

What about . . . DIET BASICS?

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When you first learn about **DYNAMITE**, a phrase you hear consistently is “the Basics.” We are told to “go back to the Basics.” So just what *are* these Basics? Actually, the Basics go beyond **DYNAMITE** supplementation per se into a truly basic healthful lifestyle regardless of species.

1) The first Basic for ANY species is to **stop the toxins**. For Humans this means the junk food and standard American diet of pop, standard “electrolyte” drinks, “fast foods.” pastries, chips ‘n’ dip, frozen dinners, etc. For Horses it means the sweet feeds and alfalfa. For Dogs and Cats it means the chemicalized, low quality foods from the supermarket. For all living creatures it means to slow down on common over-the-counter “medicines” such as decongestants, wormers, inorganic supplements, what-have-you. It means to start changing over from chemical topicals to botanical-based ones. It means to pretty much turn your back on common answers to common challenges.

Without toxins going in, the body can become stronger and actually start to heal and to utilize whatever nutrients are being offered. It cannot heal and find balance while toxins are still present. It really is as simple as that.

Obviously, if one is dealing with a long-term prescription drug, care should be taken when trying to wean off it. Most MD/DVM’s are willing to work with an individual who wishes to wean from such situations; if yours is not, you might want to find one who is a little more in tune with such an approach. NEVER drop a prescription without a physician’s support!

2) As toxins are reduced and the body tries to heal and balance, we must **support detoxification** with real food. To accomplish this, it is important to look at whatever the species normally lives on in nature and upon which it evolved. Humans ate no grain until about ten thousand years ago aside from small amounts that were a part of the hunter-gatherer societies in existence from the very earliest times. The “natural” diet of humans is therefore game or other grass-fed meats, eggs, vegetables, fruits and nuts. pH balance is critical. Alkaline ash producing foods such as vegetables and fruits should make up about 65-80% of the diet with the exact percentage being dependent on individual metabolism. The modern assault of grains has caused an acidic condition which many researchers believe to be one of the underlying causes of most modern disease states. In addition to the acid situation, Dr. Joseph Mercola, in his book **The No-Grain Diet**, states that grains also cause the pancreas to increase insulin production to attempt to digest such a starch/sugar assault, which now appears to be a root cause of “cholesterol” problems, high blood pressure and much else.

There is a similar problem with our animals. They are being fed base diets of unnatural amounts of grains and sugars. Horses should be on grass and dogs and cats on meat, with dogs having a fair supply (35%±) of fermented/steamed vegetables to mimic the stomach contents of what they normally would hunt and eat. The same goes for any other species.

One other important point here is that all of us need water—pure water rather than chemicalized water. Water is an

essential part of all mammalian bodies making up approximately 65% of cellular structure. **Your Body’s Many Cries for Water** by Fereydoon Batmanghelidj, M.D. discusses very clearly how dehydration can also account for many of our ills. For humans, the general formula for “proper” amounts of water to drink, is 1 ounce of water for every pound of body weight or 1 quart of water for every 50 pounds of body weight not to exceed a maximum of two gallons of water per day for a large individual. Actually horse and dog needs lie generally within that formula also.

DYNAMITE also offers **Excel**, **Herbal Green** and **Herbal Tonic** as excellent ways to aid detoxification.

3) Last, but hardly least, come the **supplements**. No, neither ancient humans nor ancient dogs or horses had supplements, but unfortunately, the severe decrease of minerals in our soils necessitates their proper supplementation. Nor have horses and pets, let alone humans, followed genetic breeding for hardiness and strength; the physical structures simply require more concentrated nutrients now.

Regardless, there are simply no finer, mineral-based supplements to be found than the **DYNAMITE** ones with their superb balance of organic to inorganic minerals, their balance of total nutrients, and their results. Here is where you can begin with the supplement Basics of **Elixir**, **Regular** or **Plus** and **TriMins** for humans, **Free Choice Minerals** and **Regular**, **Plus** or **TNT** for horses, and **Showdown** and/or **Chicken Meal and Rice Dog Food** for dogs. Of course the **DynaPro**, too!

As good as these supplements are, however, if someone will neither begin removing toxins nor head for a more natural diet, the supplements cannot and will not work properly and, in fact, are contra-indicated because of the delicate nutrient balance within **DYNAMITE** formulas. For such individuals, it is far better to start with only the **Elixir** or the **DynaPro**, both of which aid digestion, and call it good until they can make a commitment to various life-style changes. While this may sound harsh, there really is no judgment call involved; it is strictly a matter of the fact that a body cannot detoxify and become stronger while toxins are still being poured into it. In fact the body can become confused and react in ways that could be harmful, like with hives or other allergic reactions saying they were caused by the **DYNAMITE** products. In a certain way, they would be correct, but the problem would actually originate with the toxins and not with the supplements!

While in essence, “The Basics” are as simple as the aforementioned 1, 2, 3, many people are resistant to changing their way of thinking from popular to holistic. However this approach has made major differences in so many humans and animals alike, that it seems to us to be well worth a try. Of course we are neither certified nutritionists nor allopathic physicians so are not qualified to argue any points of contention, but such suggestions are becoming more and more acceptable to all.

Perhaps by understanding these “Basics” many individuals can at least be apprised of a different way of looking at health and may be eager and able to start making the changes necessary to utilize the incomparable **DYNAMITE** supplements to their fullest. ■