

THE HEALTHY CELL CONCEPT I - Cell Exercise

BY Dr. Rowen S. Pfeifer

I will write several articles giving a general overview of what I feel are the most important aspects of a healthy lifestyle. We will see how our health depends on the health of our individual cells, between 50 and 75 trillion of them! We'll see how the choices we make on a daily basis affect our cells – either to enhance or diminish the health and/or function of each cell. I'll describe what I feel is an optimal lifestyle to strive for so we can begin to make choices that will lead us to abundant health in a relatively short period of time.

This discussion would be incomplete if we didn't also address your VISION for your life, and the issues of exercise, supplementation, fresh air (oxygen), sunshine, clean water, stress management, “live” foods verses “dead” foods, juicing, as well as getting quality rest and sleep.

I will now introduce the five components of the Healthy Cell Concept. I have drawn on two primary sources for this information and blended them, along with my own input, into what is presented here. Some of these concepts came from Albert E. Carter, a medical reporter and author, who wrote *The Cancer Answer* and *The New Miracles of Rebound Exercise*. Other concepts came from AIM International, a whole foods supplement company based in Nampa, ID that focuses on teaching healthy lifestyle principles, including their version of the healthy cell concept. Rather than just selling products they take responsibility to educate their customers. My version of The Healthy Cell Concept includes 1) Cell exercise, 2) Cell food, 3) Cell communication, 4) Cell environment, and, 5) Cell protection.

The first of these, CELL EXERCISE, must in some way involve every cell of your body without damaging any part of your body. There are many types of exercises, and I've tried my share of them over the years. I will only briefly mention one, walking, and then I'll spend more time on what I believe are two of the world's best man-made exercises – *rebounding* and *whole body vibration*!

Most people know that walking is a great exercise that can be done by almost anyone in some form or another. My suggestion is to start slowly, as with any new exercise program. The usual precautions apply to this as well as any other exercise program. Namely, if you have any health condition that may affect your ability to exercise safely, get an appropriate doctor's approval before beginning. Be sure the doctor you discuss this with has personal experience and knowledge of this type of exercise. It is also advisable to wear comfortable clothing, warm your muscles up and then stretch prior to exercising. Be sure to drink adequate amounts of pure water before, during, and after strenuous exercise.

That said, I recommend that if you are new to a walking program, find a safe place to walk that is not polluted with vehicle exhaust or other contaminants. Begin by walking a measured mile at a comfortable pace and see how long it takes to complete it the first time. Then continue to walk that mile until you can do it in no more than 15 minutes. Then add a second mile. Walk those two miles until you can do them in no more than 30 minutes. Continue until you have worked up to a four-mile walk in less than one hour. Remember to breathe deeply while walking to oxygenate your cells and tissues and to expel toxins. Light hand and/or ankle weights can be added later to increase your workout, improve muscle tone, and to increase heart rate.

One of the best exercises I know of for the health of your cells is called rebound exercise. This exercise is done on a mini-trampoline that is usually 40 inches in diameter. It can do more beneficial things for the cells of your body than most any other exercise without the harmful pounding effects of jogging. In fact, NASA did research that showed rebounding to be 68% more effective than jogging with only 1/8th to 1/12th the strike force, depending on the type of rebounder used. Ideally, it is best to place it outside on a patio or deck while exercising so as to get the benefits of the fresh air and sunshine during your workout. If this is not possible, open the windows if you can to at least get some fresh air.

There are two distinct types of rebounders. One is a piece of exercise equipment that is constructed of a heavy-duty frame, music instrument quality springs attached with bolts to the frame, and a “Permatron” mat. This is a high quality mat that won’t stretch out with use and should last ten to fifteen years or more. Some top-of-the-line rebounders will even fold in half for storage in a closet or under a bed, will fit in a trunk for trips, and can even be taken aboard planes. These quality units are priced from \$270 to \$350. The other type of rebounder I would classify as a toy. It is not meant for regular exercise and will break down with that kind of use. In addition, the mats are made of nylon or vinyl and will stretch with use. This can cause joint problems to develop in the ankle, knees and other joints. These units can be purchased for \$20 to \$60. For short-term use, just to see if this kind of exercise is suitable for you, these cheap models are o.k. but I wouldn’t use them for more than a month or two at most. Then give them to the kids to play on and get a good quality rebounder. Of course, if the kids end up actually exercising on the rebounder then they, too, should use the quality unit.

A rebounding workout can be aerobic for cardiovascular/respiratory conditioning. You can also do strength training, cross training, calisthenics, or lymphatic flushing. Actually, a good routine will combine several of these components. One of the most important components to understand is “G-force”. As you jump up and down on the rebounder you will naturally develop a rate of approximately 100 up and down movements per minute. At the top of your jump, you will experience weightlessness briefly, as your momentum changes from the up cycle to the down cycle. At the bottom of your bounce, as you reverse direction from the down cycle to the up cycle, the “G-forces” on your body will be increased. You can develop G-forces up to two to three times your body weight, which is enough to put your cells under a significant load, but not enough to do harm. This means that 100 times each minute you are exercising each cell of your body by the increased load they experience. Your cells have no choice but to respond by getting stronger!

The whole idea behind exercise is that cells (i.e. – muscle cells) must respond by getting stronger when subjected to increased forces/weights/loads. When you are rebounding this happens to every cell of your body – 100 times each minute. This obviously includes, but is not limited to, your muscles, your skin cells (making you look years younger than your age), your sub dermal cells (tissue below your outer skin), your organ cells (making them function better), your connective tissue cells (helping to prevent organs from sagging or drooping), your eye cells, your blood cells, and on and on. You may notice that you progress with this exercise faster than anything you’ve tried before. You’ll tone, firm and trim up all while having a lot of fun! Can you recall as a child ever getting yelled at for jumping on the bed or sofa? Did you stop right then or did you get yelled at more than once? If you were like most of us, this happened often. Why? Because it was fun. I also think we innately knew that it good for us. If our parents only understood this, they could have purchased a rebounder and saved us all a lot of trouble, right? ☺

The other major thing to know about rebounding is that it gets your lymphatic system pumping 30 to 40 times its normal rate and helps to enhance your immune system. You have several times more lymph fluid in your body than you have blood, but without a pump like the heart to move it. This is not a problem for very active people, but it can cause serious problems for those who are inactive or sedentary. The lymph vessels are similar to your veins. They have one-way valves in them so that as the lymph fluid moves upward through activity and muscle contraction these valves close as gravity pulls on the fluid after the contraction has ceased. In this way the lymph fluid can work its way up to the Thoracic duct in the chest to be dumped into the blood vascular system for removal. Rebound exercise, with the constant up and down motion and the regular, rhythmic muscle contractions, helps to get this fluid pumped out at a much higher rate.

So, why is this important? Because the lymph fluid is what carries the nutrients from the blood stream to the cells and also carries the cellular waste products that are not picked up by the blood vessels back to the blood stream for elimination. Dr. Alex Carrel’s research showed that cells were designed to virtually live forever if two conditions were met. First, the proper nutritional requirements for optimal health must be supplied, and, just as important, the waste products must be removed in a timely manner. Rebound exercise helps to enhance both of these processes. Waste products that remain in contact with cells can become an irritant. These irritants can sometimes cause a cell to mutate. The best way to avoid this is to get regular exercise. And rebound exercise is an excellent exercise for this purpose.

Rebound exercise is truly cellular exercise and also creates strength, endurance, flexibility, mental alertness and helps to relieve stress.

The other great cell exercise is Whole Body Vibration, also known as Acceleration Training. While you may not be going into space anytime soon, you can probably relate to those that do. Spending time in near zero-gravity causes bone mineral density to decrease and muscles to atrophy similar to when we age. The Russian Cosmonauts first used vibration for rehab and now you can enjoy the benefits as well. Vibrations stimulate the muscle-pump-effect and cause an increase in blood flow with an improvement of transport capacity for:

- Oxygen / Carbon dioxide
- Vitality components (micro nutrients)
- Energy components (macro nutrients)
- Derivates and waste (i.e. lactic acid)

Power Plate machines are the premium vibration devices powering a whole new dimension in wellness solutions for all ages, lifestyles and physical abilities. *Power Plate* uses the principles of Acceleration Training exercise™ to stimulate the body's natural response to vibration. Waves of energy are transmitted throughout the body, activating muscle contractions between 25 and 50 times per second which lead to enhanced muscle strength, circulation and performance in as little as 15 minutes a day, three sessions per week.

Acceleration Training exercise on *Power Plate* machines offers a host of benefits, ranging from an immediate improvement in blood circulation, to a variety of measurable outcomes, such as increased muscle strength and flexibility, improved range-of-motion, decreased cellulite, increased bone density, reduced pain and soreness and faster recovery. Users enjoy a more immediate release of endorphins, the neurotransmitters associated with “runners high”. With proper use, *Power Plate* machines help accelerate weight loss, help stretch, strengthen, massage and relax the body. There is an abundance of research showing the many benefits of acceleration training at www.powerplate.com.

The simplest truths often meet the sternest resistance and are slowest in getting general acceptance.
Frederick Douglass (1817-1895) Abolitionist

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THE HEALTHY CELL CONCEPT II - Cell Food

BY Dr. Rowen S. Pfeifer

Next I will focus on Cell Food. What types of food nourish your cells and what foods clog up your cells and cost your body energy to attempt to clean up the mess? How can you beat disease? Why is juicing so important?

To start with, I'd like to define what “cell food” is in its simplest form. *Cell food is Raw Food!* This is the food that nature provides in as close to its' natural state as possible. Essentially this is raw fruits, raw vegetables, and raw nuts and seeds. Let's look at an example of the tremendous difference between raw food and cooked or processed food.

Imagine bringing into your home a bunch of carrots, complete with the green tops, just like they come from the garden. Take one carrot and cut the green top off. Then cut the top 3" off of the carrot and put it on the window sill in a glass of water. What will happen to the carrot? If you said it would begin to sprout and grow new life you are correct. Congratulations!

Now, what would happen if you just changed one thing in the process? Instead of putting the carrot in the water in its' raw state, you would do one of the following: steam it, boil it, bake it, fry it, microwave it or broil it. Now place it in the glass of water in the window. What would happen in this case? Yes, it would sit there and rot! Why? In the first case the carrot was raw and all the life factors were present (vitamins, minerals, enzymes, amino acids/proteins, fatty acids, phytonutrients, etc.) so it was able to generate new life because it was alive. In the second case there was no life left once it was cooked in any one of the above ways. You killed it!

The main thing that was destroyed was the enzymes. Without enzymes nothing happens. Enzymes are the life of the food. Enzymes begin to be destroyed at a temperature of 106 degrees and are totally destroyed (inactivated) at a temperature of 118 to 122 degrees (depending on the source). These enzymes will no longer promote life-giving functions when taken into the body. How difficult would it be to build a vital, vibrant, healthy cells from dead and devitalized (cooked) foods? Impossible! Try to build a million dollar mansion from junk yard scraps and see what you get. You can't build a million dollar body with junk food scraps either. When you eat mostly cooked and processed and junk foods your body cannot perform its' life sustaining functions and they actually add to the body's toxic burden. This leaves you with a weak immune system and in a more debilitated state, therefore, more susceptible to disease. To use an analogy to an automobile – initially you may have just some "pinging and knocking" (frequent colds or flu, tiredness, foggy thinking, etc.), later on you may blow the engine or drop the transmission (develop cancer, heart disease, diabetes, high blood pressure, high cholesterol, etc.).

The human body is a living organism made up of 50 to 75 trillion cells that are constantly in the process of dying off and being replaced with new cells. These living cells require proper fuels and building materials in order to function optimally and reproduce themselves accurately. Even a slight alteration of the natural fuels and raw materials, which your cells need to be nourished, can lead to disease, and eventually, premature death. Fresh vegetable juices are one of the keys to improving your health if your body has already experienced some degree of breakdown. These juices are almost like injecting high quality nutrition directly into your blood stream without the energy cost of the digestive process. It takes a lot of energy to digest a meal and, even if you have an extremely healthy digestive tract you will only get up to 35% of the nutrients from that food into your blood stream. Most people in this country have very compromised digestive tracts as witnessed by the massive amounts of digestive aids sold (Tums, Roloids, Tagamet, Pepsid AD and others are the top selling group of drugs in the U.S.) and therefore only absorb from 1% to 5% of the nutrients from the foods they eat. Contrast this to the 92% nutrient absorption when drinking vegetable juices without the high energy cost of the digestive process! Drinking freshly extracted vegetable juice is truly why many chronic degenerative diseases can be reversed. I recommend either the Champion or the Green Star juicers for the highest quality juices possible.

When we give our body the pure, nutrient dense, high quality, toxin-free food and drink it needs, its energy and vitality can then be focused on detoxification, healing and re-balancing your physiology and biochemistry so true healing can take place. I know it sounds quite amazing, but when conditions for healing are created, your miraculous self-healing body has the ability to prevent, and even reverse, virtually any disease process. This has been proven thousands of times with everything from cancer to diabetes, from arthritis to heart disease, from fibromyalgia to allergies.

I am, in fact, a case in point. My diet was horrible for the first 25 years of my life. I ate virtually no fruits or vegetables and, as a result, I was chronically constipated. Every trip to the bathroom was a 30 to 45 minute ordeal, many times with little to no results. In my late 20's I began seeing blood in my stool. This went on for years and continued to worsen. The stress of returning to school (working full time while taking a full time pre-medical and Chiropractic curriculum) after being out of high school over 13 years, and then working to build a new practice after graduation from Chiropractic College, not only increased the bleeding, but I also began to see a lot of mucus in my stool as well. The chronic constipation eventually turned into explosive diarrhea. I was

misdiagnosed with a yeast infection by a “holistic medical doctor” who prescribed Nystatin. I sat at home unable to do anything until I was so bad off my wife finally took me to the emergency room. I spent a total of seven days in the hospital with fluids and electrolytes being replaced via an intravenous line. I had been so out of it I didn’t realize how bad off I was. In reality, I was at death’s door. I wouldn’t have lasted long without getting to the hospital.

They did a colonoscopy and a biopsy. They then diagnosed me with Ulcerative Colitis (bleeding ulcers in the colon). Medically speaking, this is an incurable disease for which a lifetime sentence of taking prescription drugs is the only answer. Since I was so far gone by the time I was diagnosed, I felt forced to take the medications to save my life. They prescribed Prednisone, a very nasty drug with a long list of side effects, to get the inflammation under control. Then I was put on maintenance drugs like Azulfadine, Dipentum, and Asacol. The problems would always return when I went on these maintenance drugs. Finally, after more than a year of going the medical route, I chose to get serious about making the dietary and lifestyle changes I’d been researching for the last 15 years. The result was that the Ulcerative Colitis was gone in only two months! I had a couple of flare ups in the next few years when under greatly increased stresses of some kind, but I have been able to resolve these through dietary measures. It has now been approximately 20 years since I have been to a medical doctor or taken any drugs, prescription or over the counter. To state this in another way, I have not had even an aspirin or a cold or flu formula in the last 20 years! The incurable disease was cured by just changing my diet, the type of fuel I gave my body to operate on!

Some will think that this is ridiculous. It can’t be that easy. With all the “best minds” in medicine and research telling us that all these hundreds of diseases are incurable and that only their medicines and surgeries are able to help us and there is nothing else that we could do without their help. In fact, we are told that we are fools if we choose any approach other than theirs. We are told with arrogant certainty that the very things that will do the most to help us heal or prevent disease will not have any affect on us at all. My goal is to help as many people as possible learn that, not only are there other options available, but these options are far more effective, will help more problems and have little to no side effects. Why is this so hard to believe? Again, it seems too simple, especially to the medical mind. Food is too simple a concept for disease prevention and healing for those who rely so much on the “scientific” method. Truth, however, is always simple. Even the most complex processes can be boiled down to simple principles. The point is that there are some basic laws of biochemistry and physiology that work for us when we understand them and work with them, but that work against us when we don’t. For instance, gravity is a great force for keeping our homes, our cars, even ourselves on planet earth. This same gravity can work against us if we step off the top of a 50 foot tall building. Gravity works whether you believe in it or not, just like the laws that govern the functioning of our body.

The wellness community deals mainly with working with the healing powers of the body, whereas medical treatment, while many times quite heroic in life and death situations, only works against the body’s own healing powers. All medicines have “side effects” and none have any healing or repair properties. No drug has any nutritive value. No drug was ever intended by our Creator to have any place in the body of a human being. Albert Einstein was quoted as stating, “You can’t solve a problem with the same level of thinking that created it in the first place”. This means we need a new paradigm to understand why we have some of the worst health statistics in a country where we spend more on medical care, have the best trained medical personnel, the best medical technology, and the best access to whatever we want. Does this make sense to you? It doesn’t to me either.

So what can we do? We can learn to take responsibility for our own health. Get back to the basics of health principles; eat at least 85% raw (live) fruits and vegetables and some raw nuts and seeds, drink freshly extracted vegetable juices and clean water and breathe clean air, engage in regular and appropriate exercise, have a positive attitude, be spiritually connected, keep your home and work environments as free of toxic chemicals as possible, read all you can to learn about and reinforce this new direction, get your spine and nerve system evaluated to be sure that your body is functioning at its peak and that your immune system is at its best, and finally, find a good health coach to help encourage you and guide you in your quest for abundant health. And remember, there are no real shortcuts. There are only detours that will lead you from your goal with false

promises. Simply follow the basics of generating health and health will follow – you reap what you sow. Start sowing wisely.

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THE HEALTHY CELL CONCEPT III - Cell Communication

BY Dr. Rowen S. Pfeifer

In this third article on the Healthy Cell Concept I will discuss how cells communicate with one another. This will be a rather short article since the goal here is to get a basic understanding of the importance of a healthy lifestyle rather than to get into the technical aspects of human biochemistry and physiology. The cells of the body communicate in at least two key ways – through the nerve system and through the hormonal system.

I have discussed the importance of spinal/nerve system health in an article entitled *The Doctor of the Future – Today* so I refer you to that article to learn more about why Chiropractic can be vital to proper nerve health, and therefore, proper cell communication, since the nerve system coordinates and controls all function in the body. All cells of the body communicate with each other through the nerve system. If interference to the proper communication of the nerve signal exists then poor communication will be the result. Chiropractors remove this interference. In addition, it is important that the nerves are not poisoned with toxins from our diet or our environment. A healthy diet and proper detoxification is critical to high level nerve function including proper production of and transmission of neurotransmitters.

Coincident with the communication signals carried to the cells by the nerve system is the hormonal system. Hormones are secreted from glands in our body and produce generally slower acting and longer lasting effects than the nerve system. Hormones are produced and sent out from a number of different glands throughout our body, including the hypothalamus, pituitary gland, pineal gland, thyroid gland, parathyroid glands, adrenal glands, kidneys, testes, ovaries, etc. All of these glands need to interact in a coordinated and complex symphony to provide the proper balance and harmony to the daily functioning of the body.

In the case of the kidneys, for example, a poor diet can lead to the inability of the cells of the body to properly respond to the hormone, insulin, which results in type II diabetes. Conversely, when a healthy diet and lifestyle is put into place balance can be restored and the healing result is reversal of the entity called diabetes. I trust that it appears obvious by now that a body that is deficient in some or many of the needed nutrients or has some degree of toxicity will have difficulty not only producing some hormones (lack of raw materials) but could also have problems properly affecting the target tissues if they are toxic.

We reap what we sow. Why not learn how to sow seeds of health in order to reap a harvest of health?

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THE HEALTHY CELL CONCEPT IV – Cell Environment

BY Dr. Rowen S. Pfeifer

I will now deal with the environment around the cells of your body – mostly water. Your body is composed of between 50 and 75 trillion cells, the building blocks of your body. If you want to be healthy, the only way to accomplish this is to be certain that your cells are healthy.

Your cells have a variety of requirements for abundant health. These include Vitamins, Minerals, clean Water, pure Air, Amino Acids (protein), Fatty Acids, Phytonutrients, Enzymes, and Carbohydrates (glucose). Many of these needs are met for those that eat a plant based, whole food diet with 75 to 85% of that food raw along with several 8 ounce glasses of freshly prepared vegetable juice per day. When you also exercise regularly (i.e. – rebound or Power Plate exercise) you pump larger quantities of oxygen to your tissues and cells while you simultaneously flush toxins away from your cells for elimination from your body.

Your cell environment is where your cells live and do their work. This is their “neighborhood”. Clean water is absolutely vital to the health of your cells. Roughly 40% to 45% of the water in your body is inside of your cells (intracellular fluid – protoplasm and cytoplasm). The other 55% to 60% of your total body water is outside your cells (extracellular fluid – interstitial or lymph fluid and blood). This water medium is how your cells get nutrition in and get waste products out, it dilutes toxins and transports them out of your body, transports oxygen and hormones, lubricates your digestive tract, helps regulate your body temperature, cushions your joints, acts as a universal solvent, and so on. This seemingly simple substance is more important to your life than all the other nutrients combined, with the possible exception of oxygen (which is transported by your blood – which is over 90% water!). Even your bones are 20% water.

The problem is the quality and quantity of the water we consume. It is a sad fact that many people in this country drink little to no water on any given day. In addition, many of the fluids that are consumed actually remove water from your body (coffee, tea, soft drinks, etc. actually have a diuretic effect on your body). Most of us are aware that we should be drinking more water. There are several popular formulas for how much water to drink. One suggestion is to drink eight to ten glasses of water per day (eight ounces each). Another formula is to *drink half your body weight in ounces per day*. The point is that we need to drink a lot more water, usually a lot more than we think is possible, especially for those who are not used to drinking plain water. I suggest you work on this until you can easily drink the amount of water you need for excellent health – it will pay you huge dividends probably far beyond what you could expect or imagine. Besides drinking two to three 8 ounce glasses of freshly extracted vegetable juice each day, try to drink at least 90% of the fluid you consume in the form of pure water to obtain the myriad of life-giving benefits it provides.

Tap water and filtered water can contain undesirable substances and compounds like chlorine, fluoride, trihalomethanes, inorganic minerals (powdered rock minerals), etc. that you don't want in your body. There are many books written discussing the harm these chemicals can do so I will just touch on a few important points. Chlorine is added to the water at the treatment plants to kill bacteria that would otherwise build up in the water in it's' journey from the municipal water plant to your home. This is fine and quite necessary. However, once it is at your home you need to take measures to remove it because it is a highly reactive chemical that can combine with other elements to create a number of cancer causing compounds. Chlorine can be absorbed through your skin and also inhaled while taking a bath or shower. A good whole house carbon filtration system will remove chlorine and many other impurities and is highly recommended. Fluoride is another toxic chemical put in many water supplies. This is actually a mass drugging program with no ability to monitor the amounts ingested by each individual. There is a wide difference in the amount of water consumed by one person to another. It is even more serious with small children and infants. In fact, a new medical recommendation says mothers should not prepare infant formulas with fluoridated tap water due to the damage it can do to their teeth. Unfortunately, regular carbon filters do not remove fluoride. Therefore I recommend distilling all the water you consume. Distillation produces the purest water possible. This pure water is ideal for the first few months of a new diet change since it helps to dissolve toxins and pull them out of your body but it is a bit too aggressive for

long-term use. There are a number of products that can be used to add back quality minerals and improve the pH of the water. WaterMax from Hallelujah Acres or X2O available from www.wellcity.com.

I recommend purchasing your own distiller since the distilled water you buy in the stores comes in very cheap plastic containers that can leach these plastics into the water when exposed to fluorescent light or sunlight. These plastics are known to be carcinogenic (cancer causing). A decent distiller can be purchased for as little as \$129.00. A whole house carbon filter system can cost from \$400.00 to \$650.00 depending on quality and installation. When you distill your own water (for just pennies per gallon) you know that what you are getting is fresh and you can feel confident you are doing the best you can for yourself and your family.

It is a medically and scientifically proven fact that the quality of your life and health depends on the quality of the water you put into your body. Interestingly, the best water can be obtained from eating your fruits and vegetables. These are high water content foods (70% to 97%) and they contain the highest quality water available. For most of us this will not supply all the water we need so we will need to supplement with additional pure, distilled water. Use your distilled water for all your drinking, cooking and other consumption needs. Remember, the more pure the water you consume, the more toxins it will be able to flush out of your body which will help to protect you from a variety of illnesses and diseases.

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THE HEALTHY CELL CONCEPT V - Cell Protection *BY Dr. Rowen S. Pfeifer*

Every second of every day there is an unseen war that is raging inside your body on a microscopic level. It is occurring between molecules, organelles, cells, bacteria, viruses, and other minute organisms. In this war are swarms of potential pathogenic (disease-causing) organisms waiting to break through your outer defenses to get their foothold established. "Cellular soldiers" are called on if these outer defenses are breached. The combination of your outer defenses and your "cellular soldiers" make up your immune system. This very complex and diverse collection of organs, tissues and cells amount to only about two pounds of your entire body weight but this system is extremely critical to your ongoing health.

There are a variety of "opportunistic" germs that seek to inhabit our bodies. These are generally known as parasites and include viruses, bacteria, fungi (mold and yeast), protozoa, and parasitic worms. While we do need an abundance of so-called friendly bacteria (ProBiotics) in our colon, most people have only ½ pound rather than the three pounds that we should have. These friendly bacteria also function as a second immune system and help keep pathogenic bacteria and yeasts under control.

The day-to-day lifestyle choices we make will ultimately either strengthen or weaken our immune system. These choices either keep our internal environment clean and healthy or they tend to build up the toxins, waste products and debris that these organisms feed on. The idea is to keep our "terrain" (body tissues) clean and healthy so there is no "food" (decaying matter) in your body that these invaders see as gourmet fare. Remember, they can only feed on waste products like refined white sugar and flour and incompletely digested/putrefied animal products, chemicals and additives from our diets and environment, etc. Bacteria cannot proliferate or be cultured on healthy tissue; they need rotting, decaying food sources to flourish. In other words, the type of

“terrain” we provide either creates conditions favorable to the growth and production of these organisms or it provides conditions that are unfavorable for their growth. It is your choice, which would you prefer?

There are factors that can damage your immune system and there are other factors that will strengthen and enhance your immune system function. We need to do our best to keep the avoidable challenges from entering our bodies. These include bacteria or fungi from getting into wounds by properly cleaning the wounds as soon as possible. Clean water is a must to avoid water-borne parasites. Other challenges include physical stresses such as extreme hot or cold, exertion to exhaustion, shock, severe emotional or mental stresses, etc.

There are many medical treatments and medications that can also weaken your immune system. Anti-cancer drugs (chemotherapy) and x-rays are very damaging to the immune system. In fact, chemotherapy can be so damaging that more cancer patients die from infections than die from the spread of the cancer itself. Cortisone and other steroid-type drugs also weaken the immune system. Other commonly used medications that can depress or shut down the immune system include aspirin and aspirin-like pain killers, cortisol skin creams, antihistamines, cold and flu remedies, and decongestants. For the record, there is no medication that will kill the flu virus; it must be destroyed by the immune system. The best way to avoid or prevent the flu is not a flu shot, it is keeping your immune system healthy and strong so it can do its job and destroy the virus like it was designed to do.

Many of the so-called foods most people eat daily also work against the proper function of the immune system. Things like coffee, tea, soft drinks, and alcohol contain chemicals that interfere with the function of all the cells of your body, including the cells of your immune system. Foods containing refined white sugar and white flour are also immune system suppressants. There is approximately 10 teaspoons of white sugar in a single can of soda. This is enough sugar to depress immune system function by 33% for the rest of the day. That is, of course, only the tip of the iceberg when considering the amount of sugar consumed daily by most people. Foods with artificial sweeteners are even worse. These chemical sweeteners (i.e. – Equal, aspartame) do long term damage to the cells of the brain and can lead to serious chronic degenerative diseases.

Is there anything that we can do to protect the health and function of our body and our immune system? Actually there are things that can be done to prevent the destruction of the cells of our body and to restore peak efficiency to our immune system. It just so happens that these are the same basic strategies that will restore and or maintain total body health. These include some of the basics already covered: the proper type and amounts of exercise, clean air and water, a diet high in organic fruits and vegetables (~ 75 to 85% raw), and freshly made vegetable juices. Although I don't entirely agree with the following concept, it illustrates well the importance of regular exercise. It goes like this:

Option one – eating the Standard American Diet along with a great exercise program

Option two – eating an extremely healthy diet without any regular exercise program

The idea was that you would be better off if you did not eat well but exercised regularly rather than eating healthy without exercising. Again, I don't entirely agree with this, but I do agree that exercise is vitally important to your overall health. My question is why you would put in all the time and effort necessary in an exercise program without learning how to properly nourish the cells of your body for the best results in the minimal amount of time. There is a concept called “the limitations of matter”. You could exercise perfectly for years but if your diet has a minimum of necessary nutrients and is high in processed/trans fats, high in white sugar and flour products, you drink coffee or tea and soft drinks rather than water, you eat animal proteins, and your food is full of chemicals, pesticides, colorings, flavorings, additives, and preservatives your cells cannot be as healthy as they should be and breakdown will occur followed by dis-ease (the feeling that something is wrong and minor symptoms occur) and then outright disease. It would be far better to exercise and eat a healthy diet to maximize your overall health.

High-level nutrition is essential to building a healthy immune system. This means eating only those foods that build up, restore, and repair body tissues. This is what will protect your cells from damage and allow them to

function at their best. An abundance of freshly prepared vegetable juices are wonderful for building an awesome immune system and protecting your cells. Distilled water will also help you keep your cells healthy by flushing toxins out and purifying your system.

This all ties in nicely together when considering how to keep your body healthy by keeping your cells healthy. Basically, everything that keeps your cells healthy also helps prevent and reverse disease. Yes! The “causes of health” are known, and when followed, will result in a life of abundant life and vitality.

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Normal or Common?

How many times do we hear people brush off their ailments and pains by saying, “What do you expect, I am getting older, and anyway, everybody I know has similar problems?”

This example illustrates the thinking of most people in this country. We resign ourselves to the aches and pains, to taking medications and just learning to live with it. Why do we think that disease and pain is normal? Why do we so easily give up the things we love to do? It really pains me to hear my patients say, “Oh, I can’t do that anymore!” Or they say, “I guess it is just that I am getting older”. Age is not a cause of disease! Sure, most of our friends and family suffer the same issues. But does that mean its normal? I say an emphatic, NO! It is definitely quite common, but absolutely not normal. Normal is living into our 80’s, 90’s and even our 100’s with a strong body and a sound mind. Common is, well, just look around.

This scenario is all too common in our society today. The good news is that we have a very large measure of control over the environment we create for ourselves and, therefore, over the health (or lack thereof) that we experience. Over 30 years ago I had personal health challenges that I was seeking answers for. The diet I was on for my first quarter century of my life was horrible. I played a lot of sports throughout my life and I injured my ankles, knees and low back many times. I was chronically constipated from as young as I can remember. Eventually I began having a lot of blood and mucus in my stools. I was literally at death’s door at one point and was in the hospital for seven days with intravenous fluid and electrolyte replacement. They did a colonoscopy and I was diagnosed with Ulcerative Colitis (bleeding ulcers in my colon/large intestine). Medically speaking this is an incurable disease and I was told I would have to be on medication for the rest of my life. They put me on numerous medications and I knew enough to know I didn’t want to be on these medications for the rest of my life. After a year of medical treatment I still had the symptoms when taken off the Prednisone and put on the maintenance drugs. So I decided to quit the drugs (I was already tapered off of the Prednisone) and I did distilled water fasting for 6 days to let my colon rest and heal awhile. I followed this with eating an abundance of live, raw fruits and vegetables and lots of freshly made, great tasting vegetable juices.

Within two months my symptoms were gone! I have not taken any drugs or medications since then, not even an aspirin. That was 20 years ago. I am now turning 60 and I’m feeling great.

The patient says, “Doctor, my right knee is killing me. You’ve got to do something. I can’t walk up stairs anymore. What’s wrong?” Then the doctor says, “I can give you some pain medication when it gets too bad, but other than that, you are going to have to learn to live with it. You are 87 years old you know. What do you expect?” After a moment the patient replies, “But doctor, my left knee is 87 years old too and it never bothers me at all!” Isn’t this the attitude we should have? Shouldn’t we be able to water ski at age 87 if we want to? We should understand that we can live to our 80’s, 90’s, or 100’s in good health. We should be enjoying life and

being productive the whole time and not just on the sidelines. We should be up playing with our great grandkids – actively involved in their lives.

Let's begin to make the daily choices that will lead to a future worth living. We all understand the need to plan for our financial future. The same goes for our health. We must plan for a healthy future. It takes the discipline to make the tough choices daily to ensure lasting health. Don't wake up one morning wondering how you ended up in such bad shape. Commit to living a long and fruitful life and take the steps necessary to make it happen. And remember, when you count the cost of making these lifestyle changes don't just count the cost of doing those things it takes right now to get healthy. Also count the cost if you don't make these changes; cancer, heart disease, diabetes, fibromyalgia, chronic fatigue syndrome, multiple sclerosis, etc., etc., etc. The cost now is ounces (healthy food choices, exercise, etc); the cost later can be tons (dialysis, open heart surgery, chemotherapy, years of medications, etc.)!

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