

Participant Handout for Session #5 of “Performance Boost 30”

www.TimelessHealingInsights.org/Boost



A. The Week Behind Us...

- Day 22: Eat, Fast
- Day 23: Identify Your Stressors
- Day 24: Eliminate Some Stressors
- Day 25: Harness Some Stressors
- Day 26: Scrutinize Your Supplements
- Day 27: Befriend Some Biologicals
- Day 28: Forgive

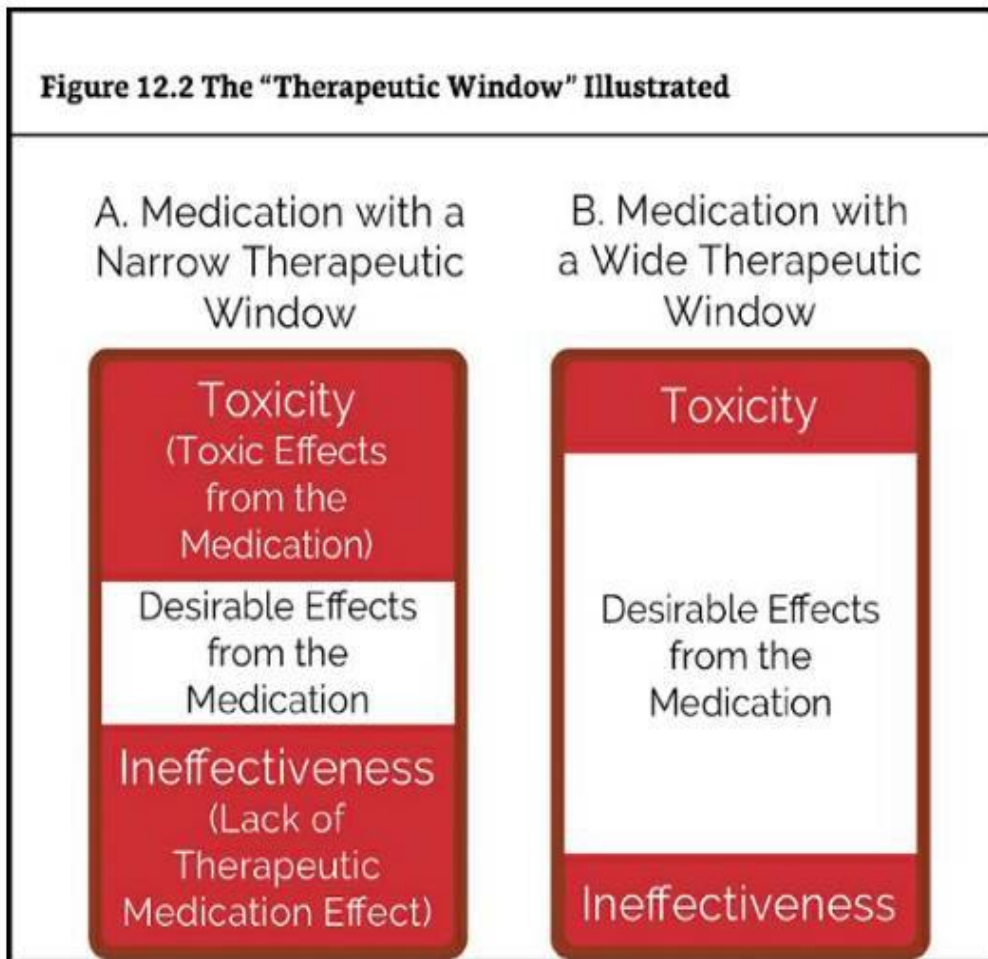
B. The Week Ahead...

- Day 29: Make Friends with Melatonin
- Day 30: Sign Up for a Marathon

C. Common Questions Answered...

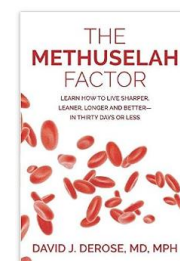
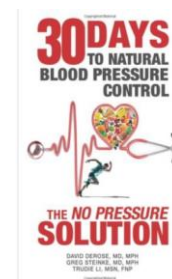
1. Is it Safe to Use Any Natural Remedy?
2. The Allure of “Natural” Remedies: Are There Shortcuts to Better Health?
 - It depends on which “short cuts” you are seeking
 - Are lifestyle changes short cuts compared to surgery?
 - Are any supplements or group of supplements as powerful as lifestyle?
 - Potential dangers of supplements
 - Importance of the “therapeutic window”
 - Unappreciated side-effects

The “Therapeutic Window”



Note: All graphics in this handout are provided courtesy of the publishers of “Thirty Days to Natural Blood Pressure Control” and “The Methuselah Factor.” Both books are most easily obtained in a variety of formats on Amazon (eBook/Kindle, print, and audiobook).

- Use the following link for a free video overview of “Thirty Days to Natural Blood Pressure Control”:
<https://youtu.be/rnnGYSuC6T4>
- Use the following links to purchase the books
 - ✓ <https://www.amazon.com/gp/product/1942730020>
 - ✓ <https://www.amazon.com/Methuselah-Factor-Sharper-Leaner-Better/dp/194273008X>



Unappreciated Side Effects: Herbs that Can Raise Blood Pressure

Figure 13.3 Selected Herbs Associated with Elevated Blood Pressure

Arnica (*Arnica montana*)

Kava (*Piper methysticum*)

Bitter orange
(*Citrus aurantium*)

Kola nut (*Cola nitida* and
Cola acuminata)

Ephedra or Ma Huang
(*Ephedra sinica*)

Licorice
(*Glycyrrhiza glabra*)

Ginkgo (*Ginkgo bilboa*)

Senna (*Cassia senna*)

Ginseng (*Panax
quinquefolias* and *Panax
ginseng*)

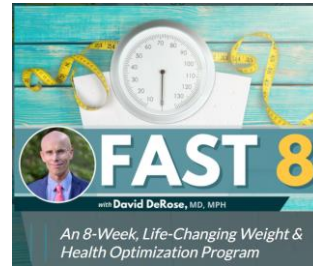
St. John's wort
(*Hypericum perforatum*)

Guarana
(*Paullinia cupana*)

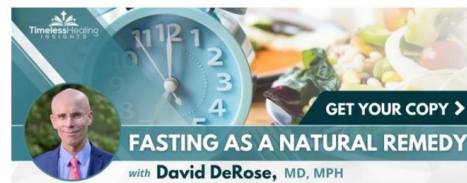
Yohimbine
(*Pausinystalia yohimbe*)

D. Other Fasting Resources

- The “Fast 8” Weight Loss Program:
<https://www.timelessh healinginsights.org/fast8>



- “Fasting as a Natural Remedy” on the home page of
www.TimelessHealingInsights.org



E. From “Fasting as a Natural Remedy”: An Elimination Diet Program

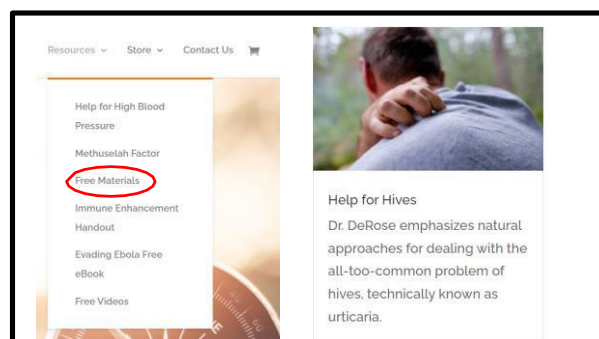
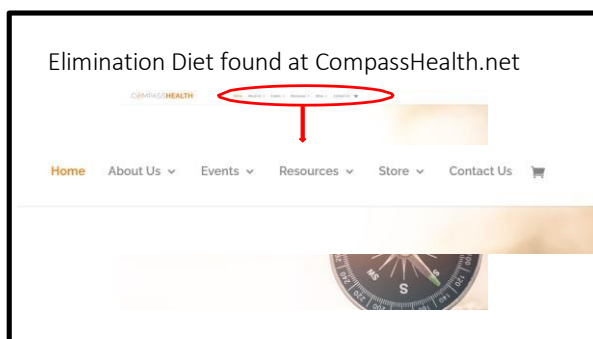
Excluding Specific Foods

The Elimination Diet

Elimination Diet found at CompassHealth.net



Elimination Diet found at CompassHealth.net



Autoimmune/Elimination Diet

- **Grains Excluded:**
 - Barley, oats, rye, wheat, corn, buckwheat
- **Grains Allowed:**
 - All other grains
- **Fruits Excluded:**
 - All fruits except pears and “stoned” fruits
 - Citrus may especially be a [problem](#)
- **Fruits Allowed:**
 - Pears,
 - “Stoned” fruits (plums, peaches, etc.)

Autoimmune Diet (2)

- **Vegetables Excluded:**
 - Nightshades (tomatoes, white potatoes, peppers, [egg plant](#))
 - All legumes (soy and peanuts are of special concern)
- **Vegetables Allowed:**
 - Sweet potatoes and all other vegetables not listed [above](#)

Autoimmune Diet (3)

- **High Fat Foods Excluded:**
 - Nuts, olives (due to salt content—if dealing with an inflammatory condition)
- **High Fat Foods Allowed:**
 - All other high fat vegan foods including avocado; sesame seeds (tahini), and sunflower [seeds](#)

Autoimmune Diet (4)

- **Condiments Excluded:**
 - MSG or other high sodium foods (Note: follow a low sodium diet)
 - Baker's, [brewer's](#), and other yeasts
- **Condiments Allowed:**
 - All others as per patient's preference
 - However, it would be better to err on the side of fewer condiments unless you are using products for anti-inflammatory [effects](#)

Autoimmune Diet: Consider Adding Additional Fats

- Flaxseed oil: one to two tablespoons (or three capsules) three times daily with meals
- Gamma linolenic acid (GLA) in same amount as flaxseed (good sources are black currant seed, borage, and evening primrose). Can be taken in capsule form: 500 mg three times [daily](#)

Adjunctive Herbs for Inflammatory Conditions

- Anti-inflammatory
 - Turmeric extract: 500 mg twice daily
 - Ginger root: 500-1000 mg two or three times daily
 - Boswellia: 200-600 mg twice daily

F. Help for Stress

Did you identify some stressors?

FIGURE 19 Five Domains of Stressors			
Domain	Example of Type of Stressor	Specific Illustrations of Common Stressors	My Personal Stressors in this Domain
Physical	Temperature	– My husband keeps the bedroom temperature colder than I like	
Mental	Financial and Occupational Issues	– Balancing your budget	
Emotional	Emotional Response to Environmental Risks	– Fears of natural disasters (flooding during Gulf Coast hurricane season, fires during fire season in Western U.S.)	
Social	Relationships	– Tensions at home – Bullying at work	
Spiritual	Areas of Meaning and Purpose	– What is my real calling in life? – Is there a God, Creator, or other higher power?	

Did you use the A, B, C construct?

FIGURE 21 The A, B, Cs of Removing Behavioral Stressors		
Antecedents	Behaviors	Consequences

G. Forgiveness, Kindness, and Stress Management (From Figure 22 of “The Methuselah Factor”)

Time Commitment	Examples of Acts of Kindness
Less Than a Minute	<ul style="list-style-type: none"> – Compliment someone for their good qualities – Leave quarters at the laundromat – Even when provoked, be polite on the road – Leave a generous tip – Give away your parking spot – Let someone go ahead of you in line – Pay for someone in line behind you
Several Minutes to an Hour	<ul style="list-style-type: none"> – Start a fundraiser for a worthy cause – Write a positive sticky note to brighten up someone's day – Send an encouraging postcard, letter, or text – Write a positive comment on a website or blog – Gift an inspirational book

Time Commitment	Examples of Acts of Kindness
A Few Hours	<ul style="list-style-type: none"> – Donate blood – Help a physically-challenged friend or neighbor with household chores – Bake some bread for your local fire or police station
One to Several Days	<ul style="list-style-type: none"> – Have a “judgment-free” day when you say nothing critical about anything or anyone – Organize an event to clean up a public park, roadway, or other public space – Volunteer for a day at a shelter
A Few Weeks	<ul style="list-style-type: none"> – Organize a food drive for the needy – Help coordinate a blood drive – Organize a book drive for your library
One Month or More	<ul style="list-style-type: none"> – Start or support a community garden – Mentor at-risk youth – Provide free help in an area where you have expertise

H. Melatonin, Sleep, and Stress

FIGURE 23 Natural Strategies to Boost Melatonin	
Category	Examples or Other Details
Go to bed early	On or before 10 PM appears to be optimal
Before bedtime, avoid portable light-emitting devices	Tablets, smartphones, etc.
Sleep in total darkness	Use a blindfold or eye mask, if necessary
During daylight hours, get bright light exposure	Outdoor sunshine or the equivalent
Avoid non-prescription drugs known, or suspected, to suppress melatonin production	<ul style="list-style-type: none"> – Caffeine – Alcohol – Tobacco – Sleep aids – Nonsteroidal Anti-inflammatory drugs
Talk with your prescriber about working to limit use of other medications that may adversely affect melatonin levels	<ul style="list-style-type: none"> – Antianxiety agents – Antidepressants – Sleeping pills – Certain blood pressure pills such as beta and calcium channel blockers

FIGURE 23 (CONTINUED) Natural Strategies to Boost Melatonin	
Category	Examples or Other Details
Follow melatonin-enhancing meal practices	<ul style="list-style-type: none"> – Don't snack – Eat your last meal of the day early – Consider periodic fasting
Prioritize melatonin-rich spices or herbs	<ul style="list-style-type: none"> – Thyme – Sage – Peppermint <p>Note: melatonin is found in the highest concentrations in these items, but they are typically consumed in only small amounts</p>
Prioritize melatonin-rich foods	<ul style="list-style-type: none"> – Apples – Sweet cherries – Tomatoes – Almonds – Bell peppers – White radish <p>Note: melatonin in these items occurs in lower concentrations than spices but, because these are generally consumed in larger amounts, can be major contributors to melatonin intake</p>

I. Are You Ready for the Marathon?

FIGURE 16 Personal Improvements While Following the 30-Day Program					
End of Week #	Weight	Fasting Blood Sugar	HgbA1c (average blood sugar test)	Blood Pressure	Total Cholesterol (fasting)
0 (before you start the program)					
1					
2					
3					
4					
5 (one to five days after program completion)					

FIGURE 16 (CONTINUED) Personal Improvements While Following the 30-Day Program				
End of Week #	LDL Cholesterol (fasting)	HDL Cholesterol (fasting)	Triglycerides (fasting)	Other Improvements
0 (before you start the program)				
1				
2				
3				
4				
5 (one to five days after program completion)				

Also available on the www.CompassHealth.net Site:

Select “Help for High Blood Pressure” under “Resources”

Scroll down until you see, “Host a Seminar”

Host a Seminar

High Blood Pressure. Even if you haven't received the diagnosis yet, as many as three-quarters of the Western world will have to contend with high blood pressure sometime in their lives. You no longer need to be a victim.

[Get Started](#)

Keep track of behavioral goals and help normalize your blood pressure. Download your free chart from "Thirty Days to Natural Blood Pressure Control" today to get started!

[Download Chart](#)

COMPASSHEALTH

Home

About Us

Events

Resources

Store

Contact Us

Benefits of Group Collaboration

Change is never easy. However, going through a time of change with other people can make it more enjoyable and successful. Interestingly, medical research has shown that our attempts at health behavior change are considerably more successful if we collaborate with others. Because of this, we have created a simple, yet powerful program designed to guide you and your friends toward optimal health. With our inexpensive tools for natural blood pressure control, anyone can now make their home, workplace, community center, or house of worship a place of healing.

How successful is our program? Our "Lowering High Blood Pressure Seminar" has been proven to help its participants lower their blood pressure. Individuals taking part in our seminars often see dramatic reduction in their pressures by the conclusion of the program. The graphic to the right displays data gathered from three recent programs and demonstrates the amazing results. Perhaps most amazingly, the medical research indicates that if you follow the principles in our seminar (book and related videos), you are also likely to lose weight, improve your diabetes (or decrease your risk of getting diabetes) and decrease your risk of stroke, heart attack, and cancer. Don't wait, learn more today so that you too can see these changes in the lives of you and your friends.

1. Overview & Instructions

Learn how you can put on a Reversing Hypertension Naturally seminar in your area with our easy to use format and materials.

Learn More

2. Handouts

Download and print out all the study guides and lesson handouts for your seminar here.

View Downloads

3. Required Materials

Access all the materials that you and your participants will need while going through the Reversing Hypertension Naturally program.

View Materials

1

"Thirty Days to Natural Blood Pressure Control" book

30 DAYS TO NATURAL BLOOD PRESSURE CONTROL

THE NO PRESSURE SOLUTION

DAVID DENROSE, MD, MPH
DAVID STEINWALD, MD, MPH
TRUDIE LI, MD, PhD

One book per participant.

Buy Now

2

Blood Pressure Seminar DVD Package

S

NE

REVERSING BLOOD PRESSURE

REVERSING HYPERTENSION NATURALLY

One DVD set per program site.

Buy Now

Lowering Blood Pressure* using Thirty Days to Natural Blood Pressure Control and Related Videos

Metric	Initial	Post-program
Average Systolic BP	157.5	140.8
Average Diastolic BP	95.8	78.8

p < .001 for changes in both SBP and DBP

*Pooled data drawn from three community programs featuring all 25 participants who began the program with...

Page 9

PB-30-Week 5

© 2023 Timeless Healing Insights, Inc.

Discussion Questions

1. **Supplement Concerns.** During the daily videos last week, Dr. DeRose challenged us to “scrutinize our supplements”; in view of this...
 - a. Did you learn of any potential dangers from supplements of which you were previously unaware?
 - b. Has anyone already made changes in their supplement intake?
2. **The Power of Fasting.** Dr. DeRose touched on the subject of fasting during the daily videos as well as on both of the last two weekly videos. In light of this material...
 - a. Have any of you ever used one or more fasting techniques to help you meet your lifestyle goals?
 - b. Did you understand the concept of an elimination diet as Dr. DeRose described it?
 - c. Do any of you think an elimination diet might be worth beginning during the final week of your program? (The answer would generally be “no” if you are free from allergies and/or autoimmune disorders.)
3. **Stress Management.** Please take some time in your groups to discuss the topic of stress management.
 - a. Did any of you learn anything new about stress management that you would like to share with the group (it may be something learned from the daily videos, as well as from Dr. DeRose’s review in today’s weekly session)?
 - b. Are you willing to share any stressors that you are currently facing?
 - c. Did you find the A, B, C construct (Antecedents, Behaviors, Consequences) helpful in gaining insights into how to deal with your stressors?
 - d. Did Dr. DeRose’s connection between forgiveness and altruism/kindness make sense?
 - e. Have you made any decisions about one or more areas where you could be more kind and/or forgiving?
4. **Moving Forward.** The following material will especially be the focus the next time we are together for our final weekly session. However, these are very important issues, so it is a good idea to at least think about them this week.
 - a. Is anyone willing to share any of their plans as to what will be different over the next month (upon completion of *Performance Boost 30*)?
 - b. Do you think it would be worthwhile for some of us to work together to offer another 30-day (or longer) program for our community?
 - c. If so, do you have any suggestions regarding programs to consider? Options may include:
 - Dr. DeRose’s *30 Days to Natural Blood Pressure Control* program
 - Dr. DeRose’s *Fast 8 Weight Loss Program*.
 - Dr. Nedley’s *Depression and Anxiety Recovery Program*
 - Dr. Youngberg’s *Diabetes Undone* program