



This flyer is a summary of episode 44 of the Vibrant You Health Show, in which Blake interviews world-renowned Naturopathic Physician Dr. Peter Glidden about the 90 essential nutrients, 12 foods to never eat, the need for a free market in healthcare, why naturopathic medicine needs a bigger seat at the table, and what you can do today to support your body's God-given ability to fix itself. Dr. Glidden has spent the last ten years compiling tutorials on his site to teach people how to apply natural principles to better their health: www.drglidden.com. You can watch all episodes of the Vibrant You Health Show at www.naturespantry.life.

90 Essential Nutrients: 60 Minerals, 16 Vitamins, 12 Amino Acids, and 2 Fatty Acids

Essential Nutrients are nutrients that the body cannot make itself and therefore we must get them through our food and supplementation. Everyone should be getting each of these 90 nutrients every day. According to Dr. Glidden, all chronic disease is either directly or indirectly related to nutrient deficiencies. Dr. Glidden doesn't often use bloodwork to figure out what his patients are deficient in. Rather, he simplifies the process by just making sure his patients are getting all 90 essential nutrients every day. Besides, blood numbers don't tell us the level of nutrients in the body (tissues, cells, etc.) . . . that technology doesn't exist yet, and even if it did, it would only tell you what the levels were at that moment in time. Blood tests can only tell you the level of nutrients in the blood. So rather than try to micromanage, Dr. Glidden just leans on the intelligence of the body, and he just gives the body everything that it needs . . . all the nutrients every day.

To get all 90, take a multi-vitamin, a multi-mineral complex, an amino acid complex and an omega fatty acid supplement. You can find these products at Nature's Pantry or your local health food store. Dr. Glidden emphasizes the importance of minerals. Minerals like calcium, phosphorus, sulfur, zinc, and selenium make up two thirds of the body's nutrient needs. If you are not actively supplementing with a quality mineral supplement, you are under mineralized. The mineral composition of our soil is very low. Even those of us who own organic farmland, we are all minerally deficient. And if we are deficient in minerals, it's only a matter of time before something breaks. Same with all of other essential nutrients. If we are not supplementing, it's only a matter of time before an illness develops.

SIDE NOTE ON HEARTBURN: Dr. Glidden says heartburn is one of the easiest things in the world to fix. He says you need to mineralize your body, take extra calcium, and salt your food. Don't drink anything carbonated at all until after you get on the other side of the heartburn. Dr. Glidden says if you do those few things, your heartburn will go away within 21 days and if it doesn't, he will quit his job and never practice medicine again.

Allopathic Medicine vs Naturopathic Medicine

Unfortunately, Allopathic Medicine (AM) does not teach the importance of nutrients. MDs are not trained in physiology, but only pathology, so they manage illness with drugs, and therefore, the heartburn, depression, insomnia, arthritis, obesity, autism, and so on, are never cured. The root cause of the problem is never found because the disease is only managed with drugs, which ultimately make us weaker, sicker and more dependent on drugs. It's a great business model. As the body metabolizes drugs (toxins), it further depletes nutrients, because the more toxins our bodies deal with the more nutrients they need to deal with them. The longer we take a drug, the lower our nutrient reserves become, which were poor to begin with. This is the main reason that the drugs stop working because they burn through your nutrient reserves, and then we have to add a second drug, and then a third drug, and then we're in a bad place.

AM is based on the laws of Sir Isaac Newton, and it is reductionistic. AM argues that if it can't be measured, it doesn't exist. Therefore, AM basically teaches that the human body is a bag of biochemicals waiting to break, and when it breaks, it's not the doctor's job to cure it, because that is not possible, if that were possible it never would have broken in the first place. AM does not work to cure disease, it is not health care, it's disease management.

NM is based upon natural law and is under God's law. The intention of NM is to deliver therapeutics which attempt to cure the condition, because NM focuses on physiology and not just on pathology. The motto of the Naturopathic Medicine (NM) is first to nourish and then to detoxify, which are two of, if not the most fundamental principles of health, neither of which are not taught in AM.

Pathology is the result of the problem, it's not the root cause of the problem. NM focuses on finding and reversing the root cause of the problem and that's why NM cures disease and AM does not. For instance, the tumor is not the disease, it's the

result of the disease. So, when you remove the tumor, or you dissolve it with chemo, or you burn it with radiation, it comes back, because you haven't dealt with the underlying disease, you've only dealt with the result of the disease. This principle is the same with every disease. Managing symptoms does not cure disease. NM is not the end-all be-all solution for everything, but it does have very effective methods that most people know very little about.

Dr. Glidden says that – our bodies are so smart that they grew themselves all by themselves into you. Right now, our bodies are managing billions of biochemical reactions by themselves completely outside of our conscious control. This speaks to an innate spiritual intelligence inside the body. And this is the message of Naturopathic Doctors: the body knows how to fix itself; the body wants to fix itself; the body is trying to fix itself. You just have to be smart and support it, and when you do, that's when the miracle happens. Naturopathic Doctors are charged with the obligation and the duty to discover and deliver therapeutics that support the bodies built-in, God-given ability to fix itself. In this regard, there are three fundamental things we need to do: 1. nourish the body, 2. detoxify the body, and 3. we need to avoid eating foods that are gumming up the works. Dr. Glidden's message is plain and clear and simple: if you are frustrated with AM, if you are starting to see through the chinks in their armor, if you are sick and tired of being sick and tired, the first thing you should do is seek out a licensed holistic health care provider: a naturopathic doctor, a homeopathic doctor, an ayurvedic doctor and/or a doctor of chiropractic.

Medical Monopoly vs Free Medical Market

In the world of commerce, monopolies are not good, because absolute power corrupts absolutely. We have been living inside a medical monopoly since 1912. It is so overarching and began so long ago that people don't even recognize it as a monopoly. In 1912, through the influence of the Carnegies and the Rockefellers, congress granted the AMA exclusive control over who could and who couldn't practice medicine in the US. It was in fact, a hostile takeover of the medical marketplace sold to an unassuming public as cleaning up medical education, making medicine safe, and getting rid of the quacks. It wasn't getting rid of the quacks; it was getting rid of the competition to the Carnegies and the Rockefellers who had financial interests in the pharmaceutical industry. Everyone who wasn't an MD was kicked off the bus: chiropractors, naturopaths, homeopaths, herbalists, etc. "Quacks" were threatened, jailed, defamed, and ran out of their livelihoods. Next, they started to monopolize medical language. For starters, they began training doctors in Latin mystifying medicine and making it seem far above an average person's understanding. Then they raised the bar on drug research so high that it cost a fortune and passed a law that the only thing that can treat a disease is a drug. It became illegal to treat disease with anything besides a drug. As opposed to natural substances, drugs can be patented and sold at exorbitant prices. And with these types of profits, the pharmaceutical industry was able to fund/control medical schools, medical journals, medical studies and tests, lobbyists and government officials, media companies, etc. All of this nonsense can only happen inside of a self-policing, self-regulating monopoly. This would not survive in a free medical market.

Dr. Glidden has always said that if by some miracle we woke up tomorrow morning and there were just as many naturopaths as MDs, and insurance paid for everything, and universities did 50% of their research on holistic therapeutics and 50% on drugs, and there was equal access to all types of medicine, within two years MDs would be out of a job (except for trauma care and surgery MDs). Because in a free medical market people gravitate toward what works, and when it comes to chronic disease, the holistic therapeutics work. For a free market to exist, people have to have true information or at least all the information. But when the information is being fed to us and censored from us by the very people who have vested interest, a free market cannot exist. For a free market to exist one we cannot subsidize AM and regulate NM into oblivion. We need legislation that will allow/require insurers to pay for NM treatments and preventions and not just AM. (SIDE NOTE: Dr. Glidden said that some of the faith-based insurance coops cover naturopathic treatments.)

12 Foods We Should Never Eat

Dr. Glidden and his colleagues have deciphered the wonderful world of food, and as far as they are concerned, there are twelve foods that no one should even look at, let alone eat. And Dr. Glidden doesn't believe it's a coincidence that these foods are what people eat all the time. These foods are hurting us and the more that we eat them the inflammation there is in the body and the less nutrients. It's like putting diesel into an unleaded engine . . . the cars going to run like crap if it runs at all.

- 1. Wheat**
- 2. Barley**
- 3. Rye**
- 4. Oats** (*Gluten protein in wheat, barley, rye and oats is hard to digest and damages the digestive track. Eat gluten free grains only.*)
- 5. Oil in a bottle** (*Oil in a bottle is oxidized and delivers free radicals which cause inflammation.*)
- 6. Fried food** (*Fried food introduces carcinogenic chemicals into the body and reduces life expectancy.*)
- 7. Carbonated beverage with a meal** (*Carbonation will neutralize stomach acid. Do not drink within 30 to 60 minutes of a meal.*)
- 8. Meat that's cooked too well done** (*If you are eating a steak, eat it rare or medium rare. You can cook it through if you boil it, steam it, cook it in a crockpot or in a soup or a stew. Meat that's cooked well done on a grill turns the protein in a carcinogenic chemical.*)
- 9. Meat with nitrates**
- 10. GMO and/or nonorganic Corn**
- 11. GMO and/or nonorganic Soy**
- 12. Skins of baked potatoes, yams, sweet potatoes** if they are crispy. Boiled, steamed, peeled, and/or steamed are ok. (Cooked in an oven the skins produce carcinogenic chemicals.)