

Basic Treatment Guidelines

Each of the following suggestions is an attempt to enhance your body's natural metabolic processes through the digestive system, liver, kidneys, skin, and lungs. They will help achieve our optimal physical, mental and spiritual health. All are essential to help you optimize elimination with minimal aggravation, while undergoing your specific treatment suggestions.

1) For your digestive tract...

DIET - Follow the dietary recommendations in the handout called "Optimal Diet". **CHEW** your food well and **drink very little fluids** while eating. You may have a few sips of water with your meals if you need to, but try to wait for at least 45-60 minutes after eating a meal in order to drink any liquids. Drinking water and other liquids with your meals dilutes the digestive juices in your stomach, leading to poor digestion. Eat fresh garlic with your meals as often as possible. Include at least one serving of either steamed or raw greens a day.

Eat your produce fresh, organic and minimally cooked or processed. Eat fresh salads as frequently as possible. FRESHNESS is the key here because fresh produce contain much more nutrients than cooked or processed counterparts. I recommend that you eat 1 entire bag of pre-washed fresh herbs (vegetables of various types that come in a sealed plastic bag) on a daily basis with your meals.

Drink as much vegetable (not fruit) juice as possible. The fresh enzymes in vegetables juices will open up the enzyme reactions in the body. This is specially important in more serious conditions such as cancer.

On a daily basis, eat a variety of liver foods: Beets, carrots, dark leafy vegetables, and artichoke. You should have at least 1-2 servings of liver foods every day. These can be eaten raw, steamed or cooked. Juicing them is also an option. Also, add turmeric (as a spice) to your foods. Studies show that it is wonderful for the health of your liver.

For cooking, use either olive oil or coconut oil. Do not use canola oil as it is dangerous to your health.

Do not use artificial sweeteners of any kind such as Splenda (sucralose). You can use stevia tincture to sweeten your drinks, and stevia powder in your baking. Do not overdo it with stevia either as even too much stevia may not be absolutely safe.

- Add 1-2 tsp. of **lemon juice** to 1-2 ounces of water and drink a few minutes before each meal. This will help with digestion.

Keep your "omega 3" oils (fish oil or flax oil) as well as friendly bacteria in the refrigerator.

2) For your kidneys...

WATER – Drink at least the equivalent of one-half your body weight in ounces. We suggest you drink **mostly** water for the first 6 weeks of your treatment. The purest form of water is reverse osmosis water. Distilled water is the second choice. Filtered water from the tap or bottled water are OK, but not as highly recommended as reverse osmosis and distilled water. Tap water should be avoided as much as possible.

HYDROTHERAPY – End your shower with a cool water spray, starting with the extremities and finishing with the low back, for 15 – 30 seconds to return blood flow to your internal organs.

Immune System = Lymphatic System + WBC (White Blood Cells)

3) For your skin and lymphatic circulation...

DRY SKIN BRUSHING – To help stimulate circulation, thoroughly brush all of your skin, using short, very light, frequent strokes toward the heart for 45 -60 seconds. It is best to do this on dry skin **BEFORE BED**. Use a vegetable fiber brush, natural sponge, or a loofah sponge.

4) For your liver, lymphatic circulation and immune system...

CASTOR OIL PACKS (COP) – THIS IS ESSENTIAL TO THE SUCCESS OF YOUR TREATMENT. Refer to the castor oil pack handout for detailed instructions. (COP will enhance lymphatic flow in the abdomen, help with detoxification pathways in liver, and has been shown to increase WBC's.)

During the COP, include one or more of the following:

MUSIC – Turn on a favorite relaxing CD while breathing.

ANY RELAXING ACTIVITY YOU ENJOY

HEALING VISUALIZATION – While in a relaxed environment, breathe in healing energy and direct it to the system or organ of concern. Exhale any waste or tension in the area. Picture your body in its optimal state of health and realize only YOU can achieve that level of well being.

5) For your lungs, and lymphatic circulation

DEEP BREATHING – Do this in conjunction with the castor oil pack. Lying flat on your back with your head lower than your body, place your left hand on your upper chest and your right hand on your abdomen. Inhale deeply through the nose, while pushing outward with the stomach so the right hand can feel the abdomen rise. Try not to move the left hand while inhaling. In other words, breathe in with your stomach muscles not with your chest. Purse your lips and exhale slowly pushing the abdomen inward and upward toward the ribs moving your right hand as you do so. Try to exhale as long as you can before inhaling again. Once you have mastered this breathing technique, the breathing may be done at other times throughout the day. Try to do at least 100 breaths each day. (Note: Deep breathing has been shown to enhance lymphatic flow, and consequently improve the health of your immune system.)

Invest in an **ionizing air filter**. Turn it on when you are away from home, and make sure you program it so that it gets turned off 1-2 hours prior to your return.

For overall physical, mental and spiritual health...

PRAYER/MEDICATION: I believe that some form of prayer or meditation is critical for total wellness. I would recommend taking 15 minutes out of your day to either pray or meditate. Basic meditation can be performed by conscious breathing with your eyes closed. Meditation works best if you sit up with your back straight. ***I believe that what goes on in your mind is much more important than what you put in your mouth.*** I have seen plenty of patients who eat healthy, and yet are very unhealthy overall. Why? I believe that their mind/soul/energy is unhealthy and needs healing.

MOVEMENT – As another aid to circulation, we recommend that you move your body daily or, better yet, exercise. Walking, rebounding on a mini-trampoline, yoga or qi gong, jogging, hiking, and swimming are all excellent ideas. Aerobic activity and stretching are also very helpful to your health. I find that people who exercise regularly (at least 3 times a week) are much more emotionally and physically healthier than those who do not. Aerobic exercise balances your nervous system, endocrine system and cardiovascular system. This effect is much more noticeable than any nutritional supplements. Truly, exercise and healthy eating

SPEND TIME OUTSIDE EVERY DAY

Try to spend at least 20 minutes outside everyday. Get in the sun (for short periods of time) as often as possible. The energy of the sun will invigorate your body.

SLEEP – Try to go to bed at the same time everyday (ideally by 10 P.M. at the latest) and get up at the same time everyday. Every hour of sleep before 12:00 midnight is worth 2 hours after midnight. A good night's sleep will also improve your memory and help balance your hormone system. It is also essential for immune system health. It has been suggested that up to 80% of females have a hormone imbalance. It is recommended that you get between 7-8.5 hours of sleep EVERY night for optimal wellness. Also, sleep in total darkness is supposed to decrease cancer risk.

Air filter: A non-ionizing air filter would be a wonderful idea for your bedroom. (There are a number of highly toxic agents, including mercury and arsenic, in the air we breathe.)

PLAY – Do something FUN everyday. LAUGHTER is essential for stress management and a healthy heart. (“Blood flow increased by 22% after laughing, which is equivalent to what happens after a 15- to 30- minute workout.” *Washington Post; March 14, 2005*)

MISCELLANEOUS RECOMMENDATIONS:

- Avoid watching the news or reading books/newspaper while you eat. The news rarely ever brings peace to our mind/heart. Eating at peace is one of the main keys to good health. For people who have a number of health conditions, I do not recommend following the news at all, at least not until they feel much better.
- Avoid drinking coffee all together, or at least reduce its consumption. Coffee is to be avoided for two reasons: 1) The caffeine itself has some serious health hazards, and 2) The chemicals they put on the crops are toxic to your tissues and cells. (Regular, versus organic, coffee has the second highest level of toxicity of all crops.) Therefore, if you must drink coffee, the best option would be to drink organic, decaf coffee. Teas are fine as long as they are organic since the highest level of toxicity of all crops is found in teas, even herbal ones (not just black tea).
- Do NOT use any anti-perspirants or underarm deodorants due to the aluminum content. Sometimes the labels might even say, “Does not contain aluminum (chlorhydrate).” This may be true, but a lot of these products might contain aluminum-potassium-sulfate which is still aluminum. Due to the health hazards of aluminum, I urge you not to use anti-perspirants or underarm deodorants at all. Go to PCC (Consumer's Puget Coop) or a health food store, and inquire about powders you might be able to use to help with underarm odors.
- Women should not use bleached tampons or pads because these products contain dioxin which is cancer-causing, and can predispose you to cervical cancer, etc.
- Avoid using regular perfumes AND make-up** or scented body products as much as possible. There are toxic chemical in almost all perfumes. Considering the heavy load of environmental toxins that we are exposed to on a daily basis, we do not need any additional toxins. 100% natural perfumes, such as rose essential oil, might be O.K. if we determine that your liver is fairly healthy.
- You can use castor oil as a lubricant during sexual intercourse. This is a much healthier option than most other lubricants on the market that contain chemicals. Such chemicals are bound to put the woman's uterus/cervix at risk of cancer.
- Avoid buying and using regular household cleaning agents due to the potential toxic chemical content of many of these products. Household cleaning agents include dishwashing detergent, laundry detergent, bathroom cleaning products, window and mirror cleaners, oven cleaners, etc. Manufacturers are not legally obligated to list all the chemical ingredients in such products, and some of these unlisted (as well as listed) ingredients are highly hazardous to your health. Try natural cleaning agents instead. They are gentler, but will do the job without harming you and your

family. A simple idea for a cleaner that kills more germs than bleach is the following: Basically you put white vinegar in one spray bottle, and hydrogen peroxide in another. You spray one, then the other, and wipe clean. It works better this way than mixing them together.

<http://articles.mercola.com/sites/articles/archive/2001/07/21/vinegar.aspx>

- Avoid using cell phones unless for emergency purposes. The reason is that recent research shows that they could be hazardous to your health.
- Avoid chewing gum if you have mercury (silver) amalgams. The reason is that the more you eat/chew, the more mercury gets released into your mouth/body.
- Avoid using microwave oven to warm up your foods and drinks. It has been shown that microwave oven drastically decreases the nutritional value of vegetables, and has other health hazards that are not fully understood at this point.
- If you are a cigarette smoker, please ask for EFT treatments from me in order to help you stop smoking. EFT is a very effective treatment (based on acupressure techniques) which I use extensively in my practice to treat various addictions, including smoking and food cravings. Meanwhile, at least switch to American Spirit which does not contain any of the harmful chemicals that other cigarettes contain.
- If you have any piercings in your body including earrings, and if you have any health issues, you should seriously consider removing them, for as long as we are working on the health issues. At the very least, remove all your piercings overnight.
- If you do any gardening, make certain there is no vermiculite in it. Potting soils apparently have vermiculite. Use top soil instead.
- Avoid drinking water out of plastic bottles because the plastic leaches into the water. Use glass bottles. You can buy some fruit juice, drink the juice, and use the glass for daily water consumption.
- Avoid putting lipstick on unless you know it is 100% natural. A number of lipsticks out there have lead in them. Lead is a toxic heavy metal which can cause cancer.
- Refrigerate all your HMF (friendly bacteria) products, fish oils, and liquid B vitamins.
- Avoid eating splenda and other artificial sweeteners because it can cause a variety of problems in the body. Stevia (ideally in liquid form) is a good sweetener to use if you have to use any sweeteners. Can obtain Stevia from health food stores (PCC, Whole Foods, etc.)
- Avoid fluoride toothpaste because fluoride can negatively impact your pineal gland thereby suppressing the melatonin production in the pineal gland. You need melatonin to sleep. Melatonin is also used therapeutically to combat cancer. Hyperactive children should definitely avoid fluoride toothpastes.
- Do not use Aspartame. It increases risk of brain tumor in children, and can negatively affect health in adults as well.
- If you decide to vaccinate yourself or others, always talk to us about our Vaccination Protocol. This includes **all** vaccines.
- Consider getting a shower head that filters out chlorine.
- Make certain the air filter on your furnace is replaced and the duct system cleaned regularly.
- Every time you return to the office, **PLEASE** make a point of bringing ALL your supplements with you along with ALL the documents/handouts that I have given you so that I know, at a glance, what supplements you're taking and what handouts you might still need to get. Better yet, you can bring a LIST of all your supplements instead of the supplements themselves. Next to each supplement (specifically the liquid ones), write down approximately how much is left in each bottle.

- Please do NOT stop your pharmaceutical drugs on your own. Even if you were to stop taking a particular drug under your MD's supervision, I still would like you to not stop it unless you inform me first. This is especially important if I have prescribed a constitutional homeopathic remedy for you.
- Please take some time and read some of the information on our website (at www.DrSharif.com) to learn more about what it is that we offer.
- Please subscribe to www.drmercola.com to get the latest reliable news on various health topics. Dr. Mercola's newsletters are free.