Your Path to Good Health

A simple guide to steps you can take to speed up your healing process.

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POST CONSULT GUIDE

By Will Shannon

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“If you desperately want to get more out of life, but always feel JUST TOO TIRED, and barely able to get out of bed in the morning to face the world, then ...

Keep reading and discover the closely guarded secrets of the health profession to a new permanently energised you!”
Dear friend,

If you’re reading this right now I want to thank you. I want to remind you that you have the power of choice. We in natural medicine have always thought that the body has the inherent power to heal itself from almost any condition. It’s with this premise that we start our journey together.

I want to remind you that you are not your past. In this moment you can make a new decision and start afresh armed with the information in this book.

You may want to lose weight, recover from something serious, or things may be going great and you want to take them to a new level. Fitness is important, but it’s not the only part of being healthy. We’re aiming to give you the tools to change your entire lifestyle. Armed with these tools, perhaps create a new identity for yourself, so you can look back at the old you as you move forward.

As human beings we tend to fail to anticipate consequences. We tend to commit the same major indiscretions against our health year after year, and then we get surprised when we arrive at the future and it’s not what we want. Most people when I first meet them are overworked, over stressed and as a consequence are mistreating their bodies. This doesn’t just strain their health. It strains their intimate relationships, career, finances, emotions and all other aspects of their life.

Your body was not designed to function optimally with the daily abuse we give it. Unfortunately most of us aren’t proactive. We wait for desperation to drive us to inspiration.

I encourage you to become more future oriented, to anticipate the current consequences of your behaviour around health, and together we can change the rituals, triggers and habits in this area, without trying to patch up things with a quick fix.
The aim of this book is to be one of the first steps in helping you become less dependent on so called experts, and empower you with the information to become more self reliant. It is designed literally to give you more choices.

Technology is advancing so rapidly. The choices you make in what you eat, what you drink, what you breathe, what you put on your skin matters. It influences your energy and ultimately how other people treat you.

I encourage you to get started on this journey with self love, knowing we are here for you. Imagine the difference you could make if you had more energy.

We aim to give you the best of timeless natural health principles without following some fad. We aim to avoid the use of synthetic vitamins and minerals.

Thank you from the bottom of my heart for you devoting time to get to know us. We value your time, energy and family deeply.

At Pinnacle we’re always striving to give you the leading information, and access to the best practitioners we can find. Know we are here for you.

I urge you to never rest on your laurels. Never quit. Never stop working to make yours and your families’ lives a better place.

Your life is your unfinished business.

Kind regards,

Will Shannon

P.S. We’re here for anything you need to improve your health naturally. We send medicine around the world every day for you and your family.

Remember www.PinnacleClinic.com 1300 366 232
This guide is designed to assist you in your healing process. Here are some easy things you can do at home to improve your health and maximise your wellbeing.

In the United States over $100 billion is spent every year on health, yet two-thirds of the people are still overweight, and half of the population are on prescription medication of some kind.

According to the World Health Care Council, health is a state of optimal health, rather than merely the absence of disease.
WHY YOU NEED TO DETOX

Certain things inside your body cause chemical imbalances, increase fat or fluid buildup and make you feel tired or sluggish. They include:

- Poisons
- Chemicals
- Pesticides
- Worms
- Germs
- Yeast
- Mould
- Fungi
- Bacteria
- Bad fats
- Sugars
- Excess calories

The 5 Pillars of Vital Biology

- Bowel
- Kidney
- Lungs
- Skin
- Oxygen
- Water
- Green
- Health
- Fats
- Movement
- Spinal Alignment
- Flexibility
- Anaerobic Exercise
- Aerobic Exercise
- Emotions
- Beliefs
- Values
- Decisions
THE 4 MAIN ELIMINATION CHANNELS

Bowels

Kidneys

Respiratory System

Skin
TOXICITY CREATES ILLNESS

External Toxins

Many of these things come into your body from what you:

I - Eat
• Improper and junk food choices
• Pesticides on fruits and vegetables
• Processed foods

II - Drink
• Chlorine / lead / heavy metals
• Fluoride in water
• Black tea / coffee / alcohol
• Soft drinks

III - Breath
• Contaminated air with heavy metals, toxic mercury, lead and other chemicals that you breathe
• Pesticides, Vehicle exhaust
• Carbon monoxide fumes
• Sulphur and nitrogen pollution from manufacturing
• Formaldehyde from building materials and new clothes
• Second hand cigarette smoke

IV - Skin
• Electromagnetic fields
• Radio waves
• Toxins such as benzoates and parabens in creams, shampoo, perfume, makeup and toothpaste
• Many people are absorbing toxins through their skin without knowing it.

Internal Toxins

• Stress hormones and other acidic breakdowns made in your body.
• Chronic stress, anxiety or negative thinking.
• Bad bacteria, yeasts, moulds and parasites.
• Chronic undiagnosed viral infections.

Your body must eliminate these wastes continuously.
UNDERSTANDING A HEALING CRISIS

When your body is cleaning, a healing crisis may occur where a rush of poisons from all muscles, tissues and vital organs make their way out of your body, travelling through the lymphatics, then the blood stream which then carries them to the elimination organs in your body: bowels, kidneys, lungs and skin.

This temporary rush of poisons into your bloodstream can make you feel unwell. You may begin to undergo a “Healing Crisis” with symptoms that feel like a minor cold. You may experience any of the following:

- Fatigue
- Joint aches
- Different dreams than usual
- Food cravings
- Excess hunger
- Sweats
- Low Energy
- Nausea
- Runny nose
- Diarrhea
- Headaches
- Fever
- More frequent urination

There is one golden rule to avoid a healing crisis.

Stop the poisons backing up in the blood stream.

Get them out of the four elimination organs quickly:

Kidneys, Skin, Lungs and Bowels.

Also remember at this time your body needs nutrients to begin rebuilding. You may get odd food cravings.

Avoid ice-cream and other comfort foods.

Eat something HEALTHY
AVOIDING OR MINIMISING A HEALING CRISIS

There are two major ways to minimise or avoid a healing crisis:

1. **Quicken the speed at which toxins are eliminated**

You want to keep your four elimination channels moving as fast as possible.

**Bowels:**

Make sure you’re taking the full dose of herbs that will cause your bowels to move. Fresh vegetable juice every day is considered very healthy and helps your digestive system cleanse.

**Kidneys:**

DRINK WATER. Drink the shaped water recommended later in the guide.

**Skin:**

SWEAT. There are two main ways to induce perspiration:

1. Exercise
2. Take a Healing bath as (explained later in the guide)

**Respiratory:**

Your nose may begin to run. Let it drain. Don’t block it up or suppress it. Regularly practice deep lymphatic breathing. Breathe in as deeply as possible through your nose. Hold it for as long as comfortable.

Exhale through the mouth as long as possible.

Repeat.

A useful ratio to breathe is 1:4:2

- Breathe in for a count of 1.
- Hold it for a count of 4.
- Exhale for a count of 2

**Example:**

- Breathe in for a count of 4,
- Hold for a count of 16 and
- Exhale for a count of 8
2. Stop putting further toxins in that your body will need to eliminate

If you add extra toxins into your system, your body will have to eliminate them along with the other poisons already in your body.

How long does a Healing Crisis last?

Most people find that a healing crisis lasts only for a few days. Normally it is worst from days 6-8 into a detox as your body begins to trust that you will allow it to eliminate without adding additional poison. The better you eat, the less time it is likely to last.

The length of time of the Healing Crisis decreases as you begin to eat healthy foods.

“Give me a fever and I will cure any illness” – Hippocrates

“Give me a healing crisis and I will cure any disease”

– Dr. Henry Lindlahr

Avoiding a Healing Crisis in the Future

The main challenge is now to avoid the many things that you currently eat, drink, breathe and put on your skin that are not healthy.
PREPARE FOR CHANGE

Getting healthy is no walk in the park. Your body may have decades of poisons inside it. The situation is compounded every time you eat, drink, breathe or apply toxic substances.

Prepare for loose motions

There is one main elimination channel. Your bowels need to discharge waste and usually increase movements during a cleanse to accomplish this. No matter the inconvenience, allow your bowels to excrete as much matter, whether loose or hard, as possible. If elimination occurs much more than 3 times a day reduce the herbal cleanse tonic dosage.

Increasing Peristalsis - Eliminating toxicity

Peristalsis is the name given to the muscular contraction of the bowel that allows food residue to be pushed through. Prepare for some possible slight discomfort as toxins from decades of built up waste begin to make their way out of your body.

Cramping

As your bowel is activated some cramping may occur. This is normal as the bowel begins to expel waste. However if cramping is very painful, stop the tonics for 48 hours, until things have settled and then start again at half the last dose you were taking. Minimise junk food and for a short time, solid food, to allow the bowel contents to eliminate more easily. If cramping is excessive take peppermint tea.
**Drink water**

We recommend drinking at least 2 litres of water a day, preferably “shaped water” while on this program.

**Enemas / Colonic Irrigation**

Enemas and colonics are not the total cleansing answer: They are only able to clear out the large intestine, the final 5 feet (1.5m) of the digestive canal. The one way ileocecal valve between the large and small intestine prevents it from going any higher. It’s best to take in oral nutrients that will help clean the body from top to bottom. Your body is going to start to attempt to rid itself of the toxins through its eliminatory channels. We prefer to minimise the waste coming out of the respiratory system and skin by sending it out through the bowels.
OXYGEN IS KING

Oxygen is the most critical element in your body. Deprived of it, your brain and all essential organs will shut down and you would be dead within a few minutes.

It is crucial to learn how to breathe correctly. Oxygen which makes up 65% of the human body is more critical to maintenance of life than food or any other substance. You should try to increase your lung capacity through short intense workouts and specific breathing exercises designed to elevate oxygen capacity.

You feel stronger when your lungs and ribcage are resilient and robust.

Breathe Deeper

1 : 4 : 2 Breath Ratio

INHALE

EXHALE

HOLD

x10

Proper Breathing

Breathe as deep as you can, at the peak of inhalation hold it for four times the length you inhaled. Breathe in through the nose; hold; and then out through the mouth for a ratio of 1:4:2. Take oxygen like you would food. Practice deep breathing three times a day. Don’t raise your shoulders when you breathe. Push your abdomen out in all four directions. “Breathe deeper and lower.”

“Your vitality is limited by your lung capacity.”
WATER IS WONDERFUL...
MAKING SHAPED WATER

H₂O is the second most critical substance on earth! Water also happens to be storage medium. You can use things that dissolve in this fresh liquid so that it becomes a carrier for nutrients.

Making Custom Water

In any quantity of water add the following:

- Chamomile tea
- Peppermint tea
- a pinch of Cayenne Pepper

Boil the water OR take it at room temperature.

You can add a dash of olive oil OR other plant oil to extract more nutrients. You can add other herbs if you wish.

You can add Pinnacle Super Foods, and / or Pinnacle Choice Oils to your water. You can also add any of the following ingredients mentioned above in “Making Custom Water,” OR any herb or plant that is not a fungus, mushroom, bacteria or animal based. Please see “Common Myths” page to learn more.
MINIMISE TOXICITY

One of the greatest poisons you put into your mouth is improper food choices.

**DEVELOP A ZERO TOLERANCE POLICY FOR THINGS THAT ARE BAD FOR YOU.**

1. **NO Dairy**

Dairy products have the potential to cause severe ill health in humans, being one of the most common allergens in children who may suffer from constipation or diarrhea. Cow’s milk is intended for baby cows – human mother’s milk is for baby humans. There is a broad range of alternatives that in most instances are more than suitable as replacement, especially for adults.

Casein makes up 80% of protein in cow’s milk. It is also used in commercial paint, plastics and glue. It is known to induce production mucins (sticky proteins in mucus). This protein can cause varying degrees of injury to the intestinal mucosal surface. Research strongly suggests that it is the major allergenic component of cow’s milk.

Lactose is a sugar found in milk and dairy products. It can create mucus, phlegm and catarrh in your respiratory system and intestinal tract. Lactose intolerance may cause abdominal pain, diarrhea, nausea, flatulence. A deficiency of Lactase, the substance needed to digest lactose, with dose related lactose and milk-intolerance, occurs in 50-90% of most populations especially among Southern Europeans, most West African, East Asians, Hispanics and Native Americans. Milk-induced colitis can occur even when lactose tolerance tests are normal.

Hormones in cow’s milk are risk factors for reproductive cancers in humans.

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**The Calcium Myth**

Studies have shown no evidence of a protective effect of dairy against fracture. You can obtain calcium from a wide range of foods such as kale, broccoli, spinach, sesame seeds, seaweed, collard greens, turnip greens, tofu, kohlrabi, mustard greens and white beans.
The Importance Of Nose Breathing

When you breathe, your mouth should be closed with tongue on the roof of the mouth behind the top teeth. This puts pressure through the top jaw which helps support the structure of the skull, growth of the jaw and face and balances the main energy flows of the body as well as aiding the body to be in a more calm, peaceful state.

It also puts pressure on the pituitary gland to release hormones which regulate growth.

Cow’s Milk vs Goat’s Milk

Mothers’ breast milk is ideal. Goat’s milk is the next best alternative whenever babies cannot have the mother’s milk. Mahatma Gandhi used to take a goat with him when he was fasting to derive nutrients from its milk for sustenance.

Goat’s milk should never make up more than 5% of an adult’s diet.

Goat’s milk seems to be more easily absorbed and digested than cow’s milk, and doesn’t produce as much catarrh.

Dealing With A Chronically Stuffy Nose

Apply herbal cream to sinuses above and below your eyes. Then apply to the inside edge of the nose with a cotton tip. Leave for fifteen minutes; then blow.
2. NO Wheat/Whites

Wheat is not easy for the human digestive tract to handle due to the gluten which contains the immunotoxic protein gliadin which contributes to the increase of intestinal permeability. This and the lectins in the grain have the potential to contribute to a wide range of adverse health effects, including gut inflammation and damage to your gastrointestinal tract.

Apart from immediate gastrointestinal symptoms, it may affect some people by making their eyes blood shot, mind foggy and body fatigued. Avoid ‘white’ food including ‘white’ bread, ‘white’ pasta, ‘white’ rice or any food containing ‘white’ flour. Eating rapidly digested starches such as these causes a fast high spike in blood sugar followed by a quick fall and associated insulin problems leading down the path to diabetes and heart disease.

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Wheat Bread and other baked goods

Nearly all white flour products are constipating. White flour is created by removing the bran and germ through milling which leaves a gluten flour containing no oil or fibre. Gluten is a ‘gluey’ protein substance and is an acid maker in the body. Chemicals are often used to further the processing of the wheat flour and create a longer shelf life for flour products. The germ and bran contain important nutrients like fibre, iron and B vitamins that are stripped away during the processing to become white flour. As the resultant flour has no fibre it is difficult to pass through the digestive system and can cause constipation.

Whole grains and other slowly digested carbohydrates contain important fibre as well as plenty of vitamins and minerals and so protect against heart disease and diabetes.
3. NO Sugar

Sugar can be said to be the king of food poisons. Although Sugar occurs naturally and is mainly processed from sugar cane and sugar beet, it is not a whole food and can be dangerous and highly addictive. It is contained in the majority of processed foods especially cakes, biscuits and sugary drinks.

Sugar contains:
- No Proteins
- No Enzymes
- No Healthy Fats
- No Essential Nutrients

Some of the many health problems associated with sugar consumption include:

- Refined sugars can contribute to metabolic imbalances including diabetes.
- Drinking sugar-sweetened beverages increases body weight and fat, leading to obesity.
- Sugar can produce a significant rise in triglycerides, contribute to atherosclerotic blood vessel damage and cardiovascular dysfunction.
- Sugar promotes the uncontrolled growth of Candida Albicans (yeast infection).
- Sugar can adversely affect school children’s grades and contribute to perceived learning disorders.
- Sugar can cause depression. Sugar increases the risk of gastric and other cancers.
- Sugar can lead to dizziness.
- Sugar is highly addictive and contributes to tooth decay, and alters brain neurotransmitters, contributing to addiction and mental problems.
- Its adverse impact on behaviour is well established.
4. Eat Meat Sparingly

You should minimise your meat consumption for health reasons. In today’s world, animals may be pumped with hormones and chemicals harmful to human bodies.

When you eat meat you may ingest hormones, antibiotics and other chemicals used legally or illegally in production to address problems such as parasites. There are also meat fillers and meat treated with carbon monoxide or sulphur dioxide to keep its colour so it looks fresh even when it is weeks or months old.

The livestock population of the United States consumes enough grains, not grass, especially corn and soybeans to feed the entire United States population five times over. For every 16 pounds of grains and soybeans, only one pound of meat is received. Over 50% of all antibiotics in the United States are used in the meat consumed.

Following a high-protein diet for a long period of time could weaken bone contributing to osteoporosis and some data shows that eating a lot of red meat and processed meat is linked to an increased risk of type 2 diabetes and colon cancer.

Meat can be full of antibiotics and animal hormones. Consumption of meat can cause a build up of the waste product, uric acid in the blood. Studies have shown that those who eat the most red meat are 30% more likely to die of any cause. Eat leafy greens such as spinach, Brussels sprouts, collard greens, broccoli, as well peas, white beans, lentils and unsalted nuts.

The Chicken Myth

Eating chicken creates uric acid which the kidneys have to filter and can often settle in the joints and create gout. Chicken may be heavily contaminated with growth hormones and antibiotics. In the United States arsenic has been used in the treatment of poultry raised for eating. Free range chicken is not much better as it may still be given antibiotics and other chemical agents.
The Fish Myth

Fish may be exposed to high levels of pollutants, mercury, oestrogen’s other environmental contaminants such as antibiotics, growth hormones, and coloured dye. It may be contaminated by parasites.

Contrary to popular opinion there are no clean oceans. Grilled fish is still the BEST choice of meat, as it does not contain cholesterol like red meat and chicken.

The Parasite Problem

Beef, chicken and fish can have high levels of parasites. If the bowels are moving regularly, getting rid of these parasites is less problematic.

When you eat meat you are eating DNA of an animal including the terror and adrenaline from knowing it is going to die.

Fish is our preference of all meats although it still tends to live in polluted water, or is raised in fish farms where it may be given growth hormones and coloured dye.

*Meat, milk and eggs do not contain fibre which makes them HIGHLY constipating.*
5. Juicing

*Juice is the most concentrated form of nutrition.*

Juice vegetables and low-sugar fruits as indicated in the Acid and Alkaline Guide.

Add leafy greens. Use foods like apple and carrot which have moderate sweetness to mask the taste of leafy greens. Use cucumber, celery and any other alkaline vegetables you like.

Avoid high-sugar foods like berries or banana. These are best consumed in moderation or sparingly. All bacteria, yeast and fungus live on sugar. Minimise your consumption of fructose or fruit sugar. All excess sugar is synthesised to glucose in the liver.

Please consume juice with the lower sugar ingredients on the *Acid & Alkaline* Guide.

Juicing strips all the nutrients away from the fibre. Fibre contains no nutrition. It simply helps push the stools through.

**Juicing Vs Blending**

Juice is the most concentrated form of nutrition, even superior to blending. Juicing strips away the insoluble fibre leaving most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit, making it a much more nutrient dense product than blended drinks.

*A healthy juice may combine any of the following ingredients:*

- apple
- celery
- carrot
- beetroot
- ginger
- garlic
- turmeric
- cucumber
- leafy greens
Food is a way humanity can come together to share a connection. Many of us grow up eating a certain way based on our culture and religious beliefs. Our genes are used to this and do not react well when we change our diet or lifestyle from that of our ancestors.

**But What Do I Eat Now?**

We don’t want to take away all your meal choices. We have a recipe book and other additional materials, available on request. Most cultures are not raised on a plant based diet, even though we believe this is the healthiest. It is sometimes unrealistic to expect family and friends to change. You need to be a good example and let people see the changes in you.

**The Importance of Race**

At Pinnacle we value your race, culture and genetic heritage and endeavour to factor this into the development of your individual program. Talk to your Pinnacle practitioner to ensure your ancestral heritage is taken into account when receiving any type of herbal or nutritional treatment.
GO MORE LIQUID

_Hunger is a message from your brain to supply nutrients to your body._

Feed your body with nutrient dense food such as **Pinnacle Super Foods**, juices, and dense shaped water.

You can eat a pizza and still be hungry as your body has received calories but not enough nutrients.

In contrast you can have a vegetable juice and be full due to the high levels of nutrients it contains.

**PREPARE TO BE A LITTLE HUNGRY**

Slight under nutrition is one way to potentially live longer. Learn to live with minor levels of hunger. Stop eating before you’re full. The brain is 12 minutes behind the stomach.

**CIRCULATE YOUR BLOOD**

**CIRCULATION IS CRITICAL.** Learn to tolerate small amounts of pepper, chilli and hot food. Herbalists traditionally use these foods to improve and strengthen your circulation. Let your body get used to having these compounds to support circulation, relax blood vessels and balance blood pressure.
SUBSTITUTE SALT FOR SUGAR

If you crave sugar there may be a bacteria, yeast or mould overgrowth or adrenal exhaustion may be driving this craving.

Take a pinch of Himalayan or sea salt, or boil some cloves with a pinch of cayenne pepper and drink it for bacteria or have a pinch or salt or celery juice.

MINIMISE COOKED OILS

Cooking changes the Chemical properties of fats and oils. Eat less fried foods. Use raw oils such as olive oil on your meals instead.

EAT MORE RAW OR LIQUID

A couple of days of liquid allows the intestinal tract to rest and heal.

LEARN TO READ FOOD LABELS

Read the labels before food goes into your trolley. Choose food with minimal sugar. Ingredients under 1% can be listed in any order. Substances that have no functional benefit are often not required to be listed at all. Even though a product may be gluten free it does not mean it is healthy.

EAT MORE COLOUR

Eat foods with different colours. Have rainbow salads. Different coloured vegetables and low sugar fruits have different nutrients.

CONDITION YOUR CHILDREN FROM YOUNG

Introduce your children to healthy foods when they are young.

Your duty as a parent is to raise your child and give them the best start in life possible. Educate them. Give them healthy fresh juices and raw foods. Avoid giving them food to which they are intolerant. Don’t use junk food as a reward. Condition them from young to enjoy healthy food.

Many illnesses start from a blockage
DO NOT EAT HEAVY FOOD IMMEDIATELY BEFORE RETIRING
Your body rests and repairs during the night’s sleep. It cannot digest while it is repairing. Minimise the load on your digestion during this time.

CHEW YOUR FOOD WELL
Eat slowly, and chew your food. This allows it to mix with saliva, the beginning of digestion. Drink your solids and chew your liquids.

AVOID EATING WHEN YOU ARE STRESSED OR UPSET
Your digestion needs calm to function properly. Avoid eating when your nervous system is stimulated.

BREAK YOUR FAST PROPERLY
Breakfast is the time to break the rest your digestive system has had overnight. Avoid overloading it with excess heavy food at this period.

BE CONSCIOUS OF WHAT YOU HAVE FOR LUNCH
Most people are tired in the afternoon due to having skipped a good breakfast or because of what they ate at lunch. Move at lunch time to stimulate circulation.

AVOID COOKED OILS AND FATS
Every time you heat oil to cook meat or fish you change the property of the fat. This may lead to cholesterol problems and bad fats in the blood.

One way to potentially lower cholesterol is to eliminate these unhealthy fats, reduce sugars and unhealthy carbohydrates, take herbs that support circulation and perform light exercise that is appropriate for your health condition.

Respect and listen to your body’s needs -
for example, when you are lactose intolerant
don’t put milk into your body.

Eat and drink to support your good health!
FOOD IS EMOTION

Food is an emotional place for all of us.

It is part of our human experience.

Relax and Laugh

Laugh more. Laughing secretes strong chemicals that are good for you.

Sit down to eat your meals, preferably in good, relaxing company.

Don’t use food as a reward; junk food is no reward

Taste is emotion. To put it simply; we eat to feel good. If food didn’t have unique tastes we would all drink green smoothies. God created diversity, therefore, you are designed to eat and enjoy a variety of goodies. Food can make us feel or on top of the world! It can also have an after effect and make you feel bloated and guilty.

Use nutrition that sustains you. You must eat with the end in mind.

Eat for how you will need to feel in three hours

Link good emotions to the foods that are healthy; and bad emotions to the foods that do not sustain you. Rather than vice versa.

Minimise the use of food to change the way you feel. There are a lot of ways to change how you feel. Eat what sustains you and feel good about it. Eat to live, rather than living to eat!

There is always a place to raise your standard much higher

Most of us could be eating and drinking healthier than we are. Eliminate as many vices as possible (you know what they are) and increase what is good in your eating regime.

Learn new recipes

Learning to eat new food, can sometimes feel as if it is taking away ALL your food choices. Please ask for a copy of our Pinnacle Recipe Book.
COMMON MYTHS

The following are not recommended:

1. Pre and Pro-biotics

Probiotics are live microorganisms, bacteria. We don’t support the ingestion of bacteria. We recommend to concentrate on good foods that promote the growth of beneficial organisms in the intestines and your bowels to be evacuating properly rather than relying on supplements of bacteria that may not be suitable for you.

2. Fish oil

The oceans are the most polluted in our planet’s history. Take your oil from a plant. EPA (eicosapentaenoic acid or omega-3 acid) and DHA (docosahexaenoic acid) are the active ingredients in fish oil. The precursor to EPA and DHA is ALA (alpha-linolenic acid) and is found in copious amounts in plants such as flaxseed, soy, chia, pumpkin seed and walnut oil. Raw plant oil can be added to your food.

3. Fermented foods

These are made without oxygen in an “anaerboic” environment and can have waste products of lactic acid, alcohol, ammonia and acetic acid (vinegar). Avoid miso soup, sauerkraut, soy sauce, yogurt, cheese or any other fermented product. Focus on oxygen rich foods.
4. Chlorella and Spirulina

Algae is a form of bacteria called cyanobacteria. These algae similarly to bacteria can cause toxicity. Side effects of taking chlorella can include diarrhoea, nausea, flatulence, green discolouration of the stools and stomach cramping. It can also lead to sun sensitivity. Some species of blue-green algae produce toxins, including neurotoxins that can increase long-term risks of degenerative diseases of the central nervous system. Avoid them – have wheat grass, barley grass, or alfalfa instead.

5. Mushrooms

Mushrooms are fungi and they may contain toxins including some compounds that are considered carcinogenic. Many people in our industry recommend them. Avoid them. Make your preference chlorophyll rich green leafy vegetables.

6. Vinegar / Apple cider vinegar

Vinegar contains acetic acid. It can cause side effects of nausea, itching, lowered potassium levels and adversely affect insulin. It may also lower bone density. It should be minimised.

We recommend small amounts of sodium bicarbonate instead to alkalise the body on the condition that you monitor your blood pressure and ensure it remains at a normal level.
7. Nutritional Yeast

We don’t recommend yeast of any kind. Nutritional yeast only contains trace amounts of some vitamins and minerals. It does not naturally contain vitamin B12. During the manufacturing process vitamins and minerals are added to enhance nutrient levels. Taking this is not a natural way to increase nutrition.

8. Synthetic Vitamins

We recommend you get your vitamin intake from a whole natural food source such as Pinnacle Super Foods. It contains many organic vitamins, minerals, and trace minerals, free from as much pesticide and toxicity as possible.

Many green powders are inexpensive and are of poor quality with cheap ingredients. Our green powder has NO mushrooms, NO fungus and No radiation treatment. Only the highest quality organic ingredients, grown in the very best soil we can find.

9. Corn / Peanuts

For the most part, corn and peanuts can contain high amounts of bacteria and Aflatoxin, a fungal mycotoxin produced by mould which can cause acute toxicity in humans. The vast majority of corn in the world is now genetically modified. Corn is in most processed food products in the supermarket.
The human organism is designed for movement. When we don’t move, we die. Health is not based just on what you put in your mouth.

Lack of movement leads to impaired muscle and connective tissue which inevitably leads to pain.

Your muscles have a strong memory and your body has an amazing ability to compensate. When you don’t move, certain muscles weaken, causing others to take over.

“The head is designed to sit over the shoulders, the shoulders over the hips, the hips over the knees, the knees and ankles in same alignment, and feet pointing straight.”

1. YOGA / PILATES

SYMMETRICAL BODY MOVEMENT

The human spine is an extension of the brain. The muscles down the side of the spinal hold it in place because the body needs symmetrical movement.

Walking, running and cycling may exaggerate twists in your pelvis if you haven’t strengthened the muscles. It is good to exercise on your back using the same muscle groups at the same time on both the left and the right side.
Pilates is the preferred choice, this isolates muscle groups and programs your mind to only fire the appropriate muscles. The muscles in the front of the body (the anterior muscles) are designed to bend the body forward (called “flexion”) and the muscles in the back of the body (the posterior muscles) are designed to bend the body backwards, (called “extension”).

The front and back muscles need to be balanced to enable you to stand upright. Your bones are influenced by the ability of the muscles and ligaments to hold them in their correct position.

**2. OSTEOPATHY**

Osteopathy, including cranial osteopathy, utilises modern scientific and traditional methods including the manipulation and massage of the skeleton and musculature to particularly treat people who may have experienced physical trauma.

**3. AEROBIC EXERCISE**

Aerobic means “relating to, involving or requiring oxygen.” Aerobic exercise involves physical exercise from low to high intensity which” requires oxygen. It means movement that elevates the heart rate.

There is a link between good feeling and movement. Move both sides of your body at the same time.

**4. ANAEROBIC EXERCISE**

Anaerobic exercise means to exercise “without oxygen.” It is used to develop strength, speed, power and muscle mass. Athletes in non-endurance sports such as weight lifters use it for greater performance in short duration and high intensity activities that last from mere seconds up to about 2 minutes.
Weight lifting contributes to the increase of bone density and the release of Human Growth Hormone (HGH). Weightlifting is recommended for physically abled people of all ages. There is a separate book on how to lift weights properly.

### 5. FLEXIBILITY

Stretching and flexibility is important for people of all ages. Stretching can prevent injuries from happening during your training. It also increases blood circulation to certain muscles in your body, helping joints move more smoothly.

#### Importance of Head and Neck Alignment

Your head weighs approximately 4.5 kilograms. Your neck needs to be strong to adequately support the head and keep it in alignment with the rest of the supporting body structure. Head and neck alignment allows the brain to communicate efficiently with all parts of the body without interference.

Your airways must be clear. If you have difficulty breathing, discontinue the consumption of dairy products and we recommend the **Pinnacle Herbal Cream, respiratory formula** and **tonic**. Mouth breathing can lead to a multitude of problems. Proper alignment of your jaw and the first two vertebrae in your neck – C1 and C2 are critical for neck alignment and correct breathing. Misalignment may result in dizziness and other motor neurone problems.

#### Tone up your pelvic floor

Your pelvic floor is the muscular base of the abdomen, attached to the bony pelvis. To strengthen it, contract the muscle you use to stop urinating several times throughout the day. This helps tone the muscles that support all your digestive and reproductive organs.
**HUMAN NEEDS PSYCHOLOGY**

All human beings are driven by the same needs. We all try to find a way to meet our six basic human needs, even if we have to lie to ourselves. We will violate our beliefs and values to meet our needs.

### THE NEEDS OF THE PERSONALITY

#### CERTAINTY / SECURITY

**OTHER NAMES:**
- Comfort, Survival, Ability to eliminate stress
- Ability to control pain

**POTENTIAL VEHICLES:**
- Control, Faith, Consistency, Food, Learned Helplessness, Positive Identity or Negative Identity, Completion, Belief in Guideline

#### UNCERTAINTY / VARIETY

**OTHER NAMES:**
- Surprise, Diversity, Difference, Excitement, Challenge

**POTENTIAL VEHICLES:**
- Competition, Alcohol, Drugs, Sabotage, “Pick a fight” New Relationship, New Job, New Location, Stimulating Conversation, Take on New Challenges, Learn, Change your Focus

#### WHEN YOU KNOW WHAT’S GOING TO HAPPEN and WHEN IT’S GOING TO HAPPEN, WHEN THINGS GET TOO PREDICTABLE WE GET BORED

#### SIGNIFICANCE

**OTHER NAMES:**
- Important, Unique, Special

**POTENTIAL VEHICLES:**
- Tearing others down, Violence, Negative Identity, Disease/Disorder, Material Possessions, Accomplishments e.g. Degree, Style, Development of New Knowledge and Skills, Growing Levels of Caring, Extraordinary Compassion, Having Children and Security

#### LOVE / CONNECTION

**OTHER NAMES:**
- Unique, Special, At one with, Sharing

**POTENTIAL VEHICLES:**
- Sympathy via Sickness/Injury, Negative Behaviour (Crime, drugs. Get other to comply with your request (Acceptance) Relationships, Spiritually, Be in natural surrounding (“in nature”), Join team/club, Self-sacrifice, Beauty/art, Sex

#### GROWTH

Your problems force you to grow
What better person are you becoming?

#### CONTRIBUTION

Your life isn’t about you. It is about leaving a legacy.
If you help others be fulfilled, You will be fulfilled. Consistently gives to others that which you wish to receive.
Who will you touch by your giving spirit in your lifetime?

### THE NEEDS OF THE SPIRIT

Any behaviour that meets three or more of your needs becomes an addiction.
What two needs are most important to you?
Do you meet your needs in positive or negative ways?

What needs aren’t being met? How could you meet them?
If you are being driven by significance you will have a lifetime of pain.

### WHAT NEEDS ARE DRIVING YOU?
THE TRIAD

The Source of emotions is a combination of 3 forces

1. PHYSIOLOGY

The three main drivers that influence physiology are respiration, facial expression and body language.

Respiration:

Respiration has a profound impact on biochemistry. Most yogic techniques are based around changing the way people breathe. Make sure you are conscious of how you breathe at least part of the time. Breathe lower and deeper.

Facial Expression:

Dr Paul Ekman, a world-renowned expert in micro expression found that putting your face in certain expressions will make you feel that emotion. Learn to move the muscles in your face. Isolate and move them the way you want. Practise in front of a mirror if need be. Learn how to smile. As a general rule, your facial muscles need to be more activated.

Human beings can make more than 20 distinct facial expressions. Generally we feel better when the muscles in the face are raised.

Smile!
Body Language:
Scientifically we are shown that our body language good and bad can manipulate our hormones and mess with our minds. It drastically changes the way we feel about ourselves and how others perceive us.

“Persons who work in mentally stimulating fields need physical hobbies.
Persons who work in physically stimulating fields need mentally stimulating hobbies.”

2. MENTAL ATTENTION
You have 5 senses:

Vision • Hearing • Touch • Taste • Smell

Your five senses influence how you think. Control what you are thinking about by changing what you see, say, touch, taste, smell and listen to.

Train yourself to practice some the following beneficial techniques.

The Change Technique
If you are picturing or seeing something bad, stop it and mentally push it off into the distance. Start to picture something beautiful and desirable you want.

If you do not feel well, consciously choose the emotion you want to feel. Give it a colour that you like and picture the colour with its emotion moving all over you.

The Erase Technique
Any time you have a negative thought, say the word “erase” and replace the thought with a good one.

3. METAPHOR
What Influences You Long Term?
Your Model Of The World / Blueprint / Schema
Your model of the world is composed of several things:

- Decisions
- Beliefs / Generalisations
- Values
- Global Metaphors
- Sub Consciously Patterned Filters

**The Importance of Meaning**

Life is not perfect all the time.
It is dynamic and changes moment to moment.
Horrible things happen to good people, and vice versa. Life is not fair.
We should not let negative experience define us.
We all have the power to make meaning of our experience.
It is not the events, but the meanings we give the that shape our emotional reactions.

**Life must be MEANINGFUL**

The best part about the past is that it’s over. You survived, and you are here.
It is time to learn from past experiences. We all experienced times where we performed wonderfully; and times when we performed horribly under similar circumstances. You need to develop, grow and become resourceful in the present.
Your behaviour is often a combination of your resources. The way you organise your internal emotions often has a profound connection to how you feel and behave.
You need to manage and control one of the most important resources, your emotion and how you feel (confidence, determination, self-esteem) so you regularly feel these positive emotions on a daily basis.
You can do this a few ways.

1. **Access a time you felt that way**

Mentally access a time you felt that way. See yourself step into that timeframe and position. Breathe the way you were breathing. Move the way you were moving. Put your physiology and mental attention into that state.

2. **‘Act as if’**

Move your body and mind as if you already felt that way.
3. Find a role model

There are other people who have experienced the situation you are facing, and successfully achieved positive outcomes. They could be a friend, parent, teacher or celebrity. Use them as a role model. Utilise their advice and expertise to emulate the behaviour you need to achieve your desired results.

YOU MUST HAVE A PURPOSE

To improve your daily life implement these things:

• You must have a purpose. It gives meaning to your life. If you do not have one, then find one. It might be to become the best parent, or create the finest piece of art.
• Your Purpose in Life will make you will feel alive.
• Tomorrow must be better than today.
• You must have a vision of something greater than now for the future.
• Successful people are both present and future oriented. They also learn to pull positive resources from their past.

THE Power Virtues:

FAITH, COMPASSION, DETERMINATION, COURAGE.

Cultivate these and you will change your life. How do we change? Through Significant Emotional Events (S.E.E’s) or by conscious decision.

Classes of Human Experience

<table>
<thead>
<tr>
<th>Class I experience</th>
<th>Class II experience</th>
<th>Class III experience</th>
<th>Class IV experience</th>
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<tbody>
<tr>
<td>Feels good, good for you, good for other people, good for greater good.</td>
<td>Doesn’t feel good, good for you, good for other people and serves the greater good.</td>
<td>Feels good, but bad for you, bad for others, and bad for the greater good.</td>
<td>Feels bad for you, bad for other people, and bad for the greater good.</td>
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</tbody>
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Where possible turn your experiences into Class I and Class II experiences.

Gratitude

Almost half the world - or more than three billion people, live on less than $2.50 per day, which is a little more than $900 per year. The average cup of coffee is $3.25. If you can afford that, you’re spending more on one purchase of a cup of coffee than what half the planet has to live on in one day.
CHANGING YOUR ASSOCIATIONS TO FOOD

1. Switch the Mental Associations

1. Think of a food you dislike.
2. Mentally notice if the thought brings up a picture, internal dialogue, or feeling – it’s easiest to work with a visual.
3. Notice the qualities of the image or video, voice or feeling including location in your body.
4. Switch the food you want to have the same dislike for into this place.

2. Use a Quality Quantifier

1. Think of a food you want to dislike.
2. Notice on a scale of 0 to 10 how strong your desire is or was for it.
3. First increase the level of desire – to show to yourself you have control over it.
4. Then ask yourself “What would I need to think about, picture, say to myself to feel to take this to an X?” Where X represents a number 2-3 points below the current level.
5. Keep going until you take it to a 0.

You can then increase the number for a food you like
Pick a food in the alkaline section of the manual that you know is good for you.

Ask: “What would I need to picture, say to myself, feel or think about this to increase my desire for this to an X? Where X represents a number 2-3 points higher than the current level.

3. Build A Compelling Future

Human beings get happy from knowing that tomorrow is better than today. It might be a future in this current life. For other people it is a transcendental future – that is a future in a future life.

You need to work on who you want to be to get there.

Ask yourself: “Is this meal choice or action consistent with the identity I’m building for myself?”
HOW TO CONTROL YOUR THINKING

You think in your five senses plus words.

**Visual**

- **Distance** (far/close) • **Location** (up, down, left, right) • **Solid/transparent**
- **Colour** • **Size** • **Frame/no frame** • **Picture/movie** • **3d/2d**
- **Focus (clear/not clear)** • **Brightness (bright/dim)**

Learn to keep the pictures you want big, bright and close and the pictures you don’t dim and off in the distance and gone.

**Auditory (sound)**

- **Location** • **Distance** • **Rhythm** • **Volume** • **Pitch** • **Tone** • **Timbre**
- **Pause** • **Other special features**

If you have a negative voice talking to you give it a picture and shatter it, or switch it’s location from the front, to the back, to the right, to the left and find which location feels best – then change it’s tone.

**Kinesthetic (feeling)**

- **Location** • **Direction** • **Temperature** • **Pressure** • **Texture** • **Shape** • **Vibration**

If you’re in pain give it a colour and imagine taking it outside of you.

If you want to feel something give it a color and run it through you.
Questions
Your brain much like a computer is capable of answering questions you ask it. If you ask disempowering questions like “why am I so fat?” it will answer you. The meanings you give events will heavily shape your emotional reaction to them. One of the best questions you can ask yourself when negative things happen is “what else could this mean?” Other questions like “What can I learn here?” “How can I solve this?” “Who needs to be served here?” are also empowering questions.

The swish pattern
The next time you have a negative picture, sound or feeling swish the negative picture and replace it with a positive one. Do this repeatedly.

The anxiety buster
If you felt anxious notice the location it starts, where it moves through you and where it ends, and if it loops. Then spin it backwards. Take conscious control of your breathing, and run empowering emotions with it.

Time Lines
People sub consciously sort time. The two most common ways is the past behind, and future to the front. And the past to the left, and future to the right. It’s important to consciously put into your future the things you want to have happen, and remove the things you don’t. It's also important to remove limiting resources and events from the past.

Words
Words are processed unconsciously according to the theory of the famed linguist Noam Chomsky. It’s important to learn as many words as you can. The more words you can use the greater precision you can describe events to yourself and others. When you can’t control your environment you must take control of your model of the world – your voice, your facial expressions, your thoughts, the way you treat others.

“When we are no longer able to change a situation – we are challenged to change ourselves.” — Viktor E. Frankl
EMOTIONS

There are dozens of emotions you could feel in an average week. A great number of these emotions are negative because you are stuck in HABITUAL ways of moving your body, using your thoughts, language, and processing the world.

The two primary human fears.
1. We’re not enough
2. We won’t be loved

The Ultimate Questions:

Ask yourself: What beneficial emotion do I need to feel for this situation? Choose one.

- How would I stand if I felt that?
- How would I breathe if I felt that?
- How would I move my face if I felt that?
- What would I think about if I felt that?
- How would I treat others if I felt that?
- What questions would I ask myself if I felt that?

Cycle this through 3-4 emotions until you train your body to feel these. Put your attention under your eyes.

Erasing bad memories...

Imagine you’re sitting in a movie theatre…

Float out of your body so you’re in the projection booth looking at yourself looking at the screen at yourself feeling the bad memory. This is called being double dissociated, it reduces the emotion you feel.

Watch the movie on the screen from the end to the beginning several times. As you run the movie, drain the colours together till you can’t see it. Push the movie out the back of the screen until you can’t see it anymore. If the memory is particularly traumatic, look away and let your unconscious mind watch the screen and run the movie out of consciousness. You don’t need to be looking at the scene for it to work.

You can do this with your children or anyone who needs it. If the movie is particularly traumatic you can do it while moving rather than staying still.

Expanding your identity

To become who you need to be you need to expand who you are.

Pick who you need to be, and change your body and beliefs around that.
THE 3 LEADING CAUSES OF PREVENTABLE DEATH

1. Smoking

Minimise or eliminate second hand smoke. Trade in smoking for other activities that relieve your stress. There are many harmful effects of tobacco consumption including heart disease, lung cancer, stroke, emphysema and hypertension. Tobacco is dipped in sugar and yeast for flavour and addition. Yeast is a form of fungus. Cigarette smoke contains over 4,000 chemicals including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins.

2. Drinking

Ethanol is made from a sugar solution containing yeast. Alcohol alters the brain’s chemistry, slowing down its function and it increases the risk of depression and anxiety. Alcohol damages the connective tissue at the end of neurons in the brain. Alcohol consumption is associated with leaky gut syndrome, inflammation, Crohn’s disease and can cause major health problems, including cirrhosis of the liver, damage to the heart muscle, nerve damage, brain disorders due to associated thiamine deficiency and injuries sustained in automobile accidents.

3. Recreational Drugs

According to the World Health Care Council, smoking and drinking are the two leading preventable causes of death in the world. Drugs may contribute to many symptoms of disease.

Use the experts we have on hand to help get you off these addictions.
OTHER CAUSES OF PREVENTABLE DEATH

Food

- Junk Food

Inadequate Nutrition

- Negative Emotions

- Jealousy
- Frustration
- Fear
- Guilt
- Depression
- Anger

Toxic Agents

- Fungi
- Viruses
- Bacteria

Obesity

- Unclean Air

- Asbestos • Carbon Monoxide
- Formaldehyde/Pressed Wood Products
- Lead • Nitrogen Dioxide • Pesticides
- Radon • Respirative Particles
  - Secondhand Smoke
- Shampoos, lotions, makeup
- Stoves, heaters, Fireplaces
- Volatile Organic Compounds (VOCs)
  - Carpets, Fabrics, Household Sprays
MONITOR YOUR PRESCRIPTION DRUGS

As your health improves and your symptoms disappear, discuss with your General Practitioner (GP) the possibility of decreasing or totally discontinuing your prescription drugs based on their opinion. Determine the best way to ultimately achieve and sustain optimum health.

BE EDUCATED

Make sure your practitioner is supporting your health requirements reflected by your age group. At different times of your life you will need different support. Many Natural Health Practitioners have gotten away from the roots of naturopathic medicine treatment and now practice much like a GP. They may be prescribing according to a disease state rather than taking into account the whole imbalance that your system is presenting, with possible future problems. They may use synthetic substances, inorganic vitamins and minerals and even use standardised herbs rather than whole plant based medicines.

There is a great history of herbs being used as whole plant based medicines to help your body work back towards health.
HOT & COLD BUCKETS FOR CIRCULATION

Heat attracts blood and healing; cold dispels blood and promotes a lessening of inflammation. A good way to promote good blood circulation throughout your body is using a hot and cold bucket routine daily.

Prepare one (1) bucket of hot water [as hot as you can handle without burning yourself] and one (1) bucket of cold water [as cold as you can handle preferably with ice].

**In each bucket place the following:**

*(If you do not have open or itching skin lesions)*

- 1 teaspoon of powdered cayenne pepper
- 1 teaspoon of powdered garlic
- 1 teaspoon of powdered ginger

You can do this with your hands or feet. Soak in the hot bucket for (30 seconds to 5 minutes). Then in the cold bucket for another (30 seconds to 5 minutes).

Do this regularly to promote healthy circulation in your body.
HEALING BATH

Run a bath, you can put in any of the following:

- Powdered ginger
- Powdered garlic
- Sodium bicarbonate
- Epsom Salts
- Peppermint tea bag
- Chamomile tea bag
- Olive oil

(Use hot stimulants such as ginger and garlic only if you do not have open or itching skin lesions)

Lymphatic breathing

Jack Shields, a well-known lymphologist discovered that at the peak of a diaphragmatic breath, a compression is made on the ‘thoracic duct,' which sits in between the lungs, acting like a vacuum for the waste system of the body. He recommended lymphatic breathing in a ratio of **1:4:2**.

Breathe in for a ratio of **1** through the nose. Hold for a ratio of **4**.

Exhale for a ratio of **2** through the mouth.

Don’t raise your shoulders when you breathe.

Breathe deep into your abdomen.

Doing this type of breathing while inhaling healthy steam from a vaporiser with powdered ginger or powdered garlic can help dissolve solid matter on the lung wall; turning it back into a liquid to be drained through the digestive system of the body.
SKIN

Dry skin brush

To stimulate your lymphatic system which is responsible for eliminating toxins and wastes from your body. It will eliminate dead skin cells to clear your clogged pores, allow your skin to “breathe” and improve your appearance:

- Increase circulation and blood flow to your skin; encourage the elimination of metabolic waste.
- Relieve stress by reducing muscle tension.
- Invigorate you and make you feel good.

Minimise chemicals going on your skin.

The fabrics in your clothes have most likely been treated with formaldehyde, dyes and other chemicals to deter pests. Many ingredients used in skin products are skin irritants.

Oestrogenic chemicals applied in cosmetic preparations to the underarm and breast area are contributors to breast cancer. In the EU (European Union), cosmetic products do not require a pre-marketing clearance; the safety of cosmetics and their ingredients is the responsibility of the manufacturer. According to the FDA, apart from the 9 chemicals that are prohibited, under U.S. law, cosmetic products and ingredients other than colour additives do not need approval before they go on the market.

We recommend the use of the Pinnacle Cosmetic Cream and the Divine range of organic skin care products by Therese Kerr.
The human eyes are complex organs of vision. The eye lenses detect light which it converts into an image that is transmitted to the brain through complex neural pathways. These pathways also connect the eye by way of the optic nerve to the visual cortex and other areas of the brain.

Eyes serve several purposes including functional, cosmetic and therapeutic. Your eyes may be affected by a multitude of factors including your sinuses, fluid retention, circulation, and the strength of your eye tissue.

Proper eye treatment requires a multifaceted approach in developing and implementing a solution. For people with cataracts, pterygiums (Surfer’s eyes), glaucoma, macular degeneration, bacteria, vision impairment and dry eyes. We suggest an eye wash each day to promote a healthy environment for the eyes.

**How to do an Eye Wash?**

Use an eye bath to mix room temperature water (previously boiled) or chamomile tea with a pinch of Bicarbonate Soda and a few grains of powdered cayenne pepper: Hold the cup under the eye and wash your eyes. Rinse thoroughly. Do this daily. Alternatively get the eye wash drops provided by Pinnacle. Put them in room temperature water.

“Your eyes blink over **10,000,000 times a year**!
*How many other things are you doing that you’re not thinking about?*”
TRADE YOUR SYNTHETIC VITAMINS AND MINERALS FOR WHOLE FOODS

Your vitamins are not vitamins from nature. Old school herbalists and natural medicine practitioners believe whole foods from the soil are still the true carrier of vitamins and minerals. Today vitamins and minerals are chemically made in a laboratory and have become a money-making industry.

We recommend you use Pinnacle Super Foods, which is 100% plant based and organic where possible.
We use the most powerful and effective plants we can source globally to alleviate your symptoms; assist in healing medical issues and ultimately achieve and sustain healthy body organs.

We prescribe herbs for your specific condition or weakness.

The herbs are natural, and sometimes, if possible, organic, non-fungus, nontoxic, non-addictive and non-habit forming.

The products are designed to be taken like foods or tonics.

Know your weakest organs and continually support them.

It’s important to support the parts of your body that have become the weakest link in your system from birth or through acquisition.

**Health = Your Genetics + Your Lifestyle**
OUR PRODUCTS

Tonic  Brain & Circulation  Cardiovascular  Eyes  Female
Female+  Female + Fertility  Insomnia  Joints  Kidney
Kidney+  Kidney + Adrenal  Kidney + Pancreas  Kidney + Prostate  Liver
WHY PINNACLE PRODUCTS ARE THE BEST

Pinnacle products are formulated to cater for your complex demands today including ailments caused by poor diet, genetically modified crops, processed food, polluted environment and toxins.

We aim to ensure you have the very best raw materials sourced globally and the finest products we can possibly formulate and produce in Australia utilising the World’s Best Practices.

At Pinnacle we don’t use weak products.

1. The very BEST ingredients

We only use the best grown herbs available globally. We aim to get the very best species of every herb from the continent they are grown: Africa, Asia, Europe, Australia, Pacific, and North and South America.
2. The very BEST formulations
We aim to give you the best formulations by continually refining, testing and improving the purity, effectiveness and overall quality of our herbal supplement and nutritional product.

3. The BEST chemistry
We take into account the DNA and natural chemistry of the herbs which may be disregarded by other companies. We aim to give you products with herbal ingredients that complement each other.

4. The MOST DENSELY packed products
We aim to fit as many herbs into that bottle as we can.

OUR PLEDGE TO YOU
We use ingredients that are plant based, and nontoxic, non-addictive, non-habit forming, and as close to their natural state as possible.

We want to formulate and create the very best herbal products of world class quality.

We live in a world saturated with multilevel marketing companies aimed at capturing the market and capitalising on a trend for raw herbs and natural supplements.

We recommend that you be selective with your choices. Buy and consume only the very best products for yourself and your family.

When you choose Pinnacle, you choose products that have been carefully formulated and can be custom made to your unique requirements.

We aim to give you the BEST Herbal Formulas in the world.
WHY HERBS TASTE BAD

The more beneficial the plant, often the worst it tastes. There are medicinal properties indicated by the taste of plants.

The Intelligence of Plants

The Plant Myth

Plants are complex living organisms with a consciousness. Plants can sense light. A testament to this is their way of growing towards sunlight or artificial light. They can smell chemicals released by other plants and animals, causing specific reactions. Plants can hear and sense gravity and danger. They start releasing defensive chemicals at the sound of a caterpillar munching on leaves. Plants can also form memories and react to human anaesthetics.

Consuming this living organism could provide amazing benefits to your body including accelerating the healing process.

Most people think they need very rare, very exotic and very expensive herbs from the rarest rainforests on earth. In fact it is satisfactory to utilise herbs that grow in your back yard. Use the herbs which have been part of living history for thousands of years.

We are familiar with the best products in the world created by natural health’s greatest minds. Check your naturopathic products carefully.

We DON’T support the addition of sugars including fructose, other inexpensive fillers, or herbs from cheap, unregulated factories.

We ensure from the root to the fruit, your family is getting the best products formulated and improved from centuries of wisdom.

Liquid Not Tablets

Pinnacle herbal preparations are liquid extracts, not tablets. Liquid extracts present the most potent and efficient method to introduce healing herbs into your body and gives greater control over dosage.
FOOD COMBINING

The body’s ability to utilise, assimilate and convert amino acids, sugars, vitamins and minerals is drastically reduced when you make incorrect food choices. These poor choices result in undigested or unassimilated food and beverages which can put enormous strain on your body.

Using proper food combinations ensures minimal strain on the digestive organs and maximum elimination of toxins and wastes.

Starches (Carbohydrates) and Protein do not combine well. They require different digestive mediums to break down. Protein requires large amounts of hydrochloric acid while starches do not.

Your body will have enormous difficulty in breaking down proteins when they are eaten with carbohydrates. This can lead to fermentation and putrefaction.

Remember these 4 rules:

1. Eat proteins and starches away from each other.
2. Eat fruit on an empty stomach.
3. Fats and proteins do not combine well.
4. Do not drink liquids with or immediately following a meal.

Ivan Pavlov, a well-known physiologist conclusively demonstrated that each kind of food provokes a specific and definite type of gastric response.

The presence of the three concentrated types of foods (proteins, fats and starches) results in simultaneous chemical responses that are antagonistic to each other. It is physically and chemically difficult for the digestive system to process all three at the same time as they are governed by definite physiological laws like the rest of the body.
Combine your food intake to maximise your health!

Choose to combine only those foods that are linked by ‘good’ and ‘excellent’.

Two Golden Rules Of Food Combining

1. Eat proteins and carbohydrates away from each other
2. Eat fruit ONLY on an empty stomach

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Only eat fruit alone as a fruit meal. Fruits should not be eaten between meals while other food is digesting in the stomach. Do not eat sweet fruits and acid fruits together. Melons are best eaten alone but can be mixed with acid and sub-acid fruits.
WE ARE WHAT WE EAT!

To set your body up to fight illness and stay healthy it is important to balance, as well as saturate your daily food intake with nutrients.

In an ideal world you should aim to have a balance of 70-80% of your daily food intake from the Alkaline (Cleansing) Foods list below and 20-30% from the Acidic (Clogging) foods list.

ALKALINE FOODS
(70-80% of daily intake)

Vegetables: Artichokes, asparagus, beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, chives, cucumber, eggplant, fennel, garlic, grasses (wheat, barley, alfalfa etc), green beans, kale, leeks, lettuce, onion, parsley, peas, radish, snow peas, spinach, sprouts, squash, swedes, tomatoes, turnip, watercress, zucchini.

Fruits: Avocado, grapefruit, lemon, lime, rhubarb, tomato.

Drinks: Almond milk, fresh vegetable juice, green drinks, herbal tea, lemon water (pure water & fresh lemon or lime), non-sweetened soy milk, pure water (distilled, reverse osmosis, ionised), vegetable broth.

Seeds, Nuts & Grains: Almonds, buckwheat, flax seeds, lentils, pumpkin seeds, sesame seeds, spelt, sunflower seeds, any sprouted seed (soy, alfalfa, mung beans, wheat, radish, broccoli etc.), walnuts.

Fats & Oils: Avocado, evening primrose, flax, hemp, olive, oil blends (such as Udo’s choice).

General Guidance: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods.

“Let food be thy medicine and medicine be thy food” — Hippocrates
ACID FOODS

(20-30% of daily intake)

Meats: beef, chicken, crustaceans, lamb, other seafood, pork, turkey.
Dairy: butter, cheese, cream, ice cream, milk, yoghurt.
Drinks: beers, cows milk, coffee, dairy smoothies, fizzy drinks, fruit juices, spirits, tea, traditional tea.
Seeds & Nuts: cashew nuts, peanuts and pistachio nuts.
Fats & Oils: corn oil, hydrogenated oils, margarine (worse than butter), saturated fats, sunflower oil, vegetable oil.
Convenience Foods: All processed, ready-made meals including microwave meals, instant meals, fast foods, tinned food, powdered soup, sweets, chocolate.
Others: artificial sweeteners, biscuits, condiments (tomato sauce, mayonnaise, etc.) honey, soy sauce, tamari, vinegar, white bread, white pasta, wholemeal bread.
General: Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco.
Guidance: Packaged foods are often full of hidden offenders and microwaved meals are full of sugar and salts.
Overcooking also removes many of the nutrients from a meal.

“Doctors make their living off the mistakes we put on our dinner plate.”
HEALTHY DAIRY ALTERNATIVES

Milk alternatives:
Soy, rice, oat, almond, hazelnut, quinoa, coconut milk

Cheese alternatives:
Minichol (soy cheese), Cheezly soy, Tofutti

Butter alternatives:
Olive oil spread, avocado, Nuttelex

Yoghurt alternatives:
Soy yoghurt, coconut yoghurt

Ice Cream alternatives:
Soy or coconut ice cream

Chocolate alternatives:
Vegan chocolates, date bliss balls/bars

RECIPE FOR BLISS BALLS OR BARS:
Blend together pitted dates and raw cacao powder (unsweetened) with almond meal and roll into balls. Roll the balls in desiccated coconut (if desired). This is a healthy chocolate alternative.
The fundamental premise of nutritional study is oversimplified.

Grouping the over 200,000 known compounds in nature into three categories does not fully express the great diversity of chemical compounds available in nature.

There are several hundred thousand UNIQUE compounds in nature, representing more than just the three traditional categories of - Fats, Proteins and Carbohydrates.

To compare the therapeutic benefits of avocado to that of beef and classify them both as ‘protein’ does not communicate the complexity of the nutrient value, and the appreciation for the phyto-nutrients available in your food.

We should think in terms of consuming a good variety of whole unprocessed foods without overly concentrating on whether something fits into a PROTEIN or CARBOHYDRATE category.

Mother’s milk is only 5% protein at the time we are growing most. Forget the fact you need protein for energy. It’s the slowest burning fuel, and clogs up your bowels and kidneys.
The Protein Myth

Nitrogen as a Breakdown of Protein

Protein breaks down to nitrogen. Excess nitrogen creates fatigue. The thinking that the human organism needs excess protein may be overemphasised. Excess protein intake stimulates diuresis (loss of body fluid) as the body excretes excess nitrogen (urea and ketones) through urine which increases the risk for dehydration and causes mineral losses. Concentrate on getting the major portion of your nutrition from plants – (preferably organic) which have carried it from the soil.

Any food program that has sufficient caloric intake to sustain human life usually contains sufficient amounts of protein.

The United States Department of Agriculture states that the average American vegetarian consumes 150% of their needed protein requirements.

The Carbohydrate Myth

Carbohydrates break down to sugar in the body.

Mother’s milk is only about 7% carbohydrate. A diet with excess carbohydrate, particularly in the form of sugars, fruit drinks, white rice, white bread, pasta and white potatoes etc seriously interferes with the ability of insulin to do its job, leading to insulin resistance and often type 2 diabetes. The changes to insulin can also lead to cognitive impairment with disorientation, confusion and sometimes the brain changes seen with Alzheimer’s disease. High carbohydrate intake of these types of foods also leads to high triglyceride levels and associated cardiovascular disease.

The best carbohydrates which should be the base of a balanced diet are fibre-based vegetables and whole grains.
The Hormone Problem

Cow's milk contains many hormones to assist a baby cow grow into an adult cow gaining nearly 1 ton in 12 months. By comparison a human grows approximately one hundred times less over a twenty year period. Your body has a difficult time distinguishing between human hormones it creates in your body and hormones that are consumed from external sources. In modern dairy farms, cows may be milked up to 300 days a year with the cows pregnant for much of that time. This leads to high levels of female sex hormones such as oestrogens in the milk with up to 33 times the amount of estrone sulphate in the milk of late stage pregnancy cows compared to non-pregnant animals. The influence on increased rates of breast and other reproductive cancers in humans has been noted and there are concerns about the health effects on prepubescent bodies of children who have often the highest intake of milk.

The Good Thing About Fats

In yesteryear people thought fats were unhealthy. Now we know that plant based fats are generally considered a healthy part of the diet. Every cell in the body is surrounded by a membrane of fat, meaning every cell needs fat to function properly. The best fats are raw plant based fats such as extra virgin olive oil, avocado, coconut or seeds and nuts.

Avocado is a high-fat food that is also a source of nutrients associated with cardiovascular health and protection from cancer. Although the avocado is 83% fat, most of the fat is monounsaturated, thought to be the healthiest type of fat.

In countries where cheese consumption is high there is a strong correlation to the incidence of testicular cancer among younger men.
1. Cardiovascular

Cardiovascular episodes are the biggest killer around the world, and account for approximately 30% of deaths globally. Cholesterol is one of the biggest contributors to this.

Cholesterol comes from meat, poultry and dairy products.

The average American male who consumes meat, dairy products and eggs has a risk of death from heart attack of 50%.

Compared with the risk of death from a heart attack being only 4% for the average American male who maintains a vegetarian diet.

**Fruits and vegetables contain no cholesterol.**

The blood cholesterol level of vegetarians compared to non-vegetarians is 20% lower.

Your body produces its own cholesterol; it does not need excess cholesterol.

When cholesterol collects and hardens on the walls of the arteries causing them to narrow and thicken, atherosclerosis or hardening of the arteries occurs. This narrowing increases the risks of stroke or heart disease as adequate blood supply is prevented from reaching the heart.

You do not breathe, drink, or put cholesterol through your skin. It is ONLY derived from the animal products you consume.

2. Cancer

Cancer is the leading cause of disease and injury in Australia.

Cancer is one of the leading causes of mortality and morbidity worldwide.
The cases of cancer are expected to rise annually in Australia and throughout the world.

“More than half of all cancer deaths could be prevented by making healthy choices like not smoking, staying at a healthy weight, eating right, keeping active, and getting recommended screening tests”

– American Cancer Society

3. Diabetes

Keep the liver and the bowel clean.

The pancreas releases insulin when there are high blood sugar levels. The liver converts any excess glucose into glycogen, then blood sugar levels drop.

Your liver monitors the levels of glucose (the sugar in the blood) constantly.

4. Respiratory

Improve your lung capacity.

Do deep breathing exercises.

Minimise first hand and passive smoke exposure.

Minimise the inhalation of drugs or chemicals of any kind.

Live in clean environments.

Consider moving to suburbs with less air pollution.
Minimise or eliminate vapours from plastics, toxic household chemicals, pesticides, insecticides, preservatives as well as chemical and man-made additives on your dinner plate.

Do the healing bath as recommended earlier in the Guide.

For people suffering from chronic runny nose, follow the recommendation in the STOP DAIRY Section.

OTHER CONDITIONS

Kidneys

Stop drinking soft drinks and carbonated fizzy drinks.

Stop tea, coffee and other beverages with caffeine.

Eliminate or minimise the consumption of animal-based protein. Excess protein in the body may be broken down into waste products expelled through the kidneys.

We recommend the external use of the Pinnacle herbal cream to promote healthy kidneys.

Headaches / Migraines

Clear the sinuses. We recommend using the Herbal Cream on your neck and sinuses.

Give up dairy products. Improve the circulation of blood.

We recommend using the Circulation herbs.

Check structure: in particular vertebrae $C_1/C_2$ and jaw.

Clear toxicity.

Incurable Illnesses

Please see “Incurable Illnesses” booklet.
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<th>Foods</th>
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<td>Capsicum (red and green bell pepper)</td>
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<td>Chilli Pepper: Jalapeno • Habanero • Paprika</td>
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Nature has over 200,000 known compounds. Proteins and Carbohydrates are just two of many ways to group these compounds that build or destroy tissue. Some foods contain a combination of both. Some of these commonly recurring compounds we classify as **Vitamins** and make synthetically in a laboratory. Many whole foods in nature contain hundreds of natural chemical compounds. Some of these compounds build body tissue if suitable for the human host, and some destroy human body tissue.

**The Source of Chemical Compounds**

Protein has the same molecular structure if it is from a plant source or animal source. While these compounds may look the same under the microscope it’s essential to get them from a food that is as close to its whole state as possible, as it grew from the seed in nature.

Foods get their nutrients from the soil. Food should be grown in the most nutrient rich soil, with as few insecticides as needed. As close to organic as possible remains the preferred source for food.
**Oxygen**

Oxygen is the most critical element for human life. Unlike plants that inspire carbon dioxide and expire oxygen, human beings need to breathe in oxygen in a continual cycle or we expire.

The urge to breathe is driven by the need to expel carbon dioxide rather than inhale oxygen. The precursor to carbon dioxide is carbonic acid, which if not mixed with water and able to leave the body in the form of carbon dioxide has a half life of 180,000 years.

Air should be as clean as possible — free from pollutants. Common household plants are useful at removing carbon dioxide and poisons from the air.

Learning to breathe correctly is the most important skill for health. The ideal way to breathe is in a ratio of 1:4:2 where the ratio equals **in:hold:out**. This allows the body to be infused with oxygen, carbon dioxide to leave, and the lymphatics to pump.

**Water**

The human body is at least 50% water. Clean, pure water is ideal. Water that has been filtered by carbon, distillation or reverse osmosis filtration. The human organism can live without food for months, but only about 10 days without water. Our lungs are 90% water, our blood is 80% water, our brains are 90% water, the plasma of the blood is 92% water.
Chlorophyll

Food should ideally be in a liquid or as close to this state as possible before it reaches the stomach. Masticating (chewing) food and mixing it with saliva until it is nearly liquid when swallowed is ideal. The carrier for Oxygen in the body is Hemoglobin. Hemoglobin is the centre of the red blood cell. The centre of this molecule is Iron. Chlorophyll gives plants their green pigment. Chlorophyll and Hemoglobin look virtually molecularly identical to each other with the major exception being Chlorophyll has a Magnesium atom at the centre rather than Iron.

Natural health teaches that the red blood cell is the primary stem cell for other body cells. It’s important for people to be able to make new cells so the body does not run short of its up to 100 trillion cell necessity.

Unsaturated Fats / Oils

Every cell in the human body has a membrane of fat around the periphery making fat an essential part of building all human tissue.

Minerals

There are major and minor minerals. Different minerals build different parts of the body. Some minerals are well known such as Calcium which builds strong bones and other minerals are lesser known, but nevertheless essential for life itself.

Herbs

Herbs are names from plants in nature that have been prized for millenia for their medicinal value. Each plant can contain up to 200 chemical compounds. These compounds are often called phyto chemicals, which comes from the Greek word for plant. Some people estimate nature has over 10,000 of these chemicals.

Vegetables

Vegetables contain hundreds and thousands of compounds unique to nature.

Low Sugar Fruits

Fruits ideally should be low in sugar. All sugar gets broken down into glucose in the liver including fructose from fruit, and feeds microforms in the body.
5 LEVELS OF DIET

1. Liquid Juice Fast

The ultimate diet is a short term liquid juice diet. You consume no solid food. You may supplement with blended drinks and smoothies. Juices are superior to blended drinks, or “magic” bullets as they strip away the fibre leaving only nutrients.

2. Raw Foods

Raw food has not been cooked therefore contains enzymes the way nature intended.

3. No Animal Products

This is a plant-based diet where you eat no animal products: red meat, poultry and fish. You may also choose a vegan diet and avoid dairy products, eggs, honey and other animal byproducts.

4. No Junk/Processed Food

This is where you minimise junk food, biscuits, soft drinks and other processed food. Your diet is clean. Your fuel for liquid is water, herbal tea, and fresh juices. Your food is primarily plant based with the cleanest food you can access. You eat your meat preferably organic or free range where possible.

5. Eat Normally

Just eat what you would normally eat.
THE LEADERSHIP CHALLENGE

We face significant challenges on planet earth. Human slavery, the breakdown of the family, climate change, sickness, financial inequality, addiction, homelessness, violence, sexual violence, poverty.

The people that are least afraid under stress are leaders. Leaders have learned to take their attention from what they're not getting, to service of others.

The survival instinct in human beings is the human need for certainty. In times of crisis or uncertainty people look to leaders in their community for answers.

Leadership is not positional. Leadership is service. Kofi Annan, the seventh Secretary-General of the United Nations, says it’s the role of individuals to change their communities, and individuals have become overly reliant on Government.

Leadership means you go beyond just serving yourself and your family, but ultimately you service your community, country and the world. It means you have a purpose to offer.

The first step to human change in communities is to make these negative behaviors completely unacceptable.

The second step is to decide we must change it, and the time is now.

The third step is to take action to immediately change it.

And the fourth step is to enlist others in the process.

Life supports what supports more of life. Life wants to live. Whatever doesn’t contribute eventually gets eliminated by human evolution.

Leaders are not perfect. Role models will err. It’s not that leaders aren’t afraid. Leaders have learned to condition their faith, courage and learnt to act even when they are scared.

Leadership is acting with a moral compass, making decisions based on conscience, not popularity. True leadership is principle centred.

People follow leaders based on their example, not just their words.

Leaders have a vision for something bigger than themselves.

The significant challenges we face on the planet require significant solutions.

Ultimately your decisions on how you treat others, the meanings you create, what you eat, think and put on your dinner plate have consequences that transcend generations long after you are gone.

Life is much, much bigger than yourself.

The qualities of a leader

• The first person they lead is themselves
• Take responsibility, and don’t make excuses
• Add value to others
• Treat failures as learning experiences
• Are quick to forgive
• Hold themselves to a high standard
• Focus on understanding and appreciation rather than judgement
• Set goals and reach them
• Accept mistakes and failures quickly and humbly
• Understand leadership is not positional, it's influence
• Leaders get people to act
The Declining Quality of Food

The human organism can live without food approximately three weeks, but only about 3 days without water.

Fruits and vegetables are severely lacking in nutrients today compared to decades ago. This is due to a number of factors, the main one being the depletion in the mineral and nutrient content of our soils.

“The alarming fact is that foods—fruits, vegetables and grains—now being raised on millions of acres of land that no longer contain enough of certain needed nutrients, are starving us—no matter how much we eat of them.”

– U.S. Senate

We are made of the stuff of the earth. So, if the minerals are not in the soil, then they are not in the plants grown in the soil; and if they are not in the plants grown in the soil, then they are not in our bodies.

“Organic-certified produce” means the food was grown, harvested, stored and transported with less exposure to synthetic chemicals, irradiation, genetic engineering and fumigants.
Bamboo Towels

With a silk-like softness and beautiful lustre, the Bamboo towel range will be a welcoming addition to any bathroom.

Made in Turkey from a combed cotton and bamboo blend, these towels provide superior absorbency for a luxurious drying experience.

Environmentally friendly to produce, bamboo has inherent antibacterial and hypo-allergenic properties, making this range ideal for any family home. This unique design is available in a range of colours to suit any style.
**Bamboo Sheets**

600 THREAD COUNT BAMBOO / COTTON SATEEN

This luxurious, 600 thread count sheet set is eco-friendly, bamboo-rich cotton sateen. Bamboo fibre has inherent anti-bacterial qualities and is naturally absorbent. It also gives the fabric its silk-like softness and breathability, making these sheet sets a sublime choice for your bedroom.

**Bamboo Throws**

Enquire now

1300 366 232

info@pinnacleclinic.com
ORGANIC CLOTHING

Men’s
Organic T-shirts, long sleeved tees, singlets, hoodies, and polos — comfortable and stylish

Women’s
Organic T-shirts, hoodies, singlets, yoga pants, polos and tote bags with design and style in mind

Kid’s
From playtime to bedtime, hard wearing kid’s clothing and T-shirts without guilt

Baby
Organic baby rompers, organic baby blankets that are 100% gentle on baby’s sensitive skin

Pictures for illustration only – styles and colours will vary
ADDITIONAL RESOURCES

FREE VIDEO SERIES & RECIPES

To watch our free video online series, access free recipes or get information in other languages go to

Www.PinnacleClinic.com/freestuff
BECOME A PLATINUM CLIENT

Get unlimited 24/7 access to the team

Become a member of ACMA (Australian Complementary Medicine Association)

My ideal client would:

- Move their bowels 3+ times a day
- Drink at least 2 litres of shaped water per day
- Do their lymphatic breathing at least three times a day – if not unconsciously.
- Dry skin brush daily.
- Not eat dairy.
- Minimise conscious intake of sugar.
- Eat meat sparingly max 1-2 times per month including chicken (organic). Fish in moderation is okay.
- Drink low sugar juice daily with fresh greens (juicing is superior to blending or the bullet machines.)
- Move for at least one hour consistently three times per week.
- Lift weights in according to your ability.
- Incorporate chilli and other warm herbs in their meals.
- Not eat before retiring or while stressed.
- Direct their mind. Take conscious control of their thoughts.
- Use their physiology to direct their posture and muscles to produce the emotion they want.
- Go through our 12 step system for changing their model of the world including beliefs and values.
- Be proactive in their finances including investing at least 5% of their income.
- Be actively practicing the spiritual disciplines they choose to follow.
- Live their life focused on growth and giving.
- Have gone through our process to align their intimate relationship.
- Prioritise their spouse.
- Work in a profession they are passionate about and are striving to excel in. Have a 101 Vital Biology training.
- Elevate their body temperature to induce a fever while sick with extra amounts of warm liquids.
- Abstain from most animal products.
- Consume herbs daily to strengthen their weak organs.
- Consume herbs daily for male or female issues.
- If over 40, be on circulatory herbs and mostly vegetarian.
- Switch their children from cow’s to goat’s formula.
- Chew food well and practice our exercises to change their associations to food.
- Have done our program to consciously choose your emotion, and release disempowering memories.
- Actively contribute to their community.
PLATINUM PARTNERSHIP

The Pinnacle Platinum Partnership

… is an exclusive opportunity limited to one hundred serious members worldwide.

Each privileged member is committed to living a healthy lifestyle. They will enjoy a network of like-minded people. They will participate in exclusive health retreats attended by world-renowned specialists in natural and alternative medicine.

The platinum partnership is an exceptional brains trust where the members have the opportunity to continuously develop and improve their knowledge and abilities.

Each member receives a high level of personalised coaching from the Pinnacle team.

Membership is strictly limited.

For more information, please ring Pinnacle on (02) 9890 7004.

Request for a Consultant to discuss the benefits of the Platinum Partnership or apply at www.pinnacleclinic.com/platinum
BECOME A NATUROPATH

Bachelor Health Science [Naturopathy]

Naturopathy is a whole medical system combining the philosophy, principles and practice of holistic medicine that goes back to the times of Hippocrates to use the healing power of nature to help people. It looks at the whole patient, aims to find underlying causes of the problems encountered, combines use of a number of natural therapies to treat illness, support healing and restore and maintain health along with preventing recurrence of problems.

Patient empowerment through lifestyle education is a priority.

Apart from the sciences, the study of Naturopathy includes iridology diagnostic techniques, herbal medicine, diet and nutrition, nutritional supplementation and other forms of therapy including massage or other manual therapies.

Graduates may apply for membership of a number of professional associations.

Career options

You may decide to work independently in private practice managing your own business, where you can set your own hours. Other options include joining a multidisciplinary clinic with other practitioners such as massage therapist, kinesiologists, psychologists, acupuncturists, chiropractors, osteopaths, medical practitioners, lifestyle counsellors or musculoskeletal therapists.

For more information send an enquiry to www.pinnaclecollege.com.au
OTHER BOOKLETS

- Cold & Flu
- Gall Bladder Treatment
- How to Lift Weights Properly
- Infertility
- Natural Birth Control
- There are no Incurable Illnesses
- Raising Positive Children
- Treating The Appendix
- Restoring Sight And Hearing
- Working with Neurological Conditions
- Working with the Respiratory System
- Working with the liver
- Working with the kidneys
- Dealing with the anxious client
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