

***"With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."***

– **Dr. Wayne W Dyer**

I can't even begin to tell you how much I love this quote. One reason is because I love the words of Dr. Dyer. I've read all of his books. Everything he wrote about while he still walked this earth makes so much sense. Plus, his words remind me of my dad. When I was growing up, my dad would talk to me about things and I'd literally roll my eyes. I thought it was dumb. It was only later, after I'd matured into a somewhat responsible adult, that I realized how incredibly brilliant my father was. Dr. Dyer's words were often uncannily similar to those of my father. But when I heard Dr. Dyer speak them, they somehow made more sense. Go figure. My dad was talking about those same things decades before Dr. Dyer did, yet Dr. Dyer was world renown. My dad didn't want fame or fortune. He just wanted people to live in the light. That's where we are now. We get to choose whether we live in darkness or light. Sometimes, we have to actually walk through darkness before we get to see the light. Though it may not seem like it at the time, darkness can truly be a gift. Only after we've been through the darkness can we actually appreciate the light.

Yours in health,

Susan Monaco  
Health and Wellness by Design  
[www.healthnwellnessbydesign.com](http://www.healthnwellnessbydesign.com)  
[susan@healthnwellnessbydesign.com](mailto:susan@healthnwellnessbydesign.com)

### **What is the 8<sup>th</sup> Element?**



Quick! Do you know what the 8<sup>th</sup> element on the periodic table is? I'll wait. While you're thinking about it, I'll give you a clue. It's THE most important element in our lives. I'll give you another hint. When you can't get enough, you'll do pretty much anything to get it. Have you figured it out yet?

It's oxygen. Have you ever been underwater for just a little too long or had the wind knocked out of you? It's a horrible feeling and you may even start to panic. All you want to do is to take a breath of that all-important air. You can go for potentially days without water, weeks without food, but you can't go more than a few minutes without oxygen. It's absolutely critical to life. But guess what? These days, none of us are getting enough oxygen. Your cells are literally starving for it and you probably don't even know it.

How would you aren't getting quite enough? Here are just a few telltale signs:

- Insomnia, or just not sleeping as well as you think you should
- Headaches
- Fatigue and lack of energy
- Forgetfulness
- Lack of focus

But it gets worse. Nobel Prize winner Dr. Otto Warburg found that an environment with low oxygen is why healthy cells turn cancerous. Back in 1966, here is what he told to a gathering of Nobel Prize winners: ***"The prime cause of cancer is the replacement of the respiration of oxygen (oxidation of sugar) in normal body cells by fermentation of sugar. It is indisputable that all cancer could be prevented if the respiration of body cells were kept intact."*** Dr. Warburg had actually found the REAL cause of cancer and how to prevent it.

Before I'd even heard of Dr. Warburg, I actually learned years ago, when I started studying alternative treatments for cancer, that cancer can't survive in an oxygenated environment. If we could figure out how to increase the oxygen levels in our body, we'd be healthy.

So the question is: how do we get more oxygen into our cells? One way, which I've written about previously, is with 35% food grade hydrogen peroxide. There is a very specific protocol that must be followed, so please don't just start taking it. My health has certainly improved since I started using it years ago. But here are some ways to increase your oxygen levels.

- COQ10 – High blood pressure and heart disease are common because most people are deficient in this supplement. Without enough CoQ10, our bodies can't adequately use the oxygen we do get. The best source is organ meats, but that's not something most of us eat. Another good source is red meat. I know, we're told red meat is bad for us, but if you choose grass fed organic beef, it's actually quite healthy. You can't get enough of this nutrient from vegetables. You can get a tiny bit from avocados, almonds and sesame seeds, but red meat, fish (like sardines) and red mackerel are better choices. CoQ10 is also super important to help your cells make energy. The best form of CoQ10 is Ubiquinol, which is 8 times more powerful than the old form called ubiquinone. Alternative doctors I follow recommend 50 mg daily, but if you have cardiovascular issues, fatigue or memory loss, they suggest increasing it to 100 mg daily.
- Iron – This important mineral combines well with oxygen and therefore, helps get it from your lungs to your cells. It's easy to take too much if you supplement with it, so it's best to avoid supplements unless you talk to your doctor. It's much better to get it from natural sources. Blackstrap molasses is a good source. I cook in a cast iron skillet. Beef is another good source.
- B Vitamins – Dr. Warburg focused on 3 in particular: B2, B5 and niacin. B2 is key to iron absorption. Good sources are milk, almonds, eggs and spinach. B5 is a key for energy production. Good sources are avocado, chicken, milk and sweet potatoes. Niacin helps breakdown protein, fats and carbohydrates. Tuna, salmon, chicken and turkey are great sources.
- Omega 3 – Oil and water don't mix, but oil and oxygen do. This is an essential fatty acid (EFA) that guarantees more oxygen will reach your cells. Dr. Johanna Budwig, who was nominated for the Nobel Prize in Medicine a shocking 7 times, was a huge proponent of B vitamins and essential fatty acids. The American diet is lacking in Omega 3s. Fish oil is a great source, but I take Krill oil, which provides more DHA. It also contains a little known omega 3 called DPA, which helps with inflammation and helps reduce the amount of fat in your liver. Grass fed organic beef, which has much higher levels of omega 3s than conventional beef, is another good source.
- Alpha Lipoic Acid (ALA) – this is an important antioxidant that seems to improve function of the mitochondria. ALA appears to increase oxygen use, which indicates greater energy production.
- Manganese – You don't need much of this nutrient in your diet, but it's absolutely critical you get it. It's important for building strong bones, healing wounds and maintaining your body's energy process. If you don't get enough, free radicals will have a field day with your cells, which is bad news. You can get manganese from leafy green veggies, nuts and pecans. But it can be toxic if you get too much, so don't overdo it. According to a doctor I actually trust, the safe max is 11 mg daily. But in general, women need about 1.8 mg and men need closer to 2.3 mg.
- Glutathione – This is one of the most powerful antioxidants out there and is super important in regards to cellular energy. The best way to build more of this important nutrient is by eating meat, eggs and fish, which are high in glycine and cysteine, two of the three amino acids that produce this nutrient. Yogurt, sunflower seeds, broccoli, cauliflower, red peppers and Brussel sprouts also help boost glutathione levels. Other options are alpha lipoic acid (ALA), melatonin, grape seed extract, turmeric and bilberry. You can also take Vitamin C, NAC and Selenium.

So there you have it. I just gave you the key to wellness....oxygen. The eighth element is absolutely paramount to health. You don't need a vaccine. From what I've read, the COVID vaccine will change your DNA, so please do your research if you're thinking about getting it. You couldn't pay me enough money to agree to allow it into my body. But you have to make your own decision. I will leave you with this thought: if therapeutics are available to treat you, why on earth would you get a vaccine? Have a wonderful month!

