



FOLLOW YOUR *HEART*  
NANP SCHOOL DAZE

*A DR. H MEDITATION*

# OUR SCHOOL

- *I wanted to build a school that was more than a school...*
- *A home where everyone feels like family...*
- *A place where intelligence and curiosity are celebrated...*
- *A sanctuary where we can develop amazing people into exceptional healers...*
- *A school where every student can follow their heart.*



# HOW ARE THE LESSONS WITHIN OUR HOLISTIC NUTRITION PROGRAM TAUGHT? IS THE PROGRAM VIRTUAL, HELD IN PERSON IN A CLASSROOM, OR BOTH?

- We teach with encouragement to bring out each student's best. Our curricula design is based upon the principles of neurosynaptic plasticity to help each student maximize and accelerate their learning potential, and always with lots and lots of love. At EHI, each student is family.
- Classes are 100% online, but you'll never feel alone. In fact, from day 1 you get Dr. H's personal cell number and a chance to talk with him, so you know you'll never have to jump through any hoops when you need him.
- Even though are classes 100% online, each lesson has a video presentation plus tons of supportive videos, teaching concepts, and scientific research to help you not only understand, but really master each topics.
- Then, once you've submitted your homework the real magic starts. Within 48 hours, and often in less than 24 hours, a real live teacher grades your work and gives you detailed encouraging feedback to help build your confidence. And if you have follow-up questions...GREAT our teachers will get on the phone with you to make sure we get every question answered!



## IS OUR HOLISTIC NUTRITION PROGRAM A SELF-PACED STYLE OF LEARNING, OR DOES IT KEEP TO A SPECIFIED SCHEDULE?

- Our program is designed to be completed in 18 months, but because life happens, each student will have 24 months to complete the program with the ability to take a brief leave of absence or go on a brief slow schedule.
- Each lesson is self-paced, and to help you get to graduation we require students to complete 3 lessons each calendar month starting with their first full calendar month so, there's no stress during your first month at EHI and you can get off to a great start!





# HOW MUCH ACCESS WILL STUDENTS HAVE TO THEIR TEACHERS FOR ASKING QUESTIONS, GETTING ADDITIONAL SUPPORT, OR HAVING DISCUSSIONS OUTSIDE THE SCHEDULED COURSE TIME?

- Need an hour. Get an hour. Students have UNLIMITED access to each teacher including Dr. H. We love our students and it's something you'll be able to feel from day 1.



## IS THERE AMPLE INTERACTION WITH OTHER STUDENTS TAKING THE PROGRAM, OR ARE STUDENTS FULLY INDEPENDENT IN THEIR COURSEWORK?

- At EHI we highly encourage students to make new friends and build new professional networks. So to that end, and in addition to the weekly live and recorded master classes, we have also created the EHI Student Commons where students can interact in a private and secure environment.
- We also love to get together each year at the NANP conferences and the annual EHI Learning Jamboree where we spend a weekend together cooking, laughing, and learning together.



# WHAT IS EHI'S PRIMARY FOOD PHILOSOPHY? DO WE TEACH A VARIETY OF FOOD PHILOSOPHIES FOR A WELL-ROUNDED APPROACH?

- If it's safe and gets repeatable clinical results, then we teach it.
- At EHI, we teach Organic, Plant-Based Nutrition that is very vegan friendly, very food allergy friendly, and still very inclusive of omnivores and keto principled practitioners. Our perspective is that your body will tell you what the best diet is for you, and we want to help you explore all the opportunities out there.
- We also teach breathing meditation for stress management and faith enhancement plus intermittent fasting and water fasting so our graduates know how to take advantage of the immense benefits of cellular autophagy.
- **The one thing we do focus on for everyone is ENERGY production at the mitochondrial level.**
- At EHI, we've found clinically that when cells produce energy health and healing happen. We've also found that one of the worst things a practitioner can do is to force a food ideology on your body's physiology.
- So, to that end it's really simple...we'll show you how everyone can produce energy which is quite the same and we'll also show you how to personalize diets because everybody is quite different too.
- We'll teach you how to listen to the language of your body, so you can develop a positive relationship of high level energy production that will last you a life-time.



## DOES OUR HOLISTIC NUTRITION PROGRAM ALSO INCLUDE COOKING LESSONS, RECIPE DEVELOPMENT, BASIC KITCHEN METHODOLOGY?

- YES! HNC 102 is taught by Chef Kirstin and Chef Dan and focuses on vegan cuisine as that's the area where most people struggle the most with making healthy meals. If you're vegan or want to be then you'll learn some great recipes and if you're an omnivore, you'll learn some great skills for adding delicious plant-based variety into your diet.





## WHAT TYPE OF BUSINESS GUIDANCE IS OFFERED BY OUR HOLISTIC NUTRITION PROGRAM? DO WE PROVIDE BUSINESS DEVELOPMENT COURSES AND/OR RESOURCES?

- YES! HNC 302 is our business course to help you get off the ground if you're electing to go the entrepreneurial route. It's a great way to take a lot of the fear and self-doubt that can creep in when the unknown is on the horizon. And in 2021, we're even adding in a post-graduation mentorship program lead by one of our graduates for new grads that want more business help.

- (Tell Dane's Story)



## IS THERE A JOB PLACEMENT COMPONENT TO OUR HOLISTIC NUTRITION PROGRAM?

- At EHI, we offer each student the opportunity to engage in an optional student internship with a healthcare practitioner local to where they live. In many instances this has developed into post graduate employment for our new grads. (Tell story of Aylene and the Cancer Clinic)
- As with any new venture, you will have to learn how to confidently make your own way, but what's unique about EHI is that we'll be there to help you every step of the way even after graduation.



## WHAT IS OUR NANP BOARD EXAM PASS/FAIL RATE? HOW DO WE HELP OUR NEW GRADUATES GET PREPARED FOR THE NANP BOARD EXAM?

- For students electing to get Board Certified by the NANP we have an excellent Board Exam Prep Course HNC 303 that is optional but included at no additional cost for each new student.
- We have even opened this prep course up to graduates of all NANP approved schools and the results have been fantastic in terms of passing the boards!



## HOW LONG HAVE WE BEEN IN BUSINESS? HOW CAN YOU LEARN MORE ABOUT THE AMAZING PEOPLE YOU'LL BE WORKING WITH?

- We've proudly been in business since August 2013 during which time we've successfully graduated 249 holistic nutritionists with more than 500 still on the way!
- (Link to our about us and bios on our website)





## WHAT IS OUR FINANCIAL STATUS? ARE WE FINANCIALLY IN GOOD HEALTH?

- We are regulated by the Oregon Higher Education Coordinating Commission (HECC) and Oregon Department of Justice which regulate all schools requiring annual submission of records and fee payment to ensure each school is in good financial health and each student's educational investment is protected.
- We are in excellent health or our Board of Directors would not allow us to seek new students.



# DOES OUR HOLISTIC NUTRITION PROGRAM OFFER FINANCIAL ASSISTANCE FOR STUDENTS?

- While we don't yet participate in the federal student loan programs and are evaluating to what extent doing so would force us to increase tuition, we do offer guaranteed approval on each alternative student loan application. The company we work with to process alternative student loan applications has an incredible '6 months same as cash' provision so each student who is able to pay off their student loan within 6 months gets all of their loan interest waived!
- We lead the industry in services for our students and opportunities for real interaction, while also being among the most affordable tuitions out there.
- Additionally, because we are a 501(c)3 non-profit, many of our students choose to have their accountants use their full tuition as a legal tax write off based upon one of the many provisions in the US tax code.
- In short, you'll get much more at EHI and pay much less for it. Why? Because we believe exceeding expectations is the right thing to do. Why? Because we believe a student should be able to recoup their full tuition investment within 12 months of graduation if not sooner. Education should never be a life debt and it will never be at EHI.



TANYA KIMBLE, C.H.N.

DOES OUR HOLISTIC NUTRITION PROGRAM SATISFY THE REQUIREMENTS  
FOR OUR SPECIFIC STATE LAWS? ARE WE IN GOOD STANDING WITH ALL  
REGULATORY AGENCIES?

■ Yes & Absolutely!



## DO WE HAVE AN ALUMNI LIST PROSPECTIVE STUDENTS CAN ACCESS? WHERE CAN OUR REVIEWS BE FOUND?

- Our reviews are listed on our website and on our google business page. Our grads love us and we're happy to get prospective students in touch with our grads should they request this during their initial welcome call.





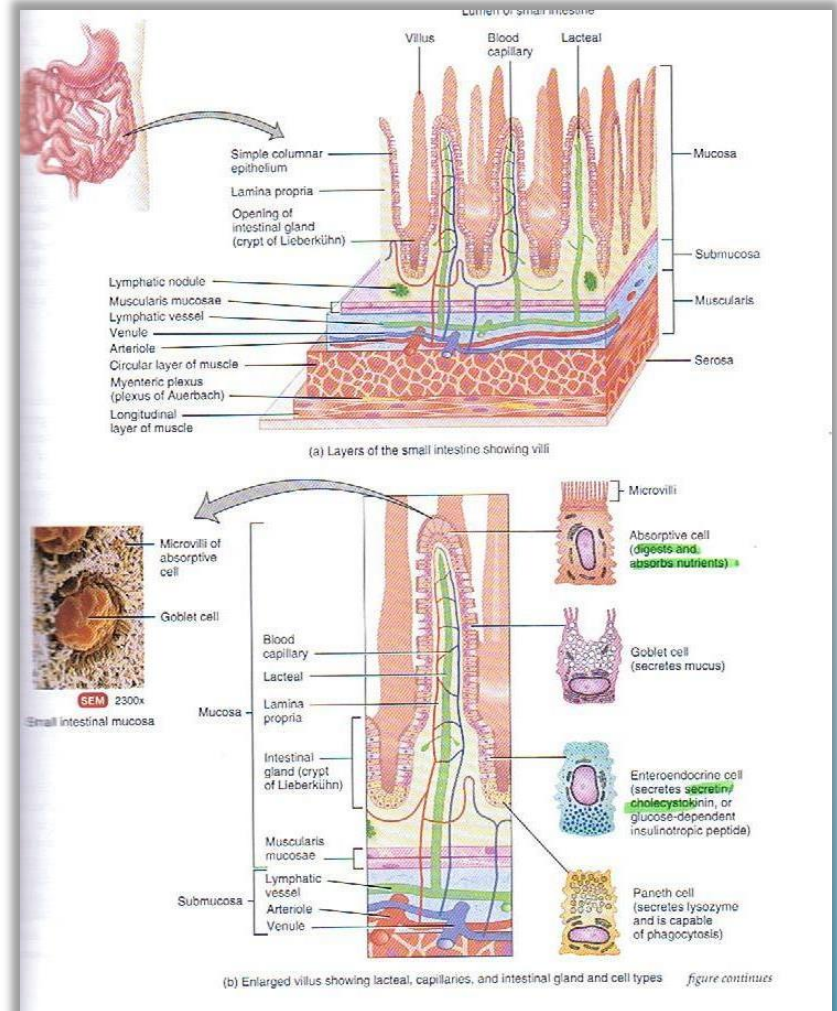
## ARE CLASS CREDITS TRANSFERABLE TO OTHER SCHOOLS INCLUDING HIGHER EDUCATION?

- This is always a great question and always a tricky one to answer for this reason. Whether or not another educational institution accepts credits from a previous school is always up to that educational institution.
- We simply have no control over that promise and anyone who claims they do is being misleading. Our experience has been that most higher education schools are reluctant to accept credits from post-secondary institutes like EHI, not because the education isn't valid, but simply because when they do accept credits it leads to a reduction in tuition and therefore loss of revenue for the high education school.
- Sadly, it's just the way things are, but we always encourage student trying and will do all we can to help.



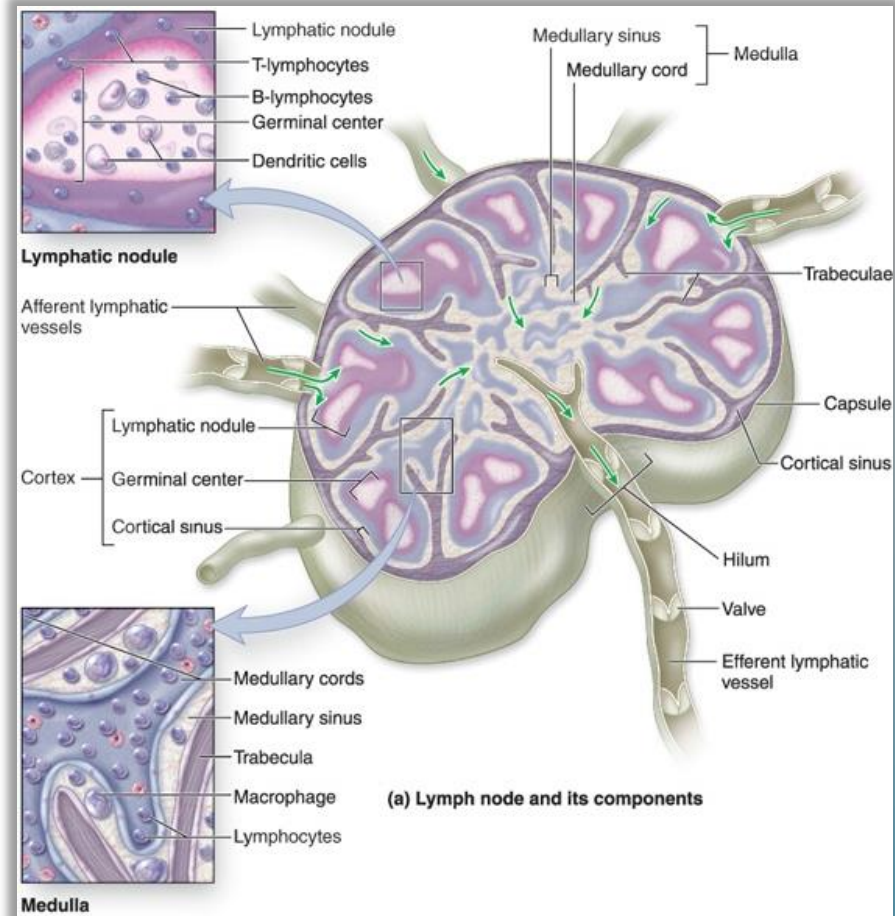
# LIPID DIGESTION

- Lipids and Fat-soluble substances are absorbed into the ***lacteals*** and then transported through the lymphatic chain where the immune system resides.
- ***The Heart is the 1<sup>st</sup> organ to receive fats from the Lymphatic System.***

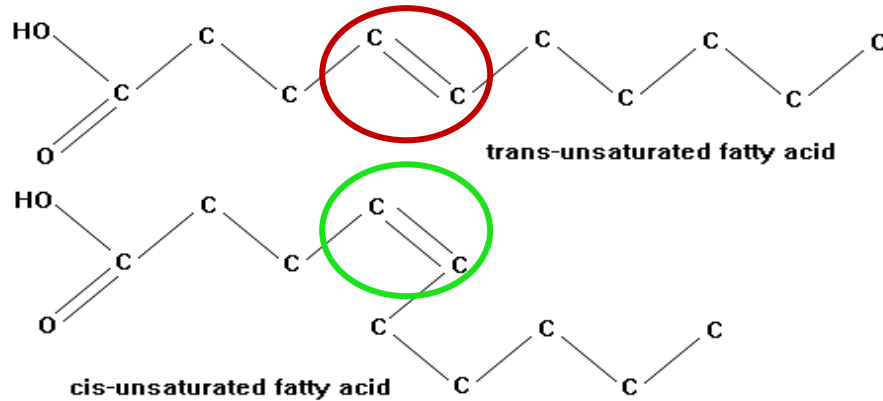


# LACTEALS BECOME

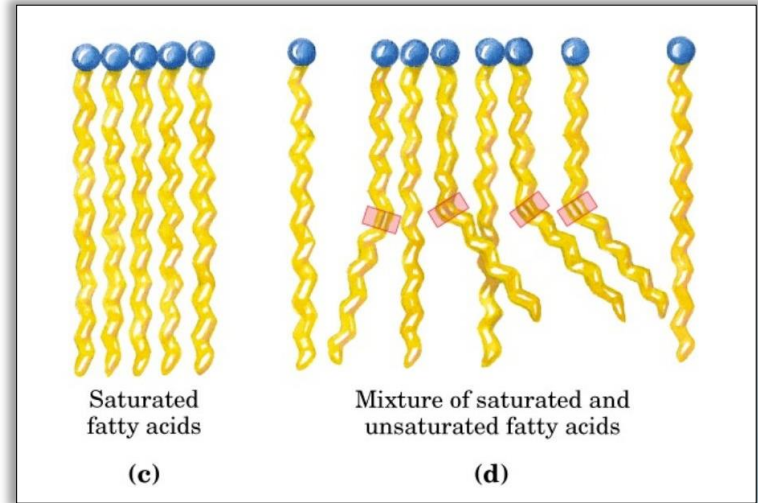
- Lymph Nodes house **B-Cells & T-Cells**
- Thus Healthy Fats will help to nourish your Immune System.
- And now we're seeing a huge influx of **Liposomal** products because this is the *fastest way to get nutrients/herbs directly to the Lymphatic System* where Immune Cells live.



# CIS vs TRANS FATTY ACIDS



- All About Configuration (Shape)
- Trans Configuration Created by Heat
- *If an Oil Smokes...it's Trans*
- **Trans** – **RIGID**, Straight, Easily Fractured
- **Cis** – Curved, Fluid, **FLEXIBLE**
- Notice that Trans Fatty Acids, while less acidic than Saturated Fats,... still have the same rigid configuration.





# FOOD ENERGETICS – OLIVE OIL

- **Net Effect pH = +2 Alkalizing**
- High content of Omega 6 Fatty Acids
  - *Without the Arachidonic Acid*
- Excellent for Liver/Gallbladder Flush
- **Oleuropein** – Antibacterial Antioxidant



# KITCHEN GUIDE™



## SELECT THE APPROPRIATE OIL FOR GREAT COOKING RESULTS

▼ USES	TEMPERATURE ▼	STOVE SETTING	▼ OIL TYPE	SMOKE POINT ▼
<b>CLASS 4 • HIGH HEAT OILS</b>				
<b>REFINED OILS (NEUTRAL FLAVOR)</b>				
All Purpose Cooking  Sear Brown Deep-Fry Tempura Breaded Fry Fry	Up to 500°F		Super Canola	520°F / 271°C
			Avocado	520°F / 271°C
			Rice Bran	500°F / 260°C
			Almond	495°F / 257°C
			Apricot Kernel	495°F / 257°C
			Coconut	450°F / 232°C
			High-Oleic Safflower	450°F / 232°C
			High-Oleic Sunflower	450°F / 232°C
			Palm	450°F / 232°C
			Peanut	450°F / 232°C
			Soy Bean	450°F / 232°C
<b>CLASS 3 • MEDIUM-HIGH HEAT OILS</b>				
<b>SEMI-REFINED OILS (MILD FLAVOR)</b>				
Baking & Sautéing  Bake Crisp Sauté Medium Stir-Fry Medium Wok-Fry Oven Cook	Up to 375°F		Canola	400°F / 204°C
			Grapeseed	400°F / 204°C
			Walnut	400°F / 204°C
			High-Oleic Sunflower	375°F / 191°C
			Canola (organic)	350°F / 177°C
			Safflower	350°F / 177°C
			Sesame	350°F / 177°C
			Soy Bean	350°F / 177°C
			Sunflower	350°F / 177°C
<b>CLASS 2 • MEDIUM HEAT OILS</b>				
<b>UNREFINED OILS (FULL SEED &amp; NUT FLAVOR)</b>				
Light Sautéing & Sauces  Sauce Low Heat Bake Light Sauté Pressure Cook	Up to 320°F		High-Oleic Safflower	325°F / 163°C
			High-Oleic Sunflower	325°F / 163°C
			Olive	325°F / 163°C
			Corn	300°F / 149°C
			Safflower	300°F / 149°C
			Soy Bean	300°F / 149°C
			Sunflower	300°F / 149°C
			Peanut	275°F / 135°C
			Pumpkinseed	250°F / 121°C
Walnut	250°F / 121°C			
Sesame	250°F / 121°C			
<b>CLASS 1 • NO HEAT OILS</b>				
<b>NUTRITIONAL OILS (FULL SEED &amp; NUT FLAVOR)</b>				
Soups & Salads  Use these oils as nutritional supplements, dips and dressings, or add to a dish after it has been removed from heat.		Fish Blend (Salmon, Cod, Mackerel)	235°F / 112°C	
		Flax	225°F / 107°C	
		Evening Primrose	225°F / 107°C	
		Borage	225°F / 107°C	
		Black Currant	225°F / 107°C	
		Hemp	225°F / 107°C	
		Wheat Germ	225°F / 107°C	

NOTE: The Flash Point of any oil ranges from 30-45 degrees higher than its Smoke Point. Never allow an oil to reach its Smoke Point as this compromises the nutritional value of the oil.

**KELVIN SAYS:**

**"For Best Health Results, Follow My Recommendations!"**

NOTE: The Flash Point of any oil ranges from 30-45 degrees higher than its Smoke Point. Never allow an oil to reach its Smoke Point as this compromises the nutritional value of the oil.

# INTERACTIVE TIME

1. Which Oil Is The Most Unhealthy For Cooking?
  - a) Olive Oil
  - b) Sunflower Oil
  - c) High-Oleic Safflower Oil
  - d) Coconut Oil



# CAST IRON - EXCELLENT

- *Act as additional source for iron.*
- Excellent for anyone diagnosed with Iron Deficiency Anemia
- No Aluminum
- No PFOAs
- No PTFEs





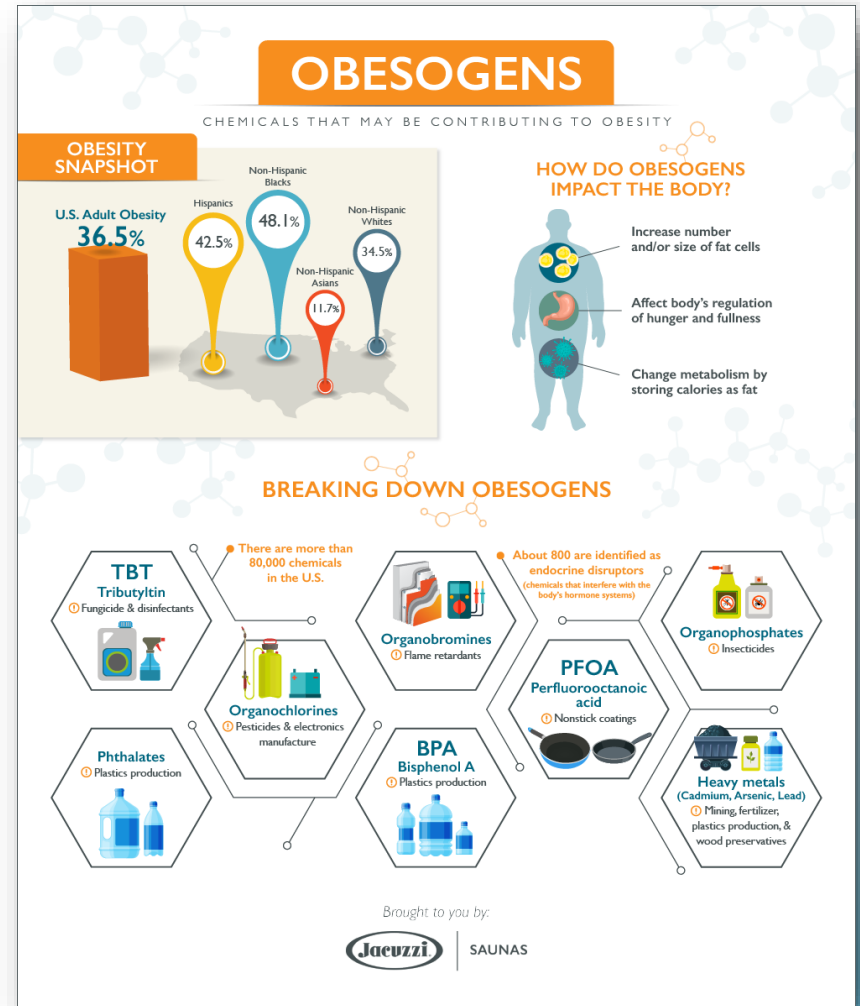
# 18/0 STAINLESS STEEL - EXCELLENT

- *No Teflon Toxicosis*
- *Want 18/0 Grade Stainless Steel with central heating element like Aluminum*
  - Aluminum not in contact with food.
  - No Nickel
  - No PFOAs
  - No PTFEs






































































































# NON-STICK????

- **Teflon Non-Stick** – **Obesogens** PFOAs, PTFEs, Chipping, Use of Spray coatings, add known carcinogens into the food
- **Thermalon Non-Stick** – Touted as the Environmentally Safe Green Non-Stick, but non-stick surface breaks down quickly
- **Anodized Aluminum** – Aluminum still in contact with food



# Sources of Avoidable Environmental Pollution & Their Body Burdens

Environmental Pollutant	Most Common Sources	Nervous System	Glandular System	Immune System	Female Reproductive	Male Reproductive	Fetal/Child Development	Respiratory	Cardiovascular	Digestive Tract	Liver - Gall Bladder	Kidneys
Heavy Metals	Vaccinations, Tap Water, Dental Amalgam Fillings, Large Carnivorous Sea Food, Cigarettes, Pressure Treated Lumber, Fluorescent Lights, Pharmaceutical Meds, Soap, Glazed Ceramics, Wire Solder, Photographic Development. Includes Aluminum, Mercury, Nickel, Tin, Arsenic, Cadmium, Lead.											
Chemical Solvents	Scented Laundry Detergent & Fabric Softeners, Cosmetics, Household Cleaners, Styrofoam Cups & Food Containers, Dry Cleaning, Air Fresheners, Adhesives, Aerosol Sprays, Nail Polish & Remover, Paint & Thinner, Carpets. If you can smell it and it's not natural...then it most likely is a solvent.											
Furans & Dioxins	Tampons, Pollution from Incineration, Chlorine Bleaching, Industrial Processing, food contaminant. All Environmental Pollution that has a Chlorine component is 'fat-soluble' and thus prone to accumulate in the body.											
PAHs	Polycyclic Aromatic Hydrocarbons. Pollution from Combustion, transferred through the Air and inhaled into the respiratory tract. Cigarettes, Car Exhaust, Factory Exhaust, Engine Exhaust.											
Phthalates	Plastics (Saran Wrap, Cookware, Tupperware, Reusable Water Bottles, Utensils), Hair Sprays, Poly Vinyl Chloride (PVC) Products, Adhesives, Sealants, Stains, Dyes, Cologne, Perfume, Nail Polish, Carpet. When Plastic is heated Phthalates are transferred into the food. (ie Microwaving Plastic)											
Polychlorinated Biphenols (PCBs)	Inner-lining of Canned Foods (BPA), Non-organic Butter, All Atlantic Salmon, Farm-raised Fish (Especially Catfish & Tuna), Beef, Adhesives, Pesticides like Round-Up, Fire Retardant, Plastic Production. Make sure your canned food and containers are 100% BPA-free.											
GMOs & Glyphosate, Neonicotinoids, Organophosphates	Polychlorinated Biphenols (PCBs), Round-Up, Apples, Bell Peppers, Celery, Cherries, Collard Greens, Corn Cucumbers, Grapes, Hot Peppers, Kale, Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Snap Peas, Spinach, Soy, Strawberries, Tomatoes, Butter & Nuts. Includes food tainted by Insecticides, Herbicides & Fungicides.											
Organochlorines	Beef & Dairy Products. Includes Lindane, Mirex, DDT & its biochemical breakdown product... DDE. Includes food from Broad Range of Pesticides and Fungicides.											
Perfluorinated Chemicals (PFCs)	Teflon Coated Cookware has been proven to release a chemical PFOAs into food that is a known hormone disruptor and linked to teflon toxicosis as well as cancer. Specifically affects the Thyroid Gland and Reproductive Glands leading to impotence, fatigue, and hypothyroidism.											

Note: Yellow background skulls have a much higher adverse effect upon the system they disrupt. Sources: Environmental Working Group & Pubmed Published Research.

# FROM THE EWG – MAY 2003

## Canaries in the Kitchen: Teflon Toxicosis

EWG finds heated Teflon pans can turn toxic faster than DuPont claims

By Jane Houlihan, Vice President for Research; Kris Thayer, PhD, Senior Scientist; Jennifer Klein, EWG Chemist  
May 2003

- *In two to five minutes on a conventional stovetop, cookware coated with Teflon and other non-stick surfaces can exceed temperatures at which the coating breaks apart and emits toxic particles and gases linked to hundreds, perhaps thousands, of pet bird deaths and an unknown number of human illnesses each year, according to tests commissioned by Environmental Working Group (EWG).*
- In new tests conducted by a university food safety professor, a generic non-stick frying pan preheated on a conventional, electric stovetop burner reached 736°F in three minutes and 20 seconds, with temperatures still rising when the tests were terminated. A Teflon pan reached 721°F in just five minutes under the same test conditions (See Figure 1), as measured by a commercially available infrared thermometer. DuPont studies show that the Teflon offgases toxic particulates at 464°F. At 680°F Teflon pans release at least six toxic gases, including two carcinogens, two global pollutants, and MFA, a chemical lethal to humans at low doses. At temperatures that DuPont scientists claim are reached on stovetop drip pans (1000°F), *non-stick coatings break down to a chemical warfare agent known as PFIB, and a chemical analog of the WWII nerve gas phosgene.*



# FROM THE EWG – MAY 2005

## DuPont settles in Teflon case

### Company accused of not reporting health risks

Wilmington News Journal, Jeff Montgomery  
Published May 6, 2005

- The *DuPont Co. and the Environmental Protection Agency have tentatively agreed to a multimillion dollar settlement of charges that the company failed to report health and pollution risks from a chemical used to make Teflon* and other nonstick and stain-resistant products.
- Although *both sides declined to release details* Friday, DuPont set aside \$15 million to cover penalty costs in the case, the company disclosed.
- DuPont's potential liability had been estimated at more than \$300 million when the complaint first surfaced. EPA officials ruled out a push for the maximum penalty last year.

# INTERACTIVE TIME

2. Which Cookware Is Most Responsible For Abnormal Weight Gain?
- a) Cast-Iron
  - b) Teflon Coated
  - c) Stainless Steel
  - d) High-Temp Carbon Steel



# BT CORN FACTS

- Toxicology Studies Performed By Monsanto, not an independent research group, on Rats & Chickens for **only 90 Days**.
  - <http://www.monsanto.com/newsviews/pages/biotech-food-gmo-safety.aspx>
- From Monsanto's Website - ***"To date, no commercialized biotech products have ever been associated with an actual hazard to humans or animals."***

**SUPPORTING  
FFA AND  
STUDENTS IN  
AGRICULTURE**



Since 2010 Monsanto has donated nearly  
**\$4,000,000**  
to various FFA programs.

**PROGRAMS MONSANTO HAS CONTRIBUTED TO**

- Career Development Events
- Encouraging Volunteerism
- Grants for Agricultural Learning
- Leadership and Communication Activities
- Supporting Student Awards

**Proud To  
Support FFA**

# MARCH 2015 – IARC & WHO

- In March, 2015, 17 experts from 11 countries met at the International Agency for Research on Cancer (IARC; Lyon, France) to assess the carcinogenicity of the organophosphate pesticides tetrachlorvinphos, parathion, malathion, diazinon, and glyphosate.
  - <http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045%2815%2970134-8/abstract>
- Glyphosate was reclassified by the World Health Organization as 2A 'Probably Carcinogenic to Humans'
- ***Not surprisingly, the producers of glyphosate, were outraged and went on the attack.***





# WHAT'S IN YOUR FOOD DUDE?

## Glyphosate Food Testing Results: (in parts per billion – ppb)

Full laboratory reports for this food testing can be [found here](#). A searchable database of results can be [found here](#).

General Mills		
	Original Cheerios	Glyphosate - 1,125.3 ppb AMPA - 26.4
	Honey Nut Cheerios	Glyphosate - 670.2 ppb AMPA - 14.5
	Wheaties	Glyphosate - 31.2 ppb
	Trix	Glyphosate - 9.9 ppb
	Gluten Free Bunny Cookies Cocoa & Vanilla	Glyphosate - 55.13* ppb
Kellogg's		
	Corn Flakes	Glyphosate - 78.9 ppb
	Raisin Bran	Glyphosate - 82.9 ppb
	Organic Promise**	Glyphosate - 24.9 ppb
	Special K	Glyphosate - 74.6 ppb
	Frosted Flakes	Glyphosate - 72.8 ppb
	Cheez-It (Original)	Glyphosate - 24.6 ppb
	Cheez-It (Whole Grain)	Glyphosate - 36.25* ppb
	Soft-Baked Cookies, Oatmeal Dark Chocolate	Glyphosate - 275.58* ppb
Nabisco		
	Ritz Crackers	Glyphosate - 270.24 ppb
	Triscuit	Glyphosate - 89.68 ppb
	Oreo Original	Glyphosate - 289.47* ppb

Nabisco (continued)		
	Oreo Double Stuf Chocolate Sandwich Cookies	Glyphosate - 140.90* ppb
	Oreo Double Stuf Golden Sandwich Cookies	Glyphosate - 215.40* ppb
PepsiCo		
	Stacy's Simply Naked Pita Chips (Frito-Lay)	Glyphosate - 812.53 ppb
	Lay's: Kettle Cooked Original	Glyphosate - 452.71* ppb
	Doritos: Cool Ranch	Glyphosate - 481.27* ppb
	Fritos (Original) (100% Whole Grain)	Glyphosate - 174.71* ppb
Campbell Soup Company		
	Goldfish crackers original (Pepperidge Farm)	Glyphosate - 18.40 ppb
	Goldfish crackers colors	Glyphosate - 8.02 ppb
	Goldfish crackers Whole Grain	Glyphosate - 24.58 ppb
Little Debbie		
	Oatmeal Creme Pies	Glyphosate - 264.28* ppb
Lucy's		
	Oatmeal Cookies Gluten Free	Glyphosate - 452.44* ppb
Whole Foods		
	365 Organic Golden Round Crackers**	Glyphosate - 119.12* ppb
Back to Nature		
	Crispy Cheddar Crackers	Glyphosate - 327.22* ppb

Limit of Quantitation: 5 ppb

\*These samples exhibit very low recovery and/or response. The above amounts found are rough estimates at best and may not represent an accurate representation of the sample.

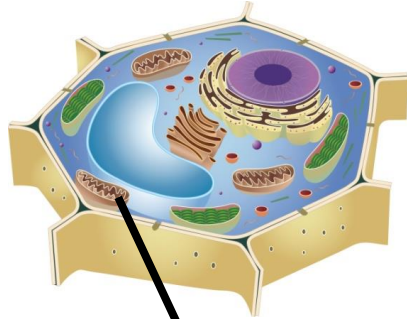
\*\* Widespread contamination in food supply – even organic farmers are having their crops/ our food contaminated.

# KARMA FOR MONSANTO????

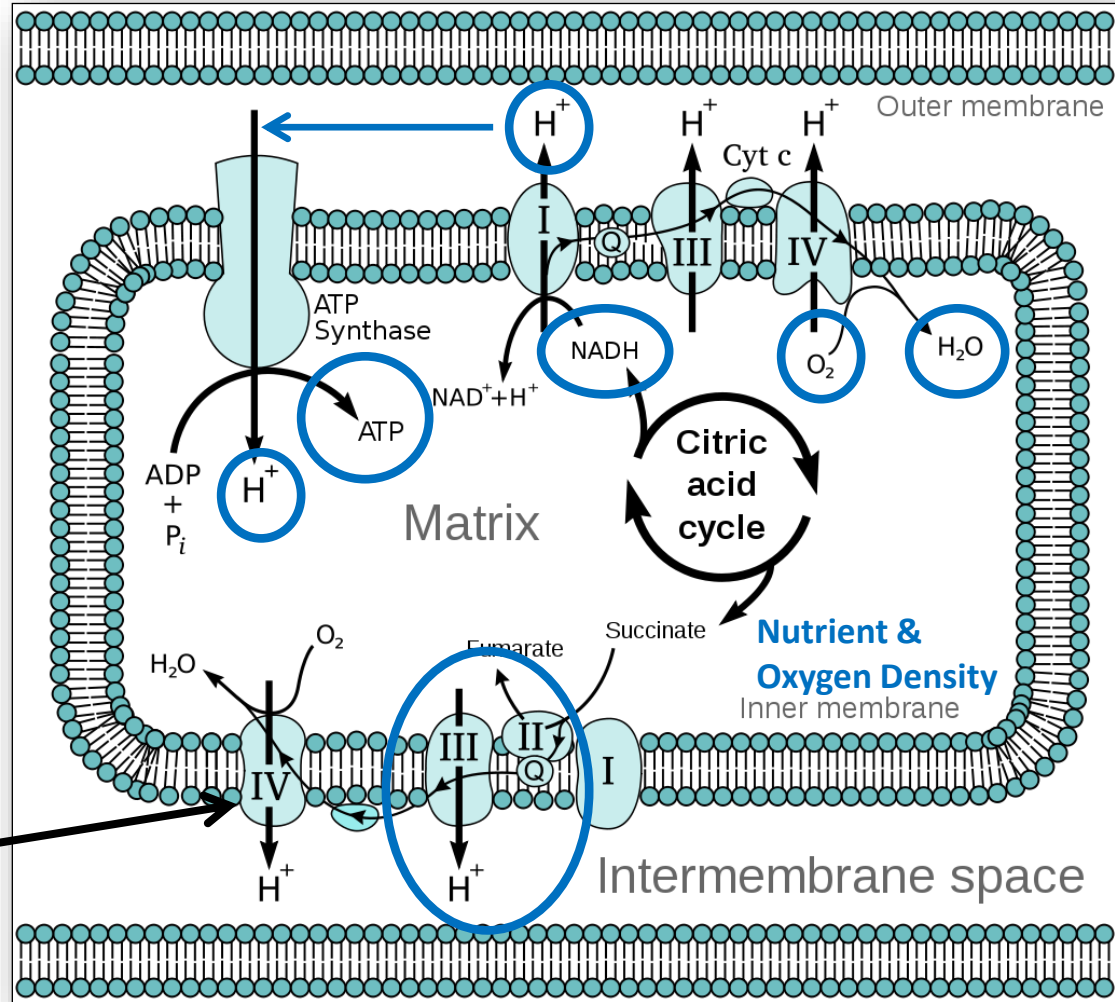
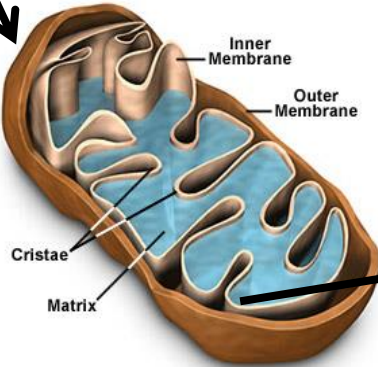
<https://www.theguardian.com/business/2018/aug/10/monsanto-trial-cancer-dewayne-johnson-ruling>

- *Monsanto suffered a major blow with a jury ruling that the company was liable for a terminally ill man's cancer, awarding him \$289m in damages.*
- Dewayne Johnson, **a 46-year-old former groundskeeper**, won a huge victory in the landmark case on Friday, with the jury determining that Monsanto's Roundup weedkiller caused his cancer and that the corporation failed to warn him of the health hazards from exposure. The jury further found that Monsanto "acted with malice or oppression".
- Johnson's lawyers argued over the course of a month-long trial in San Francisco that **Monsanto had "fought science" for years and targeted academics who spoke up about possible health risks of the herbicide product**. Johnson was the first person to take the agrochemical corporation to trial over allegations that the chemical sold under the brand Roundup causes cancer.
- In the extraordinary verdict, which Monsanto said it intends to appeal, **the jury ruled that the company was responsible for "negligent failure"** and knew or should have known that its product was "dangerous".
- **"We were finally able to show the jury the secret, internal Monsanto documents proving that Monsanto has known for decades that ... Roundup could cause cancer,"** Johnson's lawyer Brent Wisner said in a statement. The verdict, he added, sent a "message to Monsanto that its years of deception regarding Roundup is over and that they should put consumer safety first over profits".

# ELECTRON TRANSPORT CHAIN



Mitochondria Structural Features



# HERBICIDE - GLYPHOSATE

- Amino Acid Synthesis Inhibitor
  - <http://passel.unl.edu/pages/informationmodule.php?idinformationmodule=1059083105&topicorder=5&maxto=5&minto=1>
- Linked to dramatic rise in Gluten Intolerance as Glyphosate is used to dry down wheat before harvest.
  - <http://www.motherearthnews.com/real-food/~media/2C6428C5A5254BAFB484C6E43E4ADCF9.ashx>
- Induces Apoptosis & Necrosis in Human Umbilical, Embryonic & Placental Cells
  - <http://www.ncbi.nlm.nih.gov/pubmed/19105591>
- Suppress Liver & Kidney Detoxification
  - <http://www.mdpi.com/1099-4300/15/4/1416>
- Damage DNA in Human Cells even when diluted 450 times below recommended minimal dosing
  - <http://www.ncbi.nlm.nih.gov/pubmed/22331240>
- ***Inhibit Mitochondrial Complexes II & III thereby disrupting ATP formation***
  - <http://www.ncbi.nlm.nih.gov/pubmed/16263381>



- Glyphosate: the key ingredient in Monsanto's RoundUp
- Routinely used to "dry down" wheat prior to harvest
- Linked to celiac disease, gluten intolerance, and irritable bowel

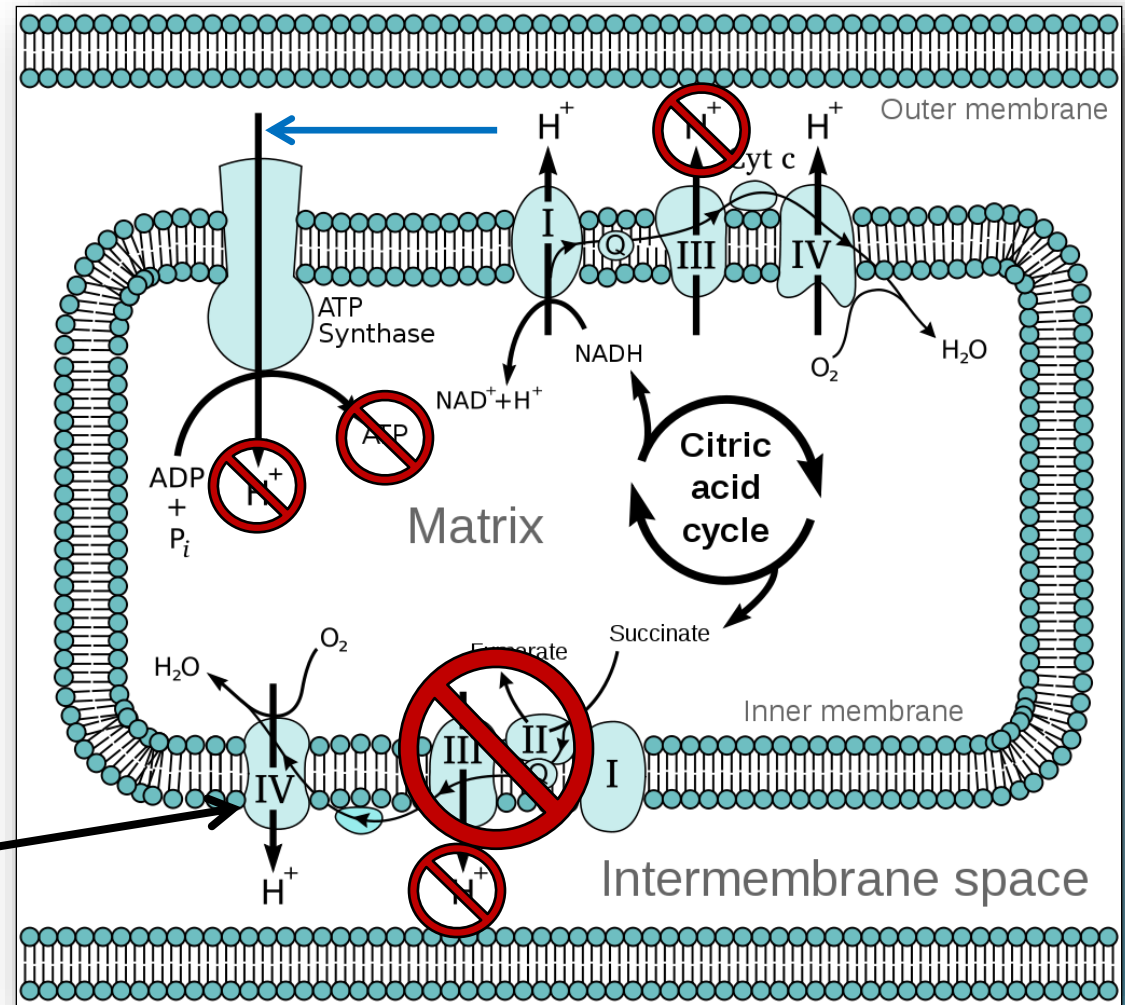
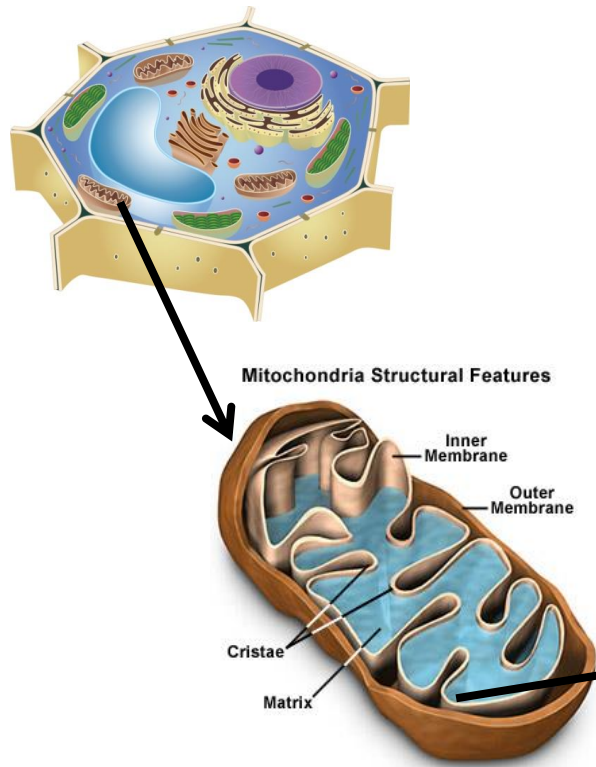


**Get the facts. Share the awareness.**

facebook.com/gmoawarenessusa



**VERY SIMILAR TO PPIs**



# PESTICIDES - NEONICOTINOIDS

- Absorbed into the plant via the root system so they become a part of the plant and can't be washed off.
  - <http://www.motherearthnews.com/nature-and-environment/environmental-policy/systemic-pesticides-zmaz10onzraw.aspx>
- *Neonicotinoids mimic Acetylcholine except that Acetylcholine Esterase cannot break them down, so they become irreversibly bound to the synapse and the signal to stop firing never comes.*
  - [http://en.wikipedia.org/wiki/Neonicotinoid#Mode\\_of\\_action](http://en.wikipedia.org/wiki/Neonicotinoid#Mode_of_action)
- Half-life of 250 days or more.
  - Glyphosate is 12 to 70 days by comparison.
- Bees ingest the plant...**Entire Colonies Die**
- Insects ingest the plant...**They Die**
- We ingest the plant...(What Happens to Us?)



# INTERACTIVE TIME

3. Which Pesticide Class Is Most Implicated In Colony Collapse Disorder Among Bee Populations Which Threatens Our Most Important Pollinators?
- a) Organophosphates
  - b) Acetylcholine Esterase Inhibitors
  - c) Organochlorines
  - d) Neonicotinoids

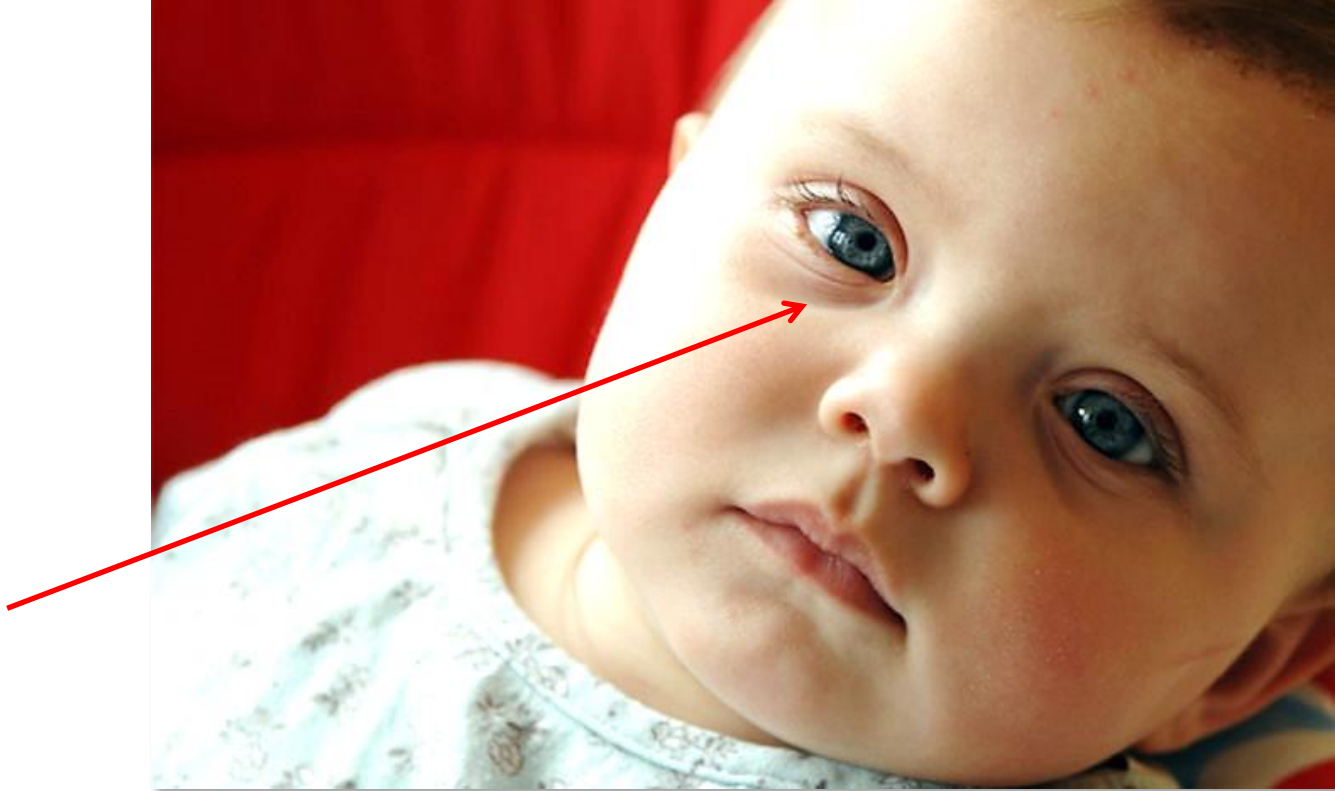


# COMMON SIGNS THAT YOU MAY HAVE DELAYED FOOD ALLERGIES

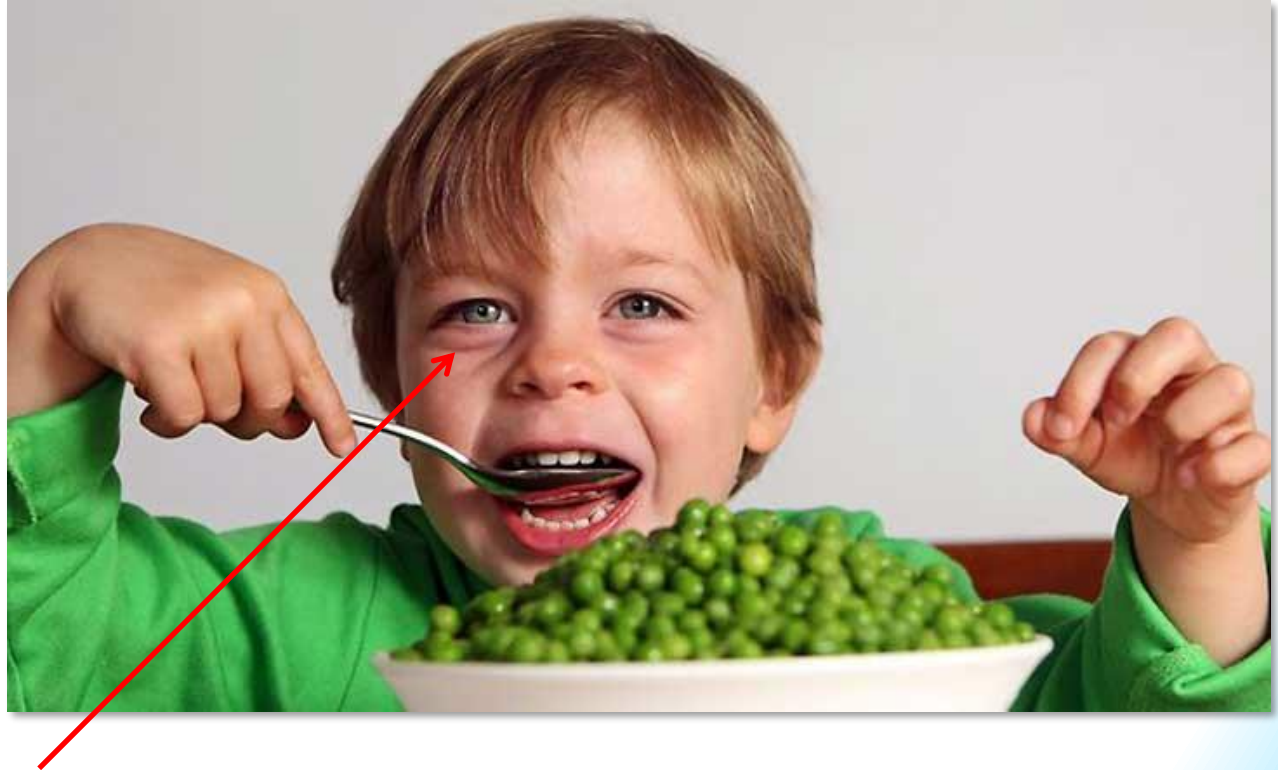
- Fatigue
- Inflammatory Signs – Sinusitis
- ***Dark Circles Under the Eyes***
- Dry/Burning Eyes
- ***Ear Itching***
- Chronic Ear Infections
- Asthma
- Migraines/Head Aches
- Aches & Pains that come and go
- ***History of Tonsillitis or Appendicitis***
- Auto-Immune Conditions
- Seasonal Allergies
- Eczema & Acne
- Sensitive Skin
- ***Burning or Stiff Sensations in Joints***
- Chronically Swollen Lymph Nodes



# DARK CIRCLES UNDER THE EYES



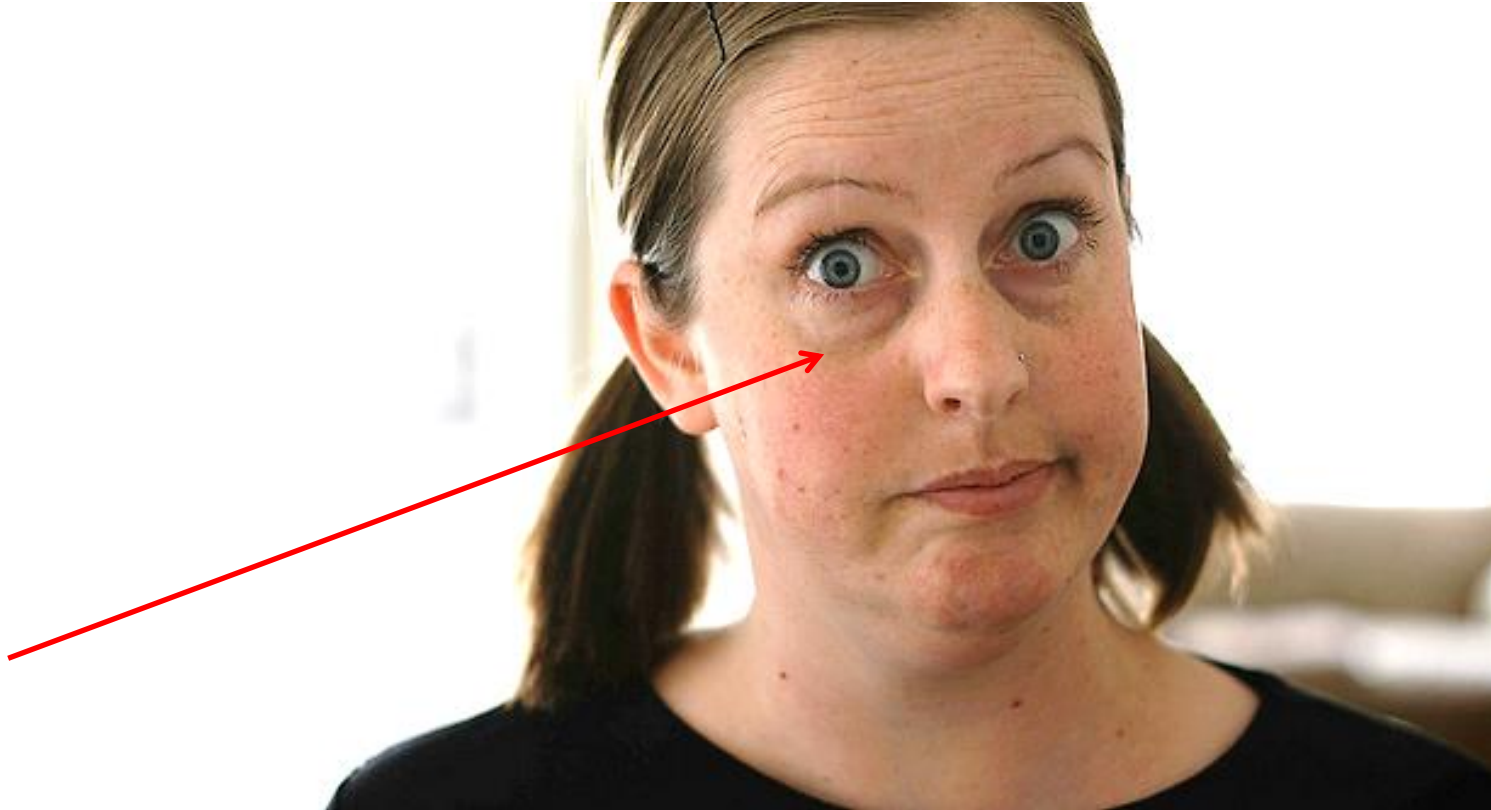
# DARK CIRCLES UNDER THE EYES



# DARK CIRCLES UNDER THE EYES



# DARK CIRCLES UNDER THE EYES





# TOP 4 DELAYED FOOD ALLERGENS

## 1. Dairy

- Casein, Whey, Animal Milks, Cheeses, Ice Creams, Butters

## 2. Gluten

- Wheat, Rye, Barley, Spelt, Kamut, Triticale, Farro, Bulgar, Semolina
- **Not Oats**

## 3. Yeast

- Baking, Brewing, Autolyzed, In Alcohols like Wine, In Beverages like Kombucha

## 4. Eggs

- Eggs

*WHY GUESS?*



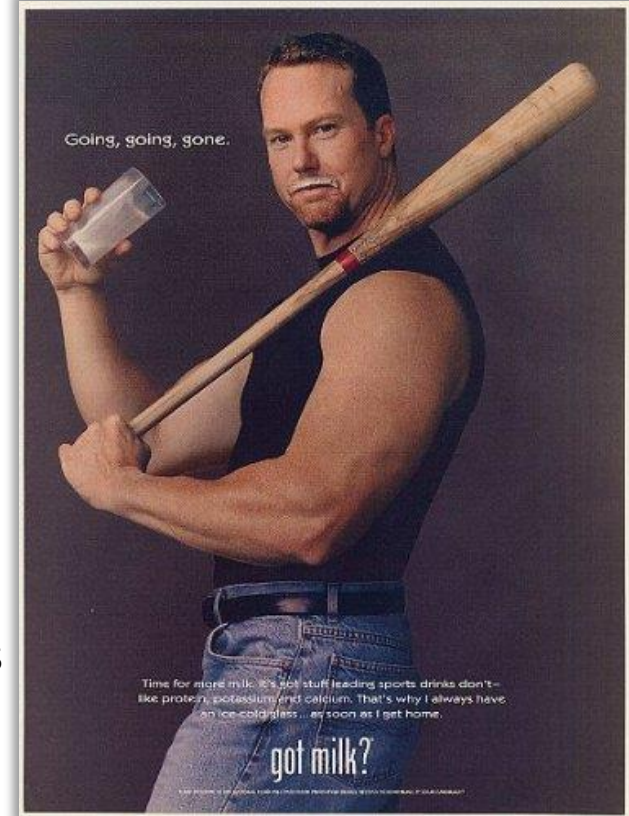
*WHEN YOU CAN KNOW!*

# DID YOU KNOW?

- The *Grade A Pasteurized Milk Ordinance of 2003* Allows for **750,000 Pus Cells per mL** of Cow's Milk
- mL = 0.202884 Teaspoons

## Pus Cell

- White Blood Cells, GAGs, & Infections resulting from over milking & Antibiotic Resistant Germs
- Courtesy of US Department of Health & Human Services  
2003 Grade A Pasteurized Milk Ordinance



# INTERACTIVE TIME

4. Which Foods Cause The Most Delayed Food Allergies?
- a) Peanuts, Corn, Shrimp
  - b) Asparagus, Garlic, Turmeric
  - c) Green Tea, Almonds, Pineapples
  - d) Wheat, Dairy, Yeast



# FOODS HIGHEST IN VITAMIN B5

From Linus Pauling Micronutrient Center

- 1 Whole Avocado – 1.99mg
- 8 Ounces of Animal Yogurt – 1.35mg
- 3 Ounces CAFO Chicken – 0.98mg
- ½ Cup Cooked Sweet Potato – 0.88mg

***Therapeutic Range – 100 to 400mg***

- Feel Like Eating 50 Avocados in a Day?

## ***Cool Mitochondrial Factoid***

- Did you know that your Heart is able to emit Love Energy thanks to its organ weight being comprised of approximated 20% Mitochondria?
- Low Mitochondria...Low Energy...Low Capacity to Love.



# THERAPEUTIC RANGE

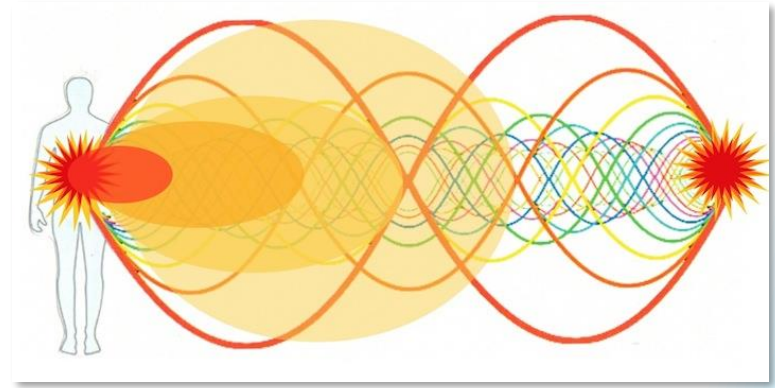
- *Therapeutic Range is a Clinical Guideline for the amount of Daily Nutrient Density required to Fire Up the Mitochondria, amplify Cellular Enzymatic Production, & achieve Cellular Healing Resonance.*

**Therapeutic Range is a compilation of the following resources:**

- Suggested Optimal Nutrient Allowance (SONAs)
- Linus Pauling Institute Micronutrient Center Research
- Summary of Well Known Naturopathic Clinical Texts (Murray, Pizzorno, Marz, Mateljan, Etc.)
- Pubmed & Google Scholar Research Updates, Thorne Research, Pure Encapsulations Research, Research of Trusted Nutraceutical Companies
- Observations in My Private Clinical Practice Shared and Confirmed by Colleagues & Student Practitioners since 2007. (n>3500)

## **Cool Mitochondrial Factoid**

- Did you know the average person has literally hundreds to thousands of Mitochondria per cell that make up approximately 10% of their total body weight?





MITOCHONDRIAL NUTRIENTS	THERAPEUTIC RANGE*	RDA*
VITAMIN B1	20-100mg	1.1-1.2mg
VITAMIN B2	15-75mg	1.1-1.3mg
VITAMIN B3	100-200mg	14-16mg
VITAMIN B5	100-400mg	5mg
MAGNESIUM	700-1100mg	310-420mg
IRON	10-35mg	8-18mg
MANGANESE	2-6mg	Not Established
COPPER	0.7-2.5mg	Not Established
ALPHA LIPOIC ACID	400-1200mg	Not Established
CO-Q-10	100-400mg	Not Established
CHLOROPHYLL (PORPHYRIN RINGS)	300-4000mg	Not Established
QUERCETIN	2000-10000mg	Not Established

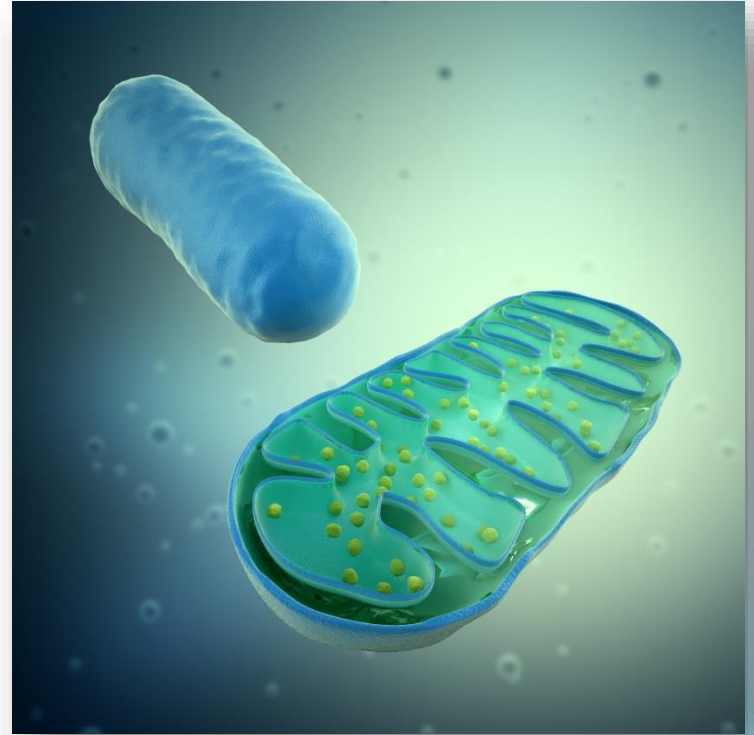
MITOCHONDRIAL NUTRIENTS	THERAPEUTIC RANGE*	RDA*
PQQ	20-100mg	Not Established
L-CARNITINE	500-4000mg	Not Established
D-RIBOSE	100-600mg	Not Established
L-ARGININE	500-6000mg	Not Established
RESVERATROL	100-2000mg	Not Established
GLUTATHIONE	250-10000mg	Not Established

# MITOCHONDRIA ESSENTIALS

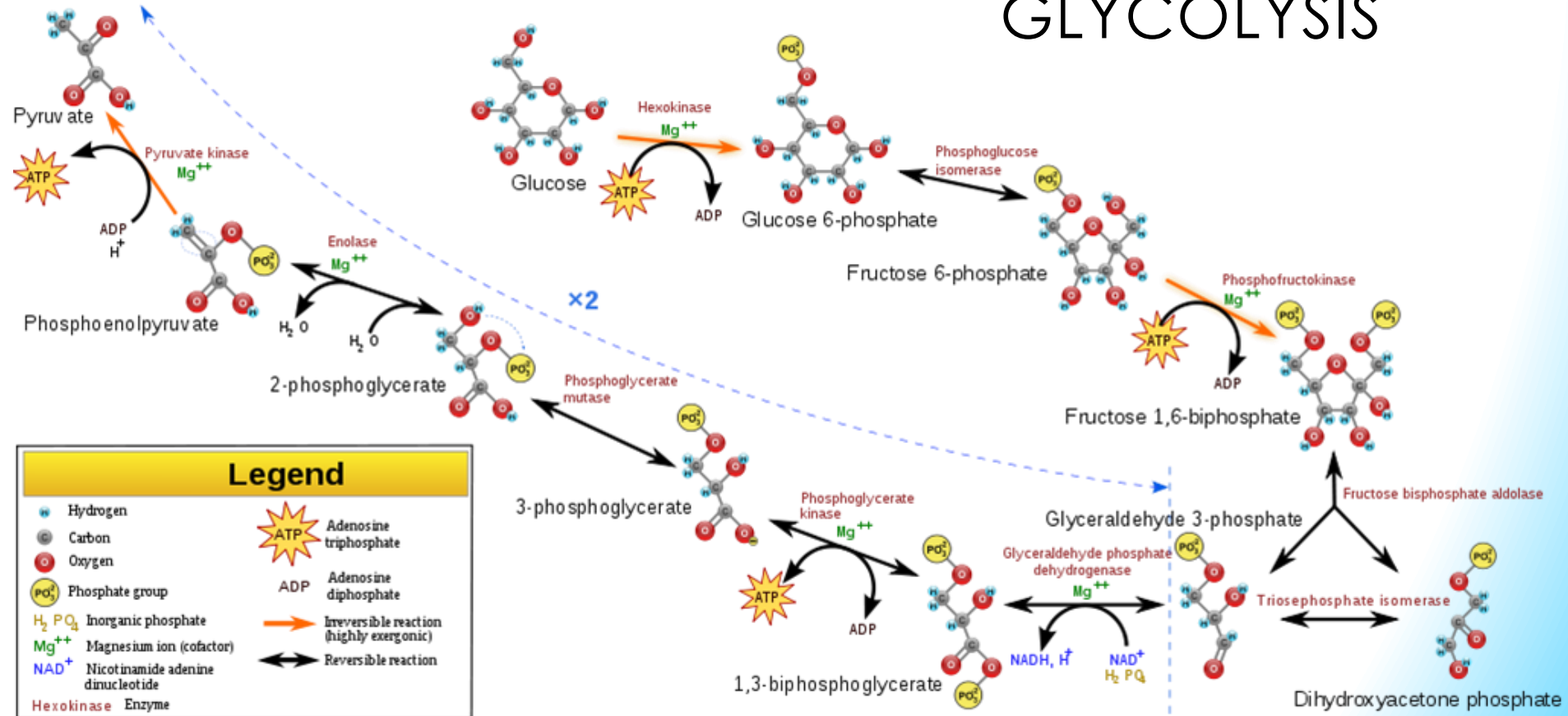
- **Glycolysis** – Glucose, B3, Magnesium, Phosphorus
- **Pyruvate Dehydrogenase Complex** – Pyruvate, B1, B2, B3, B5, Alpha Lipoic Acid
- **TCA Cycle** – Acetyl CoA, Acetyl L-Carnitine, B2, B3, B5, Phosphorus
- **Electron Transport Chain** – NADH, FADH, B2, Iron, Copper, Sulfur, Phosphorus, **Co-Q-10, Porphyrin Rings, OXYGEN**
- **Energy Production Enhancers** – Quercetin, PQQ, Resveratrol, L-Arginine, **Exercise (30 Minutes Min with No More than 48 Hours In Between Sessions), Meditation**

## Cool Mitochondrial Factoid

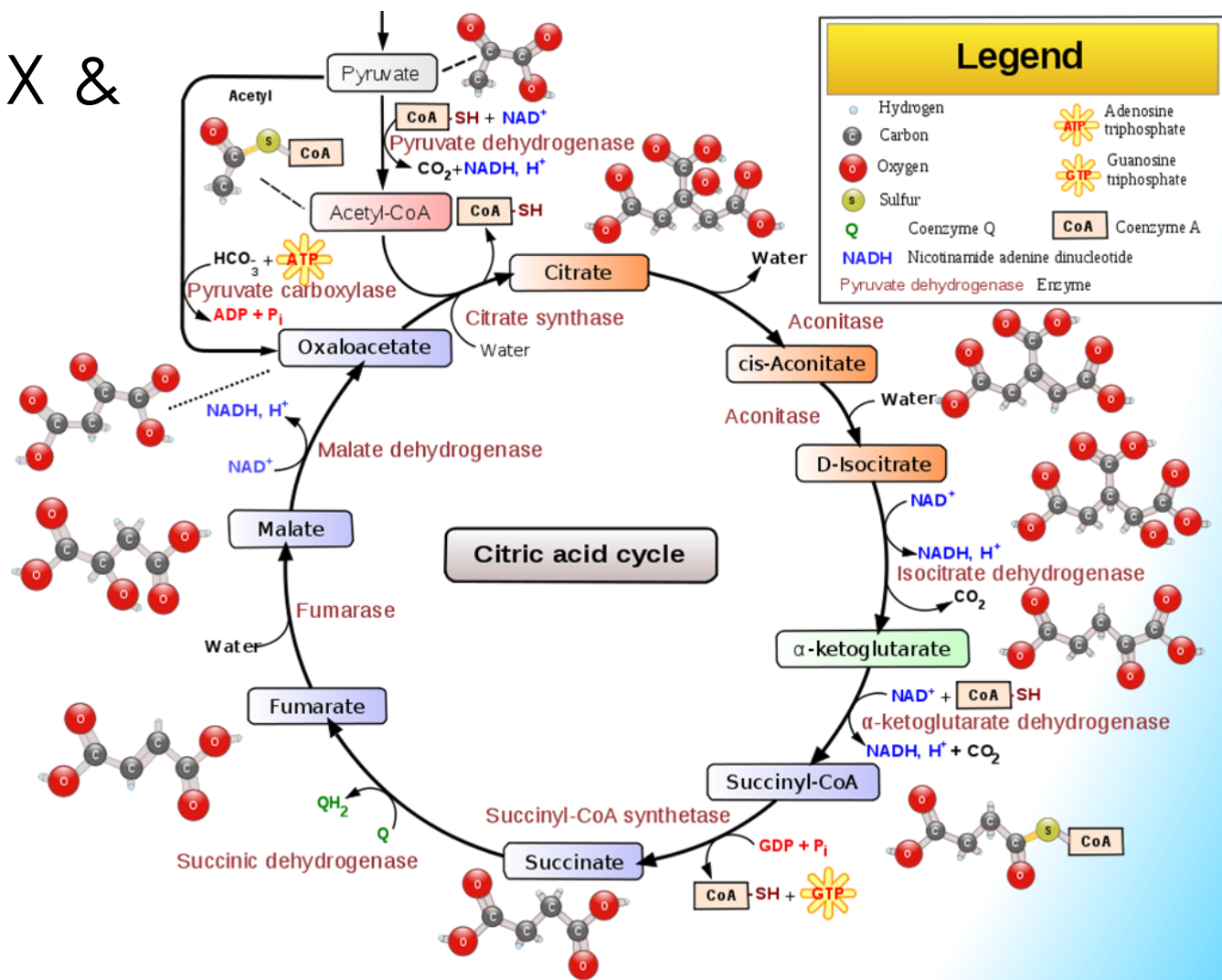
- Did you know ATP Production requires at least 24 enzyme dependent steps and occurs 1000 times faster than you can blink your eye?



# GLYCOLYSIS

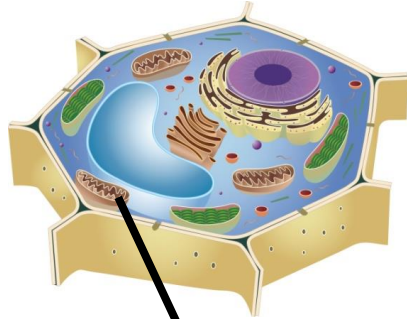


# PDH COMPLEX & TCA CYCLE

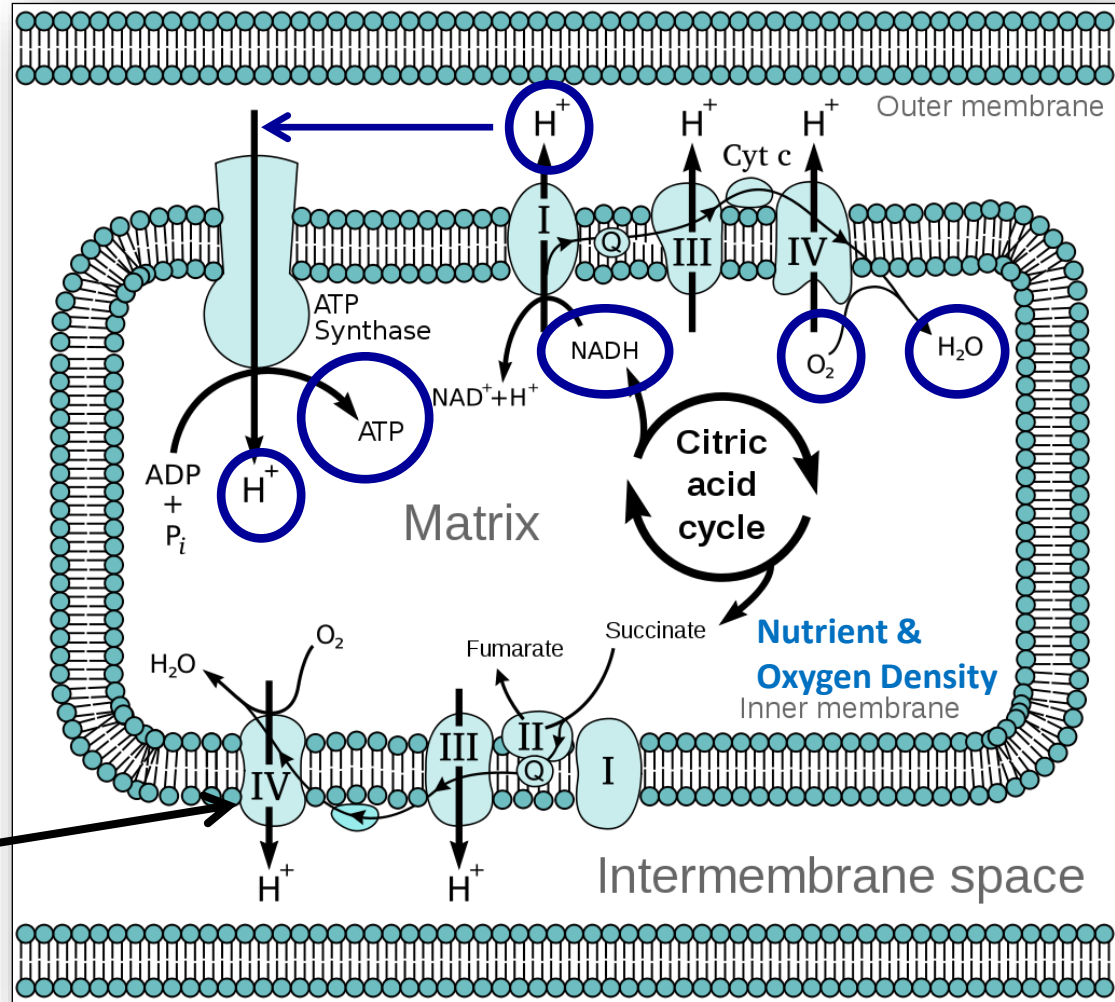
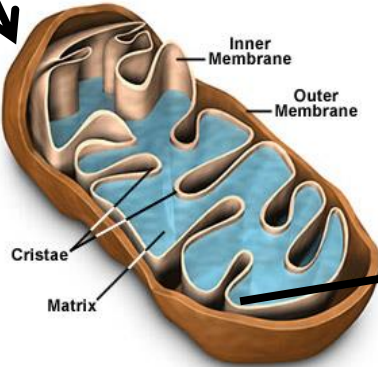




# ELECTRON TRANSPORT CHAIN



Mitochondria Structural Features



# INTERACTIVE TIME

5. Which Nutrients Are Essential For ATP (Energy) Formation In Your Cellular Mitochondria?
- a) Vitamin B-Complex
  - b) Vitamin A
  - c) Vitamin D
  - d) Potassium



# HOW CAN YOU GET STARTED?

## *WITH A SCHOLARSHIP!!!! ☺*





Akahai	kindness
Lōkahi	unity
‘Olu‘Olu	agreeableness
Ha‘aha‘a	humility
Ahonui	patience
ALO (presence) + HĀ (Breathe)	

# FOLLOW YOUR *HEART* NANP SCHOOL DAZE

*A DR. H MEDITATION*