

# **CLEANSING AND WHY WE MUST DO IT! LET'S REALLY TAKE A LOOK AT WHAT'S INSIDE YOU.**

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*Tony Escobar, June 2003*

The obvious invaders in the body are toxins, chemicals, waste products, exogenous proteins, necrotic debris and parasites. Today we are going to discuss these things but we are going to spend some time on Albumin. Thirty minutes from now you will all understand why!

## **OK! PARASITES! HAVE BECOME A REAL PROBLEM IN NORTH AMERICA TODAY AND THE INFESTATION OF PARASITES IN THE BODY ARE AN EPIDEMIC.**

There is one particular parasite that is creating havoc with our health and that is yeast, the insidious yeast pathogen or candida albicans.

Yeast generally makes its home in the digestive tract but it can and does migrate throughout the body if the conditions are right and in most cases they are. Yeast has been found in the liver, the kidneys, the heart and even the eyeballs

There are literally billions, perhaps trillions of parasites in and on the body at any given time. Yeast was there when you were born and yeast will be there when you die.

As long as the balance of flora in the intestines is positive and your immune systems are strong yeast is simply a harmless inconvenience.

In our modern day society where common lifestyle choices for women include birth control pills, antibiotics, a highly refined carbohydrate diet, processed foods, heated proteins and sugar, coupled with high stress levels, candida overgrowth can and does get totally out of control.

What was once a simple, harmless parasite can and does become one raging infestation contributing to ill health and even death.

When the right set of risk factors occur, toxins and chemicals from yeast overgrowth and their byproducts can adversely affect the entire human immune system, causing chronic problems far beyond the simple, common vaginal yeast infection.

## **LET ME QUOTE SOMETHING HERE FROM NATIONAL GEOGRAPHIC THAT IS REALLY QUITE PROFOUND!**

“Every living animal on earth has at least one parasite that lives inside or on it. Humans, have far more. ... Scientists are only just beginning to discover exactly how harmful these hidden parasites can be. Their research is pointing to a remarkable and profound possibility; parasites may just rule the world. The notion that tiny creatures we've largely taken for granted are such a dominant force is immensely disturbing. All living things including humans are collections of cells that work together in harmony and kept that way through chemical signals. If any organism can control those signals — an organism such as a parasite — they can control us and therein lies the horror of parasites. The combination of environmental toxins, chemicals, an unhealthy diet and parasites poses a grave life threatening danger to humans.

**In fact, parasites have killed more humans than all the wars known to mankind”.**

Parasites are organisms that live on or inside your body and compete with your cells for nutrients. They always get fed before you do. Parasites excrete toxic waste products inside you, waste such as defacaceous material and chemicals as a result of parasite communication. Yes parasites attract a mate or food through chemical signals (These chemicals combine with foods that you eat creating other chemicals that your body can become allergic to). Parasites range in size from microscopic

amoebas to yeast or candida to large intestinal worms and flukes.

**There are over 110 species of parasites that can live in your body at any given time, yet we as well as your doctor have no idea they are even there.**

### **LET'S LOOK AT HOW WE GET PARASITES**

International travel

Dirty hands and utensils

Dirty countertops, cups and plates

Contamination of municipal and rural water supplies

The influx of refugees and immigrants into America from foreign lands

The return of soldiers from overseas

Household pets

The popularity of exotic foods such as sushi

The use of antibiotics and immuno -suppressive drugs and medicines

Sex

Birth control pills.

### **LET'S LOOK AT BIRTH CONTROL PILLS FOR A SECOND**

Some 40 years or so ago, birth control pills were the be-all and end-all of the sexual revolution. They literally freed women from the worries of pregnancy. A few years passed before the "magic" pill began to lose its luster. Scientific research soon discovered that high-estrogen birth control pills contributed to breast cancer, pulmonary embolisms, yeast/candida and stroke and made women think twice before taking them.

**Presently, 28 million American women are using birth control pills. It is a multi-billion dollar industry.**

Many women became familiar with the Pill in adolescence either because of a desire for sexual intimacy or due to painful or irregular periods. In fact there are more women and young girls visiting emergency rooms today for cramping and painful periods, more so now than at any other time in our history.

**Contrary to popular belief, cramping, painful and irregular periods are often due to excessive toxins and chemicals in the body that may contribute to a deficiency of progesterone and an excess of estrogen.**

**It is scientifically well documented that many birth control pills contribute to,**

Weight gain

Mood swings

Breast being tender

Allergies

Fatigue

Nausea

And, yes indeed, yeast or candida

Many women take antibiotics! These antibiotics have been shown to decrease the effectiveness of birth control pills and substantially increase the levels of Yeast or Candida.

What generally is not known, even by most OB/GYNs is the metabolism of birth control pills by the liver requires extra amounts of calcium, the B-complex vitamins, vitamin C, magnesium, phosphorus and zinc, especially calcium and magnesium. Most health professionals in the know will always recommend a woman take calcium and magnesium, especially if she is on the pill.

Research from London, England has shown that magnesium may actually increase the efficacy of the pill.

What this means is, if you're taking birth control pills as are many American women, you are in reality causing nutrient deficiencies, weight problems, fluid retention, mood swings, and/or depression. Even heart disease and cancer can arise from nutrient imbalances and nutrient deficiencies caused by the pill. All drugs are synthesized and chemicalized to a certain extent. Studies have shown that birth control pills DO INDEED contribute to nutrient deficiencies and autointoxication (residual build of toxins over time).

For example, we now know high levels of an amino acid called homocysteine contributes to heart disease. And high homocysteine occurs when there is a deficiency of B - complex vitamins, calcium and magnesium. Research has shown that the pill may contribute to these deficiencies.

Symptoms ranging from all those that I have mentioned to endometriosis, psoriasis, PMS, and many other seemingly unrelated health problems have been attributed to yeast infestation within you.

Yeast or Candida can be so widespread that it is difficult for patients and most doctors to comprehend that yeast can be related to any illness. Most allopathic or traditional docs don't specialize in yeast or parasites and therefore know little about it.

**OK! So much for the innocent birth control pill. How else do we get parasites and yeast in the body?**

Eating of improperly washed fruits, vegetables and grains

Undercooked meats and raw fish

Chemical toxins and pollutants

Stress

Degradation of our immune systems

And there are many more

**ONCE AGAIN LET'S LOOK AT SOME OF THE SYMPTOMS ASSOCIATED WITH PARASITE INFESTATION**

Constipation, diarrhea, gas and bloating, intestinal problems, unhealthy skin conditions, migraine headaches, allergies, sleeping problems, joint and muscle aches and pains, nervousness, anemia, teeth grinding, mood swings, ADD, depression, sweating, even fibromyalgia, chronic fatigue syndrome and other problems of the immune system.

**According to the latest European and North American research studies as well as the renowned EWG, "... parasites have been found in all people who suffer from chronic illness."**

### **LET'S ASK THE QUESTION "CAN WE USE MEDICAL DRUGS TO ELIMINATE PARASITES?"**

The answer is NO! Medical drugs can only kill or control a few species of parasites, that's it!

There are literally hundreds of yeast species and yeast is always evolving. Some yeast pathogens actually grow a "drill bit" that we call a rhizoid that helps the yeast parasite drill a hole through the intestinal wall where it hooks itself. This causes all kinds of "bad stuff" to get into the body. If we are infected with many different kinds of parasites, which most people are, it would be harmful perhaps even life threatening to take the many different drugs available to kill them.

**Toxins, chemicals, parasites as well as "dead" foods contribute to poor digestion, constipation, depression, intestinal problems, bloating, edema, alopecia, varicose veins, hardening of the arteries, fibromyalgia, infertility, gas, toxic colon, low energy fibromyalgia and even chronic weight gain.**

**They also lead to long-term health problems, premature aging and serious disease.**

**Of all the polite topics of conversation, the state of one's intestines is probably at the bottom of the list.**

Let's face it: Irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss.

As the old expression goes, life and death begins in the colon. If you don't believe it ask any coroner. Autopsies often reveal colons that are plugged up to 80 percent with waste material weighing up to 30 pounds, and guess what is amongst this waste material? You got it yeast and a lot of it!"

**Let's talk about chemicals and toxins that accumulate inside you on a daily basis. Before I do ... here is something to ponder. It is quite profound**

**A report was released by the EWG, a nonprofit public-interest research group known for making connections between chemical exposure and adverse health conditions.**

**Based on tests of 10 random samples of umbilical-cord blood, the group found an average of 287 contaminants (chemical origin) -- 209 of which had never been detected in cord blood before.**

**Of the detected chemicals:**

**180 cause cancer in humans.**

**217 are toxic to the brain and nervous system.**

**208 cause birth defects or abnormal development.**

**Mercury, pesticides, fire retardants, poly-aromatic hydrocarbons (PAHs) and the Teflon chemical known as per-fluoro-octanoic acid (PFOA) were among the those chemicals found in the cords. Yeast was also present in many of the cords**

**Here is something else that is quite remarkable.**

Researchers have found that levels of pollution can be up to **ten times** higher inside your cars than compared to the outside air because cars are surrounded by emissions from other vehicles on freeways and streets. And guess what! **You eat this stuff every day.** Yes indeed it's true!

Let's ask the question, "What is a diet?" Most people say, "It's what you eat to lose weight." That is not

true!

**A diet is anything you eat, breath, drink and anything you absorb from your skin through bathing and showering.**

Can you believe that over time the pollutants inside your house and your car are slowly sickening and aging you prematurely? The pollutants in your house are many times more than what is in the outside air, the water you drink from the tap and even your car.

Culinary tap water is for the most part cleaned with chlorine. But did you know there are over 700 contaminants in tap water, including pesticides, fertilizers, THC's and heavy metals that once again are slowly aging and sickening you.

What happens when the chlorine in tap water, the same chlorine that is used to protect you is heated, like when you take a shower or a bath? The chlorine turns into a gas (steam) and that gas is chloroform.

Have you ever noticed how relaxed you become after a bath or a shower? That is because the chloroform is an anesthetic and that is why you become so relaxed. Chloroform according to the Merck Manual is a carcinogen ... It causes Cancer!

Let's look at Ozone? At safe levels, ozone is harmless, and it can also be beneficial to your health.

**When we breathe air unpolluted by human activities, we usually take in about 10 to 15 parts of ozone per billion parts of air (10-15 ppb).**

However due to the polluted environment of today, we as human beings have greatly elevated the levels of the ozone we breathe. Since the Industrial Revolution, surface ozone measurements have increased as much as 300 percent –

**Spring and summer ozone levels can go above 150 ppb. The hotter the day the higher the ozone may become.**

How many of you knew that flying in an airplane can be dangerous to your health. It can, as your body absorbs excessive amounts of ozone. This extra oxygen actually rusts you from the inside out.

According to National Geographic man puts about 700,000 tons of pollution into the air, not every year, not every month, not every week but every single day. That stuff ends up in you, one way or another.

Every year environmental pollution, air conditioning, auto emissions are creating ozone imbalances contributing to cancer and many other diseases

**Did you know about arsenic, that arsenic is everywhere today and is in almost every plant we eat?**

A one-time oral dose of 60,000 ppb of arsenic will kill you. That's no more than 1/50 the weight of a penny, which shows how dangerous arsenic really is.

Scientist really cannot understand where all this arsenic is coming from today. They speculate this way!

There is so much acid in the air nowadays from industrial plants and cars. This acid combines with the rain causing acid rain which leaches aluminum, lead, cadmium and even arsenic from our soils and this stuff is now getting in to our rivers, streams and aquifers and subsequently into the plants we are eating.

## **WHAT ABOUT ALL THE CHEMICALS FROM THE PROCESSED FOODS WE EAT**

Aspartame for example is made up of three chemicals: the amino acids aspartic acid and phenylalanine, and methanol. The chemical bond that holds these constituents together can be harmful. Studies have shown that artificial sweeteners, including aspartame may be even life threatening to human health.

Over 80,000 chemicals are use every day by humans to make their lives easier. These chemicals are not for the most part regulated. The cosmetic industry uses many thousands, the food industry thousands more. In fact almost every food you buy in a grocery store today is chemicalized.

**Over 60% of our packaged foods are now fortified or enriched with synthesized vitamins and minerals that end up in you.**

I have said this for over 20 years now, “We are buying dead, sugar rich foods in cardboard coffins” and we don’t even know it. This is what we feed our children every day. If you only knew the chemicals and toxins that are in baby foods, you would never feed them to your baby?

**How about lipstick? Did you know the average woman eats and consumes four and one half pounds of lipstick in her lifetime?**

Did you know that the skin, including the lips is an endocrine system organ, a vital and integral part of the immune system itself?

**Did you know that there are up to 50 known carcinogens in lipsticks alone?**

I find it interesting just how many women carefully examine their cosmetics but never examine their lipsticks.

**Let’s look at this! Here is something most health professionals do not know. The T cells of the body are the master cells of the immune system, after passing through the thymus they migrate to the skin's surface where, amazingly, they receive maturation hormones from the skin cells. Even just tiny traces of toxins and chemicals, yes indeed even the chemicals found in lipstick and cosmetics can interfere with the skin cell's ability to produce these complex hormones which are vital for maintaining the immune system.**

Dr. Allan Rothbergin said, “The average adult has 4-5 colds per year. Respiratory infections and allergies constitute approximately 75% of the visits to the doctor. Many of these illnesses are associated with deoxygenated and unhealthy T cells caused by the products we put on our lips and skin every day.”

## **LET’S LOOK AT ALLERGIES?**

**While it is true that many things trigger allergic symptoms, the underlying cause of an allergy is a malfunctioning immune system.**

**The allergen simply out thinks the immune system!**

When immunity goes wrong, the immune system identifies the harmless allergen and tries to kill it by triggering the allergic symptoms many of us are so familiar with -- runny noses, watery eyes, shortness of breathe, etc.

Many auto-immune diseases can be viewed as a severe form of allergy where the immune system attacks its own body.

When we think of diseases being transferred from person to person, we conjure up images of people sneezing or coughing on each other. This frightening picture is a myth that we need not worry about

too much - very few germs become airborne, and fewer actually cause us harm.

**The chemicals and toxins inside you that accumulate everyday contribute to chronic allergies and guess what? The traditional medical doctor, even professional allergists, for the most part, have no idea what is causing many of the allergies of today that affect 70,000,000 people.**

Corn, peas, broccoli, cabbage, beets, carrots, beans, tomatoes all have hundreds of phytochemicals. When you ingest these phytochemicals, they combine with the alien, or un-natural chemicals accumulated in the body creating new compounds that the body becomes allergic to. It's not the corn, the broccoli or the cabbage at all. Isn't that amazing?

**Most germs and parasites are primarily transferred through your fingernails and that's the absolute truth. They're handed to us during routine and intimate physical contact because the finger nails are a breeding ground and a safe harbor for germs and bacteria. There are hundreds of millions of parasites under the fingernails.**

Once on the hand, germs and parasites accumulate under and around the fingernails, from the hands they get into the eyes, ears, mouth and nose overloading our immune systems. This passing of germs and parasites from one part of your body to another is called autoinoculation.

**The average person touches their nose, mouth, and eyes hundreds of times a day.**

Studies over the past years have shown that the constant contamination of the nose and eyes by the fingertips leads to acute and chronic illnesses.

**Earlier I said we would talk about Albumin.**

If parasites and toxins entering your body simply did their damage, that would be bad enough. But they unwittingly do far more. In order to fight off competing and invading bacteria, viruses, fungi and other invaders, your body activates the immune system, engaging T-cells, B-cells, macrophages, eosinophils, and other immune system warriors into battle.

**There is a war that goes on in the body between germs, bacteria, viruses and parasites and that war consists of a series of protein-based battles that are fought every minute of every day. The immune system utilizes many protein-based substances to fight them all.**

One of the proteins that decrease when the immune system is engaged in these battles is an important protein called albumin. Albumin is an important protein that is found in all human tissues. Albumin is actually formed in the liver from more than 500 amino acids. Albumin is the most abundant protein in the bloodstream! Albumin protects tissues from free radicals that can destroy your cells and free radicals that cause cancer; they cause it by altering cellular DNA.

**Now bare with me here because this is so very important for you to know. It is profound!**

Albumin protects against heart disease by transporting antioxidant vitamins, phytochemicals and minerals that help keep the coronary arteries clean.

Albumin binds up fatty acids that clog your arteries and stabilizes the balance between HDL ("good" cholesterol) and LDL ("bad" cholesterol).

Albumin binds up waste products, necrotic debris, exogenous proteins, toxins and chemicals that would otherwise damage the body and cause disease.

Albumin also detoxifies the protective fluids surrounding cells.

Albumin also helps to balance the Ph of all body fluids

Albumin helps to keep your blood flowing smoothly by preventing red blood cells and other substances from clumping together.

Albumin is absolutely essential for transporting vitamins, minerals, magnesium, copper, zinc, sex hormones, thyroid hormone, fatty acids and many other hormones, throughout the body.

Albumin regulates the movement of nutrients between your blood and your body's cells.

Albumin balances your red blood cells and growth hormones.

Albumin controls and regulates the amount of water in your bodily tissues.

Albumin plays an important role in transporting and circulating thyroid hormones.

Albumin purifies the cerebro-spinal fluid, nourishes brain cells, and maintains the protective blood-brain barrier.

Albumin helps to ensure that there are adequate amounts of key minerals in your bones.

**Albumin binds the ever so dangerous "stress hormone" known as cortisol, reducing stress-induced weight gain and damage to the glands, brain, and connective tissues.**

**The most important cleansing and filtering organ in the body is your liver. Albumin has been described as the body's "portable liver" because your liver is your body's chief mechanism for disarming and filtering toxins and other dangerous substances. And since albumin is made in your liver, it does the same as the liver throughout your body. It's as if your liver has sent millions of tiny pieces of itself to every single cell in your body to destroy harmful substances and organisms.**

Albumin plays an indispensable role in maintaining the delicate chemical balance of the nourishing fluids (interstitial fluids) that surround and support the 70 trillion cells in your body. If these interstitial fluids are healthy, your cells will flourish.

**But if the body fluids become polluted with chemicals and toxins, or depleted of certain cleansing nutrients, your cells will fall ill, and disease will attack it and destroy it.**

Albumin is like a filter that removes toxins and chemicals from body fluids, like the net that scoops debris out of a swimming pool,

Statistical reports demonstrate that albumin levels correlate closely with age, but are not truly age-related. That is, albumin levels drop as we grow older.

**Now why am I talking about albumin? Since now you know what albumin does and where it comes from. Let me tell you what destroys it**

Albumin levels drop when the immune system engages in a battle with invading:

Bacteria,

Viruses,

Yeast, Candida, Fungi and other debris or waste products

Germs

Albumin diminishes greatly when the body is forced to deal with an onslaught of toxins, chemicals and other dangerous substances that we inhale, drink, or eat, or that get into the body through the skin and other areas of entry.

## **Studies have documented Low levels of Albumin have been linked to all Cancers**

**Your risk of developing cancer increase as the toxin levels increase. Your risk of chronic ill health increases as your level of yeast and parasites increase. Your risk of ill health increases as your albumin levels decrease.**

Albumin is low in all people suffering from inflammatory illnesses as well as cancer -- the lower the albumin, the more severe the illness. In fact, according to the Harvard Medical School, "... a low albumin level may actually cause cancer. Albumin neutralizes aflatoxin, nitrosamines, and other powerful cancer-causing substances. Without sufficient albumin to keep free radicals and other carcinogens in check, cancer can flourish."

**Albumen is found in quality whey protein, especially organic New Zealand whey protein.**

Aloe Vera helps to alkalize the body thus helping to de-acidify it. This helps to destroy the environment that yeast and parasites love. Aloe also soothes the intestinal tract and helps keep the intestinal pipeline clean.

New Zealand whey protein and ionic minerals from Jurassic or ancient plant deposits help to strengthen the immune system.

Herbs such as Pau D' Arco help to oxygenate the cells thus destroy anaerobic pathogens, especially yeast and candida.

Aloe Vera and ionic minerals help to keep the chemicals and toxins in check and will help one to lose those excessive pounds caused by the toxins and chemicals.

Studies have shown that the more chemicals and toxins in the body the more fat the body will naturally manufacture to control, enrobe, sequester and absorb these toxins and chemicals.

Isn't it amazing that a person can use all these wonderful cleansing nutrients, feel absolutely fabulous while doing it and lose 10-15 pounds as an ancillary or side benefit of cleansing. Now I don't mean just one or two people but perhaps 85 out of 100 and that's a fact!

Can you imagine preventing premature aging and avoiding insidious and chronic diseases by simply keeping your body clean and rested?

Imagine what would happen if you did not clean the filter or change the oil in your car for 20, 30 or 40 years?

Imagine what would happen if you did not clean the filter in your heating and air conditioning systems for 20, 30 or 40 years?

Imagine what would happen if you did not brush your teeth for 20, 30 or 40 years?

Imagine what would happen if you did not clean vacuum cleaner bags or the lint filter for 20, 30 or 40 years?

Does all this make sense?

There are many millions of sick people in North America, many dying as you read this. Many with no hope!

Did you know that one in eight women today will lose a breast to breast cancer, 700,000 people will die from this disease this year in North America, a million from heart disease.

Seventy seven million people are being treated for mental illnesses being prescribed billions of ant-

depressant medications, 4.9 million women are now considered infertile, 2 million men!

Cancer is now the biggest killer of your children! Diabetes killed 150,000 last year, 200,000 had their hands and feet cut off and 100,000 were declared legally blind as a result of this disease last year, that's a fact!

I can't say that cleansing will cure all this but I can say disease can be avoided if we just keep our bodies clean from the inside out and do it every 3 months or every 3,000 miles whichever comes first!

**CLEANSE FOR LIFE LADIES AND GENTLEMEN AND DO IT NOW, YOUR HEALTH DEPENDS ON IT!**

*This information is for educational purposes only. No medicines and or advice is hereby given. If you are sick, are suffering from an acute or chronic illness, are pregnant, lactating, afflicted with allergies or taking any medications contact your physician before even considering any of the content of this document.*

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