

BOMBSHELL #8: THE NATURAL, EFFECTIVE ALTERNATIVE TO BYPASS SURGERY

Chemicals have replaced bacteria and viruses as the main threat to human health ... The diseases we are beginning to see as the major causes of death in the latter part of this century and into the twenty-first century are diseases of chemical origin.

-Rick Irvin, Texas A&M University

If you have any expectations of living longer and healthier, then waking up to and accepting the horrifying effects of toxic contamination is a must. Dr. Blaylock just laid out the effects of the toxic assault, and it is clear that the answer for adverse effects of pesticides and chemicals is not more toxic drugs. In this chapter, Dr. Garry Gordon will explain ways of detoxing so that we can win the fight against this environmental assault. Recently a report came out that making even a small effort to reduce home and garden use of pesticides provides potential benefits, including lowering the incidence of cancers (including leukemia), as well as lessening cognitive disturbances and disturbed behavior

Dr. Gordon explains the benefits of preventing toxicity by utilizing oral and IV chelators such as high-dose vitamin C, fiber, zeolite, and daily greens throughout life. Sadly, toxicity is not going away. You have to wage your own war, and as the toxins come in, you must know how to get them out.

Organic food will provide substantial benefits. It is tragic that one out of four children is on drug treatment for some illness-including autism, ADHD, OCD, cancer, hypertension, obesity, and diabetes- by the time they start school. When did we become so complacent? Why aren't we terrified that our children are so affected by toxins that these stats exist? As adults we are climbing uphill relative to our own personal toxic burdens. We are accepting cancer, autoimmune diseases, brain fog, bone deterioration, and general lack of energy as part of aging. Sadly, you are being done in by the chemicals, drugs, pesticides, and poor-quality contaminated food. The body requires fuel to operate, and it requires top-octane fuel at that.

As you have just read in Dr. Blaylock's interview, and now as you will hear from Dr. Gordon, you can fight this assault. It is definitely not hopeless. In fact, you can create perfect, optimum health in spite of the damaged planet if you involve yourself and your family in the changes and protocols advised in this book. Remember, no one is ever going to care as much about your body as you, and no one will be sorrier than you if in the end the chemicals win.

To live a long healthy life with quality, it's past time we look toxicity in the eye. The chemicals are not going to go away, at least not in our lifetimes. But we can win the fight against toxins and secure the health of our bodies with commitment and determination. If you are one of the ones who gets sick in the end, you will wish you'd taken this seriously.

Dr. Gordon is loaded with enthusiasm. He is for hire as a consultant if you so wish, but just reading his interview here will inspire and teach you to find his methods on your own. His supreme protocol is chelation, a method not understood and widely dismissed by establishment medicine. Chelation cleans the blood of heavy metals and toxins. Why is that controversial? It requires no drugs. It can be done by IV at your anti-aging doctor's office or by oral supplements. But read on, he will explain it much better.

GARRY GORDON, M.D., D.O.

Dr. Garry Gordon is an internationally recognized expert on chelation therapy and anti-aging medicine. He is also a consultant for various supplement companies and the coauthor of *The Chelation Answer*, and he lectures extensively on the topic "The End of Bypass Surgery Is in Sight. He is on the board of the Homeopathic Medical Examiners for Arizona, is cofounder of ACAM (the American College for Advancement in Medicine), and a board member of the International Oxidative Medicine Association. He received his Doctor of Osteopathy in 1958 from the Chicago College of Osteopathy in Illinois and completed his radiology residency at Mt. Zion in San Francisco in 1964. He was the medical director of Mineral Lab in Hayward, California, a leading laboratory for trace mineral analysis worldwide. He does telephone consultations for patients from around the world, offering second opinions on any type of health issue, from his offices in Arizona. Dr. Garry Gordon is dedicated and passionate about educating doctors and patients about the harmful and devastating effects of environmental pollution, and he provides documented alternatives for any health condition. He wants everyone to feel as good as he does at age seventy-six, having restored himself to optimal health in spite of suffering from serious illnesses for most of the first thirty years of his life, including genetic heart disease.

SS: Thanks for your time, Dr. Gordon. What troubles you about people's health today?

GG: I am troubled that none of us are reaching our full potential. I am troubled that we are passing down to our children diseases and conditions that will keep them from realizing a full, happy, and healthy life. I am troubled how we as a people are losing our personal freedoms, and rights to our health, and how we are becoming enslaved by our governments and global corporations out of greed. There are so many breakthrough therapies and treatments for illnesses and disease that do not involve taking harmful drugs, yet we don't hear much about those things because finding a natural cure or an actual effective treatment doesn't make money.

My life's work is about giving everybody the opportunity to achieve health and realize their full life's potential. The more people we get feeling as good as I feel, the more people will understand that it's simpler than what orthodox medicine has made it out to be. With my detox program, I have witnessed people who were always very negative about change becoming much more positive. My program is an approach to life that is healthy, teaching people to take personal responsibility for their own health, appreciating it, respecting their bodies, and understanding the need for seriously taking proper care of it.

We have the knowledge today to live a far healthier life for many more years than most of us dream possible. I get true joy from helping people heal and seeing them get their energy and vibrancy back. It's all possible—that's the great part. I did it for myself and was able to change the course and quality of my life. It is possible to live a long healthy life in spite of the toxicity, but you have to know how to do it. That's what I like to do for my patients.

SS: Well, that's what I want you to tell us. How are we going to survive? You emphasize chelation, and I suspect it plays a huge part in the detoxification of the body. In fact, you are known as the "father of chelation." It is a treatment that is really not well understood. Can you explain its importance relative to detoxification and why it is so healing and useful for a healthy and a long life?

GG: My pleasure, Suzanne. Chelation is a natural process without which life would not go on. In other words, if our bodies didn't chelate the iron in our red blood cells, we would die rapidly. Unfortunately, today we have so many toxins built up in our bodies that we are unable to detox naturally, as we've said. Chronic preventable diseases are now the world's leading cause of mortality. In today's toxic world, where no one is safe from toxins and environmental pollutants, the ability of the body to detoxify is extremely essential to one's health. Toxins damage the immune system and inhibit our natural ability to heal. Toxins are the single most common underlying factor contributing to all diseases.

Chelation therapy is a detoxifying process used to rid the body of poisonous toxins and heavy metals like arsenic, lead, and mercury or organic pollutants like BPA, PBDEs, Teflon, dioxins, and pesticides. We use a chelating agent, EDTA, a synthetic amino acid that binds to and traps the toxin, causing it to become inert while it is safely excreted from the body.

SS: Sounds like something everyone needs to do, knowing we are under such a tremendous toxic assault. Tell me how you came to learn about chelation.

GG: I became interested in chelation therapy because I was very ill for the first thirty years of my life. As a young man, I had not been able to be athletic in any way. In fact, I was never allowed to participate in physical education or sports because I had a significant heart issue— I was born with a congenital heart condition called an AV conduction block. I also suffered from total achlorhydria with associated malabsorption, leading to dangerous mineral deficiencies, including magnesium deficiency, and was toxic with mercury poisoning from dental fillings. With all these issues, I suffered from chronic disabling fatigue and could not even swim one lap in a standard swimming pool. At age twenty-nine, I was so ill I had to stop practicing medicine. Then I discovered chelation therapy and it dramatically improved my health after I received only the first eight IV chelation treatments. Because of that experience, I decided to make detoxification and chelation my life's focus. Suzanne, my health improved so much I was literally able to run up the side of a mountain, gaining two thousand feet of elevation over a distance of two miles, without collapsing! But I did wear out my two-year-old Irish setter who was with me. Chelation helped turn me into Superman.

My vision was that if I could learn how this therapy worked, I could help teach it to other doctors, who would then offer it to their patients, and then everyone could enjoy the amazing benefits I have experienced. Beginning with this first personal breakthrough, I have gone on to discover and review over seven thousand published articles on EDTA, have cofounded ACAM, and have literally helped thousands of patients worldwide to avoid bypass surgery and heal from a myriad of chronic illnesses through detoxification—and that's how I became known as the father of chelation. We even have a \$29 million NIH-funded five-year study, known as the TACT study, Trial to Assess Chelation Therapy, going on now to assess my treatment. It's not only detoxification that is necessary in today's world; we also have to replace the lost minerals, so our bodies have the components necessary to rebuild and maintain health.

When I was a young doctor, I went to a bariatric conference to hear a lecture on trace minerals by John Miller, Ph.D., a former chief of research for Roerig and Pfizer pharmaceuticals. At that time he was the editor in chief of Chemical Abstracts, which is one of the most prestigious chemical journals in the world. He had developed the first mineral/vitamin combination, which probably doesn't seem extraordinary, but until he did this it was thought that minerals could not be packaged along with vitamins because they might cause interactions and lead to exploding jars in the pharmacies.

Dr. Miller demonstrated how a garden could have mineral deficiencies, leading to unhealthy produce, which is more subject to crop diseases. After determining the soil mineral deficiencies, and replenishing the soil with the needed minerals, extremely disease-resistant crops could be raised. However, the minerals needed to be chelated first, possibly with some amino acids, to alter their charge. That avoids toxicity to the plant. He demonstrated that as a result you could have large, healthy, award-winning flowers, and he demonstrated huge roses that were opening on a snowy day in Chicago.

SS: So from an understanding about gardening and mineral deficiencies, and your personal experience with chelation, you put two and two together?

GG: Yes. Dr. Miller's lecture started me thinking. I decided to work with Dr. Miller and use his concept of testing soil for deficiencies and adding the needed chelated minerals. My brother and I had a 440-acre "ranch" in Northern California. We wanted to raise live-stock, but had been told by the Department of Agriculture that the land would not support even one goat per acre or support any meaningful crops. The only thing that was growing there was manzanita on the old gold mining property, and a resinous creeping ground cover called "bear clover," or mountain misery, neither of which was considered very commercially useful.

But by applying Dr. Miller's approach of improving soil by determining mineral deficiencies, my brother and I turned our land into a veritable park! We were able to grow alfalfa deep enough to support a large herd of Black Angus cattle. So I decided to utilize these same principles in treating my patients. I started doing mineral analysis of hair, blood, and urine. These tests established not only the mineral deficiencies, but I also discovered that excessive amounts of toxin such as lead and mercury were found in almost all my patients. So, although adding things like zinc and magnesium is often a vital step toward optimizing health for anyone, I soon realized that adding good minerals to the

body would only have a limited benefit.

SS: What do you mean?

GG: I mean, if the body continues to be poisoned by lead, mercury, aluminum, cadmium, and other toxins, it limits the success of any nutritional support program. Finding toxic levels of heavy metals in most of my patients led me to understand that it was essential, for maximum benefit, not only to put minerals in the body but also to offer chelation therapy to remove the toxins from the body. Harvard does testing for lead levels in the bone, and through this we know that everyone born today has approximately a thousand times more lead in their bones than we had a few hundred years ago, before the industrial age poisoned our planet.

SS: The toxic assault is overwhelming. I truly fear for humanity

How do you remove these toxins? In other words, how does chelation work? I understand that there is oral chelation and IV chelation?

GG: Right, chelation can be done orally, which will do the job for almost everyone if the correct chelators are used for a long enough period of time. However, to deal with more acute poisoning, or for deeper initial cleansing, IV chelation is used. IV chelation is what helped me so much at age thirty. I was so sick I wound up ultimately taking nearly two hundred of these intravenous treatments. My continued research led me to conclude that we all can live far longer, and can eliminate most fatal heart attacks, by simply ingesting an oral EDTA-based nutritional program I call , which I'll explain in a bit. This is because we are being bombarded by toxins every day.

THERE IS NO SAFE LEVEL OF LEAD OR MERCURY FOR THE HUMAN BODY.

SS: Is detoxification something we are all going to have to commit to do for the rest of our lives in order to combat the toxic burden we carry around.

GG: Yes, I believe it's necessary for everyone to commit to a lifetime detoxification program. Bones take an average of fifteen years to remodel, and IV chelation will not pull the lead out of bones. Therefore, we must take protective steps every day to prevent the lead and other heavy metals stored in our bones and tissues from leaching into other tissues like our heart, brain, and eyes.

I worked with Dr. Lester Morrison, then director of the Institute for Arteriosclerosis Research in Lorna Linda, California, on an answer to preventing heart attacks that would be all natural without using drugs such as Coumadin, Plavix, or aspirin. My oral chelation program is based on natural, safe blood thinning and continuously helps get lead out. We are constantly bombarded, because our environment is polluted through coal-burning emissions, waste incineration, mining operations, volcanic eruptions, and soil erosion, and then we take in toxins daily from our water, food, and air. Oral chelation helps to rid our bodies of toxic lead, while preventing more lead from getting in. At the same time it works synergistically along with the Morrison Institute Formula to eliminate fatal heart attacks and strokes. That is why I developed my chelating vitamin/mineral formula that is based upon Dr. Morrison's Institute Formula, but with EDTA added. It is called Beyond Chelation Improved, or BC-I, which is a regimen of nine capsules that includes three very powerful mineral/vitamin tablets and three Essential Daily Defense capsules-they are a combination of EDTA, garlic, and sulfated mucopolysaccharides from carrageenan-one omega-3 capsule, one 1,300 mg capsule of primrose oil, and one capsule containing ginkgo biloba and phosphatidylserine.

THIS FORMULA PROTECTS AGAINST DYING FROM HEART ATTACKS AND STROKES!

As a by-product, this same formula also helps maintain vision and memory, which is a nice side effect. If you do this program, you can expect to live long and healthy into old age.

SS: What about bones? ... You mentioned that chelation therapy doesn't remove lead from bone. Can you explain a bit more?

GG: Chelation takes the lead out of your heart, kidneys, and soft tissues so you feel fantastically improved, but it doesn't remove lead from the bones. Even IV chelation with EDTA does not pull the lead from the bones, and as we are all excessively lead burdened from the day we are born, our bones can poison us just like welding or working with lead can. When bones start to thin, as they do when we are injured and unable to move about, or when menopause starts, lead is leached from our bones into our bodies, along with the calcium losses. That is why women at menopause often see blood pressure going up, as a direct result of lead being released from their bones.

SS: That's serious. If we can't get lead out of our bones, what can we do?

GG: It's a problem; getting the lead out of bones is a lifetime endeavor since everywhere on earth our water, food, and air give us more lead. That is why I never go a day without some kind of heavy metal chelator like the EDTA that I have in my to clean the blood. Vitamin C is a chelator, and also an active fiber, just as stabilized rice bran is a chelator. Other products are zeolite, garlic, DL methionine, organic vegetables, and sea greens. There are many natural substances found in our diet that can help; daily exercise is also vital, as without exercise bones thin and any bone loss is a real danger-not just fracture risk, but because lead is stored in bones, and if it gets released, it poisons our tissues and other organs.

SS: So keeping the blood clean keeps the lead in the bones and not released?

GG: Yes. Lead is known to be dangerous for everyone, and there are no safe levels. All causes of illness and death can be associated with levels of lead in the body, as reported in an article called "Low- Level Environmental Exposure to Lead Unmasked as Silent Killer," which was published in the American Heart Association journal Circulation.

It's a proven fact that the lead levels in our bodies are toxic and dangerous, yet there is little interest by mainstream medicine in lowering lead; instead traditional doctors have their patients brainwashed into covering up their symptoms by taking statins and other harmful drugs to lower their cholesterol. I do not use statins with any of my patients; instead I offer natural anti-inflammatories like curcumin. We know cholesterol is not the problem, so why risk the proven side effects, including increased incidence of diabetes that is reported as a result of statin therapy?

SS: I would imagine the statin/diabetes connection is due to the testosterone depletion from statin use. Low testosterone, according to Dr. Abraham Morgentaler, can cause diabetes.

GG: Yes, and we all know that the real problem with arteriosclerosis is inflammation and toxicity. I have not had a single patient die of arteriosclerosis in over ten years while taking my oral chelation formula twice a day. I have little interest in lowering my patients' cholesterol, since cholesterol is essential for all our cell membranes and maintaining healthy hormone function. Elevated cholesterol levels indicate an underlying problem, where the body is producing more of it as a protective measure. Lowering it or stopping the body's production is actually causing further harm.

SS: I hear this from doctor after doctor; that statins mask the problem until so much damage is done that the patient eventually experiences the catastrophic event.

GG: Correct. I recommend canceling stenting and bypass surgery on almost all my patients, as my background in radiology taught me that what looks like a serious obstruction in a blood vessel on the angiogram often has already made collateral vessels not visible on angiograms, so it's missed. Most cases do just as well with medications. I tell my patients that I feel they should cancel their heart surgery for blocked blood vessels and get on my program. My program has not harmed anyone, and it carries low to nil risk. We have documented improved blood flow in at least 85 percent of patients with IV chelation, and once patients are out of the woods and back to an active life without symptoms, they can go on my oral program. They have no need for any prescription blood thinners, even if they have skipped beats, arrhythmias, or even atrial fibrillation, and now with a new hydrogen supplement, many find their heart rhythms become rock solid over time.

SS: That is spectacular information, an all-natural way to clear out obstructions in the blood vessels. So many people my age are on blood thinners like Coumadin. What do you think of these drugs?

GG: Patients with arrhythmias are usually told that they must take anticlotting drugs like Coumadin. Anyone on Coumadin needs to know that it is rat poison.

SS: Really?

GG: Yes, really. They need to learn the published side effects, like bleeding into the brain and calcification of blood vessels. The number of people admitted to the hospital with bleeding and other complications from using Coumadin makes it one of the most dangerous drugs prescribed by doctors. It is never needed by any of my patients who are on .

When I have someone on Coumadin, I always recommend that they switch to far safer and even more effective enzymes such as Boluoke (lumbrokinase), which helps the body break down and digest blood clots safely. This is an all-natural enzyme extracted from a Chinese earthworm and it specifically targets fibrins in the blood. Another similar and

beneficial enzyme called nattokinase is derived from fermented soy that the Japanese call Natto. Nattokinase is a slightly weaker alternative to Boluoke, but it is effective and more affordable. I put all my patients on EDTA and my regimen so they are getting the anticlotting effects. It was proven in research that came out in the 1960s that the ingredients in my were more than adequate to stop most fatal heart attacks.

Today we live in an even more polluted world due to hundreds of new power plants in China, plus toxic dusts from the wars overseas, and these toxins and pollutants are still blowing all around the atmosphere. With the added pollution from this and other sources, the nutritionally depleted, pesticide-ridden foods we consume today, and the increased stressors we all deal with, I feel that if patients can afford to add either nattokinase or Boluoke to my basic program, then they have moved from 90 percent protection against fatal heart attacks or strokes to more than 98 percent protection.

Dr. Roger Bick, a pathologist at the University of Texas and author of the definitive medical textbooks on blood clotting, has lectured at my conferences, stating conclusively that statins were useless because people die of blood clots at least in 85 percent of all vascular deaths, so lowering cholesterol is not as important as they pretend, unless it is oxidized cholesterol, where the antioxidants we put in are helping.

SS: What about the benefits of turmeric (curcumin) as an anti-oxidant and anti-inflammatory?

GG: Turmeric is a powerful anti-inflammatory, and it is also included in my BC-I formula along with vitamin K2, which helps lower the levels of calcium in the arteries. Vitamin K 2 is so valuable that when patients take 90 meg of it daily, I no longer need to keep them on my standard three-hour IV chelation protocol that I developed thirty five years ago when I cofounded ACAM, although that chelation protocol has had an amazing track record and has safely helped many, many patients avoid heart surgery, strokes, even amputations.

But now that we have vitamin K2 to help us have strong bones and soft arteries, even when patients are old, they can change from the three-hour recommended treatment time for IV chelation to a five minute treatment time by using calcium EDTA instead of sodium EDTA. This approach is even better for lowering lead levels in the body, and it has the advantage that it is painless.

SS: Well, and frankly, most people don't have three hours to spend in a doctor's office having regular IVs.

GG: Right, and we no longer need to do that. IV chelation treatments do help give a deeper cleansing. The IV treatment is all absorbed, while oral is only 5 to 15 percent absorbed, but since we can take it twice a day for life, this is a great preventive approach and enough to save lives. Also, the oral approach helps millions who cannot locate a chelation doctor in their area. The older three-hour chelation treatment has helped thousands of patients, and it is still the preferred method if you have seriously calcified tissues.

However, I believe everyone today needs vitamin K 2, at least 90 meg a day, if you hope to avoid the hardened, calcified arteries that we see in nearly everyone by age eighty. By this time in our lives, our aorta, which is the main blood vessel coming out of the heart, has turned to stone! We have, on average, 140 times more calcium in the aorta than was present at age ten, while at the same time our bones are getting weaker and losing calcium. Vitamin K2 is one of the keys.

SS: What else can we do?

GG: Since my patients are not dying of heart attacks or strokes, they are going to be alive well into their eighties, when Alzheimer's can affect 50 percent of those over eighty-five. So I also include phosphatidylserine in the nine-pill packets, telling my patients that with phosphatidylserine, they will still be able to find my phone number when they are eighty-five. This provides an essential component of cell membranes, helping prevent age-related decline in mental function, and it even improves athletic performance.

Also I recommend my patients implement a one-to-one ratio of calcium to magnesium, not two-to-one as everyone else is using, which is too much calcium without enough magnesium. When you don't have enough magnesium, you will end up with more rapid pathologic accumulations of calcium in tissues, and hardened arteries lead to hypertension. Americans are taking far too much calcium, I advise at most 500 to 700 mg of calcium daily, but always with the same amount of magnesium to control the calcium.

SS: That's very interesting, because in my earlier years when I was taking calcium alone, I felt sick all the time. Then I added magnesium, and I felt great.

GG: Magnesium is essential to balance the calcium. Also, if you really study the American diet, people are getting more phosphorous than calcium. Now if you were to do that to horses or humans for very long, they will develop secondary hyperparathyroidism and that leads to abnormal calcification of the tissues. As an anti-aging doctor, I know that by age eighty the average human aorta has a 140 times increase in calcium. It can be plainly seen on x-rays. As we age, our tissues are calcifying while we are losing the calcium from our bones. That is why I feel so strongly about preventing bone loss with the natural support of some form of bioidentical hormone therapy, which you have done such

a good job of educating the public about, Suzanne.

SS: Thank you.

GG: I have found a plant in northern Thailand called *Pueraria Mirifica*, or Thai kudzu, and it is from this plant that we make HRT. Plus, HRT stands for Herbal Remedy from Thailand, and *Pueraria mirifica* is the reason that northern Thailand has the lowest level of breast cancer in the world. It seems that this plant stops the proliferation of breast cancer cells because it acts as a SERM beta, or selective estrogen receptor modulator of the beta receptor, which stops bone loss and helps prevent heart disease and breast cancer at the same time. *Pueraria mirifica* is far more specific than soy or red clover for the estrogen receptor-and it is the beta receptor that we want to modulate to stop vaginal dryness, depression, insomnia, and bone loss, and it's even beneficial in maintaining a healthy prostate in men. It really is a miraculous healing herb. These natural products are key to my osteoporosis program, where I safely reverse osteoporosis with no drugs.

SS: Interesting; my oncologist, Julie Taguchi, wrote me about *Pueraria mirifica* recently as being important with my supplemental program, since I once had cancer. Now you are saying you are reversing osteoporosis. Is this because your supplementation program stimulates osteoblasts, which are what produces bone building and formation?

GG: Yes, along with other nutrients, such as aggressive doses of vitamins D and K 2, all work particularly well if used concurrently with my oral chelation formula. By constantly assisting the lead-removal processes of the body, we help bones and arteries restore their capacity to repair themselves. Today we have the ability to stop bone loss and prevent osteoporosis and the associated pathologic fractures in everyone, again without the need for prescription drugs.

SS: What else do you give your patients?

GG: I give garlic, which is vital for heart health. One form I recommend is Kyolic liquid garlic from Japan. They have done studies at UCLA proving it reverses arterial blockages in coronary vessels. A high-quality garlic is a major component for detoxing and heart protection, and garlic is one of the components included in my Essential Daily Defense (EDD) formula in my .

Also, I mentioned a sulfated mucopolysaccharide from carrageenan, which comes from a particular type of seaweed, and it looks to the body like heparin. It is a natural extract I incorporated to help prevent blood clotting, although it barely works alone, and for effectiveness, it must be used in concert with EDTA, which is also in my EDD formula. EDTA is so important to stop blood clotting. For example, in order to draw blood for a complete blood count, clotting must be prevented, so the tube used to draw the blood in every lab around the world contains a tiny amount of liquid EDTA in the bottom of the tube. It's in there for a reason ... so the blood won't clot.

EDTA GETS THE LEAD OUT SO YOU CAN LIVE LONGER!

This formula is what I use to thin the blood instead of drugs like Coumadin, Plavix, or even aspirin, which kills over three thousand people a year due to internal bleeding. Those drugs are very weak at preventing fatal heart attacks, and they have so many negative side effects.

SS: Yet millions of people are taking these dangerous and harmful drugs blindly because their doctor says so. This is why I keep stressing with my readers... get informed! Take charge of your health. Learn how your body works! It's your body and it's your life! For instance, you mentioned aspirin, and I know many people think that taking some aspirin every day helps prevent heart attacks. Why do you believe otherwise?

GG: I believe aspirin gives people a false sense of security. Thirty percent of people do not get any antiplatelet effect from aspirin. It never was an anticoagulant, and the facts prove that it kills over three thousand people a year, so I don't like to use it. Experts agree not everyone should take aspirin, depending upon their current state of health, and to prove it, just listen to the rapid commercial disclaimers on TV; the dangers still exceed any tiny benefit.

SS: Methylation is a word that comes up again and again in my interviews. Why is it so key as one of the reasons that we age?

GG: Methylation is a key to detoxification, and to making new cells that are identical to the ones they are replacing. You want to live a long time, then you want to constantly detoxify your body; the high levels of toxins found in everyone today, such as bisphenol A, or BPA, have been shown by Randy Jirtle at Duke University to convert healthy lean brown mice, called *agouti mice*, into pale yellow, obese, and diabetic mice all within a single generation. Clearly, all these toxins are devastating to our health. This change is called an epigenetic change, meaning the genetics are changing in one generation, instead of the genetic changes that previously occurred over the course of many generations. Toxin-induced epigenetic changes disable certain genes, affect hormonal functions, and decrease the body's ability to deal with stress.

Methyl-based nutrients, such as MSM (methylsulfanomethane) and TMG (trimethylglycine), help us overcome the impaired methylation processes we are seeing happen in so many today-all which lead to changes in our DNA and prevent the brain from properly handling stress. Methylation deficiencies are linked to heart disease, hypertension, obesity, depression, et cetera.

I find that when a child is not developing properly, or is suffering from seizures, he or she may need to be treated with a methyl form of folic acid. This particular form of folic acid is expensive, so it is not widely available and found in fewer than 1 percent of multiple vitamins. But recently the New England Journal of Medicine (NEJM) wrote about cerebral folate deficiency syndrome and that because of this deficiency children were experiencing serious neurological issues, including seizures. I've been saying this could happen for years.

SS: Must be frustrating to have to wait so long for mainstream medicine to catch up or catch on.

GG: It is frustrating, and the sad thing is that the usual blood tests doctors do for folic acid come out normal, so doctors fail to diagnosis and treat it properly.

SS: Why? Because they don't know what to look for?

GG: Yes, exactly. I recommend supplementing folic acid in a separate tablet called Beyond B12 It's formulated with methyl B12, and I have my patients take this in a sublingual tablet form with excellent results.

Now we have this NEJM study saying low levels of folic acid are only detectible in the cerebral spinal fluid. Well, who wants to remove spinal fluid from a child? We have determined that there is actually a problem with the folate receptors, which is why conditions like autism will finally become recognized as yet another toxicity-related, autoimmune disease. It's terrible ... we have over a hundred of these conditions today; autoimmunity is epidemic, and I am referring not just to MS, lupus, or type 1 diabetes, but to hundreds of autoimmune-related conditions that specialists struggle to treat with dangerous expensive drugs that do little if anything to help.

SS: It's overwhelming, Garry ... this book is to give my readers information on how to live longer with great health and to instill the seriousness of the damage being done to us by toxins of all sources. Toxins are the real enemy today, and if we want to live longer and healthier, we have to do whatever it takes to detoxify! Wars are going on around the world, yet here at home not many are noticing the real enemy and that we are being done in by this insidious killer. Like a night prowler, it gets in our food, our water, all the places you mention. People have to comprehend that we can no longer escape, that Western medicine is at a loss and doctors don't know what to do, and that detoxification is the only way we can save our lives.

GG: I agree. I developed my "F.I.G.H.T. for Your Health" program, as described in detail on my website, www.gordonresearch.com, to help deal with these conditions naturally, without all the dangerous drugs being used today that only ignore the causes and mask the symptoms.

We now have published research proving that the conditions created by toxicity are not being adequately treated with pharmaceutical drugs. Most people often only need competently prescribed nutritional therapy. The folate deficiency mentioned is just one of myriad conditions where methylation issues are involved, and in these types of conditions, drug therapy is generally useless. My F.I.G.H.T. program helps put MS, lupus, Parkinson's, autism, and other chronic conditions into remission almost all the time.

SS: What you say makes sense: clean out, detoxify, build up nutritionally, and change diet and lifestyle. But you see the answer seems too simple for most people to take seriously and certainly for the orthodox medical community. I believe at some point we have to realize that what we've been doing is just not working and that it's time to look in another direction.

You know that definition of insanity: If you keep banging your head against the wall and are getting no results, at some point you have to stop doing it or it's insane. That's what has been happening. We keep banging our heads over and over and over to the point of insanity. It has to stop. These diseases and conditions are impairing and paralyzing people's health and, sadly, in many cases killing them.

GG: Yes, it is insane. It goes on; there are many gene-related issues today that are being ignored, like the new gene test panel from Australia, called smart DNA (smartdna.net.au). For \$425 you can be tested and have seventy-two genes interpreted. This test enables me to offer tomorrow's medicine today, and it helps me pinpoint issues such as this epidemic of methylation-related problems that are currently being observed in over 30 percent of all chronically ill patients.

We have the tools; these patients need a targeted supplement program, and the smart DNA gene test helps me to further personalize my F.I.G.H.T. program for my individual clients' health needs. I am able to provide proper treatment that helps them overcome these methylation issues. Without correct gene-based treatment, they will have a far lower level of health throughout their lives and possibly even impaired health for their children.

Unlike other mammals, humans do not make their own vitamin C. We need to get it from our food. Massive doses of

10 grams or more of oral vitamin C needed daily to help overcome life-threatening conditions, and when treating very advanced or serious illnesses, in high enough doses, oral and or IV can be lifesaving.

SS: Vitamin C ... another one of the pieces of advice that keeps popping up in my interviews. All of you are concerned about the inadequate levels of vitamin C.

GG: Yes, it's because we are living on a polluted, toxic planet.

We have to help humans who wish to achieve their maximum life span and enjoy optimal health by offering meaningful information about toxins-where they come from, how to avoid them, and then how to lower the body burden of these substances that we all carry from birth. We must deal with the hundreds if not thousands of different toxins that affect us on hundreds of different levels. It's not just mercury and lead; toxins include other metals such as cadmium, arsenic, and uranium; fluorine; and organic substances including dioxins, PCBs, and many, many more toxins that are released into the environment and have subsequently been found in the human body.

Clearly we have poisoned our nest, and there is nowhere left to run. It was the Environmental Working Group that conducted a test called "Ten Americans" that showed no one is toxin-free no matter how well you try to live-even babies are acquiring toxins in their mothers' wombs. Because of the prohibitive cost of this test, many doctors ignore it and just prescribe drugs to control symptoms, which just makes you even more toxic and does nothing to deal with causes.

It's criminal; doctors prescribe drugs that the American Medical Association itself has admitted are now the fourth-leading cause of death in America. Drugs are killing us and causing new diseases and conditions!

SS: Imagine

GG: It is sad that one out of four school-age children is taking a prescribed drug for some health conditions, even cancer.

I am extremely upset about this, because if we could just treat the underlying causes, we would have much less disease and suffering and death. We must always lower toxins, identify food sensitivities, find the hidden infections, treat with recommended protocols, and when needed, add some oxidative therapies like ozone, HBO, or UVB.

If we did this, all the dangerous drugs we are force-fed today would not be needed. Very often, once started on drugs like proton pump inhibitors or antidepressants, or painkillers and NSAIDs, there is almost no way to get off them. Patients become dependent on them, often for life.

SS: So what do people do?

GG: Use natural alternatives to drugs plus detoxification therapy.

SS: You often mention zeolite. What is it?

GG: Zeolite is a natural volcanic rock, and there are different grades or types used in a myriad of different ways-from water treatment to medicinal uses. I have located a highly micronized form with a quality so high it can be used for space travel, as the ultimate filter, to permit astronauts to recycle all fluids on a spaceship, including urine. Zeolite is a safe natural alternative to the chemical process of chelation that can even help handle toxins that chelation does not touch. Zeolite under magnification looks like a sponge or a honeycomb. The tiny holes, or cages, have a negative charge, and since toxins and harmful metals are positively charged molecules, the zeolite attracts them like a magnet. The toxins become caged within zeolite's honeycombed structure and are safely excreted from the body. People often see improvements in their health and the way they feel just after a few weeks. Often the dose of any drugs they are on can soon be lowered, and over time, many of the drugs would no longer be needed when the total body burden of all toxins is substantially lowered. With toxins being lowered, the body can start to heal itself and the conditions that required drugs are no longer needed.

SS: What about cancer and chelation? Is it effective?

GG: Chelation is essential for treating cancer. The American Medical Association's own literature states that all causes of morbidity and mortality are tied to low lead levels that are kept throughout life, and JAMA published the Harvard research showing the level of lead in bones determines how soon you go blind and also how soon you get heart attacks. Detoxing the body is essential for cancer patients, as are increasing gentle daily exercises, infrared sauna therapy, lowering stress, getting more sleep and simplifying your diet, and using natural herbal immune support products. I find using cancer screening tests helps patients stay on their F.I.G.H.T. program because it motivates them to never run out of their recommended supplements, as this is a lifetime struggle. Testing also motivates patients to take care of themselves every single day, and avoid overindulging. The answer is proven; by lowering stress, simplifying the diet, and detoxifying, cancer can be managed- and even cured. We have detectable signs of cancer cells in our system for an average of about seven years before it expresses itself as a lump or a bump.

SS: I feel that prostate cancer is an over diagnosed condition, that men are rushed into removing their prostates in

the same way women are rushed into hysterectomies.

GG: Today, we have a federal panel that has determined that PSA testing is a waste of time and money because the treatments recommended do more harm than good. I recommend taking the test to motivate patients to start to take better care of themselves. The truth is by age fifty, 50 percent of all men have prostate cancer, it doesn't have to be the cause of death if the patient takes special efforts to enhance his body's overall level of function. Mainstream medicine uses elevated PSA tests to keep men living in fear and wastes tons of money on ineffective therapies for a disease that most likely will not kill them.

SS: What's the good news about cancer?

GG: The good news is you can reverse the outcomes of the cancer screening tests when they are done before you have developed the lump or bump stage of clinical cancer by lifestyle changes and detoxification. Now that we have affordable gene tests to help us further personalize the F.I.G.H.T. program, more and more patients can get on top of their genetic issues. The BRCA 1 and 2 genes, which normally indicate a predisposition to breast cancer, do not need to express. Patients can improve their environment so cancer does not develop. No one needs their breasts removed prophylactically. Everyone has some cancer in their bodies, but it is our toxic and malnourished environment that causes those genes to turn "on." If patients are willing to modify their lifestyles and live a healthy life with proper supplements, diet, and exercise along with a lifetime detoxification program, they need never suffer from or die from cancer. Some people will do it, some people won't. But cancer screening tests give people the chance to know that they are at risk, so some will make changes in time.

SS: It's interesting you say "manage" cancer. In my book Knock-out, as well as in my most recent interview with Dr. Nick Gonzalez, he also used the word "manage." Cancer as manageable is an interesting concept. What about meditation and prayer? Thoughts are so powerful.

GG: Yes, I absolutely agree with that. There is a book by Bruce Lipton called Spontaneous Evolution, which is a follow up to his Biology of Belief, and he describes how our thoughts and internal energies affect us on a cellular level and have a direct impact upon the quality of our lives and health. Biology of Belief makes it appear that thoughts are possibly the most important part of the equation. Thoughts are energy, and the form they take- negative or positive- does affect our health, as well as influence other energies and people around us.

Thoughts and emotions are extremely important to our health and the health of our planet.

SS: What is the single most important factor necessary to survive in today's world?

GG: I urge everyone to detoxify daily for life, and then in addition take a week out of your life and go through an intensive detoxification program every year!

SS: So how does my reader access you? What does it cost and how do they find you?

GG: I schedule one- or two-hour phone consultations with each patient. My consultation fees are typically \$300 per hour. During this time, I go over any old records patients were able to obtain and any new lab results they agreed to have done. Then I make recommendations for their health and healing regimen. Everyone needs supplements and a personalized care program to survive today's toxic world. Ideally, I like to have them do the gene test panel to help me maximize the effects from supplements they need. Then, I find a safe substitute for most of the drugs patients are taking, as we don't need 90 percent of the drugs prescribed today. They can detoxify using these new incredible protocols that you and I have been discussing in this interview. People can contact me through the Gordon Research Institute, by going to www.gordonresearch.com, or by calling 800-580-7587 and requesting a consultation.

SS: Thank you, Garry. After speaking with you, I am convinced detoxification, and in particular, chelation, is the premier way to re- move toxins. In today's world there is a need for environmental medicine, to live longer and redefine aging as a pleasurable experience. I love your passion and a lot of people are going to find answers to their health problems through your work.