

Part 3:

The Search for Answers

“Because we cannot scrub our inner body we need to learn a few skills to help cleanse our tissues, organs, and mind. This is the art of Ayurveda.”

- Sebastian Pole

A Skeptics Journey

By now, I had gotten used to being given half-answers...

After all, I'd seen the best of the best in terms of medical specialists, but yet was given no real answer for what was wrong with me. At this point, 5 years into my healing journey, with no end in sight I had grown quite skeptical.

I believed the *Rain Barrel Effect* could hold the answer to what I and millions of others were suffering from, but I still didn't know what to do about it. All I kept going back to was the thought that if a rain barrel could fill up, there had to be a way to empty it as well.

The issue was that "modern" medicine doesn't know how. They're good at adding more to the body in terms of drugs and therapies, but removing toxins doesn't seem to even be an area of interest. This left with no choice but to seek out "alternative" medicine options.

After reading a particularly interesting book, "*My Doctor Says I'm Fine, So Why Do I Feel So Bad?*," I decided to contact the author. It's not a very well known book, but it spoke to me. To be honest, I don't even know how I stumbled upon this book, yet little did I know, it was to be one of the greatest discoveries of my life...

The author, Margaret Smith Peet, is a Naturopath and Ayurvedic practitioner. She studied directly under Vasant Lad, who was the foremost authority on Ayurvedic Medicine in the United States. Dr. Peet actually transcribed his lectures into the two student textbooks used in his classes. She also studied Functional Medicine and blended this with traditional her Naturopathy background.

On a whim, I contacted Dr. Peet by email. I was desperate and somehow I believed her unique background would be able to shed some answers to my ongoing issues. She agreed to do a consultation with me in Maine, so I took the 3-hour bus ride up there one Friday morning. It was to be a meeting I would never forget...

I had never met anyone like her before in my life. She somehow knew exactly what I was going through, why I was going through it, and how I

got there in the first place. She introduced me to Traditional Naturopathy, Functional Medicine, Orthomolecular Medicine, and Genomics all in one day!

My Mentor's Advice

After multiple meetings with her over that Winter and as my health began to improve under her guidance, she now turned the tables. She said she had saw something in me from the first day we'd met. She told me I would become a great Naturopathic Doctor of my own and that I should go back to school this coming Fall. I still don't know the reason to this day, but her words had such impact on me that I still get misty-eyed when I recount the story...

Maybe it was because of her belief in me when I felt very alone, or maybe it was because deep down I knew my life's work would be dedicated to relieving the suffering of those that were given no hope. Regardless, I'll never forget my final mentor, Dr. Margaret Smith Peet, and I hope that my work today is making her proud and that she knows it was her guidance that got me here.

After taking Dr. Peet's advice, I never looked back. I was so determined that I finished my 4 year Doctoral of Naturopathy degree in only 3 years by going straight through the summers. After that I then left to intern overseas. At this point I had read over 3,000 books written by brilliant US-based authors on all things health, wellness, anti-aging and psychology and now it was time to see what the rest of the world was doing.

I figured that since conventional medicine in the US didn't hold the answers we were searching for, it wouldn't hurt to see what the rest of the world was doing in terms of natural medicine... This hunch couldn't have been more right. On my very first internship overseas, I was in for the biggest awakening of my life...

The Awakening

When I arrived on the tiny island of Sri Lanka I didn't know what to expect. I had heard so much an Ayurvedic clinic here that serviced over

200 patients and wellness guests at a time. During my time there, I was to learn from the top doctors and work with individual patients on their ailments from an modern-day Ayurvedic perspective.

I had already read well over 100 books on Ayurveda and been mentored by one of the best Ayurvedic teachers, but nothing prepared me for actually putting this ancient life science into practice. I was now in the real world seeing the effectiveness of these treatments on some of the most sick people I'd ever been around.

Secretly, this was why I was here though... The constant skeptic in me wanted to see which form of medicine actually helped people get well. Would it be Ayurvedic Medicine, Traditional Chinese Medicine, Functional Medicine, Traditional Naturopathy, OrthoMolecular, or Functional Medicine?

What I saw here in Sri Lanka were people who come in with debilitating diseases like rheumatoid arthritis and were moving pain free within 6 weeks. I saw others with full body psoriasis come in with open sores and leave with clear skin. Hundreds of other cases of every dis-ease you could think of were going into "remission." I was seeing with my own eyes what I had only read about...

However, everything I read from a conventional medicine perspective none of these healing cases should have been possible. We shouldn't have been able to get these patients these type of results without the symptom masking biological drugs of conventional medicine - but we did. And, it was on an island in the middle of nowhere off the Eastern Tip of India cut off from most of the world.

The fact that I was seeing these results caused me quite a bit of confusion and mental agony. I just couldn't wrap my head around why no one else knew about these ancient secrets that had been working for over 6,000 years? How could people be getting well and the word hadn't spread like wildfire? These and hundreds of other questions just like them kept me up at night.

I knew I had found something here that I couldn't just bury in the back of my mind and forget about. It was then that I made a promise to continue my studies overseas and keep seeking out the best of all forms of

medicine and then unite them into one practice. It was a tall order, but I knew this is what Dr. Peet believed I would one day do.

My Search was Over

After 2,400 internship hours in Sri Lanka, India, China, Europe, and the US studying every form of traditional and state-of-the-art medicine you could think of, it was now time to put it into practice. The challenge was, how do I blend close to a dozen forms of medicine into one clinical setting?

For this answer, I had to distill the very best from every discipline and then unite it into one practice. I also had to come up with a system that worked every time. To do this, I went back the beginning and I asked myself what was the foundation that every non-conventional form of medicine used to get people well again?

The answer was and has always been to return the body to a state of equilibrium. This meant cleaning out all the pathogens, bacteria, yeast, viruses, chemicals, excess hormones, and toxins that shouldn't be there. It was only at this point that the body could then take on more. It made perfect sense. To fill up a cup that is already full, you must first empty some of it's contents.



(Sometimes the best form of medicine is subtractive – not additive)

It was at this time, I also made the connection to the *Rain Barrel Effect*. I understood we were all speaking the same language no matter what the form of natural medicine, but just using different metaphors and medical disciplines to say the same thing. In order for the body to get well, lose weight, and feel great, you must remove the blockages keeping you from getting there. It's the only way.

Somehow, Ayurvedic Medicine knew this over 6,000 years ago...

The 6,000 Year Old Answer

When people ask me how did the people I worked with and saw in those Ayurvedic clinics and hospitals get well so quickly, I share with them this "secret."

I call it a secret because even though it is available to anyone that wants to use it, it's locked away in Ayurvedic texts which are not very approachable from a Western perspective. By this I mean, the wording and methodologies are foreign to us. We have been brought up in a Western perspective and because of that our minds have been brainwashed to think in one specific pattern.

This is why I had such a hard time intellectually "buying in" to the treatments. Sure I had read about them in books, but it wasn't until I saw the healing with my own eyes that I verified the results and became a believer. So what is the treatment?

Pancha Karma

It's called Pancha Karma (PK). It literally means 5 actions. The process of Pancha Karma is to detox, cleanse, and rejuvenate the body, mind, and consciousness.

It is meant to help:

- Eliminate toxins
- Balance the body
- Strengthen the immune system
- Reverse the effects of stress

- Enhance vitality and energy
- Improve mental clarity
- Deepen relaxation & well-being
- Renew & rejuvenate the entire body

Although 6,000 years of continued use as the oldest form of medicine in the world should be enough, luckily for science based skeptics like myself, there is literally a pile of research showing Pancha Karma does exactly what it states.

(Note: To read more about Ayurvedic scientific research please see the 656 page researched textbook called, *Scientific Basis for Ayurvedic Therapies, as well as Ayurvedic Healing: Contemporary Maharishi Ayurveda Medicine and Science. Second Edition.*)

The 5 treatments for Pancha Karma are all different, but all aimed at doing one thing. It's all centered around detoxification. Therefore, special types of diet, lymphatic massage, sauna/steam, enemas, and oil treatments are given to the patient. The traditional purifying treatments include:

Abyanga



Before beginning any of the 5 specific treatments in Pancha Karma, the cornerstone of this rejuvenation and body-balancing therapy is a form of massage called, Abyanga.

Although there are multiple variations of therapeutic massage in Ayurvedic Medicine, Abyanga is the most revered. It is a gentle rhythmic massage done by 1 or 2 therapists. And the uncanny thing about this type of massage is that it is the original form of manual lymph drainage – I was literally shocked after studying the Vodder Method of lymphatic massage to find out this style of massage was not created in the 1930's, but rather 6,000 years ago in India.

Regardless of who takes credit for it, Abyanga or manual lymphatic drainage has a tremendous effect on your health.

Abyanga Massage Benefits

- Nourishes the entire body—decreases the effects of aging
- Imparts muscle tone and vigor to the dhatus (tissues) of the body
- Imparts a firmness to the limbs
- Lubricates the joints
- Increases circulation
- Stimulates the internal organs of the body
- Assists in elimination of impurities from the body
- Moves the lymph, aiding in detoxification
- Increases stamina
- Calms the nerves
- Deeper sleep
- Enhances vision
- Makes hair (scalp) grow luxuriantly, thick, soft and glossy
- Softens and smoothens skin; wrinkles are reduced and disappear
- Pacifies Vata and Pitta and stimulates Kapha

Source: <http://www.chopra.com/articles/the-benefits-of-ayurveda-self-massage>

During Pancha Karma treatments massage, or self-massage (taught in later in this book) is often completed daily. This helps to speed up the detoxification process, as well as enhance the effects of the additional 5 treatments of PK listed below:

Diet

During a detox like Pancha Karma, typically a vegetarian or vegan diet is prescribed to cut down on the amount of new toxins coming in from animal tissue. Also, by not eating meat, patients do not need to divert as much energy for digestion, and therefore, healing can take place faster. Mainly fruits, vegetables, and dishes like Kitchari (mung beans/lentils and rice with ghee) are eaten. Specific herbs are also used for detoxification support.

Vamana

This treatment helps to eliminate, Kapha (and Pitta) symptoms, or mucous build up in the body. It is highly effective for bronchial asthma, allergic bronchitis, rhinitis, sinusitis, migraine, hyperacidity, indigestion, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, acne vulgaris, psoriasis, eczema, urticaria etc.

Although not used in the United States, it is a process of bringing mucous into the stomach by drinking milk followed by emesis therapy. This means patients actually vomits in a controlled environment to remove the mucous from the upper respiratory area. I know it's hard to believe in our Western culture, but the results have been studied and proven to be effective from a modern-day medical perspective.*

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296337/>

Virechana

The Sanskrit word, Virechana, translates to purgation. This is when a patient is given specific foods and herbs to help loosen bile and detox the liver emptying into the colon where a bowel movement is then induced. Inducing multiple bowel movements usually in the form of loose stool typically happens after a few days of preparation.

Basti

Besides Vamana, Basti was the least favorite (but often the most effective) treatment in the Ayurvedic clinics I interned and studied at. A basti is a "medicated" enema. This means an herbal water or oil based decoction was inserted into the rectum of a patient. Sometimes, the patient would be instructed not to expel the liquid and allow it to absorb into the body, but mostly the enema would induce a bowel movement within about 15-minutes. With the bowel movement would come released intestinal toxins.

Nasya

This treatment involves applying an Ayurvedic herbal oil in the nose along with a special facial massage to open up the sinuses. Typically, after the oil is the nasal cavity, a steam inhalation is given. It's remarkably effective for upper respiratory issues and easy to replicate at home.

(Note: While on one of my trips to India I was suffering from an upper respiratory illness as well as allergies and Nasya treatments were incredibly effective at reducing my pain, swelling, and symptoms.)

Additional Treatments

There are many other Ayurvedic treatments such as Shirodhara for calming the mind and Svedana treatments like steam and sauna, which are used for sweating out toxins. Both of these (and others) are used as part of all Pancha Karma treatments to purify the body by eliminating toxicities through the skin, bile, bowels, urine, upper respiratory tract, and through the lungs.*

Source: <http://www.marksdailyapple.com/dear-mark-infrared-sauna-roundup/>

A Pancha Karma study at the Institute of Science, Technology and Public Policy at Maharishi University of Management in Fairfield, Iowa in collaboration with a special laboratory at Colorado University revealed*:

1. An alarming finding of the study was that PCB and DDE levels appear to be unexpectedly high in the general population, and may actually be increasing. This is surprising since these toxicants were banned decades ago in many countries. However they have not disappeared from the environment since they have half-lives of several years. Also they are still entering the food chain through imports.

2. Within days Pancha Karma treatment eliminated a large proportion of these fat-soluble toxins from the body. Without this intervention, the expected drop would be only a fraction of 1%.

3. This study shows banned PCBs and agrochemicals in blood were reduced 50% by Ayurvedic detoxification procedures

(Reference: Alternative Therapies in Health and Medicine, (Sept./Oct. 2002), Vol. 8, No. 5: pp. 93-103.)

A Deeper Understanding of Pancha Karma

I believe my job is to be an educator first and a natural health doctor second. This means I seek out the best research and treatments available, no matter how complex (as in Ayurvedic Pancha Karma) and then make it actionable for the real world.

So when I was studying Ayurvedic Medicine overseas I asked the doctors running the clinics a lot of questions. We would sit for hours where I would share what I had studied in the US and they would then relate it to Ayurvedic Medicine. Again, it was eye opening how what we consider new, state-of-the-art testing, diagnosis, and treatments were already understood 6,000 years ago. This means we're literally rediscovering old information today...

However, I still wanted to know what Ayurvedic Medicine held as its fundamental healing process. I was told multiple times that it all centered around purifying the body through detoxification. Ayurveda believes that disease comes from an accumulation of "ama" (toxins).

Therefore, every Ayurvedic method used was chosen in order to purify and detox the body. However, I later discovered special emphasis was placed on "cleaning the blood." This turns out to be a key component that cannot be missed...

The Missing Component

There are thousands of "detoxes" being sold on the market, but most miss the crucial concept of how to effectively detox. In Ayurveda, as well as modern day science we know the fastest and best way to detox is by supporting the liver, which is the main organ that cleanses your blood.

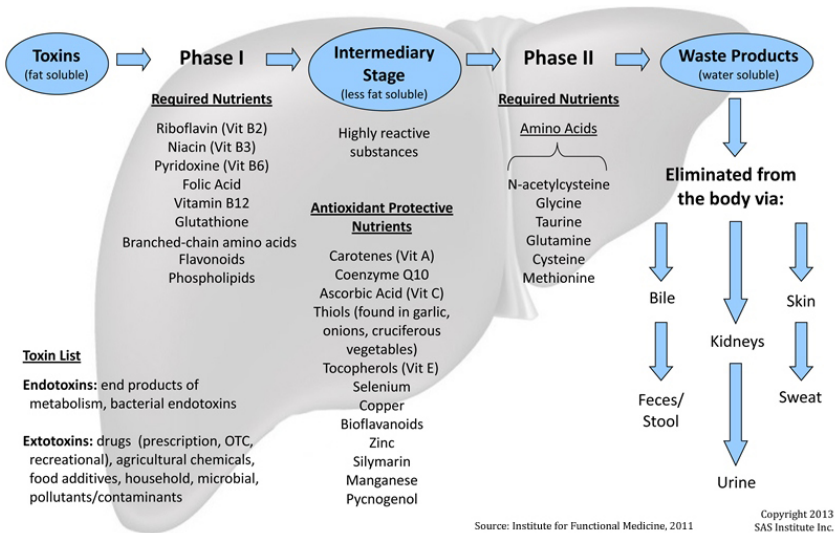
This was the secret to many of the Ayurvedic treatments. They detoxed the liver with certain herbs and amino acids, which supported what's called Phase 1 and 2 liver detoxification. This is such an important and critical role in getting you well that I'd like to explain it to you know.

Every 6-minutes all the blood in your body is circulated through your liver. It is literally the filter for your blood. Just like a home or car air filter, your liver is removes the impurities out of its environment so that you're not exposed to their harmful properties. The issue is of course that filters become dirty, congested, and clogged.

Your car, vacuum, or home air filter gets cleaned or switched out every few months with continued use, but for some reason we've forgotten to maintain our own body's filter. This point alone literally holds the key to getting back your health since adding more and more to your body will not matter until you can get your liver functioning well again. If anything, adding more (even when using healthy products) may actually make you worse due to your total toxic load and inability for your liver to keep up.

The good news is that we know without a doubt how best to support the strongest detoxifying organ of the body. By using a detoxifying diet and adding in specific nutritional supplements to support the liver we can help it to function more efficiently and faster.

Liver Detoxification



(Notice all the vitamins, mineral, antioxidants and amino acids above needed to keep your liver functioning optimally.)

As you can see from the image above, although your liver is always detoxing and cleaning your blood every second of the day it may not be operating at top performance if it's missing or low on any of those nutrients. This is why Functional Medicine detoxes work so well. They supply you with the must-have nutrients vital for your liver to do its job.

Phase 1 Detox

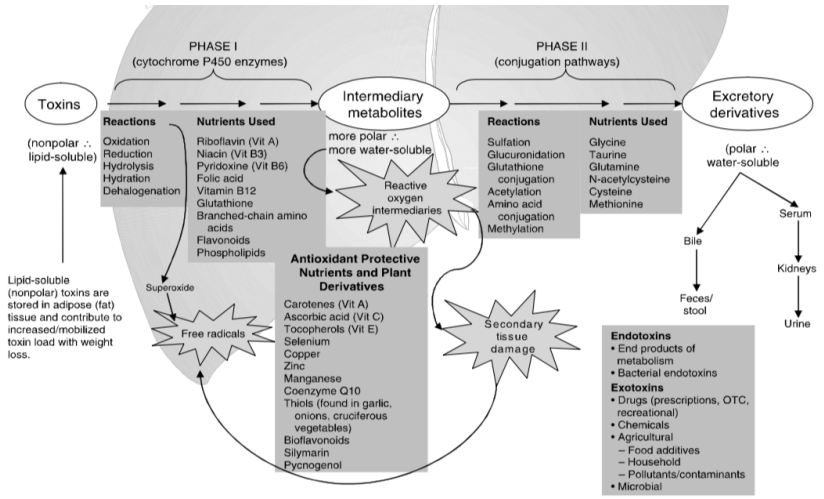
It's important to distinguish between the two phases of liver detoxification. During phase 1 of liver detox you liver is taking fat soluble metabolites (toxins) out of your blood and converting them into an intermediary metabolite. This happens by using certain vitamins, minerals, and nutrients like b-vitamins, vitamin c, vitamin E, and others.

This phase is easier for your liver to handle since if you're taking a good activated multi-vitamin or eating a high quality and varied diet you are most likely getting these nutrients on a daily basis.

Phase 2 Detox

Phase 2 detox is when sulfur based nutrients like n-acetyl cysteine, glutathione, and other nutrients like glutamine and glycine are needed to change the intermediary metabolite into a harmless water-soluble molecule that can then be safely excreted in your urine, stool, or sweat.

Phase 2 detox is typically where we see a breakdown in the body's ability to convert the intermediary metabolites during this step. Your liver simply lacks the raw material it needs to complete the process at the same rate as the demand placed upon it.



(Without the proper Phase 2 liver detox nutrients intermediate metabolites can create massive free radical damage inside your body)

Therefore, when someone lacks these phase 2 nutrients which are not common in multi-vitamins or the standard diet they cannot fully remove toxins. This means your liver then recirculates these toxins back into the blood where they can cause damage or be stored in the brain or bodily tissues. All of this leads to an accumulation of toxins and total toxic load. It is the reason why the *Rain Barrel Effect* is the answer we've been missing.

It's also worth noting that supplementation alone is not enough. This is why specific foods and diet plans are used to cut down on the amount of toxins coming in. Additionally, keeping the bowels moving, sweating, resting, reducing stress, and potentially adding in intestinal cleanses and liver detoxes can be helpful in your detoxification process.

The Final Factor

If you truly want to "*Empty Your Rain Barrel™*" and heal faster than you ever thought possible, fasting of some type must enter the equation. (In the next part of this book, I explain which type is best for whom, but for I want you to know the principles behind it.)

Fasting has been written about since the dawn of time. It is included in every major religion and every form of medicine except conventional medicine. It is hands down one of the most important "treatments" you can use to allow your body to heal itself.

Fasting is simply a period of time where you do not eat. Drinking water or herbal tea is permitted, but no food can be consumed. This allows the body to not have to use any energy for digestion, which can divert up to 30% of all your energy each day to breaking down food. The other thing fasting does is to keep your body (and blood) from allowing any new food based toxins in.

Since food based toxins make up the majority of all toxins, this gives your body a tremendous boost in internal energy from not having to work on new incoming chemicals. Remember, even healthy foods have toxic byproducts from their metabolic breakdown, so by not eating for a period of time your total toxic load is lessened.

This then allows for your liver to process what you currently have floating around in your blood. You can actually see this principle at work everywhere in nature and if you have a dog or pet, you'll notice that it naturally knows to stop eating when it doesn't feel well. In Ayurvedic Medicine, they knew the healing power of fasting 6,000 years ago and it is a cornerstone of each healing protocol.

Nobel Prize Winning Discovery

In 2016, The Nobel Prize in Medicine was given to Dr. Yoshinori Ohsumi for his research into Autophagy. This discovery was what Functional Medicine and all ancient forms of healing were looking for to prove the efficacy of fasting.

Yoshinori Ohsumi wins Nobel prize in medicine - as it happened

Hailed as a well-deserved award, this year's prize went to [cell biologist Ohsumi for this pioneering work on autophagy](#) - how the body's cells detoxify and repair themselves

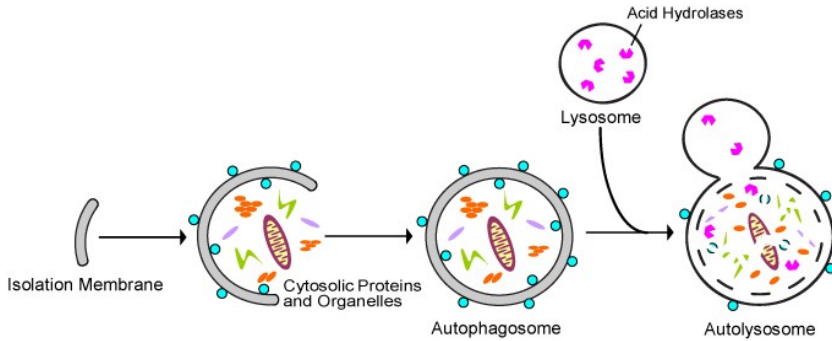


Nobel Prize in medicine winner: 'There's no higher honour' - video

(Dr. Ohsumi being awarded the Nobel Prize for his research on autophagy)

Autophagy is the process that takes place in the body during a fasted state. What happens is that when your body does not have any new toxins coming in, it begins to look for new food and fuel sources, as well as to "clean house." This means that your immune system begins to literally eat up dead diseased tissue and kill pathogens in your body.

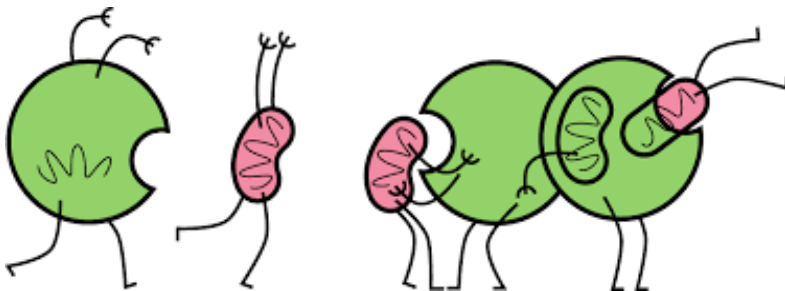
The new scientific evidence now explains how fasting has been used throughout the world since the beginning of time to aid the body's own natural healing processes. Remember, as advanced as we believe we are in medicine, we still cannot match our innate healing ability. As a Naturopath and Functional Medicine practitioner, my job is to simply give the body what it needs in a supportive capacity and then allow it to heal itself.



(This illustration shows how toxins are “consumed” by the waste disposal system of the body during fasting)

Since the photo above can look a little confusing, one of the best analogies I like to use when describing autophagy is by referring to the old video game, “PAC-MAN.” In PAC-MAN a little cartoon head moves around the maze eating up all sorts of “pellets.”

You can think of your body as containing its own “PAC-MEN” and when you complete a fast you allow less of the pellets (toxins) to come in, and therefore, your PAC-MEN can gobble up what’s inside you faster.



(Here’s a PAC-MAN photo of this autophagy analogy eating up all the toxins floating around in your blood)

Also, please keep in mind that although fasting or any of the detox methods mentioned may be brand new to you, they have been practiced

longer than any other form of medicine in the world and many clinics have brought ancient Ayurvedic treatments to a state-of-the-art level. Not to mention, they simply magnify your body's own healing systems.

21st Century Ayurveda

World renowned clinics like the Gerson Institute, founded by Dr. Max Gerson, use (liver based) detoxification as their primary therapy to help cancer patients get well again. These clinics and many others all around the world found the secret to getting well. They know how to integrate the best of ancient healing practices with advanced medical technology.

I didn't know it at the time, but when my mentor, Dr. Peet, was helping me get well, she was doing so by recommending specific foods, rest, and nutritional supplements to give my body what it was missing in order to detox and heal. Beyond the gut and histamine issues I suffered from, a few other specific detox issues I had to contend with were genetic MTHFR and other COMT detox based gene mutations (which are more common than you'd think). It was until I started supporting these genetic issues that I could more fully heal.

During my healing process, Dr. Peet went on to explain to me how having a background in Ayurvedic and Naturopathic Medicine was to my foundation, but that I should accompany that with Functional Medicine. She believed the Ayurvedic Vedyas (doctors) would have used Functional Medicine had it been around thousands of years ago.

Functional Medicine simply put is the integration of all forms of medicine that work on a holistic level. Unlike conventional medicine, Functional Medicine practitioners use their knowledge of "modern medicine," but look for the underlying root cause of why someone is not well or can't lose weight.

Finding Functional Medicine and advanced lab testing to look for the hidden, underlying root causes is finally where I found my home in practicing natural health. I could now combine my love for state-of-the-art science and research with traditional naturopathy and ancient healing wisdom. It's literally the best of both worlds and the DESTRESS Protocol™ that I teach other practitioners and my private wellness clients alike, is the culmination of what I've discovered. (You will get this exact

protocol for getting well, losing weight, and renewing your entire body and mind in Part 4.)

The Fountain of Youth Rediscovered

At many of the clinics I interned at overseas, I saw hundreds of healthy people walk in as well. At first, I didn't understand why healthy people were coming to a place where sick people came to get well. I was young and naive to the fact that if you want to stay well, you must continue to do the things that keep you that way...

This was another eye-opening moment for me. I remembered reading in my Ayurvedic textbooks how every season a detox was completed and then at least 1-2x a year, yogis and other healers would go through Pancha Karma treatments themselves to stay healthy and live longer. We know now that these detoxification treatments helped to purify their body and keep them more youthful.

This is also why I now preach the benefits and importance of getting well, and then continuing to follow a healthy protocol like the one you're about to receive in Part 4. More than ever, it's crucial to support your body on a daily basis and then a few times a year (seasonally if you choose) complete a deeper detoxification protocol.

Now before we get to the actual DESTRESS Protocol™ for you to learn how to Empty Your Rain Barrel™, I want to share with you one of my favorite science experiment stories that should help to clarify the need for keeping your body's blood and internal workings pure...

The Immortal Chicken Heart (1912-1946)

One of the best examples of how vital it is to keep your blood and cells clean was in 1912 when a group of researchers at Rockefeller Institute in New York City were running an experiment by keeping chicken heart tissue alive on a glass slide. Amazingly the living chicken heart tissue continued to pulse day in and day out. However, the trick was that in order to keep the heart alive and in good health the liquid surrounding the heart must be changed daily.

This same experiment was kept going for 34 years and the heart kept on pumping even though the average life span for a chicken is only 14 years! And, the only reason the heart stopped pumping was that the 3rd generation of scientists no longer wanted to keep up with the experiment and change the heart's solution daily!

This study called into question mortality in general. What if cellular aging could be eliminated or reversed based on its terrain or solution? Meaning, if your cells were always bathing in pristine blood and its interstitial milieu (the fluid that feeds the cells and takes out the waste) was pure would cellular and biological aging cease?

It's an interesting theory, which needs to be explored to a much greater degree. For now, it's best we don't wait for the decades of scientific research it will take, and start to begin to clean and detox the disease causing chemicals out of our bodies today...

Source: <https://embryo.asu.edu/pages/alexis-carrels-immortal-chick-heart-tissue-cultures-1912-1946>

The Next Step

I hope by now I've been able to demonstrate the vital importance of lowering your total toxic load, or total body burden...

It is no longer an option to ignore the environmental, cosmetic, and food based toxins that surround us in this unhealthy world big corporations have created. We must take back our health and our environment. The best way to do that is to Empty Your Rain Barrel™ to remove what you've currently accumulated over the past few decades.

It is with great pleasure that I'd now like to teach you exactly how to combine those 6,000 year old Ayurvedic secrets with state-of-the-art science. I call this method my DESTRESS Protocol. It is quite simply a step-by-step plan that will allow you to finally get well, lose the weight, and feel alive again.

Now let's get started!