

Preventing Degenerative Diseases
Jim Rhoades, Nutritional Educator
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Former Pres & CEO of an international nutrition company, Jim has worked closely with internationally renowned bio-chemists, PhD nutritionists and herbalists over the last two decades. He is also a master educator, taking difficult concepts and making them real for his audiences. One of seven guest lecturers at Harvard Medical School's "Foods 2004 Symposium", with representatives of over 50 Universities, he presented the case for Nutritional Supplementation due to nutrient deficiencies in our soils and foods.

“I have no medical degree, I do not diagnose nor prescribe. Isagenix is not a medicine and not meant to cure anything. It is a food and is meant to nourish the body.” Jim Rhoades

We are the sum total of what we eat, drink, breathe, and think. I am the former CEO of a nutrition company. For the past 10 years, I worked with some of the greatest herbalists, biochemists, and nationalists in the world. The objective of my company was to develop a product that would have a positive effect on the immune system. Being in health and nutrition, one of the things that became very noticeable to me was the number of people who were going the wrong way – and most of what medicine deals with are the conditions once you get there. How can you possibly regain your health or what can we do to cope with a health challenge once you have it? I was introduced to some very inspirational people a long time ago who said the key to health was from the inside – go to the root, find out what is causing it, take that away or fix that so that it never occurs in the first place – i.e. preventive health measures.

My company put together a product that was specific to the immune system and put it into a delivery system that was extremely effective – liquid. They included in the mixture things that were missing in most of our diets, and have been missing for the last 50 years. I worked with people with knowledge both from the agricultural side and the nutrition side. The product they developed produced remarkable results. People who were in severe health challenges, some of them terminal, are still with us. Included in their regimen was a change in the choices of the foods the people ate, and exercise, both of which they didn't understand before. By improving in these areas most of them improved their quality of health.

One of the coups they pulled off with my company was with one of the major universities – it was where they had their products tested. They worked with a lot of doctors, both MDs and PhDs, to test the effectiveness of the product on the seven major immune systems in the body, figuring the immune system is your #1 defense against sickness and illness. If you have a healthy immune system you won't get sick or develop many of the major degenerative diseases – or at least you stand a much better chance not to. The results were nothing short of astounding.

Today, approximately 90% of the people in the United States die from a degenerative disease. That is not true in other nations. In 1990, a survey of longevity was conducted. The U.S. was of course one of those countries in the top 20. Before asking you where you think the U.S. ranked, let me ask you how much money you think is spent on health care in the U.S. on an annual basis? How much do we spend on doctors, medicines, and hospitals? The answer is 1 out of every 7 dollars! That is double, triple, and quadruple any of the other top-20 nations. Based on our having more expenditure, more hospitals, more doctors per capita, with higher education and degrees behind them, obviously we must be in the top 2 or 3 percentile of the top 20 shouldn't we? Actually, we are number 17! Sixteen of the top 20 live longer than we do. Why? What's happening to us versus what's happening in those other nations? How much do you suppose the top nations outlived us by? The answer is over 10 years! And they don't die of the major

degenerative diseases that we die from. So what is the major difference between what they're doing and what we're doing, especially since we are spending so much more money?

Let's look at a couple of statistics from the Surgeon General of the United States. The second leading cause of death is obesity! Nearly 70% of the U.S. population is overweight. Obesity is not a problem in the other nations. Why not? Could it have anything to do with their diets? Exercise? You bet it does. They do a lot more walking, bike riding, and other exercise we don't do. They eat differently than we do.

During the 10 year Vietnam war, 57,000 of our soldiers died. Last year, there were 1.5 million heart attacks in the U.S. Of those, 500,000 people died. One half of those 500,000 did not know they had a heart condition. Over 200,000 never made it to the hospital. The first sign of their having a problem was the heart attack that took them out!

The #1 disease in the U.S. is cardio vascular disease. What does weight have to do with the heart? According to a cardiologist, for every 5 pounds of excess weight you carry you cause your heart to work to push blood the distance of to the moon and back every six months! If you are 20 pounds overweight you are making your heart do that about every month! Is it any wonder we could wear it out a little prematurely?

The #2 degenerative disease in the U.S. is cancer. What's your #1 defense against cancer? Your immune system. Your immune system can track and identify a rogue cell, mark it with a T-cell, produce K-cells and B-Cells in the bone marrow, send those guys out in their little white coats and take out those bad guys before they ever have a chance to create a problem. What do you suppose happens if you don't nourish the glands that produce these cells (The thymus for the T-cell and the bone marrow for the K and B cells.)? They can't produce what they are supposed to produce. Therefore, you are in trouble.

In 1950, the statistics were, 1 out of 12 people in the U.S. would contract cancer in their lifetime. We have spent billions upon billions of dollars in research since then, resulting in the ratio changing to:

1960	1 of 10 would contract cancer in their lifetime
1970	1 of 8
1980	1 of 6
1990	1 of 4
2000	1 of 3 would contract cancer in their lifetime

It is estimated that by 2005, as many as 1 of 2 people, statistically, could contract cancer in the U.S. during their lifetime! We're losing the war, folks! If you have 2 kids, can you imagine that being one of your children? Statistically, it has to be. The only hope you have is that the 1 of 2 persons who died of heart problems also had cancer so you don't have to become this statistic. That's what the statistics tell us.

What do we know about cancer? What most of us don't realize is that we are all carrying around cancer cells. From the day we are born we are producing cells that have the DNA slightly scrambled and that little guy has no idea what he is supposed to be. However, it is a happy camper and makes a lot of itself and starts to produce a tumor or something that doesn't belong in the body. The immune system immediately picks up on it, knows it doesn't belong there because it has a scrambled DNA, and ushers it out of the body – not allowing it the time it needs to become a problem. Many times it takes over 10 years for cancer cells to be detected by a doctor. But – when your immune system doesn't get the nutrition or fuel it needs to do its job, a lot of these bad guys are allowed to do their thing.

If the current statistic is that 1 out of 3 people will contract cancer and fifty years ago the statistic was 1 out of 12, what can you conclude has happened to your immune system? It has been harmed. How can that happen? What can be missing in our nutritional needs that we are not

getting? Among other things, important trace minerals are missing! Your body needs minerals and vitamins to stay alive. Without minerals, vitamins cannot even be utilized.

There are many types of minerals. The particular ones that are missing are called trace minerals. They come in extremely small amounts but are crucial to our body's health. To draw a comparison, if we take nitrogen and glycerin out of a stick of dynamite, we have a big fire cracker. It can make a noise. But, put the nitro and glycerin in and it is very powerful. Our immune systems are operating on fire cracker power and they have been operating on fire cracker power for a long time.

What has happened to cause our immune systems to be so impaired? The big change in our agricultural farming practices has played a major role in this. The petroleum industry discovered it produced a byproduct that had the ability to kill living organisms – and began producing pesticides to help the commercial farmers control pests that were killing or devaluing their crops. Unfortunately, the pesticides not only kill the pests on the plants, but go down into the soil and kill all the micro-organisms in the soil. Those micro-organisms perform a very important task. In one square foot of good topsoil you have over 1 million micro-organisms. When the micro-organisms migrate to the root to get the milk sugar that's being exuded by the roots as they try to push their way deeper in the topsoil, they take all the inorganic minerals around them and convert them to organic form. Then the plant uptakes it through photosynthesis and you have a plant that is loaded with the micro nutrients we were meant to get and we work on dynamite power.

Ever since 1950 we have basically killed the soil and we are not getting these trace nutrients that are needed to build strong immune systems. If that wasn't enough, we went from the garden to specialized foods that didn't have the nutrients – and if that wasn't enough we went to fast foods. Fast foods have some things in them that are not good for the immune system, especially sugar.

Jim attended a symposium in Tucson, Arizona that was put on by medical doctors. They were talking about alternative health practices to go with their medical practices. They made the statement that if they didn't do something about working on the inside of the body they would have no patients left to work on the outside. People are migrating more and more to natural things and if we don't catch that we are going to get left behind. One doctor at that conference was also an immunologist. She gave a presentation and asked what one single product has been introduced to the American public that has done more harm to the immune system than any other thing and is in virtually every home in America – and it's given to children all the way down to the age of one? The answer: carbonated drinks! One 16-oz carbonated drink can paralyze your immune system for up to 3 hours! How can carbonation do that? Carbonation blocks the uptake and utilization of calcium in the body. The second you turn off calcium uptake in the body you effectively shut off your immune system; it can no longer function without the calcium! Until that carbonation is purged, your immune system is stagnant.

The #3 degenerative disease is arthritis. Arthritis has a bunch of twin sisters that have come along since the 1900's that never existed before called autoimmune disorders. Some of the major autoimmune disorders include fibromyalgia, lupus, and MS and rheumatoid arthritis. One of the big causes of autoimmune disorders is the inability to assimilate protein. The mucal lining which lines your stomach and all of your digestive system gets thinner and thinner until it gets so thin it develops holes through which undigested protein passes into the blood stream. It gets deposited throughout the body in big strips instead of little molecules. The body doesn't know what to do with it so it stashes somewhere, usually at all the joints and alongside some of the nerves. The immune system tries to scrub it off, taking off the shielding around the nerve endings with it, exposing the nerves, creating instant pain. If people backed off the heavy protein such as pork and red meat I believe it would improve this problem.

Dr. Mark Sorenson, author of "Mega Health" has up to an 80% success turnaround in some degenerative diseases. That is unheard of. He will only accept a patient if that patient agrees to two stipulations: no meat, and no dairy products. He has had tremendous success in reducing

degenerative heart disease. He has these people walking 5 miles a day by the end of 90 days. A second thing he works on is asthma. People have overcome asthma – no more attacks. The third thing he works with is Type II diabetes. Many with no more need of medication.

Dr. Sorenson teaches four principles:

- nutrition
- nutrition
- nutrition
- nutrition mixed with exercise and stress management.

What if someone could come along with the inspiration or just the knowledge because he had a biochemistry background and knew how the body worked and surrounded himself with a team of biochemists, nutritionalists, and herbologists, and put together a product that could feed and nourish the entire digestive and nervous system? What could that do? Good things. Particularly if it was helpful in rebuilding that mucal lining that has gotten thinner and thinner as we aged. This would prevent the undigested protein getting through and we could slow down autoimmune disorders.

Diabetes is the #4 degenerative disease. In the early 1900's Diabetes was not even on the radar system. Most of the people who had diabetes back then were Type I. That means the pancreas was injured and could not produce insulin and you had child onset of diabetes. Currently, of the 17 million diabetics in the U.S., most are Type II. Last year, there were 200,000 amputations of feet and hands due to diabetes. This is a degenerative disease that doesn't need to get you. Nutritional intake and exercise have a ton to do with avoiding this disease. It used to be considered an old person's disease, but now we have 9 year olds with full blown Type II diabetes.

The sugar consumption of the average child in the U.S. is about 150 pounds per year. And it's not just the sugar that's killing us, it's the processed foods. Take a standard whole potato that has 150 calories, slice it in thin slices, season it, fry it, put it in little packages called "potato chips" and it goes from 150 calories to 450. It's not the calories that are going to get you. The second it enters the system it goes into a straight sugar. The pancreas has to put out 3 times more to process the contents of that little package of processed carbohydrates, and it wears it out. How many of us have gone into fast food places and ordered a burger, fries, and a diet soda? Not only are the burger and fries bad, but the artificial sweetener in the diet soda may even be worse.

John Anderson, the President and CEO of Isagenix International, put together a technology that has not existed on this hemisphere. Traveling all over the world, John discovered that over 60% of the world cleanses on a regular basis. In the U.S. it's the wierdos who do colon and bowel cleanses. Can you imagine two ladies going into church and one says to the other "How's that colon cleanse doing?" and the other responds "Oh mine's great, how about yours?". We just don't do or talk about those things here, even though the rest of the world does.

Think about this – what would happen if you didn't change the filters in your furnace, your car, your clothes dryer, or your vacuum cleaner for 10, 20, 30, or more years? Premature death! Question: "Are there any filters in our bodies?" You bet, there are lots of them. Well, when was the last time you cleaned, or cleansed, the filters in your body?

After seeing all of this, John Anderson came up with this thought that in order to heal the body you have to cleanse it first and get the stumbling blocks out of the way so the body is not fighting all of this built up plaque and can do its job. He developed a product that is simply magnificent. It actually consists of four balanced components.

For the first two days you will do a system cleanse – you will be living on a liquid superfood. This has the vitamins, all 70 trace minerals that have been missing in your diet (they are in 3 of the 4 components you will be taking during the 9-day program). It has the botanicals that have the ability and are known to help to cleanse your bowels, colon, liver, kidneys, lymphatic system, and

your blood. There are 242 separate ingredients in the products, all of which are on the FDA's GRAS (Generally Regarded As Safe) list. There are no harsh stimulants such as Ephedra or Ma Huang which are in most weight loss products.

After the 2-day cleanse, you go on a 5-day rejuvenate and rebuild with a product that is superior to anything I have seen. You replace two meals a day with a special shake and eat one healthy meal of from 400-600 calories. The protein in this shake is a whey protein that comes from cattle in New Zealand, where the cattle are all grazed on organic grazing lands. The quality of milk from these cows that is used to produce the whey for this shake is many times more expensive than any protein produced in the US. It is a pharmaceutical grade whey that is even fed to aids patients who have difficulty digesting protein. It has less than ½ % lactose, so even lactose-intolerant people usually take it. This shake is the building block that puts all the nutrients back in to help protect and build the lean body mass like liver, heart, kidneys, all the vital organs and muscles. It has the nutrients that go into the immune system to make sure it is getting what it needs.

Following the 5-day rebuild you do two more days of cleanse. During this 9-day cycle you are going to confront candida, yeast, parasites, and their eggs. Each cleanse is very soft and gentle, it is not a harsh cleanse. Each time you repeat the cleanse you will get another layer.

Since this is a cleanse, there are things you can expect to experience. On the cleanse days you may experience a light headache or light headedness – especially if you've been taking in sugar. The more sugar you've been taking in, the bigger the headache. If so, take whatever you take for headaches and you should be fine. If you have yeast or candida you are probably going to get compacted and be a little constipated. Get yourself some prune juice or a mild herbal laxative to alleviate this. A few people experience a mild diarrhea. Some people have a skin breakout because your skin is your largest organ and it is throwing out toxic waste. You will definitely need a breath mint because it is going to be coming up out of your lungs also and you don't want to melt your friends.

People who have major health issues, or who suffer from one of the four major degenerative diseases should always check with their doctor and take a 30-day approach and monitor it.

In summary: What makes Isagenix unique: first of all the cleanse removes stumbling blocks. Second, it has the nutrition the body needs with a delivery system to make it cell friendly so the nutrients actually get into the cell. Third, it has the ability to trigger the body's release and burning of fat mass.

Here is a description of the 9-day and the 30-day approaches:

9-Day

Days 1 and 2:

Mix 4 ounces of the mineral drink with 8 ounces of cold water 4 times a day.

Take an accelerator capsule in the morning and one in the afternoon.

Eat up to six of the special snacks as needed to curb hunger.

Drink a minimum of eight 8 oz glasses of filtered or purified water.

Days 3 thru 7:

Replace two meals, preferably breakfast and dinner, with an IsaLean Shake.

Eat one healthy meal of 400-600 calories for your third meal.

Take one accelerator capsule in the morning and one in the afternoon.

Eat up to six of the special snacks as needed to curb hunger.

Drink a minimum of eight 8-oz glasses of filtered or purified water.

Days 8 and 9:

Repeat what you did on days 1 and 2.

30-Day

Day 1

Do a 1-day cleanse as described for days 1 and 2 above.

Days 2 thru 7

Replace one meal with the IsaLean shake.

Eat two healthy meals of approximately 400 calories each.

Take one accelerator capsule in the morning and one in the afternoon.

Eat up to six Snacks if needed to curb appetite.

Drink a minimum of eight 8 oz glasses of water.

Day 8

Repeat what you did on Day 1.

Days 9 thru 14

Repeat what you did on Days 2 thru 7.

Etc. Just keep doing a 1 day cleanse followed by six days of meal replacement.

Exercising during this period will enhance your results considerably. While it is not required, it is highly recommended. If you have not been exercising you may want to start by just taking a short walk of 10 to 20 minutes – whatever is comfortable to you. You will want to gradually increase this by 5 minutes a week until you are able to walk for 45 minutes. Try doing this 4 or more days per week.

[\(The following is not part of Jim's talk. These comments are from Bill Pierce.\)](#)

These products have a phenomenal effect on your brain chemistry as well as your blood chemistry. Most people experience a general feeling of well being, an improved mood, and more energy. Your energy may be a bit low at times on the cleansing days, but will be much higher when you are on the shakes. Most people realize a significant improvement in their blood pressure, triglycerides, cholesterol, and blood sugars. If possible, it is a good idea to see your doctor before beginning this program and having your blood tested to establish a “before” benchmark. Take a list of the product ingredients to your doctor, tell him you are going to go on this program and you want him/her to monitor you. Most doctors are not well versed in nutrition and are reluctant to give their recommendation to any program with which they are not familiar due to their fear of malpractice suits. Rest assured, this program is safe. There are no harmful ingredients in these products.

The Isagenix Cleansing and Fat Burning system is just that – a cleansing and fat burning system. Our bodies generate fat to enrobe the harmful toxins and chemicals to protect us from them and hold on to excess fluids in order to dilute them. When you cleanse the toxins and chemicals from the system the fat just begins to release rapidly. Our bodies also tend to hold onto fat if we have ever tried dieting because, during a diet, you typically are starving the body of the nutrients it needs to function. With the Isagenix products, you are providing your body with all the nutrition it needs so it releases the fat. Most people lose 5 to 8 pounds the first two days and a total of 12 to 20 pounds in the first 9 days. While the weight loss is nice to have, ridding your body of the toxins and chemicals and providing it the nutrition it needs are the major benefits you will experience from the Isagenix system.