

Body Language

An Introduction

Do you like to crunch ice cubes?
Do you sneeze in bright sunlight?
Are you forgetful?
Do you have dry skin?
Do you remember your dreams?
Do you have cold hands and feet?



This isn't another booklet
on healthy eating.

It's about interpreting
your body's signs and
symptoms enabling you to
lead a healthier more
enriched life.

www.mybodylanguage.co.uk

What is Body Language?

Most scientists believe we are over-fed but undernourished, meaning we have too many calories from food deficient in essential nutrients. So it's not surprising that we're now being told that our future health will be dominated by nutritional supplements, not drugs.

But our choice of vitamins, supplements and functional foods is totally bewildering. Manufacturers expect us to know whether we need their supplements or not, and assume we're nutritional experts. It's easy to buy the wrong products and inadvertently exceed the recommended dose which can be dangerous.

Nature knows better. Your body has evolved over millions of years to respond to its surroundings, and is already giving you lots of vital signals about your state of health, such as the following:

Do you sneeze in bright sunlight?

Do you have burning feet or tender heels?

Do you feel wheezy after eating fruit and vegetables?

Are you sensitive to bright lights?
(see Page 11 for answers)

This is 'Body Language'...

...and it's as simple as listening to the body and understanding its signs.

Of course sensitivity to bright lights is no problem for most people, but this symptom means that you are at risk of developing cataracts – and that's a big problem.

Do you have white flecks on your fingernails?

Listening to simple signs and symptoms like these could have a huge impact on your life.

The Body Language of Chicken Skin

Many women buy expensive cosmetics to put onto 'chicken Skin' on the upper arms.

But 'Chicken Skin' on the upper arms is a sure indicator that the body is desperately short of essential fatty acids, not cosmetics.

However, a shortage of essential fatty acids has other more serious consequences to health too - heart, kidney and liver damage, behaviour disturbances, loss of concentration, hair loss and poor immune system performance, leaving the body open to infection and disease.

They're 'essential' - your body can't make them, you have to get them from the food you eat.

Many eminent scientists believe that most of us have some sort of underlying nutritional deficiency.

This means that just about everyone will find at least one 'Body Language' fact that relates to them. Maybe you've found that one or two of our Body Language questions apply to you already.

'Chicken Skin' is
Body Language for
deficiency of essential
fatty acids

Do you feel sleepy
after eating?



A lack of Essential Fatty Acids causes chicken-like skin on the upper arms

This booklet introduces you to the idea that there are many Body Language signals telling you about the state of your health, and what you need to look after your body.

**Learn to listen to your body
visit www.mybodylanguage.co.uk**

Do you wake soon after falling asleep?

Other, more serious side effects of a nutritional deficiency so often degrade your quality of life. Many common ailments that weigh heavily on the Health Service, and cause discomfort, stress and lost time at work, could so easily be avoided by understanding your body's signs.

Arthritis could be
Body Language for
boron deficiency

Arthritis affects 9 million people in the UK and for many it causes severe pain and suffering. Yet it has been scientifically proven that a trace of boron can greatly benefit arthritis sufferers. In fact, spa towns are found to have 'healing properties' partly because they have a trace of boron in the water.

Cataracts affect many older people; in the U.K. nearly 3/4 million wait annually for cataract operations but an increase in vitamin intake could reduce the incidence dramatically.

Cataracts could be
body language for
Vitamin B2
deficiency

Diabetes could be
Body Language for
chromium
deficiency

In the UK, there are about 1.4 million diabetics and a further 1 million are believed to be undiagnosed. It is thought there will be up to 3 million people with diabetes by 2010. But like most 'modern disease' diabetes can be improved by changes in nutrition.

The British mental health charity, **Mind**, confirms what scientists already know - nutritional imbalances aggravate the symptoms of a whole range of illnesses including autism, schizophrenia, and depression. And deficiency in certain chemicals, vitamins, minerals or fatty acids can have dramatic effects, reducing your ability to prevent cancer, heal the body, fend off illness, and fight ageing.

Each imbalance
causes
Body Language
symptoms

Here's the best news. Body Language is spoken by everybody the world over. It's a universal language. Listen to your body. Learn Body Language. It's very simple to understand.

Respond to its needs,
and your body will talk to you...

...for the rest of your life.

A Healthy Diet

You might think that a 'healthy diet' is all that we need.

Not so.

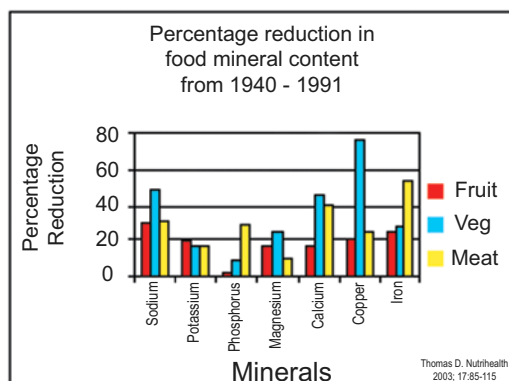
Scientific research has shown that meat, fruit and vegetables contain only a small fraction of the essential minerals that they contained 50 years ago. Each time we pick fruit from the tree, in effect we've removed minerals from the soil the tree grows in. The same happens with vegetables.

Farmers put nitrogen, potassium and phosphorus fertilisers on the soil to improve yield, but don't replace the forty or so essential trace elements that have become depleted. In fact, many experts now believe that we tend to overeat because foods don't give us the trace minerals and vitamins we need. This causes a chronic condition of "hidden hunger" which overeating demineralised food fails to satisfy.

Many people ask their doctor 'what can I do to prevent a recurrence of my problem?' simply to be told 'eat a healthy diet' which in the light of scientific research is clearly inadequate.

But this is hardly surprising when nutrition hardly features at all in your doctor's training.

Do you crunch
ice cubes
from your drinks?



Some of the body's essential elements:

Carbon, Beryllium, Sodium, Aluminium, Phosphorus, Chloride, Calcium, Titanium, Chromium, Iron, Nickel, Zinc, Germanium, Selenium, Rubidium, Yttrium, Niobium, Erbium, Ytterbium, Hafnium, Lithium, Boron, Magnesium, Silicon, Sulphur, Potassium, Scandium, Vanadium, Manganese, Cobalt, Copper, Gallium, Arsenic, Bromine, Ruthenium, Cadmium, Tin, Tellurium, Cesium, Lanthanum, Praseodymium, Samarium, Gadolinium, Dysprosium, Fluoride, Terbium, Holmium, Lutetium, Tantalum, Tungsten, Osmium, Platinum, Nitrogen, Hydrogen, Oxygen, Strontium, Zirconium, Molybdenum, Rhodium, Silver, Indium, Antimony, Iodine, Barium, Cerium, Neodymium, Europium, Mercury, Lead, Thorium, Iridium, Gold, Thallium, Bismuth.

Do you have dry skin?

What is a natural diet?

We can tell what we should be eating by examining our body.

We know that our digestive system has evolved for a mainly vegetarian diet, because our saliva contains an enzyme that helps to digest starch, and this is absent in carnivores. Our stomach and intestines are designed to digest plant materials. And we have trouble converting meat protein, resulting in high levels of uric acid which causes gout.

Another aspect of our physiology which points towards a mainly fruit and vegetable diet rather than meat, is our lack of ability to synthesise vitamin C. Man is almost exclusive among mammals as we are unable to manufacture vitamin C. This suggests that we existed on a diet of fruit and vegetables, high in vitamin C, and therefore didn't need to manufacture it. Now, vitamin C is one of the main supplements taken in Western societies.

***"Our digestive system
has evolved for a
vegetarian diet"***

You might think that a diet high in fruit and vegetables isn't sufficient to produce a strong and healthy body, that a high meat diet is required for strong muscles. But we shouldn't forget that the biggest, strongest animals, like elephants and oxen, are herbivorous. And our own growth rate is greatest in the first five months of life; yet human breast milk is only 10% protein.

We should be considering meat as a small part of our diet rather than a main ingredient. But we've become accustomed to readily available food, high in fats and protein, mainly processed, which destroys much of the nutrients, from over-farmed soil that has become depleted in minerals and trace elements.

Supermarkets keep fruit and vegetables in cold storage, to be artificially ripened on demand, with loss of nutrients, and manufacturers use cheap bulking products like flour from lupin seed, causing allergy problems.

Actually, our body still functions best with a prehistoric diet. Because we no longer forage for our food, we've lost the ability to know instinctively what our bodies need. But our inherited Body Language signs remain.

***'You are what you eat'
is a message we see
almost daily***

Do you have premature grey hair?

Do you crave butter?

So the answer is supplements?

It's certainly true that we're all talking about health and diet these days, and there's an explosion of interest in 'functional foods' which have added health benefits.

You can buy calcium-enriched orange juice, salmon burgers with added omega oils, fruit bars with extra antioxidants, margarine to lower cholesterol, high-fibre bread, and drinks to combat fatigue. Your choice is growing every day.

But most of these are just a new spin on an old product - a marketing ploy to make you buy a certain brand. Chances are you won't benefit from many of these products anyway, because your body doesn't need those supplements. And most products are still loaded with sugar, chemical flavours, trans-fats, preservatives and other nasty ingredients.

Today's supplements are not a complete solution. Nor are the plethora of 'healthy lifestyle' books, most of which have completely missed the target.

What you do need is targeted nutrition to resolve your own particular nutritional needs.

The answer is Body Language



Fresh fruit, vegetables, fish, seeds, nuts, pulses, eggs and lean meat contain many of the ingredients our body requires every day

Do you have cold hands and feet?
Do you have dark rings or bags under your eyes?
Do you feel detached from reality?

Who invented Body Language?

Actually, no-one invented it, it has always been there, honed by about two million years of evolution.

Our specialisation in medical diagnostics has brought us into contact with some of the most forward thinking experts in medicine. They have realised that medicine is not just one discipline, it has many facets, each one valid in its own way. They use various signs and symptoms themselves, as one of the many diagnostic tools available to them.

Body language is a philosophy of self-awareness of the body, of the food we eat, of our life-style, of our farming methods, of our future dietary needs, of our health.

We researched the whole philosophy and have compiled a comprehensive collection of data from many sources. We've researched and validated each one, then called it Body Language so that everyone can understand what it is all about.

But it's not new.

**What is new is the philosophy.
Doctors use drugs largely to alleviate the symptoms.**

**Until today,
no-one has put the focus
on the simple causes
of disease**

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Are you often coming down with infections?

Are you forgetful?

Hippocrates

Hippocrates, the Greek physician born in 460 BC, became known as the founder of medicine. He based his medical practice on observations of the human body.

Before Hippocrates, healing was largely based on superstitions, but his medical skills were based on observing his patients and treating them accordingly with simple medicines. He taught that the human body had powerful self-healing properties once the balance was restored.



Hippocrates 460 - 377 B.C.

***“Let food be thy medicine
and medicine be thy
food.”***

Hippocrates

He told his patients that they should eat a moderate diet of very varied foods; not too much and not too little. A moderate amount of exercise was recommended, and patients were encouraged to walk for exercise.

Doctors were told to make sure their hands were clean before they treated patients. He said the room should be well lit and look cheerful, as he had found that patients in good spirits would heal faster.

**Messages that are just
as relevant today**

He knew that the body is striving to tell us what it needs.

This is the basis of Body Language; not only a diagnostic tool, but a clinical philosophy for life, that everyone can use.

Body Language is so obvious, so simple, so fundamental, that no-one has thought of it before, except Hippocrates.

It's only taken us 2,500 years to realise our body was right all along.

Do you have sore knee joints?

So how do I monitor my state of health?

Just do what
Hippocrates did.
Observe Body Language

Learning to read the signs

Body Language is universal, everyone in the whole world can learn it. And we aim to open up Body Language to the whole world, by making use of the global information service, the internet.

So it's free, and available to everyone. There are no books, no diet plans, no commercial enterprises. We've designed the site ourselves, too, so you won't get commercial spin or gimmicks either.

Take a look, and come back frequently. We regularly update the site with new information.

Just visit **www.mybodylanguage.co.uk**

How do I put Body Language information into practice?

Underlying nutritional deficiencies can best be tackled with good, organic food and a varied diet. Unfortunately, we've found that a lot of the food we eat is lacking in minerals and nutrients. So go for fresh produce and minimise your intake of processed foods.

Your body usually only reveals its Body Language when it is desperately short of the missing vital ingredients. Sometimes, as in the case of osteoporosis, it has to rob other parts of the body because it is starved of the right minerals.

You'll know when the balance is returned, because your symptoms will recede.

As the website develops we plan to introduce an on-line course in Body Language for doctors, and there will also be a simple questions and answers section to help you find out what your nutritional problems are. We aim to have an experts section too so that leaders in their field can have a forum to educate others.

There will be a discussion forum for people to get in touch with us and air their views about Body Language, and share their own symptoms with others. Please also tell us whether you have benefited from our information about Body Language.

Learn Body Language, and use it to educate your friends. Learn to listen to your body, take control of your diet, and, like Hippocrates, you'll notice that your nutritional needs go a long way towards a long and healthy life.

What do these body Language signs mean?

| Symptom | Probable deficiency | Can develop into |
|---|----------------------------|--------------------------------------|
| Are you sensitive to bright lights? | Vitamin B2 | eczema, skin cracks |
| Do you sneeze in bright sunlight? | Methionine | depression, schizophrenia |
| Are you wheezy after eating fruit and veg? | Molybdenum | anaemia, irregular heartbeat |
| Do you have burning feet or tender heels? | Vitamin B5 | cramps, fatigue, infection |
| Do you crave chocolate? | L-phenylalanine | moods, depression, memory |
| Do you have chicken skin? | Essential fatty acids | organ damage, hair loss etc. |
| Do you have white spots on your fingernails? | Zinc | ageing, baldness, sex drive |
| Do you wake soon after falling asleep? | Magnesium | weak bones, teeth, mental illness |
| Have you lost your sense of humour? | Vitamin B3 | diabetes, dementia, high cholesterol |
| Do you feel sleepy after eating? | Chromium | diabetes, high cholesterol |
| Do you forget your dreams? | Vitamin B6 | lactose intolerance, nerve damage |
| Do you like to crunch ice cubes? | Iron | anaemia, fatigue, palpitations |
| Do you have dry skin? | Omega oils | eczema, learning disorder, ADHD |
| Do you crave butter? | Sodium | swollen ankles, dementia, coma |
| Do you have premature grey hair? | PABA | eczema, fatigue, depression |
| Do you feel detached from reality? | Zinc | blindness in elderly, memory loss |
| Do you have cold hands and feet? | Iodine | chronic fatigue, skin problems |
| Do you have bags or dark rings under your eyes? | Allergies | various chronic problems |
| Are you forgetful? | Vitamin B5 | high cholesterol, insomnia |
| Are you often coming down with infections? | Omega oils | violent behaviour, disorder |
| Do you have sore knee joints? | Manganese | rheumatoid arthritis, poor memory |
| Do you have a family history of cancer? | Selenium | cancer, heart problems |
| Do you speak Body Language? | You do now | You need to become fluent! |

***These signs are just a few of the many
Body Language symptoms***

Learn much more at www.mybodylanguage.co.uk

LEARN BODY LANGUAGE

While scientists spend billions in stem cell research and modifying genetics which might herald a future cure for rare diseases, we've uncovered a simple, obvious method of looking after your health that costs nothing.

At www.mybodylanguage.co.uk you'll learn the body's language for a whole spectrum of basic, underlying problems that can easily be treated and prevented - once you know what the simple signs mean. Many have more serious long term implications, so treating them early will help safeguard your health.

White spots on your shoes, earlobe creases, losing your hair, mouth ulcers; these and many other simple signs, often fascinating in their own right, will mean you never look at your body in the same light again.

www.mybodylanguage.co.uk will take you on a journey of fascinating discovery. Learn why viral diseases often originate in China, why cheese makes you have dreams, why salt is good for you, why zinc is used on plasters, and why a craving for lettuce should be taken very seriously.

***This could be the biggest thing that has happened in
healthcare for a long time.***



Message from our Sponsors.

The Body Language campaign has been sponsored by SureScreen Diagnostics Ltd, leaders in point of care health screening products and alcohol & drug testing technologies.

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