



How To Beat Your Autoimmune Disease

Using The 3 Keys to True Health

**This Amazing Book Shows How
Autoimmune Disease Has Been Cured
Using Simple Powerful Natural Techniques
That YOU Can Duplicate**

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Beat Your Autoimmune Disease - The 3 Keys to Health (V1.1)

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Introduction

Do you suffer from an autoimmune disease? If you are reading this you probably do or at least know someone who does.

I too was diagnosed with autoimmune disease and the effects on my life were dramatic. I knew I had to do something to restore my health. Western medicine did not have a solution, other than drugs with side effects that over time would create bigger health problems than my autoimmune disease.

For more than 30 years now I have had an insatiable appetite for knowledge regarding the human body, health and fitness. I have read hundreds of books and articles, and attended countless seminars on health, fitness and personal development. I've also spent years studying the martial arts, yoga and meditation.

By drawing on this knowledge of the human body and spending all my spare time doing new research I developed a natural system of health to cure myself. Now, nearly three years later, I am still amazed at the incredible success I have had and the amazing things that good health has brought into my life. In this report, I share my journey, my system and some shocking truths I found out along the way.

Having no formal medical training has proven to be a major advantage for me. It has allowed me to freely research many alternatives without my thinking being restricted to western medicines typical drug based approach.

I hope this report can inspire you to take action as I did, and start your new journey towards perfect health.

Neville South

January 2005.

1. My Journey

Over a period of about 18 months I was diagnosed with Autoimmune Thyroiditis, Myasthenia Gravis and Psoriasis. These are all Autoimmune Diseases and I have since learned that if you get one Autoimmune Disease, it's not uncommon to get others. Out of these three, it was the Myasthenia Gravis that had the greatest effect on me.

I can clearly remember the day I was diagnosed with Myasthenia Gravis. My neurologist told me it was an Autoimmune Disease and it may spread to other muscle groups. At this time, I had just lost muscle function in both eyes which is known as Ocular Myasthenia Gravis.

My neurologist also said there is no cure. He said it can be treated with various drugs and before I left his office, Mestinon and Prednisolone had been prescribed. The Mestinon was to be taken three times a day as its effects fade very quickly. The Prednisolone was a daily dosage. He told me to call him if there were any problems. If not he would see me again in two weeks.

The last few weeks had really shaken me up. My wife was also very upset and concerned. I could no longer drive my car due to double vision and a droopy eyelid caused by the Myasthenia Gravis. My wife had been fantastic during the last few weeks driving me to various places that normally I would have driven myself. The double vision had made it impossible to judge distances or work out exactly where objects were in front of me. Not good in traffic!

We ran our own business from home and because I could no longer see properly I was unable to perform most of the daily tasks necessary to keep it functioning. Our income was fading while the medical bills were increasing. My wife was doing as much as she could to keep the business running in the short term. It was looking like we would have to shut down the business and my wife would go back into the workforce. I would stay home to mind our young son and hopefully find some sort of part time work. Even that

would be tricky as I couldn't drive and where we live, public transport is almost non-existent.

As we drove home that day from the neurologist I had a very uneasy feeling about being told there was no cure. It was looking like our future had just changed permanently for the worst, and we had no control over it.

During the next few days I did quite a lot of research on the Internet to become familiar with this Autoimmune Disease that I now had. Even that was really tiring, as I had lost movement in both eyes. I had to cover one eye and turn my head so that my other eye was pointing straight at the screen.

The medical explanation I found was:

Myasthenia gravis is a chronic autoimmune neuromuscular disease characterized by varying degrees of weakness of the skeletal (voluntary) muscles of the body. The name myasthenia gravis, which is Latin and Greek in origin, literally means "grave muscle weakness".

The hallmark of myasthenia gravis is muscle weakness that increases during periods of activity and improves after periods of rest. Certain muscles such as those that control eye and eyelid movement, facial expression, chewing, talking, and swallowing are often but not always involved in this disorder. The muscles that control breathing and neck and limb movements may also be affected.

At this stage I had Ocular M.G., which affected the eye and eyelid muscles. My eyes hardly moved and my right eyelid was mostly closed. I read that it was not uncommon for other muscle groups to become affected during the next two to three years.

In particular, I read about the possible long-term side effects of the corticosteroids that were used to treat MG. The side effects were not pretty and the prednisolone that I was on was one of these drugs!

If you have one of the 80 or so Autoimmune Diseases you can probably relate to most of what I went through. You may have had a long period of many tests and procedures before finally being diagnosed. You may still be going through this period of not knowing what you have as none of your doctors will give you a positive diagnosis.

You probably have symptoms that have caused a huge change in your quality of life.

You may be on drugs with unpleasant long-term side effects. You have probably been told there is “no cure”.

So you will be able to relate to my thoughts following my research.

There were three things that I couldn't get out of my mind.

- The first was that my MG could get worse and spread to other muscles in my body.
- The second was that current medical science didn't know how to cure it.
- The third was that the same medical science would treat it long term with drugs known to have horrible side effects.

There was only one decision I could possibly make at this point!

2. The Decision

I really believe the only decision we can all make at this point is to try to cure it ourselves. Lets face it, the only thing we have to lose is our Autoimmune Disease!

Imagine not having to put up with the debilitating symptoms. Imagine not having the massive medical expenses. Imagine not having to waste time with all the medical visits and procedures. Imagine the quality time you could spend with your family again. Imagine the money you would save if you didn't have all the medical bills!

We owe it to our loved ones and ourselves, to accept nothing less than perfect health.

WE MUST DECIDE TO DO WHAT EVER IT TAKES TO CURE OURSELVES – THEN STICK TO IT!

I made that simple decision and changed my life forever!

Don't forget that it only takes a decision!

All great achievements started with a decision to have a go!

3. Our Immune System – Fantastic But Fragile

I like to keep things simple. I have always said that “Simplicity is the key”, and that is so true.

It became more and more obvious to me as I read about autoimmune diseases that our immune system is absolutely amazing. What it does is fantastic and you can make its operation seem as complicated as you like. The simple truth is that it identifies and destroys foreign invaders in our body and in this way keeps us disease free. As fantastic as our immune system is, it is also fragile.

We all know that if we run ourselves down with things like constant late nights, high stress levels, poor diet, or no exercise we are much more likely to get sick. I’m sure you have heard that our bodies resistance to fighting off sickness is lowered when we don’t look after ourselves. Well this is our immune system struggling while it tries to function in poor conditions. Nothing can work properly in bad conditions including our immune system.

Our immune system has an incredible ability to distinguish between normal substances from our own bodies and foreign substances that don’t belong, for example a flu virus.

It makes sense that when our immune system is struggling to function properly in poor conditions its ability to distinguish between good and bad can become effected.

This is when our immune system becomes confused enough to attack particular organs or cells of our own body.

4. Autoimmune Disease

Our immune system attacking some part of our own bodies is Autoimmune Disease or Autoimmunity. It may be our thyroid gland being attacked as in Autoimmune Thyroiditis or the nerve-muscle junction being attacked as with Myasthenia Gravis. All Autoimmune Diseases have this common feature of incorrectly targeting parts of our own bodies. There are 80 known autoimmune diseases and here is a list of most of them.

Addison's Disease

Alopecia Areata

Ankylosing Spondilitis

Ankylosing Spondylitis

Antiphospholipid Syndrome

Aplastic Anemia

Autoimmune Addison's Disease

Autoimmune Hearing Loss

Autoimmune Hemolytic Anemia

Autoimmune Hepatitis

Autoimmune Hypoparathyroidism

Autoimmune Hypophysitis

Autoimmune Lymphoproliferative

Autoimmune Myocarditis

Autoimmune Oophoritis

Autoimmune Orchitis

Autoimmune Polyendocrinopathy

Behcet's Disease

Bullous Pemphigoid

Cardiomyopathy

Celiac Disease

Celiac Sprue-Dermatitis

Chronic Fatigue Immune Dysfunction Syndrome

CFS

CFIDS

Chronic Inflammatory Demyelinating Polyneuropathy

Churg-Strauss Syndrome

Cicatricial Pemphigoid

Crest Syndrome

Cold Agglutinin Disease
Crohn's Disease
Discoid Lupus
Epidermolysis Bullosa Acquisita
Essential Mixed Cryoglobulinemia
Fibromyalgia
Fibromyositis
Giant Cells Arteritis
Goodpasture's Syndrome
Graves' Disease
Graves Disease
Guillan-Barre Syndrome
Hashimoto's Thyroiditis
Idiopathic Pulmonary Fibrosis
Idiopathic Thrombocytopenia Purpura
IgA Nephropathy
Inflammatory Bowel Disease
Insulin Dependent Diabetes
Juvenile Arthritis
Kawasaki's Disease
Lichen Planus
Lupus
Meniere's Disease
Mixed Connective Tissue Disease
Mooren's Ulcer
Multiple Sclerosis
Myasthenia Gravis
Paraneoplastic Pemphigus
Pemphigus Foliaceus
Pemphigus Vulgaris
Pernicious Anemia
Polyarteritis Nodosa
Polychondritis
Polyglandular Syndrome
Polymyalgia Rheumatica
Polymyositis dermatomyositis
Primary Agammaglobulinemia
Primary Biliary Cirrhosis
Psoriasis
Raynaud's Phenomenon

Reiter's Syndrome
Rheumatic Fever
Rheumatoid Arthritis
Sarcoidosis
Scleroderma
Sjogren's Syndrome
Stiff-Man Syndrome
Systemic Lupus Erythematosus
Takayasu Arteritis
Temporal Arteritis
Type 1 Diabetes Mellitus
Giant Cell Arteritis
Ulcerative Colitis
Uveitis
Vasculitis
Vitiligo
Vogt-Koyanagi-Harada Disease
Wegener's Granulomatosis

Every one of the above disorders has the common feature that our immune system is incorrectly attacking our own body.

Just remember that nature's path for all living things is always towards perfect health. When a baby is born it's millions of complex bodily functions are not striving towards sickness but striving towards health. When a seed in the ground first germinates and a plant starts to grow, it's not striving towards sickness either. And so it is with everything in nature, including our own bodies.

All we have to do is provide the right conditions so that our amazing immune system can get back on track.

5. Western Medicine Has Blinkers On

Western medicine has made major advances during the last century. Many breakthroughs and discoveries have been made to help treat disease and injury and I am really grateful for this progress. Doctors spend many years at university being trained in this precise science to achieve their qualifications.

However, I believe a massive problem exists in the way western medicine approaches disease treatment. In most cases you tell your doctor the symptoms you are experiencing. They then ask a few more questions to clarify your symptoms and make an educated guess at what is wrong with you. They may do additional examination and order some tests to further qualify what they think the problem is.

They can then give your problem a name. At this point they will most likely prescribe a “treatment” based on drugs or surgery or both.

The interesting thing is that most treatments prescribed are only designed to treat the symptoms and not the underlying cause of the disease.

This is certainly the case with autoimmune diseases. Once the results of various tests allow a diagnosis to be confirmed, a label is put on the problem you have and drugs are prescribed.

Imagine you walked into a bathroom and noticed a tap running into an already full bath. Water was overflowing onto the floor. What would you do first? Would you start mopping up the spilt water or would you turn the tap off first? Well our medical practitioners just keep mopping up. They don't seem interested in turning off the water!

If we don't treat the underlying cause of our autoimmune disease then a lifetime of “mopping up” with dangerous drugs is the best we can hope for.

6. The Common Cause Theory

It was obvious to me from the outset that all autoimmune diseases are related by the common fact that our immune system is incorrectly attacking parts of our own body. Obviously the cure lies in getting our immune systems back on track. It all seems so logical.

Western medicine however seems to look at all autoimmune diseases as separate and unrelated because they have different symptoms. For some time I have wondered why such an obvious common connection between all autoimmune diseases was seemingly being ignored.

I was very happy when recently I found that a group of medical professionals and others have banded together to advance the “Common Cause Hypothesis” of Autoimmune Disease. They call themselves the Autoimmune Diseases Research Foundation (or ADRF) and they state, “Evidence supporting the common cause hypothesis is extensive and compelling”. At least here we have a group using modern medicine in an endeavour to find a common cure for autoimmune disease. Yes, I did say cure! These guys and gals are not just looking to treat symptoms with drugs. They are actually researching permanent cures!

Of course their biggest problem is getting funding. It has to be by donation and grants as large drug companies are unlikely to fund research into a permanent cure. It just doesn't make good business sense.

In fact, during my research, I uncovered a whole minefield of shocking truths concerning western medicine, big drug companies and related issues. If you want some really interesting reading, go to: <http://campaignfortruth.com/home.htm>.

7. So, What Is The Secret?

Wouldn't it be great if there was one magic thing I could tell you that would just fix your autoimmune disease. I could even tell you that it's a secret that has been lost to modern civilization for centuries just to make it sound more exciting.

The truth is that The 3 Keys to Real Health system of natural healing I developed is based on well-known facts and common sense. I have taken the best of the best information on health and well-being and built an easy to follow, simple system that works.

The system's primary goal is to create an ideal environment for our bodies to achieve perfect health. It does this in a way that is simple and straightforward. Let's face it, it must be simple or we won't stick with it.

There are plenty of systems around that focus on improving our health in one area only. Some focus on diet, which is extremely important. Other systems focus on our physical well-being with exercise routines while others focus on our mental health through relaxation and meditation routines. I believe that the power of my system is that it focuses on ALL of the important areas at the same time. It's only when we get all the important parts of our lives harmonizing together that magic truly happens.

I found this "magic" happening soon after I started into the program. The most magical thing that happened was beating my Myasthenia Gravis. I could never describe in words alone the feeling of curing my autoimmune disease and reducing my drug intake to zero. But that wasn't all. Other magical things started happening that I hadn't really expected and I will talk more about those later.

Most of us have been disease free at some time in our life but we seem to just take that for granted. We think it's no big deal. But when you contract a serious illness, then cure it, an amazing feeling develops that stays with you all day every day.

So what are the 3 Keys to True Health?

8. The 3 Keys to True Health

The three keys to true health are:

1. What we eat - Food
2. What we do (or don't do) - Exercise
3. What we think - Mindpower

There are so many people around that have great information regarding the three key areas above. The problem is that they usually specialise on one area only. We need to work on ALL of the three key areas at the same time.

That's when the truly amazing things happen!

9. Simplicity is Essential

Have you ever decided to start something new and found that it was just too complicated? Or maybe it was a little complicated but that was ok because you were really determined to do it.

I know I have experienced both situations. When things are too complicated you don't even get started. If it's just a little complicated, you might get started but you soon find it's just too much trouble to keep going for the long term. It's a lot easier to stop.

I knew that if I was to be successful at the three keys to health they had to be simple. If they involved counting calories or grams of fat, or earning points for exercise and keeping track of that, or documenting things daily or weekly, I knew I would soon get tired of all that and quit.

So, one thing I can tell you right now is that this system is SIMPLE, and simplicity in everything we do is essential!

10. The First Key to True Health – Food

You may have heard the saying “You are what you eat”. This is so true. Our bodies are complex machines constantly performing all sorts of complex tasks. In that respect we are no different to any precision machine. Take an automobile engine as an example. It requires a particular fuel to run. The fuel must be clean and of the exact right composition. There must be a constant supply of clean air to provide oxygen. The oil must be the correct type and kept clean and at the right levels. The cooling system must be kept full of clean coolant. We all know that if any of these things are not properly maintained permanent damage can result.

Our bodies also need fuel and oxygen from the air to produce energy. The fuel must be just right, so our bodies can produce energy and all the other complex substances required for proper operation. Our fuel of course, is food and it needs to be just right. We also need clean water for everything to function correctly.

If we put incorrect fuel and oil in our car engines they will soon be full of sludge and other unwanted deposits. When we eat incorrect foods our bodies also end up full of sludge and deposits. This hampers the operation of every part of our body including our immune systems. The result is disease and serious problems over time. It’s not “if”, but “when”. It’s only a matter of time before problems will occur.

So what should we be eating? It’s very simple. Humans are mainly herbivores. That means plant eaters. The type of teeth we have are not typical of carnivores, the meat eaters who have mostly canine teeth. We have mostly molars and incisors for chewing plant food. We also have very long intestines needed to digest plant food. Carnivores have short intestines so that the meat is partially digested and the rest goes straight through. A lot of meat and little else in a human intestine spends way too long in there and turns to rotting flesh. Heard of Colon Cancer? Its now one of the biggest cancer type killers in the western countries.

Humans have always eaten meat but until refrigeration was invented meat could not be stored for long. So going way back meat was eaten occasionally and plant food was used to survive on most of the time.

Our diet should be mainly plant food. That means vegetables, fruits, nuts, rice, grains, grain breads, pastas, etc.

The Greatest Rule

Now let me tell you about the greatest rule of nutrition ever invented. I wish I could say that I invented it, but I can't. A remarkable man named Dr. John Tickell invented it. Its called "The Two Thirds, One Third Rule". Dr. Tickell says that you only have to worry about two food groups. The first is plant food which I have briefly mentioned. The other is flesh food and refined or processed foods. He calls the two groups Basic and Bonus.

Dr Tickell's two thirds, one third rule states that every day we need to eat two thirds Basic foods, and one third Bonus foods. That's it! Simple isn't it!

Let's talk a little more about Basic Foods and Bonus Foods.

Basic foods

Basic foods are plant foods, for example fruits, vegetables, nuts, grains, seeds, cereals. So this includes rice and pastas. Stay away from processed foods like white flour. It's had all the fibre taken out of it, so it's really good at setting like concrete in your bowel. Go for wholemeal and grain breads, not white bread. Cooked vegetables and fruits are great and un-cooked is even better. Heat tends to destroy the enzymes. Salad is fantastic. Nuts, seeds, coconut, olives and avocados are high in fat but full of great nutrients so just go easy on those. Always think about having a good mix of colours in fruit and vegetables. The different colours indicate higher concentrations of various nutrients & vitamins. All fresh fruits and vegetables are high in fibre and a rich source of vitamins, minerals and antioxidants. Antioxidants are fantastic as they slow down aging.

Organically grown fruits and vegetables are even better if you can get them. They are usually higher in nutrients.

Here is a tip to remember when you are out buying your fresh fruits and vegetables (especially the fruits). Buy the ones that look really delicious. Lets take peaches as an example. When they are in season, you sometimes see small bags full of half size peaches sitting next to the big, delicious, mouth watering variety. And of course it sometimes costs more for 3 or 4 of the really nice ones than it does for the whole bag of small sour ones. The trick is to buy the nice ones even if they are more expensive. You will look forward to your fruit every day when its sweet and delicious and the money you will save from cutting back on bonus foods will more than make up for it.

Now about Bonus foods.

Bonus foods are all foods that are not Basic foods. Simple isn't it?

They are fast foods, dairy products, the cakes, pastries, lollies, chocolate, meats, soft drinks, soda pop, cordial, alcohol, eggs and all other processed foods. By processed foods I mean just about any food modified in a factory. Probably 99% of processed foods contain some scary chemicals designed by food technologists to make the food tastier or more colourful or last longer. Its for sales and profits, not health. They call them preservatives, artificial colours, artificial flavours, artificial sweeteners, emulsifiers, softeners, anti-coagulants, etc. They quite often have long chemical names or just numbers. I looked at the list of ingredients on some processed food at the supermarket recently and I was shocked at how many of these things were in it. It looked more like a recipe for nerve gas or rat poison than something we are supposed to eat.! The other important thing to understand about processed food is that most of the nutrition has been processed out of it.

Let's talk about protein. We need proteins in our diet. Proteins are made up of a whole lot of building blocks. Around 9 of these our body can't produce so we have to eat them every day. To get all 9 from plant food is tricky as there is no single plant food that has them all. There are foods, however, that contain all of the 9 essential building blocks in the one food. These are meat, fish, cheese, milk and eggs. They are the complete protein foods that we do need a little of. They all tend to be high in fat so lets discuss them individually.

It is good to have around two small serves of lean red meat a week. As well as the protein, red meats are rich in iron. Fish is really good. Some fish every day is ok if you wish. The deep sea fish are the best like salmon, tuna, mackerel and sardines. The fish oil is full of Omega 3 fatty acids that are great for our immune systems. Omega 3 fatty acids are also in canola oil, soybean oil and walnut oil. Some milk and cheese is fine but make sure it's the low fat variety. Eggs are an interesting food. The egg white is probably the best source of high quality protein. The yolk is not so good. You should throw away most of the yolk. Leave a little for taste and colour if you like.

What about Fat? Stay away from high fat foods. We do need a small amount of fat in our diet but you will easily get that. There are 3 main types of fats and we need a little of them all. Saturated fats are the worst. They are found in animal products like meat & dairy products. Polyunsaturated fats are mainly found in vegetable and fish oils. Monounsaturated fats are probably the best of the three but they are still fats. They are found in avocados, olives, olive oil, canola oil & peanut oil. That's one reason virgin olive oil is the best to use if you need a little in recipes. Ah, this fat business reminds me about butter and margarine. Margarine is better than butter so only a very light spread on your toast or bread. None at all is way better.

With regard to our intake of fluids, just drink plenty of water most of the time. Stay away from high sugar drinks. Fruit juice (unsweetened) is the next best thing. With hot drinks, green tea is fantastic, normal tea is ok and if you must drink coffee then no more than 2 or 3 a day. If you drink alcohol (and most people do) then 3 or 4 drinks once or twice a week is good. There seems to be a lot of research around now to suggest that a small amount of alcohol regularly is better than none at all.

Other Eating Tips.

- Breakfast is the most important meal of the day as it helps to keep things moving in our intestines and bowel. It's another good defence against bowel cancer.
- Too much salt is bad although we do need some in our diet. Don't add any additional salt to cooking or food and you should be ok. You should easily get

your daily requirement from your vegetables and small amounts of bonus foods that you consume.

- And what about Vitamin and Mineral Supplements? If you follow the Two Thirds, One Third rule and the other important issues we have been discussing, you probably don't need supplements. However, this is a hotly debated issue and if you wish to take supplements, a multivitamin supplement and a mineral supplement is my suggestion. You can look at these as added insurance.
Important: Only use natural supplements. Do not consider using synthetic supplement products as our bodies just can't metabolize these fakes. There are manufacturers that specialize in natural vitamin and mineral products.
- When you eat, chew each mouthful of food until it's a liquid, and then swallow it. This has two benefits. The first is that it aids our digestion. The second is that it slows down the eating process so we won't tend to over eat.
- Try not to eat any food within 3 hours of your bedtime. This will aid digestion and help you get a sound, restful sleep.
- Eat when you feel hungry.
- Refrain from eating when you don't feel hungry.

11. The Second Key to True Health - Exercise

Our Cardiovascular Fitness

Our cardiovascular system is responsible for circulating blood to all the organs and tissues in our body. It comprises our heart, lungs and a network of veins and arteries.

Our heart continually pumps blood, which delivers oxygen, nutrients and other vital substances to every part of our bodies. At the same time our blood collects and removes metabolic waste products and carbon dioxide.

Our lungs are responsible for extracting oxygen from the air we inhale which our blood picks up. At the same time carbon dioxide is removed from our blood and exhaled.

This is obviously a much simplified explanation of our cardiovascular system but I hope it shows how vitally important it is. When we have a healthy cardiovascular system, efficiently supplying all parts of our bodies with fresh blood, rich in nutrients and oxygen, we are really helping our immune system.

If you don't currently do some sort of regular exercise 3-4 times a week then you should. The exercise should be aerobic exercise, which means you start moving and keep moving at a rate that gets you lightly puffing. You need to keep doing this at a rate that keeps you lightly puffing for at least 30 minutes.

That's simple isn't it?

Here it is again. Lightly puffing for 30 minutes, 3-4 times a week.

Notice I said LIGHTLY puffing. If you are training for the Olympics you will need some harder exercise than that. To get fit and stay fit to a level that will keep your body fantastically healthy, lightly puffing is perfect. You also are more likely to injure yourself when you exercise harder than this. You don't need to be a fanatic, just healthy. Lightly puffing will get your heart rate elevated to a point where the "aerobic effect" will take

place. The aerobic effect is what will improve your whole cardiovascular system and get it working efficiently.

What sort of exercise should you do? Well that's up to you. Cycling and walking are probably the best. They can be done outdoors or indoors on a treadmill or exercise bike. Jogging is ok if you are a jogger but it is much more jarring on your joints. Swimming is good exercise if you are a lousy swimmer. If you are a good swimmer, your technique may be so efficient that you will have to work too hard to get the effect.

Pick an exercise that's enjoyable. I initially started on an old exercise bike I had at home. I soon found it to be very boring so I put the exercise bike out on the veranda in the fresh air where I could watch the cars and people passing by. I also found my walkman (portable tape player) so that I could listen to my favourite music and some sets of information tapes that I had. My 30 minutes passed very quickly. I have now moved from stationary cycling to real cycling, which is very enjoyable. I also do some walking.

If you are going to start a new exercise program your muscles, joints etc will not be ready so you must start out slowly. Don't worry about the lightly puffing or the 30 minutes for the first few weeks. Just start doing a little and gradually increase over say 4 weeks. Its much better to build up slowly than to injure yourself right at the start.

You may have personal reasons that make exercising difficult. It may be because of the debilitating effect of your autoimmune disease or other physical disabilities.

In these cases, try to get creative. We are only talking about moving some parts of your body to raise your heart rate and keeping it raised for 30 mins.

If you are in a wheelchair that you can move with your arms, that's perfect.

If for some reason, all exercise is impossible for you then focus all your efforts on the first key to health covered in the previous section and the third key in the next section. These two keys, even without this key, can still do miracles.

IMPORTANT NOTE: Consult your medical advisor or doctor before starting a new exercise program.

I forgot to mention that not only does our cardiovascular system responds well to regular exercise, but our whole body does. Our bones get stronger, our muscles tone up, we loose inches of fat where we shouldn't have it and we feel fantastic.

A quick word on sleep.

Get enough of it! Adequate sleep is essential for our bodies to rejuvenate themselves. Most people need between 7 and 9 hours each day. Some need a little less. Just listen to your body. It will let you know if you are not getting enough.

12. The Third Key to True Health - Mindpower

Our attitude and stress

It is common knowledge that high levels of stress in our lives can be very detrimental to our health. Your immune system can definitely be effected by on going stress so its important to understand what stress really is, what causes it, and how you can reduce it.

Our bodies are designed to cope with high stress levels but only for short periods. It goes right back to caveman days. If you lived back then, a high stress event would be coming across a large animal that was intent on killing you. That's high stress!

In a situation like this, even before you move, your heart rate increases, adrenaline is pumping into your system & your muscles are primed ready to kill or be killed (or run like crazy). Your body is ready to perform like it normally cannot. Assuming you didn't get killed yourself, you would have killed the animal or safely escaped. The danger would have passed and in a short while you would be relaxed again and your body would have returned to normal functioning.

It's not that simple in today's complex world. We can end up under continual mental stress that doesn't let up. Things like financial worries or relationship problems and of course health issues can weigh on our minds. The problem is that our bodies don't know what it is that we are stressed about, just that a response is needed.

Only so much adrenaline can be pumped into the system. As this dies down, if the stress is still there our bodies then pump cortisone (it's one of the corticosteroid hormones) into our system.

You may well know that cortisone is used to suppress the immune system and has bad side effects in the long term. As we walk around day in, day out with high stress and high cortisone levels our immune systems are slowly being killed. Ever heard of autoimmune disease? I'm sure you have!

So what are some solutions to reducing these high stress levels? It is actually quite simple. Not always easy, but definitely simple.

Before I explain the solutions, let's discuss how people react to various circumstances. Most people spend their whole lives "reacting" to circumstances that arise. What we need to do is teach ourselves to "respond" to things that happen not react.

A politician when asked a question by a new reporter will quickly think about the correct way to respond to that question before answering. If the politician just reacted and said the first thing that came into their mind it would quite often be inappropriate and perhaps even detrimental to their career. That is a skill they have learned over time.

In a similar way, we must learn to think, and then respond to potentially stressful circumstances in a way that favours our health.

Imagine your bank manager called you up one day and told you the bank was going to foreclose on your mortgage. Your house was to be auctioned in one month and you had better start looking for somewhere else to live. Now that's a potentially stressful situation! At that point you have two choices. You could just react. That might include telling the bank manager where to go just before slamming down the phone. You could then let your emotions continue on out of control and spend the next few weeks completely stressed out until the situation was resolved one way or the other.

You could also choose to stay calm, thank the bank manager for his call, and then sit down to plan out your next move. With a calm mind, you may decide to speak to your accountant and lawyer and any other people that may have experience in these matters. With all this extra advice, you can then proceed to work out a solution the bank may consider. You would then probably sit down with the bank manager and work out an alternative. If all failed you would at least know that you have calmly explored all possibilities.

Approaching the situation calmly would certainly have given you the best odds of a resolution in your favour. This skill of responding instead of just reacting is a powerful technique to keep stress levels low.

There may be some situations in your life where a simple solution is not forthcoming and you just need to make a major change in favour of your health. For example you might need to change jobs if your current one is just not working out and there is no other obvious solution.

I personally had a situation a few years ago of continual stress related to financial problems in my business. Expenses were rising and sales revenue was declining. For years, I had leased a small factory and ran the business from there. I was convinced that this type of business could not function from home but the financial situation forced me to make a tough decision. I moved the business to my home and decided that if I had to modify some operational aspects to suit the new location, I would.

It proved to be the best decision I had made in years. Financial problems eased massively, I also saved an hour a day in travelling (plus the associated car expenses) and the business just ran great from home. My level of stress eased considerably.

It was right at the end of those years of business stress and just after I had moved my business home, that I was diagnosed with my autoimmune disease.

Very interesting!

You also need to take time out every day if possible to just relax. Yoga or meditation is great. Read a book or go for a walk, go fishing or anything else that does it for you.

There are also some other great stress relievers that you should know about. They are laughter, friends and hugs. These are powerful immune system boosters! Laugh a lot, spend quality time with your friends and hug the people that are close to you often.

13. The Fourth Key To True Health

Now you are probably thinking, “He said there were 3 keys.....”

Well it’s just that I didn’t worry about the fourth key when I cured my autoimmune disease but some people should, so keep reading. The 4th key is Pollutants & Toxins. I will explain shortly why I only focused on the 3 keys when I cured my own autoimmune disease.

Pollution

Pollution comes mainly in the form of air pollution and water pollution. These will be pretty obvious if they are bad enough to be of concern where you live or work. If you are exposed to high levels of air pollution (or water pollution) at home or work there may not be an easy solution. The other form of pollution worth considering is in the form of electric fields. These can be high frequency in the form of radio waves or low frequency electric fields from appliances, wiring in buildings and overhead transmission wires.

There is really no conclusive proof that I am aware of that these fields cause health issues when we are exposed at the typical levels. However, if you think you work or live in unusually high levels of electric fields then you may wish to check it out further.

Mobile phones are the newest hazard and these do concern me. Although the transmission power is relatively low, it’s the fact that we jam them against the side of our head. The only way to get the phone closer to your brain would be to remove part of your skull.

Once again, I am not aware of any conclusive proof that they are a problem but I like to just be sensible. I use my mobile phone occasionally and if I have to use it more than normal I attach the hands free. Moderation is always a great policy.

Toxins

Toxins that are potentially harmful to our health come from many sources and in many forms.

Toxic chemicals are added to our water supplies to kill bacteria and strengthen our teeth. Toxic chemicals are used in skin care products, soaps, toothpaste, shampoo and conditioner. Toxic chemicals are used in kitchen and bathroom cleaners and in dish and laundry detergents. In all of the above cases the manufacturers say the amounts used are so small that they are harmless. But do we really know for sure?

Highly toxic substances are used in weed and pest poisons including household pest sprays.

It is such a vast subject that in most cases it pays to just be aware and use common sense. You can also source many toxin free personal care products and detergents now from specialist manufacturers. One example is Neways.

I said I would explain why I only focused on the first 3 keys to health in curing my autoimmune disease so I will.

I am fortunate that I live away from a major city and the air here is fresh and of good quality. Our water supply is high quality and fluoride free (most other water supplies in the state I live are fluoridated) although our water would still contain whatever they use to control bacteria. I work from home and don't work with any toxic chemicals, so I am more fortunate than most.

There is no doubt in my mind that the 3 keys to health are the more important ones for most people. So unless you are exposed to unusually high levels of pollutants or toxic substances concentrate on the 3 keys and just use common sense with the 4th.

14. Smoking

Do you smoke?

If your answer is yes, then stop!

What more can I say? Just stop smoking! It doesn't matter how, but just do it.

There has never been a better time to give up smoking. There are now nicotine patches and other products to help you quit that didn't exist a few years ago. There is heaps of information on the Internet to help you quit and there are even phone numbers you can call for information and support.

If you are a smoker, its time to get serious. Decide now to take responsibility for your health and your life and quit.

If you really want to improve your health and beat your autoimmune disease then you can't continue to smoke. Did you know that it's impossible to be intelligent and a smoker? The two are mutually exclusive!

I know you have heard this all before but just in case, here are some interesting facts from the Surgeon General's 2004 Report.

The major findings of the Surgeon General's 2004 report are

- 1. Smoking harms nearly every organ of your body, causing many diseases and reducing your health in general.*
- 2. Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving your health in general.*
- 3. Smoking cigarettes with lower tar and nicotine provides no clear benefit to health.*

4. The list of diseases caused by smoking has been expanded to include abdominal aortic aneurysm, acute myeloid leukemia, cataract, cervical cancer, kidney cancer, pancreatic cancer, pneumonia, periodontitis, and stomach cancer.

GENERAL HEALTH EFFECTS OF SMOKING

Smoking harms your body in many different ways. It damages the immune system and increases the risk of infections. Smokers tend to be less healthy than non-smokers.

Many illnesses in smokers last longer than in non-smokers, and smokers are more likely to be absent from work because of illnesses, and are more likely to require longer hospitalizations than non-smokers.

Smokers have a greater risk of complications and have a lower survival rate after surgery because of damage to the body's defences. They are at increased risk of infections, pneumonia, and other respiratory complications.

As you age, your bones become less dense, leading to a greater risk of hip fracture. The bone density of smokers tends to be lower than that of non-smokers.

Smoking causes peripheral artery disease that can affect the blood flow throughout the entire body. In peripheral artery disease, the arteries that supply blood to the legs are narrowed by atherosclerosis.

Although atherosclerosis is more commonly thought of as a heart disease, it can affect arteries anywhere in the body, including those in the legs and brain. Healthy arteries are strong, flexible and elastic, and the inner walls are smooth, allowing blood to flow freely through them to nourish tissues and organs.

Smoking causes many types of cancer, which is the second leading cause of death among Americans. It is responsible for one of every four deaths in the United States. Each year more than half a million Americans, more than 1,500 people a day, die of cancer.

Cancer was one of the first diseases linked to smoking. In 1964, the first Surgeon General's report on smoking and health concluded that smoking causes lung cancer. In later years, the list of diseases linked to smoking has grown.

15. My Results

My results have been just amazing. I still have to pinch myself to make sure I'm not dreaming when I think back to how I was, compared to how I am today. This chapter is not about me bragging, but its here to hopefully give you inspiration to apply everything in this report to your own lives, and reap the benefits.

In mid 2002 I was diagnosed with Chronic Destructive Autoimmune Thyroiditis. My specialist told me it was not curable but treatable with daily Thyroxine tablets. Sure enough, after a few weeks my thyroid levels were approaching normal and my symptoms were going away. But had my immune system stopped attacking my thyroid gland? Probably not!

A couple of months later, I was diagnosed with Ocular Myasthenia Gravis. I had a droopy right eyelid, which kept one eye mostly closed. Also, both eyes had lost most of their movement so I had really bad double vision. Even though I worked from home my work was suffering and I could no longer drive my car. I was finding more and more things that I could no longer do due to my poor vision. The prednisolone I was on was playing havoc with my sleep as I was only getting 3 or 4 hours sleep at night. I also knew that the long term side effects of prednisolone were a lot worse.

A few months after this I told my Doctor about a skin problem that had been annoying me off and on for about a year. It was mainly under my feet and on my scalp. He diagnosed it as Psoriasis and prescribed a lotion that reduced it a little while I continue to use the lotion. Of course it came back as soon as I stopped using the lotion. Seemed like the old story again of modern medicine treating the symptoms but no cure in sight.

About 3-4 weeks after I started applying my 3 Keys to True Health, I started to notice that I had more energy. It was a nice feeling. Each day was easier to get through even though the MG was the same. I guess my body was just getting healthier. It was responding well to the really good food, the regular exercise and the lower stress levels (even though I had MG I was determined to not get stressed out over anything and it was working).

After about 5 weeks I woke up one morning and my droopy eyelid was almost completely open and my eyes were moving a little more. This was very exciting! After 2 more days my droopy eyelid had gone and normal eye movement had returned. That was a really special day!

I saw my neurologist a few days later and told him about my 3 Keys to True Health and he agreed to let me gradually reduce my prednisolone dosage back to zero over the next four weeks. He said to let him know immediately if any symptoms returned. Well I am pleased to say that I haven't needed any of that medication since.

My Psoriasis also vanished even though it took a few months. My Autoimmune Thyroiditis is a little more interesting as I am told the attack has done permanent damage to my thyroid gland. This means that even though my immune system has ceased to attack my thyroid gland, it will never be able to get my thyroid levels back to normal by itself. Now that's what I have been told. Do I believe it? Well I'm keeping an open mind on that one! I am slowly being able to reduce my Thyroxin medication. I am now down to half my original dosage. This suggests to me that even my "permanently" damaged thyroid is repairing itself.

Beating my autoimmune disease has been fantastic but I also received some other incredible bonuses that I wasn't expecting.

I lost weight.

I was a little overweight but now I am the correct weight for my height and age, I lost about 22lbs (10Kg).

My energy levels are amazing.

I just feel so good everyday that I still can't believe it. I get more done with less effort. I think more clearly. It's fantastic to be alive.

I need less sleep – way less

For my whole life I have been one of those people that needed a fair bit of sleep. At least 9 hours seemed to be my requirement. I now only need about 7 hours and have more energy through the day.

I don't get headaches.

If I had 2 or 3 late nights in a row I usually had a headache the following day. It was common for that headache to get really bad to the point where I started to feel nauseous if I didn't take some pain relief.

I would also occasionally have a headache for some other unknown reason (as I think most people do from time to time). I don't drink much alcohol so hangovers have never been a problem for me.

I still find this hard to believe, but I haven't had one headache since I started on my 3 Keys to True Health.

I don't get sick.

I certainly didn't expect this either but I just haven't had any illness since I started on the 3 Keys to True Health. No colds, no flu's no upset tummy, nothing. I am totally convinced now that it's the state of our immune system that determines whether we get colds, flu's etc. Lets face it, we all come into contact with all sorts of germs everyday but some people just seem to be sick more often than others. Think about it.

I have grown younger.

Although I have aged in years, my biological age has reduced. My body is now biologically 5-10 years younger than it was before I started the 3 Keys to Health program. Friends and acquaintances that I hadn't seen for a long time were saying things like "You are looking great, what have you been doing?" Now that's a real buzz!

16. The Most Important Chapter

This is NOT the most important chapter but I wanted to get your attention. It is, however the last chapter and its full of helpful advice to tie the whole program together.

1. Firstly, I would like to make sure you understand that the 3 Keys to True Health program is not short term. It's not a quick fix that you do for a while and then stop. For most of you it will be a new lifestyle, a new way of living. It just continues through the rest of your life and you continue to receive the rewards.
2. Secondly, please understand that committing to this program is just one decision away. Our minds are very powerful and if we make a firm decision to do something and not give up under any circumstance, then that's it.
3. You might already be telling yourself that you can't eat lots of plant food, or that you can't go without your big slabs of meat or your sticky sweet cakes, sugary drinks and all the other crap you currently stuff in your face. If you are, then you need to understand what I am about to say. Go ahead and re-read it a few times if necessary until you really understand this.

Nutrition is primary, flavour is secondary!

I believe it's a natural human characteristic to try to satisfy our taste buds. Most people judge food by how it tastes. Am I right? Just watch 90% of the cooking shows on the TV. The food is usually high in sugar and fat and may not have a lot of nutritional value but it tastes fantastic. And it's slowly killing us. The old story.

It wasn't long ago that I was like this too, but something has changed deep down in my subconscious. I have gained so many wonderful things from eating correctly that I get really excited to eat food that is nutritionally fantastic and tastes good. It no longer has to taste fantastic. Good is OK. If I get fantastic nutrition AND fantastic flavour that's even better. I love Asian food. A lot of Asian dishes are very healthy and the flavours are just amazing.

4. Moderation is an important word. We should approach things with moderation in mind. Anything taken to excess is not good. Even good things, when taken to excess, become bad. If you exercise like a crazy person you will injure yourself. If you eat excessive amounts of one fruit or vegetable because you like it you won't be eating enough of the others. It's all about balance, moderation and common sense.
5. Consistency is another important word. When we undertake anything worthwhile, being consistent is one of the important ingredients for success. If starting this program seems a bit overwhelming to you don't worry. It's easy to be consistent in small chunks. You only have to do this program correctly for one day and that's today. When you wake up the next day you only have to do it for that one day. If you just take it one day at a time, consistency becomes easy and the rewards follow.
6. The power of your mind is awesome. A positive outlook on your health will have a positive effect. Don't spend any time at all thinking about the negative aspects of your health problems or your life. That only serves to make it worse. Think about all the good things that are happening in your life instead. Even if you think there aren't many good things at the moment, focus on those anyway. A positive outlook will draw more positive things into your life.

Also be grateful for everything about your life. Gratitude is very important and powerful. There are always other people worse off than you. Be grateful for every mouthful of this new nutritious food that you eat. Feel it doing you good as it releases its fantastic nutrients into your body.

When you exercise think about the fantastic healing effects of every breath of air that you inhale. Feel it doing you good and be really grateful for the air we have to breathe. If you can master the way of always being grateful for everything in your life you will feel an inner peace, a sort of calm, that is just great and you will become much more positive.

7. How long before you see or feel some results? Well, how long is a piece of string?

We are all a little different in so many ways. Age, sex, the way we think, our current level of health, where we live, our job, etc, etc. Also, our bodies are so complex that we all react differently to various things.

For me it only took 4-5 weeks to see definite results. You might be similar or it may take months.

One thing I am very confident about is that if you commit to this program 100% and don't cheat you will feel an improvement in your overall sense of well being in just a few weeks. Commit to do it 100% for 6 months and you will be surprised what happens.

8. Here is the whole 3 Keys to Health Program in summary:

- Follow the "two thirds, one third" rule
- Lightly puffing, 30 minutes, 3-4 times a week. Build up gradually.
- Don't stress out. Respond to circumstances as they arise, don't react.

Now that's simple, isn't it?

I sincerely hope you make the decision to embrace this program and that you achieve great results as I have done.

All the best in health,

Neville South.