inside you is triggered. It's a catalyst that ends up triggering the self-healing system to repair any cellular damage there is. And then the symptom of the cellular damage or the cellular malfunctioning goes away.

Greg: What is your **8th Pillar of Cellular Health**?

Gary: Hormone Modulation. Again, you need hormone modulators instead of hormone manipulators. Males and females are both suffering from serious hormonal imbalances and problems because of all the toxicities in the environment, foods, beverages, and the drugs they're taking like the pill and these hormone replacement therapies. If you look at medical science and allopathic Westernized medicine, their limitation of treatment is hormone manipulation with Premarin, Prevarin or synthetic testosterone for men. They are throwing off the homeostasis of the other hormones that work in synergy with that individual hormone. You cannot manipulate one hormone without throwing nine more off because they work in synergy. If you manipulate estrogen you're going to throw off luteinizing hormone or follicle stimulating hormone or growth hormone and DHEA. No one knows what hormones are going to be thrown out of balance.

You need plant derived substances that are non-toxic coming from nature that modulate these hormones like tuning in a piano or a radio. A plant-derived compound could be damiana. There's black cohosh, blue cohosh, dong quai, dioscorea extract coming from the Mexican yam, plant sterols, natural progesterone cream, and many other compounds. Most problems in women aren't estrogen problems; they're progesterone problems. The very thing that they increase in medicine (estrogen) is causing cancer.

Greg: We published a big story on that in Crusader along those very same lines. Dr. Sherrill Sellman said that women are being given way too much estrogen and they lack progesterone which is what would really help correct a lot of their hormonal problems.

Gary: Correct. In society today women have been buying the lie that they can go get Premarin which means pregnant mare's urine. This is what they're sticking into the

body of a woman. Out of ignorance, most women don't know that so they're putting these synthetic concoctions into the blood and causing more toxins and hormonal imbalances, risking breast and ovarian cancer.

Greg: Would incorporating a detoxification program be one of the biggest things to correcting a lot of the hormone problems to begin with?

Gary: Absolutely. In fact, I don't touch any of my patients in my clinic without doing the cellular detoxification first. I put them on a whole body detox. I call it Dr. Detox, which is formulated to clean up the liver, kidneys, blood, lymphatics, colon, and the cells first. Eventually the cells are allowed to breathe again and receive the intelligent nutrients. Then I do what's called a building phase where I build the hormones, build the immunity, build the nutritional deficiencies and then increase the blood flow to the injured or diseased areas. Eventually the cellular engines become bathed again by the oxygen, photon light, water, vitamins, minerals, EFA's, -- whatever is missing. Then the cellular engines synthesize what they're supposed to. They actually regenerate instead of degenerative. So you're either getting a cellular degeneration by lacking the **9 Pillars of Cellular Health** or you're getting a regeneration by implementing them.

Greg: Pick up on the **9th Pillar of Cellular Health**.

Gary: The last pillar is **Stabilizing Cellular Emotion and Spirit**. There is an emotional component to the cell which is thinking and speaking. Prayer is a link to the nucleic hub of the cell, the Holy Spirit. If you're speaking negative factors into your life, you're going to draw negative circumstances and the cells are affected by negative gene expression. If someone is screaming at you or says "I hate you" – it will change the chemistry of the cells. This is Dr. Masaru Emoto's work. He's actually proven that even the water surrounding the cell is going to be shattered in a chaotic structure like broken glass by speaking negative things of hate and anger. Or if you're speaking love and positive joyful things, the water will make a perfect hexagonal snowflake structure. Everyone needs to know that what you're thinking or speaking is where you go. You will draw the circumstances into your life, negative or positive, and the cells will function in a degenerative way or a regenerative way, depending on what's said or thought.

Greg: Music also plays a big role in this emotional/spiritual role. Feeding your mind and your spirit with the wrong music all day long can definitely have a negative effect on your health, correct?

Gary: Absolutely. Getting back to that water being effected by sound, acid rock, rap, and a lot of this chaotic music nowadays has satanic lyrics. They're hidden lyrics that you're just not aware of and it affects the water around and inside the cell in a negative way, which causes cellular degeneration. Eventually it's going to give you suicidal tendencies. That's why you're hearing about murders now with a lot of these rock groups and children that listen to this type of music.

Releasing toxic emotions would be a factor in this category too. It's kind of what I call an emotional constipation. When you hang on to toxic emotions such as anger, bitterness, resentment, hatred, unforgiveness, etc. and don't release it, your cells are affected in a degenerative or a negative way. It can even cause acidic pH.

Greg: So what happens when a person incorporates all of these **9 Pillars of Cellular Health**?

Gary: All of the body's 100 trillion cells regenerate and perform at optimum capacity. The body's built in self-healing system kicks in and the body heals itself. Every cell in the body either replaces itself in a regenerative way -- gets stronger -- or it degenerates and walks down the basement.

I even take it a step further. These **9 Pillars of Cellular Health** impact the subatomic particles inside the nucleus of the cell where the DNA is that makes up the atom. Subatomic particles form the atomics of the cell. Atoms form molecules and molecular structures such as carbon, oxygen, hydrogen, and nitrogen which make up the genetic material of the cell. Cells then make up tissues, tissues make up organs, organs make up the systems, and systems make up the body.

The power that runs the cell is the subatomic, which is the unseen spiritual component of the cell. The Holy Spirit has a link to every single one of your hundred trillion cells. I call it the nucleic hub where the subatomic particles reside. That's the spiritual side of man, the link to God, which runs the intelligence of the hundred trillion cells every nanosecond of the day.

Greg: Thanks for sharing all of your health wisdom with us, Gary. I hope our readers are blessed.

Gary: Thank you, Greg. I'm grateful that you are so active in helping me to get this information out to the world.