

Your Miracle

**PREVENTING ALZHEIMER'S AND
OTHER DEGENERATIVE DISEASES**

by

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Do you believe in Miracles?

There are two types....

The first is spiritual, something magical and mystical created by a higher force...

The second is something that is so unlikely - so far outside the realms of normal probability that even a non-believer will view it as extraordinary...

Let's call it a statistical miracle.

There is one thing that is undeniably a Miracle under either definition...

You.....



Like to know the statistical chances of you being created as you are?

Well, it seems a man will typically produce 500 Billion sperm in his life..

And they are pretty much certain to all be genetically different..

Let's say a woman produces one egg per month for 35 years....

About 400...

All genetically different as well....



Multiply the two together and the statistical probability of your genome existing is around one chance in 20 Trillion... (20,000,000,000,000)

The chances of winning Australian Powerball is one in around 70 million.. (70,000,000)

So, you would have to win Powerball over TWO THOUSAND TIMES to get to the same probability of you being you....

If that does not make you a Miracle, I don't know what does....

On top of that.....

You do a few other little tricks that are pretty impressive....

You create hundreds of millions of new cells EVERY DAY.....

To me, that is a Miracle all by itself....

You consist of anywhere between 10 and 100 trillion cells depending on which book you read.....

Each has DNA in the nucleus – the instruction manual for the cells to follow....

DNA is in strands, folded up into chromosomes.....

Unravel your DNA (and it is the same for each cell) and it is about two metres long....

Multiply that two metres by the 10 Trillion cells and that is a very long piece of human tissue.....

20 Billion Kilometers.....

It is only 150 Million kilometres to the Sun.....

That would have to be a bona fide Miracle as well....



I hope you are getting my drift here....

We get so caught up in the everyday humdrum minutia in our lives we lose all sight of our magnificence....

My purpose in putting all this forward is to encourage you to remember that you are a Miracle.....

And to start doing what you can to enhance **Your Miracle**.....

All the achievements of Mankind, rolled into one package would be far less amazing than what your body does every day without you even giving it a thought....

There are many ways in which we have lost the plot.....

We are conditioned to be fearful.....

We are conditioned to live to other people's values.....

We have been fed large amounts of misinformation.....

Usually with the purpose of having us support someone else's Miracle....

This document is devoted to giving ideas of how to better support your body to function as a supporter of your Miracle rather than something damaging your potential....

The majority fall way short of living on this planet for the time they should...

And that is why we ask.....



Will you be still loving life when you are 80,90 or even 100?

(I am assuming here that you are not yet 80 years of age...)

The odds are against it

50% will be dead before reaching 80...

Currently a very high proportion, estimated by some to be more than 80% of those still alive will be suffering severe degenerative diseases....

So only about 10% of the population will still be loving life at 80 based on these (somewhat rubbery) figures.

Even if the stats were a super optimistic 25%, I still don't like those odds.



We are living in a state of fanciful denial

As the old saying goes, **"Denial is not just a river in Egypt"**

We are surprised if we develop diabetes.....

We are surprised if we get cancer.....

We are surprised when we have a heart attack or stroke.....

We are surprised if we get arthritis.....

We are surprised if we get Alzheimer's Disease.....

The stats would indicate **you should be expecting** all these horrific events.

This is not how Your Miracle was designed....

This weird situation has developed for many complex reasons.....

BUT.....

My message is you can do something about improving your odds.....

Only if you think it is worth a shot...

Many won't.....

And that's perfectly OK.....

I don't want to inflict my life views on anyone else....

My reason for being here is to make you think.....

And be of support if you want my support.

Some background...

My beautiful partner Debbie was very sick in the mid 80s....

She could not work full time....

Lethargic, terrible digestion, anxiety and numerous other symptoms made her life quite miserable....

(Some have said it was being with me but I don't think that's the case.)

I was in the financial services industry and had no background in health...

We took her to many doctors and were referred to many Specialists...

Short story.....

No one helped and she was subjected to different drugs and exploratory surgery, all of which made the situation worse....

We were referred to an Acupuncturist who treated her intensively for a week and we saw solid improvement...

We were then referred to a Kinesiologist (whatever that was at the time) and he achieved very impressive improvements in her emotional state...

We then saw an unusual guy with a machine that measured the electrical signals in acupuncture points and exposed the body to different frequencies and designed a therapy program of herbs, nutrients and homeopathics based on the findings.....

This led to the most incredible (almost immediate) recovery and she has never relapsed in more than twenty five years....

Needless to say, this got our attention....

The medical establishment would rightly say that all these things are unproven and not "evidence based"....

If they are feeling less charitable they start using words like 'charlatan', 'snake-oil', 'placebo', 'voodoo'.....

You get the picture....

And based on their view of the world, they are 100% right....

What they do not concede is that their view of the world may not be totally correct.

"Arrogance is God's gift to shallow people" I was once told by a wise man.



Despite the fact these modalities were unproven and usually ridiculed by the medical establishment, the love of my life was functioning at a pretty good level.....

Far better than they had been able to achieve with all their 'evidence based science'.

We kind of got interested in Kinesiology and started doing a few courses just so we could use some of the techniques on ourselves....

Couldn't do any harm and we had seen some impressive results.

After the basic stuff, I felt inclined to do some more advanced programs...

I needed to practice so grabbed a few friends who were kind enough to trust me.....

It just grew from there....

We did many more courses, NLP, nutrition, anatomy, advanced Kinesiology and many other 'alternative' modalities...

Twelve months later, I sold my finance related business and we invested in one of the 'electrical machines' and a thriving business grew based on word of mouth...

The results were incredible given our lack of university medical training...

We had a busy practice in Sydney and I later became the distributor for the 'electrical machine' which was a great experience.

That's how we got into all this stuff.

I think you will agree Debbie looks pretty healthy and vibrant for a lady in her late 50s.



There may be something to this 'Hocus-pocus' after all.

We have learned a lot about prevention and detoxification.

Dealing with sick people is not always fun....

Getting the message of practical prevention and what it can do is our passion.....

We feel it is where we can do the most good.

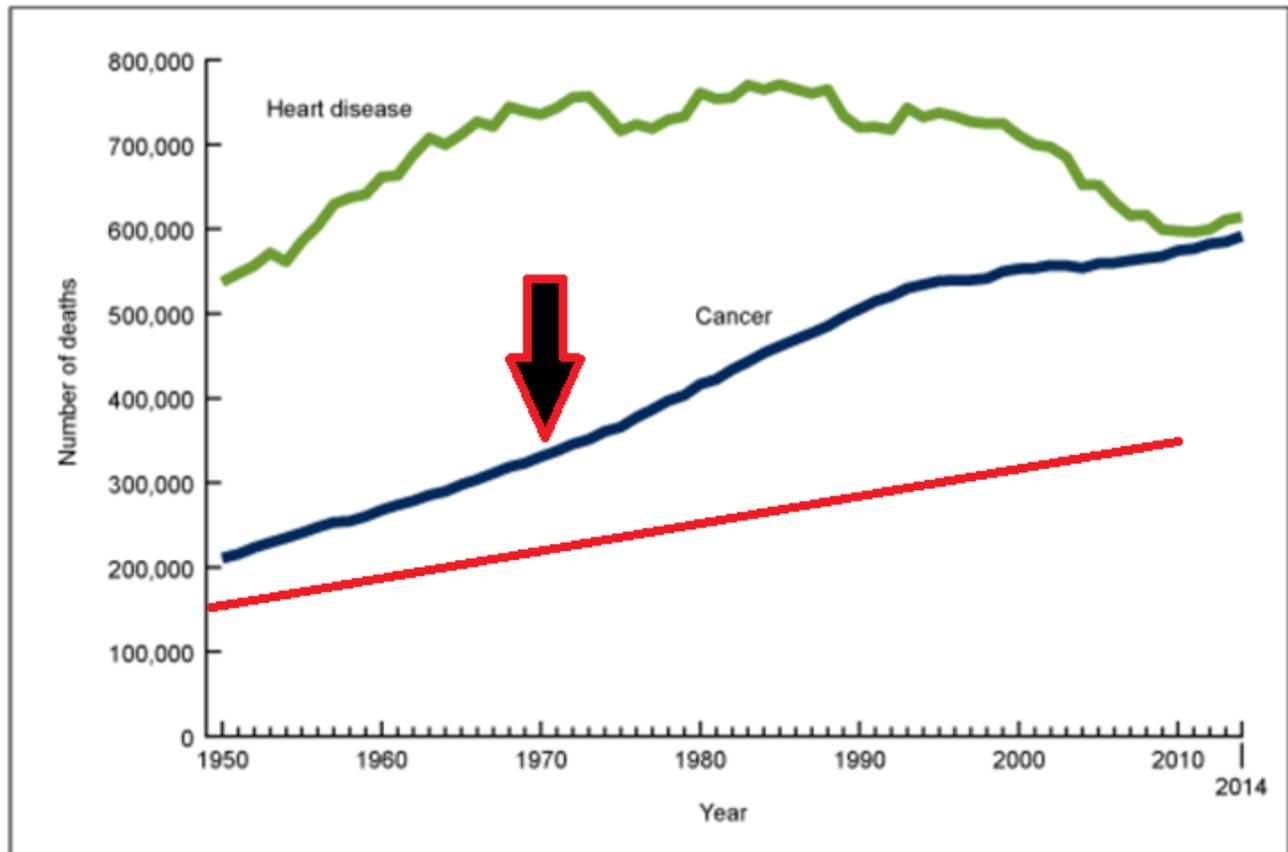
It seemed right to share a little background before we get into the real issues.

The 'Big Picture'

Let's look at some long term trends in health.

Here is a very illuminating chart....

Figure 1. Number of deaths due to heart disease and cancer: United States, 1950–2014



NOTES: Leading cause is based on number of deaths. [Access data table for Figure 1](#) .

SOURCE: NCHS, National Vital Statistics System, Mortality.

This chart is from US government and relates to US population.

I added the red line (which represents the population) and the arrow which I will explain shortly.

It is clear heart disease DEATHS have improved.

It is unlikely the incidence of heart DISEASE has improved.

The better numbers come from wonderful advances in surgery such as heart transplants, stents and lifesaving emergency procedures.

Despite all the advances in surgery and improvements in understanding and using improved oncology protocols, the death rate for cancer is easily outstripping the growth in the population.

This is really frightening.....

Cancer is generally an age related degenerative disease...

Everyone has a theory about cancer....

It is difficult to treat because of many factors, all of which are incredibly complex....

There are clearly lifestyle influences in the cancer picture.....

More on that later...

The arrow indicates the year 1971 when President Richard Nixon declared a "War On Cancer"....

He said the US would marshal all the best medical forces available and lead an all-out assault to rid the world of this insidious disease....

Well.....

Trillions of dollars and millions of lives later, cancer is causing many more deaths than before the "War On Cancer".....

This has got to be the most catastrophic medical failure in the history of the world.

I heard someone say there are more people living off cancer than dying from it.....

It's probably not true but there is an uncomfortable seed of truth in there somewhere....

Regardless, it is abundantly clear.....

We are barking up the wrong tree...

After around half a century of dismal failure, you'd think they might be doing something differently.....

The notion of barking up the wrong tree is further magnified when you consider Alzheimer's Disease ("AD").

The World Health Organisation predicts that in 2050 **one in six adults** will have the disease.

It is ALREADY an epidemic!

And it is EXPLODING in its growth.

What is really frightening is that anyone receiving this diagnosis is told there is nothing that can be done. They just have to accept the path before them, which is not very pretty.

The pharmaceutical companies have spent billions over the last three decades searching for a drug that can even slow the pace of the development of the disease. It seems they are losing interest because no drug has achieved any real progress.

If ever there was to be a long term gold mine for the drug companies, developing an Alzheimer's drug would be it.

They want a drug very badly and yet they are saying it is too hard.

Fascinating, isn't it?

A Professor of Neurology in California, Dale Bredesen, has been researching dementia for around thirty years. He also happens to be married to an integrative medical doctor who has, no doubt, opened his mind up to some different perspectives.

We should be very grateful that this happened.

He came to the conclusion that there are three types of AD and a total of thirty-six factors that contribute to the development of the disease.

He has developed protocols to assess and correct all thirty-six aspects and he has an impressive body of work showing many cases where he has patients who have been able to return to work, having reversed the symptoms and they now score 'normal' on cognitive tests that previously they scored as 'impaired'.

We set out to develop a preventative program based on Dr Bredesen's work.

It is called the "Alzheimer's Disease Prevention Program" ("ADPP")

While there are some specific assessments in the ADPP relating to only AD, what impacted me was that during my studying Bredesen's work, was the huge overlap

of effective AD prevention and the strategies for preventing virtually any degenerative disease.

The obvious conclusion is that the various epidemics of degenerative diseases often have some common causative factors.

This illustration sums up many of the issues we confront today:



One or more (usually a combination) of the FOUR CAUSES are the origin of every degenerative disease.

Layered over the FOUR CAUSES are what I call **ACCELERATORS**, such as

- **obesity,**
- **stress,**
- **alcohol,**
- **lack of exercise,**
- **smoking,**
- **drugs,**
- **toxic food,**
- **dehydration,**
- **EMFs (such as mobile phones),**
- **muscle wastage, etc.**

**The CAUSES combine with the ACCELERATORS lead to the DISEASE
PRECURSERS of disease such as:-**

- Mitochondrial Dysfunction
- Hormonal Abnormalities
- Cellular Malfunctions leading to functional deviations
- Individual Organ Stress
- Immune System Irregularities
- Gut Issues
- System malfunctions
- Blood Disorders
- Insulin resistance
- Musculo-skeletal abnormalities

and so on.

About the time these DISEASE PRECURSERS are activated we start to develop symptoms.

It is only at this point that the "Sickness Industry" begins to take an interest in you.

Once sufficient symptomology is apparent, your doctor will diagnose a disease.

Doesn't it make complete sense to work on the "FOUR CAUSES" and the "DISEASE ACCELERATORS" as early as possible?

They are much easier to fix than a full blown degenerative disease such as cancer or AD.

What are the "FOUR CAUSES of All Degenerative Disease"?

They are: -

1. CHRONIC INFLAMMATION.

This is a prolonged inflammatory response that involves a progressive change in cells. It has relatively recently been discovered but the more research carried out, the more it is implicated in the development of many diseases.

It is challenging to categorically identify it. Once again it is usually a matter of circumstantial evidence to measure it. Some blood tests give good indications as does some bioenergetic testing and well designed questionnaires.

2. INSUFFICIENT CELLULAR NUTRIENTS

Every cell has different nutritional requirements to carry out designated tasks.

Unfortunately, just about every study undertaken concludes that citizens of western countries are deficient in many essential nutrients.

This is akin to a builder trying to build a house with only half the timber, bricks, plumbing, electrical wiring and all the other raw materials specified.

It would be a disaster.

But not as big a disaster as the epidemics of degenerative diseases apparent throughout the western world. They all have a nutritional component.

(There is a lot more on this specific subject later).

3. EXCESSIVE CELLULAR TOXINS

The cells are extremely resilient. Up to a point.

Each cell has its own detoxification system. The body has a detoxification system as well, focussed on the Liver, Kidneys and Lymphatic System.

The challenge is that they can only cope with so much.

We have been inventing hundreds of thousands of new chemicals, many of which make their way into our bodies and are unable to be cleared because the natural detox systems were not designed to cope with the deluge we have inflicted upon them.

The most easily understood example of this is smoking. We all know smoking is bad for the health. Why? It is because of the toxic effects of the cigarettes.

Yes, our lings can handle a certain amount of environmental stress but just one cigarette releases QUADRILLIONS of free radicals as well as a host of toxic substances.

The detoxification systems in our body are completely overwhelmed. That is why it is such a health hazard.

With hundreds of thousands of toxic chemicals in our world (and therefore our bodies) it is understandable why we have a toxin problem in our cells.

[The Sickness Industry tries to discredit the concept of detoxification. That is understandable when you want as many sick people as possible. After all, you don't want them getting better by themselves, do you? (Pardon the sarcasm).]

The toxins create many cellular malfunctions.

Over time those malfunctions support the proliferation of degenerative diseases.

4. COMPROMISED GENE EXPRESSION

We have over 20,000 genes. They exist in every cell in our body.

They are our code of our life.

Some are 'hardwired' like the genes that determine our height. The rest can be influenced by their environment.

Overlaying the genome is the Gene Expression system that upregulates or downregulates the gene coding. Kind of like a conductor in an orchestra. The sheet music is the same but his or her skills will upregulate or downregulate parts of the orchestra.

This is recent science and it is becoming very apparent just how important it is to keep our Gene Expression functioning at the best possible level.

The ADPP sets about using a variety of conventional and non-conventional methods to gain quantify the degree to which each cause is active. It reports those findings to clients and then recommends actions that will improve each of the causes.

ADPP is a long term project where we work closely with clients to support their long term prospects of a longer, healthier life.

We are now going to delve quite deeply into the second cause, **INSUFFICIENT CELLULAR NUTRIENTS**

The reason for this is that most people feel they understand nutrition fundamentals and have a degree of confidence they are doing the right thing.

Most people (including the majority of doctors) are basing their beliefs on a lack of appreciation of basic science.

To appreciate this more fully, let's look at how your body works.

We tend to look at ourselves as a single entity, with organs, tissue and, oh yes, some cells.

Let's reverse that and look at ourselves firstly as a collection of cells which in turn form tissues and organs and the end result is a human being.

Why change the perspective?

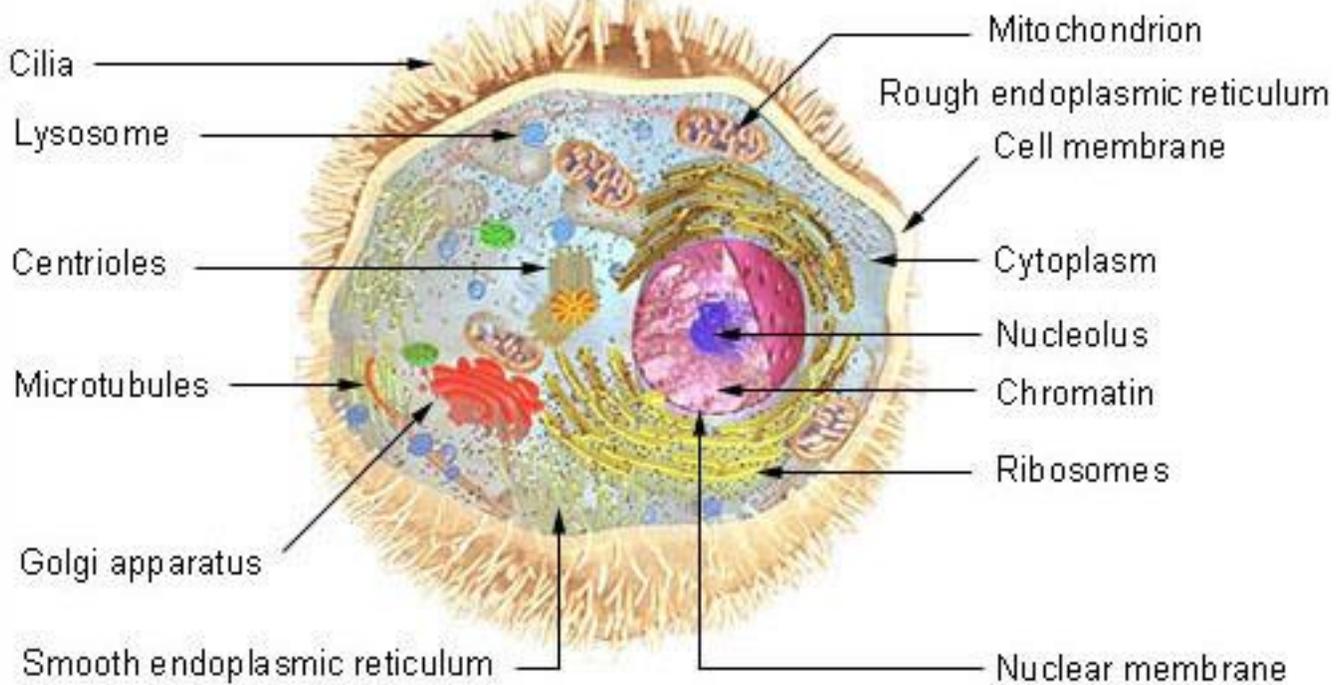
Because cellular health is the most important aspect of our overall health.

Depending on which book you read, there are between 10 Trillion (a trillion is one million millions) and 100 trillion cells in our body.

Each cell is an independent life unit. They can survive without us in the right conditions.

Each has a job to do.

Cell Structure



There is a complex communication system where the cells talk to each other.

More Miracles.....

Many different types of cells exist.

A neuron is very different from a muscle cell and yet there are many things all cells have in common such as DNA. Here is their story:

- They take in nutrients – usually from a supply of blood that delivers the nutrients to each cell.
- Different cells need different nutrients depending on their job.
- They do their job.
- They use energy to do their job.
- They emit waste products after they use the nutrients to do their job.

- The waste is removed by the blood and lymphatic system, which among other things is the garbage disposal system for cells.
- After a period of time the cell wears out and is replaced with a new one.

That's it in a nutshell.



Do you ever wonder why somebody suddenly dies? Even fit slim people?

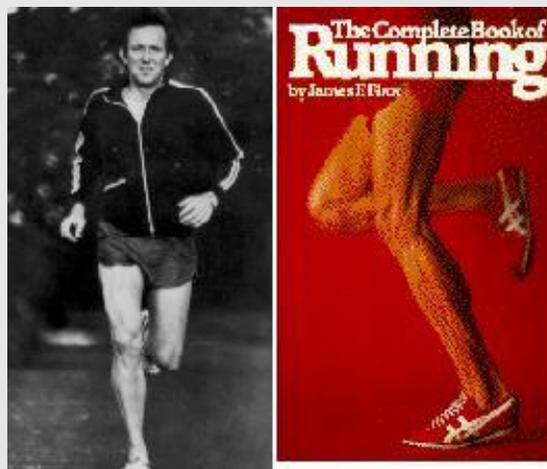
Most doctors will tell you to get slim, "Eat well" and get fit.

If the advice is good, fit slim people should rarely drop dead.

In fact, the running movement was started by Jim Fixx way back in the 70s.

He was very lean and super fit.....

He died from a heart attack age 52.



Makes no sense at all, does it?

Not if you only apply 'conventional wisdom' to the prevention of cardiovascular disease.

"Just stay thin and get fit and you will be fine"..... Didn't work for poor old Jim. Well, this is where if you look deeply at this CAUSE you might start to see things in a very different light.....

Unfortunately, our modern society has taken us to a point of great ignorance in relation to what is good nutrition and what is not.

When you think about it, getting sufficient nutrients into each cell is of paramount importance.

Nutrients are the building blocks of our body....

There are about forty or so that are essential to life.

They include vitamins, fats, minerals and phytonutrients (plant based nutrients).

The liver is the main organ that uses the raw materials to make the chemicals (such as proteins, enzymes, hormones, etc.) that we need to run the cells.

A major consideration is that the body is very good at managing deficiencies for a short time (more on that later).

Put kerosene in a car that needs gasoline and you will quickly become aware that there is a problem.

Our body can cope with lots of inappropriate fuel before the problem is easily recognizable.

This compensation ability of the body is a major underlying contributor to our degenerative diseases.



The raw materials are absolutely essential to make the compounds necessary for each cell to do its job.

It's a little like if you are building a house...

You could engage the best builder in the world and he/she could contract the best tradesmen in the world to build your house.

What would be the end result if you only supplied the builder with half the bricks, timber, wiring and plumbing materials?

Far from OK, I suggest.....

This is exactly what most people in the western world are doing.....

Providing their bodies with way less than the quota of raw materials necessary for the cells to do their jobs.

Is it any wonder we are riddled with degenerative diseases that are cutting our lives so short?

The body needs to digest and absorb nutrients (in the form of minerals, vitamins, fibre, essential fatty acids, amino acids, proteins and carbohydrates in order for it to efficiently operate.

In a perfect world foods should provide all this nourishment....

Unfortunately, this is far from a perfect nutritional world....

Our foods go nowhere close to giving us what we need....

Most of our foods have been processed to the point where they become closer to being non foods than foods.

Several studies have shown that even 'healthy foods' have way less nutrition than they did fifty or sixty years ago.

What worked in the 1950s no longer works today.

Unfortunately, even a good diet is unlikely to deliver everything we require in this modern world.

There is a big gap between our nutrition and our lifestyle.

We need to bridge the gap

We believe it makes sense to supplement our diet with natural food concentrates that are prepared so as to maintain the nutritional integrity of the component foods.

The biggest challenge is to select supplements you KNOW are getting into the cells.

Don't take my word for this.....

Let's look at some of the science from recent years on this subject...

This concept of general supplementation was supported by the Journal of the American Medical Association (JAMA), which was published in 2002, whose research was carried out at Harvard.



In essence it said that having reviewed the available research on nutrition it was now recommended that, due to the lack of nutrients in our food, for the average person to maintain optimum health, **supplementation was mandatory.**

This is coming from the very heart of the medical establishment and yet it is totally ignored by the majority of doctors.

I'll bet your GP never quoted that one to you.

It is one of the great tragedies in our society that our Doctors are not educated in Preventative Nutrition.

They need to be encouraged to explore how nutrition has a proven impact on your propensity to develop degenerative diseases.

My own daughter recently completed her medical degree.

She did not do one single hour of study on this very important subject.

If you contract a serious degenerative illness the medical industry is unlikely to even try to fix it.

Just manage symptoms and slow the progress of the disease is the best they even aim at.

I'm sorry but that's not good enough for me.

The only logical strategy to utilise is to do everything you can to NOT develop the disease and then you are not at the mercy of a system that cannot really help you very much.

Let's talk about supplements.

Here is an excerpt from an article by a scientist, Dr Mark Bartlett.

"In response to the question "do I need to supplement", typical advice goes something like this:

"If you eat a low fat diet that includes plenty of vegetables, grains, legumes and fruits, you should have no trouble meeting the RDAs."

On the surface this sounds reasonable, and you'd be tempted to think you're OK.

But consider it a little longer and you'll probably ask yourself: "who eats a low fat diet that includes plenty of vegetables, grains, legumes and fruits?"

This very question is probed by our governments in frequent national health surveys and the results may (or may not) surprise you.

In the USA and Australia, large nutrition surveys at the national and state levels provide basic data on the dietary status of our populations.

A study released (April 2007) suggested that less than 11% of 23,907 adults (≥ 18 years) are meeting the current USDA guidelines for both fruits and vegetables.

Approximately 62% consumed less than one serving of fruit/day, and 25 percent of participants reported eating NO daily vegetable servings.

Similarly, in Australia, the NNS survey indicated that "more than 20% of children under 12 had not eaten vegetables or vegetable products on the day prior to interview".

Mark Bartlett PhD heads up one of the largest and well recognised nutrition and anti aging scientific teams in the world consisting of 75 scientists (30 with PhDs).



Dr Bartlett's article does not even address the situation around the very poor levels of nutrition in the food we eat.

Many people tell me they "Eat Well".

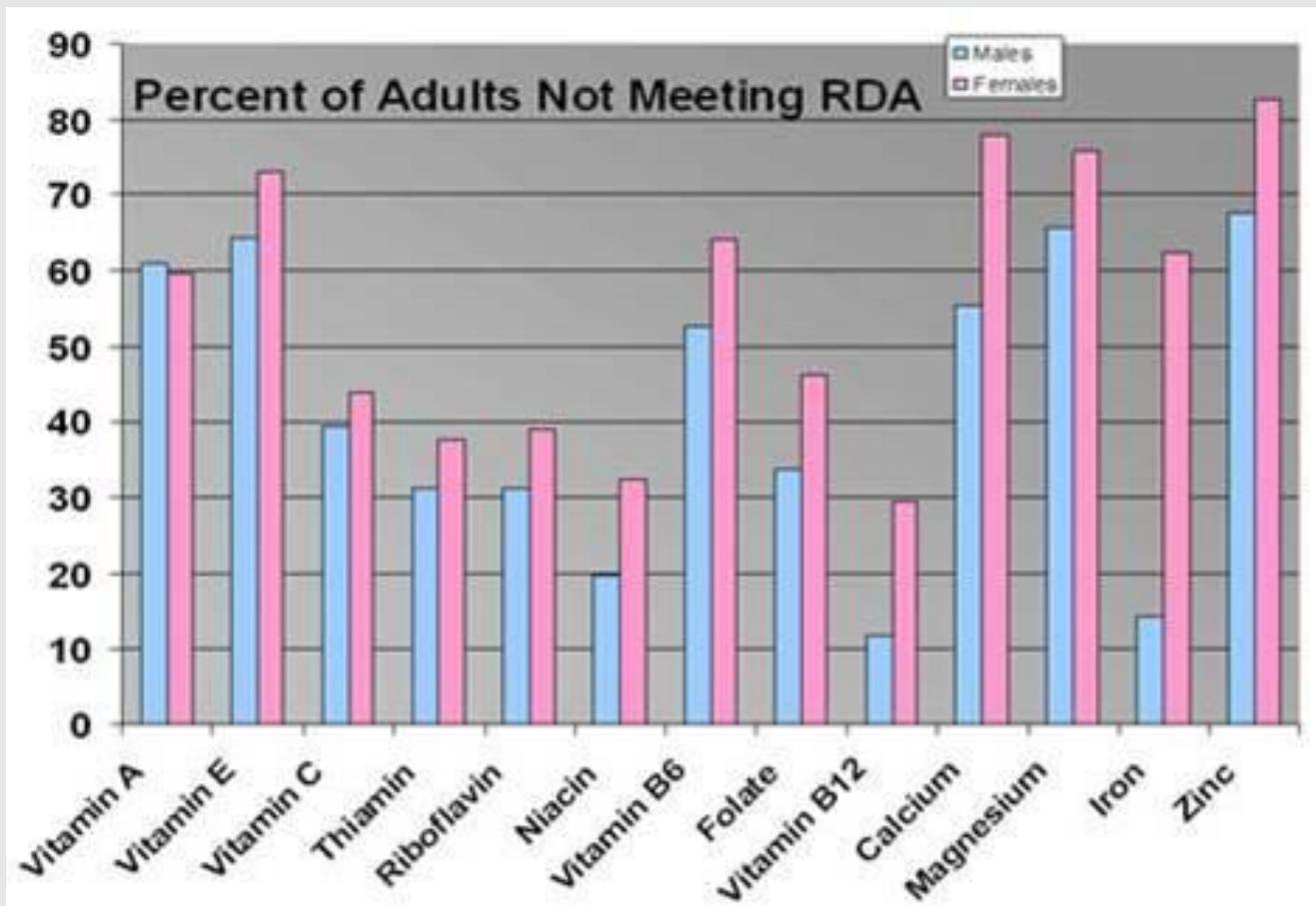
Most of them look as though they have eaten **too** well for quite a while.

Even if you are eating predominantly fruit and vegetables, the modern farming methods, early picking, long term cold storage and a number of other factors have combined to significantly reduce the nutrient content of those foods compared to a few decades ago.

Anyone who is in my 'Baby Boomer' generation will tell you stories of food that tasted so much better when they were kids.

The flavour is closely connected to the nutritional value of the food.

Here is a chart from a US government sponsored study showing nutrient intake levels:



You wonder why there is so much osteoporosis.....

Have a look at the calcium intake.

You wonder why there are so many degenerative diseases....

Look at the Vitamin A, C & E intake...

You don't have to be all that clever to figure it out when you see this information...

There is now a rapidly growing body of high quality scientific proof that we can influence our health outcomes to a very large degree....

Just by getting some nutrients into the cells.

Dr Bruce Ames is in his late 80s and still working full time.

If a scientist has over 100 papers published in the scientific literature, most would consider that this indicates a stellar scientific career.

Dr Ames has published over 550 papers in scientific journals.

He is a professor of Biochemistry and Molecular Biology Emeritus at the University of California, Berkley and a senior scientist at Children's Hospital Oakland Research Institute.

He is one of the top 30 most cited scientists in the world.

He is a 'Rock Star' in Science.

About 10 years ago he proposed a controversial theory known as "Triage Theory".

He said

"One day I had this epiphany. When you run out of a vitamin or mineral, which happened all the time throughout evolution, maybe nature rations what it has."

In 2006, Ames proposed the "Triage Theory" – that natural selection has developed a rationing response to shortages of micronutrients (vitamins and minerals).

"When cells run out of a vitamin or mineral, that scarce micronutrient is allotted to proteins essential for short term survival.

Proteins needed for long term health, including those that protect DNA, lose out and become disabled."

For example, Dr Ames says, "If you're short of iron, you take it out of the liver before you take it out of the heart because if you take it out of the heart, you're dead. But the downside is, doing this causes long term DNA damage, which doesn't show up for twenty years when it appears as cancer."



Dr Bruce Ames

Triage theory predicts that the consequence of moderate **shortages of even a single micronutrient**, though insufficient to cause overt clinical symptoms, will impair functions essential for long-term health.

This impairment will result in insidious damage (e.g.: increased DNA damage) that, over time, leads to the acceleration of age-associated diseases (e.g.: increased cancer).

As people with modest deficiencies have no overt clinical symptoms, **there has been little incentive to correct these deficiencies.**

A number of studies have since reinforced his theory.

The first was around Vitamin K.

What they found was alarming.

When a supply of Vitamin K was limited, as it is for a typical western diet, the body utilises what little it can find to protect critical metabolic functions in the liver.

Unfortunately, that leaves other Vitamin K dependent proteins, the ones associated with bone building, cancer prevention and protecting the heart from atherosclerosis, without sufficient Vitamin K to function properly.

The result of this leaves the body at risk for developing age related diseases like cancer, heart disease and osteoporosis.

Other nutrients have been and are being similarly studied.

The results in so far very much support Triage Theory.

This should mean a LOT to all of us.

Unfortunately, our medical system is not interested in this type of research so there is no way your local doctor will talk with you about this subject.

Our diets are not even close to supplying enough nutrients to avoid these shortages.

We are 100% CERTAIN that the vast majority of us need to use quality nutritional supplements because it is the only way to be sure of correct nutrient intakes finding their way into the cells.

There are many more studies that support my contention about cellular nutrition.

Having been recommending numerous supplements since 1992, I can assure you that not all supplements are created equal.

Cheap supplements generally show no sign at all of getting into the cells.

There are a number of methods of assessing this. We have been using a few of them for a long time and my opinion of most supplements is that they are rubbish.



Above is an x-ray showing undigested supplements in the large intestine.

They should have been digested and absorbed long before getting to this part of the gastrointestinal tract.

When supplements are made to the cheapest possible price, manufacturing methods often render them unable to be digested.

Many times artificial ingredients are used which doesn't make a lot of sense to me.

Food concentrates should not have artificial ingredients.

This is a classic case of money being wasted on poor quality supplements.

Good quality supplements will use natural ingredients and monitor those ingredients for quality, efficacy (the active ingredients do what they are supposed to do) and purity prior to being blended.

Anything less is not a good idea.



In Summary

It is my great wish that we have given you something to think about.

As a society we are suffering poor health and early death unnecessarily.

We have seen the development of circumstances that inhibit the Miracle that we all are.

The combination of our regulatory authorities, governments, pharmaceutical industry, medical establishment and food industry has seen some of the greatest fiascos foisted upon us in the name of science.

It is very clear to any inquisitive person that this combination of interests simply cannot be trusted to look after our best interests in long term health maintenance.

Their combined failures have been spectacular in significance and frequency of occurrence.

We need to take responsibility for our own wellness.

We obviously cannot trust this lot.

When you think about it, if we had consciously set out to destroy our health prospects by systematically denying our bodies of a large proportion of the forty or so essential nutrients, the result we see before us could be achieved.

We have managed to arrive there by blind ignorance and some self-interest.

Our bodies are indeed Miracles. Given nourishment and an absence of toxins our cells can do a wonderful job of keeping us well.

We really are severely inhibiting our Miracle.

The good news is that we can turn it around for most.

That was quite a bit about just one of the "FOUR CAUSES".

Each of the other three "FOUR CAUSES" is equally important to our long-term health prospects and just as complex.

Our preventative health service is complex. We need to gather quite a lot of information to assess the "FOUR CAUSES". We then need to assess various tests and arrive at our recommendations to counter any of the "FOUR CAUSES" we determine are presenting a threat.

The recommendations may be very inexpensive and simple to do. For example, drinking more water may be part of your program. On the other extreme, we may ask you to pay for some blood and genetic tests which are not cheap or use a very sophisticated supplement that requires a significant financial commitment.

We realise, any recommendation must fall within the client's budget as well as the domain of actions they are prepared to take on a long-term basis.

This is all part of what we provide.

It's way past time for someone to get the word out....

My goal is to create a groundswell movement of likeminded people...

Being a Baby Boomer, I am seeing way too many family and friends suffer major health challenges that severely limit their Miracle, keeping it way less than I believe it was intended to be....

Far too many die way too early from preventable diseases....

It just does not have to be like this....

Finally

Thank you for reading this far.

Your Miracle deserves to be supported and nurtured for your entire life.

And we are happy to help with some advice and suggestions should you wish to avail yourself of our services.

Live Long And Prosper

Steve Alexander

AgeingCoach.com

