

“Beautiful things happen in your life when you distance yourself from all the negative things.”

- **Author Unknown**

I love this quote because I've learned from experience it's true. For the last several years, I've worked very hard to get negative people and things out of my life. It wasn't easy to say goodbye to friends...and even family, who have been part of my life for a long time. I even moved to somewhere I could live a simpler, quieter and less stressful life. When we eliminate negativity from our lives, we're able to smile more and worry less. I've also learned that life is so much better when we live in the present moment rather than dwell on the past or worry about the future. If you really pay attention, you'll see that life will teach you a new lesson every day. Hopefully that lesson will put you on a positive journey. Over the last couple of years, I've learned that I can't let the sadness from my past ruin the happiness of my present. Like I always tell you, it's about CHOICE. Choose wisely. Remember, the challenges and difficulties in your life don't come around to destroy you. They come to help you realize your hidden potential.

Have You Heard About DMG?



I thought I was familiar with pretty much every supplement out there. But since I'm always researching, I recently came across something new to me: Dimethylglycine, also known as DMG. I was pretty amazed by what I learned.

DMG is an amino acid found naturally in plant and animal cells and in many foods. It was discovered by scientists working for the Russian space program. They discovered that cosmonauts who took DMG while they were in space didn't show the signs of premature aging and cellular damage that were appearing in their colleagues who didn't take it. Researchers in Russia found that DMG helps prevent fatigue and keep the mind clear. It also improves the body's immune response and the utilization of oxygen in the body (probably much like food-grade hydrogen peroxide). It's amazing that so much cutting edge research comes from outside the United States. I think we all know why.

DMG has more than 40 years' worth of clinical research to back up its claims that it can improve the environment in which cells, tissues and organs live. So why haven't we heard of it? Well, back in the 1970's, many athletes, including Muhammed Ali and players from professional teams such as my Pittsburgh Steelers, New York Yankees and Dallas Cowboys were supplementing with it. Its benefits were obvious and a bunch of athletes started using it. Then of course, our corrupt FDA banned it, making it impossible to buy. Fortunately, in 1994, Congress passed the Dietary Supplement Health and Education Act and DMG could be sold again as a dietary supplement. The reason it was allowed was because it's found naturally in plants and is made by the liver.

After its sale became legal again, more research began. Studies showed that taking DMG could help strengthen a compromised immune system and act as *"a cellular catalyst to make the whole body work better."* Dr. Roger V. Kendall, PhD, who is considered to be the world's leading expert in the biochemistry and therapeutic applications of DMG, considers it one of the most important nutritional supplements for health and well-being. He is the author of *"Building Wellness with DMG"* and has stated the following:

"DMG occupies a key spot in the metabolic pathway, which makes the cells of the body work even more efficiently. It improves cell-to-cell communication and enhances the body's functions at the cellular level. It gives a wide range of specific health benefits, provides protection against infectious agents and can optimize performance whether you're an athlete or simply want to have a more active lifestyle. DMG aids in cardiovascular function by improving oxygen utilization, reduces elevated cholesterol and triglyceride levels, decreases angina pain and high blood pressure. It possesses anti-cancer activity while preventing metastasis."

Many doctors aren't familiar DMG, but many cutting edge practitioners are. Dr. Mitchell Pries, MD and PhD, is a renowned cardiologist who has conducted hundreds of clinical trials since 1979 using DMG on his patients. He reported dramatic results and stated that *"Cardiovascular patients on DMG almost universally experienced favorable reactions such as improved well-being, vitality and mobility; overall improvement in circulation....decreases in cholesterol levels....decreases in blood pressure....and improvement in cardiac response in patients undergoing exercise stress tests."*

DMG, like one of my favorite natural remedies, food grade hydrogen peroxide, increases the use of oxygen in the tissues. Diseases like cancer can't live in an oxygenated environment, so increasing oxygen levels helps prevent illness. Dr. James Balch, MD and Phyllis Balch, C.N.C, authors of the bestselling book *"Prescription for Nutritional Healing"*, recommend DMG for at least 48 different health conditions.

In my humble opinion, anything that has the potential to help you get and stay well naturally is worth investigating. That's the ultimate goal of these newsletters. After you've done your own research, then you can decide whether you want to try it. I've done mine and have given you just a small glimpse of the health benefits of DMG. Hopefully, you'll find it intriguing enough to want to learn more. DMG is certainly more expensive than the food grade hydrogen peroxide therapy I've written about a couple of times (February 2015, November 2016), but it might be more appealing for any number of reasons.

Here are a few additional ways DMG can help:

- Improves athletic performance by decreasing the buildup of lactic acid and improving endurance and stamina.
- Improves liver function by helping to detoxify the liver and other parts of the body.
- Improves the immune system by supporting the body's resistance to infection.
- Improves energy production for the brain.

DMG can be found naturally in the following foods:

- Beans
- Cereal grains
- Brown rice
- Pumpkin seeds
- Liver

So now you have one more natural weapon in your *"toolbox"* to fight the infections that will no doubt swoop down on many of you as fall and winter approach. As always, I plan to be one of the healthy ones. Please don't forget to take zinc, which should be part of your daily immune protocol because it stops the replication of viruses. While you're at it, be sure to include Vitamin D and quercetin. Please reach out if you have questions or want to know more.

Have a wonderful and healthy month.