GET WELL FAST

DR. PAUL YANICK, JR. PHD, ND
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INTRODUCTION

Health is more than just the absence of disease; it is the presence of high-level wellness and vitality at the cellular level. Our bodies’ physical, emotional and energetic well-being are reflected by the health of both our human and microbial cells. Science has now convincingly demonstrated the functional unity between our human and microbial cells, which are part and parcel of the body’s inner ecosystem (microbiome).

These scientific breakthroughs validate the foundational principles of high-level wellness that hinges greatly on the restoration of inner ecosystem sustainability. And, what we now know has literally redefined nutrition and has the potential to revolutionize natural health care. This new paradigm regarding how our microbial cell communities can heal the body is one of the most important medical and scientific discoveries ever made!

Our microbial cells outnumber human cells 10 to 1 and have thousands of times more genes than human cells. Being mindful of the specific and unique nourishment and the distinct habitat needed by the microbes we host in our inner ecosystem is the single most important thing we can do to achieve high-level wellness and vitality.

With this new knowledge, we can now move from trial and error health care to mastery of the microbiome responses that we host in our bodies. When we look inside and focus on our microbiome, we no longer have to live as victims of stress and modern day illnesses. Since our microbes are far more intelligent (3.4 million genes) than our human cells (23,000 genes), we only have to do two simple things to make them function better on our behalf:

1. Nurture them or provide them with a habitat that favors ecosystem biodiversity and sustainability so they can nourish our human cells with hundreds of thousands of nutrients.

2. Nourish the consortium of microbial cells with revitalized water and foods in a way that activates their rich genetic diversity and parallels the infallible wisdom in nature.

This e-booklet, Get Well Fast, suggests methods for healing ourselves that are simple, inexpensive, accessible, and based on common sense—just compare the cost of supplements, visits to the doctor, medications and hospital stays! Like Hippocrates, the father of western medicine, this e-booklet acknowledges that healing power is within us and that our microbiome is waiting for us to nourish and fortify it so we can augment what scientists are calling “a superorganism potential.”
In essence, health is living in a harmonious partnership with our microbiome. When you focus on ways to restore, host and nourish your microbiome, your health will excel. You will be far more resilient to stress and have the innate healing power to overcome nearly any sort of health challenge, so you can finally get well fast!

The microbiome is designed to regenerate, rejuvenate, and repair the body like no food or supplement in a vastly superior way. This super intelligent microbial ecosystem regulates the healing power within us and this is illustrated by the stories of people, including myself, who took their health into their own hands and triumphed over fatal illnesses.

In our quest for wholeness, we often try to make up for our dietary deficiencies with supplements and symptom-controlling quick-fix medications or herbs. Yet, the more conscious we are of nourishing our microbiome, the more effortlessly we can tap into the potential healing power of our microbiome. Unveiling the untapped healing power and nutrient output of your body’s microbiome has the potential to nourish you in ways you’ve never dreamed of.

Scientists have now confirmed that the microbiome fermentation of our food produces hundreds of thousands of synbiotic nutrients that are more potent and powerful than any food or superfood you can eat! In fact, these microbiome-made nutrients have the amazing potential to give the body a jolt of pure, natural energy like nothing else you’ve tried before.
Hundreds of thousands and perhaps millions of these nutrients are made by your body’s microbiome and they have the power to “stimulate” your body to create trillions of healthy, new cells, helping to clear your body of toxins, and feeding you a goldmine of precious and critically important nutrients.

After over a decade of research, microbiome researchers are saying that these microbiome-made synbiotic nutrients have the highest nutritional value of any food on earth. Listen to what one of these brilliant researches had to say regarding this form of nourishment in the medical journal, *Current Opinion in Clinical Nutrition & Metabolic Care* 2001:4, “Several hundred thousand, if not millions, of synbiotic compounds are released by microbial fermentation”

What’s sobering to consider is that if you ever have taken an antibiotic or a natural anti-infective compound or herb at any time in your life, you have wiped out most, if not all of your microbiome! And, there are no currently available ways to put this microbiome back. As a result you stay malnourished in hundreds of thousands of undefined and unknown nutrients that are manufactured only by your microbiome. Scientists are starting to acknowledge the awful side effects of killing our microbiome. In *Scientific American* 2008, a world renowned microbiome expert, Dr. Jeremy Nicholson of Imperial College of London, stated: “Disrupting intestinal colonies...with a course of antibiotics...leads to digestive sickness...Almost every sort of disease has a gut – flora connection.”

Researchers also report that these hard-to-get nutrients are in the ideal proportions, making it uniquely effective in aiding the human body in the repair and regeneration of cells. And, these "nano-sized” pre-digested nutrients are able to go directly inside a human cell and nourish it at a mitochondrial level (The mitochondria are a cell's energy factories. A substance that nourishes them directly is priceless).
Researchers have even pinpointed the precise cellular mechanism that is responsible for turning “riboswitches” in these microbial cells ON so they can melt stubborn and dangerous belly fat. Belly fat is not only wreaking havoc on your health and waistline but it is like a monster living inside of you, spewing out chemicals that skyrocket inflammation. All this excessive inflammation makes it difficult for important organs like your kidneys and liver, to do their jobs efficiently.

Like most of us, you probably already took antibiotics at any one time in your life and your microbiome is barely working to keep you healthy. If so, the switch that unleashes these powerful streams of nutrients is in the OFF position, so you stay malnourished and toxic and constantly storing fat instead of burning it! Making matters even worse, when this switch is OFF, you also dramatically increase your risk for heart disease, diabetes, Alzheimer’s and even terminal cancer.

Yale researchers have uncovered the molecular tricks used by our microbiome to fight out pathogens and toxins and genetic expression is dependent on these riboswitches. Dr. Ronald Breaker of Yale University states, “Each cell must regulate the expression of hundreds of different genes in response to changing environmental or cellular conditions. The majority of these sophisticated genetic control factors are proteins, which monitor metabolites and other chemical cues by selectively binding to targets. We have confirmed that RNA also can form precision genetic switches and that these elements can control fundamental biochemical processes.”

The first step in understanding the function of these riboswitches was to find the water and nutrient formats that activated them or turned their switches ON. My invention of the Yanick Synchronization Polarization Technology or SPT and flexoelectric water technology provided an effect way to keep these microbial switches ON in a polluted world of toxins with all infectious pathogens increasing at alarming rates. The second step is to avoid turning them OFF with commonly used methods of water purification or water softening methods.

In a recent 2012 Scientific American we read “we are each a walking superorganism, hosting our own microcommunity... they perform important tasks such as breaking down the food components to make them digestible or processing nutrients so we can make use of them.”

Imagine have a superorganism potential and getting far more nourishment that you could ever get from any vitamins or dietary supplements. As 2012 Scientific American stated we have the “Ultimate Social Network” in our inner ecosystem.
Nearly all city, well and bottled water is electrically unstable with ionic and homeopathic pollutants in water that turn OFF the microbiome. You will learn about the physics of water and why filtered and RO are not enough to keep water clean in a toxic world. Plus, the shocking evidence how how treated city water or ionic water (water softeners, alkaline water, etc) has been scientifically linked to all kinds of skin, respiratory and immune disorders, cancer, allergies, MCS and even sudden death! And, how showering or bathing in toxic water is bad because we inhale and absorb a 100 times more chemicals than from drinking the same amount of water.

Water is the lifeblood of our inner and external ecosystems, the prime ingredient of life. Water quality and vitality is critically important to life! Without clean water, most of life’s cellular functions become disrupted! Water is the environment or ecosystem for life. Living human and microbial cells are made almost entirely of water and need revitalized water to regulate nutrient intake and detoxification and carry out their metabolic functions. Without nature’s recipe for water having rainbow colors and full spectrum energy, there is no fitness of any inner ecosystem or environment to support life.

Because most of today’s water pollution has no scent or taste, many people who get exposed to these toxins do not realize it! Radioactive tritium has leaked from three-quarters of U.S. commercial nuclear power sites, often into groundwater from corroded, buried piping, an Associated Press investigation shows. The number and severity of the leaks has been escalating!

Being ecosystem conscious, we focus on ways to nurture (habitat) and nourish our microbiome. The greatest health enemy is the reductionalistic process in health care as we cannot take a complicated, super-intelligent microbial ecosystem and disrupt it or isolate components within it and achieve our goals of restoring wholeness and health. Trusting in the timeless wisdom of nature we can restore and integrate the consortia and networks of ecosystem services in a direction that favors health and longevity.

If you think you’re getting adequate nourishment, wait until you get whole body nourishment! The more you focus on nourishing your microbiome; the better you will feel. For the first time ever, you will discover nature’s secrets and how to nourish all the cells in your body.
Methods for healing ourselves should be simple and based on common sense. Since we are 90% microbial cells and only 10% human cells, we have to wonder why all current nutritional approaches are only aimed at human cells. Plus, it makes no sense that no serious attempts are made to restore a habitat for ecosystem biodiversity and sustainability so that our microbial cells can work harder to nourish and sustain our human cells.

Is there a serious and urgent medical need to address the microbiome and its neglected nourishment needs? Dr. Stig Bengmark of the Department of Surgery in Lund University in Sweden has this to say, “Advanced surgical and medical treatments, as well as medical and surgical emergencies, are, despite some breath-taking advances in medico-pharmaceutical and surgical treatment, still accompanied by an unacceptably high morbidity and also mortality.

Worse than this, morbidity and mortality in these conditions is fast increasing and has done so all over the world for several decades. Apart from the suffering associated with this, it is also extremely costly to the individual and the health care system. Dominating among the treatment-induced morbidities is sepsis due to bacterial, fungal or viral infections.”

Other researchers agree with Dr. Bengmark showing that the incidence and severity of infection (sepsis), has significantly increased during the last decades (Critical Care Medicine 2005:33, 2007:35; Annals of Surgery 2010:252; Nutrients 2012:4). Other researchers claim that sepsis is by far the most common medical and surgical complication, causing death in 29% of treated patients (Critical Care Medicine 2001:29, 2010:38; National Vital Stat Rep 2001:29).
A main contributor to intensive care unit (ICU)-associated sepsis is also artificial synthetic, milligram-dosed nutrition, both enteral and parenteral; catheter-related sepsis is reported to occur in about 25% of patients fed via intravenous feeding-tubes (Journal Parenteral Enteral Nutrition 2005:29). The result: numerous antibiotic drugs that slaughter the human microbiome are used in the ICUs that according to many researchers also derange immune functions, skyrocket inflammation and destroy the ecosystem habitat (Zeitschr Bakteriol Hygiene 1988:270; Archives Surgery 2005:140; British Journal Surgery 2005:92; Disorders Colon Rectum 2006:49; American Journal Surgery 2004:188).

Could restoring a habitat and nourishing our microbiome prevent a lot of human suffering and save lives? Yes, because studies indicate that microbiome deficiencies with regard to diversity and missing microbial strains are behind the steep and rapid rise of infections, diabetes, obesity and higher mortality rates over the past decades (Journal Applied Microbiology 1998:85; Diabetes Metabolism 2009:03; Journal Nutrition 2010:140; Critical Care Medicine 2003:31 Journal Trauma 2006:60; Diabetes 2008:57).

My interest in microbiota and the microbiome stems back to the early 70’s when I was diagnosed with fatal kidney disease and sent home to die by leading world-renowned medical doctors. I grew up on antibiotics and cortisone; the way doctors treated my asthma and allergies and at the age of 20, my microbiome reached a critical low functional state whereby it could no longer provide any nourishment to my kidneys or body. I was in a hospital on life support and sent home to die with only a year to live only if I continued taking massive doses of cortisone. Instead of giving up, I looked inward at my microbiome to better understand ways to restore and nourish it and trashed the cortisone.

Between 1970 and 1975, I researched diet and nutrition at university medical centers and hospitals, publishing my findings in several medical journals (Journal Of Applied Nutrition 1988:40; Townsend Letter For Doctors. 1983 & 1995; American Audiology Society 1976:15; International Journal Of Holistic Health Medicine 1983:1; Journal Of Medical Audiology 1983:5; International Academy Preventive Medicine 1983:45). And, what I learned kept me alive and healthy for 30 more years of my life until I was diagnosed with terminal cancer. This medical diagnosis was a wake-up call that I needed to learn more about nature’s original recipes for restoring my inner ecosystem. Something was missing! Research was still scanty on the microbiome. After many years of trial and error research, my associates and I discovered the missing link.
to kicking in the full power of my microbiome: Turning ON the riboswitches of micro-
bial cells for a genetic expression that would include the more aggressive production
of nutrients, anti-inflammatory and anti-cancer compounds.

Other researchers were talking about this and there was a growing awareness of
the importance of human microbiota and on reconditioning the gut habitat as a way to
conquer inflammation, cancer and to digest food into hundreds of thousands of nutri-
ents (Journal Gastroenterology 1982:77; Journal Food Protein 1997:40; Journal of
Applied Bacteriology 1993:74; Applied Environmental Microbiology 1993:59). These
studies made it increasingly clear that lifestyle, water, chemicals and pharmaceuticals,
could seriously impair the microbiome and immune defenses.

Celiac disease with so-called gluten sensitivity is really an advanced microbiome
deficit. Simply nourish the microbiome and the gluten sensitivity goes away. One has
to wonder why doctors don’t know these things when these studies are published in
mainstream medical journals. I had a lot more to learn about diet and how to remove
cancer-causing carcinogens from the man-made drugs I took as a child and young
adult.

I established collaborations with experts in microbiology, chemistry, nutrition,
experimental and clinical science in my efforts to develop and test, experimentally and
clinically, ways in which I could turn ON the riboswitches of microbial cells so they
would become powerful tools to get my microbiome to conquer cancer and all oppor-
tunistic yeast and fungal infections I still had as the side effects of taking antibiotics.
About a decade ago, our first efforts resulted in and 8-strain colonizer blend called
QuantaBiotica™ and riboswitch activators like QuantaFood™ and AlfalfaFood™ I and
hundreds of QuantaFoods Association doctors working with these formulas for over
10 years with amazing clinical successes! These formulas are available only to our asso-
ciation doctors to use with their patients.

Our research correlated well with other research findings showing that no cur-
rent probiotic supplements had the correct ratios, potencies and strains that could re-
store the microbiome (Clinical Diagnostics Laboratory Immunology 2001:8; Infec-
tious Immunology 2003:71; Critical Reviews Immunology 2000:20; International Ar-
chives Allergy Immunology 2004:135; Gastroenterology 2004:127; Journal Nutri-
1994:76).
What I learned is that the type of bacteria to be chosen for a probiotic purpose was critical and none of the existing probiotic formulas available could restore or activate the microbiome. To make matters worse, the biggest impediments to restoring a healthy and vibrant microbiome came from household water and foods laced with pesticides and other toxic man-made chemicals, hormones, antibiotics, GMOs, common pharmaceutical medications, and environmental toxins, including those in our cleaning and personal care products. But, the shocking fact was that ALL man-made chemicals were anti-nature in function and had a positive ionic charge that continually turned OFF the cellular riboswitches of microbial cells. This is like expecting your car battery to start your automobile with just a positive terminal! This new understanding lead me to invent a daily food seasoning with the correct probiotic blend and riboswitch activators taken with each meal to keep these switches turned ON and a whole house water revitalization system called ExcelaWater. And, drinking and showering or bathing in the right kind of water also proved to be invaluable in keeping riboswitches turned ON.

We tested hundreds of microbial strains and countless ratios that demonstrated no ability to influence the immune system, reduce inflammation and/or eliminate or reduce unwanted pro-inflammatory molecules from foods. And, even strains, which carry the same name were inactive due to radiation or heat exposures and had different and sometimes opposite effects.

The challenge was to find a way to keep riboswitches activated so the battery-like cells of the body could function in a toxic world of positive ionic toxins! Such a food-seasoning product could virtually eliminate microbiome stressors that kept turning OFF the riboswitches. Some of these results on the journey to find a viable and practical economic solution to the negative effects of man-made pollutants were published in the Townsend Letter For Doctors 1993 and in The American Chiropractor July/
August 2004 with the latest finding on colonization resistance published in the 2009 and 2010 *Townsend Letter For Doctors*.

The responsiveness to the daily ingestion of raw microbiome nourishment and probiotics in the correct ratios and doses were strongly influenced by existing resident microbiota, lifestyle, and particularly by water and diet. It took me a long time to learn that the microbiome craved raw and fresh picked vegetables to function optimally and that most water sources had ionic charges that keep the microbiome turned OFF. Since most store-bought vegetables were over 3-6 weeks old, diet alone could not accomplish this feat.

Again, what I am talking about here is *nourishment*. I am not talking about any external cures or the naming and treatment of diseases. It is simple and straightforward: microbiome nourishment! Thus, nothing I say is intended to diagnose, treat or prevent any disease or medical condition. Nothing I say implies that any food or product can cure any disease. Instead, by nourishing the microbiome it nourishes us in superior ways and that nourishment is what fuels many innate and automatic self-healing processes.
Our microbiome has far more genetic intelligence than our human cells. Yet, solely assessing human genes medically is now a 25 billion dollar industry called epigenetics! One has to ask: Why is microbiome assessment woefully neglected?

The rich genetic diversity of the microbiome offers humans an expanded ability to digest food into a rich payload of nutrients that are not possible with the limited number of human genes. We can choose to have a powerful mutually beneficial relationship with our microbes or keep poisoning and killing them off with antibiotics and pollutants.

Have you ever wondered why food bloats your stomach or your still feel hungry after eating? It’s your microbiome unable to digest your food into nutrients! In a recent Nature Immunology journal researches from the University of Chicago stated, “Diet-induced obesity depends not just on calories ingested but also on the host’s microbiome....host digestion is not completely efficient, but changes in the gut flora can raise or lower digestive efficiency.” These scientific views are increasing popular and are expressed in the world’s leading scientific journals, Nature and Science. The microbiome gives us super-healing abilities in exchange for the food we give it and the shelter or habitat we provide.

If you are popping digestive enzymes and pills to help digestion and not addressing your deficient microbiome you are missing out on getting hundreds of thousands of nutrients daily by fixing and nourishing your microbiome! And, these precious hard-to-get nutrients not only give you a superorganism potential but the protect you from the harm of hostile germs and cancer-causing carcinogens that feed and promote carcinogenesis! We must see host
and microbiome as allies and stop the warfare against our microbiome that has been waged since the discovery of antibiotics in 1928. Our human physiology is inseparably linked to our microbiome in ways that make the idea of a human superorganism potential more than just a rhetorical comment!

Leading scientists are telling us that a disrupted and nutrient-depleted microbiome is behind all disease states! I have already presented much of this scientific evidence proving this is factual and true! It seems that doctors have been looking in the wrong places and at the wrong set of genes to understand why and how we get sick and die prematurely! A powerful statement was made in this regard in the 2012 *The Economist* publication regarding the microbiome “making molecules that help regulate the activities of human cells. If these signals go wrong, disease is the consequence. This matters because it suggests doctors have been looking in the wrong place for explanations of these diseases.”

Yogurt companies and health-food products make a lot of claims about probiotics in pasteurized yogurt but these had no positive effects on restoring or nourishing the microbiome. And, the gluten-free market sales are soaring because of untreated microbiome deficits. Even food allergies, heartburn and digestive problems and a lack of willpower to even stick to a diet are microbiome deficits. Instead of promoting microbiome nourishment, many health food products and bottled water products work against the microbiome. While it is hoped that doctors will come to think of us as superorganisms, they may not. In that case, intractable and lethal medical conditions will continue to skyrocket along with multi-billion dollar sales of pharmaceuticals and nutraceuticals, allowing profits to take precedence over human life value and our inner ecosystem.

Obviously, as I had to learn the hard way, someone had to find a better way to unify human and microbial cells or to accentuate the utility of the microbiome in a manner that could result in high-level wellness and vitality. These changes had to nurture the microbiome in a way that gave it a habitat that would cause it to grow and flourish!

**Microbiome Turn-Ons and Turn-Offs**

Genes in our microbiome fulfill specialize roles and can be switched ON or OFF. Genes can also be mutated or expressed in an unhealthy manner (altered genetic expression). Different outcomes from the same microbiome depend on habitat or how
efficient and fast the body is able to maintain a clean and healthy gut environment for the microbiome. If we store toxins instead of excreting them the body becomes loaded with man-made chemicals that keep turning OFF our microbial cells.

However, as long as we include more genetic Turn-Ons compared to Turn-Offs, we can generate waves of healthy genetic expression. More specifically, as long as genetic riboswitches are kept ON and we can supply the microbiome with RAW synbiotic nourishment, the genes will work together in a seamless and orderly fashion. But, too many of the Turn-Offs, especially from water sources, will misalign the genetic expression and drop our microbiome to a complete halt. When the microbiome reaches this stage we become deathly ill. We store belly fat that fuels more and more inflammation. Thus, if you take these simples steps you can restore a habitable ecosystem and a strong microbiome in your body:

1. **Consume Turn-On foods daily** – Number one is the invention that activates the riboswitches with the 8-strain colonizer formula that is available solely as a food seasoning nourishment product called ExcelaFood and a condiment nourishment product called Excela-Condiment. Used as a food seasoning and condiment on at least two meals day, you will get the equivalent of nourishment found in fresh-picked parsley and spinach with the SPT energetics that like a specific homeopathic remedy can energize your microbial cells. Secondly, consume lots of fiber...at least 2 cups daily of raw organic celery and carrots. Fiber of this nature scrubs the intestines clean so the microbiome can get permanently secured along the intestinal walls to connect to its nervous system and the rest of the body.

2. **Avoid the Turn-Off Foods & Common Water Sources** - most commercially packed foods and meats are loaded with man-made chemicals from pesticides and other chemical preservatives. While you cannot avoid them all, the worst of these are GMOs, pasteurized dairy, margarines, whey protein, eggs, and white sugar in drinks and foods and bottled and purified water. Water today is purified with toxic chlorine or other unnatural methods that cause ionic or electrical instability that turns OFF the microbiome.

To get the full details of the diet and water required to restore and nourish your microbiome, read my eBook entitled: **Food: The Good, Bad & Ugly.**
Make no mistake about it. Nature’s wisdom and the microbiome expression will outperform human wisdom and health care treatment in every way possible. Think of your microbiome as your 2nd brain and you cannot go wrong! This stunningly complex neural network can leverage your inner ecosystem toward a superorganism and super-healing potential. But, you have to interface it properly with nature!

The microbiome is the only organ to boast its own independent nervous system and possesses an intricate network of 100 million neurons that are embedded in the gut linings. Neuroimmunologist, Dr. John Neinenstock of McMaster University in Hamilton, Ontario states that our microbiome influences neurological function, emotional behavior, brain chemistry, stress defenses and a wide range of bodily functions. Taking the time to tweak the balance of your microbiome can trigger a cascade of molecular reactions that feed back to your central nervous system. Even depression and anxiety will seem to dissipate and disappear as you nourish your microbiome! Our microbiome has been proven to produce hundreds of neurochemicals that the brain uses to regulate basic mental processes such as learning, memory, and mood. Believe it or not our microbiome has been proven to product 95 percent of the body’s serotonin that influences both mood and GI activity.

You will notice better digestion and more efficient metabolism, as your microbiome is better able to ferment your food into super nutritional factors. You will also find that a well-nourished microbiome can build a protective barrier against harmful food-borne pathogens and invading germs! They block these bad germs from setting up camp in your body and produce a wide spectrum of anti-yeast, anti-fungal and anti-viral compounds.

When you consider the microbiome’s vast multifaceted ability to restore your brain and nutrient status, you will likely choose to put aside the symptomatic treatment. Dr. Emeran Mayer, MD of the University of California, states, “It is almost unthinkable that the gut is not playing a critical role in mind states.” In the medical journal *Gastroenterology*
2011, we read about the microbiome-gut-brain axis and along with other journals we start to understand that it can stop anxiety and even normalize behavior (Physiology and Behavior 1998; Proceedings of the National Academy of Science 2011; Gastroenterology 2010; Bioessays 2011). Being able to fine-tune behavior to regulate mood and cognition and anxiety via microbiome expression leads many researchers to ask the intriguing question: Who’s in control, the brain or the microbiome?

What’s amazing is that gut bacteria respond to the same neurochemicals (GABA, serotonin, norepinephrine, dopamine, acetylcholine and melatonin) that the brain uses to regulate anxiety, mood and cognition. Scientists know that these neurochemicals allow the brain to tune its behavior to the feedback that it receives from the microbiome. This data helps us to see that we have to stop trying to understand the body as a stand-alone system and that the microbiome is interactive and inseparable to the human body....perhaps in more control of our body than our own brain!

What about the negative effects of stress! Our microbiome can de-stress us and make us stress resilient! In the Journal of Physiology 2004, Nobuyuki Sudo, MD of Kyushi University in Japan proved that it is possible to lower the hallmark stress hormones and tame the overactive stress response! And, in a Proceedings of the National Academy of Science 2011 study, we learn how there is a critical window for the brain and nervous system to develop that is disrupted by antibiotics given to babies at birth. Hence, this data may shed light on why and how babies are born with autism or other neurological disorders and birth defects.

The social networking of our microbiome with our brain and nervous system and other cells in the body can explain a lot regarding why and how neurodegenerative disorders occur in the first place. With all the amazing science proving these vital interactive and inseparable connections, it is hard to understand why modern medicine and even alternative and natural medicine still lag decades behind the current microbiome research.

Your microbiome has been proven to play a prominent role in your psychological well-being. In one such study in the 2011 British Journal of Nutrition, researchers reported decreased anxiety and depression with probiotic therapies. UCLA’s Kirsten Tillsch, MD found that shifts in the microbiome do in fact affect brain activity in neuroimaging studies and says the results revealed and “observable effect on volunteers’ brain activities while they viewed either neutral or negative emotional stimuli.”
You can reclaim the genius of your microbiome as a way to enhance your health, happiness, family and work. With a fully functioning microbiome, you don’t just survive—you thrive. Humans have foolishly ignored our external and internal ecosystems. We have numbed our microbiome and its nervous system under the realm of FOOD, INC and commercialism.

You can change that. You can get back in touch with your microbiome and use it to live a life that is more productive, energetic and happier. Your microbiome is hard-wired for a superorganism potential and for super-healing.

In my years of working with people, nature’s wisdom never failed me. When you tap into the powers and genius of your microbiome, you escape the trap of vulnerabilities. You think about what turns it ON and OFF. You take advantage of the genius found in your microbiome and the wisdom in nature. Each year microbial and viral predators keep mutating and devolving more speed, power and weaponry. You are no longer clueless to the detachment of your microbiome from your body and from nature itself. Your microbiome is the best of nature if you choose not to lose contact with its intelligence.

Increase your microbiome by paying more attention to its needs. Be patient in the process as there are no quick fixes for microbiome deficits of any kind. In reality, it has taken decades or longer for you to lose touch with your microbiome and get nutrient-depleted in the hundreds of thousands of nutrients your body needs for optimal function. Taking just a few months to restore its nutrient status is not a long time considering how long it took to get to your present status.

The mismatch between your human and microbial cells causes maladaptation to stress and all kinds of horrible and even terminal health disorders. Expect it to take several months before you get your microbiome working more efficiently and in greater partnership with your body. Set goals and work hard to establish a strong ecological niche with your microbiome. Try to eat foods that empower and not weaken your microbiome. Remember, the purpose of the presentation is to give you self-awareness and authentic wisdom about the microbiome nutrients you desperately need to achieve high-level wellness and vitality.

Keep in mind that numerous organs and systems of your body function sub par and send out signals for help when there is a microbiome deficit. Don’t keep band-aiding and blocking these signals! Address them with microbiome nourishment that
keeps the body’s metabolism running smoothly and efficiently. The secret to sustained weight loss lies in helping the microbiome better manage metabolism and cravings. We crave sugars and starches because our microbiome is not able to nourish us correctly. These nutrient deficiency states cannot be defined with lab tests or any other tests when you go for your routine physical exam. An off-kilter microbiome causes sugar, alcohol, tobacco or caffeine cravings and additions.

This will help you get in the proper frame of mind to do what you have been un-

able to do—give your microbiome an environment that empowers you to continually stay healthy in a stressful and polluted world. The more favorable your body’s microbiome habitat, the more empowering it will be to your entire body.

Maintain body hygiene on all levels. Water is especially important in this regard. Choose not to use cleaning and body care products with man-made chemicals that turn OFF your microbiome. The bottom line is that you have to look inward and host your microbiome better with a clean habitat so it can be stronger and more intelligent
on your behalf. Since you probably have been stuck for a long time, this e-booklet gives you the recipe to get out of the patterns of life that numbed and knocked down your microbiome.

Be tuned to the fact that we often hide from the true causes of our illness and that our environment is generally ill-suited for our microbiome. If you keep failing to acknowledge your microbiome nourishment needs, you will keep fostering a disconnection from it. This disconnection detaches you from the genius of our microbiome and derails and handicaps your chances for vibrant health and happiness.

Some of you will choose not to address your microbiome and keep looking for a quick-fix and instant gratification to survive in this stressful world. People with this mindset will fill the calendars of doctors and therapists daily only to find out they still wake up with the same misery and health problems.

Out of ignorance of all the research presented in this e-booklet and/or by having a reductionalistic mindset, your doctor may say we need more research to apply microbiome concepts in clinical practice. There can be no doubt about the effectiveness of modern medicine in handling trauma and in doing surgery to save lives. I have no desire to underestimate the heroics of medical practice. We recognize the need to continue with the tools of the emergency room and intensive care unit. But, we must recognize that good health is something more than the absence of a life-threatening emergency. The overwhelming majority of complaints in the doctor’s office are not traumas and genetic diseases. They are microbiome malnourishment disorders involving headaches, pains, digestive and eliminative dysfunctions, heart conditions, depressions, obesities, emotional tensions, and anxieties. Caution: If you are on any prescription medications or have a medically-diagnosed condition, always check with your doctor and ask you doctor before stopping any prescription drugs, changing your diet or taking and dietary supplements.

If you want to learn more about effective ways to nourish your microbiome and whole body, consider reading my new e-book Food: The Good, the Bad, and the Ugly at www.excelafood.com

If you are a doctor, you can sign up for webinars and newsletters and read many of my FREE research and educational articles at the www.aaqm.org website.
Nobel Prize Laureate, Dr. Szent Györgyi who discovered vitamin C, found that vitamin C in foods was far superior to synthetic ascorbic acid. Intrigued by this research, Dr. Yanick researched food-nutrient concentrates with a medical physician in New Jersey, finding that only food-based nourishment could improve nerve and hearing function (Journal of American Audiology Society, 1976:1; Journal of the Society of Medical Audiology 1977). He discovered that food-based synbiotic nutrient protein formats restored cell function and could bypass digestion and independent research by other Nobel Prize scientists (Journal of Cell Biology, 1975) confirmed his breakthrough findings.

Observing other Nobel Laureate research, Dr. Yanick experimented with commensal microbiota (microbiome) (Nature 1983:301; Cell 1985:42; Science 228:1985) discovering novel ways to re-colonize the gut after antibiotic or natural anti-infective agents destroyed the gut microbiome. This discovery revealed how quorum-fermented™ and synbiotic nutrients could turn on or activate gut microbiome. Ten years later, Dr. Breaker of Yale University reported that microbial cells had riboswitches functioning as “vital regulators of critical nutrient supplies” (Nature 2007:447; Science 2008:321; Future Microbiology 2009:4; Nature 2009:462).

Decades ahead of time, Dr. Yanick’s 8-strain microbiota colonization blend, fed by synbiotic nutrients that were polarized to activate riboswitches, was invented to restore life-supporting and beneficial microbiota and reset the body’s microbiome. Recently, his pioneering research on importance of the microbiome was supported by global research from over 24 research scientists as reported in Nature 2010. Here are some highlights of his over 350 published papers and breakthrough discoveries:

Sensorineural Hearing Loss (Grune & Stratton) & Tinnitus and its Management (Charles C Thomas) were used as university textbooks.

- 1985 - 1988 – His intracellular mineral and biochemical research at Monroe Medical Research Laboratory and Hunterdon Medical Center, along with intracellular x-ray fluorescent spectral analysis of cell mineral contents proved that milligram-dosed minerals in today’s supplements could not enter the cell to improve nerve function (*Journal of Applied Nutrition* 1988:40). His auditory nerve and nutrition research at Temple University, School of Medicine revealed how foods could restore neurological and sensory ear function (*Townsend Letter for Doctors* July 1988). His 1986 breakthrough academic textbook *Clinical Chemistry & Nutrition* was used by thousands of physicians.


- 2004 - 2007 – More research on quorum-synbiotic™ nutrients and the mitochondrion (tiny energy factories in cells) of bacteria and yeast cells that activated the longevity gene (SIRT1). Borrowing from nature’s design, he developed advanced microbiota-nutrient formats to activate riboswitches and improve microbiome colonization.

- 2007 - 2012 – University of Denmark researchers supported Dr. Yanick’s early findings on polar lipids and proved how lipids can advance nerve transmission via soliton waveforms. Studies revealed that Omega EFAs were non-polar, working in opposition to afferent nerve transmission. His clinical research documented how polar lipids could vastly improve HRV-electrocardiograms.
RESOURCES FOR FOODS AND PRODUCTS

**ExcelaFood™**
www.excelafood.com

Exclusive source the downloadable e-book entitled *Food: The Good, Bad and the Ugly*. The world’s most advanced microbiome nourishment food supplement in the form of a food seasoning. Also, the source of *ExcelaWater* whole house water solutions and *HydraBlue* bottled water. *ExcelaWater* is the one and only system available to restoring the vitality and energy (polarity) of city water or water that is softened or denatured.

**QuantaFoods Association** — Las Vegas, NV
www.quantafoods.com

Source of clinical products sold only to registered private practitioner members of QuantaFoods Association. Exclusive source for inventions described in this e-booklet called *ExcelaFood™ and Excela-Condiment*

**American Academy of Quantum Medicine** (AAQM) — Las Vegas, NV
www.aaqm.org

This Nevada–based non-profit organization, founded by Dr. Yanick is a professional, accredited research and educational non-profit organization that fulfills an urgent need for clinicians who want up-to-date natural solutions in a practice–focused, easy-to-implement format so they can fully capitalize on practice building, based on results. The AAQM’s mission is to research and investigate multidisciplinary diagnostic and therapeutic protocols and apply them to current health care practices in an effort to advance health care and minimize human suffering. The AAQM is funded primarily by tax deductible, charitable contributions and accepts gifts in a variety of ways that most befit the donor. Application for Board Certification is on this website along with many free publications and FREE video lectures by Dr. Yanick.

**Penn Herb Co.**
www.pennherb.com

Home of Olbas product and many fine herbal products. The essential oils in Olbas have a rich history of aromatherapy use dating back the ancient Egyptians and Chinese. Olbas oil originated in Basel, Switzerland over 100 years ago, and continues to be a European and worldwide favorite. Your best online source for herbs, herbal remedies, spices, vitamins, essential oils and natural remedies from Nature’s Wonderland. Whether your preference is bulk tea, powder, or capsules, you’ll find what you need here. Our herbs are received daily, and are carefully milled, sifted, encapsulated and packaged to ensure freshness.
**Eden Foods Inc.**  
www.edenfoods.com  
701 Tecumseh Road, Clinton, Michigan 49236  

Yellow organic popcorn—A certified organic, carefully selected variety of yellow popcorn with superior popping qualities. Large, fluffy tender morsels, bursting with pure corn flavor and no mold! One of the only non-moldy popcorns! It has a great effect at scrubbing mold out of the intestines and should be eaten at least twice a week for best results. Also, Eden Mung Bean Pasta and Garbanzo Beans and lentils are excellent too.

**RiceTec, Inc.** — Alvin, TX - 1-800-232-RICE  

The organic Jasmati is suggested because of its unsurpassed purity (no arsenic) flavor and aroma and ability to resist mold.

**Montebello Organic Extra Virgin Olive Oil**  

Found in most health food stores is another non-rancid and non-polar lipid olive oil. Oils that are not non-polar in format are rare and hard-to-find. These olive oils make a great salad dressing with Monari Federzoni Balsamic Vinegar of Modena (most vinegars are high in the cancer-causing alfatoxin or other molds).

**Gold Mine Natural Foods™**  
www.goldminenaturalfood.com  
7805 Arjons Drive, San Diego, CA 92126-4368 858-537-9830  

No other soy sauce anywhere is mold-free and comes close to this 100% organic, non-GMO Nama Shoyu in flavor or quality. It’s the only soy sauce that’s aged for four years in cedar kegs by a unique double-brew process, so it can be made with less salt naturally, while still retaining its full-bodied flavor and delicate bouquet. Nama Shoyu is also unpasteurized (read: the only raw soy sauce available in North America); it’s full of health-giving live enzymes and beneficial organisms like lactobacillus. Ingredients: Organic whole soybeans, mountain spring water, organic whole wheat, sea salt.

**Eddie’s** or **BioItalia** pasta is a complete line of organic pasta. The vegetable pasta not only has exceptional taste with no added color – it gets its vibrant color from vegetable powder. Eddie’s whole wheat pasta is made with 100% organic durum whole wheat and stays mold-free for longer periods of time compared to other pasta on the marketplace.

**Common Toxic Commercial Product Ingredients and Potential Health Effects**  

Taking in food that is toxic to the system is one way, as we have seen, to abuse our bodies and lower our microbiome. However, we can also bring toxins into the body through substances we breathe in and others we use in our daily lives, things like cleaners, deodorants, “beauty” products, and the like.
Manafacturers and Suppliers of Commercial Household Products with Low Toxicity

*Arm & Hammer Baking Soda*
Church & Dwight Co.
P.O. Box 7648, Princeton, NJ 08543-7648

*Bon Ami Faultless Starch*
Bon Ami Co.
1025 West 8th St., Kansas City, MO 64101

Earthrite
Corp. Center #1
55 Federal Rd., Danbury, CT 06813
203-731-5000
Nontoxic laundry detergents. Products available in health food stores.

E Magazine
28 Knight Street, Norwalk, CT 06881
An extraordinary magazine focusing on toxic environmental issues.

EcoMall
P.O. Box 20553, Cherokee Station, NY 10021 212-535-1876
Features hundreds of environmentally friendly companies and products.

Ecoshop, Inc
5884 E. 82nd St., Indianapolis, IN 46250
317-84-WORLD
Nontoxic household cleaners for home and office.

Infinity Herbal Products
Toronto, Canada M3J 3J9
Maker of Heavenly Horsetail all-purpose cleaner.

Seventh Generation
Colchester, VT 05446-1672
800-456-1198
Low toxicity products for household cleaning.