

Getting Healthier

Dr. Patrick Quillin, PhD, RD, CNS

More Energy, Improved Sleep,
Better Brain Function, Reduced Inflammation
in 21 Days

21 Days to a Healthier You!

DAY 1: HOPE, OPTIMISM, AND A FIGHTING SPIRIT

Focus on the parts of your body that are working properly, not on your illness. Since you are alive enough to read this guide, then something and perhaps quite a bit is working in your body. Give thanks for everything that you can think of. Thanksgiving is a healing balm on the body and soul.

DAY 2: KNOWLEDGE, OPTIONS, DATA GATHERING

If you have a diagnosis from your doctor, and he/she may have a plan for you, it is probably not the only therapy that is appropriate for you and may not even be the best therapy. You need to explore your options. In today's society, getting information is easier than ever before. Get on the internet and spend a few hours gathering data and phone numbers on who can help you with your particular illness. The more knowledge that you have, the more likely you are to make the right decision on which "wagon master" to choose for your vital treatment ahead.

DAY 3: THE POWER OF NUTRITIONAL SYNERGISM

Synergism means that $1 + 1 = 3$ or 500 , but a whole lot more than 2 . **Synergism** tells us that the combined efforts of certain factors yield more than what would have been expected. Do not rely on any "magic bullet" nutrient to improve your health. There are no such things. Your body needs the **50 recognized essential nutrients plus a couple of hundred other valuable nutrients** that can only be found in a wholesome diet that is supplemented with the right nutrients.

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DAY 4: STARVE THE ILLNESS

Many diseases are sugar-feeders. The scientists call it an "obligate glucose metabolizer". You can slow yeast growth by lowering the amount of fuel available to the cells. Americans have become hummingbirds in our constant consumption of sweet fluids and foods. The resulting constant high blood glucose levels yield many diseases, including cancer, diabetes, heart disease, hypertension, and yeast infections. Trying to overcome fungal infections while eating a diet that constantly raises blood glucose is like trying to put out a forest fire while someone nearby is throwing gasoline on the trees.

[Are you eating too much sugar?](#)



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DAY 5: AVOID MALNUTRITION

Malnutrition stems from a poor diet or inability to absorb nutrients. Malnutrition can lead to serious health issues, including stunted growth, eye problems, diabetes and heart disease. Over 40% of cancer patients actually die from malnutrition, not from an illness. Many illnesses generate chemicals that lower appetite while increasing calorie needs. The net effect is that many patients begin to lose weight. You cannot fight a life-threatening disease while malnourished. You need all the proper nutrition you can get to feed your immune system, which is your army assigned to killing the diseased cells. The backbone of the immune system is protein. If you cannot eat solid foods, then try immune boosting smoothies.

[Benefits of Homemade Smoothies](#)

***Your body needs the
30+ recognized essential nutrients
plus a couple of hundred other valuable nutrients.***

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DAY 6: NUTRITION + MEDICINE = IMPROVED RESULTS

Some of the specific benefits of good nutrition include:

- Reduced risk of chronic diseases: Eating a healthy diet can help reduce your risk of developing chronic diseases such as heart disease, stroke, type 2 diabetes, and some types of cancer.
- Improved mood and energy levels: Eating nutrient-rich foods can help improve your mood and energy levels. This is because many nutrients, such as B vitamins, are essential for brain function and energy production.
- Better sleep: Eating a healthy diet can help you sleep better at night. This is because some nutrients, such as magnesium, are important for sleep regulation.
- Healthy weight: Eating a healthy diet can help you maintain a healthy weight. This is because many nutrient-rich foods are low in calories and high in fiber, which can help you feel full and satisfied.

DAY 7: TURBOCHARGE YOUR IMMUNE SYSTEM

Your immune system consists of 20 trillion cells that compose your police force and garbage collectors. The immune system is responsible for killing the bad guys, any cells that are not participating in the processes of your body, including cancer, yeast, bacteria, virus, and dead cells. "Kill the bad guys and take out the trash." That is what your immune system is supposed to do. If you are not operating at 100%, something is wrong with your immune system: usually either stress, toxic burden, or malnutrition.

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DAY 8: THE HEALING POWER OF WHOLE FOODS

It is amazing how simple the answer to good health can be. Nature has been solving the dilemma for thousands of years. All of us get sick some of the time, yet magical ingredients in a whole food diet are there to help the body restore good health.

- Omega-3 fatty acids are essential fatty acids that have anti-inflammatory properties. They are found in fatty fish such as salmon, mackerel, herring, and sardines. They can also be found in walnuts, flaxseeds, and chia seeds.
- Antioxidants help protect cells from damage caused by free radicals. They are found in fruits, vegetables, and whole grains. Some of the most important antioxidants include vitamin C, vitamin E, beta-carotene, and selenium.
- Probiotics are live bacteria that are beneficial for gut health. They are found in fermented foods such as yogurt, kefir, sauerkraut, and kimchi. Probiotics can help to reduce inflammation and improve immune function.
- Zinc is an essential mineral that plays a role in many bodily functions, including immune function. It is found in meat, poultry, fish, beans, and nuts.
- Magnesium is an essential mineral that helps to regulate inflammation. It is found in leafy green vegetables, nuts, seeds, and whole grains.

[These foods can help boost your immune system.](#)

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DAY 9: NUTRITIOUS AND DELICIOUS RECIPES

Now that you understand the importance of eating wholesome foods to restore your good health, you will need some tips on making this food palatable. I have hosted many classes with hundreds of patients where we would tell them what foods might help them to restore their health. Crock pot, pressure cooker, steaming and grilling are all wonderful means of cooking nourishing foods. Some produce is most nutritious when eaten raw, such as many vegetables and all fruit. A high speed blender can take any leftovers or foods that are not appealing and blend them into a smoothie drink or a nice soup.

Try a couple of boiled eggs with a bowl of oatmeal and a half cup of cantaloupe for breakfast. Move on to a lunch with grilled chicken breast with spinach and onions, wild rice, a bowl of deep-colored fresh vegetables with homemade Italian dressing, and a half cup of raspberries for dessert. A sample dinner might be grilled halibut with fresh lemon, baked sweet potatoes, fresh tomato slices with onions and homemade Italian dressing, and a dessert of a half cup of fresh papaya.

DAY 10: HERBAL MEDICINE

There are thousands of herbs that have been used for thousands of years to treat cancer. None are guaranteed cures for all cancers, but many are non-toxic boosters of immune function and detoxification pathways. If you want just the basic herb that all cancer patients should be using daily, then start with garlic--as a food, seasoning, and/or pill supplement.

[Do you have these medicines in your kitchen cupboards?](#)

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DAY 11: HEALTHY FATS

While too much fat and the wrong kind of fat have been killing millions of Americans for the past 50 years, we are now finding a new form of fat malnutrition: deficiencies of the essential fats. Not enough fish oil, borage or primrose oil, flax oil, conjugated linoleic acid (from the meat and milk of ruminants like cows and sheep), and shark liver oil are all fats that can help you to beat your cancer. For a simple starter, begin taking a few capsules of fish oil daily, preferably basic cod liver oil with all the good vitamin A and D still intact. You can also make a delicious healthy Italian salad dressing by using flax oil, olive oil, water, vinegar and some seasonings.

DAY 12: MINERALS

Before modern agriculture, farmers would use manure and compost to nourish the soil before planting the crops. Today, we use only nitrogen, phosphorus, and potassium (N:P:K) as the basic fertilizer. With each passing harvest, the American soils and our bodies become more deficient in essential minerals for health. For instance, scientists have found that a dust speck of selenium (200 micrograms daily) can lower cancer incidence by 60% and raise immune functions dramatically. Deprive animals of magnesium and they spontaneously develop lymphoma. Some of our cancer epidemic in America is due to our serious widespread deficiency in essential minerals.

[Watch this video “What Minerals are Missing From Your Body”](#)

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DAY 13: VITAMINS

Vitamins are the factory workers that get things done. Calories are the fuel for energy and minerals are part of the structure or help vitamins to get things done. Most Americans are deficient in vitamins, even on the survival Recommended Dietary Allowance level.

DAY 14: PROBIOTICS – FRIENDLY BACTERIA

Professor Elie Metchnikoff won a Nobel prize in 1908 for his work on the immune system. He later discovered the bacteria that makes yogurt (lactobacillus) and declared "Death begins in the colon." Indeed, it may. And the colon and gut of most Americans are under siege by unfriendly organisms and free radicals.

DAY 15: WATER

Our bodies and the earth's surface are composed of 2/3 water. Water is the most amazing substance on earth, providing the fluid of life in your body and the bathing solution for all cells in your body. Yet, most Americans do not get enough water and are drinking contaminated water.

DAY 16: BREATHING

Many diseases are anaerobic. Healthy cells in your body are aerobic, meaning that they need oxygen. Disease hates well-oxygenated tissues of the body.

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DAY 17: CHANGE THE UNDERLYING CAUSE

No one with a headache is suffering from a deficiency of aspirin. And no one with cancer has a deficiency of chemo or radiation. While these therapies might temporarily reduce tumor burden, they do not change the underlying cause of the disease.

DAY 18: SQUELCHING THE YEAST PLAGUE

There is a fungus among us. Yeast (a.k.a. fungus, mold, mushrooms) are everywhere. There are over 400,000 different strains of yeast, of which 400 can cause diseases in humans. Yeast have a very valuable purpose in a well-orchestrated body. Yeast is the "undertaker and the ecologist", degrading our "poop" into basic elements when we relieve ourselves and decomposing our bodies when we are through with them. Unfortunately, due to lowered immune status, toxic burden, malnutrition, sedentary lifestyles, stress, too much antibiotics, enhanced virulence of yeast strains, and people living indoors too much (where yeast thrive in dark, warm, moist, stagnant conditions), we are becoming premature victims of yeast.

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DAY 19: FIND A SENSE OF PURPOSE

On headstones in graveyards there is a birth date and death date that are separated by a dash. What are you doing with your “dash”, or life? Fear of dying is not a sense of purpose. Get involved. Find a mission that you can believe in. Work, family, volunteer work, travel, community activist. Get your energies focused on a sense of purpose for your life.

DAY 20: ENJOY HEALTHY PLEASURES

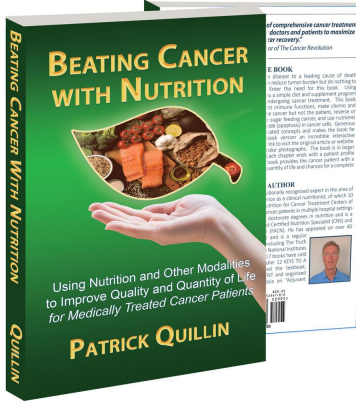
Just a few.... Wholefoods, naps, laughter, sex, walks, meaningful work, friendships, sunshine.

While not all of these healthy pleasures may be possible for you right now, keep them in mind for when they are practical. Our is to engage all of your healing faculties into a grand symphony of wellness that cannot be denied. The more wellness you have in your body, the less illness you can have in your body. What are you waiting for! Have fun and get well.

DAY 21: ILLNESS AS A TEACHING TOOL

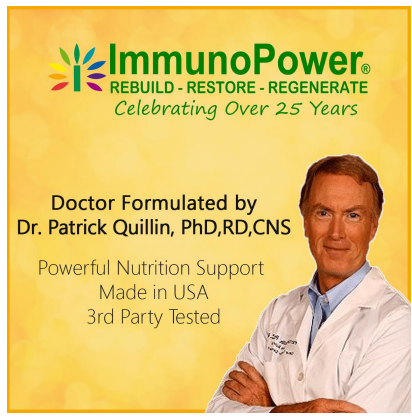
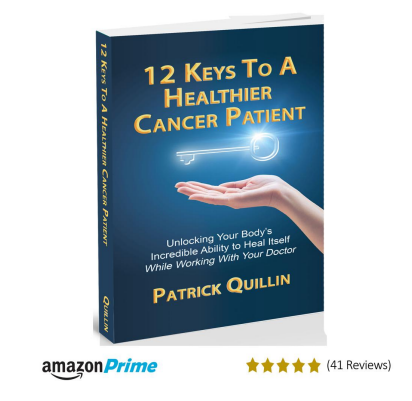
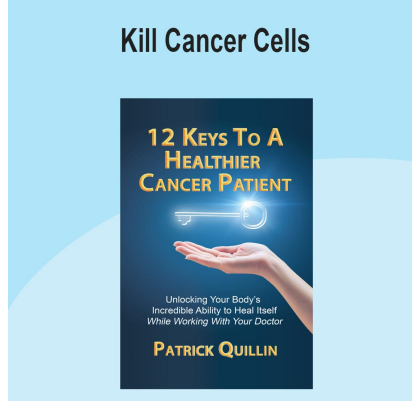
What have you learned through your illness? How have your priorities changed? Do you see life differently? Do you appreciate sunsets and friends more? If so, then you are heading in the right direction toward healing. If not, then wake up.

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Thank you for reading Improve your Health in 21 Days!
Patrick Quillin, PhD,RD,CNS