

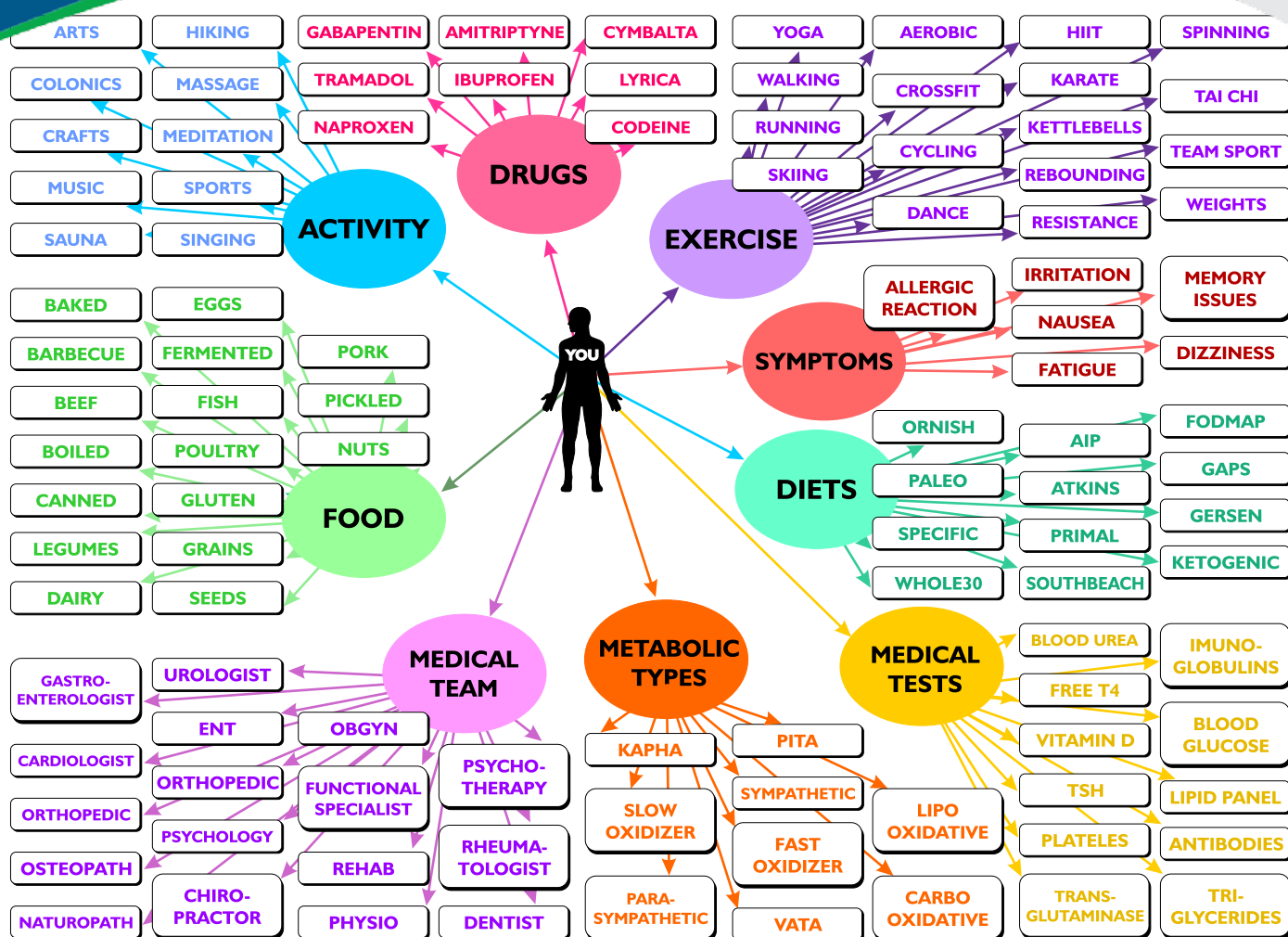
THE CHRONIC PAIN MANIFESTO

by Martin Pytela, Nina Vachkova, Susanne Pytela, and Scott Patton.



LifeEnthusiast

Restoring Vitality to You and to the Planet



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CHRONIC PAIN MANIFESTO

Millions of people are living in pain and fatigue,
unable to get effective help in their doctor's office.
You can get better, but you have to look elsewhere for the solutions.

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If you are reading this, chances are you (or someone you love) struggle with your (or their) health. There is also a big chance that you have struggled for years, or even decades, without any positive progress. You probably visit your doctor more often than you would like, and you probably consume at least one prescription medication, if not more. No matter what you do, you are not getting better. No matter, how hard your doctors try, things don't seem to improve. No matter how much money you pay to your healthcare provider, you just don't see or feel any lasting difference, and you probably are feeling desperate, angry, and ready to give up. You have had enough of trying yet another medication, enough of uncomfortable procedures and painful treatments, enough of living your life in the waiting room of a doctor's office, enough of being a prisoner in your own body, not being able to enjoy life and not seeing any light at the end of the tunnel.

You are not alone. Millions of people all over the world are suffering in the same state - and not getting effective help from the pharmaceutical industry. Health care, which should really be called *sick care*, has become Big Business, and we are being crushed under the weight of it. Let me present to you a new way to approach the problem. Not by inventing a new pill or a machine, not a new miraculous surgery, but by a *change of mindset*. I need you to suspend your judgment for a while, open your mind, and keep reading because these ideas have a strong chance of changing your life for the better. This isn't just a mind over matter strategy that leaves you in pain, feeling more defeated than before. It is a strategic approach to regain wellness! But first, let me share my story to help you understand why I am so confident that you will benefit from this important change in how you approach health.

MARTIN PYTELA, Health Coach

I was 25 when I stepped into a dentist's office with my freshly earned full dental plan from my unionized job at a sawmill. I needed a checkup and a small filling. I ended up with a full exam with x-rays, and a sales pitch: according to the x-rays my molars were getting weak, and needed improvement. They needed to be loaded with mercury amalgams, a total of 12 sizeable fillings. It is very strange that the teeth that were not filled with mercury are still intact 25 years later. I should have clued in, but I was a fresh immigrant from Eastern Europe, and trusted the kind dentist implicitly. I should have known that he was serving his (economic) interest, not mine. I trusted his white lab coat and the framed diploma on his wall; surely he would have my best interest in mind.

The fillings were installed in 4 sessions, one week apart. After the second session I came down with a massive herpes breakout blister on my lip, the first one I ever had. I should have clued in then. Within a year I started having back problems. I was a strong young man before, but now I was having to take sick days. The injuries were not really caused by my job, but by the poison that caused my body to begin falling apart. But we did not know that. In year two I was so debilitated that I was having to crawl on all fours to go to the bathroom, several times a year, for a week or two at a time.

After my back went I also started having problems with my feet and wrists and the arches of my feet were collapsing - carpal tunnel syndrome and plantar fasciitis. I had to change jobs to something less physically demanding. I was seeing a chiropractor twice a week just to keep going. Out of curiosity I had



Martin Pytela

- founder of **Life Enthusiast.com**
- health coach
- certified Metabolic Typing coach
- helping people with their chronic health issues for over 20 years

my hair analyzed (to check for toxins), and it came back with mercury toxicity. I should have clued in then, but did not. I was just puzzling over where I might have gotten mercury poisoning, not at all connecting it to the dental upgrade I had received.

In year three I started having serious dental problems - periodontal disease, gum recession, and loose teeth. I was successful in my career and was earning well. I was spending lavishly on dental care to save my teeth and gums. I had a number of tissue graft operations done, some worked, and some did not. I still have all my teeth, but what an ordeal that was! True to the indoctrination I received as a regular member of this society and culture, instead of looking for the cause I was trying to fix the problem - my ailing body parts, not considering the whole system, and not focusing on finding the root cause. It is curious how conditioned we are by our society in which we interact with others, and learn from them how to handle "problems". Now I can see this pattern in almost every area of our society.

I was seeing medical doctors, orthopedic surgeons, chiropractors, naturopaths, physiotherapists, and a good range of more esoteric therapists, including Rolfing, Bowen, Feldenkreis, cranio-sacral, McKenzie, Alexander, and more. Each of them worked on me and produced some relief, although I was still suffering a relapse several times a year, during which I would be unable to sit in a chair, sleep in a bed, drive a car, or do many other activities we take for granted. I still had relapses where I would have to crawl on all fours to go to the bathroom, because I could not stand up straight. The decline continued. I was still eating the Standard American Diet, and I was beginning to put on some weight.

In year ten I came down with severe allergies, debilitating me for several weeks each spring. I went to my doctor for help. He offered me Sudafed. I asked if that was going to cure me, and he said no, I would have to take it for the rest of my life. There was no cure for allergies, he told me. Not one of these well trained people suggested mercury poisoning, and yet, that was the primary cause of my health problems. Not one of them tried to find the cause, they were all just treating the symptoms. I finally hit the proverbial wall. I realized that I would have to help myself, because the professionals were not going to do it for me. I started studying books about health and healing. I read books by Bernard Jensen, Herbert Shelton, John Tilden, and also Harvey Diamond.

I started the Fit For Life regimen: mostly raw food, lots of detoxification with algae, and proper food combining. After five years of that my back problems subsided, and after ten years my allergies went away. By that time I was at least as well read as any naturopathic doctor or nutritionist, and I decided to start a

health and wellness company to help others who were afflicted much the same way as I was. I finally had the amalgam fillings taken out by a specially trained dentist. It is kind of ironic that each of the fillings cost about \$100 going in, and \$1,000 coming out - on top of the thousands more spent on alternative care.

Mainstream insurance does not cover you to get better, it covers procedures that treat your symptoms. Eventually I realized that I was suffering from a form of “industrialized civilization illness.” I was one of the canaries in the coal mine, one of the people predisposed by genetics to “enjoy” the chronic inflammatory diseases we see rising around us at an increasing rate. Allergies, chronic pain, migraines, the autistic spectrum, thyroid disease, obesity and diabetes, heart disease, and cancer - they all share the same set of underlying causes.

RE-THINKING HEALTH CARE

As you can read above, even though I knew that I was highly toxic with mercury, and that dental fillings contain mercury, I didn't put two and two together. For most of us, the idea that a doctor would put a harmful substance into our body is inconceivable. Doctors are here to treat us, to help us, to fix our issues, right? Unfortunately, wrong. Doctors are trained to treat our symptoms, sell us products created by pharmaceutical companies, and make sure we come back for more treatments and prescriptions. Even though every medical school graduate swears the Hippocratic Oath to literally never administer a poison to anybody when asked to do so, nor suggest such a course, the Standard of Care is

different. The Latin motto *Primum Non Nocere*, translated as *First Do No Harm*, seems to have been replaced by *profit first, no matter the harm*.

In today's modern, money-driven, industrialized society, financial gain comes high on the list of priorities. You might know it yourself, if you happen to work in a business where profit is often used to justify an activity that is known to cause harm to someone (directly or indirectly) involved. Imagine how many companies would go out of business if people all of a sudden became *healthy*. Healthy people don't need

Life-Enthusiast is in my opinion of the highest integrity, and the most comprehensive one-stop-shopping site I have found to date. Several of my very deep conditions such as chronic sinusitis from swimming, and also deep dental problems at the roots, since 1996 have almost disappeared. It has only been around a month of taking Exsula. It is incredible after so many years of trial and error, to finally experience 'improvement', and quickly. I am convinced and do believe you and those who you represent provide some of the finest and most effective remedies out there. Thanks to you and your team for your tireless determination in making available your products for those who truly choose better health.

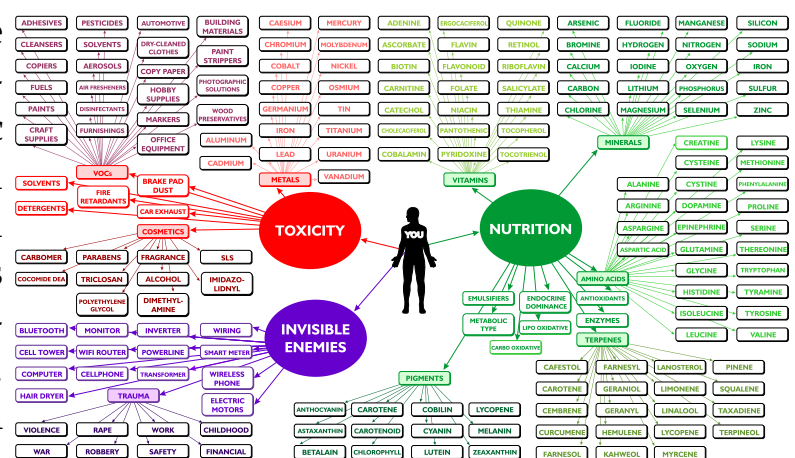
Chris Haletsky

pills to stop their pain, to change their mood, to fix their blood pressure, or to lower their cholesterol. Healthy people do not buy slimming programs, they don't need to pay for liposuction, or special underwear. Healthy people are *hard to sell to*. Our industrialized society is getting sicker and sicker, while the pharmaceutical industry is getting richer and richer, and our medical bills can easily exceed our income. How can we sustain this? The Health Industry that includes pharmaceuticals, insurance, hospitals, pharmacies, research, medical devices and equipment, fundraising, and medical professionals *need* people to be sick. It is in their economic interest to treat you, and to make you better, just enough to cope, but not to the point where you are cured and no longer need them.

Do we not deserve a pain-free life full of happiness, joy, health, and dignity? Our bodies have an amazing ability to heal themselves; to maintain our health we need to provide them with nutritious food, restful sleep, and smart movement. When a disease arises in our body, it is not because of the lack of a prescription medicine, it is usually because of a complex path that built a burden large enough to overcome our capacity to heal. Is the medical establishment going to start focusing on cures and prevention, eliminating patented toxic drugs and their multiple side effects? I doubt this will come to pass any day soon. What needs to change is *you*. Your *mindset*, your *approach*, your *thinking*, and your *strategy*.

PUTTING PAIN INTO PERSPECTIVE

To understand why the pharmaceutical industry's approach fails to cure a chronic disease, we have to first understand the difference between *static* and *dynamic* balance. All living things exist in dynamic balance - inhale-exhale, ingest-eliminate, yin-yang. Health is not a destination. Health is a journey of many peaks and valleys. Even if we say to ourselves



click on the image to expand

“I want to be healthy,” it doesn’t mean that when you reach that goal, you can go back to doing what got you into trouble. You have to *maintain* your health your whole life. For the medical industry, health is not a journey, it is a *business*. Every single patient is an opportunity to make money. Imagine this: your car stops working, so you take it to the repair shop to get it fixed. The mechanic explains you have a flat tire, and that he will fix it for 20 dollars. You give him

Feel blessed to have found this company! These products have literally saved my life! Thank you Life-enthusiasts for giving me back the life I was born to have and then some! May we all know what it means to live and experience our own, optimal nourishment!!

Eric Wallace

the cash in advance and ask him to fix it. But as you are driving back home, you notice that the tire has become flat again because it was sealed with a flimsy patch. You go back to the repair shop and explain the issue, and you are told that for another 20 dollars, they will patch it again. Would you pay them again? Of course not! Now consider that you are basically doing the same thing with your medical treatments.

Of course our bodies are not cars. They are organic, complicated, and delicate *dynamic systems*. You can easily fix a flat tire, a clogged filter, or worn out brakes simply by replacing certain components or refilling reservoirs. Human bodies don't work that way. A flat tire will not directly affect the function of other parts of the car, but the dynamic balance systems in our bodies affect one another. The effect of one failing part can be hard to understand, and the "side effects" of chemical drugs are legendary. Managing your health is similar to coaching a football team - you have to work with all of your players individually, but in full consideration of the rest of the team. You need to consider their interactions on the field, train them to co-operate, know each other, and develop tactics to win the game through team effort. Defense and Offense are equally important (in our bodies that is Prevention and Treatment/Symptom Management), and every position can win or lose the game.

When treating any health issue, every component, every organ, every system needs to be considered as part of the whole. Chronic pain is a symptom - it is the result of something going wrong on the inside, and every symptom is a message sent by our bodies. The problem is that we often don't hear the message clearly and misinterpret these signals, and it gets even less clear when symptom-suppressing drugs are involved. Every single human body is different, yet medical doctors are trained to follow numbers-based solutions to address our problems. The reference ranges on their tests are often too wide, and ignore the interactions of multiple systems. *Your normal* may be at the top of the range, and if your current value is at the low end, you are told that everything is fine, when in fact it is not fine *for you*.

There is a huge difference between a *symptom* and its *cause*. We (the whole society in practically all disciplines) have been programmed to manipulate symptoms without addressing their causes. Taking a painkiller will most likely make your headache stop, but it will not resolve the underlying issue, the reason why your

head hurts. Taking a pill is the easy way out - not for yourself or your body, but for the medical industry. This is a good strategy for them to create an income, but an entirely ineffective strategy from the perspective of lasting health. If you keep covering your symptoms, they will come back even stronger after you finish your prescription. Painkillers don't really kill the pain, they just put the monster to sleep for a little while, and even though they can relieve the constant pain you might be in, they are not the solution, they are just a temporary patch, just like the one I mentioned that did not *fix* your flat tire. They can be useful temporarily to allow us to be well enough to make the changes that will have a lasting impact, but they themselves aren't the solution.

Pain is the most disruptive symptom of all, especially when the pain is chronic, crippling, constant, and seemingly unending. Everyone dealing with chronic pain will agree that nothing can be worse. Hot flashes? A piece of cake. Itchy rash? No big deal. Watery eyes? Oh, come on. Try debilitating pain for a couple hours and then we can talk. Those who have never experienced it can't really understand. A person in chronic pain would do *anything* to make it stop. And the medical industry *knows it*. They know that a patient at the edge of his/her physical and mental endurance will pay any amount of money for as little as a *promise* of relief. Dr. William Davis talks about an interesting phenomenon in his brilliant book, [Undoctored](#): he says that because of idealized and unrealistic medical TV dramas like ER, General Hospital, Grey's Anatomy, or even Dr. House, our idea of how the medical industry really works is massively distorted. There is no George Clooney behind the office door waiting to save the life of a



poor person in pain without health insurance. There is no Nurse Joan that will babysit your kids for free while you undergo a complicated treatment because *people should help each other*. The reality is much more brutal, and millions of people on this planet experience this reality every single day.

Chronic pain has been the main driver behind the deepening opioid addictions that are sweeping the country. The pain is not just physical, it can be emotional or psychological, and indeed we are compelled to do almost anything to make it stop. The denatured extracts - morphine and heroin - or the artificial analogs - Oxycontin, Vicodin, Hydrocodone - are able to stop the pain, and make you feel "normal" for a while. The unintended consequence is their addictive nature, and the need for a greater dose, because they deplete your neurotransmitter reserves without restoring them.

WHY IS IT HARD TO LEARN THE TRUTH?

How long has it been since your health issues started? How much money have you already spent in your search for relief? *Are you well, or barely coping?* In an ideal world, hospitals and pharmacies would provide acute care to deal with accidents and acute infections - the emergency room medicine we perfected in military conflicts can deal with catastrophic health problems quite well. Speaking of accidents, doctors know how to properly fix a broken bone, they may give you painkillers (covering symptoms), but first of all they put your limb in a cast to protect and stabilize the bones while they heal (addressing the cause).

Why don't they do the same thing with chronic pain? Why don't they find the cause and support the body while it heals? The pharmaceutical industry is by far the biggest advertiser in mainstream media. Media, just like any other business, depend on their income, and in this relationship you are not the customer, you are the product. When you are watching TV, listening to the radio, reading magazines - you are being exposed to advertising mixed with the content that you want to see. Many children can hum every advertiser's theme song as soon as they start watching television.

The reason the advertisers are spending money on the advertisements is because they work; through your shopping habits you are providing them

It's nice to know that Life Enthusiast offers an alternative to mainstream medicine. I've been using the awesome products they offer for over ten years. They are the Real Thing! They really care, it's not just about money. This is what they believe in and it's their life-work. I don't believe I would be alive today if it weren't for my long term use of Iridesca and other products from the Exsula line.

Natalie Adair



STOP PAIN

with a return on their investment. If you suffer from chronic pain and come across an ad promising INSTANT PAIN RELIEF in bold red letters, you might feel very tempted. You need a solution to your problem and you are made to believe that the solution is tested, approved, safe, and without consequences. Our government, regulatory agencies, and pharmaceutical industry are very closely interconnected. The government agencies are now dependent on the pharmaceutical companies to fund them. The approval of new drugs is no longer independent, it is *bought and paid for*. You ask your doctor about the advertised product and he quotes to you what his pharmaceutical rep told him - the promises, selected testimonials, and hope for a *Quick Fix*. The false hope of the Quick Fix is one of the worst things a person in pain can receive.

You believe the doctor, s/he is the *licensed professional who swore the Hippocratic Oath!* It is their duty to help, their *mission!* They know, because they have gone to school, because there is an MD beside their name. This is where you need to reconsider your *thinking*. We are living in an information age and thanks to the Internet, you have access to most of the knowledge of the world. Scientific research is a quickly growing field. New studies are being added every day, and your doctor cannot possibly read it all. The balance of power is shifting - you can now know as much about your options as your health professional. So ask yourself, who has more commitment to your health, you or your doctor?

According to Dr. Davis: *"The growth in medical information means that the education your doctor received during medical school and training is dusty, moth-ridden, and*

obsolete. Information doubled every 50 years in 1950, every 7 years in 1980, and every 3.5 years in 2010. If current trends continue, it will double every 73 days by 2020. And information growth is not just within medicine but also in other areas that impact human health, such as toxicology, due to the proliferation of industrial toxins in the environment that disrupt endocrine health and increase risk for cancer, or environmental science and urban planning, since city noise, smog, congestion, and stress all affect various aspects of health. No living human can keep up with the information load and hope to provide up-to-date health care, no matter how smart, how hardworking, how fancy their equipment, or how many operating rooms they have.” (Undoctored, 2017)

This literally means that you have access to the same information as your medical provider. To get well, against the odds of rising toxicity, you really must get informed through independent sources, and invest in researching the best options yourself. We are not suggesting that you should treat yourself based on any random information you find online - you have to understand the perspective and bias of the publisher. Many websites promote the narrow perspective of the company that wants to sell you on their view of the world, to promote their product. The irony is not lost on us - we do offer solutions that offer an alternative to standard medical care. We have done our best to compile the most current information for you, so at the very least you have a clear starting point.

I suffered from a terrible case of Acid Reflux disease (GERD). After lots of searching I found Martin Pytela and Life Enthusiast. He knew exactly what I needed to do and within a week I was off of Nexium and on my way to completely healing. I couldn't believe it and now that it has been 7 weeks I am still amazed. What was really amazing was that when I called Life Enthusiast and tried to buy everything they had in his store, Martin would only let me start with two products. He explained that was the way to begin. THIS IS AMAZING! I have healed. I am not in pain and I feel the best I have in years. If you are sick and need to heal or simply want to live your life better and avoid becoming ill please call Life Enthusiast and tell Martin I gave you this information; I believe he will spend as much time with you as you need. He is an amazing guy and has been doing this for 25 years. Simply stated working with Life Enthusiast changed my life dramatically and forever.

Jock Putney

Understand that your doctor is the sales person in the drug distribution industry. You are not getting income from your treatment, s/he does. They are being educated by the pharmaceutical companies, influenced to sell you their products, expected and incentivized to display their posters and fliers in the waiting room for bored, sad, sick, and vulnerable patients to read while they are waiting to spend money on another appointment to get a prescription for a drug that does not address the root cause of their health problem.

The truth that people in this system are not willing to admit is

that doctors often *don't know how to help*. It is not that they don't really want to, but when it comes to chronic inflammatory disease, they very often have no idea. Medical schools don't dedicate enough time to educate their students about prevention or nutrition; they teach them to treat with pharmaceutical medications and surgeries. They are not teaching the functional approach that leads to Root Cause Resolution. They teach diagnosis and treatment through prescription or surgery.

Research is emerging about many modern diseases and their complex causes that are beyond the reach of the medical myth of the Silver Bullet, the One Thing that can make the illness go away. One thing is certain - none of the pain is caused by a deficiency of Ibuprofen or Xanax. It is challenging for medical professionals to keep up with all the new research and evidence (if they try to keep their education up to date). Unless you visit a highly educated specialist, your doctor probably has only a general idea about your specific issue. Nutritional therapists are often ridiculed for *not being doctors*, but they may know more about your specific needs than many medical professionals. And that is a shame, considering how high of a pedestal we put our doctors on, isn't it?

THE DIFFERENCE IN THINKING



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There are two ways of thinking we recognize when it comes to solving a problem, health-related or otherwise: *opportunistic (tactical)* and *strategic*. The way *you* think about your own health and the way of approaching it is (or at least should be) a strategic one. You have a specific health issue and you want to overcome it. You need to have a plan, a *strategy*. This might include searching far and wide for the best specialist, trying as many different kinds of over the counter pills as possible, or even sitting with your face in your hands and crying.

The medical industry holds an opportunistic view. They focus on a specific, narrowly defined health issue that you want to fix, and turn it into an *opportunity* for them to sell you a patented drug. They see a person in pain as a potential customer. And unless you face the harsh truth about the real motivations of the medical industry, you will keep falling into this obvious trap and fail to get better. An opportunistic doctor looks at a patient and sees a list of symptoms,



and automatically puts together a cocktail of drugs to cover, suppress, and minimize these symptoms. For every one of these drugs (most of which come with a laundry list of side effects), the manufacturer sees dollars moving from your pocket to theirs. You then go home armed with a bottle of pills and a hole in your wallet. In the eyes of an opportunistic industry, you are good for a month, and they are sure you will come again for another prescription or a refill. This opportunity seeking industry will probably offer you the most expensive drugs possible and avoid mentioning cheaper options. Your doctor is unlikely to ask the question *"what could cause this symptom?"* Your doctor asks you to see him again in a month or two, and if your problems still persist, he is happy to write you another prescription. Your doctor believes he can decide for you, because, well, you are not the one wearing a white coat and a stethoscope around your neck, are you? Your doctor is not motivated to listen to your concerns, ideas or suggestions, or to consult and collaborate with another professional. But not all practitioners are like this.

A strategic (functional) doctor sees your symptoms as consequences of a deeper, underlying issue, and they are aware that without targeting the cause, the symptoms will not go away, and covering them with symptom-blocking drugs will not fix the issue, just like a band-aid will not cure the wound, and a

duct tape patch will not fix a flat tire. A Functional Medicine Practitioner creates a strategy based on your Biological Individuality, your genetic makeup, medical history, emotional trauma, toxic burden, nutritional deficits, past injuries, serious infection, and current overall state of health, and comes up with a plan that is individually tailored to fit your present situation.

A doctor with a strategic way of thinking knows that every body is different and should be approached differently, and they are willing to work on the plan, discuss your health with you, answer all of your questions (because you have the right to receive all of the information about your health, and you have a right to make informed decisions about your treatment), and they are also willing to admit when they don't know everything and are willing to ask for help from other specialists. Which approach would you choose? (*hint: you always have a choice*)

I cannot thank you enough for the wealth of information you have given to me personally. You offered so much insight as to what is going on with me along with solutions (with links) for each concern. I am blown away at the level of help you have given to me. Thank you so much for giving so much of your time and talent to me. The information on the site alone is an enormous blessing but to have solutions available with quality products right here together is wonderful. I am sure that you are helping to change many lives for the better.

Nan Phillips

CHOOSING THE RIGHT APPROACH

Our approach is based on four main aspects of overall health that we need to understand and resolve to obtain wellness: *toxicity, malnutrition, stagnation, and trauma*. Our health-building strategy revolves around these four pillars, and is revealed in detail in the [Your Guide to Health online course](#). In the course we explore how to unload the burden your body is currently carrying, and what steps to take in order to avoid any relapses.

A successful detox program must include steps to prevent toxins and chemicals from being added back into the body. There are natural ways of detoxifying the body, and we cover them in the guide. We explain that if your body is suffering from a multitude of health issues, they need to be addressed at the same time, much like we would need to patch all of the holes in our boat, not only half of them, to avoid sinking.

Most people pursue the suggestions recommended by mainstream medical practitioners for years, or even decades, without lasting success. To achieve a different outcome we must accept that a different approach is required. The solution is not in a single product, and unfortunately, it is not available in the

offices of mainstream medical professionals. It is in following a strategic process that measures outcomes, and that incrementally takes us to the elimination of the causes, the triggers that trap us in the endless loop of stimulus-response in the cycle of chronic inflammation.

Today, people in their thirties experience problems that used to be common only among seniors just a few decades ago. Young people today have diabetes, brain fog, hormonal issues, chronic pain, and mobility issues, things we usually associate with our parents and grandparents. We see more and more overweight and obese children and teenagers, gathering around fast-food restaurants or spending all their free time slouching by their computers, playing video games, sipping drinks filled with caffeine and sugar, and munching on candy and chips. To change the outcomes we have to change our approach.

At the beginning, you might feel overwhelmed by the scope of the problem. If you are someone who has trusted the healthcare industry for decades, this might be shocking and you might even feel terrified. You might not know what to do, what should be the first step, and you might experience *paralysis from analysis* and end up doing nothing at all because *it is easier*. But easier is not better.

Health is not easy, and it is even more difficult if you have been using pharmaceutical drugs for most of your lifetime. There are hurtful things you have to remove from your life, and helpful things you need to add, and the sooner you get started, the sooner you will begin to see results! If you don't know where to start, but you are convinced by now that you *want to*, think about this: you cannot build a house from the roof down, you need to start with the foundation.

START RIGHT

You need to start by building a solid foundation for your health. This doesn't just include physical health, but also your emotional and spiritual well-being. We already talked about how closely connected all these aspects of health are, and one doesn't work well without the others. In [Your Guide to Health](#), we address

Martin Pytela is a beacon of light to all those seeking to manage or restore their own health outside of conventional medicine and Big Pharma.

Vera Cousins

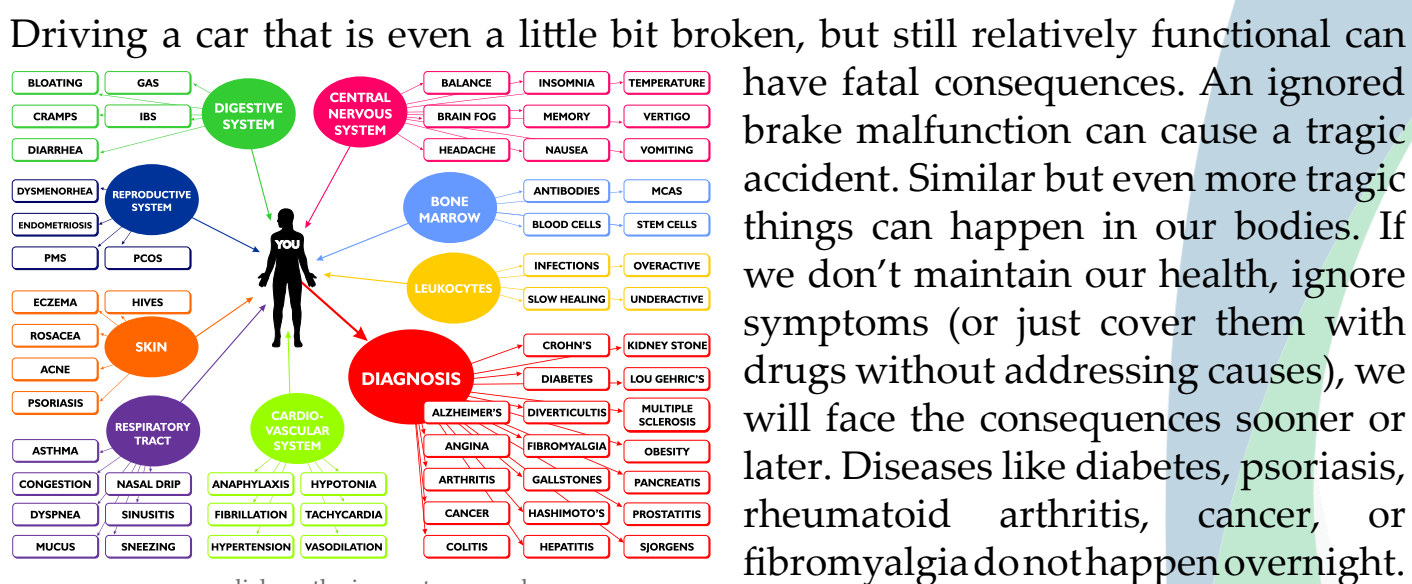
it all: emotional health and trauma, the importance of healthy, functional movement, the importance of our air and water supply, and the importance of proper nutrition and appropriate nutritional supplementation. You will learn about metabolic individuality, hormonal health, effective ways to detoxify and nourish your body and your mind, and

how to use real food for real health. There are universal directions for this journey that lead each person to their health, but they require that each person take their own, individually tailored path, and we lay out the map for the journey.

Your individual plan needs to start with finding out exactly where you are, and then charting your course. Metabolic Typing provides the tools that disclose the specific information you need to know in order to build health - it is much like getting a User's Manual for your body. Finding a reliable health professional who uses this strategic approach is not easy yet, mainly because of the tight control the Pharmaceutical industry holds over the regulatory and delivery organizations, but switching your approach is absolutely necessary to escape the damaging impact of our corrupted healthcare industry.

Educate yourself about your own body - it is essential to understand how it works, and how to interpret the messages it is sending you. Many people know exactly how their cars work or what the weird creaky sounds in their heating system mean, but they are not able to recognize the signals from their own bodies. Reading about it is not enough. Understanding is not enough. It is listening to your body and *doing* that actually makes the difference. Taking action instead of waiting for a change to happen, or for somebody else to fix it for you. *You* are in charge, you deserve a good life. Get hold of the owner's manual, and use it to build *your* health.

CAUSES, SYMPTOMS, AND CONSEQUENCES



There are many stages to every illness, and up to a certain point, we can reverse the course. But if we let it go too far, our bodies become permanently damaged and the best we will be able to achieve is to get ourselves into remission. It is worth the effort of preventative lifestyle changes, because once an autoimmune

disease takes hold, there is no going back to “as good as new.” It becomes a complicated dance of managing triggers and flares, persistent symptoms, and aspiring for remission. And that is a difficult way to live. It is entirely possible to get our bodies into remission, but we will most likely have to be very strict with ourselves for the rest of our lives in order to maintain wellness.

Prevention is the key. It is not just a phrase, it is the most important information you should be getting from your doctor. Prevention is very underestimated, because medical professionals focus too much on consequences, and even then they approach them the wrong way. Preventing a disaster is always easier and *cheaper* than dealing with the consequences. Not every consequence has a solution, but chronic disease is preventable. Sometimes, there is a genetic disadvantage you might be living with, but you are not a slave to your genes either! Imagine genes as on-off switches, and your environment, lifestyle, and eating habits as fingers that might (or might not) turn these switches on and off.

If you have a genetic predisposition for diabetes, it does not necessarily mean you will have diabetes, it only means you are more likely to develop this disease if stressors (in many forms) are applied. Prevention is how you avoid a disaster. That includes minor and/or major lifestyle changes, changing your eating habits, managing your sleep and stress, eliminating toxins from your environment (that includes toxic relationships and thoughts, as well as perfumes and chemicals), and the majority of all the work must be done *by you*. This is your health, and you are responsible for it. Don't put your most precious possession into someone else's hands, especially if that person's main motivation is their own financial interest. If it is too late for you to prevent, you can learn to *manage*. You can always build your health shield around your disease, considering all the damage and acting in a way that doesn't cause more damage, while doing the best you can to minimize the existing impact.

I am a Doctor of Chiropractic and Functional Medicine. I have been treating patients naturally for almost 40 years. I always look for the absolute best products to help my patients recover their innate ability, that will allow their body to function better. Martin and his associates are so helpful and knowledgeable and the products they carry are top of the line. I have been using their products for several years now and will not go without them. I start my day at 6 am with Zoetein every day and love the product, along with the energy and stamina it gives me. I can without a doubt recommend Life Enthusiast for all your supplement needs, call and speak to them you will love them as much as I do.

Dr Joe Carrano

You are never too old, too sick or too unimportant to *not matter*! Your health matters just as much as the health of your loved ones or other people who in

your eyes *matter the most*. You certainly want to be there for your children, for your grandchildren, for your parents, and your partners. Young people have a hard time identifying with their future, older selves. They are seduced into “enjoying life” by literally hurting themselves with alcohol, drugs, junk food, partying all night with no sleep (having the *I’ll sleep when I am dead* mentality), thinking that they are immortal, on the top of the world, expecting that health and vitality will always be there.

Later they are told to “accept it as a part of the aging process” when things start to fall apart. Older people walk with canes and just *get Alzheimer’s*, right? Wrong, this is so wrong! Aging is of course a natural part of life, but aging doesn’t have to include pain, loss of function, and humiliation! You can prevent these terrible lifestyle-related diseases just like you would prevent any other injury: by taking the steps that eliminate the potential causes. You have to start using common sense in all aspects of your health. Some things are more obvious than others, but unfortunately not all links between modern diseases and their potential causes are clear, studied in depth, or even known. We don’t know everything about the human body yet, we are learning new information every day, and we are putting this puzzle together piece by piece. The most important pieces may still be hidden and it may take decades for us to find them!

You are playing this difficult Health Game without guidance, and you can no longer rely on your doctor to be your coach. Before you start asking how many eggs are okay to eat every day, you have to figure out if they are the right food for your body in the first place. If you think you need coffee every morning, otherwise you get nothing done, you should probably think about why you are tired and dependent on caffeine. Does your head hurt every day and you have to pop an ibuprofen every two hours to make it stop? Did you ever wonder why it hurts and how to prevent it from starting to hurt? Become the captain of your ship!

You are capable of doing this, we are here for you and we will not let you down like others probably have done in the past. Take one step at a time and you will get there, we will come alongside you and hold your hand in the process until you feel confident enough to keep going on your own. You owe it to yourself to at last take your health into your own hands and march in the right direction without being tricked, lured, and sabotaged. In [Your Guide to Health](#), we talk about Causes, Consequences, and Solutions in great detail.

We are revealing the missing puzzle pieces that the health industry has been purposely hiding from you. We reveal possible *causes* of health decline, including heavy metals, toxins in our air and water, bacteria and pathogens around us, we

consider the role of nutritionally empty, hollow foods, and traumatic events that can have a big impact on our overall health.

We dive into *consequences* you might be currently facing and provide the information you need to know about the digestive system, liver health, the lymphatic system, hormonal and reproductive health, and immunity, with all the details your doctors probably did not explain. And finally we offer *solutions* - we teach you how to properly nourish, protect, and heal your body from the inside out by choosing the right diet for *you*, smart exercise, and easy lifestyle changes that will get you back on track.

HEALTH BUILDING PRINCIPLES SUMMARY

To keep your health in focus, you need to consider your whole body, not just one part of it, because all the systems in the body are related and affect each other more than we understand. Symptoms are messages your body is sending you, and you need to listen to them, not shut them down without finding out why they are trying to get your attention. The cause is more important than the symptom. Resolving the cause means removing the problem and not just sweeping the mess under the rug where it can grow into a full blown health crisis, whether it looks like cancer, autoimmune disease, or chronic pain. Your health is rebuilt by dealing with the four pillars of illness: toxicity, malnutrition, stagnation, and

trauma. All of these pillars need to be in check. None of these pillars is more important than the other; proper nutrition is just as important as elimination of toxins.

I want to express my appreciation for the information that you are sharing on your podcasts. My wife has been a type 2 diabetic since she was nineteen years old and had always been able to control her glucose levels with diet and exercise. We have determined my wife's metabolic type, supplemented with magnesium, iodine, fulvic minerals, essential fatty acids, vegetable based liquid vitamins and began our detoxes! We now have gained control over my wife's levels and look forward to how her body will do once we bring it back to health on a cellular level. And by the way I feel great too. So even though I haven't ordered from you yet I plan on it from now on, not only for me and my family but for my clients as well! Keep up the good work and I look forward to talking to you soon!!

Jeremy Hughes

In order to keep your body healthy for life, you need to focus on healthy digestion, hydration, nutrient absorption, blood and lymph circulation, functional strength, proper elimination of waste products and toxins, detoxification, blood sugar regulation, sleep and stress management, and also structural integrity of your cells. [Your Guide to Health](#) covers all this, and more. This guide leads you to your own health freedom.

YOUR GUIDE TO HEALTH:

The End of Pain and Fatigue

We are not doctors. We are health engineers. We are not some super healthy and fit individuals who never stepped into a doctor's office, we are regular people like you, with our own health struggles, whether it is kidney failure, heavy metal poisoning, a variety of autoimmune conditions, hormonal issues, or trauma-related issues. This course is the result of years (decades for some) of personal experience, hours and hours of research, and an ongoing passion for helping other people with similar problems, so they can avoid the mistakes we made, eliminating the frustration of the trial-and-error approach, and allowing them to reclaim their health once and for all. We are your navigators in a vast *Land of Health*, and we want to provide you with your own map to make your journey much easier.

This course is built with *you* in mind, by people who have been through chronic pain and inflammation related health challenges, and have built a good life using the strategies shared in this course. You have a decision to make: stay the course you are on, or break out and follow the path less travelled. If you have been following the course you are on for a while, maybe a few years, and have not much to show for it, maybe you can see the wisdom in trying what we have to share. Insanity has been defined as "repeating the same actions while expecting a different outcome" - with that in mind, maybe it is time to try another path? We have created [Your Guide to Health](#) to equip you with the information, skills, tools, and resources you will need. We will guide you through the process of



I wrote Martin about a year ago with questions about how to deal with my facial acne. Since talking to Martin I've completely changed my diet and routines and the results are literally unrecognizable! I actually have beautiful skin now! and of course I'm calm, energetic, balanced. Whereas my dermatologist said my diet doesn't affect my acne at all. BULLSHIT! sorry :) THANK YOU SO MUCH!!!

Chantelle Bilodeau

finding the solutions that work best for *you*, and support you with an online peer community and personal health coaching. Our dedicated team has gone to great lengths to create videos and extended articles to help you learn everything you need to know to change your health, and the trajectory of your future health, today. [Come join us](#) for the adventure of a lifetime!

I sincerely hope that you will see the day you decided to join us as the pivotal moment that changed everything for you - the end of pain and suffering, and the beginning of a life well worth living.

To Your Health



Martin Pytela



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P. S. – If you have benefited at all from this report, think about giving the people you know, who are trying to get their health back, a helping hand. Spread the word about The Chronic Pain Manifesto. Forward it, share it.



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to get

**YOUR GUIDE
TO HEALTH**

