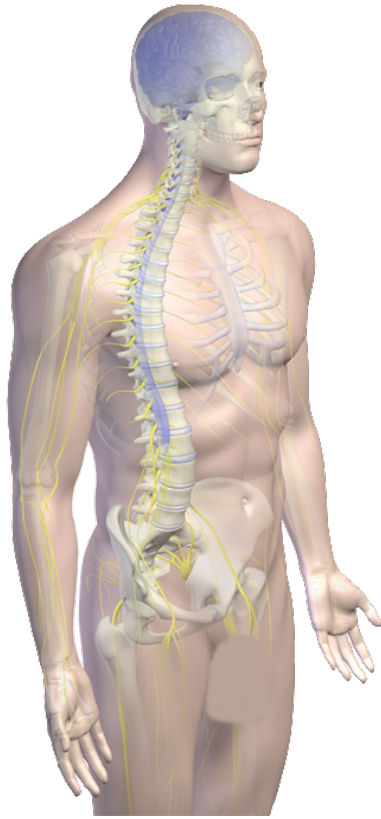


**The Yanick Inner Physician Nourishment Program**

# **The Yanick Inner Physician Nourishment Program**



**LEARN HOW TO TAP INTO THE DOCTOR WITHIN YOUR BODY TO  
TRANSFORM YOUR LIFE TO ACHIEVE EFFORTLESS WEIGHT LOSS  
AND SUPER-VIBRANT HEALTH AND ENERGY**

**DR. PAUL YANICK**

# The Yanick Inner Physician Nourishment Program

## INTRODUCTION

I have come upon a secret healing treasure, a bounty of facts on how the nervous system, as our body's inner physician, orchestrates self-healing functions via its interface with nature. Within the design and wisdom of nature is a powerful way to evoke inner physician healing and regeneration. Nature sustains life and is our best mentor when seeking ways to overcome any illness.

Nature's wisdom cannot be ignored for nature has been sustaining all of life for millions of years. Nature's technology is brilliant and never leaves us short on energy or makes us toxic. After over four decades of organic gardening and multi-disciplinary research, I am convinced that to achieve vibrant health we need to be more solidly connected to nature. My life-long appreciation of the way food is produced via the action of soil-based microbes and the miracle of photosynthesis allowed me to carefully examine nature's timeless wisdom. What I discovered has the potential to help millions of people restore the full operational complexity of their inner physician.

Hippocrates, the father of western medicine, taught about how the power of nature could engage our body's inner physician, stating: *"Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well."* By connecting stronger with nature we can vastly improve the function of our inner physician. We can supercharge and empower it to heal nearly any illness.

However, despite all this, we have to come to grips with the fact that the commercial food industry does not respect nature's plan for nourishing our body. FOOD, INC sees food as an easy commodity with an endless shelf life rather than a precious, life-sustaining gift from nature.

This e-book looks at the root causes of illness as being an inner body ecosystem disruption that is connected to global ecosystem disruption. In his book **Harmony**, His Royal Highness Charles, the Prince of Wales, shares his views on how mankind's most pressing modern challenges are rooted in our disharmony with nature. Echoing the message of Al Gore's **An Inconvenient Truth** and Van Jones' **Green Collar Economy**, Prince Charles presents the compelling case that solutions to our most dire crises—from climate change to poverty—lie in regaining a balance or harmony with the natural world around us.

Modern industrialization has created a state of disharmony with nature, evoked climate change, and has pushed us to the brink of an individual and global health disaster. Drawing on over four decades of clinical experience and natural methodologies, this e-

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book offers effective solutions on how we can regain our balance with nature to empower and jump-start our inner physician. It is hoped that this information will provide readers with an indispensable weapon in the battle to save our lives and our planet.

Mankind has yet to fully understand the brilliance of nature. For example, nutritional science only has studies less than 3% of the actual nutrients in food that are needed to empower our inner physician. And, they refuse to recognize that in just a few weeks after harvesting, food loses nearly 90% of all these precious nutrients. It is sad that this insight, so obvious and scientifically proven, is deliberately ignored by modern medicine.

Optimum health goes far beyond passing your yearly physical. It's a state in which your body's inner physician and its innate healing functions are functioning optimally and interconnected to nature. Has anyone that you love had a heart attack, suffered from pain and chronic inflammation or been diagnosed with cancer? If you answered YES to that question, you are not alone, as the overwhelming majority of people in our society would also say YES.

Chronic illness is like a thief that breaks into your body, robbing you blind. It can take away your livelihood, your marriage, your friends, and your favorite pastimes and distort your personality. Left apprehended by diminished inner physician function, chronic illness becomes a life of pain and inflammation that diminishes the quality of life.

Today, healthcare is a bewildering mix of fact and fallacy. Without a trustworthy guide for sorting fact from fiction, you may be at the mercy of mainstream doctors, self-help gurus, television talk-show hosts, and those who write diet and nutritional books with dubious information and guidance.

Many chronic illnesses have hidden root causes that are rarely uncovered by your doctor. We can all be fooled by the symptom-chasing mentality of health care providers, because so many of its falsehoods allow our health to deteriorate needlessly, increasing the need for more pharmaceutical drugs. Ninety percent of Americans from mid-50's onward are taking at least one drug daily and one-third are taking 5 or more drugs daily.

*According to WDDTY Nov 2010, "Medicine prides itself on being evidence-based science—yet most studies on which doctors rely have been created by marketing companies. The constant stream of deliberate misinformation dressed up as science ...has doctors unwittingly prescribing drugs that may be dangerous and even lethal."*

Around 90,000 so-called scientific drug trials, published over past 10 years, are nothing more than Public Relations dressed up as research and most studies presented as independent and impartial are paid for by drug companies and concocted by their marketing arms as health risks are downplayed for profits.

Michael Wilkes, vice dean of education at University of California, Davis says *"Misleading marketing is not the only issue. In many case physicians perform surgeries,*

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*prescribe drugs, and give patients tests that are not backed by sound evidence..."* Dr. David Newman of Mount Sinai Scholl of Medicine told DISCOVER (November 2010) magazine *"Much of what doctors know and do in medicine is flat-out wrong...and the numbers tell the truth."*

A panel of medical experts at the prestigious Institute of Medicine stated that most of what doctors do is a *"combination of guesswork, theory, and tradition, with a strong dose of marketing by drug and device companies."*

Behind today's health care disappointments lies a more disturbing question: Do unproven therapies extend to alternative medicine? Snake-oil salesmen litter the Web and commercialism has blinded many in alternative and integrated medicine to the truth regarding how the power of nature ignites our inner physician.

Are you letting your health deteriorate as you chase symptoms, or are you addressing root causes? Scrutinizing health claims while revealing silent and hidden health destroyers of our inner physician function can help you make better life decisions.

When you lean on the crutches and patchwork of symptomatic treatment and not the doctor within you, it is extremely difficult to get well and stay healthy. Like Hippocrates, I believe that our inner physician is the *"the greatest force in getting well."* A deep and dense network of living cells using "quorum" teamwork characterizes inner physician function. You will learn how correct and remove cellular stressors that disrupt the web of life and the intertwined and interconnected physiology of your inner physician.

An inner physician state of dynamic equilibrium is dependent on quorum nutrition™ a new kind of nourishment that allows a constantly unfolding dance to occur between all the cells in your body. When disrupted, we are hurled into an ever-deepening pit of massive cellucide....a free-fall or downward spiral of escalating health-destroying inflammation and death.

Treating symptoms is lucrative. Advertisements, videos, books take you right to the sales pitch of how you can stop headaches, anxiety, depression, pain and lose weight. Whether you have chronic fatigue, headaches, achy muscles and joints, irritable bowels or allergies, you can't escape the fact that they're indications of a deeper, hidden health problem.

For example, taking painkillers or headache medication may work to give you temporary relief. But, what if the pain is a result a toxic overload or carcinogens that are promoting cancer in your body? By ignoring deeper hidden causes, you can cause serious and even permanent bodily damage, feeling much worse as time goes on.

Your body's inner physician depends on the power of nature to function optimally. As the web of life continues to unravel around us with ever more species driven to

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extinction from man-made pollution, our inner physician and its interconnected web of cells is also being unraveled.

Today, we are alienated from the natural world because our food has become extremely processed, refined, adulterated, and tainted. Despite these facts, most people will continue to eat the industrial foods that have caused obesity, heart disease, cancer, and diabetes to skyrocket. Instead, why not celebrate the pleasures of food found in wholesome, fresh-harvested food that is chock full of nutrients and vitality?

When you choose to honor your inner physician and its intimate connection with nature, you will affirm the dignity inherent in life and begin to feed yourself and your children life-giving food to build healthy and vibrant bodies.

Do you yearn for a permanent health solution that focuses on root causes and not symptoms? Addressing root causes can empower your inner physician so you can experience the enormous potential it has to regenerate and rejuvenate your body.

If you choose to jump-start and fine-tune your inner physician, the difference in your health will be profound. You will feel the power that comes from our ability to respond to life stress with great resilience when you choose to nurture and cherish your inner physician.

*"The nation is facing a staggering epidemic of chronic diseases that result from poor eating and physical inactivity," cautions Dr. Andria Ruth, a pediatrician for the Diabetes Resource Center of Santa Barbara. "Children are particularly affected and these food companies are making parents' jobs even harder by using misleading packaging to lead them to think that they are making a healthy choice when they are not."*

Throughout this booklet, I will debunk many health myths to unveil underlying truths regarding why and how we are chronically ill. If you're tired of being misled by doctors and FOOD, INC then this booklet will be your oasis of truth amidst a desert of commercial deception. We will attune your expectations more squarely with reality and the healing power within your body so you can make better-informed and educated health decisions.

**QUANTAFOODS ASSOCIATION 10-4-10**

# **The Yanick Inner Physician Nourishment Program**

## **CHAPTER 1**

### **THE LONG, HARD ROAD OF DISCOVERING INNER PHYSICIAN HEALING**

I was born sick and toxic, disconnected from nature by being fed chemical formulas instead of breast milk. Throughout my childhood, I struggled to breathe with asthma as doctor after doctor prescribed man-made pharmaceuticals to help me breathe. By the time I was 20, I was addicted to cortisone and ended up barely alive in a world famous hospital medical center. After extensive medical and laboratory testing, the doctors diagnosed fatal kidney disease, nerve deafness and chronic irreparable immune system damage.

The doctors admitted that my kidneys were damaged from growing up on pharmaceutical medicines for allergies and asthma and that there was nothing they could do to save my life. My condition was incurable! Thus, I was sent home to die with one year to live.

At first, I was in a state of shock but this gradually gave way to a desire to learn as much as I could about how and why the doctor within my body was failing to heal itself and how I could get off the pharmaceuticals for good.

#### **The Search for a Cure**

Right after the fatal diagnosis, I began to gather information on how the body heals itself. It was at that time I came across the amazing writings of Hippocrates. I learned a lot about my body and focused on many different strategies to nourish and strengthen my inner physician.

In the process of learning how to enlist the help of my inner physician to heal my body, I became a licensed and board certified naturopath and nutritionist, a board-certified audiologist where I worked in a hospital-based clinic and at Temple University School of Medicine for over five years doing research on the blood chemistry of many patients.

During my doctorate training, I studied neurology at Louisiana State University and Baylor University and immunology at the University of Wyoming. Even though my multidisciplinary education gave me a broad perspective and understanding of the multifaceted and complex nature of illness, it taught me nothing about how to enlist the help of my inner physician.

My survival all these years was related to my daily consumption of fresh-harvested foods from my own organic garden and from cutting out pharmaceutical drugs. I kept my body

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as clean as I could by using non-toxic body care products and fermenting my own food into predigested nourishment.

At the age of 32, I taught I had all the answers on how the inner physician worked. Full of energy and vitality, I got married and adopted Thomas who was only 5 years old with nerve deafness and extreme neurological damage. When I applied what I learned in my own case to Thomas, he had dramatic health improvements. And, by the time he is 8 years old, he had enough neurological improvement to be able to ski, hike and go fishing with me. In the early 1980's, I applied the same methodology to hundreds of patients and was seeing the same kind of amazing clinical results.

In saving my own life and stabilizing the brain function of my son and hundreds of patients, I learned that the pursuit of good health requires looking inward at why and how the body's inner physician is not working optimally. However, this is not the end of my story. At the age of 45, my blood tests during my routine annual physical revealed I had two kinds of terminal cancer and again I was given a year to live.

I reasoned that if I survived thirty years applying the teachings of Hippocrates, I could also overcome the terminal cancer. However, I was obviously missing something in my understanding of how the inner physician works. I immersed myself into more research at great expense to understand how the inner physician could be fortified even more. It was at this time that I discovered the "quorum" link between nature's most powerful healing cells and the inner physician. When a quorum is met, cellular teamwork and communication is optimal. There is a powerful synchronicity between all cells in the body.

As you can imagine, doctors pushed chemotherapy and radiation but knowing what I knew about how these drugs would weaken my inner physician, I turned down medical treatment. I hungered for a connection to the natural world and life's deeper inner physician functions and for answers as to how the cells in my body were failing to communicate properly with my inner physician. I wanted to be true to my values and make a contribution to the well-being and health of others.

Needless to say, the whole cancer experience was frightening and confusing. The misinformation and false promises lead me to believe that I was deceived. Each doctor made extraordinary claims for chemotherapy that could not be substantiated by university research. And, none of the doctors I consulted with even recognized that my inner physician could heal the body and overcome any disease. Instead they blamed my genes for the cancer.

Do genes cause cancer? Bruce H. Lipton, Ph.D had the answer: *"Recently, results of the Human Genome Project have shattered one of Science's fundamental core beliefs, the concept of genetic determinism. We have been led to believe that our genes determine the character of our lives, yet new research surprisingly reveals that it is the character of our lives that controls our genes. Rather than being victims of our heredity, we are actually masters of our genome."*

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It seemed that doctors had one mindset, attack and kill the cancer along with the immune system and organs of the body. They laughed at the words of wisdom from Hippocrates saying it was outdated and filled me with fear as to what would happen to me if I refused chemotherapy.

Later I learned that my decision not to do chemo was absolutely right as just a few years later, a Harvard professor John Cairnes, MD stated, "*chemo only saved lives of 2-3% of cancer patients....and is not capable of defeating any of the common cancers.*" And, in 1986, in the prestigious New England Journal of Medicine John C. Bailar, MD stated, "*Some 35 years of intense and growing efforts to improve the treatment of cancer....has not had much overall effect....Overall the effort to control cancer has failed.*"

As I reflect on my struggle to stay alive, I humbly recognized that I had not tapped the full power of my inner physician (even though it was enough to restore my kidney function and keep me alive for 30 years longer than the doctors indicated). I was deceived by the medical industry and by the propaganda of the food and nutritional industry. Upon close scrutiny, I was able to learn how the propaganda of the industries whose intent is to sell and promote food and nutritional supplements were at odds with data from researchers and scientists whose focus is on the public interest.

Billions of dollars are spent by the pharmaceutical and drug industry to feed you information that may be affecting your health adversely. These industries profit from your being ignorant, misinformed, and confused. And, sadly, all this equates to unnecessary suffering and death for you and your loved ones.

Sales of anti-inflammatory pharmaceuticals are a multi-billion dollar industry. Yet as we've learned with the Vioxx fiasco that caused over 60,000 death, anti-inflammatory medications can be extremely dangerous. Sure, it stops the pain, but sometimes it also stops your heart.

The inner physician is supposed to control inflammation. But, when it is suppressed by our daily choices, the fires of inflammation rage all over the body. That's why we are seeing an epidemic of diseases including autoimmunity (24 million people), allergy (50 million), and asthma (30 million), as well as cardiovascular disease (60 million), cancer (10 million), and diabetes (14 million).

As I uncovered the startling truths and fallacies of many popular nutritional approaches, I often found myself trying to put together hundreds of tiny pieces in a gigantic jigsaw puzzle—with each discovery adding another piece to the puzzle. In time, the clinical picture of the specific brain nutriture in relationship to commensal cells became clearer and clearer.

But, during my earlier research, I was woefully discouraged when every known method of nutrition and botanical medicine I researched failed to fully activate my inner physician. Even though I had saved my life from fatal kidney disease with these

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approaches, I was erroneously aiming my nutritional efforts at only 10-15% of the cells in my body.

It was then I started to think about all the injections of antibiotics in my body as a child. Could these antibiotics as well as all the natural anti-infective herbs and products have killed out my body's commensal cells that occupy over 90% of the healthy human body?

When you are faced with death and you push aside the fear generated by medical myths, you learn how to ask good open-ended questions. It took many years of research into raw food fermentation to understand how to optimize my nutrition. I call this discovery, *Quorum Nutrition*<sup>™</sup>. In addition, it was during this time that I discovered how all the probiotics I was taking did not work to put back the commensal cells that I had lost from childhood antibiotics. This meant I would also have to invent a way to restore my lost commensal cells.

*Quorum Nutrition*<sup>™</sup> empowered my inner physician fast. Without getting too technical, it was this unique kind of quorum-fermented nutrition that made the real difference in my life and in the hundreds of patients I cared for. Why? It was exactly the kind of nutrition that my commensal cells needed to get strong enough to feed and nurture my inner physician more aggressively.

Since the body's inner physician is based in the brain and maintained via afferent regenerative neuron activity and efferent anti-inflammatory neuron activity, my discovery made perfect sense. Neurons and human cells get their nutrition at the quorum level from robust and healthy commensal cells. This breakthrough discovery virtually eliminated my need to take huge amounts of dietary supplements. And, it has the potential to emancipate you from taking endless amounts of pills that only attack your symptoms or stimulate your body artificially. Imagine being able to be free from the way you have been living your life (in ignorance of your inner physician).

When you restore and nourish your commensal cells this way, you can live a life that is filled with balance, energy, and stamina. Part of the reason I'm giving you this new information is so that you'll realize the importance of keeping your body in a quorum state so your inner physician can get the ultimate nourishment and escalate healing in your body.

The inner physician uses nature's handiwork of commensal cells in inexplicably producing spontaneous remissions in many illnesses. Putting these life-saving cells back into your body is as essential for your well-being and growth as sunshine, clean air, and water.

When cell nourishment is poor and stress is high for many years, it takes a unique kind of quorum nourishment to repair your damaged digestive tract and reawaken the full capacity of your inner physician. This nutrition has to be pre-digested and pro-quorum fermented to work. You'll learn more about this unique kind of nutrition later in

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this book, and you'll benefit from new ways to experience a higher level of health and wellness.

For over three decades, I saw many patients with ADD, tinnitus, anxiety, memory loss, depression, fibromyalgia and other disorders of the nervous system that were all connected to anti-quorum tactics used by mainstream and alternative practitioners. I learned the hard way that it was futile to target the brain or organs with nutraceuticals, vitamins, minerals and herbs.

The nutrition that saved my life was nothing like you will find in your health food store or from companies that sell natural health products to practitioners. For you to fully activate your inner physician, your nourishment must be a pro-quorum process that I invented. All the other fermented and cultured products I tested were full of toxic mold or bad bacteria.

Now that you know the secret on how to stop your neurons from starving, you have within your reach a powerful way to enhance your inner physician function. This kind of nourishment makes everything work better in your body. You will be able to digest your food, detoxify, and regenerate damaged organs and tissues with a higher degree of efficiency.

Enhancing inner physician function at the quorum level has already produced seismic shifts in health in thousands of people who read my book, *Quorum Superhealing* (TRAFFORD BOOKS, 2009). In this book, I described the details of my over 350 scientific and clinical research publications and how hundreds of scientific studies supported my earlier research. I also attempted to show the full detail of inner physician function and its powerful connection with nature.

But, despite all the information in this book, hundreds of doctors that I board certified in Quantum Medicine were asking me to write a broad, simple, reliable, consumer-friendly booklet for their patients. Thus, what follows is information on how to heal and fine-tune your body's inner physician so you don't end up with a terminal illness of any sort.

During my decades of intensive research, the brilliant words of Hippocrates kept coming back to me: *Our food should be our medicine. Our medicine should be our food.* Thus, this booklet will give you the results of my findings on what foods were stressing or enhancing my inner physician. In my four decades of clinical research, I always worked side by side a physician so we could monitor laboratory blood tests and truly understand the medical benefits of food.

Most of the patients who came to our clinic were considered incurable and hopeless cases by dozens of doctors, and in most cases we were their last hope. It's a shame that industries keep us alienated from our inner physician. It's a shame that we accept what they tell us over and over again on television commercials and don't look within for a healing solution.

The people that came to our clinic were desperate and confused and disempowered. They complained of many persistent symptoms despite pursuing many forms of

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mainstream medical and alternative medical treatments. None of them knew about their inner physician. None of them had any idea how food and supplement corporations were damaging the function of their body.

For me, identifying the foods that stressed my inner physician and reduced its healing power while supplementing with Quorum Nutrition™ provided a permanent solution to my cancer. It was a simple solution. All I had to do was provide my inner physician with the foods needed to optimize its function and avoid the foods that diminished its function.

Being diagnosed with cancer taught me more about the inner workings and secrets of inner physician healing. I learned what suppressed and enhanced its prodigious and awesome healing powers. I am now a firm believer that if you aim your efforts at the core issue of inner physician dysfunction, you can unleash the greatest healing force within your body.

Lorraine Day, MD who cured herself of breast cancer, had the courage to state the truth about why doctors are failing us today, stating: *"Your doctor is trying to provide the best treatment for you within his or her knowledge. But doctors are not taught about health in medical school - only about disease. Most doctors do not receive even ONE HOUR of training in nutrition during their four years of medical school. The pharmaceutical industry is a multi-billion dollar industry. It provides much of the funding for research in medical schools and nearly all of the advertising in medical journals. It's the old GOLDEN RULE: he who has the gold - rules! So doctors learn ONLY about drugs! And, guess what? All drugs suppress your inner physician.*

Now that you understand why doctors neglect to explore the origins of the seemingly inexhaustible healing power of your inner physician, treating it like an imponderable, inaccessible puzzle whose operation is too complex to understand, you can understand why look inward is critical to restoring your health. One has to wonder whether or not doctors fear losing authority or control over us by humbly admitting that all healing comes from within and not from pharmaceutical drugs.

Thus, by now you understand that health and medical myths are at odds with common sense, the laws of nature, and the operational parameters of our inner physician. Once you understand the latent powers of your inner physician and explore its true potential, you'll become a believer and question things that most people never question. You'll gain a clear understanding about its critical link with nature, how it operates, and what is myth and what is useful in your quest for better health.

In order to accomplish this goal, I designed the **Inner Physician Assessment Test** in Chapter 2. When you take this test, you may be surprised to find out how suppressed your inner physician actually is. Don't worry; I'll explain more about why this is happening later in this booklet after you have done this simple self-assessment test.

As I explained, this educational information is founded on fundamental principles of biology and the patterns of embryonic wisdom that explains how the inner physician has

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the intelligence to form a child, month by month, after conception. Thus, the power that embryologically formed us is the same power that you can tap into to heal your body. But, in rare cases, sometimes disease goes too far and too much damage is done to your inner physician so always keep in contact with your doctor.

Even after reading this chapter and taking the test in Chapter 2, if you are still skeptical, try the program for 30 days and prove it to yourself. Unlike other diet and nutrition books, there are no tricks or gimmicks—you be working toward nourishing and strengthening your inner physician, the underlying fundamental problem of why we get sick.

# **The Yanick Inner Physician Nourishment Program**

## **Chapter 2**

### **EVALUATING THE STATUS OF YOUR INNER PHYSICIAN**

The spectrum of your inner physician's capabilities is enormous; its potential power is prodigious and extraordinary. Once you tap into its super-healing power, you'll realize that popular majority opinions about health rarely point to the truth.

It's human nature to stick with the things we are familiar with and the things we think we know. For some of you, it might be a challenge to make sense of new things because your frame of reference is distorted and not founded on the truth. Subtle lies find fertile ground in the elements of fear and greed that pave destructive paths of short-term rewards while disguising the long-term devastations to our health.

But, in the face of a broken paradigm of healthcare, Americans are seeking greater control of their health and are reclaiming the traditions of our ancestors, respecting the world's most honored physician, Hippocrates. With this expanded awareness, you can focus on awakening and activating your inner healer. As health care costs increase and become inefficient at keeping us healthy in a toxic world, greater responsibility is being—and will continue to be—placed on each of us to stay healthy and prevent disease.

Most of us have grown up with a "fix it" state of mind when it comes to our health. We don't look deep within ourselves at our inner physician to find out why we are sick. We crave instant gratification, instant energy, and instant relief from our symptoms. We don't take care of ourselves, as we should. We've forgotten and foolishly locked our powerful inner physician in a vault deep inside our body.

Engaging the genius of your inner physician and its coalition with nature is your best way to have better control over stress and chronic illness. I've learned (and so will you) many specifics on how to get fully connected with nature and activate the most powerful healing force known to man.

But, first you need to evaluate your inner physician function and monitor your progress over time. Accordingly, this chapter will be your home base—the place where you can take a baseline test score now and month by month as you endeavor to nourish you body.

#### **Inner Physician Assessment Test**

Awareness and understanding of your inner physician status can prevent our toxic environment from wrenching your emotions, deranging your mind, impairing your body, and extinguishing your life. I've created a list of symptoms that will aid you in evaluating your inner physician status. Your answers will give you some insight into how much you are suppressing your innate healing capacities and help you to evaluate how much your

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health has improved after implementing this 30-day program. The higher the score, the more weakened your inner physician is, and the more this program can help you (*please note that this assessment test is not a replacement for regular medical checkup or medical diagnoses by your primary health care physician*).

As you complete the questionnaire, try to be honest about how you are feeling physically and mentally. Use the following rating scale to assess the severity of symptoms:

0 = Never have the symptom

1 = Occasionally have the symptom

2 = Frequently have the symptom

Do you... (score each *statement that applies to you*)

- Crave starches and sweets?
- Have indigestion, heartburn, bloating or gas?
- Have problems losing weight and have excess belly fat?
- Have lung or sinus symptoms?
- Get irregular or skipped heartbeat or a rapid pounding heartbeat?
- Have arthritis or pains in muscles or joints?
- Experience brain fog, poor memory or have poor concentration?
- Experience skin symptoms, excessive sweating or hot flashes?
- Experience excessive urination?
- Have low sexual energy?
- Have difficulty remembering things?
- Have periods of anxiety?
- Have swollen, red or itchy eyes?
- Get constipated?
- Fail to eat a good, healthy breakfast?
- Eat white bread or pasta daily?
- Chew gum on a regular basis?
- Drink juices, soda, or other sweet drinks?
- Need a cup of coffee or tea to function?
- Eat margarine in place of butter?
- Tend to eat lo-cal meals and drink diet sodas?
- Eat fried foods daily?
- Binge on sweets?
- Feel tired late in the afternoon?
- Feel sleepy after dinner?
- Find it's hard to stay focused at work?
- Get headaches, dizziness or lightheadedness?
- Yawn a lot during the day?
- Feel depressed, sad or experience mood swings?

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- Wake up tired in the morning?
- Feel nervous and irritable?
- Feel weak and tired?
- Drink any alcoholic beverages daily?
- Have trouble falling asleep?
- Wake up at three or four in the AM and can't sleep?
- Experience muscle pain or spasms?
- Have low or high blood pressure?

If you've answered "yes" to more than ten of these questions and your score is between 15 and 20, you could very well be experiencing a 30% deficit in the functional status of your inner physician.

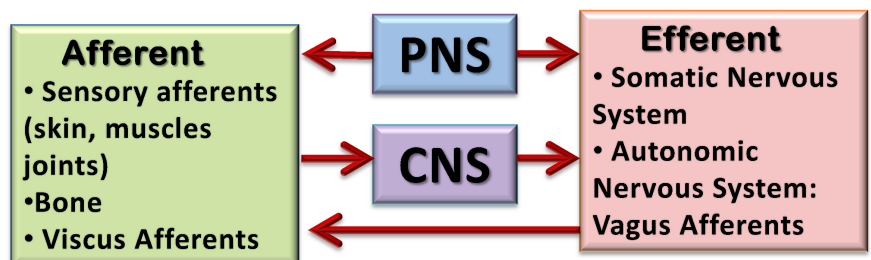
If you've answered, "yes" to more than fifteen of these questions and your score is between 25 and 30, you could be experiencing a 60% deficit in the functional status of your inner physician. Having a 60% or greater deficit means your inner physician is too weak to quell the fires of inflammation. It is too weak to assist your body in detoxifying everyday pollutants and digesting your food into nutrients. When this happens, the neurons and cells in your body become woefully malnourished and toxic, no matter what you eat or what supplements you take. This process wreaks havoc with your immune system. Wave after wave of immune cells flood the body attacking vital organs and diminishing your resistance to invading viruses and infectious microbes.

Although the focus of this program is on boosting your inner physician function, and letting it heal your body, weighing yourself and checking your waist and hip measurement each time you take the test, will help you prove to yourself that this program is working. Being overweight or underweight nearly always involves deficits in inner physician function.

### The Fires of Inflammation: An Inner Physician Deficit

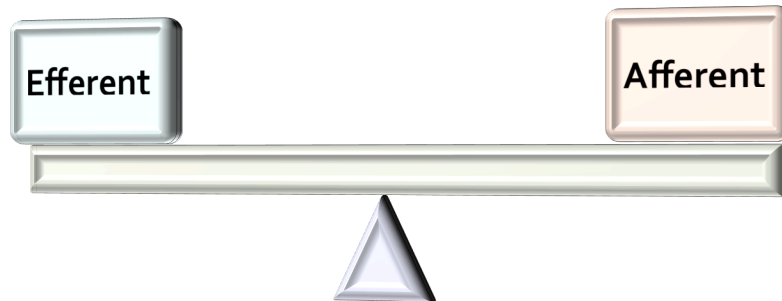
A 60% deficit in inner physician function means that your body is constantly in states of chronic inflammation. The neuro-anatomy of your inner physician includes the EFFERENT CHOLINERGIC ANTI-INFLAMMATORY PATHWAY. When this pathway is too weak and the neurons are desensitized, your inner physician is unable to keep the fires of inflammation under proper control. Inflammation is the body's first line of defense against infection, but when it goes awry, researchers have

### Neuro-Anatomy of Inner Physician



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proven that it causes heart attacks and strokes, cancer, Alzheimer's and a host of other diseases.



Inner physician efferent-afferent deficits of this nature are triggered by man-made chemicals and toxins and amplified because the neuro-anatomy of inner physician is too weak to detoxify the body and eliminate inflammation-inducing toxins and carcinogens. When this happens, the body turns on itself—like a child that can't resist picking a scab—with aftereffects that underlie the majority of degenerative diseases.

Making matters worse, many foods make it easier for inflammation to persist and do more damage to the body. Inflammation has become one of the hottest areas of medical research. Hardly a week goes by with the publication of some study uncovering how inflammation damages the body. Scientists know that it destabilizes cholesterol deposits in the coronary arteries, leading to heart attacks and strokes and that it causes cancer.

Dr. Paul Ridler, a cardiologist at Brigham and Women's Hospital told TIME magazine in 2004 "*Now the whole field of inflammation is about to explode.*" And, explode it did with all kinds of unsafe drugs promoted to fight inflammation. The furor led to the withdrawal of Vioxx and in a congressional hearing in 2005, David J. Graham and FDA drug safety expert admitted that as many as 55,000 Americans may have died taking these kinds of drugs. Worse, studies showed elevated cardiovascular risks forcing the FDA to add a "precaution" to the label of the drug.

Just open the newspaper and odds are good that you'll be confronted with another safety scare over prescription drugs. The steady drumbeat of bad news from drugs since 2004, has caused a flood of direct-to-consumer advertising to drive up drug sales, leading FDA's Dr. David Graham to state that Americans are "*virtually defenseless*" against unsafe drugs, and called the regulators "*incapable of protecting America against another Vioxx.*"

Everywhere they turn, doctors are finding evidence that inflammation plays a dominant role in chronic diseases. Dr. Gailen Marshall, an immunologist at the University

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of Texas Medical School at Houston told TIME that *"Were in a quandary right now...We're advancing the idea to heighten awareness. But we really can't recommend specific treatments as yet."*

Now that you understand that chronic inflammation is the engine that drives some of the most feared illnesses of middle and old age, you can understand why it is so important to restore the efferent-afferent neural functions of your inner physician so it can control and put the fires out of excessive inflammation.

My unique discovery that different kinds of polar lipids elevate the functional status of the efferent-afferent neuro-anatomy will make a real difference on how you can nourish and strengthen your inner physician. **THYROLIPID™** is used for the afferents and **NEURONUTRITURE™** is used for the efferents.

In the next chapter, you will discover the foods and products that stress your inner physician, and allow the fires of inflammation to damage your body.

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## **Chapter 3**

### **INNER PHYSICIAN STRESSORS**

Symptoms such as pain, swelling, aching, nausea, anxiety, skin rashes, a stuffy nose, or fatigue are all signs that something is wrong with your inner physician and that it can no longer put out the fires of inflammation. Tuning into your body and understanding the reasons for these symptoms not only makes you feel better, but it can help you eliminate unproductive, stimulatory health habits that are undermining your body's inner physician.

Listening to your body will put you in charge of your health. It will help you weed out bad dietary habits. It will help to break habits that weaken your inner physician and give you power, energy and aliveness.

Self-awareness is the beginning of wisdom and is a prerequisite for optimizing your inner physician. In the hustle and bustle of everyday life, we tend to forget to listen to our body language. Instead, we take a pill to calm our stomach or to provide headache or pain relief. So many people don't start listening until something happens that jolts them out of their lazy, addictive, unhealthy habits. I encourage you to listen before it is too late to fix your health problem. Remember, fifty percent of people who have a heart attack don't survive, and cancer is now killing one out of three Americans.

A stressor is any thing that robs the body of wholeness at the core-link of our embryologic origin, causing our inner physician to get weak and dysfunctional. A stressor creates a disorganized circuitry in the brain that function like a fuse that is always blowing out in your home.

Today's propaganda tries to force us to stop thinking, to accept social norms and clichés unquestionably, and to quickly consent to all sorts of health damaging practices. This blind trust of medicine and the food industry is prompted by fear and misinformation. It blinds us from seeing the unlimited potential of our inner physician.

If you want to maximize your health potential and live your life full of happiness and vitality, you must see through the deceptions of the commercial health and nutritional industry. Focusing on treating symptoms is like harvesting the fruits of a tree while ignoring its roots. We have to trace the fruits back to the branches, then to the roots to see what made the fruits grow in the first place.

If you want your health to prosper, you must focus on reducing or eliminating toxic man-made chemicals that stress your inner physician and kill your body's healthy microbes or commensal cells. Once you have identified the foods and supplements that

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depress inner healing, the next step is to learn the lessons and never repeat the mistakes. I've learned this all the hard way myself at 62, I am happy to be here to share this vital information with you. For me to survive two life-threatening illnesses, I had to concern myself with the root causes of why my inner physician was failing to heal my body. I had to stop chasing symptoms with herbs and killing infection with natural anti-infective products like colloidal silver, oregano or neem oil, allicin from garlic and other herbs that counter infection.

The US Department of Health and Human Services estimates that 95% of Americans have blood levels of organophosphate pesticides (OPs). OPs have been linked to ADD, many diseases and even cancer (*ENVIRONMENTAL HEALTH PERSPECTIVES 2003:111*). There was a 10-fold increase in malnutrition and childhood diabetes between 1982 and 1984 (*JOURNAL OF PEDIATRICS 1996:128*). Between 1999-2000 experts reported that childhood obesity was skyrocketing (*JAMA 2002:288*). And, in 2001 researchers reported a 59% increase in Leukemia; a 70% increase in Stomach Cancer, a 63% increase in Cervical Cancer and a 68% increase in Uterine Cancer due to man-made chemicals in pesticides (*AMERICAN JOURNAL OF INDUSTRIAL MEDICINE 2001:40*).

Numerous researchers are also reporting that cancer is skyrocketing due to the Food, Inc diet (*EPIDEMIOLOGY 1997:8*; *J NATIONAL CANCER INSTITUTE 1997:89*; *MEDICAL HYPOTHESES 1997:48*; *INT JOURNAL OF CANCER 1996:65*; *PREVENTIVE MEDICINE 1978:7*; *NUTRITION AND CANCER 1979:1*) Colon cancer 250% greater risk for meat and 200-300% greater for poultry compared a vegetarian diet (*AMERICAN JOURNAL OF EPIDEMIOLOGY 1998:148*; *AMERICAN JOURNAL OF GASTROENTEROLOGY 1999:94*)

The American Institute for Cancer Research & World Cancer Research Fund issued a major international research report of 4500 research studies entitled *FOOD, NUTRITION, AND THE PREVENTION OF CANCER: A GLOBAL PERSPECTIVE*. The result: 60-70% of cancers can be prevented if diet is primarily vegetarian and if patient stays physically active. This report included a panel of 15 of the world's leading researchers in diet and cancer. They concluded, "*Vegetarian diets decrease the risk of cancer.*"

Dr. T. Colin Campbell from American Institute for Cancer Research says "*The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illnesses can be prevented simply by adopting a plant-based diet.*" Yet the cattle, dairy and poultry industry deny all this research. They even sued Oprah Winfrey for exposing the truth about meat on national television!

### **Foods and Products That Stress your Inner Physician**

As you reflect on the evidence against what the overwhelming majority of people take as a daily multivitamin, you undoubtedly realize that man-made chemicals break up the cellular coalitions and alliances needed for your body's inner physician to heal your body. The key to stimulate a quorum or coalition is to identify "the bad guys" or the

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common enemies of the inner physician. The following are the most common disruptors of a quorum status that weaken your inner physician:

- 1. Man-made vitamins, chemicals and drugs** – Includes nutraceuticals, pharmaceuticals, vitamins, minerals and hormones that are milligram dosed. And, anti-aging based hormone replacement therapies (HRTs) with progesterone, DHEA, pregnenolone, HGH, or melatonin, as they work to disrupt your inner physician. Even progesterone used as topical sterol diosgenins (wild yam) or synthetic progestins in females can induce leaky blood vessels, activate inflammation, increase risk of cardiovascular disease, and encourage cancers to spread rapidly and metastasize (*RHEUM DIS CLIN NORTH AM*, 2005; 31; *ARCH NEUROL*, 2005; 62; *J CLIN PHARMACOL*, 2005; 45; *J CLIN ENDOCRINOL METAB*, 2005; 90:1181-8; *FERTIL STERIL*, 2005; 84). And, avoid all food grown with pesticides and weed killers.
- 2. Digestive enzymes** or hydrochloric acid derange the critical ecosystem needed for commensals to survive and maintain a quorum status. The side effects of failing to activate your bodies own digestive enzymes by nourishing your inner physician are leaky gut syndrome, ulcers, opportunistic yeast infections, and prolonged gut inflammation.
- 3. Herbal and food concentrates** like oregano, neem oil or tea, garlic extracted allicin, bee propolis, and super-concentrated goldenseal root lomatium and colloidal silver may quell a local infection but in the process, they slaughter your commensal cells, which are 70-80% of your immune system. Gaining resilience to pathogens requires quorum nourishment.
- 4. Man-made chemicals** in body care and household cleaning products or fragrances used to cover up odors and as preservatives in packaged foods.
- 5. Dairy Products, Eggs and Meat** – To understand more, read my book *QUORUM SUPERHEALING* and see the movie **FOOD, INC.** Researchers reported that dairy products increase cancer risks (*THE LANCET* 1998: 351; *JOURNAL OF THE NATIONAL CANCER INSTITUTE* 1999:91; *CANCER GENE THERAPIES*, 2000:3; *INTERNATIONAL JOURNAL OF CANCER* 2000:87; *JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION* 1999:99). And, they reported a 250% greater risk of cancer for meat and a 200-300% greater risk of cancer for poultry compared a vegetarian diet (*AMERICAN JOURNAL OF EPIDEMIOLOGY* 1998:148; *AMERICAN JOURNAL OF GASTROENTEROLOGY* 1999:94). Don't worry about getting a calcium deficiency by avoiding dairy. The dairy industry wants you to believe that only calcium in dairy is absorbable with bioavailability. However, research in the *AMERICAN JOURNAL OF CLINICAL NUTRITION* 1994:59 proved this a lie as calcium absorption rates are 63.8% for Brussels sprouts, 57.8% for Mustard greens, 52.6% for Broccoli, 50% for Kale and only 32% for dairy.
- 6. Caffeine, alcohol, sugar, processed grains, alcohol, and all natural sweeteners.** Be careful, as many of these items are addictive. Try eliminating them

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for three days. See how you feel. If you get a headache, feel tired and depressed, or anxious, you are addicted to them and stressing your inner physician. If your body craves stimulation to function, you're addicted. These are powerful inducers and promoters of inflammation. Do not consume them.

7. **Mold or mycotoxins** - Today, mold or mycotoxins may present the greatest health threat. While much attention lately has been given to the dangers associated with stealth infections, it's surprising that the dramatically increasing health threat of mycotoxins—secondary metabolites produced by many species of fungi—is still being largely overlooked. Mycotoxins are naturally occurring chemicals that are produced by fungi growing on feed, food, or grain. These fungal metabolites are highly toxic and highly suppressive of the immune system. Unfortunately, they are increasingly present in processed foods, especially in peanuts, tree nuts, beans, apples, grains, and cereals. In 1985, The Food and Agriculture Association estimated that 25 percent of the world's food crops are contaminated with mycotoxins, and the number is probably around 90% today. According to the World Health Organization, mycotoxicosis can cause Alzheimer's disease, multiple sclerosis, atherosclerosis, and cancer. In addition, many studies have documented that mycotoxicosis is a causative factor in multiple chemical sensitivity syndrome, as well as in respiratory and neurological disorders. Iris R. Bell, M.D., of the University of Arizona Health and Sciences Center, showed abnormal brain-wave activity among patients exposed to mycotoxins. Bell and her fellow researchers documented that mycotoxins have a direct biological role in initiating and/or perpetuating nervous system-related illness. The connection between the environment and health, according to A. V. Constantini, M.D., from the University of California, School of Medicine, San Francisco, is not that major diseases are caused by the consumption of specific foods, but fungi and mycotoxins present in the food chain. Try to avoid eating moldy food, and clean up mold in your basement.
8. **Raw Foods** – raw foods are great eaten fresh right out of the garden or picked right off the tree when ripe. But, the sad fact is that most of the raw food sold by raw food faddists have massive nutrient losses (as much as 90% nutrient depletion) and are loaded with mold or irradiated. The bottom line is that unless you grow your own food, you will be nutrient depleted and poisoned with dietary mold.

While this information may be shocking to you and may go against everything you have been lead to believe, you have to realize that political pressure and the power and marketing savvy of giant corporations (agribusinesses, pharmaceutical) have deceived you. These corporations and their willful ignorance of nature and science and have lulled consumers into complacency by a lack of truthful and meaningful information. Consumers are kept ignorant of safe alternative options, confused and disempowered.

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Large corporations control the food we eat—have a vested interest in controlling what we know—or think we know—about the food we eat. They desperately want to sustain the myth that FOOD INC or factory food is good for us. These powerful corporations are tightly interlocked and aided and abetted by a callous and uninvolved government and are profiting from keeping people ignorant, confused, and misinformed. One has to ask: Is not human life and the earth's ecosystem more valuable than the profit margins of any industry?

It's not easy to follow this program. Commercialism or FOOD, INC has ruined the overwhelming majority of our food. Profits come first. We are amazed to find them selling raw nuts that are over a year old and all sorts of moldy raw grains harvested 1-14-months ago. What happened to the true meaning of the word "FRESH" as when you pick something from a tree or your own garden and eat it?

But, if we don't make the effort and we are already not feeling healthy, we will unmistakably hurl our ecology into an ever-deepening pit of cellulide and inflammation that will put us in a free fall or downward spiral to premature death.

We have created a global economy of deception that generates huge quantities of toxic waste. Rooted in the basic structures of capitalism, we pollute faster than we renew the earth and we trust in medicine to fix our polluted, malnourished and damaged bodies. In the November DISCOVER in an article "Reckless Medicine" medicine's dark side and BIG PHARMA deception is exposed. The authors state *"The holes in medical knowledge can have life-threatening implications according to the Agency for Healthcare Research and Quality: more than 770,000 Americans are injured or die each year from drug complications, including unexpected side effects, some of which could have been avoided if somebody conducted proper research. Meaningless or inaccurate tests can lead to medicate interventions that are unnecessary or harmful. And, risky surgical techniques can be performed for years before studies are launched to test whether the surgery is actually effective."*

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## Chapter 4

### INNER PHYSICIAN ENHANCERS

In the war against cancer and other stress-associated disorders, scientists have identified certain foods that are among the richest sources of active nutrients. These sources provide nourishment hundreds, or maybe even thousands of times greater than conventional foods and far surpass common nutritional supplements because they are fermented with pro-quorum tactics.

Keeping your inner physician strong is paramount for good health and longevity. Letting your inner physician weaken allows you to become a target for a host of health problems, including cancer. *Quorum Nutrition*™ works by creating a potent jump-start for all the cells in your body. It activates the quorum teamwork or synchronized communication of your neurons with your commensal cells to awaken and enliven your inner physician.

During my second incurable diagnosis at age 45, I learned how to replenish and activate a quorum status in my gut by eating certain raw foods and by taking supplements fermented with pro-quorum tactics. I believe that when a quorum was met between my commensal cells that my inner physician kicked in high gear and terminated the cancer.

Thousands of scientific studies on the dynamics of quorum communities among plants, insect colonies, and even in human society, reveal a need to restore a quorum in nature. This is nature's format for all life!

Even obesity has a quorum commensal cell component as researchers at Dr. Jeffrey Gordon's lab at the Washington University School of Medicine in St. Louis discovered. The hidden physiology of between commensal and human cells and their quorum tactics is forcing scientists to see us as living ecosystems. Dr. Jeffrey Gordon of Washington University at St. Louis says, "*We're really a composite of species. We have human cells, but there are ten times more microbial (commensal) cells.*" This means that most of our genetic material or DNA is nonhuman. Since commensal cells have hundreds of times more genes than human cells, we can begin to understand why they are the miracle healers of the body and important to our body's inner physician.

Stanford University microbiologist David Relman says this internal multitude is like a complex ecosystem—a biosphere, almost. And commensal cells perform some indispensable functions: They help us digest food, produce vitamins and all sorts of living

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nutrients, and ward off disease. Dr. Gordon calls them “*a strategic alliance,*” a symbiosis between humans and microbial commensal cells that can optimize our performance and health.

Researchers in several countries launched the International Human Microbiome Consortium, an effort to characterize the role of commensals in the human body. With the National Institutes of Health own Human Microbiome Project, new information is bubbling forth on the recognition of commensals and their far-reaching contributions to human health. “*This could be the basis of a whole new way of looking at disease,*” said microbiologist Margaret McFall-Ngai at the 108th General Meeting of the American Society for Microbiology in Boston. “*Human beings are not really individuals; they’re communities of organisms,*” says McFall-Ngai.

Ironically, virtually none of this research is applied in mainstream medicine. Instead, they slaughter our commensal cells with antibiotics. When I was faced with no hope of surviving, I had to explore the deeper functions of my commensal cells and its interface with my inner physician. I had to give up foods and habits that were constantly reinforced by the society around me. I had to bring my body closer to wholeness and true health. It wasn’t easy. However, it was all worth it! When both your human and commensals cells are nourished and cleansed, your inner physician can transform you into a “superorganism” with much stronger regenerative abilities and far greater resilience to stress.

### **Foods and Products That Enhance your Inner Physician**

Approaching and regarding life with a reverence to nature allows us to see our lives differently. As you acquire a sense of reverence for the wisdom of nature and in your inner physician, you will look at the food and supplements you eat and the water you drink much differently.

One of the best ways to cultivate the ability to see through myths and health frauds is to recognize them for what they are. Always be aware of how little you know and how much your inner physician knows and is stressed by the decisions you make in everyday life.

You are about to make a substantial change in your life that may seem difficult at first. It’s going to get easier because most people feel the rewards right away. You’ll sleep better, feel better, and have more energy.

Your body is teeming with living cells. Living cells need to derive, store, and use energy from living nutrients. Now that you have discovered the facts about nature’s recipe for nourishment, it will be easier to make the necessary lifestyle changes to get healthy.

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## RECIPES TO OPTIMIZE YOUR INNER PHYSICIAN

The following are the ultimate best ways to rev up and optimize your inner physician:

### BREAKFAST IDEAS:

- **QUORUM NUTRITION™ BREAKFAST SMOOTHIE** - Blend at low speed, 1 cup of fresh-diced pineapple, 6 ounces of water, 1 cup of raw nuts (see [www.AEVincent.com](http://www.AEVincent.com) for trustworthy sources as most nuts are rancid and moldy) and 1 level teaspoon of QUORAFood MEAL REPLACEMENT.
- **QUORUM NUTRITION™ NUT PUDDING** - Soak 1 cup of raw cashews or almonds in fresh orange juice overnight. Blend soaked nuts into a thick pudding with 1 tablespoon of raw coconut oil (add water if mix is too thick). Serve over fresh strawberries, blueberries or pineapple chunks.
- **SOURDOUGH TOAST** - Toast Alvarado Street Sourdough bread. Apply raw coconut oil and raw Halvah.
- **RAW NUTS** – ½ to 1 cup of raw nuts make an ideal breakfast
- **RAW HALVAH BALLS** - Using a coffee grinder or food processor, chop raw cashews or almonds. Make raw Halvah balls, rolling them in the freshly ground or crushed nuts.

### LUNCH IDEAS:

- **RAW VEGETABLE SALADS** - Eat 1-2 cups of any of the top RAW vegetables daily for optimal fiber. These are the top 12 vegetables that I found in my research that nourish the inner physician above and beyond any other foods: mung bean sprouts, curly parsley, celery, asparagus, okra, young green beans, raw peas, cucumbers, peppers, squash, scallions and ripe tomatoes. Top liberally with QUANTAFoods CONDIMENT and fresh ground nuts.
- **VEGGIE DIP** – Soak 1 cup of raw cashews or almonds in water overnight. In a blender mix the soaked nuts with 1 teaspoon of fresh grated ginger, 1 teaspoon of NAMA SHOYU and 2 tablespoons of QUANTAFoods CONDIMENT.

### DINNER IDEAS:

- **VEGETABLE-GRAIN COMBO** - Eat 3 cups of a mixture of any of the following lightly cooked or steamed vegetables daily (artichokes, broccoli, broccoli rabe, cauliflower, Brussels sprouts, cabbage, chicory, Chinese cabbage, collards, cress, dandelions, endive, spinach, root vegetables like beets, carrots, celeriac, parsnips, radishes, fennel, Jerusalem artichoke, potato, sweet potato, and yam). Serve over white Jasmati or Basmati rice or EDDIE'S PASTA adding 2 tablespoons of raw coconut oil, 1 teaspoon of raw NAMA SHOYU and 2 tablespoons of QUANTAFoods CONDIMENT.
- **EGGPLANT-TOMATO SUPREME** – Dice 4 cups of fresh eggplant, 1 cups of green or red peppers, 2 cups of fresh tomatoes, 6 tablespoons of MIDDLE EARTH or HURLEY FARMS

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Olive Oil with added fresh basil and a pinch of garlic and oregano into a corning ware and bake at very low temperatures for 30-40 minutes. Can be served over EDDIE'S PASTA with grated raw milk cheese.

- **IDEAL QUORUM SOUP RECIPES** = Cook 2 cups lentils or garbanzo beans (no to other legumes) on a low flame for 45 minutes. Turn off heat and add 2 cups of diced fresh tomatoes, 1 cup of diced celery, 1 tablespoon of QUORAFood MEAL REPLACEMENT and 2 tablespoons of QUANTAFoods CONDIMENT and serve hot. As a variation, yams or winter squash can replace the lentils or garbanzo beans. NOTE: Soups can be made from organic split peas or minestrone can be made with string bean and other vegetables along with olive oil or coconut oil.
- **PIZZA** – Mix 1 cup of BIONATURAE® ORGANIC STRAINED TOMATOES (glass jars) with 1 tablespoon of QUANTAFoods CONDIMENT. TOP 3 slices of toasted ALVARADO STREET SOURDOUGH BREAD with the sauce and cultured raw milk cheese. Heat until cheese melts.
- **PASTA** - Mix 1 cup of BIONATURAE® ORGANIC STRAINED TOMATOES (glass jars) with 1 tablespoon of QUANTAFoods CONDIMENT. Cook for 15 minutes at low heat and top over EDDIES PASTA with fresh ground cashews or raw cultured milk cheese.

### Seven Steps to Engaging Your Inner Physician

When you make this program a part of your regular life, you will benefit the most. Fad diets and FOOD INC foods and quick-fix supplements are a recipe for disaster. These approaches will inevitably leave you frustrated and discouraged and send you back to sitting on the couch depressed. In order to achieve long-term success, you must approach diet with respect for your inner physician and nature's wisdom.

Today with FOOD INC controlling supermarket foods, it is almost impossible to get nourishment. Critical nutrients are lost from processing, cooking, irradiation, pasteurization, and sterilization techniques. By the time you eat most produce it is 21 days old and literally depleted in 95% of nutrients.

In today's world we are overworked, overtired, and overextended. All this makes changing our diet difficult. But, if you look forward to feeling and looking better and find the foods that you like out of the choices that enhance your inner physician, you will succeed.

Throw away your calorie counters and your food scales and follow the seven steps below to get your inner physician functioning at peak efficiency:

1. **Eliminate the foods that STRESS your inner physician.** Put aside all expensive, quick fix supplements, diet plans, diet pills, or addictive caffeine or vitamin-containing products. Don't take any supplements or gimmicky liquid meal replacements or energy boosting beverages. Try to avoid conventionally grown foods. A study published in the *Journal of Applied Nutrition* found 390% more selenium, 138% more

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magnesium, and 125% more potassium in organic versus conventionally grown foods.

2. **Emphasize the foods that ENHANCE your Inner Physician.** You have plenty of choices of inner physician enhancing foods to make your diet interesting and palatable. Getting ample fiber from raw carrots, celery and other vegetables is critical to establishing an ecological niche in your gut for commensal cells. In turn, the commensal cells will nourish your inner physician. Get the freshest produce possible and if possible grow your own curly parsley and celery and sprout your own mung bean sprouts. The fresher the food, the faster your inner physician will respond. When you pick the food and eat it fresh, you are allowing food to be your medicine. The invisible and unknown qualities and nutrients in these foods hold the secret to engaging your inner physician. A lot of painstaking and expensive research went into my selection of the foods that were universally critical for inner physician improvement. All these foods will provide a safe haven for beneficial commensal-probiotic cells to proliferate in your gut. You want this army of cells on your side to keep the intestines free of infection and toxins and to digest your food more efficiently into micronutrients to empower your inner physician. AE Vincent.com is a source for a lot of the approved and tested foods that I personally consume to keep my inner physician healthy.
3. **Get a QuantaFoods Association Nutritional Consultation** for clinical nourishment far above the quality of any organic food or supplement you can buy in your local health food store. These food concentrates allow your commensals to find a permanent residence in your gut. Remember, commensals are the strong arm of immune defenses and manufacture nutrients to keep your inner physician in super-healing modes. **NOTE:** This consultation service is for members only!
4. **Drink at least 3-4 glasses of purified RO water daily.** When the need to eat strikes you, you may actually be thirsty. The hunger signal is often confused with the signal for thirst in your brain. For superior hydration add at least one or more ounces of HYDRAWATER™ as a catalyst to your purified drinking water each day
5. **Exercise daily.** Walk fast while maintaining good posture. Find a walking buddy, and commit to meeting them regularly. Ask your doctor where to start with walking. Most start with 15 minutes a day and add 5 minutes every week until they are walking one full hour a day. After a few weeks of exercising, you'll have more energy during the day, sleep better at night, and start noticing some positive physical changes in your body. Stay flexible by stretching your muscles daily before and after walking. Keep in mind that one hour of fast postural walking can reset your body's "set point" so you quickly reach your ideal and healthy waistline. While exercising only, always wear the *QUANTUM E PROTECTOR* to clear out any cell phone or modern day frequencies that can disrupt the function of your inner physician.

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6. **Minimize stress** by avoiding stimulatory substances and by keeping a positive attitude about life. When it comes to your health, it is most important to make sleep and relaxation a priority. Don't eat close to bedtime! A full stomach interferes with sleep patterns. Breathe deeply in response to a stressful situation. Stress is inevitable! Every tense situation, or even a memory of one, causes a change in breathing, and it's best to take a deep breath. Don't deny or repress your feelings. Maintain emotional balance by sharing your feelings with family and friends. Don't hold negative feelings in, as they will continue to perpetuate harmful cycles of stress.
7. **Lower your exposures** to environmental pollutants, household chemicals, pesticides, and toxic fragrances found in body care products (loaded with fat-storing xenoestrogens), irradiated foods, and genetically modified (GMO) foods. Food irradiation, which ostensibly kills anthrax and food-borne pathogens and gives food a longer shelf life, has a decided anti-quorum downside, one that negates any so-called benefits of the process.

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## Chapter 5

### PUTTING IT ALL TOGETHER

More and more of us are realizing we can choose a way of life and a way of eating that honors our inner physician and nature. These choices can free us from the lies and deceptions of commercial industries and lead us to a far more fulfilling life.

I am a proponent of each of us taking responsibility for our own health, making choices that are in alignment with our highest good and that allows for the natural unfolding of our inner physician. If there is one thing I learned about healing power, it is this: It does not come from the treatment of symptoms. Our true healing power comes from responding to and nurturing our inner physician.

Once you've had a chance to feel the power that comes from nourishing and strengthening your inner physician, you will undoubtedly feel, as I did, renewed and invigorated with a new understanding of life and health. But, you have to realize that may take time to cleanse and nourish your body after you've become toxic and nutrient-depleted for years and even decades.

You have given yourself a wonderful gift of taking 30 days to revitalize your health. You have created the basis for preserving and supporting your health while reducing the risks of a heart attack, cancer and other diseases. Fixing the internal biology of your inner physician has tremendous potential for your long-range health.

I congratulate you on looking inward and doing as I did to stay healthy and alive. I strongly encourage you to work with your doctor in making these changes and to share your success story to help others reclaim their health.

If you have lost a large number of commensal cells, it takes time to restore the full function of your inner physician. This process does not happen overnight. It takes years and decades of poor eating and undernutrition before you end up chronically ill. But, month by month you should see progressive improvements in your health.

As you begin to cultivate and nurture your inner physician and its cellular counterparts, your body will naturally want to throw off toxins. When this happens, do not fast on water or juices. Eat extra raw mung bean sprouts, curly parsley, celery, asparagus, and okra to help the cleansing process and give an extra boost to your inner physician.

So far, we have looked at the inner physician and its own restorative and rejuvenative powers and its diminishment from being disconnected with nature and proper nourishment.

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Remember, throughout the pages of this booklet, I have stated that optimal health requires proper functioning of your inner physician. Doesn't it make sense that, if we do this, we can be disease-free, injury-free, toxin-free, and highly energized in a state of super-healing?

These lifestyle changes are designed to cleanse your body of harmful toxins and carcinogens that can alter your brain chemistry, causing fuzzy thinking or changes in your moods, thoughts, feelings, and behavior. As a result, you should begin to notice positive changes in your mental attitude. In addition, staying away from stimulatory supplements or the foods that depress your inner physician can help to stabilize your blood sugar and shift you from a negative to a positive emotional state.

Enjoying life is about feeling energetic enough to take part in activities and relationships that are important to you—that motivate you to get up every morning. How you view life and the satisfaction you get from life have a major influence on your health.

With the information you've learned in this booklet, you have the potential to enhance your body's innate healing energies and become more resilient to stress. Not everyone responds in exactly the same way to the pressures of life. Some of us are able to rise above crises, while others are left devastated. Much of our ability to cope during, and rebound after, stressful life passages has to do with our overall state of our inner physician. Some clues to your own stress level may be found by reviewing habitual behaviors, as well as the messages your body is sending you.

If you're over 50 years of age, you likely won't see changes overnight. And, you should consider medical assistance from a doctor that is open to natural methods. Don't delay! Set your goals, and stop wasting time and money on diet fads and quick-fix approaches. Diseases are reaching global epidemic proportions. Think about it. The top three causes of death in this country have been scientifically linked to diet and nutritional deficiencies, and therefore, are preventable. *Quorum Nutrition*<sup>™</sup> gives you the most advanced way to help nourish your inner physician and its commensal cell disease fighters against the nation's top killers.

A quarter of the population has heart disease. As much as 40 percent of those who have a heart attack have no warning symptoms at all. And here's the shocker: For half of those who have a heart attack, the first symptom is death.

But that's not the way it has to be. Good nutrition can prevent heart attacks. Citing 749 scientific studies in a 2002 *JANA* article, Mark C. Houston, MD, of the Vanderbilt University School of Medicine, concluded that optimal nutrition can prevent, delay the onset of, reduce the severity of, treat, and control cardiovascular disease.

Heart attacks usually happen when your inner physician is unable to control the fires of inflammation. Chronic inflammation destabilizes plaque in the arteries. Like gunk inside an old pipe, plaque keeps building up. Then, one day, often with no warning, the plaque ruptures, clots, and stops the flow of blood to the heart, causing a heart attack.

## The Yanick Inner Physician Nourishment Program

Nurturing and nourishing your body's inner physician makes perfect sense. You are hardwired for health, not disease. Allow your body to undergo reorganization as you tap into the greatest healing force known to man.

A word of caution: If you have a medical problem or are taking drugs, always consult your doctor before changing your diet or taking supplements. Ask your doctor before implementing this program, and get his approval. If you have been medically diagnosed with a disease, follow the advice of your doctor, and don't endanger your life by stopping prescribed medications. Opt for complimentary or alternative medicine physicians when there's no sudden or severe, life-threatening health problem. Continue to rely on your physician to diagnose your health issues.

Many in the field of alternative medicine are quickly accepting my breakthrough research on quorum nutriture. But, beware because many companies have scrambled to come up with cheap, knock-off products to copy my unique discoveries. Using buzzwords like "nano" "cultured" "fermented" "cell resonant" and or "Quantum Nutrition" they have tried to confuse the public into thinking they are getting the same type of nutrition I discovered.

Only implement the products suggested in this booklet that have my approval. The rip off products and fermented or cultured supplements do not use pro-quorum methods and may be high in mold and toxic substances that, in my professional opinion, are unsafe and dangerous to health. When misused, raw and fermented foods can undermine the faith of a public primed to expect health benefits from what they are reading in this booklet.

Don't be misled by false claims of the probiotic market! I experimented for decades with trying to mimic nature's wisdom in the quorum process and found not one commercially available probiotic that worked to restore a quorum among commensal cells.

It took a few years of diligent research to find the answers and the type of pro-quorum fermentation that would give doctors the best clinical results possible. I invented an 8-strain blend that was in a format that could recolonize the gut with commensals, allowing the body to mimic nature's original intent before the use of antibiotics. Ask your doctor to consider this product called **QUANTABIOTICA™**. Both **QUORUM NUTRITION™** or **MULTINUTRAFOOD** and **QUANTABIOTICA™** were born out of my strong desire to share with others the crucial revelations about nature's wisdom that saved my life. Throughout this book, I have relied on observations, analyses, scientific fact and experiment, and the deductions that can logically be derived to support my statements.

My groundbreaking discoveries had to be taught to doctors. And in 1990, to accomplish this goal, I founded the non-profit *American Academy of Quantum Medicine* (AAQM) to board-certify and train doctors in a form of healing that required minimal practitioner intervention. Rather than search for relief of their symptoms, patients seeking help from QUANTUM MEDICINE™ practitioners and were learning how to enhance their inner physician. The AAQM is now under QUANTAFOODS ASSOCIATION.

## The Yanick Inner Physician Nourishment Program

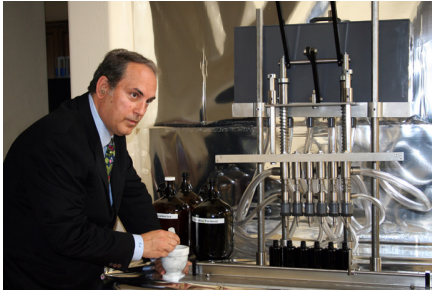
During the development of this new field of medicine, it became evident that many of the world's greatest and time-tested healing methods were formulated at a time when the world was not as toxic and when food was picked right from the garden before a meal. It took me 30 years to understand that Traditional Chinese Medicine (TCM), Ayurveda, homeopathic medicine and other older methods of healing could not elevate the function of my inner physician.

The thin foundation of science that underlies the medical, food and nutritional industry has fooled many consumers. The claims of many web-based purveyors of so-called natural health products provide a cautionary tale of how commerce and making money race ahead of science. The brilliance of nature and the science of food have given us everything we need. It is pretentious and vain to think man-made vitamins and nutraceuticals are better than whole and fermented foods.

If you are stimulated by the ideas in this booklet, go to [www.aaqm.org](http://www.aaqm.org) to read other free publications and read my other e-books. Also, we have FREE educational webinars at [www.quantafoods.com](http://www.quantafoods.com) with more information on how to awaken the full potential of your body's inner physician. For those of you on pharmaceutical drugs, **always check with your physician** before terminating these drugs. Some are addictive and some may have caused a dependency that if stopped could result in fatal consequences. For those of you who are ill, for those who are well, and for those who practice naturopathic medicine or alternative medicine, the message is always the same: Nourish and detoxify all the cells in your body to restore resilience to stress, and tap into the full powers of your inner physician.

**THE END**

# The Yanick Inner Physician Nourishment Program



**About the Author:** Nobel Prize Laureate, Dr. Szent Györgyi who discovered vitamin C, found that vitamin C in foods was far superior to synthetic ascorbic acid. Intrigued by this research, Dr. Yanick researched food-nutrient concentrates with a physician in New Jersey, finding that only food-based nourishment could improve nerve and hearing function (*JOURNAL OF THE AMERICAN AUDIOLOGY SOCIETY*, 1975:2). He discovered that fermented protein formats of food were critical to restore cell function and could bypass weak digestion and this research was confirmed by another

Nobel Prize scientist (*JOURNAL OF CELL BIOLOGY*, 1975).

Observing other Nobel Laureate research, Dr. Yanick experimented with commensal microbionics (*NATURE* 1983:301; *CELL* 1985:42; *SCIENCE* 228:1985) discovering novel ways to re-colonize the gut after antibiotic or natural anti-infective agents destroyed the gut microbionics. This discovery revealed how quorum-fermented™ nutrients could turn on or activate gut microbionics and, years later, Dr. Breaker of Yale University reported that microbionics had riboswitches functioning as “*vital regulators of critical nutrient supplies*” (*NATURE* 2007:447; *SCIENCE* 2008:321; *FUTURE MICROBIOLOGY* 2009:4; *NATURE* 2009:462). Decades ahead of time, Dr. Yanick’s 8-strain microbionics colonization blend, fed by quorum-fermented™ nutrition, was designed to restore life-supporting and beneficial microbionics. Recently, his pioneering research on importance of gut microbionics was supported by global research from over 24 research scientists as reported in *NATURE* 2010. Here are some highlights of his over 300 published papers and breakthrough discoveries:

- 1974 - 1985 – His research at different medical and university centers proved the superiority of food nourishment over milligram-dosed synthetic vitamins and minerals – *JOURNAL OF AMERICAN AUDIOLOGY SOCIETY*, 1975; *JOURNAL OF HEALTH & HEALING* 1983; *JOURNAL OF THE INTERNATIONAL ACADEMY OF PREVENTIVE MEDICINE*, 1983; AND *JOURNAL OF MEDICAL AUDIOLOGY*, 1983:5.
- 1985 - 1988 – His intracellular mineral and biochemical research at Monroe Medical Research Laboratory and Hunterdon Medical Center, along with intracellular x-ray fluorescent spectral analysis of cell mineral contents proved that milligram-dosed minerals in today’s supplements could not enter the cell to improve nerve function (*JOURNAL OF APPLIED NUTRITION*, 1988:40). His auditory nerve and nutrition research at Temple University, School of Medicine revealed how foods could restore neurological and sensory ear function (*TOWNSEND LETTER FOR DOCTORS*, JULY, 1988). His 1986 textbook *Clinical Chemistry & Nutrition* was used by thousands of physician.
- 1989 – 2001 – continuing research on quorum nutrients and pH correction (*TOWNSEND LETTER FOR DOCTORS*, DEC 1994 & MAY 1995). Discovery of quorum-fermented ligands and polar lipids, key nutrients for advancing gut microbionics colonization with homeopathic-like harmonic polarities (*TOWNSEND LETTER FOR DOCTORS*, DEC 2000; APRIL 2001; JULY 2001)
- 2001 – 2003 – Developed organic selenoprotein (*TOWNSEND LETTER FOR DOCTORS*, AUG-SEPT 2002) and cell harmonic polarities (exahertz-nanotesla) to improve his quorum-fermented™ technology and energize water. Discovery of hidden role of toxic mold in supplements and grains as the predominate cause of disease (*TOWNSEND LETTER FOR DOCTORS*, JULY 2002)
- 2004 - 2007 – more research on quorum-fermented™ nutrients and the mitochondrion (*tiny energy factories in cells*) of bacteria and yeast cells that activated the longevity gene (SIRT1). Borrowing from nature’s design, he developed advanced microbionics-nutrient formats to activate riboswitches of microbes and improve gut microbionics colonization and proliferation.
- 2007 - 2010 – University of Denmark researchers supported Dr. Yanick’s early findings on polar lipids and proved how lipids can advance nerve transmission via soliton waveforms. Studies revealed that Omega EFAs were non-polar, working in opposition to afferent nerve transmission. His clinical research documented how polar lipids could vastly improve HRV-electrocardiograms and how non-polar supplements, common in the nutritional industry, were dangerous to health.