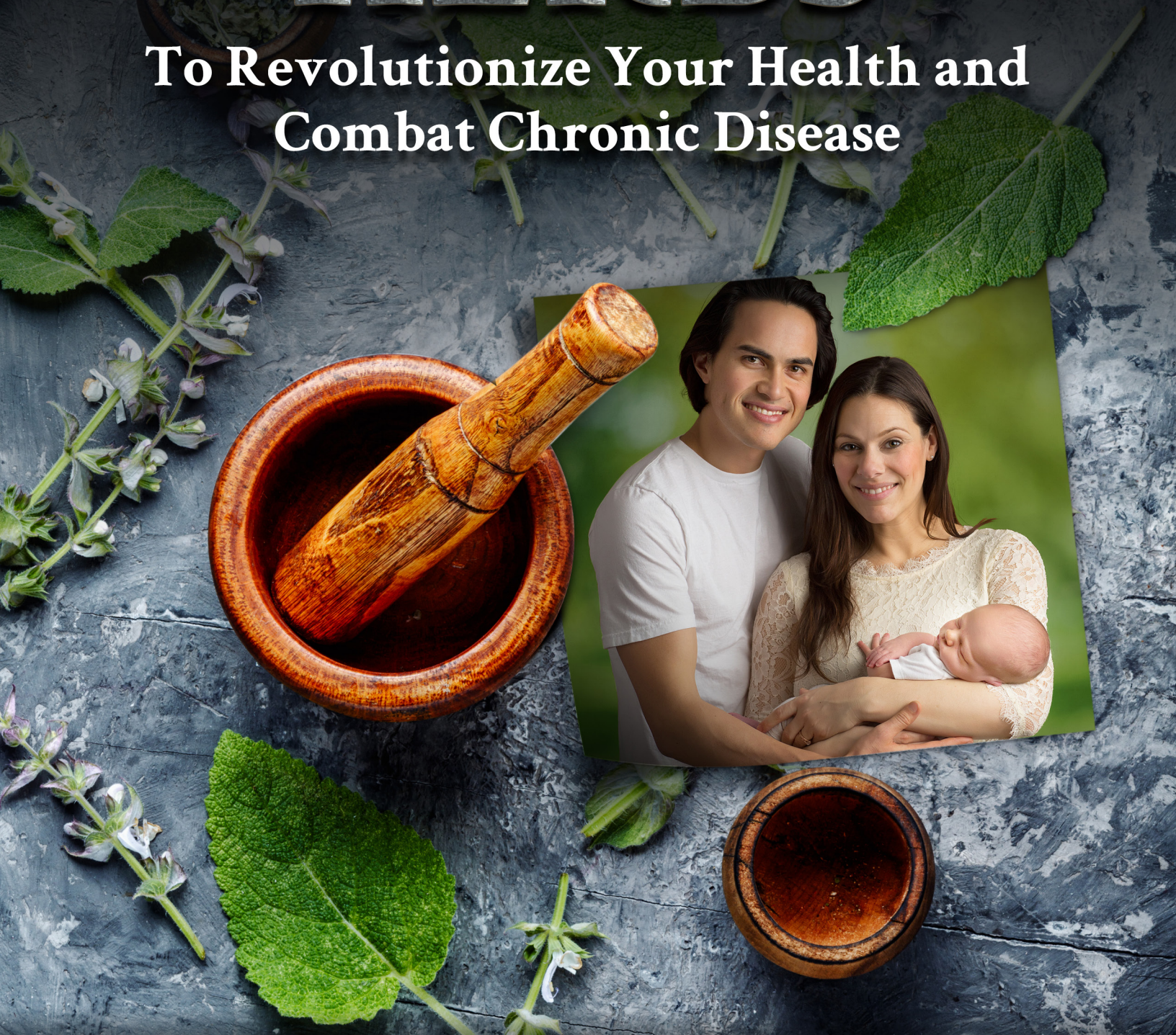


NATURAL HERBS

To Revolutionize Your Health and
Combat Chronic Disease



NATURAL MEDICINE SECRETS

NATURAL MEDICINE SECRETS

brought to you by HEALTH SECRET

Natural Herbs to Revolutionize Your Health & Combat Chronic Disease

by Jonathan Otto and the Health Secret Team

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TABLE OF CONTENTS

Introduction	1
Autoimmune Disease and Chronic Illness	5
Heart Disease	7
Inflammation of the Brain and Body	9
Neurodegenerative Disease—Alzheimer’s & Dementia	11
Anti-aging and Alzheimer’s	12
Obesity and Weight Loss	14
Diet and Natural Medicine	16
Conclusion	19
About Jonathan Otto	21
Sources	22

INTRODUCTION

It is truly heartbreaking that very few people are aware that some of the top causes of death such as: heart disease, stroke, diabetes and chronic respiratory disease could be reversed or avoided with the right choices. Are you tired of the endless prescription pills that you or someone you love are struggling to endure? Are you tired of all the suffering? Have you turned to prayer and meditation as a last resort to try to manage the pain?

Hi, my name is Jonathon Otto and I know how you feel, as I watched my wife, Lori, suffer through endless treatments on her road to recovery. I'm here to tell you that you're not alone.

I know you are bombarded daily with so many conflicting messages about what is healthy and what is bad for you; it is not a surprise that you feel ill and are suffering. Believe me when I say that it's really not your fault when the world seems out to get you. However, as you become aware of what's really making you sick, it is your responsibility to fight for a healthier YOU!



I want to thank you for taking the time to download this eBook, which is part of our groundbreaking NEW 9 Episode Docuseries, *Natural Medicine Secrets*. In this life-changing docuseries, you will discover the key natural herbs and ingredients that can help reduce inflammation, balance blood sugar, assist in weight loss, remove harmful toxins from the body, promote healthy digestion, boost energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and so much more.

We want to show you the tips and lifestyle choices that can lead to a younger and healthier you, in mind and body. We're going to discuss the most common health concerns and how you can use natural herbs to revolutionize your health and combat chronic disease.



Can Natural Medicines Really Reverse Disease?

“My passion is the power of nutritional excellence, to have people transform their life, get better from diseases and age slower, have a healthy life expectancy and a great healthy life when they get older,” said Dr. Joel Fuhrman who is one of the 55 world-leading experts we interviewed for the docuseries, *Natural Medicine Secrets*. “In other words, what I’m saying right now is that most of the illnesses that plague Americans are not only preventable, but they’re able to be reversed through excellent nutrition.”¹

It’s so exciting and personally rewarding to watch people transform their lives and get rid of their diabetes—not control their diabetes, not take something to make it better—but to get rid of it for good and live a healthy life. That’s right. Get rid of heart disease. Make a full recovery from Lupus, asthma, depression, fibromyalgia, and psoriasis. In other words, achieve a great quality of life by no longer wasting your precious time and money on your chronic illness.¹

The power of nutritional excellence is amazing and to allow the body’s miraculous self-healing powers to fully manifest themselves is an art and a skill.



We’re also involved with helping people recover from food addiction, obesity, and other diseases related to the standard American diet, enabling people to prefer to eat healthfully, get rid of their emotional and physical addictions that make them unable to comply with a healthy diet.¹

Unfortunately, many doctors are not aware of the true value of natural medicine. “I am fascinated and certainly was not taught in medical school about the power of natural healing, the power of natural approaches,” said Dr. Joel Kahn. “In my clinic and in preventive medicine, herbal approaches are actually studied. The science is there. You are not going to find a doctor being approached by a pharmaceutical representative to talk about Ashwagandha, an herbal preparation from a plant in India that helps you deal with stress, and deal with sleep, and deal with weight, and deal with anxiety. You are not going to have it. So, most doctors don’t know these. It doesn’t mean there’s not science there. It just means the science isn’t blasted all over like necessarily a new pharmaceutical drug is. It doesn’t mean they’re actually even all that expensive.”²

What Are the Most Common Health Concerns?

If you ask most doctors, they will tell you that every patient has different priorities when it comes to their overall health. There are however a few common health concerns that are prevalent in today’s society that are recognized as chronic, serious illnesses:

- ▶ Autoimmune disease (Multiple Sclerosis, Lupus, Diabetes, Chronic Fatigue, etc.)
- ▶ Heart Disease
- ▶ Inflammation of the Brain and Body
- ▶ Neurodegenerative Disease - Alzheimer’s & Dementia
- ▶ Obesity



Detox to Combat and Help Prevent Chronic Serious Illness

No matter how healthy your diet or lifestyle may be, your body is challenged every single day by an accumulation of toxins, waste products, and even parasites that bog down your liver and kidneys and clog up your colon. If you give your organs a detoxification protocol on a regular basis, this takes the pressure off them, much like a vacation does.

Your body has multiple organs that work hard to support your natural detoxification processes, including your liver, kidneys, colon, skin, lymphatic system, and others.

The lymphatic system is the largest circulatory system in the body. Made up of nodes, vessels, ducts, and glands, it helps eliminate waste products and toxins from cells and controls the flow of immune cells throughout the body. The lymphatic system is also responsible for about 90 percent of nutrient absorption in the small intestine. Keeping the lymphatic system healthy is crucial for detoxification, immunity, and overall health.



Because we have multiple avenues of detoxification, we need a multi-pronged approach to achieve a successful detox. An effective detoxification program requires focusing on three key actions: removing toxins, eliminating parasites, and cleansing the colon.

Over time, no matter how healthy your lifestyle is, toxic chemicals and heavy metals will accumulate in your organs and tissues. Heavy metals include such things as mercury from fish and dental fillings, lead from pipes and paint, cadmium in furniture and household products, and many others. Additionally, we're all exposed to herbicides, pesticides, air pollution, food additives, and chemicals in thousands of day-to-day products that we use.

It's impossible to completely avoid these exposures, which can lead to many non-specific symptoms—brain fog, headaches, fatigue, mood changes, and others.

Fortunately, you can help reduce your body's toxic overload by using nutrients that help remove these accumulated toxins and heavy metals.



AUTOIMMUNE DISEASE AND CHRONIC ILLNESS

Autoimmune disease is the imbalance of the immune system. The primary goal of a healthy immune system is to kill pathogens, bacteria, viruses, or any other intruder in the body, including parasites. Autoimmune disease, however, is the result of an immune system that has begun attacking the body itself.³ A particular organ may be under attack, or it might be several bodily systems. There are over 80 different types of autoimmune diseases and some examples include: Multiple Sclerosis, Lupus, Diabetes, Chronic Fatigue, etc.

Environmental concerns such as air pollution from burning fossil fuels and biofuels, and from combustion, are the second leading cause of death in the world.

And there is an increase in autoimmune diseases that we are seeing, and what is causing them... whether it is burning of fossil fuels or whether it is other chemicals that we are being exposed to in our lives. There are fire



retardants in our furniture. There are pesticides in our food. There are just a lot of different chemicals we are being exposed to right now.⁴

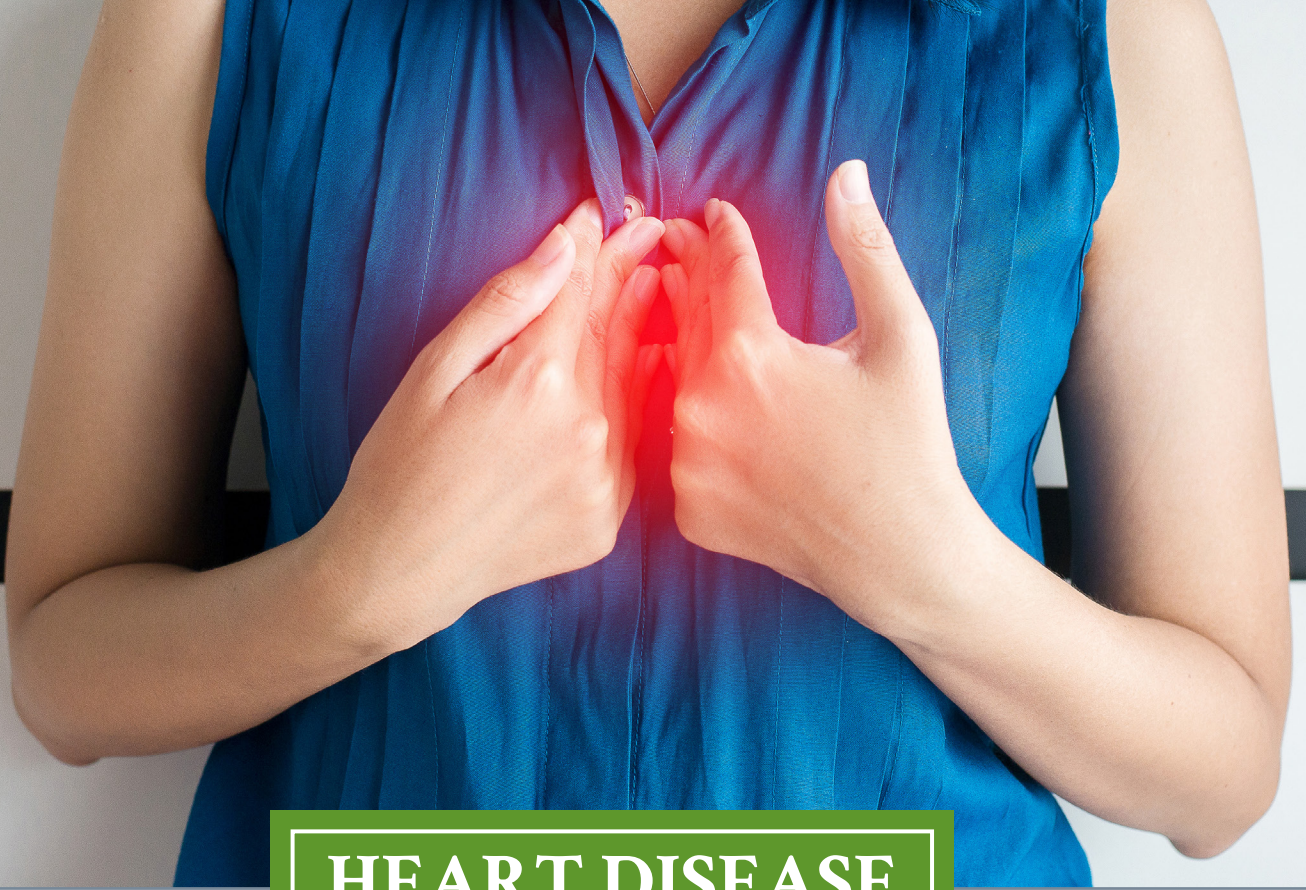
“Our kids are having more allergies too. Everybody has allergies now to something, and I remember when I was a kid in the 70s and the 80s, very few kids had allergies. There was maybe a child that suffered from allergies and had asthma or illness, but now it seems like every other kid has either very severe and life-threatening allergies, to just mild hay fever or something of the sort,” said Leah Parks. “I have not looked into all of the details of what is causing that, but I do know burning fossil fuels is causing asthma and cancer, and bronchial illness, and other illnesses that we know. And we know if we clean our air, if we stop burning fossil fuels in our cars, we are going to clean up our cities. If we stop burning fossil fuels for our electricity, that we are going to clean the air as well.”⁴

Although modern medicine does not have cures for a number of autoimmune diseases, doctors have discovered that there are ways to manage most illnesses and reverse many of the symptoms.



In the case of people with asthma, when we allow the body to remove the toxins, when we flood the body with nutrients and we wean the people off their toxic drugs, we take them off the beta agonist gradually, keeping them on the steroid inhalers and eventually we wean down to weaker inhaled steroids and then we use, usually, the moderate caloric restriction or moderate judicious use of fasting, we are enabling these asthmatics to make complete recovery as well.¹

On a positive note, the nutritional excellence and protocols that we have devised over the last 30 years are extremely effective for people with these chronic illnesses.¹



HEART DISEASE

For a long time, the myth was pervasive that women would start having heart attacks in their 40s and 50s. That is when women are going through menopause, and so the myth that circulated ... It is amazing how many times this happens, where the medical profession will look at something that is going on and infer some cause and effect relationship and then run with it, so it becomes a multi-million dollar industry, a billion-dollar industry.⁵

If heart attacks are happening in women about the time they go through menopause, then it is probably, “Ah, lower estrogen levels are causing the heart disease.” Turned out that was not the case at all, even though that became part of the justification for giving women hormone replacement therapy for a long time.



What really is happening is that women take longer to experience the negative consequences of eating a poor diet.

Women who have heart disease have it for the same reason that men do. You eat a lot of saturated fat, cholesterol, animal foods and protein; you do not drink enough water and you do not exercise. Before you know it, you have narrowed arteries, high blood pressure, and lots of plaque in the arteries—and you are at high risk of a heart attack or stroke. It is the same really for women and men. The difference is at what age the negative effects are very noticeable.⁵

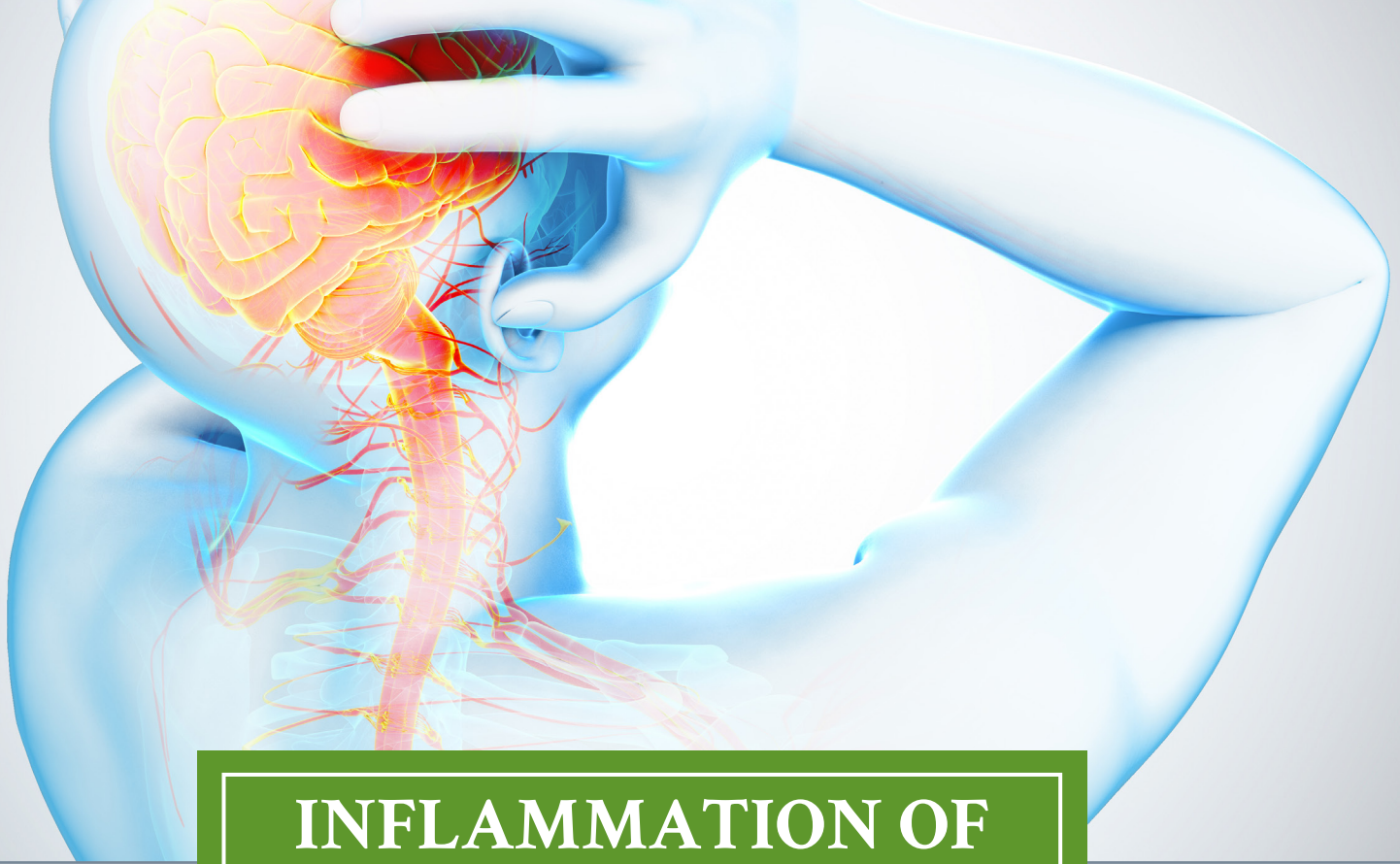
One of the areas in which people have a very big false sense of security about their health is this early diagnosis of hypertension and high cholesterol. When you are diagnosed with high cholesterol, the standard treatment is statin drugs, which lower your cholesterol.⁵

An effective way to combat heart disease is by eating a whole food plant-based diet, especially fruits and vegetables that are brightly colored, as fresh as possible and organic if possible. Also include whole grains, legumes and natural soy products.⁶



This healthy diet will protect your heart and brain from oxidative stress, and protect your insulin-producing pancreas.

Despite a vast array of chronic illness, it is really quite remarkable that heart disease remains the number one risk of men and women for sudden change in health or sudden death. You are never too young to start working on it. The longer in life your blood pressure is normal, your cholesterol is normal, your blood sugar is normal, your fitness is optimal, and you do not smoke, by far the more you reduce your risk.⁶



INFLAMMATION OF THE BRAIN AND BODY

Inflammation is swelling, whether it looks swollen or not. Did you know that a joint can swell up to 30 percent of its capacity inward (inside the joint) before it expands externally? That means that a joint can be swollen up to 30 percent of its capacity before there are any physical signs of swelling. Have you ever stubbed a toe or jammed a finger? Remember how it was stiff and hard to move, even weeks after the swelling went down? That was due to what is called intra-articular inflammation or swelling inside the joint.

There can be inflammation elsewhere in the body like headaches, bloating and arthritis. Inflammation is a systemic issue, not a local issue, if it lasts more than a week to 10 days.

Similar to how a stagnant pond “goes bad” and starts to grow all the wrong things in it, chronic inflammation causes stagnation in the areas where it has set.



There are many different things that cause inflammation in the brain. Yes, there are some things with diet; there are some things with toxins; there are things with the gut. The way wheat, grains and gluten are attacking the brain now is nothing like it was 30, 40, 50 years ago.

Regarding how our diet and lifestyle has changed over the years, Dr. Olivia Joseph noted, "I have people tell me all the time, "Well, my ancestors smoked, and they ate wheat, and they drank whiskey." I reply, Yes, but the wheat you eat, the cigarettes you smoke, and the whiskey you drink is not what it was 50 and 100 years ago." We are being exposed to so many toxins, and these toxins are toxic to our brain, as well as other systems of our body. If I had to sum it up in one word it is inflammation."⁷



One of the most important places to start when looking for sources of inflammation is the food that we are putting on our plate—especially refined carbohydrates. "All the processed foods and all the foods that are riddled with fungicides, herbicides, pesticides, genetically-modified organisms, are things that are in the majority of our common foodstuffs right now. This is a big deal, and it is posing a massive health risk for a lot of people."⁸



NEURODEGENERATIVE DISEASE Alzheimer's & Dementia

Many factors cause and contribute to neurodegenerative disease. Known factors include environmental stressors, leaky gut or intestinal impermeability, mental/mind/emotional stressors and genetics. While genetics may make an individual more prone to neurodegenerative and autoimmune diseases, it generally takes one or more of the other factors to trigger the expression of the genomes that results in the disease. Without a triggering factor, the genomes can lie dormant and the inherited genetic potential for a disease may never develop.

Everyone knows someone or knows of someone with Alzheimer's or dementia. Maybe it is your friend, your family member, or maybe it is you. Alzheimer's is quickly scaling the ladder of deadliest diseases—it is currently the sixth leading cause of death in the United States.



Alzheimer's, or another type of dementia, kills one in three seniors, which is more than two of the most common kinds of cancer (breast cancer and prostate cancer) combined.

Now, we have learned that the disease does not only affect seniors; as many as 200,000 people under the age of 65 have developed younger-onset Alzheimer's.



ANTI-AGING & ALZHEIMER'S

Although aging is not a chronic illness, anti-aging advice has become an underlying message in many discussions patients have with their doctors. They want to know if it is possible to:

- ▶ actually, start looking younger?
- ▶ reverse the effects of aging?
- ▶ reverse the clock, not only on your skin, but on your actual ability to have optimal brain function?

These ideas sound like fairy tales or well-spun marketing ploys for the newest beauty product commercial. Often we find ourselves chasing an impossible dream, trying product after product with little to no results. Some even resort to surgeries or dangerous injections in order to try and recapture that youthful appearance.

These are not the only questions we have surrounding the concept of aging, though. Often, there is a fear many of us face.

It is the fear of losing our mind, of developing neurodegenerative diseases that incapacitate us and leave us with the inability to live well or enjoy life.



We fear the thought that one day we will forget our loved ones and lose the ability to care for ourselves, and we live in suspense, knowing that we may end up with other people in charge of making decisions for our life, because we no longer have the capacity to fully function.

Alzheimer's is an ominous threat to all of us and the rates of this disease continue to increase as time goes on.

But... is there hope for those who are suffering from Alzheimer's? Is there a way to ensure that you could avoid losing your cognitive function? Is there a way that you can keep your mind sharp all the way to the age of 80, 90, or even 100 years old?

Does what you eat matter, what you drink, what supplements you take, what activities you do?

Are there practices you can put into place that could actually prevent the damaging effects of aging or even reverse them?

Indeed, a world authority on brain health, Dr. Michael Merzenich, states that Alzheimer's is not a disease—it is the end stage of a decades-long negative progression. We should not look at it as a disease to be treated, but instead, should determine how to stop the decades-long progression.



Dr. Merzenich believes that Alzheimer's can be prevented, or at least delayed for probably indefinitely in most people, and that when you do that, the changes that you drive in the brain will lead to substantial increases in longevity.⁹



OBESITY & WEIGHT LOSS

Weight loss is an issue that is often treated by restricting calories and exercising a lot, but for so many people, perhaps even for you, it just does not seem to work. It seems that just by breathing you are putting on weight. It turns out that autoimmunity plays a component in this particular issue when it comes to unwanted weight gain, stubborn belly fat, and the weight that just sticks to us.

In our modern day epidemic, heavy metal toxicity and chemical toxicity like pesticides can actually trigger autoimmunity and cause weight gain.” When we are exposed to toxins, the body tries to process them. When it cannot, it stores them in fat cells as a way to protect the body from the toxins attacking, damaging and inflaming cells throughout the body.”¹⁰



Somebody that is weight-loss resistant—who cannot lose weight no matter how hard you try—oftentimes needs to start with detoxification first. “You need to start detoxing these chemicals out...it allows the body to go to more of the ideal body weight.”¹⁰

There is also a relationship between gut-related problems and weight gain. If you are having gut issues, one of the things to look at is intestinal permeability or leaky gut. "Think of it as having Swiss cheese in the intestinal tract and the holes are too big, so there are foreign things sneaking through into our bloodstream. That means we are now absorbing things that we are not supposed to, and again these are foreign objects. This can cause weight issues. This can oftentimes do the opposite though; it will actually create so much inflammation, so much autoimmunity that people become underweight." ¹¹



› If you take the time to detox and pursue healthy natural options, "the body will come back to whatever its ideal weight is for you, your body type and your age." ¹¹



DIET & NATURAL MEDICINE

Diet, sleep, and exercise are the things people can do that actually make a difference in their overall health. Those who do not always eat a health-promoting diet have discovered the benefits of supplementing their diets and healthcare needs with natural medicine.

You may be one of the growing numbers of people who choose alternative medicine over conventional treatments. We are fortunate to have access to thousands of years of medical knowledge gained from diverse cultures around the world, including Traditional Chinese medicine, Ayurvedic (traditional Indian) medicine, Egyptian, and ancient Greek and Roman medical systems. Although they each developed their own medical practices, they all evolved around plant-based medicines.

Plant-based natural medicines are often found to be as effective—sometimes more effective—than what the TRILLION dollar-a-year Big Pharma "global cartel" has to offer. They are far more affordable and less prone to side effects than pills produced by the pharmaceutical industry.

There are many safe, effective, natural remedies available to treat every medical concern and to help improve your overall health. In this eBook, in addition to highlighting common natural medicines, we wanted to introduce you to some of the less commonly known natural herbs and plants that can help revolutionize your health and combat chronic illness.



CORDYCEPS MUSHROOM

Cordyceps Mushroom promotes the excretion of water-soluble toxins via the kidneys, offers support for immune health and may have brain-boosting anti-aging properties. In the present study, researchers led by Assistant Professor Feng Lei at the National University of Singapore (NUS) found that increased ergothioneine (ET) intake through [a variety of] mushroom consumption was associated with a reduction in Mild Cognitive Impairment (MCI) symptoms. The six-year study, which was conducted from 2011 to 2017, saw data collected from more than 600 Chinese seniors, over the age of 60, living in Singapore.¹²



FULVIC MINERAL

Fulvic Mineral is a natural product that literally comes from soil and is produced when organic plant matter decomposes. It contains many nutrients, including trace minerals, electrolytes, prebiotics, and probiotics. In particular, probiotics and prebiotics abundant in Fulvic Acid nourish the gut and help maintain a healthy balance of beneficial bacteria. This also promotes optimal immune function and supports detoxification, parasite removal and digestive health. One of the most important benefits of fulvic minerals is its ability to help carry vitamins and nutrients to the right place in our bodies. When minerals and trace elements from food come into contact with Fulvic Acid, they are dissolved into a form that makes them more bioavailable (usable) by the body. It contains antioxidants that serve to help neutralize free radicals that are highly reactive compounds that cause damage to cells and DNA and are linked to premature aging.



GARLIC

Garlic is used as a dietary supplement for many purposes, including high cholesterol, high blood pressure, and the common cold, as well as in attempts to prevent cancer and other diseases.¹³ It is rich in vitamins and minerals and contains the high-sulphur compound, allicin, which has potent antioxidant, antibacterial and antifungal properties. In fact, garlic has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years. Topically, it helps heal scars, and treats eczema and fungal infections like ringworm and athlete's foot.



GINGER

Ginger is loaded with antioxidants and potent anti-inflammatory properties, is believed to play an important role in brain health, and has been shown to decrease pain in arthritis. Dried ginger has been used for thousands of years to treat stomach aches, diarrhea, and nausea. Today, ginger is used as a dietary supplement for post surgery nausea; nausea caused by motion, chemotherapy or pregnancy; rheumatoid arthritis; and osteoarthritis.¹⁴



NEEM LEAF POWDER

Neem Leaf Powder is an Ayurvedic healing nutrient that supports parasite removal, detoxification, immune function, gastrointestinal health, and liver and skin health.



TRIPHALA POWDER

Triphala Powder is another Ayurvedic healing herb that nourishes the digestive tract, supports colon cleansing and detoxification, supports a healthy inflammatory response, and provides antioxidant benefits.



TURMERIC

Turmeric contains the active ingredient curcumin, which has multiple health benefits affecting virtually every organ system in the body. This remarkable turmeric extract helps balance inflammation, supports immune function, promotes cardiovascular health, offers potent antioxidant protection, improves brain health, protects against Alzheimer's and much more.



WORMWOOD HERB POWDER

Wormwood Herb Powder is a natural herb, containing compounds such as artemisinin, that helps cleanse the body of harmful organisms such as parasites. It also supports liver and digestive health.

CONCLUSION

Find Out More About Natural Herbs to Revolutionize Your Health & Combat Chronic Disease

Our eBook has explored a tiny fraction of the thousands of healing remedies used by billions of people every day.

The World Health Association estimates 80% of the world's population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, two billion people rely upon medicinal plants as their primary treatment option.



The Food and Agriculture Organization—which is part of the United Nations—estimates that there are as many as 50,000 medicinal plants in use around the world.

So, why don't we hear more about natural medicines and remedies? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It is a global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

There is absolutely no profit for them in natural, plant-based medicines. It is largely through word of mouth that we are able to reach people, and share safe, effective, natural remedies.

Be part of the solution.

This information is too valuable to keep to yourself; so, please share this knowledge with your friends and family members. Send them a link to our website, www.naturalmedicineseries.com. Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.

There are so many natural ways to combat chronic illness and improve our overall physical and mental health. While we cannot expound on all the methods here in this eBook, they will be covered in the informative 9 Episode Docuseries, *Natural Medicine Secrets*. This groundbreaking docuseries features interviews with 57 well-respected natural medicine doctors and other experts who focus on autoimmunity, brain health and natural medicine.

Some of these topics and protocols include:

- ▶ Stress & Anxiety
- ▶ Mental Clarity / Brain Health
- ▶ Hormones & Fertility
- ▶ Detoxing
- ▶ Chronic Serious Illness
- ▶ Triggers For Disease
- ▶ More Nutritional Therapies



Do not be in the dark any longer.

Discover the key ingredients that can help reduce inflammation, balance blood sugar, assist in weight loss, remove harmful toxins, promote healthy digestion, boost energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and so much more in our exciting, NEW *Natural Medicine Secrets* docuseries.

NATURAL MEDICINE SECRETS

brought to you by HEALTH SECRET

The first episode will have its world premier screening on **June 29, 2020**, so keep an eye on your email for a free link to begin your healing journey that will revolutionize your overall health, combat chronic disease, and destress your life.



About Jonathan Otto

Jonathan Otto is an investigative journalist, filmmaker, and humanitarian. His life narrative is characterized by his unceasing desire to uncover truth and alleviate suffering. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and continually draws finances from his own pocket whenever necessary.

In more recent years, Jonathan has turned his attention to seeking truth and exposing error and deceit in the area of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docuseries, *The Truth About Cancer* and *The Truth About Vaccines* (with Ty Bollinger), *Diet Against Disease with Dr. Joseph Mercola*, and more recently in Jonathan's self-hosted docuseries, *Depression, Anxiety & Dementia Secrets*, *Bible Health Secrets* and *Autoimmune Secrets*. These groundbreaking docuseries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned experts and their patients. Jonathan has been featured in international TV broadcasts, print media, national news, and radio broadcasts.

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