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The Biggest Health Secret Of All!

How To Cure Yourself Of Any Disease...



**It's so simple and works every time,
but 99.9% of all doctors, self-appointed
wellness gurus and overpaid health
specialists just don't seem to get it!**

Special Report By Keith Scott-Mumby MD, MB ChB, PhD
The Official "Alternative Doctor"

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Keith Scott-Mumby MD, MB ChB, PhD

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I'm going to teach you the one and only totally reliable way to cure yourself of any illness... yes, ANY illness, even if it's genetic.

Let's not mince words: I mean *cure*; I do not mean taking drugs for life to suppress the symptoms or having to visit the doctor, chiro or ND for weekly (monthly, whatever...) sessions.

To me (and I've said this often), a cure means just this: **no symptoms, no treatment!** It doesn't get any plainer than that. That's a very exacting definition, you'll agree.

Face it, if you have to go on taking medication for years, decades, or for life, that's not a cure! If the drug or treatment was any good, it would fix the illness, the symptoms and problem would vanish completely. You wouldn't *need* on-going treatment, would you?

So 99% of all drugs are worthless because they don't fix anything; they only suppress the symptoms.

It's been likened to using a piece of chewing gum to blank out the oil warning light on your car dashboard. The symptom (the red light) goes away. But the problem sure as heck doesn't.

Not Good For Business!

I've done this for over 10,000s of patients. Of course it did my business no good: I wasn't able to rely on endless repeat visits from the sick patients I was "helping". They say a dermatologist, for example, lives in fear of a cure. He (or she) has got his suffering patients for life; they need to keep going to his or her office every time it gets unbearable. But the skin disease rarely ever goes away completely. It's a lifetime gravy train ticket for the MD.

I could have been a multi-millionaire many times over. Unfortunately, my patients kept getting well, because of this one big principle I'm going to teach you. Time after time I fixed him or her and

never saw them again! I got grateful letters; thousands of them. That's nice! But it doesn't pay the mortgage!

This important principle I'm going to share informed all my clinical work. That's how I can speak with authority. I have watched it work miracles, over and over and over... So I know for sure it is a true scientific principle.

Like all good science, it makes sense, it's understandable, it checks out, when you apply it, it works, every time. It wouldn't be science if there are any exceptions.

The funny thing is, it's easy to describe and to understand this basic Law Of Healing. You don't need any medical training. You just have to read this short booklet and make sure you understand what I am saying here.

The Body's Many Correction Mechanisms

Nature LOVES to heal! She'll fix broken bones, as good as new! If you lacerate your tissues, they'll heal over and you'll be OK. True, there may be a scar. But everything, you'll find, will work as it did before. We can even grow new liver cells; that's something that nobody realized when I went through med school.

And the classic is that nobody ever thought we could grow new brain cells. Once you lost them, that was that. You just got older and more "senile". Or so we thought. I even remember saying that to patients back in the 70s and 80s. It was a good incentive to look after your little grey cells, as Hercule Poirot called them (Agatha Christie detective character).

But then the scientific world was dumbfounded when researcher at La Jolla University, just down the road from me here, actually caught brain cells red-handed, **in the very act of dividing and replenishing themselves.**

We are left with a simple but shocking truth. *Nature can fix anything*. There is nothing in our make up that is not amenable to repair, healing and restoration. She's brilliant at it.

No doctor, osteopath, chiro, naturopath or anyone else, skilled or not skilled, really cures anything; Nature does that. All the successful physician or healer can do is to set the stage and allow this process to take place.

That brings me closer to this important principle I'm going to reveal.

Because one can reason backwards from what I just told you and say with confidence that if healing isn't taking place, then something must be blocking the recovery process.

It's the only explanation.

Healing Mechanisms

It's been wisely said that our bodies are defended from sudden death every single day.

Along with all living creatures we are endowed with a number of key regulatory mechanisms. One can only be amazed that they rarely seem to break down, rather than being surprised and disconcerted when they do.

Every day, every minute, trouble is nipped in the bud before it gets started and we remain unaware of what is taking place: we feel OK. It is only when the defences are overworked that we actually experience any health problems at all. By the time we are aware of a symptom, any symptom, the defences have already broken down and matters are really quite serious.

We have our skin to prevent dehydration and excrete toxins; our immune system to pick off and destroy raiders; our kidneys to balance the internal acid-alkali regulation and also excrete toxins; the liver to denature toxic chemicals and render them harmless.

Our hormone glands are there to balance countless functions and make sure all works well.

The nervous system is there so we can react quickly to any threat in our environment.

The cardiovascular system rushes troops to the battle front and removes waste and dead bodies when it's all over.

The lymphatic system, which is a sub-division of the blood system, also transports refuse and toxins, keeping the tissues clean and sanitary, so to speak.

Really, we are marvelous orchestration of all these different defence systems. Because of them, we are able to not merely live, but live well, thrive and enjoy our wellness experience, even though we live in a world of dangerous pathogens and potentially deadly chemicals.

It's only when these healing mechanisms are compromised they we are at risk of falling sick.

What could possibly cause that to happen?

Body Load

There are many factors which can block healing; things like chemical pollution, poor nutrition, stress factors, hidden infections, exhaustion, parasites and food allergies.

Funnily enough, severity of the disease and even age itself are not really important blocking factors. These, of themselves, do not slow or prevent the healing process.

I've seen countless individuals lying at death's door, due to die within hours, eventually get up, walk away and make a full recovery. When I say *full recovery*, I mean go on living for decades beyond what seemed likely to be their exit day!

The important point is that if too many of these factors are present, the health and wellness process breaks down and we enter disease-time. It may take a few months, years, or even decades, but sooner or later the body's own protective defence mechanisms will fail.

We call these accumulated burdens "total body load".

This puts a new perspective on sickness and disease. Instead of thinking of symptoms as the START of the disease process, their appearance actually marks the END of the sequence.

By the time we develop symptoms it's too late. The recovery process has run out and expended itself. That means we are in big trouble.

It is implicit that you will be able to tolerate a definite level of each stressor and only by exceeding that do you move into overload. These limits may shift under different circumstances but there is always a line, drawn somewhere, which you must not cross if you want to remain well.

I'll explain this in more detail in the section on trigger lines and thresholds.

Conditions Contributing to Overload

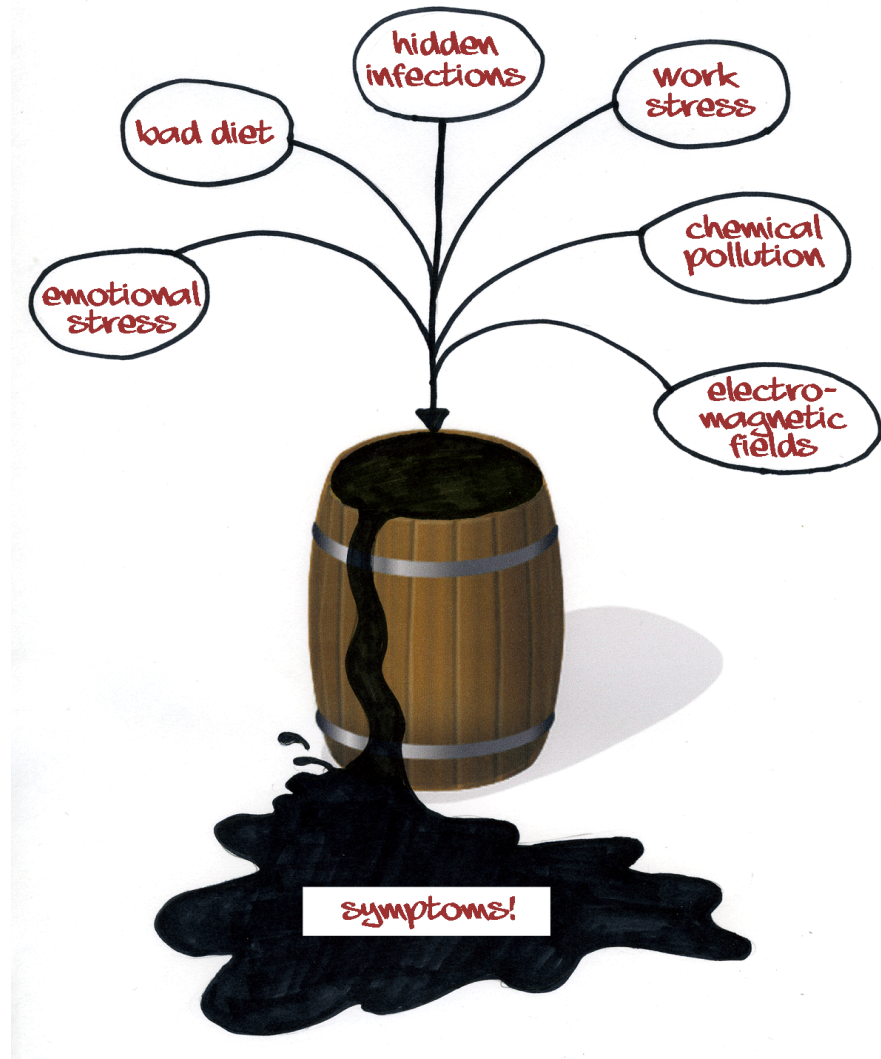
Stress
Allergies
Chemical pollution
Oxidative stress
Drugs
Geopathic stress
Mercury toxicity
Hidden infections
Endocrine disorders
Electromagnetic fields
Fatigue
Nutritional deficiencies
Radioactivity
Alcohol
Too much vigorous exercise (releases super-oxidant radicals)

Sickness And The Barrel Model

The best way to grasp this is using the metaphorical barrel model. If we think of our health status as a barrel, of fixed capacity, then symptoms can be interpreted as the overflow of this barrel.

While our body can contain the symptoms (the barrel can hold the fluid content without spilling), then we have no disease. The barrel represents your *resistance* to disease.

But if the barrel is filling up too fast, the body load is too great, then there is an overflow of the barrel and this represents the symptoms we experience.



The recovery process is the reverse of this. If we shut off some of the inflow into the barrel—fix up our diet, reduce stress, start healthy living, or any one of a number of ways—then we can prevent the barrel from overflowing.

That means the symptoms will switch off. We will experience wellness once more.

The amazing thing is we don't have to have an empty barrel to have no symptoms of disease. We just need a barrel which can hold its load.

It's been a Scott-Mumby saying for over three decades now, that we don't need zero health challenges to get zero symptoms. We just need to be able to control and sufficiently reduce the load we have!

This can be as simple as getting rid of an allergy food. I've seen it time and time again: some small change leads to a complete reversal of the health position.

Yet doctors get this wrong all the time. They teach patients they are somehow busted; that they can't be cured; that they must "Learn to live with it".

This is an evil condemnation to sickness.

We can get rid of anything, any disease process, if we just reduce the body load sufficiently. Nature will help us.

Ooops! There, I went and said it before I meant to!

But in fact that's the Number One Healing Rule I have been promising you all the way through this booklet.

So let me put it in emphasis and commend to you as the *Number One Principle Of Healing*. No doctors get it or use it. Most alternative practitioners don't use it either. In fact they often seem to fly in the face of this wisdom and act like they "know best".

But anybody who cures anything, on anybody, anywhere, is unconsciously applying this key healing principle:

That nature will heal anything if you reduce the total body load to the point where the natural curative and restorative mechanisms can function!

Reducing total body load is how we get cures. It works every time. This "law" is simpler than math or abc, because there are no

symbols or peculiar terminology to learn. No fancy equations or chemical signs. It's best said in plain English, like in the previous paragraph.

So it's open to all, and anyone can become a healer and cure his or her own condition, just by applying this wisdom.

Unfortunately, modern medicine and its drugs often adds to the biological burden instead of relieving it.

Multiple Factors

To understand this all-encompassing law a little better, let's go one layer deeper...

You will have grasped that when body load reaches a certain level, some symptoms will eventually manifest. It's a law!

But it's not always obvious. The dynamics can be complex and obscure what's going on, which is why few people are aware of its key importance.

What I mean is that an overload factor may trigger symptoms sometimes and not at others. How can that be?

It rests on another very important health principle I discovered decades ago and which I almost never see talked about. I call it the summation and threshold effect. It's very important you understand it.

When talking about body load, it is important to understand that there may be many factors stressing the body at any one time: fatigue, bad food, a virus attack, the stress of exams... It's true isn't it, that things often come in bunches like that?

Symptoms only emerge when there is too much going on for the body to easily cope. But just one problem (say, lack of sleep) may not be enough to cause a breakdown. Healthy young kids sometimes live for days without proper sleep and they seem none the worse for it!

But when you get several effects at once, THEN the problem starts. Take a viral illness, for instance. I never get colds. Or at least not usually. But when I was attacked by a virus just after a huge family problem, an emotional journey back home to the UK, excessive and tiring travel, all of this in the middle of packing up house to move home back in California, I went down heavily with a respiratory illness. It took me a couple of weeks to shake it off.

Now the simplistic picture is: I caught a virus. That's what any doctor would say. Viruses cause illness. It's obvious, isn't it!

But it's all totally mistaken. This ridiculous simplification is what renders modern medicine so ineffective. Such ignorance even kills patients. Don't you make this mistake ever again.

The virus was *not* the cause of my respiratory illness. Stress, plus heavy emotions from many reunions *plus* moving house and *finally* a virus intruder is what really caused my illness. Too much body load caused my illness!

I've already told you: viruses cannot get a hold on me. I've been up to a decade at a stretch without ever falling to one.

The virus might have looked like the "cause" but in fact it was only the last step in a whole cascade of body load events! Each of the previous health burdens needed to be in place, before the virus could successfully gain a hold.

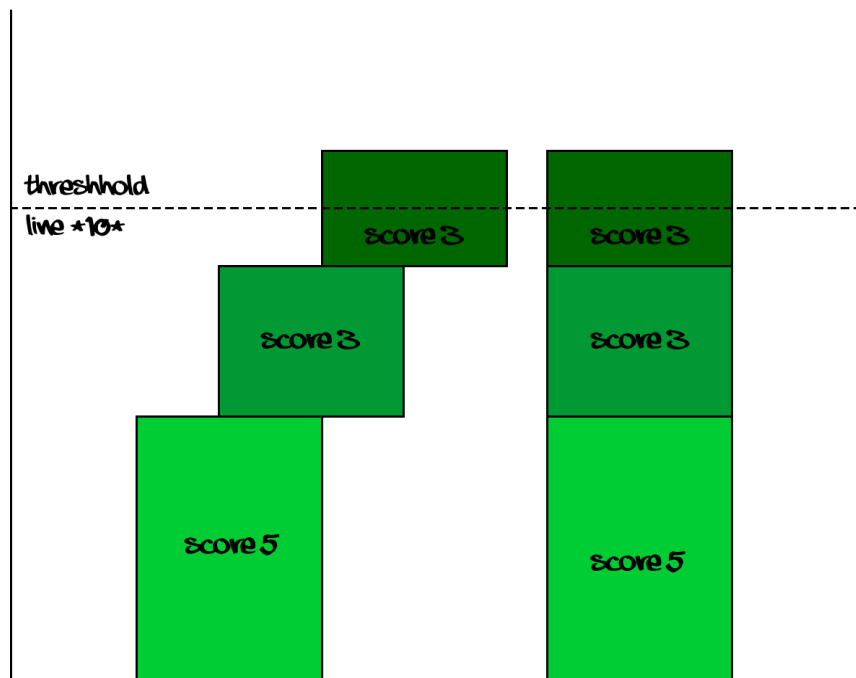
The Summation Effect

This adding up of negative factors I call the summation effect. Maybe any one of the health factors, alone, could not cause a real problem. But when they all add together, that's enough to trigger damage.

It's like math: say we rate health a 10 and it will take an 11 or more to overthrow health. A stress factor which rates a 6 is not going to harm this individual, at least not short-term.

Even when another overload factor of, say, a 3, comes along, that still only adds up to a 9. Still not enough to trigger a health crisis. But add a third contributing stress, rated at 5 and we now have a total "score" 14. That means symptoms are definitely going to kick in.

We can show this dynamically like the following diagram.



The summation effect. Symptoms occur when the threshold line is breached

Note that it doesn't make any difference whether all the overload factors come at once (first set) or whether they get added together through time (second set). All that counts is when the total score hits a certain level, trouble is going to be inevitable.

I first noticed this in respect of foods allergies. Those of you who know my bio are aware I was one of the world's leading pioneers in this field, back in the 70s and 80s.

What I noticed is we could set an arbitrary "score" for allergy triggers. If a person's threshold or trigger line was, say, a 10, then a really bad allergy (score 16) would trigger symptoms EVERY TIME.

But just a 5 or a 7 could be eaten regularly, providing there were no other scoring foods in the same meal.

Only when a few scores added together, like $3+5+6$ would symptoms manifest. Again, it didn't matter if the foods were all on the same plate, or eaten separately during the course of the day; once the total score added up to 10 or more, the patient would experience unpleasant symptoms.

The 'values' scale may be a bit artificial but if you get the idea of body load being cumulative, you will avoid unpleasant consequences more often. You will also begin to understand why sometimes you can meet a health challenge without any effect and at other times be ill.

It should be starting to come together for you now.

This is a totally revolutionary way (and the natural way) to view health and disease. These are really Nature's notes I'm giving you, kidding they are my own!

The Trigger Line or Threshold.

All this focuses attention on a other very critical principle. The idea of a tolerance threshold or “trigger line”.

We’ve depicted that on the diagram. What it means in real life is that every individual has a tolerance level. Up to that, they can cope without ill health. Once that threshold barrier is crossed, then ill effects follow, as night follows day.

You’ll not be surprised that everyone’s tolerance level or threshold is different. That’s obvious. Individual variations are a factor of genetic make up and countless operating mechanisms within the body, all of which perform differently. Everyone is unique.

Some of us are formidably tough and can stand almost anything without buckling under the strain. Others are weak and delicate. It’s wrong to be judgmental and assume that this type of individual is lacking or even, as is sometime thought, dishonest!

There are no averages. That’s another disastrous mistake in conventional medical thinking. An average is a number. No person is an “average”, any more than everyone is 5’ 4” tall (average height for a woman in 2002).

That’s why treatments based on averages often fail. Or may even be dangerous, due to different tolerance levels of drugs. Remember the Vioxx disaster, which killed many thousands, though plenty of patients seemed to tolerate it safely. The FDA now reportedly estimates that the total number of US Vioxx deaths may be between 89,000 and 140,000 (this data has not yet been officially published by the federal government, though top FDA experts have publicly acknowledged these Vioxx deaths estimates).

Worldwide Vioxx deaths are estimated to be between 150,000 and 200,000.

Yet some patients took it without harm.

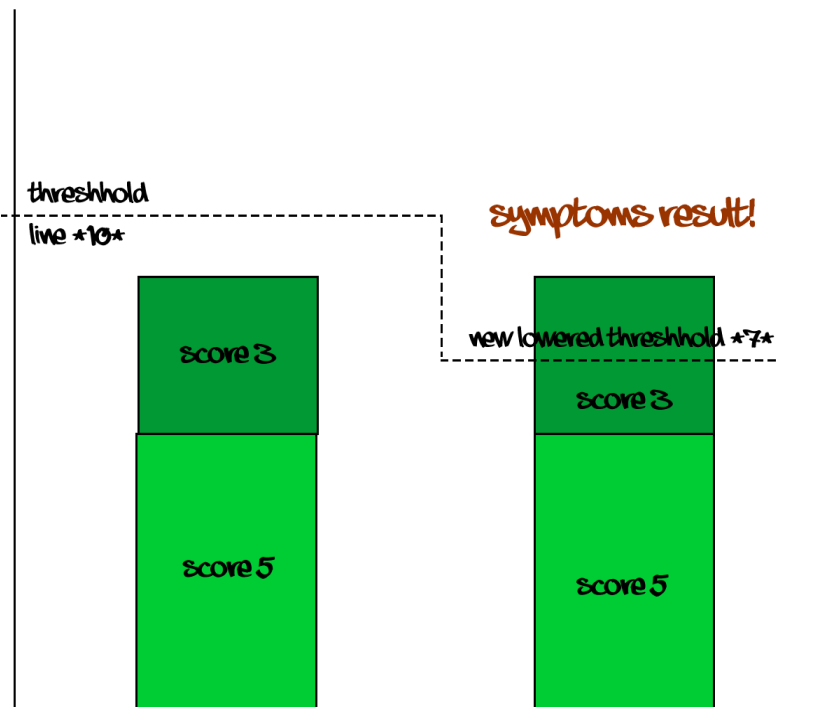
So... back to YOU.

Please be aware that tolerance thresholds do move from time to time. Any one of the stressors I've mentioned throughout this report could, and often do, shift that tolerance line for all the others.

Again, I noticed this most distinctly in relation to allergies and the performance of the immune system. If a patient could tolerate a certain food (maybe an 8, say), then a viral illness often lowered the threshold to the point where he or she couldn't eat it without ill effects. Only after some weeks of recovery did tolerance gradually return and he or she was thus able to eat the food again.

Emotional upheavals can do the same thing.

We can represent this diagrammatically by the following:



The summation effect. Symptoms occur when the threshold falls

What Symptoms?

Overload can lead to an almost infinite variety of disease symptoms. Mental breakdown, heart disease, ulcers and cancer are just some of the many possibilities.

The results are often unpredictable. While a virus or bacteria may give rise to a fixed picture of disease, many complaints are really complex and idiosyncratic mixtures of symptoms. Doctors can be baffled, because they are not taught the next key health principle I'm going to tell you next:

Which symptoms arise from which stressor comes under what we call end-organ failure, sometimes known as target organs (or 'shock organs').

Something will break down and usually it is the inherent weak link that snaps first. If the overload is prolonged or severe, more and more end-organs will fail and symptoms and complications will multiply.

The fascinating part is that whatever the environmental attack, whether it is a food, stress, a chemical, a hidden infection or some other insult to the tissues, the symptoms appear at the weak point and are 'referred' to this organ, regardless of the actual trigger. Moreover, the symptoms experienced will depend largely on the function of this organ and whether it is excited (stirred up) or depressed (slowed down).

The symptoms rarely depends on the actual overload trigger!

Thus, a milk allergy or intolerance attacking the lungs will cause asthma; if the bowel gets hit, there will be abdominal pain, bloating and maybe diarrhea and vomiting; if the joints are attacked, aching and stiffness will result. Incidentally, this tells us why sometimes even just one hand or just one joint is affected. It's the one that has had the most overload and is closest to "failing".

Undoubtedly the most sensitive organ in the body is the brain. It is the seat of our highest functions; our thoughts can easily become disordered by allergy. The resultant disturbance can be as mild as forgetfulness or as frightening as full-blown dementia.

Probably the most common symptom of all is 'woolly brain syndrome' which is surprisingly common; so much so that many people consider it 'normal' It is only when they try an exclusion diet or a similar unburdening step that they realize it was a pathological condition, because it clears.

No part of the body is spared.

Finally, remember that the target organ may shift through time. You've heard of people who had rashes as a kid; hay fever in their teens; migraine as a young adult; and arthritis as they approach middle age. These people are not disease-wretches or hypochondriacs. It's just that their target organ has moved over the years.

I've seen just one stressor—a food allergy—give rise to just this pattern of shifting illness over a lifetime.

Most doctors would diagnose a different illness for each stage in life, not realizing the cause of each is exactly the same. They could never see a connection between skin rashes and arthritis, or hay fever and migraine!

I'd find and remove the milk allergy. Bingo! I cure (and yes, I mean CURE).

That's why it's always important to look for causes and not results. Symptoms of disease are just the result of some constant overload factor.

How does this apply to genetic diseases?

I can almost hear you asking “How can this affect genetic illnesses? If you are born with it, you are stuck with it, surely, if it’s in your genes!”

Well, you are right but you are wrong.

There are many diseases which appear to spring from defective genes. These get passed on from generation to generation. My father was a hemophiliac, so I have direct personal experience of genetic factors (I couldn’t inherit but my sister is an automatic carrier and her male children would risk having the disease).

But genes have been way overplayed.

With the discovery of the DNA helix and its codes by J D Watson and F H C Crick, who I think rightly earned the Nobel prize for their 1953 paper, published in the prestigious journal *Nature**, people assumed we had a done deal.

Science, with its usual arrogance, began to believe we had “solved” one of Nature’s great riddles: how inherited characteristics were encoded and passed on to offspring.

Then the race was on to identify the so-called human genome: the entire DNA record of genes which went to make up a human being. US interests, in particular, had delusions of getting mega-rich by actually trying to patent this information (Ugghh!)

Well, imagine the nasty shock on their greedy faces when it was found there is no real human genome! There are so many tiny variations, the idea of a standard set of genes to make up a human became nonsense. We are all unique. There are thousands of non-standard variants in everyone’s DNA.

*[April 25, 1953 (2), *Nature* (3), 171, 737-738]

Then gene inheritance idea took a further dive when it was found we only have about 25,000 genes (estimates seem to vary). A daffodil has more genes than we do!

25,000 is not enough to identify everything you need to create a functioning human being, if you are reckoning on one gene for every metabolic enzyme, never mind what color eyes and how tall!

But the really FASCINATING discovery was that genes can be turned on or off. So they don't really CONTROL inheritance at all.

Scientists began to talk about the "expression" of a gene—whether it showed or not. Most people missed the irony of this: how can the genetic code be all-powerful if sometimes it doesn't speak at all?

Factors that can influence the "expression" of a gene are complex environmental triggers, like diet, the presence of chemicals, and the intake of certain minerals and so on. Stress certainly leads to early expression of genes. We call these outside factors "epigenetics". Really, it makes almost a mockery of what is called genetics.

We now think in terms of "good genes" (zest and longevity, for example) and "bad genes" (cancer and heart disease, for example).

Wouldn't it be wonderful if we could turn off bad genes and switch on our good genes? Well, you can! Just reduce body load and you can switch off a whole raft of bad genes. They don't flourish when the body environment is healthy.

But go back to bad habits and a total overload burden and they will switch back on again; maybe even kill you.

So be warned.

The last two sections will tell you the best and most reliable way I know to switch genes on and off.

I've seen it put right diseases which are known to be 100% genetic. The truth is nothing is 100% genetic. It's all about interaction between our genes and the environment.

And What About Cancer?

Great question!

You know, this total body load thing probably applies to cancer more than any other disease. Our present model of cancer is that we have rogue cells in our bodies all the time. But because we have a fully functioning immune system, these abnormal cells are quickly removed. So we don't get tumors.

But what happens if the immune system is pre-occupied with a tremendous burden of other compromising factors?

Some of these cancerous cells escape the death sentence and get loose. They can create big trouble. So high body load greatly increases the risk of cancer. That's *in addition* to all other known risk factors, such as low vitamin D.

More to the point, if you are unlucky enough to already have a cancer, it means you need to act urgently to reduce your body load. It's vital to offload stress, reduce chemicals in your home, clean up your diet and detox.

But there is one way above all others that will hugely and swiftly reduce your total body load and help you overcome your cancer. It's in lost of cancer help books, but not exactly in this format I'm explaining to you.

Because nobody has really understood what I'm telling you here...

Reduce Total Body Load For A Fast Cure

The opposite side of the body load equation works just as effectively and can be turned to good use by a physician with the requisite skills.

Any legitimate means of reducing body load helps, directly or indirectly, with any illness: better nutrition will aid the fight against cancer; eating fewer stress foods can help hay-fever (stress foods include those you are allergic to, refined carbohydrates – which can cause adrenal stress – or food additives (chemical toxins), etc.); clearing up hidden infections such as Candida will reduce PMT; eliminating hairsprays and perfumes may improve catarrh (even though dust is the main cause); stopping smoking aids fertility and moving away from geopathic stress (bad Earth energies) will help alleviate almost any disease process.

I'm famously on record with the BBC as saying even a divorce can be a good health strategy and might lead to a recovery!

Now some of you may begin to understand why you can eat a food you are normally allergic to while on holiday with no ill effects (your mental stress and, probably, the amount of chemical pollution is far less) with no ill effects. A lot of people believe it's the fresh air and salt water that gets rid of eczema. NO it isn't; it's the reduced body load!

If you understand overload and work to avoid it this very important principle will serve you well.

Which brings me to the most important revelation I have for you:

The Quickest Way To Reduce Body Overload

Let me now share with you what I know without a doubt to be the most effective, fastest and EASIEST way there is to reduce your body load and get a quick recovery.

It's in the matter of diet.

As I said, total body load is a complex multi-factorial matter. It won't always be easy to reduce emotional stress (divorce isn't always an option!), getting rid of chemicals is next to impossible (especially if you live in a city) and you probably have little choice regarding stressful work hours (especially in an economic downturn).

But what you eat is TOTALLY within your own control and easy to regulate.

Since we all have one or more stressor "overload" foods that's adding to the problem, it makes sense to tackle diet first.

I'm not saying everything in the world is a food allergy. But I am saying it's the BEST place to start because 9 out of 10 times, that's all it takes.

Whatever the REAL cause of lupus, arthritis or migraines might be, there is no question that piling on the load makes it worse. Conversely, reducing the load—even by the simple expedient of just eliminating bad foods—can bring a dramatic turnaround. So at times it certainly LOOKS as if everything is caused by a food allergy!

Seriously though, we all have these bandit foods. The thing is, most people don't know they do. It's an effect called the hidden allergy. It's been called the "unsuspected enemy" and I rate it one of the major medical discoveries of the 20th century!

It may not be a big deal, if you are not sick. But if you are, it's the place to start.

Notice I am not talking about getting rid of "junk" food. You wouldn't eat that garbage anyway, would you? It's important to grasp that *good, plain, even organic whole foods can cause the problem I'm describing to you now.*

I've seen people get up out of a wheelchair, genetic diseases (like muscular dystrophy) just vanish, schizophrenics lose all their voices and confusion, kid's behavior change overnight, cancer go into indefinite regression and even infertile women become fertile.

There is no end to what the simple magic of getting rid of these bandit foods can do.

So I wrote a whole book about it, called "Diet Wise" (because if you read it, you will be truly wise about foods). It tells you in comprehensive detail how to use food investigation to unburden in this way. You can get yourself a copy here:

www.dietwisebook.com
(click the link)



Recovery Rhythms

Finally, there is the matter of rhythms. We are ruled by the rhythms we are subjected to biologically.

There are daily rhythms (circadian rhythms, from the Latin circa dies, about a day) and now ultradian rhythms (multiple times a day).

Nature is full of rhythms: the rising and setting of the sun, the tides, the ebb and flow of the seasons. Animals hibernate, migrate, rest and renew. Yet we ignore our own body rhythms, to our own detriment.

It adds to the body load. Not surprisingly then, we are sick and inefficient a great deal of the time!

But rhythms are important, especially in the matter of rest and recovery. The USA is outstanding in being a totally linear society, pushing, relentless, frantic, with no real let up. Most other Western nations are not quite as bad but still suffer from the same ethic.

Women are as bad as men; often more so. What's the problem here?

It's even reflected in the language. "Downtime" suggests a negative thing. Yet it should be "uptime". Better still downtime should be called "build up time" and work called "rundown time". Then we would have a clearer physiological idea of what we are doing to ourselves.

We need our recovery time to achieve the performance levels we set for ourselves and then never really meet.

The idea of setting alternate productivity and rest cycles was first described by the Greek writer Flavius Philostratus (170- 245 AD?). He wrote *Gymnasticus*, a training manual for successful athletes.

[incidentally, the words of Philostratus emerge almost unchanged in the erotic love song Drink To Me Only With Thine Eyes by Ben Johnson]

The Chinese have always known about ebb and flow; it's inherent in the Yin and Yang concept. Mornings are Yang, very high energy; evenings are Yin, somewhat slower. Yang is outgoing energy. Yin is inward directed.

Modern science finally got a grasp of this in the form of circadian and ultradian rhythms. We should be paying more attention.

There are countless ebb and flow cycles running naturally in our bodies. When we override these we increase the total body burden and damage ourselves. Relentless driving work means ultimately something will break down (heart attack, incapacity, cancer or some other disaster).

The smart thing to do is not what corporate America thinks, but what Nature thinks: She says that taking intermittent rests is a good idea! Excessive work without time to recover is ultimately destructive to productivity and therefore very stupid.

To enhance your own success at whatever you do, divide your day into short bites. An hour is ideal and make sure you incorporate a recovery of 10 minutes, when you do NOTHING related to your current activity.

Jim Loehr and Tony Schwartz cite an interesting example in their book *The Power Of Full Engagement*. In 1998 the US Army carried out a study in productivity. They had two teams of soldiers firing shells. One team were told to keep firing, non-stop; the others were told to take regular naps. The measure of success was how many shells landed on target.

On the first day, the group firing continuously scored more hits; not surprisingly, since they fired more shells overall. But on the

second day, the group which had short naps went into the lead and stayed there for the rest of the experiment. The continuous shooters simply began to tire and made more and more mistakes because of their fatigue.

The lesson is simple: there are short-term gains by working intensely. But these gains always evaporate in the longer haul. Recovery time is NOT time wasted. It's valuable!

Remember our lives are a long haul; what matters is the long term, over a span of decades, not what we do today, this afternoon, now!

Reduce your body load, as I have described, and you'll reap the reward of a long, healthy and happy life.

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