

# **HEALTH TALK**

## **BODY TALK**

### **STRAIGHT TALK**



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**F**or a long time I have wanted to put together a guide that will give insight into how our body works and how to stop inflammation. Well the time has arrived. He we go into the fascinating world of how our body works to keep us alive and what we can do to help make its job a whole lot easier.

Understanding how we function and what it takes to get and stay healthy can prevent inflammation and disease. This guide will help you have insight into the importance of:

- *Digestion and Enzymes*
- *The Elimination Process*
- *Detoxification*
- *How the Body Heals*
- *Healthy Eating*

## **Digestion and Enzymes**

Digestion starts in the mouth. Saliva has enzymes that start this process. Therefore we should make sure that we chew our food well. Doctors say we should chew our food until it is a fine mulch. The more we chew our food the less the other parts of our digestive system has to do. The stomach then doesn't have to do double duty so to speak..

In order to understand digestion we should come to know something about enzymes. Digestion can not take place without them.

What are Enzymes?

Enzymes are protein molecules that carry a vital energy factor needed for every chemical action and reaction that occurs in every cell and all tissue in the body. The protein molecule is the carrier of enzyme activity in the body. In the book by Dr. Humbert Santillo called Food Enzymes, he says that proteins are like a light bulb and that enzymes are the electrical current that makes the light bulb work. Cooking food is like the light bulb with no electrical current. Enzymes combine with co-enzymes to form almost one hundred thousand other chemicals that help us heal, repair, feel, see, hear, move about, digest our food and yes even help us to be able to think.

If you know you are having trouble with your thinking or mind this may be why. Every one of our one hundred trillion cells depend upon the reaction of enzymes for energy. This tells me that if we want good health we need to start to look at taking enzymes.

There are three different types of enzymes, digestive, food, and metabolic. Digestive enzymes we are born with them, and these are the ones that help us to digest our food. Food enzymes are found in raw food. Raw foods have their own naturally occurring enzymes that help to digest or breakdown the food they are in.

Then the next one is metabolic enzymes which help our body to rebuild itself. All of the organs, bones, hair, skin, and all tissue of our body needs metabolic enzymes. If we always eat cooked foods then we start to use up not only our digestive enzyme supply but the body will then start to go to the organs and use up our supply of metabolic enzymes. Causing us to feel just plain old and tired.

## ENZYMES — OUR VERY LIFE DEPENDS ON THEM.

If our storehouse of enzymes are low or are not adequate the body will degenerate into disease, and sickness of all kinds. When our body slows down in it's production of enzymes death will be the results. All of our life processes need enzymes to compete their tasks.

Dr. Lopez, Dr Williams and Miehike in the book called Enzymes writes that enzymes are “The Fountain of Life”. They state-- “So far, only 3000 enzymes are known in the human body, but many thousands more which have not yet been discovered are felt to be responsible for keeping us alive. Their importance is enormous. They represent our life energy!”

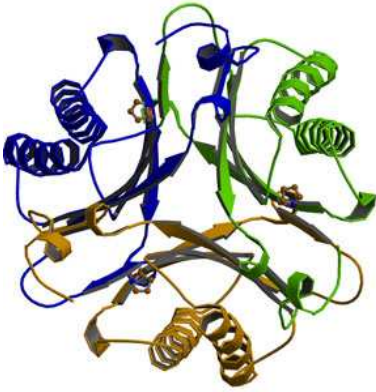
Dr. Carolee Bateson-Koch stated in the 1996 issue of Alive magazine, “Every second about 230,000 new cells are created in the body, amounting to about 20 billion cells per day. Each cell requires millions of specific biochemical steps that are triggered and accelerated by enzymes.” As you can see, enzymes are vital for our well being.

All raw food have enzymes in them which helps to digest that food, but if we don't get a steady supply of them then our body must manufacture them to carry out digestion and other metabolic functions. Our body will become overworked because vital energy is used up to produce enzymes instead of being used to heal and detoxify the body.

Dr. Edward Howell found that digestive enzymes needed to be present for complete digestion to take place. When food is not completely broken down it becomes a total burden to the body and very toxic.

Our body must work very hard to get rid of what it can't digest. Dr. Howell states that in response to eating a great deal of cooked foods, the body will

produce an elevated white blood cell count. White blood cells are one of the body's primary defenses against infections.



Enzymes — Essential for Life

Our body also increases enzyme production in an attempt to clean our cells of toxins which are produced by undigested proteins. Dr. Howell also concluded that without enzymes the pancreas will enlarge and will increase chronic degenerative diseases and cancer. The pancreas will increase in size in the effort to do it's job, but will eventually give up to exhaustion and succumb to inflammation and disease.

When food is eaten it waits in the upper part of the curve of the stomach, waiting for hydrochloric acid to come into the lower portion of our stomach.

This acid environment will kill bad bacteria and parasites that want to take up residence in our body.

The stomach then creates an environment that converts pepsinogen to pepsin. Then pepsin reacts on all the essential amino acids (which are the building blocks of proteins). What is very interesting about all of this is 56% of all the amino acids that we absorb into our blood goes directly into the liver.

Why is this important?

With these amino acids our liver then manufactures glucose, hormones and enzymes.

The glucose that our liver produces is involved in a great deal of the life saving processes that go on each and every minute of the day. Glucose is a source of energy and heat. It's a carrier of oxygen to the heart, brain, nerves and every cell in the body.

The picture is now emerging just how vital our liver and digestion is to the state of our health.

Here we have talked about just two enzymes but there are others, like the pancreatic enzymes that the pancreas makes. You can see the importance of taking plant based enzymes to help not only digestion but the function and health of our organs.

*(Continued on page 7)*

## Enzyme Deficiency Test

The information presented in this form is intended to provide a profile of your past and present nutritional habits. **It is not intended to diagnose, treat, cure or prevent disease.**

Name \_\_\_\_\_ Date: \_\_\_\_\_

### SECTION 4

Sex: Male \_\_\_ Female \_\_\_ Date of Birth \_\_\_\_\_ Please circle any issues you have had. (present or past)

Weight: \_\_\_\_\_ Height: \_\_\_\_\_  
Phone # \_\_\_\_\_ Fax # \_\_\_\_\_  
Allergies / Cold Hands & Feet / Depression / Fatigue / Headaches / Hemorrhoids / Low Blood Pressure / Neck & Shoulder Aches / PMS / Pancreatitis / Skin Eruptions / Sprue (Wheat Intolerance) / Upset Stomach / Ulcer

Are you currently under a doctors care? Yes No

If yes, Reason: \_\_\_\_\_

Current Medications & Diagnosis: \_\_\_\_\_

Please list the supplements you take most often.

\_\_\_\_\_

\_\_\_\_\_

Are you a vegetarian? Yes \_\_\_ How long? \_\_\_ No \_\_\_

How many bowel movements do you have in one day? \_\_\_\_

### SECTION 1

Which of the following best describes your body, especially when weight is gained?

(Please circle the appropriate letter in each section.)

- A) Gain weight evenly (may then hold in stomach).
- L) Carry weight in hips & thighs.
- P) Carry weight in upper body, especially the stomach.
- C) Remained similar since teens (slim & trim, heavy).

### SECTION 2

In which category is your favorite food?

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

### SECTION 3

Which foods give you problems? Do not circle if no foods bother you.

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

### A

Allergies / Cold Hands & Feet / Depression / Fatigue / Headaches / Hemorrhoids / Low Blood Pressure / Neck & Shoulder Aches / PMS / Pancreatitis / Skin Eruptions / Sprue (Wheat Intolerance) / Upset Stomach / Ulcer

### L

Aching Feet / Arthritis / Bladder Infection / Breast Lumps / Breast Tumors / Bypass Surgery / Cataracts / Cirrhosis / Cystitis / Eczema / Gallbladder Problems / Gallstones / Hay Fever / Hepatitis / Hives / Jaundice / Prostate Problems / Psoriasis / Urinary Problems

### P

Alcohol Addiction / Arteriosclerosis / Back Problems / Candidiasis / Constipation / Ear Infections / Heart Disease / Herniated Disc / High Blood Pressure / Insomnia / Kidney Disease / Lower Back Ache / Loss of Hearing / Osteoporosis/ Sciatica

### C

Aching Knees / Chronic Allergies / Colds / Colitis / Crohn's Disease / Diarrhea / Constipation / Diverticulosis / Irritable Bowel / Milk Intolerance

### DEFICIENCY TYPE

Which letter did you circle in each section? For section 4 determine under which letter you circled the most issues.

Section 1 \_\_\_\_\_ Section 2 \_\_\_\_\_

Section 3 \_\_\_\_\_ Section 4 \_\_\_\_\_

Two of any letter and one of another suggests you have a dominant enzyme deficiency and a secondary enzyme deficiency (most common). Your secondary, is the one in the section with the lowest number.

A pair of two letters suggests you have two enzyme deficiencies.

Three or four of any one letter suggests you have a dominant enzyme deficiency.

A different letter in each section suggests you are a type C. (least common)

### Key

Type A is Amylase Deficiency (most common)

Type L is Lipase Deficiency

Type P is Protease Deficiency

Type C is Amylase, Lipase & Protease deficiency  
(Combination deficiency)

(Note: You cannot be both a type C and another type.)

*(Continued from page 5)*

Studies that were done in Europe have shown that enzymes increase macrophage production (white blood cells) by 700% and an increase of T-cell activity up to 1300%. Clinical studies on enzymes have shown to help with the following symptoms: Headaches, constipation, yeast infections, fatigue, cholesterol, diabetes, allergies, plaque build up, chronic fatigue, heartburn, bloating, stomach upset, colon, pancreas and liver problems, arthritis, cancers, obesity and many other degenerative health conditions.

These same Doctors have found that injuries heal in half the time. Enzymes are also good for inflammation and breaking down undigested fat and protein that can be seen in the bloodstream and that can block the arteries.

Statistics tell us that 1 out of every 2 Americans end up in the hospital every year from diseases of the digestive tract.

I can not stress enough the importance of making sure that complete digestion and elimination takes place.

**Question:** How do I know if I'm not digesting my food?

**Answer:** If you have burping, breaking wind, have gas or your clothes are tight after you eat. These are indicators that complete digestion has not taken place. Your digestive system is under a great deal of stress and will continue to be so until plant enzymes are added to relieve this stress.

Cooked food creates a great deal of extra work. In order to break down all this cooked food that we eat, our organs have to make more and more enzymes to digest. Especially is this so as we age. This puts a huge burden on the organs that produce enzyme.

Some of these would be the stomach, liver, gall bladder, and pancreas.

**Question:** If I want to take a digestive aid which is best?

**Answer:** The number one best in my opinion is plant enzymes. This type of enzymes are just like the ones we would get from the raw food we eat. This type helps to take all the burden off our already overworked digestive system.

If you want the added benefit of taking plant enzymes I personally take them between my meals and just before bed.

Why you may ask?

They will help the immune system to become stronger, they also help to in-

crease our T-cells, assimilate excess fat, break up cholesterol deposits, digest proteins in the blood, increase our energy, help to get rid of yeast. This next one is a big one . Enzymes break down and eliminate toxins from the body. They reduce bacteria, and increase white blood cell activity.

Are you absorbing what you eat?

If not then you may be starving to death! Yes, have you ever wondered why after eating a full meal, an hour later your body, against your will gets you to go to the fridge and eat some more food?

In order for your cells and tissue to feel full you must be able to assimilate or absorb what we eat.

Lets talk a little about how all this works. Absorption or assimilation takes place in the small intestine. The intestines have villus, micro-villi with arterioles, venules and lymph capillaries.

One side note here.

There are lymph capillaries in the bowels. This is one very good reason to keep the small and large intestines moving and digesting well, because in doing so we can have a strong immune system too. It can become overburdened trying to handle the bacteria that toxic waste can create in our system.

Now back to the villus. These are very tiny factories that process food. Every-one of these have their own blood capillaries and lymph that are ready to receive food and transport nutrients. Chemical reactions between enzymes and tissues like the tonsils, breasts, and appendix then take place. The breasts, appendix, tonsils, and other parts of the body can and do become inflamed, swollen and infected. All of this is directly related to the digestion and assimilation problem going on in and around the villi in the small intestines.

This is one of the other reasons why enzymes and friendly flora are important for good bowel management. They can help restore flow to our digestive organs.

## **Flow**

Our body was designed as a flow system. (This is just one of the things I learned in my Bio-Terrain Auditing course).

We know that our blood and lymph system flows, but our digestive system should also keep moving. The only real slow down time is when our food is in the stomach being mixed with the stomach acid. Food should not slow down or stop and get stuck in the small intestines or the colon. When flow in the

body is suppressed then disease will follow.

**Question:** How is flow stopped?

**Answer:** This process does not happen over night. It starts when we are very young. When we suppress a cold or flu. When we have a cold, mucous should be allowed to flow. (I know, we just want to get rid of that runny nose.) If suppressed over time, more and more inflammation and disease like symptoms appear.

The progress will be like this: Colds or flu turn to allergies, which turn to hay fever, then to asthma etc.

This mucus, if not eliminated, will settle in the lungs and other organs which weaken the tissue. This makes sense because there is waste after each meal that the body should get rid of, if we don't get rid of this mucus it will store it over time . Eventually to cause even bigger health problems.

**Question:** Is there anything else that causes flow to stop or slow our system down?

**Answer:** Yes, Our western diet! Foods like wheat, milk and sugar. These three are real heavy hitters. They are the leaders in mucus producing foods. These are like sticky sludge to our flow system.

**Question:** What kind of food will help flow?

**Answer:** The top of the list is whole raw foods. Raw foods help to digest themselves. Raw foods are live foods, but cook foods, are dead foods.

To sum up this section make sure to digest, and absorb what you eat at all costs.

## **The Elimination Process**

The skin is the largest organ, which remove toxic waste. If this doesn't work well, stress will be put on the lungs, bowels and kidneys. These over work and become weak. The elimination of waste from every meal should take place within 24 hours.

**Question:** What should a healthy bowel movement be like?

**Answer:**

- You shouldn't have to take 10 minutes to complete the task.
- Your stool should be light in color unless you have eaten something like beets or a great deal of greens.

- It should have form to it.
- It should float on the top of the water. This tells you that complete digestion has taken place.
- Has no foul smell (imagine that!) and be the consistency of toothpaste.

You need to have all of these signs to tell you that complete elimination has taken place. If not you will have inflammation, which is the diseases that end with “itis”. Like arthritis, colitis etc. Work on this to get relief of the symptoms that you are dealing with.

As I have said before elimination should take place with in 24 hours, if this does not take place toxic overload will eventually happen. Mucous build up and toxic fecal matter along with parasites need to be eliminated so flow takes place.



Normal colon



Toxic colon

The colon will effect every cell in every part of the body. If you are having problems with inflammation, local or body-wide, get rid of what is in the colon.

This will greatly decrease inflammation and the health concern that comes along with a colon that is chalk full of thick sticky mucous fecal matter.

## Detoxification

Detoxification is the expelling of impacted mucous, bad bacteria and putrefied undigested proteins. If we do not keep our colon clean of these toxins we can experience a whole list of symptoms.

Intestinal toxemia can manifest itself as: endocrine disturbances, fatigue, skin problems, arthritis, sciatica, low back pain, gastrointestinal conditions, cardiac irregularities, changes in the breasts, headaches, neurocirculatory abnormalities

and the list can go on and on.

Detoxification in my opinion is the best thing that anyone can do to keep flow going in the body.

There are different ways to flush out toxins and waste from the colon.

1. Take one day out of the week to juice fruits and vegetables.
2. Do a parasite cleanse
3. Liver and gallbladder cleanse.
4. Eat only fruits and vegetables for a week or so.
5. Colonics
6. Plant Enzymes
7. Take Herbal Cocktail
8. Take a Friendly Flora supplement (See page 16)

Why is detoxification so important?

The World Health Organization and the National Cancer Institute estimate that 60 to 80% of all cancers are caused by chemicals in the food we eat, the water we drink and the air we breathe. All of our modern day degenerative diseases have increased exponentially in the last 80 to 100 years.

These are cancer, heart disease, emphysema, multiple sclerosis, colitis, and other bowel diseases, muscular dystrophy, chronic fatigue, osteoporosis, arthritis, Alzheimer's. A report on the news the other day that said that Alzheimer's was a lifestyle disease.

Getting rid of the mucous, toxic over load in the colon is the number one way to keep the blood, immune system and all the tissue in the body clean and flowing.

## **How the Body Heals**

Wonderful things start to happen when we start to heal. The body has it's own sense. It wants to live, be healthy and will protect us in spite of some of what we do to it. When given live raw foods, it knows what is good and what is not. When we eat what is artificial our body cells communicate to one another. If we could only hear what they have to say to us we wouldn't like it very much. It would probably sound something like "What the heck am I going to do with all this garbage you're sending me?!"

At this stage of the healing process I should tell you that there is going to be some unpleasant side effects that more than likely will take place. Just as getting to the disease state will give you very unpleasant symptoms, so will re-

versing these symptoms. I will also tell you that as you go through the healing process, each step of the way gives you more and more life and healthy energy.

Some of the things you may feel during the healing process are headaches, flu like symptoms, having a temperature, a decrease in energy, local or body wide achy feeling, pain, and swelling may occur.

When you detoxify these are some of the signs that cleaning and healing are taking place. Hold in there because these unpleasant side effects will go away after a period of time. These can range from mild to severe. The healing process may take anywhere from a day or two and may go on longer this depends on the nature of the disease you are trying to deal with. This also depends on how long you may fast or just how much stuff in your body that needs to come out. So don't get discouraged the more you cleanse the better you will feel.

The symptoms of disease will decrease. The adverse affects you may feel will become less the more you cleanse. You will feel less stress and an overall feeling of well being.

Remember these points when healing takes place. All of these are normal to feel.

You may have a temperature, headache, flu like symptoms or pain. There may be some discharge from the lungs, kidneys, skin, the bowels or any opening of the body.

I can't stress the next point enough.

Whatever you do, *DO NOT* try to stop the healing process. Let the natural intelligence of the body complete its job. There's light at the end of the tunnel.

## **Healthy Eating**

Below are some of the things that both my husband (Roger) and I do to help protect our health.

- We eat as many raw foods as possible. About 80% of our diet each day.
- We lightly steam our vegetables
- We use as much organic foods as we can. There is a great deal of organic foods grown where we live.
- We don't peel our vegetables. Most of the nutrition is in the skins. I use unpasteurized apple cider vinegar to clean my fruits and veggies.
- Use dried fruits. Don't use any fruit with sulphur on them.
- We bought a good juicer and juice our own fruit and veggies. You get all the enzymes, vitamins, and minerals doing it this way.
- We drink plenty of good, clean water

- We also drink green smoothies when we don't have the time to have a salad.
- We choose butter instead of margarine.
- We use oats, rye grains, cold pressed extra virgin olive oil, or coconut oil
- Drink herbal teas instead of caffeine drinks
- We eat small meals
- Sprouted breads

Buy a Vita-Mixer or one like it. This will help you eat more raw anti-inflammatory foods They sent me some recipes like broccoli soup, fruit delights, mixed fruit smoothies, green smoothies and you can make your own ice cream. Buy some raw food recipe books.

Make changes over time. Eat quality raw foods that will not gum up and cause inflammation.

Make sure you get plenty of rest and exercise, which will round out the things that contribute to your overall well being.

No matter what your age or state of health commit to making the needed changes to decrease the stress and toxic overload being place on your body. Don't let the needed changes seem overwhelming to you.

I have come to know in my own life that small changes can and do lead to bigger things. It also helps to see how much my own health and that of my husband has changed, when I can personally do bio-terrain auditing and live blood analysis on us. This helps me track our improvement as we make changes in our diet.



## Roger's Fight to Live

This is Roger's (my husband) life and death struggle to live and what we did to save his life. I'll also explain what we are doing on a day to day basis to help him recover his once very good health. These next events took place from January 2009.

After coming down with a temperature we took Roger to a Naturopathic Doctor. We were told that he had mold, a fungus in his liver. He had worked 4 days with this temperature and then collapsed. His liver, spleen and gallbladder had enlarged and was inflamed. Rogers' skin turned yellow from the top of his head to the sole of his feet. You can see why he was in the fight for his life.

We thought that it was just a bad flu at first. Many people asked him how he got mold in his liver. The answer to that one is, Roger was working in construction and this is where we thought he breathed the mold into his body and it somehow got to his liver and then grew.

By the time we left the doctors' office Roger's condition had become **critical**. I remember getting him in the van and asking him "Where do you want to go, to the hospital or home to bed?" He chose home. "Live or die I want you to take care of me", he said. (No pressure, right?) Here is where I should also tell you that I had a knowledge of herbs and what to do for the liver.

*The fact that Roger had a 105 degree fever surely saved his life!*

Roger also trusted the different systems that our creator put within us to do their job, while we did ours with herbs, etc. By the time his condition had improved, I also knew I needed to learn about Bio-Terrain Auditing and Live Blood Analysis to be able to track our health. I did this when he could be left by himself in May of 2009.

For the next five days Roger had a temperature of 104 and 105 degrees. This was a good thing because it helped to save his life. When you have a temperature, the immune system joins in the fight for life. He was in a great deal of pain because the kidneys couldn't get rid of all the poison and infection coming from his organs. Uric acid crystals lodged in his muscles and every major joint and the bottom of his feet. Every time he would want to get up to go to the washroom, he said it was like walking on glass. So I put him in our office chair and would push into the bathroom that way.

After five days went by his high fever went down to 101 and 102 for two more

months. This is when I knew he would live. I gave him a long list of herbs and vitamins and asked him what types of juices would he like to drink or what kind of food would he like. I let him tell me because the body has it's own sense about it and knows what it needs.

Many people ask us what we did, so here is the list. Milk thistle, blessed thistle, dandelion root, turmeric root, parsley leaves, chamomile flowers, and beet root. The doctor also had a liquid herbal remedy made up for Roger by a master herbalist, but I couldn't tell you what was in it. (no label) We also juiced apples, cranberries, carrots, beets, and everything green. I also bought cherry juice. He was hungry for apples, grapes and squash soup, which a friend made up for us. I also cut up fresh fruit for a fruit cocktail so he could have that any time of the day or night.

He slowly healed but didn't have the energy to go back to work. In May I took my Bio-Terrain and Live Blood course. When I got back from there we moved from Ontario to British Columbia, Canada. Thousand of miles away from the old life, to start our renewed life together.

After our move I did more research into why his whole system was not recovering the way I knew it should. My bio-terrain told me that his body was using up all of his enzymes, both digestive and metabolic. I went searching once again to get the best out there, so I could see improvement in Roger's health.

We not only found what I consider the best enzymes but a product that has helped to restore his liver. If you don't have a good liver you're in big, big trouble. We have also put him on *Friendly Flora* and *Herb Cocktail*. (See page 16) Now he is digesting his food. His energy level is now close to what it use to be.

Roger is more like the man and hubby I once knew.

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We are both very glad that we have to come to know about *Avena Originals* electrically available formulations.

Bio-terrain teaches everything in the body is about anions and cations. In order to get the best from what we take from nature it must be electrically available, so our body sees what we take in as something it can use to benefit us.

This is why I knew that Avena originals would work because they are electrically available as soon as they enter our body. The body doesn't need to work hard or take enzymes from it's storehouse to try to make them work for us.

When we put something in our mouth, our body knows if that form of food or supplements will be the right matrix. If not it will work to get rid of what it can't use.



Here is what Roger is taking and our reasons for doing it.

*Enzymes* — Avena's are plant enzymes, which are effective and easy for the body to use.

*TOCO* — This will help to rebuild the liver.

*Herbal Cocktail* — This helps get rid of the toxic buildup in the bowels.

*Electric C* — This helps to strengthen the cells, and helps the immune system.

*Par Cleanse* — A parasite cleanse.

*Friendly Flora* — This flora is very important to take because this will lower the bad bacteria in the bowels. Avena's Friendly Flora is a unique bacteria - it is called *Lactobacillus OM. & L Plantarum OM*, this strain rapidly digests proteins. (This is what you want to happen in the bowels because it is poorly digested proteins that stick to the bowel and cause bowel toxemia. These undigested proteins are what is making us very ill.)

This strain of bacteria is the only friendly bacteria that can make this claim. This is the only Probiotic that has been awarded a U.S. Patent allowing all of the following claims:

“Its Proteolytic: It breaks down undigested proteins without producing toxins generated by its Pathogenic counterparts.

Its Anti-Tumoral: Mice were inoculated with the Sarcoma 180 tumor model and then fed L. Plantarum OM as treatment. The mice receiving L. Plantarum OM exhibited suppression of tumor growth by up to 96% compared to mice left untreated. The scientist conducting this study claimed: “This is remarkable for a natural product.”

Its Anti-Viral: Proven in studies on mice inoculated the Rauscher Leukemia Virus that developed dramatically lower spleen weight increased compared to mice left untreated with L. Plantarum OM.

Its Anti-Retro Viral. Since the RLV is a known example of an animal retro virus; L. Plantarum thus exhibits exceptional anti-retro viral activity and can also be used to screen other pharmaceutical agents for anti-retro viral activity in a comparative format.

It is a nutritional supplement that can be maintained in the human gastrointestinal tract. This is crucial as survivability means it can perform all of these wonderful function within our bodies.”

This study that was done on *Friendly Flora* was done by Bio Research Laboratories Inc. in Redmond, WA, USA

These are the products that we are both on. Each day we see an improvement. Start today to a healthy you.



If you would like to come to see me for Bio-Terrain Auditing or Live Blood Analysis please:

Email me at [rojodelaney@gmail.com](mailto:rojodelaney@gmail.com)

We live in Kelowna, BC Canada.

If you would like to buy Avena Originals products you can phone them at 1-800-207-2239 or email at [info@avenaoriginals.ca](mailto:info@avenaoriginals.ca) Give them our name “Roger & Jolaine Delaney” or our member number which is 16045. A membership is \$10.50 per year. This will entitle you to membership prices.

P.S. Don’t forget to visit our website for FREE information about inflammation and what you can do about it. [www.aboutinflammation.com](http://www.aboutinflammation.com)

# Personalized Health Assessment

Why take this particular health assessment? Because it is like no other.

Bio-Terrain assessment gives you a unique look into how our body systems flow.

The following questions are specific to each and every system of our body and how they work. If any one of these systems have lost their flow, stopped or even slowed down, this will greatly affect energy and vitality.

Once you know which system or systems are giving you the most problem, you can start to take control of the way you feel.

Let me tell you that is a very powerful feeling indeed.

Each person taking the test will get a personal assessment and not a computer generated, one-size-fits-all answer.

Start today! Take the test and get the flow back into your life.

Directions: Print off or photocopy the following pages and send along with payment. You can pay by check, money order or deposit \$34.95 in the following PayPal account: [rojodelaney@gmail.com](mailto:rojodelaney@gmail.com) (Just email the PayPal transaction number along with your name)

Roger & Jolaine Delaney  
120 - Suite-213 McIntosh Rd  
Kelowna, BC Canada  
V1X-7E8

**Name:**  
**Age:**  
**Male / Female**

**Weight:**

**Today's Date:**  
**Birth Date:**

**Please circle or give information about the questions below.**

How many hours of sleep each night do you get?

Yes/No Do you exercise? How often in week? \_\_\_\_\_ What kind of exercise? \_\_\_\_\_

Yes/No Do you Smoke? Cigars, Cigarettes. How Often? \_\_\_\_\_  
How long have you smoked? \_\_\_\_\_

Yes/No Have you quit smoking? When did you quit? \_\_\_\_\_  
How long did you smoke? \_\_\_\_\_ years  
How did you quit and why? \_\_\_\_\_

Yes/No Do you take hormones? Which ones? \_\_\_\_\_

Yes/No Do you take oral insulin?

Yes/No Do you inject insulin? How Long? \_\_\_\_\_

Yes/No Do you eat breakfast? Everyday? \_\_\_\_\_ Weekends? \_\_\_\_\_  
Once or twice a week? \_\_\_\_\_ Haven't eaten breakfast for years? \_\_\_\_\_ How long? \_\_\_\_\_

Yes/No Do you eat your heaviest meal at noon?

Yes/No Do you drink coffee? How many a day? \_\_\_\_\_ Decaf or Caff?

Yes/No Do you drink tea? How many a day? \_\_\_\_\_

Yes/No Do you drink pop? Decaf? Diet? How much? \_\_\_\_\_

Yes/No Do you drink alcoholic beverages? Beer? Wine? Liquor?  
How much? \_\_\_\_\_ How often? \_\_\_\_\_

Yes/No Do you crave any foods? Which ones? \_\_\_\_\_  
\_\_\_\_\_

Yes/No Do you add salt to your food? Light? Medium? Heavy?

Yes/No Do you Drink water? How many glasses per day?\_\_\_\_\_What is the size of the water glass? 6 oz 8 oz 12 oz

### Part 1

Choose one: A. I think of food often, I live to eat a & love to eat.

B. I don't think about food much, I enjoy food but just eat enough to live.

I Do/Don't Often feel bloated after I eat.

I Do/Don't Crave salt.

Yes/No I have a strong appetite in the morning.

Yes/No I have a strong appetite at lunch.

Yes/No I have a strong appetite at dinner.

Yes/No I often get hungry between meals.

Yes/No Going for 4 hours without food causes me to be uncomfortable.

Yes/No Fasting or going a long time without food makes me feel bad.

Yes/No A heavy meal with fat agrees with me.

Yes/No Eating before I go to bed improves my sleep.

Yes/No Meat, fish, or chicken for breakfast makes me more energetic.

Yes/No Meat, fish, or chicken for lunch makes me more energetic.

Yes/No Meat, fish,or chicken for dinner makes me more energetic.

Yes/No Eating meats or fatty foods restores my energy.

Yes/No Fruits generally agree with me.

Yes/No I generally like sweet desserts.

Yes/No Vegetarian meals satisfy me.

Yes/No Orange juice in the morning agrees with me.

## Part 2

Yes/No Do you have to get up at night to urinate? How many times? \_\_\_\_\_

Yes/No Do you tend to urinate frequently, and with a significant amount most times?

Yes/No Do you tend most times to have constipation?

Yes/No Do you tend to have a hard time waking up & getting going in the morning?

## Part 3

Yes/No Do you feel like you're a morning person?

Yes/No Do you get up easily in the morning, but feel tired in 2 to 3 hours?

Yes/No Do you tend toward insufficient urination, going often, but in small amounts most times?

Yes/No Do you tend towards diarrhea?

Yes/No Do you have a hard time falling or staying asleep, or going back to sleep?

Have you noticed any of the following?

*If it applies*, next to Yes/No please indicate your CURRENT conditions and the severity: Blank = never 1= rarely 2 = occasionally 3 = sometimes 4 = most of the time 5 = constant Also, circle the one that applies.

Yes/No\_\_\_\_\_Overweight

Yes/No\_\_\_\_\_Coughing or spitting blood

Yes/No\_\_\_\_\_Chronic fever

Yes/No\_\_\_\_\_Rectal itching

Yes/No\_\_\_\_\_Itching of the nose

Yes/No\_\_\_\_\_Motion sickness

Yes/No\_\_\_\_\_Seizures

Yes/No\_\_\_\_\_Forgetful

Yes/No\_\_\_\_\_Absent-minded

Yes/No\_\_\_\_\_Head tilts to one side Right or Left?

Yes/No\_\_\_\_\_Headaches

Yes/No\_\_\_\_\_Hair dull

Yes/No \_\_\_ Eyes bulging or protruding Both, right or left?  
 Yes/No \_\_\_ Dimness of vision. Have cataracts. Right ? Left?  
 Yes/No \_\_\_ Blindness or glass eye Both, Right or Left?  
 Yes/No \_\_\_ Gums receding  
 Yes/No \_\_\_ Teeth glassy on the ends? Teeth rough on the edges? Is it both  
                   of the above?  
 Yes/No \_\_\_ Have cavities Few or Many?  
 Yes/No \_\_\_ Coated tongue  
 Yes/No \_\_\_ Have a dry tongue  
 Yes/No \_\_\_ Have a hot tongue  
 Yes/No \_\_\_ Missing limb or limbs Right, left, or Both?  
 Yes/No \_\_\_ Athlete's foot  
 Yes/No \_\_\_ Numbness of the hands and feet Right, Left, or Both  
 Yes/No \_\_\_ Cold hands or feet Right, left, or Both  
 Yes/No \_\_\_ Fingernails. Are they: Split, Brittle, Rough, Soft, Ridges  
 Yes/No \_\_\_ Skin abnormally colored. oily, dry, reddish, scaly patches or  
                   Psoriasis?  
 Yes/No \_\_\_ Burning urination  
 Yes/No \_\_\_ Urine lost its force Urine difficult to start or stop.  
 Yes/No \_\_\_ Wake at night to go to the bathroom  
 Yes/No \_\_\_ Bowel movements Times per day \_\_\_ Times per day \_\_\_  
                   Per week \_\_\_  
 Yes/No \_\_\_ Abnormal stool consistency Hard, Soft, Loose  
 Yes/No \_\_\_ Pain with bowel movements  
 Yes/No \_\_\_ Blood in stool  
 Yes/No \_\_\_ Muscular pains  
 Yes/No \_\_\_ Do muscular pains move or travel from one area of the body to  
                   another?  
 Yes/No \_\_\_ Pain in the bladder area  
 Yes/No \_\_\_ Pain in joints  
 Yes/No \_\_\_ Pain in legs  
 Yes/No \_\_\_ Pain in lower back after prolonged sitting or riding  
 Yes/No \_\_\_ Chest pain  
 Yes/No \_\_\_ Pain in left arm  
 Yes/No \_\_\_ Insomnia?  
 Yes/No \_\_\_ Sleep soundly?  
 Yes/No \_\_\_ Wake up tired?  
 Yes/No \_\_\_ Sluggish in the morning  
 Yes/No \_\_\_ Cold most of the time  
 Yes/No \_\_\_ Tendency to anemia  
 Yes/No \_\_\_ Nausea  
 Yes/No \_\_\_ Poor Appetite  
 Yes/No \_\_\_ Crave sweets or coffee  
 Yes/No \_\_\_ Feel shaky when hungry? - Irritable before meals  
 Yes/No \_\_\_ Do these foods upset you? Raw cabbage? Cole slaw?



