

# FUTURE HEALTH

AGING GRACEFULLY TO 100 YEARS AND BEYOND



DR. JAY SHETLIN

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# CONTENTS

## Introduction

Techniques for Advanced Living

## Harrison • Part I

### Anatomy–Physiology 101

The Windsor Study.

## Thoughts

Pave the way with positive thoughts

Avoiding negativity.

What happens with negative thoughts?

Understanding the law of attraction

Thoughts directly affect our physiology.

Define your goals with passion

Leverage your goals

Change your thoughts

Techniques for Advanced Living Thoughts

REM and sleep cycles

Additional studies

Techniques for Advanced Living

## Trauma

Car accidents

Posture

Scoliosis

Technique for Advanced Living

## Prevention and Exercise

Technique for Advanced Living

## Chasing the Cure

Preventable diseases:

Effect vs. side-effect

Technique for Advanced Living

## Harrison • Part II

## Toxins

Pollutants

[Chemicals](#)

[Free radicals \(Not a Toxin\)](#)

[Anti-oxidants](#)

[Antibiotics](#)

[Pharmacological medication](#)

[Ingesting vs. topical application](#)

[Vaccines](#)

[Vaccination does not equal immunization](#)

[Vaccine schedule](#)

[How dangerous are childhood diseases?](#)

[Germ theory](#)

[How dangerous is Pertussis or Whooping cough?](#)

[What is in a Vaccine?](#)

[Freedom to choose](#)

[Technique for Advanced Living](#)

[Toxins vs. nutrients in our daily meals](#)

[Nutrition](#)

[Supplements](#)

[Cells have memory.](#)

[Sugars](#)

[Good Sweeteners...](#)

[Bad Sweeteners...](#)

[Reading Labels](#)

[Sweet Poison](#)

[The Dangers of Artificial Sweeteners](#)

[Technique for Advanced Living](#)

[Harrison • Part III](#)

[Fat or Fiction](#)

[Fats](#)

[Lets back up to Anatomy 101...](#)

[Good Fats and Oils](#)

[Olive oil's health benefits](#)

[Olive oil versus Canola oil](#)

[Bad fats and oils](#)

[Technique for Advanced Living](#)

[Dairy Products](#)

[Detoxify](#)

[Dr. Shetlin's Ten-Day Cleanse  
Technique for Advanced Living](#)

[Harrison • Part IV](#)

[Finances](#)

[Across the Globe](#)

[The Basics](#)

[Pay Yourself First](#)

[Garrett B. Gunderson — Transcription](#)

[Your Greatest Asset](#)

[Classifying Costs](#)

[Take Control<sup>61</sup>](#)

[Fatherly Advice](#)

[Applying Rich Dad's: Advice Protecting Your Family & Assets](#)

[Applying Rich Dad's Advice: Owning Your Home](#)

[Applying Rich Dad's Advice: Your Money Working for You!](#)

[Techniques for Advanced Living FINANCIAL SUMMARY:](#)

[Epilogue: Solving the Health and Wealth Conundrum](#)

[Saving Money with Health Care Providers](#)

[Insurance](#)

[Harrison • Part V Finance](#)

[Saving Money with Chiropractic](#)

[Blueprints and Building Blocks](#)

[Technique for Advanced Living](#)

[Defining "Health" and "Wealth"](#)

[Recommended Reading & DVD'S](#)

[Recommended Sources](#)

[Six o'clock scramble](#)

[Healthy Recipes](#)

[Notes](#)

[Other Books by Dr. Jay Shetlin](#)

# HARRISON • PART I

April 7<sup>th</sup> 2002, 9:36am: It had been a rough night. Just three days after the delivery of our 4th child, I held little Harrison in my arms knowing something was seriously wrong. He seemed fine initially, but now he wouldn't eat; he was prone to arching his back rather than curling up in a fetal position like most babies, and he winced every time we changed his position. It was as if the slightest movement was causing him pain. Other signs were setting off my doctor-warning-signals that this perfect little baby's life was in danger. I was suspecting spinal meningitis, a deadly bacterial infection around the brain and spinal cord, which can be fatal within 48 hours.

I called our pediatrician at an early Sunday hour and explained the symptoms over the phone. He too was concerned, enough so that he said he would meet us at the hospital right away.

The hospital staff buzzed around as concern grew for our newborn with possible spinal meningitis. They all understood the seriousness of this illness, with its morbid outcome, and the small window of time in which to diagnose and treat before it was too late. My wife was pretty distraught at the sight surrounding her tiny infant...she had to step outside the room. We performed a spinal tap, an uncomfortable procedure which draws fluid from the spinal cord to test for bacterial count. It would tell us if the meningitis was viral, meaning not so dangerous; or bacterial — potentially deadly.



Once we drew the tiny vile of fluid from Harrison's back, it was obvious, even to the naked eye, that something was amiss. Spinal fluid should be a clear liquid, but Harrison's was a milky color from all the white blood cells trying to fight a bacterial infection. I didn't need a lab to tell me there was a problem. A big problem. Neither did our pediatrician. With a sigh of distress, I mentally calculated how it had been nearly 36 hours since we first noticed any signs of trouble. At first, the signs could have meant a number of things. Now it was clear a serious fight for survival was taking place within this little body. The clock was ticking and every minute was stacking against Harrison's chance at life...

# ANATOMY–PHYSIOLOGY 101

The human body is of perfect design. It is a micro-universe made up of trillions of living (and some dead) cells. Miraculously, the human body can survive with minimal effort; but to thrive requires some understanding of how the body works so we can better preserve it. If you are a religious individual, you might look at your body as a gift from a loving God in Heaven. In the Bible He tells us “Our body is a temple,” and should we choose not to respect and take care of our body, there are consequences.<sup>1</sup> We have a responsibility to know how our body optimally works and, how to take care of it.

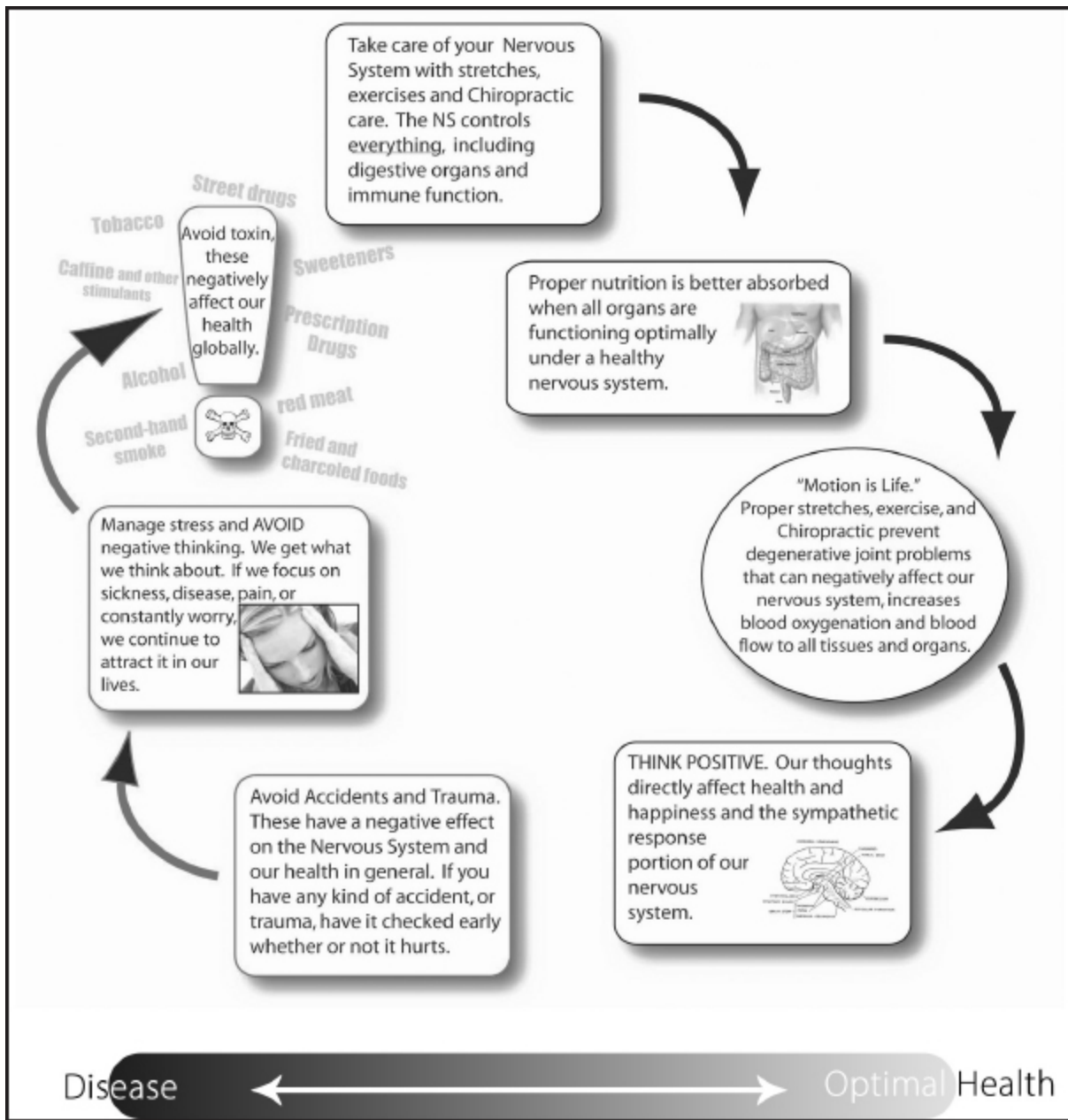
Your body has an innate intelligence that flows throughout. It controls and coordinates everything that happens in the body. Information between the brain and every cell within the body works to maintain optimal function, regulate temperature, heart-rate, digest food, fight off infection and much more. Every cell, organ and tissue is controlled by the master system which is the nervous system. It is fundamentally important to minimize interference to the nervous system, as will be explained throughout this book. Equally important, the body needs proper nutrients provided and toxins avoided. Naturally, the body needs proper rest for rejuvenation and plenty of movement (exercise) on a daily basis. Together these are some of the basic necessities to help the body heal itself and thrive.

**Health does not come in a bottle, pill or potion.**

A few examples that directly affect the health of our body in a POSITIVE way are things such as a properly functioning nervous system, nutritional foods, exercise, stretching, proper rest, loving relationships, managing stress, and financial peace of mind.

Many things have a direct NEGATIVE affect upon our health and body including trauma, toxins and **stress**. Let's face it, for many of us, stress is unavoidable. However, it can be properly managed, thus minimizing its overall effect on us. Unfortunately, stress can also be poorly managed, thereby exaggerating its negative affect on our life. *Lack of exercise* has a negative affect on our health. Consuming *toxins* such as chemicals in our food, alcohol, chewing tobacco, tobacco smoke, pollutants in the air, and drugs of any kind (yes, even prescription and over-the-counter-drugs) have a profoundly negative effect on the body. A poor diet, low in healthy foods can also be toxic. *Traumas* to the body such as slips, falls, car accidents, work injuries, poor posture, repetitive micro-traumas, even the birth process, can be excessively traumatic. Birth, of course, can be traumatic to both mom and baby. Even a "normal birth" can be extremely dangerous to the baby if there is any pulling or rotation applied to the head and neck in the birthing process.

These traumas have individual importance, but it is critical to point out that the majority of them directly affect the nervous system, which controls all other systems, organs, and cells of the body.



Simply put, **Thoughts**, **Traumas**, and **Toxins** are the primary components that most influence our nervous system thereby affecting our health.<sup>2</sup>

The three “T’s,” Thoughts, Traumas, and Toxins are the key groups leading AWAY from health and TOWARD disease. They are the three most common categories that affect our nervous system, thereby directly affecting our health. With thoughts, however, the door swings both ways. Our thoughts can be one of our basic stumbling blocks preventing us from having better health, losing weight, even finding happiness each day. OR our positive focused thoughts can be our saving grace to deal with

circumstances, challenges, pain and sickness. MOST IMPORTANTLY, POSITIVE THOUGHT PATTERNS HELP ATTRACT BETTER HEALTH AND FINANCIAL ABUNDANCE.

The human body is truly a miracle! On the day of conception two cells met — a single egg and a single sperm. Yes, millions of sperm cells were on the scene, but only one was able to penetrate the egg, thus fertilizing it. These two cells merged to form a single cell, then began to divide — two, four, eight, sixteen — in the end creating trillions of cells in the body at the time of birth.

Part of this miracle is the fact that each cell divided perfectly! No sloppy carbon copies, but perfect duplicates, one after the other. Then another miracle took place when the innate intelligence began to orchestrate groups of cells to become the heart, bones, kidneys, etc. The first noticeable formation of any cells into a structure was on day 11.

Day 11 is remarkable because it is when we first see the ‘primitive streak’ begin to take shape. Before any other organ or system is made, the brain and spinal cord, (i.e. the nervous system) is formed. It is the first *system* to develop. It then influences all the other developing organs and systems. The nervous system controls and coordinates every other organ, system or function that will ever take place in your body. Every living cell in the body has nerve innervations.

With all the cells, organs, and systems in place our body is ready to grow, adapt, and thrive in an ever-changing environment. The complexity of these electro-chemical events that occur on a daily basis in our personal micro-universe, called a body, is nothing short of miraculous. Trillions of nerve impulses take place in a single human body each day. These impulses electro-chemical communications between the brain and target tissues travel at over 290 miles per hour. They orchestrate an amazing balance of chemistry, hormones, temperature regulation, pH balance, stomach acidity, gas exchange (oxygen / carbon dioxide), and locomotion, just to name a few functions. Of course, most of this work takes place without us ever consciously thinking about it. That is the wonder of our nervous system. Our senses (sight, smell, taste, touch, and hearing) allow us to interpret and interact with our surroundings, as well as each other, all under the control of the nervous system. Organs function to break down food and absorb nutrients, expel waste, filter the blood, and fight bacteria, viruses and disease, all under the watchful function of the nervous system.

Simply put, if we take care of our nervous system, it will take care of us. When we do not maintain a healthy nervous system, any number of problems, symptoms, or diseases present themselves.

It is surprising to me that research by a medical doctor performed back in 1921 is not common knowledge throughout the world. The Windsor Study should be addressed in every basic anatomy class.

## The Windsor Study

Henry Windsor, MD<sup>3</sup> Just prior to receiving his degree, Dr. Windsor was preparing to graduate from medical school and needed to prepare his final thesis paper. There was a buzz in the medical community about the hypothesis that degenerated or pinched nerves between the spine and target organs may lead to disease. Dr. Windsor proposed he be allowed to dissect several bodies of individuals who had died from various diseases to see if there was any validity to this discussion. Permission was granted and he performed his dissections on over 100 bodies. The subjects had died due to diseases such as lymphoma, kidney failure, liver disease, lung cancer etc. To his surprise he found that the nerve between the diseased organ and the spine was degenerated in nearly 100% of the cases!

Other key points made in the Windsor study include:

- Curvatures of the spine adversely affect the sympathetic nervous system
- The sympathetic nervous system controls the blood supply to the viscera (organs) and is, therefore, related to all manner of visceral diseases or, “the ordinary diseases of adult life.”
- Visceral diseases and pathology can be traced back to segmental levels of the spine with nearly 100% accuracy.
- Abnormal curves of the spine precede organ disease.
- Stiff distorted spines cause sympathetic irritation, vascular spasm, arterial hardening and old age follows.
- Spinal disease precedes old age or causes old age, in other words, a person is as old as his/her spine because it directly

affects their nervous system.

How important is the vitality and function of the nervous system in our overall health? Clearly, if there is interference to the nervous system, diminishing the brain's ability to properly communicate and control organs and tissues, it can lead to disease or even premature death.

As stated earlier — Thoughts, Traumas and Toxins are the three T's that most directly affect the nervous system thereby affecting our development, health, and quality of life.

### **Footnotes:**

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- [1.](#) 1 Corinth. (3:16-17)
- [2.](#) DD Palmer, the Father of Chiropractic
- [3.](#) Medical Times, November 1921, pp. 1-7

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