

Regenerative Lifestyles Newsletter

July 2012

Welcome to our first newsletter. In the pages below, I explain why it's so important for you and your family to start living a regenerative lifestyle. Included are smoothie recipes and a simple daily protocol. This information is useful for everyone.

I know many of you are deeply concerned about how to antidote radiation exposure. You'll find more information on the products you can use on my website www.drapsley.com under the new "RE Cornucopia" tab. I've recently added a lot more information to help you find the tools you need for your family.

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DISCOVERING YOUR REGENERATION EFFECT WITHIN

I feel so fortunate to have deciphered how the regeneration effect works at the cell level, in animals, and most importantly in the human body. It is a tool without equal for empowering health and saving lives.

Back in the late 1970's my health was in major trouble, so I began the lifelong research that led me to The Regeneration Effect. My search led me to depth studies of:

- (1) *Independently confirmed cell culture studies.* I figured if Nobel Prize winner Alexis Carrel could keep cells alive and healthy for extremely long time periods with his 34-year long experiment (1912-1946), then it must be possible to work at the cellular level to improve my

health. His experiments kept normal animal cell cultures healthy and thriving without interruption for weeks, months, years and even decades.[\[i\]](#) Carrel's work was subsequently independently confirmed by top cell biologists despite unfounded reports to the contrary.

(2) *Comprehensive animal studies*. Both here in America as well as half way across the world came thousands of confirming animal studies (1910-1940) showing how the same common factors bring about nearly perfect health and longevity for animals.[\[ii\]](#) [\[iii\]](#)

(3) *Dozens of in-depth studies of very long-living cultures scattered around the world.*[\[iv\]](#) [\[v\]](#) And then, almost as if by magic came the initial exhaustive anthropological investigation of the longest living human cultures -- in all about three dozen in number. These cultures lived essentially free from chronic degenerative diseases over their entire life span. A third of the cultures are still living that way today.

By piecing together exactly what made these three respective study groups thrive, I was able to keep myself alive and thriving. Had I not, I likely would be long gone. Built within each of the above were deeply embedded regenerative systems. Unique human cultures have occasionally, but consistently, stumbled upon such regenerative systems and turned the system into a lifestyle.

So, the secret to long-lived cultures is their practice of regenerative lifestyles. Without cross-cultural communications, in different places around the world, spanning over several thousand years, people applied the principles of regenerative lifestyles. By doing so, these finest primary human cultures acquired vigor and long life through:

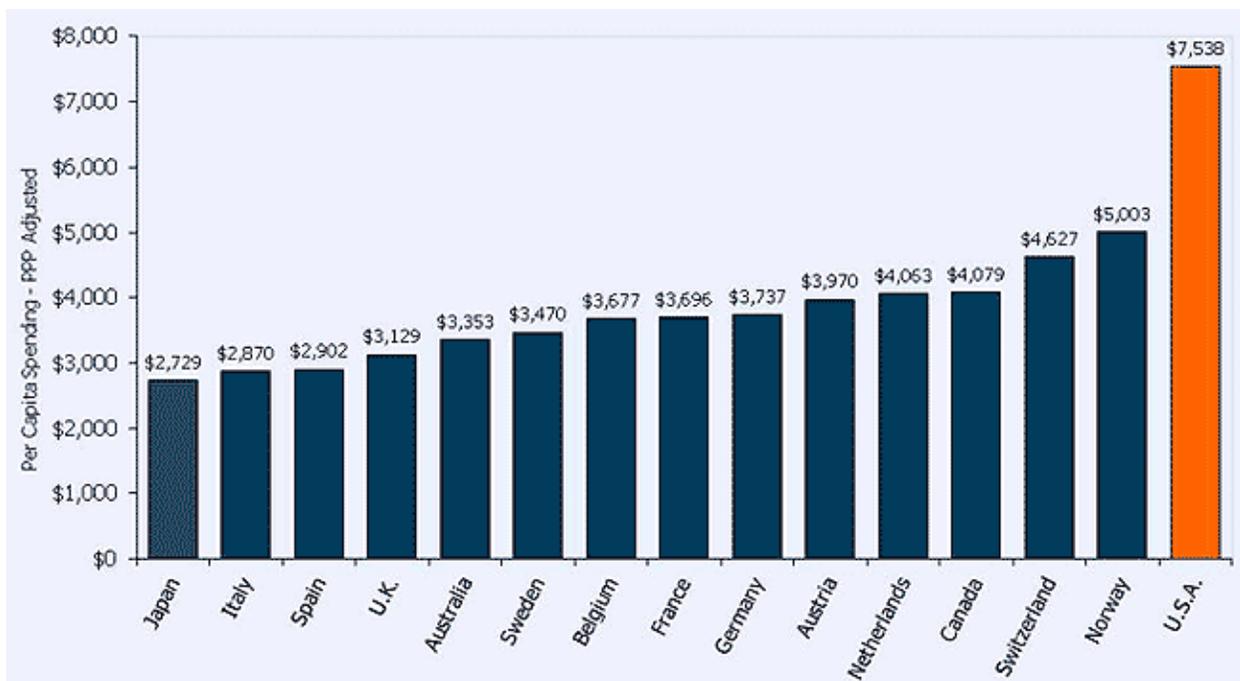
- Diet. What they put into their bodies.
- Harmony. How they lived in perfect harmony with their local environment.
- Mental well-being. Their past mental conduct and their current mental practices.[\[vi\]](#) [\[vii\]](#)

The primary cultures I studied lived in more remote mountainous areas, had access to unique healing and crop fertilizing waters, and spent most of their time outdoors sunning, walking, and hiking. They were rewarded with no need for physicians, no need for hospitals, little need of money, and no use whatsoever for governmental oversight. In many cases I tallied that these cultures achieved such wealth of body, mind and spirit with annual incomes that could not have exceed \$700 - \$1,000 per year in today's dollars, give or take a few bucks.[\[viii\]](#)

So how come America cannot enjoy wealth in health and longevity as these finest primary cultures have for thousands of years? Why can't the American dollar buy such fantastic health and wellbeing? After all, we spend vastly more per capita to achieve and maintain our health in comparison to the next 14 most industrialized nations on earth! (See Figure 1) Well the answer is simple – we are not using the traditional wisdom of the longest living cultures.

Figure 1

Total Health Expenditure per Capita, U.S. and Selected Countries, 2008



Source: Organisation for Economic Co-operation and Development (2010), "OECD Health Data", *OECD Health Statistics* (database). doi: 10.1787/data-00350-en (Accessed on 14 February 2011).

Notes: Data from Australia and Japan are 2007 data. Figures for Belgium, Canada, Netherlands, Norway and Switzerland, are OECD estimates. Numbers are PPP adjusted.

NUTRIENT RICH WATER, SOIL AND FOOD

THE REAL PLIGHT DEVASTATING AMERICA IS NOT OUR POLITICAL POLICIES OR FINANCIAL RESOLVE - IT IS SIMPLY OUR WAY OF LIFE.

Water and soil start our entire food chain. Back in the 1920's and 30's, top physicians and agricultural scientists began warning our government officials about how our farmlands were being stripped of their inherent fertility by schemes to produce more crops, more cheaply. Our farming methods were taking more out than putting into the farming system.[\[ix\]](#)

The most wise among these physicians and agricultural scientists stated bluntly that if we do not keep the health of our soil first and foremost, our nation would rapidly decline as a leader among nations into a crumbling morass of sick folks only capable of pulling up the rear.[\[x\]](#) But our officials did not listen. So, guess just exactly where we have now landed?

Back to December 1941, the opening attack on our Pearl Harbor naval base in Honolulu brought on an unprecedented number of young men wanting to enlist. At that time, nearly 32% of all recruits were rejected by the military physicians due to physical or mental infirmities. Shockingly, this 1941 trend of young men being rejected for military service is *today* 75%! America the brave is now the America of the unfit and sick.[\[xi\]](#) [\[xii\]](#)

Moving forward to 1974, the U.S. Public Health Department reported an alarming statistic that only 1.5% of all Americans are actually healthy! And again, we did little to change that reality. Today this trend has been nearly fatal to large segments of our society. The impact on our economic health and ability to

compete as a leader in the global work force is devastating – over 560 million lost work days to sickness, over 164 million Americans are unfit, over 85 million are essentially crippled with severe chronic disease, leading to an unprecedented number of folks filing for bankruptcy. Today, 60% of all bankruptcies are from unaffordable medical costs![\[xiii\]](#) [\[xiv\]](#)

I can tell you that these trends were born as far back as the 19th century. During those times, many places in America were able to raise and generate the healthiest Americans we have ever had. For example, if you lived to the age of 45 in 1900, you were virtually certain to live to +70 without being plagued by chronic degenerative disease.[\[xv\]](#) Our soils were still very rich back then, full of minerals and proteinaceous (derived from soil-bacterial plasma-laced humus) matter.

Since then, we have rapidly declined in perfect step to our soils declined. We currently rank 180th in the world in infant mortality, 7th in literacy, 22nd in science, 27th in math, and 49th in life expectancy. And our soils' mineral content is basically non-existent in comparison to rich American soils of 1900.[\[xvi\]](#) Clearly, our early well-nourished and fit American forefathers were tons healthier than we are today.

So, here is exactly what has happened:

1. We are being exposed to environmental toxins, the toxicities of which are being amplified tenfold by compounding effects of *tiny* amounts of man-made radiation exposures.[\[xvii\]](#)
2. Western medicine, while unparalleled in success for acute crises intervention, is unparalleled for failure in treating the chronically ill. Annually, approximately 750,000 Americans will die from their medical treatment alone, not from their disease! And up to eight times this figure will be severely injured.[\[xviii\]](#)
3. Our sub-optimal, polluted waters help give way to inferior mineral deficient soils, a virtual guarantee for future American health calamities.[\[xix\]](#)

When you couple the above to food business practices of mass marketing to our palate's desire for cheap, nutrient poor counterfeit foods, you see the tragic situation. The tragedy escalates because we spend as little as possible at the grocery stores in favor of tons more at the doctor's office. Specifically, Americans spend about 11% of each dollar earned on food. Most other folks from industrialized nations are vastly healthier in large measure because they spend closer to 19% of dollars earned on foods. These folks simply pay for quality, rather than quantity.

Yet incredulously, most Americans blindly believe we have the finest health care system in the world that money can buy. Well, we do not. In fact, America is now pulling up the rear, both in healthcare cost-effectiveness, as well as in total health and fitness.

So, what can or must we do instead? That's simple – we take the very best healing practices of the longest living, and institute them in our own homes! And this folks is why I started two companies, both of which play synergistic roles to each other - Regenerative Lifestyles and Regenerative Factors. The first offers educational training on how we can easily practice regenerative lifestyles in our daily lives. Simultaneously we may tool up with Regenerative Factors' complete line of regenerating goodies which align to the Four Pillars.

USING THE FOUR PILLARS FOR YOUR HEALTH

The synergism between Regenerative Lifestyles and Regenerative Factors arises from their strict alignment to the Four Pillars. Only the Four Pillars can best secure the means to replicate how our finest ancestors lived to great ages in near perfect health.

Over thirty years, I have developed a system to implement these Four Pillars into simple lifestyle choices and simple inexpensive technologies. All it takes are these tools and 50 to 60 minutes per day. In a nut shell, the key objective during this special time is to simply *Change Out Your Body's Water!*[\[xx\]](#)

[TOOL 1](#): ATTEND A 2-DAY REGENERATIVE LIFESTYLES WORKSHOP

Our Two-Day Workshops teach everyone how to effectively and efficiently change their body's water out daily. Special healing waters are provided during the workshops so each student can experience what real proper hydration is for the body, plus taste true miraculous water. Once a student has saturated their body with such superior drinking water over two days, they understand why their body cells must have this to stay fit and regenerating for life. Two simple means to access such water is by juicing organic oranges for breakfast and/or by owning a special water filtration unit. [\[xxi\]](#)

[TOOL 2](#): HEAT & [BIOENERGETICS](#)

Keep your body warm, starting with applying maximal heat at the start of each day. While relaxing in the heat before your day starts, contemplate just how fortunate you are. Give thanks for one's life, for one's family and for one's country and use a positive mental attitude to excite The Regeneration Effect within. Our seminars will give you an opportunity to work through any traumas that affect your life. Giving gratitude over a healthy time period while your body is getting maximally heated up, and then drinking a regenerative smoothie before heading out the door, will get you totally primed and energized for the rest of your day.

[TOOL 3](#): START BREAKFAST WITH A REGENERATIVE SMOOTHIE MADE FROM HIGHEST QUALITY WHEY & FRUIT/VEGE POWDERS

My *Regenerative Effect* book series will emphasize the importance of building your healthy base with delicious regenerative smoothies the whole family will love. This theme of regenerative beverage foods can be super-charged by adding in one or more of my select synergists, as my [RE Immune ReGen](#). RE Immune ReGen are incredibly cost effective, since most high-end mushroom products are placed into capsules, dramatically escalating costs to you. RE Immune ReGen is delicious, so why encapsulate? Simply mix 1 teaspoon into each serving of smoothie for a dramatic boost in energy, immunity, and mental wellbeing. [\[xxii\]](#)

For more information, see our "Getting Started" and "RE Cornucopia" tabs at: www.DrApsley.com ; then see us at: www.RegenerativeLifestyles.com. Over the coming weeks, I will continue to add the regenerative products my family and patients use regularly.

Bye for now – Dr. John Apsley

The above four factors consistently develop powerful human constitutions. From these concepts, I developed the four pillars of The Regeneration Effect.

SMOOTHIE RECIPES

DAILY GOOD HEALTH

RL Pineapple/Banana/Orange Vanilla Smoothie

MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

24 oz. Coconut Milk or Almond Milk or Hazelnut Milk

4 oz. ice

1 cup organic raw Pineapple

1 organic whole raw Orange – peeled

1 organic raw Banana

1 Tbsp. Bee Pollen (delete if allergic to bees or pollen or honey)

1 Teaspoon organic Vanilla Extract

1 level Tbsp. Xylitol *or...*

2 Tbsps. Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)

1 pkg MSM EmergenC low calorie

Blend *on low speed* for 48 seconds and add in:

2 oz. ice

3 heaping Tbsps. [RE Whey Vanilla](#)

1 heaping Tbsp. [RE Purple Vitagenes](#)

1 heaping Tbsp. Chia seed *fine powder*

1 Tbsp. Medium Chain Triglycerides (MCTs)

Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

You can find a high quality whey powder and vege powder at regenerativefactors.com. The remaining ingredients can be found at your local health food store.

BASIC RADIATION SMOOTHIES

To add radioprotection into your daily smoothie routine, simply add in the strategies laid out in my book, Fukushima Meltdown & Modern Radiation in Chapter 7, pages 161-204, or see the: [BRQP](#), [ARQP](#), and [ORQP](#) tabs. And if you sign up for any one of our workshops, you will receive special discounts on all your future purchases.

You can find more regenerative products to detoxify, oxygenate, and super nourish for purchase on our website here. at regenerativefactors.com/

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- [xx] See: <http://www.drapsley.com/Pages/CurriculumOvervie.aspx>
- [xxi] See: <http://www.drapsley.com/Pages/SAWTechnologies.aspx>
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