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Blog

May 22, 08 **High Blood Pressure**



Blood pressure is controlled by the brain, the kidneys, and the circulatory tree.

1st number – how hard to pump through the circulatory tree

2nd number – how hard it is pumping through the heart

Medications are dangerous and do not correct the problem – they merely cover it up. If you are on high blood pressure medication, you still have high blood pressure. You're merely covering it up. Your goal should be to actually correct the blood-pressure itself and not merely cover it up.

When dealing with any condition, the hierarchy of healing starts with energy. The energy source for the body is the brain and nerve system.

More and more research is proving that the most effective way to begin healing any condition is to first correct any interferences

to the nervous system and correct any sedated nerves to the cells, organs or tissues of the body. This is accomplished through the use of advanced nerve scans and specific x-rays analyzed using structural biomechanical analysis by a Chiropractor trained in specific structural correction.

When the nerves are interfered with, there is no amount of nutrition that can erase this condition. And when the nerve interference is corrected, the body is capable of overcoming nearly every condition encountered.

In fact, researchers at one of the world's most prestigious centers for high blood pressure, the University of Chicago, Center for Hypertension published the results of their findings in the March 2, 2007 issue of *Human Hypertension*. The study showed that in 100% of all cases, blood pressure was able to be reduced better than using 2 medications combined by correcting specific nerve interference at the 1st cervical vertebra. This was accomplished by specific chiropractic adjustments. This information was so stunning, that even the medical researchers couldn't believe it.

The head researcher, Dr. George Bakris, M.D. said, "when the statistician brought me the data, I actually didn't believe it. **It was way too good to be true.**" The statistician said, "I didn't believe it either, but we checked for everything and there it was."

George Bakris M.D. said, "not only does it work, **we saw no side effects** and **no problems!**"

This is just one more study that proved just how vital the nerve system is and why it should always be the first thing we look at with ANY abnormal condition of the body. Remember, in the hierarchy to healing – ENERGY is always #1.

We also now know that with high blood pressure, when the top number is high, this almost always involves, a nano bacteria. Nano bacteria get carte blanche to the circulatory system when our digestion diminishes. We almost all have this problem of a diminishing digestive system as a nation. This is mostly due to the fact that we have been eating cooked foods, when really we were engineered to eat raw food.

Please understand that all foods already have all the enzymes in the food to digest the food. But when we cook our foods, the heat destroys the enzymes, forcing us to use our own enzymes. As we use our own enzymes more and more, these tend to become expended since the body was not designed to work in this fashion. In addition, our gastric acids, HCL was to be used more for destroying various micro-organism that enter the body, as well as to be used as a disinfectant through out the body, and to help with other activities such as reducing and removing stones etc.

As we get older the gastric acids become depleted, in fact the latest study showed that by the age of 70 we have only 10% of the HCL production that we did when we were 20 years old! This allows micro-organisms that should have been destroyed to be

able to enter our system.

The problem is that we can't just switch to raw foods because our foods are too contaminated not to cook. So we really should all take a digestant whenever we eat cooked food.

My favorite, is our live source Betaine HCL accompanied by HCL Activator and Quantum Digest.

That will take care of the digestion and prevent any future actions due to micro-organisms getting into the system due to a lack of gastric acids.

Now we need to take care of the micro-organisms already in the system causing disruption of the circulatory tree and possible changes in the cellular integrity and flow in the circulatory tree.

The product that I believe accomplishes this better than anything that I have ever seen in my 25 years is **Heart Nano-Detox** which can be ordered from NutriMost.com.

With High Blood Pressure an extremely effective program would be:

- 1. Begin very Specific Structural Corrective Chiropractic Care focused on C1 (Atlas)**
- 2. Quantum Digest** at the beginning of meals when there is any cooked food (Dosage would be age and weight dependant)
- 3. Quantum Betaine HCL, with HCL Activator *after meals*** (Dosage would be age and weight dependant).
- 4. Heart Nano Detox** – (Dosage would be age and weight dependant) However, most of the time you will need at least 3 tsp mixed with 24 to 32 oz. Purified water sipped slowly from morning through 4PM. Do this daily for 4 months.

Be sure to use the Heart Nano-Detox, for 4 to 6 months straight without stopping.

If you are utilizing Chiropractic Care, my experience is that you will notice the systolic blood pressure drop after 1 or 2 weeks on this program, and if you are not utilizing Chiropractic Care, after about 4 to 6 weeks, you'll notice, the systolic blood pressure begin dropping, but you must continue through for the entire 4-month period.

You must continue the Chiropractic Care and the Digestants: (Digest before meals and HCL and HCL Activator after meals)

Other considerations are to avoid red meat, limit your animal protein to just 1 meal / day preferably at lunch only. Also avoid pasteurized milk, but drink more purified water. Eat more vegetables and cultured foods such as kefir; get at least 35 minutes of sunshine daily and be sure to walk every day.

Photo: [TopGold](#) Flickr Photo (CC)

This information is based on the more than 25 years of clinical experience of one of America's Premier Doctors and alternative healers, Dr. Ray Wisniewski, a Pittsburgh Chiropractor, 412-242-1600 has been voted Best Chiropractor by the Readers Choice Awards. This information is not intended to diagnose, treat or cure any condition, and has not been evaluated by the FDA.

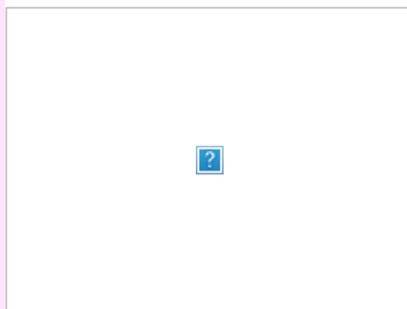
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May
20,
08

[Our Healthcare System Isn't Broken - It Doesn't Exist!](#)



The head of the Mayo Clinic since 2003, Dr. Denis Cortese, a 64-year-old pulmonary medicine specialist stated before, the National Press Club in Washington, DC., "to the extent that people say the system is broken, I would reject that as a too simple thought. There is no system."

He went on to say, "the fatal problem that all of our people in Washington have -- and many people have in the country: they've come to believe that the system is "broken." That's like saying, 'I've got a broken car.' And you're going to go out and you're going to fix it. And you go in the garage, and you find out, 'Oh, I forgot, I don't have a car.' You can't fix something that doesn't exist"

He goes on to explain that patients are not at the center of our health care system, instead profits are.

You see, we don't have a health care system we have a disease care system. It seems that no one is doing anything about keeping you healthy. That's why I'm here every day, that's why I'm in the office, I'm writing handouts, I'm doing workshops at churches, organizations, businesses and were ever else we can go out and make a difference. I want to see you enjoying health to the fullest, being able to run around and play with great-great-grandchildren when you are 90 years old, and more.

There is an enormous health care debate going on with our presidential elections, yet nobody understands it, there is no health care system -- it's a broken down disease care system that doesn't work. If you want to be healthy, you need to take responsibility for your own health. The best way to do that is with our **6 Essentials of Health**.

- **Balance the pH – normal 6.4 to 7.0**
- **Detoxify the body** – including organs, glands, connective tissue and the cell itself.
- **Balance ALL Hormones & Nutrients in the body as well as Water & Oxygen.**
- **Restore and Rejuvenate Homeostasis of all body systems and intestinal flora.** An imbalance in the intestinal flora will result in dysbiosis and the inability to absorb nutrients.
- **Eliminate Chronic Infections** – by targeting these chronic infections, and creating the environment in the body to attack and eliminate these infections and if necessary aid the body by utilizing anti-infective neutraceuticals.
- **MOST IMPORTANT – Balance the Nerve System!!**

The 3 most important things you can do to reach the 6 essentials to health are:

1. Balance the first morning urine pH, by getting a roll of pH paper, tear off a piece of paper and run the paper through the midstream of your first morning urination. Normal is 6.4 to 7.0. Anything outside the normal range

<http://nutritionanswerman.com:80/default.aspx>

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3. Correct any sedated nerves, utilizing specific structural corrective Chiropractic care. By doing this one thing, every body system will function at a higher potential, which is why this is by far the most important single thing that you can do for optimum health.

Another thing that you can do to assure your best health would be to utilize the Superfood Trio every single day. This assures that you have every single vitamin, mineral, nutrient, trace element, synergist, co-factors, active transporters, and essential fatty acids that you require. This is the ultimate insurance, and it is all grade 10, free of any excipients or toxic tag-along's. This is best of the best nutrition.

These are the opinions of Dr. Ray Wisniewski, The Nutrition Answerman, and one of America's Premier Doctors. Dr. Ray Wisniewski is a Pittsburgh Chiropractor, with offices in Penn Hills, Greentree / Crafton, and Murrysville. Dr. Ray Wisniewski has been voted best Chiropractor in the east by the readers of the Tribune Review.

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[13 Year Old Girl on AntiDepressants Committs Suicide - When are the Pharmaceutical Companies Going To Be Held Responsible](#)

May
19,
08



Tonight I had the wonderful pleasure of being a caller on a television program on internet suicide. This was the Internet suicide case involving a young girl, Megan Meir, who committed suicide after a failed Internet romance, which later turned out to be a hoax allegedly perpetrated by an adult neighbor, Lori Drew, who posed as a 16-year-old boy on myspace.com, who did not exist.

While the panel of experts and what seems the entire world is arguing about this case is whether the adult neighbor Lori Drew should be responsible and charged with being involved in the death of this 13 year old girl. While I believe that what Lori Drew allegedly did was horrendous, I really think that Tina Meier should be looking into the pharmaceutical companies for at minimum being partially responsible for her daughter's suicide. I know that Mrs. Meier wanted to help her child and I would never want her to feel any guilt what so ever, but I really think that these pharmaceutical companies should hold at least some responsibility for her daughter's suicide.

These pharmaceutical drugs do exactly what they are intended to do, and many times they seem to ease the child's depression. However, the problem is that these drugs and in fact ALL medications have tremendous adverse effects, and these antidepressants in particular greatly increase the risk of suicidal tendencies. In other words, although the child may become

depressed without the medication, it would be very unlikely that the child would commit suicide. The likelihood of suicide increases dramatically the moment the child begins taking antidepressants.

On the program, I stated that every single child that has been involved in a shooting or stabbing in school and in nearly every child suicide - that child was on a psychotropic drug. It has been shown that these drugs cause changes in neurons that many people would call brain-damage.

There are over 9 million children now on psychotropic drugs. In fact, in the case of Ritalin, 95% of the world's production of Ritalin is consumed by American and Canadian children.

My thoughts and prayers are with the Meier family. However, I believe in my heart, that this little girl would be alive today if it wasn't for the terrible effects brought on by these psychotropic drugs.

Depression is not due to a lack of medication – in fact studies have shown there to be an increase in serious crimes such as shootings, stabbings and suicide from those individuals on medication.

Yet there is so much you can do – such as a healthier lifestyle including:

- Exercise more
- Proper Nutrition our MaxStress B is vital, more high enzyme foods, better digestion,
- A minimum of 5 straight hours of great, deep, UNINTERRUPTED sleep
- Correct any nutritional deficiencies
- Correct any hormonal imbalances
- Most likely the most powerful thing that anyone could do – is to seek a specific structural correction Chiropractor to correct their spine and curves allowing the body the best chance to return to normal nerve and chemical balance

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May
15,
08

**American's Are The
Money Maker for the
Drug Maker!!**



A report yesterday confirmed that America really is the Prince of Pill Popping! Here's what was revealed in this report concerning taking prescription medications for chronic conditions usually daily:

- 51% of all Americans (Adults & Children) are on medications for chronic conditions
- almost two thirds of women over 20 years old take medications for chronic conditions -- usually daily
- 1 in 4 children and teenagers take a medication for chronic conditions
- 3 out of 4 adults over 65 take a medication for a chronic condition
- 28% of women over 65 take 5 or more medications per day
- 22% of men over 65 take 5 or more medications per day

The AP article reporting this study discussed a 57-year-old woman from New Jersey, who is taking 18 prescription medications per day. This woman was taking medication for blood pressure, diabetes, chronic back and shoulder pain, asthma and fibromyalgia.

When the body is functioning the way that it is supposed to, you should never need medication. It is my greatest purpose and mission to somehow change this by getting Americans to take accountability and responsibility for their health.

In my 25 years of practice, I cannot tell you how many of these individuals. Just like the lady taking the 18 prescription medications per day walk into my office with nearly every condition under the sun, because their real problem is that their body just is not functioning properly.

We are absolutely able to change these people's lives by following our 6 Essentials to Health.

I hope you looked at those statistics, and just shake your head and say that just is not right! Your body is under siege. It's under siege by the pharmaceutical companies, who just want to

make you the money maker for these drugmakers. It's time to say no way, it's time to take back your health! If you have a health condition, and he don't know where to turn, if you're on medication, and you're wondering if there is an alternative or a different way, if you want to be healthy. Free from medication, free from the ravages of these symptoms. Just go to the ask Dr. Ray section of this website and feel free to ask a question.

Take back your good health by seeing a specific structural correction chiropractor, who will remove any interference to your nerve system, get your first morning urine pH back to the normal 6.4 to 7.0 range, begin the NutriMost superfood trio to guarantee optimum nutrition and health.

These are the opinions of Dr. Ray Wisniewski, The Nutrition Answerman, and one of America's Premier Doctors. Dr. Ray Wisniewski is a Pittsburgh Chiropractor, with offices in Penn Hills, Greentree / Crafton, and Murrysville.

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[What a Diet this was - Morning Sickness Causes Pregnant Woman to loose 42 lbs.](#)

May
14,
08



Yesterday on Fox news, I saw the story of a 24-year-old Englishwoman, Fiona Shaw, who lost 42 pounds, while she was pregnant, due to morning sickness (hyperemesis gravidarum). Apparently the condition caused her baby girl to be born cesarean section at only 28 weeks, because she was not gaining any weight and had developed an abnormal heart rate. The baby girl, Tianna, weighed only 2 lbs. 5 oz. and was born with severely underdeveloped lungs, causing her to develop several serious lung infections. Today Tianna weighs 15 pounds, and both her and her mother are doing well.

Although this is considerably abnormal to lose this much weight during pregnancy, it is absolutely amazing to me how little the medical profession understands about how the body works.

Morning sickness can usually be eliminated within 1 or 2 days. Yes, you read that right, 1 or 2 days! In fact, Imagine all the women who suffered, day after day, all the nausea, and all the other unpleasant things that go with it, when it could be gone in 2 days or less.

Morning sickness is due to an imbalance in the splenic/adrenal axis due to the increased stresses of pregnancy, particularly when the body is already in a disordered intestinal bacterial ecology due to the splenic/adrenal axis imbalance.

Basically this means, that the adrenal gland isn't functioning properly, and the body needs a little bit of a boost. So the question is, what are we going to do for this that is going to get rid of this suffering in under 2 days. After all, this is supposed to be a very exciting time!!

Here is the average dose for a patient coming into my office of relative good health weighing 130 lbs.

1. Take 6-7 Vcaps of **Adrenal Complex** before 12 noon – Usually this clears up the Morning Sickness in 1 or 2 days!
2. Take 3 Vcaps / meal of **Nucleotides** for 4 days, then just take 2 Vcaps / day after the 4 days
3. Follow Our **PREGNANCY Protocol**

Also, The best thing for both the baby and the mother is to be free of any interference to the nerve system. It is crucial that the mother be given regular Chiropractic adjustments during her pregnancy and after the baby is born. I regularly give babies their very first adjustment within an hour of their birth.

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May
13,
08

[How To Safe Guard Against Strokes if it's Common In Your Family](#)



To Prevent Stroke: If your family has an increased incidence of stroke, it is absolutely essential to maintain a normal first morning urine pH of between 6.4 and 7.0. When you exercise is very hard, the body creates lactic acid. If the body is efficient and minerals, the lactic acid will build up, and since lactic acid has an affinity for muscle tissue. It will eat through the muscles, the muscular walls of the blood vessels, and even the heart. When the walls of the blood vessels are eaten through it develops fissures and holes, and the person may die of a stroke or hemorrhage. When an artery is damaged, the body tries to repair it by sending a gooey substance called cholesterol to patch the hole. Since cholesterol seems to be found at the scene of the crime, for many years. It was implicated as an actual cause of atherosclerosis and plaquing.

Recently, Spanish researchers have discovered that the arteries and veins lose their integrity. Due to a loss of special forms of bioflavonoids, diosmin and hesperidan. It is nearly impossible to get the necessary amounts of this nutrient, But the best insurance is to take 2 Invisi-vein in the morning.

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Ascorbic Acid Is NOT Vitamin C!!



I just wanted to make a quick post regarding Vitamin C. Most people think that ascorbic acid is vitamin C. I just wanted to let you know that ascorbic acid can not cure scurvy, however, scurvy can be cured with an orange or a lime. That means, that ascorbic acid is not vitamin C it is just a component of vitamin C.

Our quantum Rx vitamin C is true vitamin C and what that means is, this is the real thing. It's not made in some laboratory by a subsidiary of a pharmaceutical company, which is what about 90% of all Vitamin C out there is made. This is the real thing. It has all the bioflavonoids in it, yes it does have ascorbic acid in it; but this ascorbic acid comes from a whole food, once living plant sources, so it's very complex, the way it was designed in nature. It has all the bioflavonoids, the rutin, all the synergists, co-factors and active transporters in it the God created it.

See the problem that you have, if you take ascorbic acid, of any kind that essentially was made in a lab – and the way you know it was, is that it reads ascorbic acid on the label with an exact milligrams of ascorbic acid. This means it doesn't have the complex with the exact amount of bioflavonoids and other compounds in it to do the proper job that it was designed to do. What happens is when the ascorbic acid goes into the body it is quickly oxidized and forms di-hydro-ascorbate, which is a free radical. The di-hydro-ascorbate, now goes around and damages tissue. So here's somebody who wants to do good and help themselves and they're taking ascorbic acid, which is turning into the di-hydro-ascorbate and now it's actually causing more damage.

Now, when real vitamin C comes in with the perfect balance of bioflavonoids -- it's also oxidize, but then it is immediately reduced again. It truly is amazing how our bodies and nature work, for this is the way nature intended it to work. Our Quantum Vitamin C Rx works exactly the way nature intended it.

Nearly every woman should be on this -- vitamin C is absolutely necessary for collagen. Vitamin C will help keep the skin firm, prevent sagging, prevent chicken neck, it is also used and is necessary for the adrenal glands. So anytime you are under stress, you really should be taking vitamin C. Every single smoker absolutely needs and should be on vitamin C or if you're around anyone who smokes – you should be on Vitamin C.

So many women are putting on creams and toners for their skin – but if you are lacking Vitamin C, which nearly all of us are, the collagen in the skin will break down causing sagging skin – this can change all of that!

The Real Vitamin C can be ordered on the tab above for NutriMost Supplements.

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[Research Confirming](#)

May
07,
08

What An Amazing Gift Sunshine & Vitamin D Are - Cuts Risk of Cancer 72%!



More research, showing just how powerful vitamin D is for our bodies.

If you go above to Nutritional Supplements and Vitamin Information, and look at how to start a nutritional program. You will see that the two biggest things that I always begin with. Our digestion and pH. Interestingly, what I always recommend to balance the pH is natural live source, Sango reef coral, Cod Liver Oil -- for vitamin D, and Aloe Vera, which is the best transporter for the calcium.

While the two new studies that were released:

1. The first one was from the Journal Of National Cancer Institute -- it revealed that individuals with higher amounts of vitamin D had a 72% less chance of dying from colorectal cancer.
2. The other study was reported at the American Association For Cancer Research -- which was meeting in San Diego. This study done by Emory University, showed that those individuals with higher amounts of calcium and vitamin D reduce Colon Cancer risk. The researchers showed that adequate levels, the calcium and vitamin D increased the level of a protein called bax, which was shown to elicit apoptosis, or cell death of precancerous cells.

The best sources of vitamin D are at least 35 minutes of sunshine per day with nothing interfering with the eyes such as glasses, or USP Grade Cod Liver Oil, with no toxic excipients or preservatives such as those in gelcaps. You can order the Cod Liver Oil I recommend on the NutriMost Supplements link above

I believe that without a doubt one of the very best things that you can do for your health is to take your pH every single morning and make it a lifelong goal of staying within the normal range of 6.4 to 7.0

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[New Study Says It's Not Your Fault if You're Obese - It's An Uncontrolled Addiction Due to the Hormone Ghrelin](#)

May
06,
08



Well, another crazy study came out today which gives another excuse on why we are overweight. According to this Canadian study, some individuals produce more ghrelin hormone, which is the hunger hormone. This hormone stimulates portions in the brain that activate pleasure and happiness. Ghrelin is a hormone produced in the stomach, and in the small intestines. There is a close relationship between Ghrelin and Leptin which is the fat burning hormone.

Recent research has shown that the problem tends to be more due to leptin resistance brought on by a biotoxin or neurotoxin. Today many tests are available to determine if you may have leptin resistance due to a biotoxin.

The first test which he performed is a very simple test called the VCS tests (visual contrast sensitivity). It has been shown that the first structures affected due to biotoxins or an oral toxins happens to be nerve tissue, and the optic nerve has an incredible affinity for these toxins. By taking a simple eye test for visual contrast. You can now determine, with over 95%

certainty if you may have a biotoxin. The test can be taken for \$15 on the website www.Biotoxin.info If this test is positive, there are other blood tests that can be performed including MSH, C4a, and leptin.

If you test positive on the visual contrast sensitivity test, the first thing that you should do is to begin taking large quantities of our live source Betaine HCl after meals with 1 or 2 activators. The body will begin digesting properly, and will use the HCL the way the body uses its own HCL to destroy these biotoxins.

You will almost immediately begin to notice that weight will begin shedding, particularly at the level of the stomach and abdominal region.

If you test positive on the VCS tests, you should also begin taking 1 teaspoon DHLA in 24 ounces of water and sipping this throughout the day. You may repeat the VCS tests and be able to demonstrably measure, an improvement. It is amazing how incredibly valuable our stomach acids are. In fact, if the stomach acids were functioning properly, and were at the proper levels, you would not be able to get a biotoxin -- for the HCl would destroy it before it could enter the body. Live source HCL also allows proper digestion of the nutrients as well as the ability to turn off the bad genes and turn on the good genes when used with the HCL Activator through cellular methylation.

We need to stop the Standard American Diet (SAD) and start eating more fermented foods and raw foods that still have the enzymes, while eliminating the trans fats and all the chemicals in our food – and of course increase our exercise and step away from the table a little sooner.

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May
05,
08

[Breast-Fed Babies Are Smarter](#)



A new study, done by doctors in Belarus and Canada was released

today, indicating that babies who are breast-fed, definitely score higher in IQ and intelligence tests.

Previous studies have shown that babies whose mothers breast-feed have less ear infections, stomach or intestinal infections, lower incidence of asthma, less digestive problems, skin diseases, allergies, as well as a lower risk of developing high blood pressure, diabetes or obesity.

This should be absolutely no surprise! It is only when man gets involved and tries to make things like infant formula that things tend to go downhill.

All we have to do is ask, what is the perfect formula for infants?

It has to be mothers milk -- to say otherwise is to say that man can do better than God. I remember when scientists observed infants, and then observed mothers milk and said we can do better. And they concluded that mothers milk didn't have iron. So they made infant formula with iron, and during that time it seemed that nearly all of these infants were colic, because infants can't digest iron. But the problem was, even when they marked the formula as with iron or without iron, mothers wanting to give their child the very best, would purchase it with iron.

One of the very best things you can do for your child to assure a good healthy life and a healthy start is to breast-feed your child for at least the first 12 to 18 months, and to get their spine checked to be certain there is no interference or sedated nerves supplying the organs of their body. These are by far the two best things you can do to assure the health of your child.

If you did not breast-feed your child, -- then for about one year, I would mix in approximately 1 tablespoon of colostrum into their food every day.

Colostrum is like a stand-in immune system. Our colostrum is 25% or more immunoglobulins. This is the first line of defense at the intestinal tract. When you are on colostrum, the immunoglobulins within colostrum takeover the job of the intestine for defense, which now allows your white blood cells to go to work elsewhere. And if that's not enough, our colostrum has 6 mg per gram of lactoferrin, which is a natural compound to promote healthy oxygen transport in the blood. And of course colostrum is also extremely rich in the elusive N-acetylneuraminic acid (NAA). In fact colostrum is one of the only known food sources of N-acetylneuraminic acid, which is one of the eight healing sugars.

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