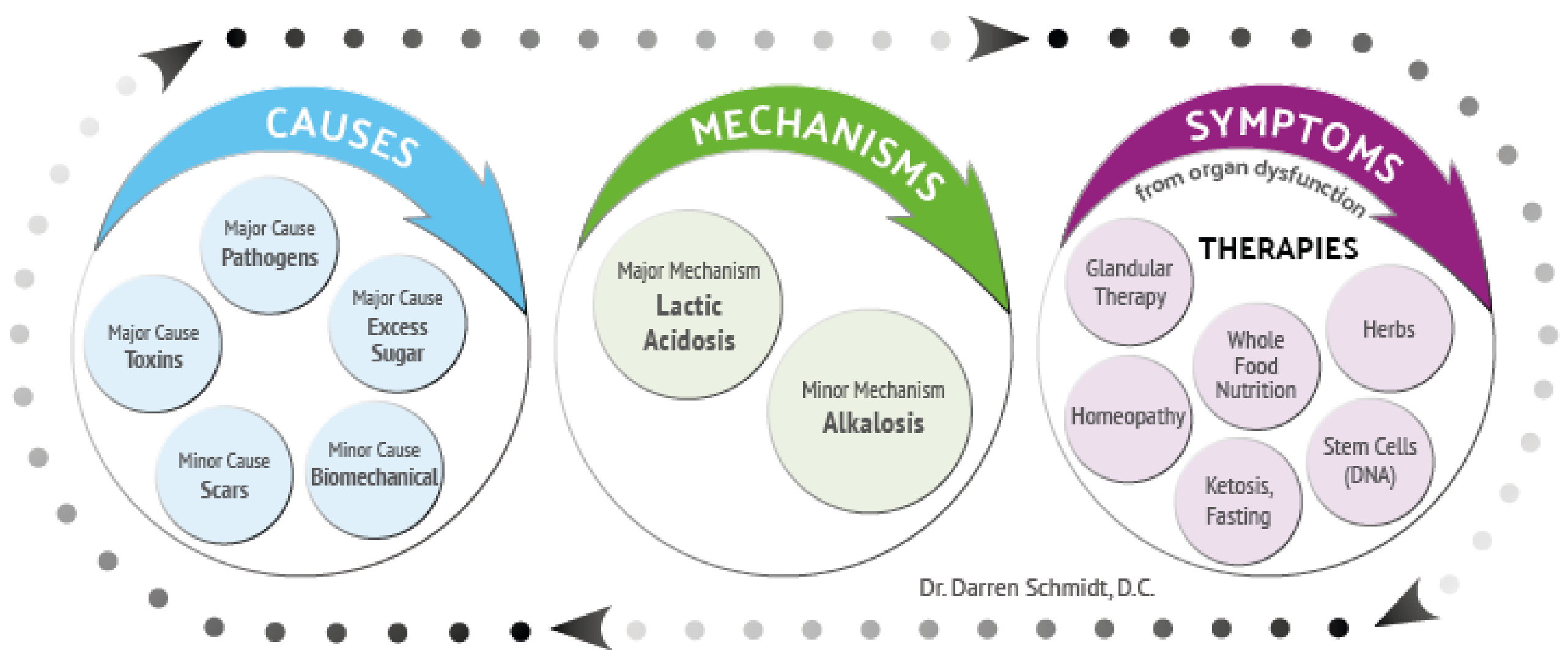




DARREN SCHMIDT, D.C.

# FOLLOW THE PHYSIOLOGY FORMULA



REDISCOVERING THE MOST  
COMMON MECHANISM  
OF CHRONIC DISEASE





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# HELLO AND WELCOME TO THE "FOLLOW THE PHYSIOLOGY FORMULA" GUIDE...

My name is Dr Darren Schmidt and I am a Doctor of Chiropractic who has been focusing on nutrition my whole career. This has led me to discover something that has personally saved my life, changed hundreds of my patients' lives and now I want it to help change your life as well.



But before we start - I'd like to ask you a few questions.

Have you started to feel unhealthy and not sure why?

Has there been an underlying problem with your health and you just can't work out what it is?

Do you not recover like you used to?

Maybe from bad food, alcohol, or exercise?

Have you ever thought there could be more to reducing your symptoms other than just being given a drug from your doctor?

Are you curious about how to get back to the way your health used to be when you were younger?

Are you overweight?

Are you suffering from high blood pressure or high blood sugar?

Do you suffer from chronic pain such as arthritis, back pain, or headaches?

If you answered yes to any of the above, then this information is for you. You are about to learn the tools that will change the course of your life, as it has for me and as I witness on a daily basis with the patients I treat.

It's focused around a misinterpreted medical term called:

## "LACTIC ACIDOSIS"



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*Even if you were to look it up on Google or ask a Doctor, you would not get the original correct meaning, which is why I have created this guide for you. Once you understand the true meaning of 'Lactic Acidosis' - everything will change. Lactic acidosis has been forgotten since 1961 for several reasons but it is time to bring it back so we can all benefit.*

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Once I figured it out in 2016, everything in healthcare made sense. I had been in natural healthcare for 19 years at the time I discovered it. Afterwards, all the bits and pieces related to health and disease fell into place. Everything!

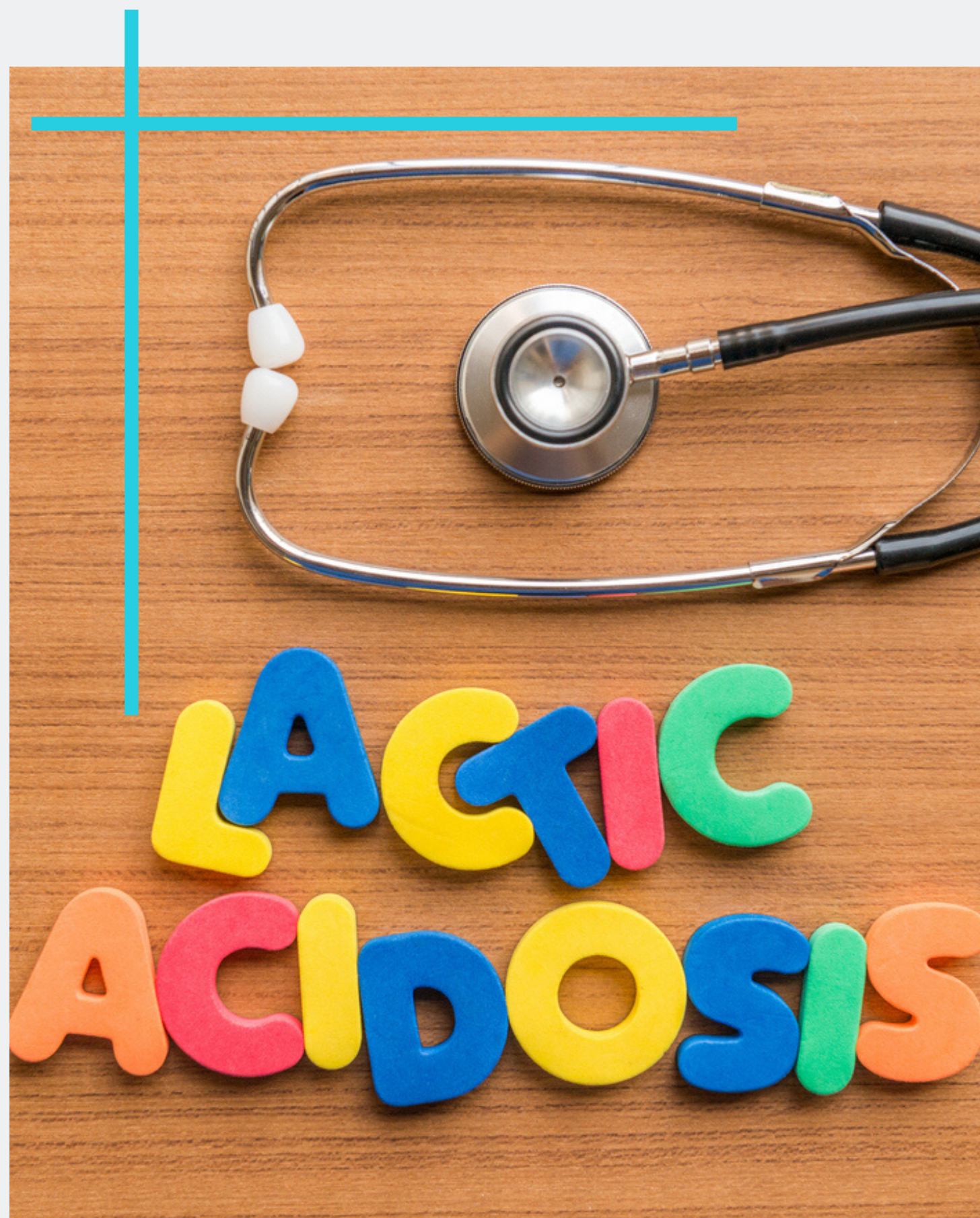
My research led me to Lactic Acidosis and it was from this information that I created the Follow The Physiology Formula. Within this guide I explain how this formula saved my life and how it is helping my patients recover from chronic illness such as diabetes, depression, cardio vascular disease, cancer and more. One in three adults worldwide has these chronic conditions, many in multiples with some having 5 or 6 simultaneously.

There are 3 main areas that are causing chronic illness and they are unaddressed by the majority of the medical field.

The first comes from undetected toxicities from acute or long-term exposures. We are surrounded by these toxins from the moment we are born to right this very second.

The second are 'pathogens' - A pathogen can also be referred to as an infectious agent, or simply a germ. It's important to know that they can be hidden and you may be suffering from them for many years without even knowing it.

The third is our poor diet because of the easy access to a horrible food supply. Toxins, Pathogens and a poor diet are causing different forms of chronic illnesses that can't simply be addressed thoroughly by just taking a drug. When it comes to toxins and pathogens the correct way to address them is through the use of specific supplements. The correct way to address a poor diet, is to start eating healthy food.



Even though these 3 areas are causing chronic illnesses, they seem to be ignored by modern medicine. Instead we are seeing more medical operations being performed and more drugs are being used to treat diabetes, obesity, high cholesterol, high blood pressure, and depression (1).

It is time to address these 3 causes instead of just focusing on the effects. Even though our bodies are an amazing machine, it's still important to realize that if treated in the wrong way, over an extended period of time, it will wear out.

And when it wears out, that's when chronic illness steps in and takes over.

The good news is, by applying the 'Follow The Physiology Formula' you will be able to easily achieve optimal health.

When it comes to healing your body, you have to address the Causes, the Mechanism, and then feed your organs to get rid of symptoms.



Let's start by jumping back in time to the 1920's through World War 2. This was a time when all the medical studies were 'feeding' studies that were discovering vitamins and they were trying to figure out the importance of nutrition (2). All of the doctors at this time were trying to fix chronic illness by addressing the MECHANISM (what makes it happen) and not focusing on what was actually causing the chronic illness (3). It wasn't until much later that they started focusing on the CAUSES but by doing so, they slowly forgot about the mechanism, especially after 1961. Both the MECHANISM and the CAUSES are 2 very important steps that are directly related and need to be focused on together. When I used these 2 steps together on my patients for the first time ever, everything started to change within my practice.

This combination started to improve my patients' success rates more than ever before. Which made me realize that SYMPTOMS needed to be added as the third step. Once I combined Causes, Mechanism and Symptoms together, everything started to change.

And it's this combination of the 3 steps that created the "Follow The Physiology Formula".

**Step 1** is all about the CAUSES of chronic illnesses.

**Step 2** is all about the most common MECHANISM - lactic acidosis.

**Step 3** is all about feeding your organs to help them function better so that SYMPTOMS go away which is what everyone wants but you can't forget the first 2 steps!

I have found around 150 symptoms and conditions that are caused or driven by lactic acidosis. But the lactic acid cycle, once understood, helps you understand the mechanism of how your health degenerates. And it helps you understand that the best way to keep your health up is with lifestyle choices, natural remedies from food and supplements, and exercise. And within this guide I will show you how to prevent it or reverse-engineer it if you have it. Allowing you to achieve the optimal health you desire.





01

**C H A P T E R**  
**1**

**C A U S E S     O F**  
**C H R O N I C**  
**D I S E A S E**

01





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*When it comes to chronic illness there are 3 main causes you need to understand.*

*But first, typically when we are not feeling well, we go to the doctor with a health problem and they perform some tests and in most cases end up prescribing a drug.*

*This is typically what tends to happen, which is why we have developed a mindset that thinks if we take a drug everything will get better and go away.*

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A classic example is having a headache, we take a few pills and the headache goes away. Therefore we never really work out why we had a headache in the first place. We never realise that the headache could have been a message from our body trying to tell us that something is wrong. Which also means we never try to discover the cause that is directly responsible for the headache and instead we continue as normal.

This helps to highlight that there is more than just taking a pill that needs to be considered.

Even though taking drugs may be needed - Do they cause any side effects? Sometimes the side effects of taking a drug can start you on a journey to a whole new set of problems.

This means if you do have some form of chronic illness then you need to look at your lifestyle and see if you can work out what you have done that could have been responsible for causing your illness.

Instead of ignoring any underlying issues, I will give you the tools so that you can make new decisions that will create a new, healthier life style.

To address these underlying issues, let's first gain a deeper understanding towards the 3 main causes of chronic disease that modern medicine sometimes doesn't initially address.

The first cause of chronic disease are Toxins. Chemical and heavy metal toxins include substances such as lead, mercury, cadmium, chlorine, bromine, pesticides, medications, and seed oils (formerly known as vegetable oils). These toxins need to be cleaned or detoxed from the body and the best tools are nutritionally based, not drug based to clean out chronic toxicity (4).

The second cause of chronic disease is Pathogens: These infections can live in our bodies without us knowing it. They hide from the immune system and do not always cause "cold or flu-like symptoms". They are not affected by or killed by common antibiotics and they can mimic our DNA so that they are camouflaged to our immune cells.

The third cause of chronic disease is processed food in the modern diet that are filled with sugars and are high in carbohydrates. Seed oils, formerly known as vegetable oils, are highly processed, highly inflammatory synthetic foods that produce disease in our bodies too. Sugar and seed oils combined has contributed to the worst epidemic of chronic disease in history, with global explosions of heart disease, type 2 diabetes, obesity, and cancer. The sugar industry has tried to hide their sins (5) but the seed (vegetable) oil industry is caught red-handed (6).



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# TOXINS

*Toxicity is a hidden problem that the majority of us suffer from in one form or another.*

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NUTRITION EXPERT



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*In our modern world, toxins are present everywhere. They are in the water we drink, the air we breathe, and the food we eat. More common sources include the fillings in our teeth (7), medications, cleaning products, body care products, and beauty products (8). And the amount of chemicals that we are exposed to on a daily basis is endless. Chemicals are in practically everything we touch or smell.*

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Let's not forget radioactive elements that persist in our environment from atomic bomb testing and nuclear reactor meltdowns. Yes, these radioactive elements are real and are tracked by governments but never addressed for personal health. Excessive radioactive elements are found in more than half of Americans tap water! (9)

So we are talking about small particles of metals such as lead, mercury and arsenic. You would be surprised how much these metals are used for all sorts of different products and reasons (10).

These toxins are either breathed in or consumed as our normal food or absorbed through or skin and sometimes they are even injected depending on the circumstances.

All of these toxins are substances in the body that interfere with normal body functions all the way down to the cell's biochemical reactions.

Too many toxins and chemicals can be a major cause and contributor towards chronic illnesses. This is why it's not all about just taking a pill to make everything seem alright. Even our medications have levels of metals and chemicals that can contribute to toxicity (11) (12). Even though our bodies may need this medication, there is a lot we can do to help reduce other levels of toxins and chemicals to strengthen our bodies and help with the improvement.

What are the symptoms of toxicity? Well, all symptoms could be a sign of some sort of toxicity, especially the full body symptoms such as fatigue or muscle problems. Our job is to become aware of this and start doing something about it.



When it comes to toxins you need to be aware that they are everywhere (13a, 13b, 13c, 13d). Our bodies are always fighting them, but our cells can become overwhelmed or dysfunctional.

This is why we are starting to see so much chronic illness all over the world. Even our food can be considered as toxic if we are not careful, especially when you consume processed foods. These foods are full of flavor enhancers, preservatives, refined flour, seed oils, and sugar.

Our houses can be full of toxins, whether it's the cleaning products you use, the candles you burn or the plastic food storage containers in the kitchen.

If you are driving a lot, you will be breathing in a lot of exhaust fumes. Buildings and airconditioning can contribute to bad air. The list is endless and we all need to start making very small changes such as the food we eat and other lifestyle habits.





But the good news is that this can be easily fixed with specific supplements...

It's important to reduce your toxins. The processes of detoxifying are not well known but they are well-researched and available from different nutritional supplement companies.

The most basic thing to do is reduce your exposure to toxins. For example, avoiding processed food, toxic cleaning products, body care products, and having clean filtered water. You either remove the toxin from your life or remove yourself from it such as a toxic building.

Another detoxifying practice that I do in my clinic very successfully is to take supplements that are well-designed and researched.

Saunas have also been proven to be very helpful in removing toxins through sweating. Infrared saunas work better than regular heat saunas because they penetrate deeper into the body (14).

As your body starts to clean itself of these toxins, all your hormones, enzymes, and biochemical processes of your organs and glands can start to function optimally. When you apply these practices, you start the journey of continual improvement to your health.

All of these toxins that we are being subjected to are interfering with our normal body functions all the way down to the cell's biochemical reactions.

The excess toxins relative to lower oxygen in the blood create circulatory changes resulting in cell starvation and cell death. This is the lactic acidosis **mechanism**.

Ketosis is the foundation of detoxification. It mobilizes fat out of storage to be used as fuel (15). Fat is where toxins are stored and they get released into the blood. The toxins now need to be excreted by the liver and kidneys.

This is why when a person loses weight too fast, they can get sick because they are releasing toxins into their bloodstream that are not being excreted.

Ketosis is done at a controlled speed by the body so a detoxification problem is rare.



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# PATHOGENS

*When it comes to your body there are different levels of pathogens which can produce disease. A pathogen may also be referred to as an infectious agent, or simply a germ.*

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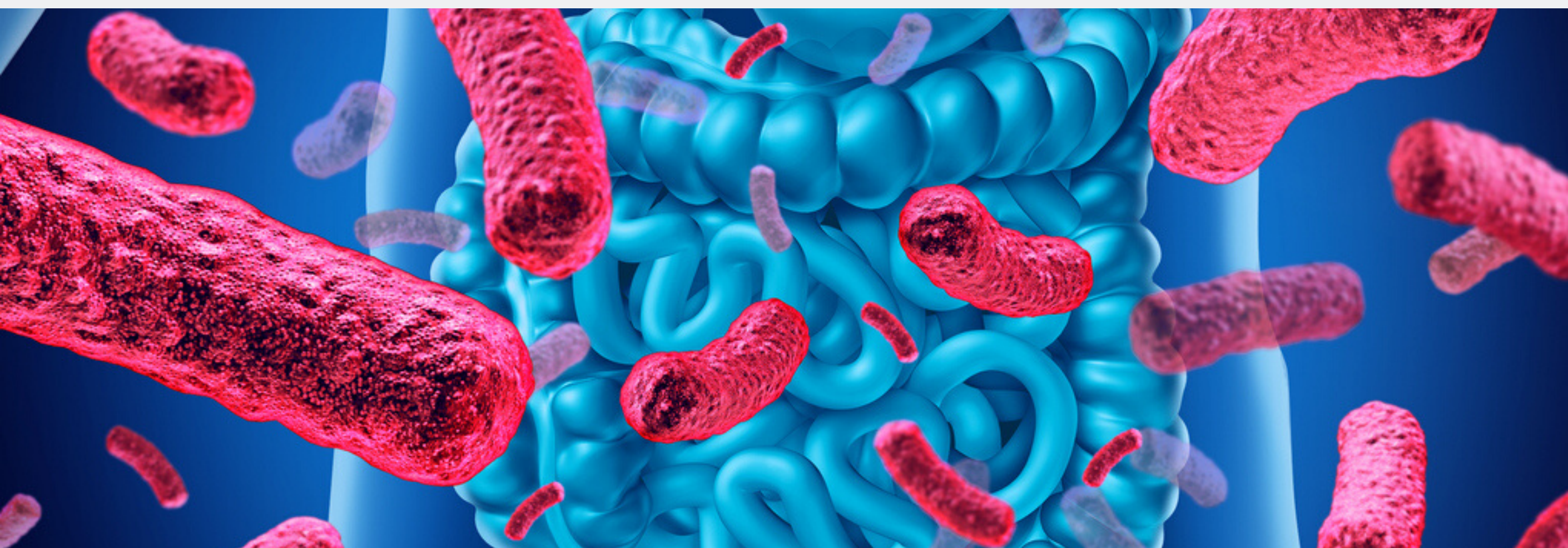
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The second major Cause of chronic disease are pathogens.

These pathogens are a major cause of chronic illness and there are potentially thousands of them that can harm your body. They can also reside dormant while your immune system is strong and your body is healthy but once you're under stress, they can thrive, reproduce, grow, and invade any part of your body. They can live anywhere they want. Think of them as snakes in the jungle. They live in the trees, on the ground, or swim in the water.

For example, you can have a pathogen living in your ears constantly re-infecting your sinuses or causing drainage dripping down your throat (16) into your stomach or lungs causing problems there. You can also have a bacterial infection in your jaw, called a cavitation, that harbors nasty bugs that can infect your heart or get into your bloodstream or lymphatic system (the sewer system of the body) causing chronic disease throughout your body such as fatigue, chronic muscle soreness and even heart disease (15).



The ultimate goal of these pathogens is to knock your body down to the ground and turn it into soil just like they do with leaves, trees, and wildlife.

What are the symptoms of organisms invading your body?

It's important to understand that many symptoms could be a sign your body is overrun. For example, a flu virus causes symptoms for a few days whereas a "retro-virus" can cause fatigue for decades, and the ebola virus can kill you in 4-8 weeks. A parasite can increase your appetite or decrease it. A fungus can make all of your symptoms worse during the nighttime.

But there are a few specific symptoms to help get you into a ballpark so you know what general kind of organisms might be affecting you. For example you could be harboring a fungus in your body which means when you eat certain foods, it will feed that fungus and cause symptoms like excess bloating of the stomach.

Or if you look at your tongue and there is a white coating on it - this could also be a strong sign that you are suffering from a fungus (18).

There are a multitude of fungi and solutions, the most natural remedies are herbs. When you use herbs, they can kill many different organisms besides fungi at the same time. One of my favorite herbs is oregano and there are many others that work as well. It's my favorite because it works the majority of the time for multiple different organisms (19).

The good news is, there are plenty of herbs and supplements that do a great job. You and your holistic doctor can pick the right ones, give them time, and assist the body in cleaning itself as the therapies work.



The best defense you can have against these pathogens is maintaining a healthy body so that you make sure your tissues and organs are HEALTHY.

The job of these organisms is to decompose your non-healthy tissue. The more unhealthy tissue you have, the greater the chances of having organisms inside your body causing harm (20).

These organisms take over weakened tissue or they create more dead tissue by releasing poisons. These poisons affect the function of your circulatory system negatively which leads to cell starvation and death. The official terms to describe the malfunctioning circulation are Congestion and Hyperemia. Congestion is from the blood flow being too slow causing capillary engorgement. Hyperemia is when the blood flow is too fast. Whether you get hyperemia or congestion, cells cannot get nutrients or eliminate wastes (21). More on this later...

So the best way to defend yourself from this happening to your body is to reduce the intake of excess sugars and seed oils. These foods are the primary destructive foods in our modern diet. Grains and fruits are high in sugar and carbohydrates which feed these organisms, so avoid them. Also avoid dairy because it is mucousy and helps the pathogens to thrive. Instead keep your diet simply to meat and vegetables.

A simple way to reduce your exposure to these organisms is washing your hands and walking away from people coughing or sneezing.

Killing such pathogens is possible with herbs such as oregano for bacteria, wormwood for parasites, and Lysine for viruses. These are all readily available at your local health food store or online. It is fine to take anti-microbial herbs on a regular basis because your healthy cells love these herbs while the bad cells do not.

The good news is that you do have control over these pathogens. It is not “fate” or “bad luck” that controls your destiny regarding infections.

The puzzle to solving your health problems includes determining if you have these pathogens living in your body and if so, what symptoms are they causing. When I first approach a patient’s healthcare, I have to incorporate these factors into the puzzle solving. This means I need to address - toxicity, pathogens and diet. We determine which one is the most important or start addressing it. It can also be that all of these need to be tackled at the same time.

So when I say herbs, I’m referring to the chemicals that are within these herbs. These plant chemicals are also called “secondary metabolites” and are extracted en masse from a plant (22).





If you think about a plant - it has no defence at all - it's just stuck in the ground and is completely vulnerable. Therefore Mother Nature has gifted these herbs with unique defence chemicals aka secondary metabolites. Other secondary metabolites include chemicals to attract pollinators with aromas or chemicals that create color (23).

Our ancestors discovered that these chemicals helped them to feel better - fast forwarding to today - we can now use these exact same herbs and their defence chemicals to fight against fungi and other pathogens.

Therefore helping you to feel great daily as a result of wiping out the organisms that reside inside your body. Whatever symptoms those organisms are causing will go away when the bugs are gone.

The pathogens release their own toxins to compromise your immune system. These toxins create arterial dilation then circulatory stagnation which results in capillary engorgement. Wiping out the organisms that reside inside your body will help you in feeling better. Whatever symptoms those organisms are causing will disappear when the bugs are gone.

When I had toxic black mold exposure, I could see my veins were larger in my wrists plus my feet were swollen with fluid. I knew there was a slowness of my circulation throughout my body. I discovered later that black mold causes this.

Other pathogens besides mold do a similar thing. For example, most pathogens create a biofilm in which they live. Others create a toxin to compromise their host without killing them or for the purpose of killing them.

Some supplements can help defeat capillary engorgement by removing wastes and toxins from the blood or by increasing oxygen in the blood.

With less waste and more oxygen, capillaries constrict back to their normal size (24) (25) (26) (27).

One of my favorite supplement companies infuses their supplements with extra oxygen (28). Also, their underlying constituent or component of their products is an excellent detoxifier.

I use their products on most people with ANY chronic illness. These supplements and many more are available through my website.





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# DIET

*We are born healthy but throughout our life we get exposed to external factors that harm our health such as toxins and pathogens. Another “external factor” is bad food that we unknowingly or unconsciously consume.*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



# Our modern diet has a unique feature never seen in the history of mankind before 1848.

## IT IS CALLED “JUNK FOOD”.

The first candy bar was 1848 and this junk food industry grew as the industrial revolution grew (29).

The four main components of junk food are:

1. Seed oils (formally known as vegetable oils)
2. Added sugar
3. Processed flour, especially refined white wheat.
4. Added Salt

The seed oils alone cause incredible damage and are possibly as bad as sugar for causing diabetes and heart disease (30). Consider that 99% of salad dressing is a seed oil such as canola oil or soybean oil.

The sugar alone is inflammatory and causes disease. It is pure carbohydrate with little nutrition. The processed flour is poor quality and very inflammatory. It is also exceedingly high in carbohydrates which turn into sugar and then stored as fat.

Excess carbohydrates from sugar and flour are also the main cause of the mechanism of chronic disease called lactic acidosis. It is the mechanism behind all chronic illness in our modern society. The excess sugar metabolism from the grains and sugar consumption builds up pathological tissue and is the biggest contributor to chronic diseases such as heart disease, cancer, diabetes, and obesity.

When you add high sugar with bad fats, it's a recipe for disaster (31). The sugar makes all fat turn into “cluster bombs” that circulate around in the blood damaging cells, tissues, and blocking normal physiology. This combination of high sugar and high fat intake is the hallmark of modern, industrial foods found in packages and make up 80% of grocery stores.

Imagine a hamburger on a bun. It's the high carb bun that makes the burger meat dangerous.





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*Our ancestors' diet had the most calories from meat (32). This is true all over the world. Some had less, some had more but the majority of calories was animal flesh.*

*Vegetables and fruit were lesser in calories in general but went up during summer when plants were more readily available. These plants were mostly medicinal like the herbs you buy at a health food store now.*

---

The high meat and low carb diet leads to ketosis - the state of fat burning. Also, our ancestors sometimes didn't have food so they fasted. This also created the state of ketosis which is the native state of the body and is a natural way of detoxification and it strengthens your immune system against pathogens.

The ideal diet for a human being is low carbohydrate, plenty of protein, and healthy fats. The healthier your diet is, the less food you need to eat and the less often you eat too. Snacks become unnecessary when your meals are awesome. The time between meals extends out to many hours because you are simply not hungry. This is known as intermittent fasting (34). First feed your body for a period of time for the goal of satiety, then you can fast.

There is no experiment that proves meat causes any disease such as cancer (35) or heart disease (36). Do not be afraid to use butter, lard, and meat. Just remember, you cannot add high carbohydrate foods with them in your meals.

Your diet is the most fundamental basis of your health and it is something that you have to do anyways, we all need to eat food. But by avoiding seed oils, added sugar, and processed flour, you will be off to a great start.

Our ancestors' diet can't be ignored and has to have some sort of influence over how you approach your food today. When you look at a plate of food that contains meat, vegetables, salad, and starch the volume of food is primarily plants but the greatest source of calories is still the meat. That's our ancestral diet- it is calorie dense with meat. It keeps you satisfied for a long time and provides endurance.



Focus on the meat and the rest of the food should be lower in carbs.

If you have been exposed to too many toxins and pathogens and you've been eating high carb foods, you are setting yourself up for lactic acidosis. Since the 1920's it has been known to be the most common mechanism of chronic disease (37). Up until the 1970's, doctors were taught to assume all their chronically ill patients had it.

The Follow The Physiology Formula helps you to reverse engineer lactic acidosis so you can take back control of your health.

Achieving optimal health doesn't have to be complicated and by focusing on some simple key points, it is easy to achieve amazing results.

If your diet is all natural foods such as meat and vegetables and a little fruit and you are not feeling better and better over time, then remember you still have other factors to contend with - pathogens, toxicity, the mechanism of chronic disease, and organ dysfunction.





The journey of reverse engineering the disease cycle includes entering into the state of Ketosis which helps your body to naturally burn fat that you've been storing. Ketosis then becomes the foundation of the required detoxification that your body needs. It helps to feed your hormones and brain which ultimately makes you happier.

Moving over to a low-carb diet starts the process of helping your body to fight against and eliminate these harmful organisms. By consuming higher amounts of protein your body maintains its structure and function- you don't lose your brain power, muscular strength, and bones (osteoporosis). Nutritional and herbal supplements are supplemental to your good diet and are important for killing organisms and detoxification.

Diet is essential to solving lactic acidosis. The two most important foods to eat are meat and liver. A distant "third place" is vegetables.

But regardless of the types of food you eat, it is essential to know ketosis is the first place to start so that your cells stop using sugar as fuel and instead switch over to ketones.

In the 1930's, the founders of medicine discovered that many organs worked together to clean the blood of lactate and other wastes so they made glandular supplements. They put animal glands such as liver and pancreas into pills (38). Their patients took these pills to get better. You can consume glands from animals for your own benefit or take supplements with glands in them.

These glandular supplements of the 1920's and 30's were lost when synthesized hormones were invented for better or for worse, such as synthetic estrogen, insulin, etc.

Toxins, Pathogens, and Diet are all in the first circle of the 'Follow The Physiology Formula'. They are the "Causes".

The second circle is the mechanism - lactic acidosis - that gets ignored the most.

The third circle is feeding organs to get rid of symptoms. Most doctors try to suppress the symptoms with drugs instead of feeding the organs.

All three circles need to be addressed - maybe all at once or at different stages. Making sure all 3 are thoroughly addressed insures health improvement. If you skip one circle, your healing will be incomplete.



02

**C H A P T E R**  
**2**

**M E C H A N I S M**  
**O F**  
**C H R O N I C**  
**D I S E A S E**

02





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*In chronic illness there is a common set of biochemical processes that lead to anatomical changes that cause cells, tissues, and organs to die. This mechanical system operates in a series of causes and effects.*

*When it comes to healing your body, you have to address the Causes, the Mechanism, and then feed your organs to get rid of the symptoms.*

---

There are many mechanisms but there is one single most common mechanism of chronic disease and it is called **Lactic Acidosis**. It is the most common mechanism because our modern diet is so high in carbohydrates. Also pathogens and toxins are key components. This will be explained in detail later but first let's give some context.

If you don't address this mechanism, you will significantly lower your chance of optimal health. When addressed appropriately, it's life changing and handles the widest variety of conditions and symptoms that were never considered related.

(39) Here is some history of lactic acidosis: In the late 1700's "lactic acid" was discovered as a chemical compound. It was a slightly foul smelling, thick, mucousy liquid that was reminiscent of sour milk.

"Acid" indicated the smelly odor and "lactic" indicated it looked like milk.

In 1848, lactic acid was found in a majority of cadavers and in the next decade it was discovered in a majority of people with a chronic illness. These discoveries set the stage of medical research for the next 100 years. The main goal of doctors treating the chronically ill was to eliminate lactic acid or it's breakdown product: lactate.

Since the 1920's, it has had several different names, applications, and definitions.

I figured out lactic acidosis in March of 2016 when I unknowingly suffered from toxic mold exposure. Besides having its own toxic properties, black mold also releases lactic acid in high amounts. I suffered from this for a year before discovering that my Cause was mold.

In the meantime, I had to go back to old nutrition and medical texts and articles (40) (41) from 1930 to 1961 to understand what was happening to my body. Lactic acidosis has been forgotten since 1961 for several reasons but it is time to bring it back so we can all benefit.



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# LACTIC ACIDOSIS

*In 1932, the definition of lactic acidosis made it applicable to every person who had a chronic health problem. It made their treatments simpler and results were better.*

---

DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



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In 1932, the definition of lactic acidosis made it applicable to every person who had a chronic health problem. It made their treatments simpler and results were better. As time went on, especially after World War 2, the nutritional research disappeared and lactic acidosis became a “pathology” rather than a nutritional problem.

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After the 1970's, lactic acidosis was only applied to athletes and to very sick people who only have a few days to live. The expansive subject was well researched and well known in 1932 but after WW2, it was forgotten amongst healthcare practitioners. However, when scientists and doctors researched it, they only took a small section of the huge subject. The majority of the subject has been ignored. The small sections researched lately miss the bigger ideas. Essentially, the whole subject has been lost and only a few sections remain today and those sections have been misapplied and have taken us down the wrong path regarding individual health care.

I found it in 2016 when unbeknownst to me, I had toxic mold exposure. I didn't know it yet I suffered for a year before I discovered the mold. In the meantime, I thought I was dying and I was trying many natural products to help my symptoms.

On the night of February 3, 2016, I couldn't sleep due to my pounding heart, palpitations, and I couldn't catch my breath. My blood pressure was 155/95!!, my feet were swollen, I had chest pain in my heart referring down my left arm and up my left jaw! My thoughts were extremely anxious. I was basically dying and I thought it was from a heart attack yet my arteries are clean and 3 EKG's showed my heart was fine. I was scrolling through my phone wondering which hospital I should go to. "Should I call an ambulance or drive myself?" My thoughts were crazy!- "Who will mow my lawn in the summer, who will plow the snow in my driveway, I need to sell my house." I realized these were not my normal thoughts but it was part of the disease process I was going through.

I survived the night and the next day was going through my notes as I had been for the last 4 months because I had been trying to fix it for that long. I found some notes from a seminar which had supplement recommendations for the heart. I took those supplements and within 2 days felt better so I knew I was on the right track! I wanted to know what was in those supplements and why they helped me.

Remember, I had not yet discovered the mold. It turns out those supplements were formulated in 1934 after 9 years of feeding studies by the developer. "What was he thinking? What did he know about my body in 2016 that I didn't know?"



I started reading articles from 1930 to 1961. I had read these articles 10 years earlier but didn't understand them at that time. But this time, I understood it because I was experiencing it.

THERE WAS ONE PARAGRAPH IN ONE ARTICLE WHERE I HAD A PROFOUND "A-HA" MOMENT.

That paragraph was from an article written in 1958 by Dr. Royal Lee called "Nutrition and Exercise" now in the book "From Soil to Supplement" and it explained my health problem AND ALL CHRONIC DISEASE. I read it the first time and was so excited, I set the book down to run around the house. I picked the book up again to re-read the paragraph and set it down to run around the house. I did this 4 times! The formulator of the supplements that helped me was fixing lactic acidosis.

I started reading a lot of old medical and nutrition textbooks from 1911 to 1961 which explains it in detail. Other "Fathers of Medicine" also said the same thing. Examples include Dr. Otto Warburg, the Father of Physiology and Dr. Henry Harrower, the Father of Endocrinology.

Toxic mold makes lactic acid so that is why I benefitted. 9 months later, I discovered the mold and then was able to handle the CAUSE of my symptoms. I discovered that having excess lactate in the body is called lactic acidosis and is a sign of chronic illness, the overuse of sugar as fuel, the lack of ketosis (fat burning), dirty blood, hypoxia, loss of energy production, mitochondrial dysfunction (the inability to make energy), inability to utilize oxygen, toxic mold in the body, and liver dysfunction.

High lactate indicates the mechanism of chronic disease is occurring which is called lactic acid cycle also known as cachexia. Cachexia is from Greek meaning "bad habits" (42) and it is a positive risk factor for death (43). What are the bad habits that cause cachexia and death? A bad diet high in grains and sugar. In 1932, all doctors and students of medicine knew of this problem, although it was not yet fully explained until a few years later. They knew there was lactate present in high amounts in the blood and an acidic environment. They also were discovering other chemicals involved; not just lactate.

What the doctors back then were missing was the CAUSES of chronic disease but they talked about the mechanism. What doctors today are missing is the mechanism because they are just talking about the causes. Now we can put both together which allows us to treat the causes AND the mechanism. I have found around 150 symptoms and conditions that are caused or driven by lactic acidosis. Remember, it is a mechanism, not usually a cause.



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*The benefit of knowing about lactic acidosis is so you have a complete procedure to handle your chronic health problems. Without addressing the mechanism of chronic disease, chances are less that you will make a full recovery.*

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One of the main therapies for lactic acidosis as described 85 years ago is meat and liver. Especially liver because it has lots of B vitamins. The B vitamins in liver help clean up the blood, and eating the liver organ itself provides cell parts to repair your liver. Your liver cleans 85% of the lactate out of the blood! Meat is important to help the body quit using sugar as a fuel. Excess sugar usage is a cause of lactic acidosis.

Our paleolithic ancestors ate the whole animal including organs. These organ foods nourished their organs to keep them healthy. In the 1930's the doctors knew that all the organs, working together, had a detoxifying effect to clean the blood. That's why it's important to consume multiple glands from nose to tail, whether it's on your dinner plate or in a supplement.

Now that you know the background of lactic acidosis, realize it has been missing in healthcare since 1961. Once I figured it out, everything in healthcare made sense. I had been in natural healthcare for 19 years at the time I discovered it. Afterwards, all the bits and pieces related to health and disease fell into place. Everything!

Applying the correct treatments increased my results tremendously and within months, I had a 6 week waiting list of patients who wanted my care and the interest has only increased as more and more people seek help and education online rather than just taking "the next pill".

The biggest cause of lactic acidosis, the most common mechanism of chronic disease is a high carbohydrate diet plus industrial fats that interfere with proper cell function. Ketosis is an important factor in stopping lactic acidosis for most people - the people who got it from their "modern diet".

Ketosis helps your body to use its own fat stores as fuel. It turns the fat into water soluble chemicals called ketones. In general, the body runs better on ketones than it does on sugar so that is why it is important for you to get into ketosis; it is the native state of the body.





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# CAPILLARY ENGORGEMENT

*Gaining a good understanding of the  
step by step mechanism of lactic  
acidosis is important for you to  
prevent it and reverse-engineer it if  
you have it.*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



The following is a description of how high lactate and a few other chemicals in the blood is the mechanism of chronic disease. When your body uses sugar as fuel it releases 5 waste products (44). One is called lactate and 75% of the lactate is re-used as sugar again in a healthy body. However, the other 25% needs to be cleaned up by the liver and kidneys. If there is a problem with your body's normal ability to clean itself, the lactate builds up in your blood and now it's toxic.

Too much lactate and the other wastes crowd out oxygen in the blood which is also bad. Not enough oxygen in the blood to go to the cells is called hypoxia. Your cells need oxygen to survive.

So now the blood is toxic and hypoxic. The cells throughout your body cannot get enough nutrition and oxygen. The body needs to get the oxygen and nutrition to the cells so it dilates the arteries to increase the quantity of blood to the cells. Also, with more blood flow, it's easier to remove waste from the cells. This makes sense, doesn't it?

Here's how it plays out with an athlete: Imagine this happening with an athlete sprinting and their muscles fill with lactic acid and burn. Their burning muscles tell them to stop running. They breathe faster and deeper to bring in oxygen and remove waste through their lungs. Their arteries dilate and their pulse goes up to increase circulation. The burning sensation then dissipates because the lactic acid gets removed within 20 minutes in a healthy person. Their breathing returns to normal. The arteries constrict back to normal size.

The chemistry of the blood dilates and constricts the arteries including the tiniest ones called capillaries in order to feed your cells.

In a healthy person, this is a normal response but an unhealthy person (or unfit) they already have too much lactate or other chemical wastes in their blood - due to the intake of excess sugar, toxins, or build up of pathogens. Their blood is no longer getting oxygen and nutrition to their cells. Therefore by doing any exercise they instantly get out of breath too fast which in turn makes their muscles weak and sore.

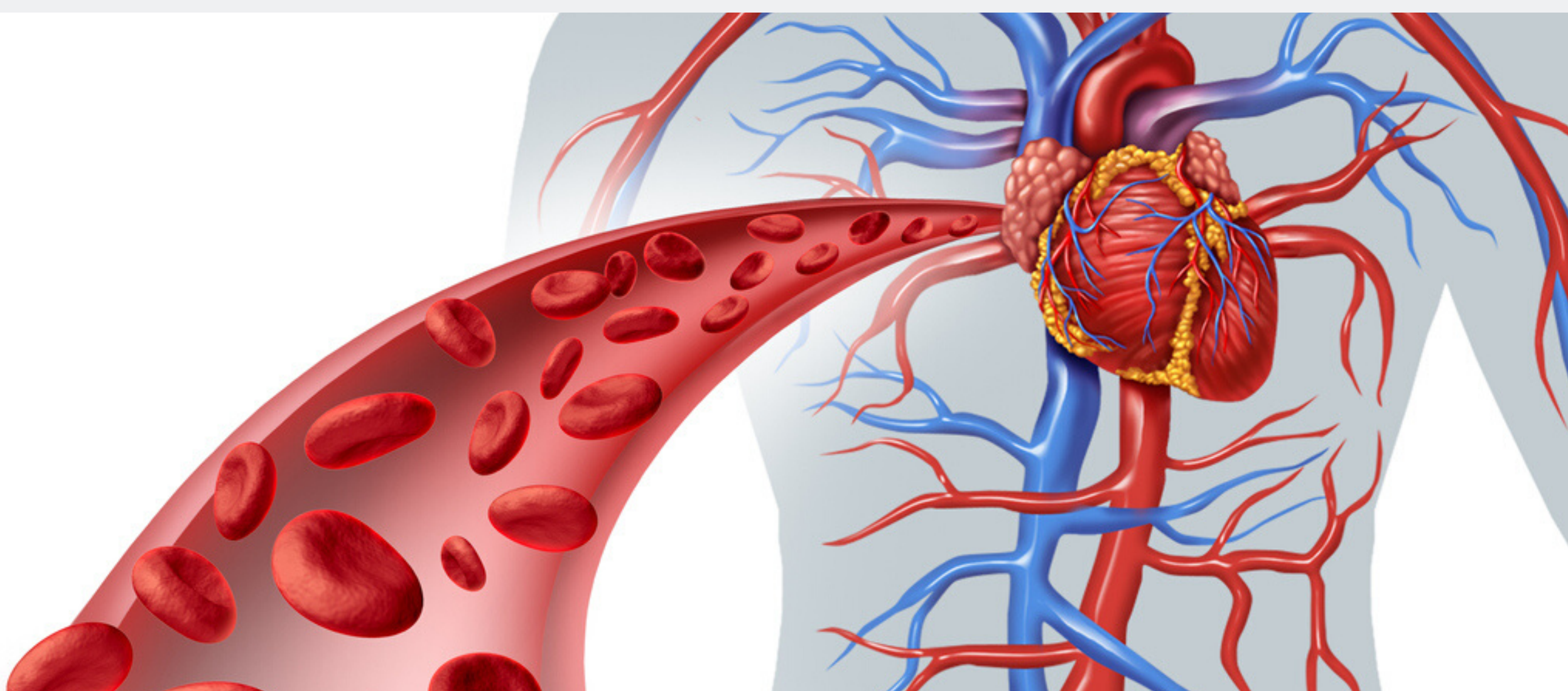
In an unhealthy person, this lack of oxygen and nutrition to their cells is causing their arteries to be dilated, which means even the little capillaries which are the smallest arteries become engorged with blood and the flow of blood becomes stagnant. This stagnation means that the blood is not feeding these parts of the body, which in turn means these parts of the body are dying. This can be seen in diabetic patients losing their feet. The most common symptoms of lactic acidosis start with muscles such as anxiety/ muscle tightness in the chest, muscle cramping, muscle fatigue, and lack of endurance.

The body has to compensate for this capillary engorgement by making the heart pump harder which makes the blood pressure go up. The stagnant blood flow makes the feet and ankles swell.

With all the preceding actions described above, the cells starve and die. The description is simple but the effects are profound.

Cell death equals tissue death which leads to organ death then body death. This may take decades in a chronically ill person.

Now that you know the mechanism of chronic disease, you just need to learn how to reverse-engineer it.





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*A name for this blood and circulation problem is called "Congestion". The biggest problem is that the cells end up starving. Another blood and circulation problem is the opposite called "Hyperemia" where the blood moves too fast. Either way, the result is the same: the cells starve of nutrients and die.*

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What happens when muscle cells starve and die from lactic acidosis?

They tighten up, it's known as rigor mortis (45). You have heard of this regarding a dead body. After a few hours the body is totally stiff. Later the muscle tissues break down and the body becomes limp.

What type of cell is most common in the human body? The answer is muscle cells. You have more pounds of muscles than any other organ or tissue in the body. Muscles are the largest "organ" in the body (46).

But you can have a little bit of rigor mortis in some compartments of the body and still be alive. For example the muscles in the chest and lung can tighten up which causes difficulty breathing and anxiety. This has happened to many people and they get scared so they go to the ER thinking they are having a heart attack. The MD's find no problem with their heart so they say "you have anxiety, go see a psychiatrist". They are then given psychiatric drugs.

Angina, a pain in the heart, is another example of this and it's more common in men than women.

Fibromyalgia is another example and it's more common in women because women have more estrogen to protect their heart.

The point is both angina and fibromyalgia oftentimes have the same mechanism. In another compartment - the brain - you can get cell starvation and cell death but instead of brain cells tightening up like muscles, they lead to bad thoughts like anxiety, depression, fear, worry, doubt, and other psychiatric problems.

This cell starvation happens throughout the body and more symptoms occur as long as the person doesn't handle lactic acidosis.



This explains type 2 diabetes: excess glycolysis or sugar burning. It was stated in 1932 that diabetes is lactic acidosis.

This also explains a heart attack: lactic acidosis causing heart muscle cells to starve and die. This can cause sudden death. It can also occur in just one section of the heart which alters the flow of blood in the arteries around the heart muscle which can form and release a plaque. The lactic acidosis came first, the plaque came second but the plaque is always blamed as the primary culprit of the heart attack (47).

This also explains cancer: normal cells overuse lactate when there is no oxygen. When oxygen is restored into the environment, the cell continues to use lactate as its preferred fuel. This state of not using oxygen despite it being available for use is cancer.

Cancer cells have other mechanisms besides lactic acidosis but as a general rule, these waste products need to be cleaned by the liver but this will not happen for you if you are suffering from a B vitamin deficiency. So you need to avoid excess sugar and carbohydrates which require lots of B vitamins to digest them and yet provide no or very little B vitamins.



# THE METABOLIC SYNDROME



*Exercising improves the ability to add oxygen into the blood. If you don't feed and care for your muscles, all the other organs don't have a chance. Optimal liver and kidney health is vital so they can clean the blood. These organs are the main detoxifying organs of the body. Help them out by making non-toxic lifestyle and dietary choices.*

Fitness nutrition is human nutrition. What food is best to feed muscles? Red meat (48). Red meat helps start Ketosis which stops the use of sugar as fuel and switches over to fat for fuel which is ideal.

So you need to realize that if you are creating lactic acidosis within your own body or have been for many years - you need to stop - now.

In regular medicine, there is a pattern of lab tests that appear throughout a person's lifetime. The first positive lab test that is high is insulin. A great researcher named Dr. Kraft discovered that 90% of 19 year olds had high insulin due to their high carb and sugar diet and it only gets worse as we age (49).

Later in life, the next medical tests that are abnormal are high cholesterol and high blood pressure. Then the typical response to this is to be prescribed medication as a bandaid - not a cure. These drugs do not fix the underlying Cause nor Mechanism.

Then again later in life, the lab tests show the liver and kidneys are malfunctioning. Now we have a disease process continuing that should have been prevented many years earlier. Once again more medication is prescribed to avoid critical life threatening effects.

Then finally the last lab test that MD's will find - will be directly related to high lactate - which is evidence that the body has been suffering from lactic acidosis over a long period of time.

Although the lactic acid cycle has been occurring for many years or even decades, it doesn't mean that the lactate blood test will be high because the body compensates to keep it down earlier in life.

Also, the body does its best to prevent the blood from becoming too acidic - so the official diagnosis of lactic acidosis does not apply to most people until the very end of their life.

**But the lactic acid cycle, once understood, helps you understand the mechanism of how your health degenerates. And it helps you understand that the best way to keep your health up is with lifestyle choices, natural remedies from food and supplements, and exercise.**

When you think about your health in terms of preventing lactic acidosis, the death cycle, it is more holistic and more encompassing of all options to get your health back.

Compare this to only trying to "control your blood pressure" which is short-sighted, a temporary band-aid. Or compare it to only controlling your blood glucose with drugs. Or even getting rid of chronic pain with a pain killing drug.

The lactic acid cycle explains the symptoms of most chronic illnesses. I have linked about 150 symptoms and conditions to it. This highlights that there can be multiple symptoms within your body that are in relation to one commonality - lactic acidosis.





For example, if someone comes to me with multiple symptoms such as fatigue, depression or muscle soreness being some of the main ones.

I can quickly determine through, history, diet, lab work, and other testing which of their symptoms were caused by Sugar, Toxins, and Pathogens.

It commonly becomes highlighted that Lactic acidosis is the Mechanism. I can start to address each step and begin the cycle of reverse engineering their condition (50).

When it comes to preventing lactic acidosis, it's important to learn more about the physiology of chronic disease. It's just as important to understand how cells die as it is to understand how to make them healthier.

When you gain a deeper understanding as to how your cells are dying it becomes easier to prevent it if you are healthy or reverse engineer it if you have a chronic health problem.

If you are trying to create a healthier lifestyle or maybe feel as if you are suffering from chronic symptoms, you now have a new way of approaching this especially as you become more aware of Lactic Acidosis as the mechanism and Sugar, Toxins, and Pathogens as the major causes.

Together these create symptoms such as fatigue, depression, or muscle soreness being some of the main ones.

As an example, does a prescribed drug fix any aspect of dying cells or the physiology of lactic acidosis... or does it just squash a symptom?

Does that food you are about to eat feed the pathological process of your dying cells and increase lactic acidosis or does it reverse engineer it and prevent it from ever affecting you?

How do you know which herb or supplement to take that will positively affect your health by reversing engineering lactic acidosis?

By understanding the physiology of chronic disease, all of this becomes easier to know what to do when it comes to reverse engineering the lactic acid mechanism and optimizing your health.

I rely on supplements quite a bit to get rid of the pathogens and toxins within the Causes circle.

My favorite supplements fit into categories.

1. Glandulars- feed organs to help them function better.
2. "Special Dirt"- these supplements are the detoxifiers. You may know the term "binders" which is fulvic acid or humates - these come from dirt and they are the best at cleaning your body!
3. Killers- These supplements are primarily herbs that are anti-microbial whether your problem is Lyme, Yeast, Viruses, Parasites, etc. or a combination of them.
4. Drainers- These supplements make sure the normal cleansing pathways in the body are functioning well.
5. Lastly, the nutrients we are all familiar with - vitamins and minerals. The nutrients we are all familiar with.

I use some sort of combination of these to help my patients get their health back.



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# LACTIC ACIDOSIS SOLUTIONS

*Now that you know that the lactic acid mechanism is the most common way for the body to deteriorate and cause chronic illness, it's time to stop it.*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



To stop it, you simply need to understand the four steps of lactic acidosis. The good news is that each of these four steps can be stopped if it's not too late.

## THE FIRST THING TO DO IS TO STOP YOUR CELLS FROM USING SUGAR AS FUEL.

Eat a low carb diet. Get your carbohydrates down below 20 grams per day. Use an app on your smartphone like Cronometer to track the grams of carbohydrates. When your carbs are below 20 grams per day, you end up in ketosis which means you are using fat for fuel rather than sugar. Make sure you get extra fat and protein to satisfy your appetite. This is the ideal state of the body.

The next thing to do is to remove hydrogen, which is acid from the muscles. Hydrogen is one of the waste products of burning sugar. It causes muscle burning and achiness.

Maybe you feel this chronically in your low back, heart, neck, or even intestines. The best food to do this is red meat which has heme iron which feeds oxygen and iron to the muscles. The oxygen combines with the hydrogen (acid) and turns into water!

Eating red meat is the best food you can eat to feed your muscles which is the largest organ in your body. If you don't feed your muscles well, the rest of your organs don't have a chance.

The third thing to do is clean the blood of wastes. This is called "detoxifying". But first you have to stop eating processed food. It has lots of chemicals in it and refined grains and sugars create the lactate and other wastes we are trying to get rid of.

Next, eating vegetables can be very cleansing. The best ones are cruciferous vegetables and root vegetables such as beets. Healthy, clean animal foods are also very beneficial to the body. Eating liver and red meat is also very detoxifying. Ketosis is the foundation of detoxification.

Strike a balance between the vegetables and meat consumption. Some people need more meat, some prefer more vegetables. Other detoxifying practices include sauna and detox supplements. If you live in a moldy home or work in a toxic building, you should remediate the mold or removing yourself from the toxic building.

Lastly, make sure the liver is working well so it can recycle lactate back into fuel and clean the blood of the other wastes which are called acetate, acetaldehyde, and ethanol. The vegetables above can help the liver but the best thing you can do is eat liver! If you don't like the taste, eat pate. If you don't like pate, then take supplements that have liver in them. There are many supplements on the market with liver in them.

In my 20 plus years of working in the natural healthcare field, I have been able to determine the best supplements from the best companies.



*But for now, I want you to become aware that there are some powerful supplements that are focused on helping your body reduce lactic acidosis and we will be going over them in the next chapter.*

*Now that you have a deeper understanding of these 4 steps of lactic acidosis and how to use them to take back control of your health, it's time to find out why you may have never heard of lactic acidosis in the past and why it's been hidden from you!*

There are 2 main factors that have prevented the world from finding out and making it so hard to learn about...

The first is the nutrition and medical research before World War 2 was on “feeding studies”, which are studies where they removed specific vitamins and nutrients from foods of animals to see the effects.

They also had the opportunity to monitor poor families during the Great Depression who could only afford to eat white, refined bread. These families could not afford vegetables and meat, the foods that support organs. These studies were very powerful and gave us the foundational understanding of how vitamins and minerals work.



Then after WW2, pharmaceutical companies gained great strength and eventually these nutritional feeding studies ended and soon after were forgotten about. Add to this, the federal government declared that Vitamin E and Vitamin C were merely “anti-oxidants”, essentially cancelling decades of research and ignoring the disease preventing abilities of these nutrients.

Then the next factor was centered around Dr. Royal Lee, who was the Father of holistic nutrition. He was one of the most vocal and most powerful at educating the world on how whole food nutrition and supplements could help to reverse chronic health. This eventually led to a major lawsuit against him in 1961 to stop him from talking about healthcare or nutrition by the US Supreme Court. He lost the case and was forced to never talk about healthcare again and died in 1967 and this great information went with him.

Since then, this enormous and comprehensive subject of lactic acidosis which was well studied for over 100 years became 2 small subjects. The first subject was only for athletes- lactic acid in the muscles. The goal is to reduce the amount of lactic acid in muscles for better performance.



Dr. Royal Lee  
Standard attribution  
Wikimedia



And the second smaller subject was related to people who only have a few days left to live. These people are in the hospital and they have suffered a heart attack or gotten a diagnosis of cancer. As a result, their bodies are filling up with lactic acid and the MD's run a lactate test from blood and they also test the acidity of the blood. The higher the lactate and the more acidic the blood is, the shorter the lifespan of that person.

These two small subjects were taken out of context and the whole subject of lactic acidosis, including their appropriate solutions had been lost.

Which brings us back to the world we are living in today.

There is a global epidemic of toxins, pathogens, and bad diet causing chronic diseases such as diabetes (high insulin), chronic pain, heart disease, cancer, etc.

These chronic diseases all have one thing in common - Lactic Acidosis.

Once you understand Lactic Acidosis - everything starts to fall into place!

To help gain more clarification, we are going to use the analogy of a car driving on a road.

The car represents your body...  
The way you drive the car is your lifestyle...  
The tires represent your organ health....  
The bumpy road you choose to drive on represents exposures to Sugar, Toxins, and Pathogens.

Any compromised functionality of the car (your Body) represents Lactic Acidosis.

So for a moment, imagine that your body is this car...

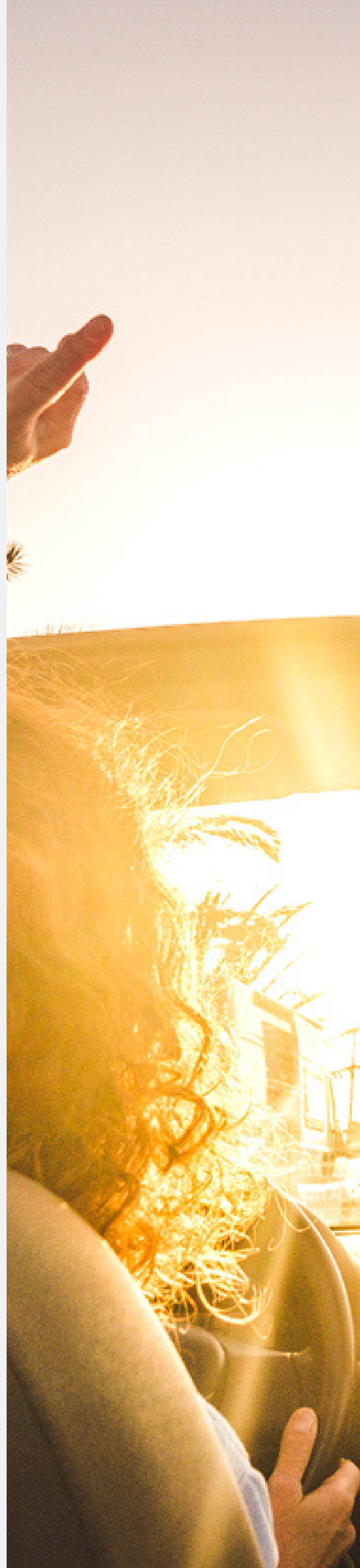
And the way you drive your car represents your Lifestyle...

If you ignore your health by eating the wrong foods that forces your body to use sugar and carbs as its fuel for energy, it's similar to driving your car (your body) as fast as you can (your lifestyle), down a bumpy road.

This is going to put stress on your tires (the health of your organs).

Even though your car (your body) was never designed to run on a bumpy road, you continue to drive your car as fast as you can (your Lifestyle).

Therefore you are also ignoring your tires (organs) and instead acting as if everything is normal because you are still moving forwards and have become accustomed to the bumpy ride to the point where you find it normal.







## Until one day, unexpectedly, one of your tires blows out...

Let's call that tire - excess CARBS from the SUGAR you are consuming...( a major consequence to your health choices).

Instead of taking this as a sign to change your lifestyle (how you drive the car) - and an opportunity to learn why the tire blew up - You decide it has nothing to do with your driving (your lifestyle) and instead simply swap the tire with a spare tire (quick fix drugs) and continue to drive as fast as you can (your lifestyle) along the bumpy road stressing your organs more.

Now your car (your body) is starting to handle differently (new symptoms) because it's running on a spare tire. But you choose to ignore this and continue forwards as usual.

Then all of a sudden a second tire blows...

Let's call this tire - EXCESS TOXINS - from the METALS and CHEMICALS you are being exposed to... (a major consequence to your health choices).

Once again, instead of taking this as a sign to change your lifestyle (how you drive the car) and an opportunity to learn why the second tire blew up - You decide it has nothing to do with your driving (your lifestyle) and instead simply swap the tire with another spare tire (quick fix drugs) and continue to drive fast along the bumpy road (stressing your organs more).

Now your car (your body) is really starting to handle differently (new symptoms) because it's running on two spare tires. But you choose to ignore this because you are still moving forwards and go back to your normal lifestyle without making any changes.

Eventually this different handling becomes the normal and you continue driving as fast as you can (your lifestyle) with two spare tires along the bumpy road.

Until eventually a third tire blows.

Let's call this tire PATHOGENS from chronic "bugs" such as parasites, mold, bacteria, and viruses surrounding you... (a major consequence to your health choices.)

Once again, instead of taking this as a sign to change your lifestyle (how you're driving the car) and an opportunity to learn why the third tire blew up, you decide it still has nothing to do with how fast you are driving (your lifestyle) and instead you simply swap the tire with yet another spare tire (more longer term drugs) and continue to drive along the bumpy road...

BUT, now it becomes too hard to drive fast on the bumpy road, the car is not handling like it used to when you first started driving (when your body was young)...





So you start to wonder what's wrong with your car.  
(your body):

You start feeling unhealthy and you're not sure why.  
You have an underlying problem with your health and  
just can't work out what it is.  
You want to reduce your symptoms naturally but don't  
know how.  
You want to get back to the way your health used to  
be when you were younger.  
You don't want to be overweight.  
You don't want to suffer from high blood pressure or  
high blood sugar.  
You don't want to have chronic pain such as arthritis,  
back pain, or headaches.

This is happening because your car (body) is now  
compromised.

Your car (Body) is now handling badly (functioning  
incorrectly) although it's doing the best it can and at  
least you are still moving forwards. This is Lactic  
Acidosis - where your body is limping along. It's doing  
the best it can but has many symptoms due to driving  
too fast down a bumpy road. (lifestyle).

Lactic Acidosis is the mechanism of chronic disease  
just like the poorly functioning car is starting to break  
down. Your organs are compromised and giving you  
symptoms.

So let's say you continue to ignore the causes and you  
take it to a mechanic (doctor) to see if they can find  
out what is wrong with the handling of the car.

The mechanic (who specializes in engines)  
investigates the handling symptoms and says it could  
be the engine. Then he runs tests on the engine and  
can't find anything wrong.

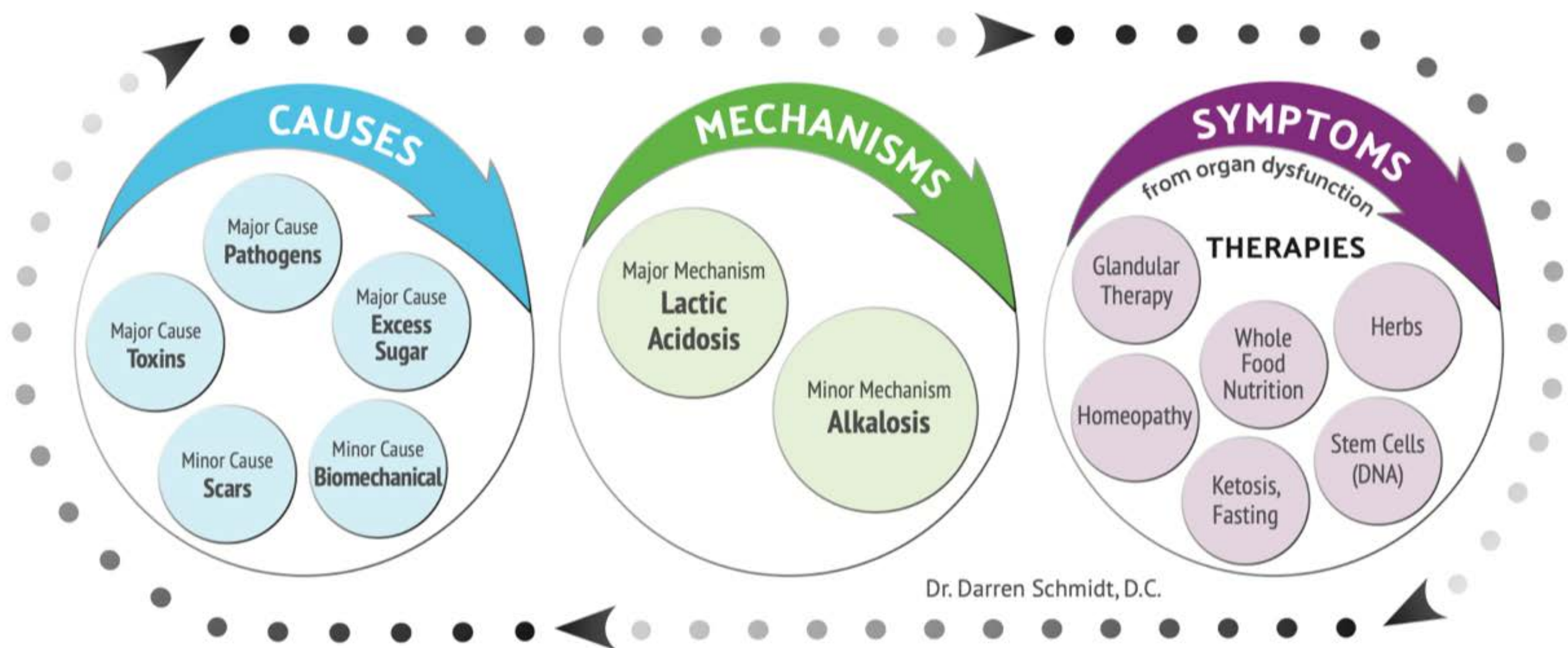
So instead of connecting the functioning of the car to  
the three spare tires, the mechanic still wants to treat  
different parts of the engine because that's his  
specialty.

He also doesn't ask how fast you drive the car  
(lifestyle) or if you drive over a bumpy road (causes).

If the mechanic decided to look at the cause, the  
mechanism, and the symptoms ALL TOGETHER, he  
would have been able to work out that the car was  
being driven by you on three spare tires, too fast along  
a bumpy road.

To bring all of this back to your personal health, the  
greatest defence you can have to increase and  
preserve your body's health is to take into  
consideration all 3 steps in the "Follow The Physiology  
Formula".





# The Follow The Physiology Formula is...

Step 1 is all about the CAUSES.  
 Step 2 is all about the most common MECHANISM - Lactic acidosis.  
 Step 3 is all about feeding your organs to help them function better so that SYMPTOMS go away which is what everyone wants.

Typically, only the Symptoms are addressed in healthcare. Occasionally, the Cause is discovered and addressed. But the Mechanism has been ignored for more than 70 years.

Which means step 2 the Mechanism is always missing...

Do all three steps and you will be able to improve and maintain your health.

Reverse engineering lactic acidosis (step 2) has been missing since WW2 but I have rediscovered it through my own personal health journey of:

- Nearly dying from toxic mold.
- 20 plus years of having a holistic nutrition practice.
- Treating tens of thousands of patients. and reading nutrition and medical textbooks written prior to WW2.

All of this together brings us to the solution:

- Eat a low carb diet. (ketosis)
- Remove hydrogen (acid) from your blood and muscles. (oxygen therapies and red meat)
- Clean your blood of wastes or toxins. - detoxifying .
- Make sure your liver is working well. (eat liver, take supplements to detox)

Removing hydrogen from your blood and muscles removes pain and increases fitness.

Detoxifying enhances your normal biochemical processes so your cells and mitochondria (energy generators) work normally.

Proper liver function ensures lactate gets recycled back into fuel and the blood is clean of other wastes.

Which is why you can't ignore step 2 - the missing piece of the health puzzle.

By combining all 3 steps of the "Follow The Physiology Formula" - is your greatest hope for achieving optimal health and feeling your best for the rest of your life.

As a Doctor of Chiropractic, and a Nutrition Expert I focus on the causes, the mechanism, and the symptoms of chronic illness with each patient that comes to my practice.

This allows us to achieve a complete healing process.

Even though a patient may get the most relief from one of these 3 steps, by doing all 3 they get a significantly higher level of permanent relief.



Take me as an example...

I thought I was dying. I was having heart attack symptoms such as left chest pain going down the left arm and up the left jaw. My heart was racing and my blood pressure was 195/55.

I went to urgent care twice and the cardiologist twice. They went after my symptoms such as prescribing nitroglycerine for the heart pain and Prilosec for the tightness in my throat. I didn't take them because I had to find the Cause and I didn't want to merely treat the symptoms with drugs.

In the meantime, I started taking supplements that happened to be designed in 1934 and I felt better for the first time in 4 months. This led me to studying old medical and nutrition books which led me to my first epiphany that I was suffering from lactic acidosis being the mechanism of chronic disease.

9 months later, I finally found the Cause which was the toxic black mold- another epiphany. So now I have discovered the Cause, and had been feeling better by addressing the Mechanism.

A year later, I was teaching a seminar about this to doctors and using quotes from medical texts from the 1930's. Some of those doctors also talked about addressing the Cause, Mechanism, and then feeding organs to treat symptoms just like I had figured out! They found the same 3 subjects!

I coined the term "Follow The Physiology Formula" to describe this approach of addressing chronic illness. The solution comes down to ONLY TWO THINGS: DIET and SUPPLEMENTS!

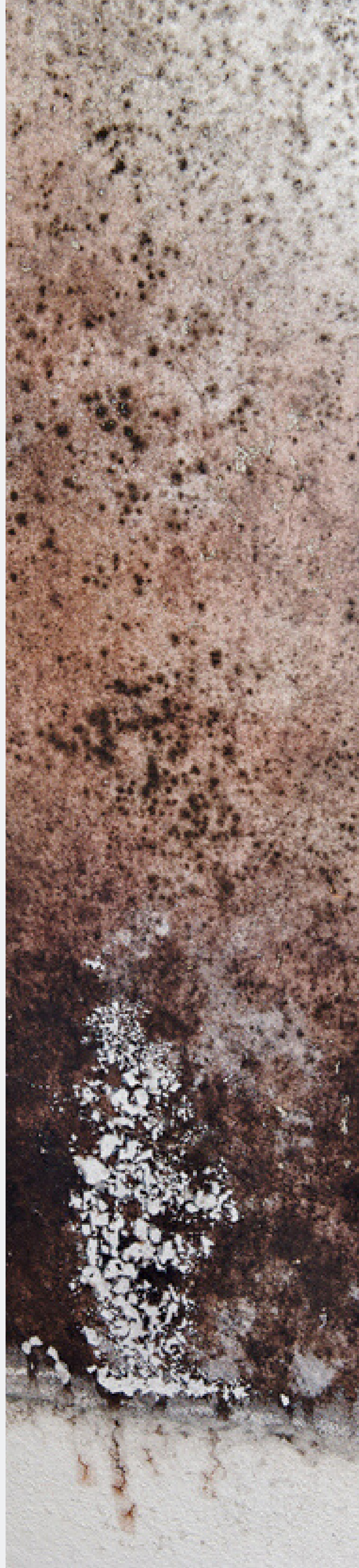
Not meditation, life coaching, religion, crystals, affirmations, etc. It's the nutrients you put in your body. So later we will go into more detail about what specific supplements and diets are needed to achieve optimal health for you!

The second circle - Mechanism - in the Follow The Physiology Formula is the one that has been lost since 1961 when Dr. Royal Lee lost a U.S. Supreme Court Case and he was forced to never talk about healthcare again. I rediscovered it through my own severe health challenges related to toxic mold.

Now you can think of your health as a whole instead of just going to a doctor to get a pill to squash symptoms.

There could be one or more Causes which most likely creates the Mechanism. So the causes and the mechanism together can contribute towards your symptoms. This is why you need to look at all 3, not just addressing symptoms.

I discovered this through my own nearly dying experience and now use this formula with every patient.





03

**C H A P T E R**  
**3**

**E L I M I N A T I N G**  
**C H R O N I C**  
**D I S E A S E**  
**S Y M P T O M S**

03





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*So when it comes to your diet the answer is to help support your organs to reduce lactate and other wastes naturally.*

*Your liver cleans out 85% of the lactic acid and your Kidneys clean out a further 15%. Then you need to support all of your other organs as well because they all work together. For example your thyroid can cause problems that can hinder your liver functions.*

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So how can you best support your organs and make sure they are all working together to help naturally reverse engineer lactic acidosis?

The first thing is to avoid sugar.

The second is to eat more vegetables.

And the third is to eat more meat.

Meat plays a significant role in addressing the “lactate” part and the “acid” part of lactic acidosis.

Meat supports the structure and function of ALL the organs, and your muscles. When all the organs work well, then lactate and other toxins are naturally removed.

AND meat provides “heme iron” which supplies oxygen and iron to the muscles. The oxygen attaches to the acid, which is hydrogen, and forms water H<sub>2</sub>O.

Oftentimes, the acid is embedded deep in the muscles which is why various muscle symptoms are common in many chronic illnesses. This is the best solution for the acidosis problems.

It may seem unusual to find out how beneficial meat is to your body, especially when you hear a lot of people say meat is bad for your health!

This is typically because of all the mixed messages being spread around from many different sources. But when you dig deep into the factual scientific evidence, you quickly find out that these rumours are based on observational studies, also known as epidemiology. These are general surveys, rather than an actual scientific method.

The scientific method has several steps which include:

Step 1: Make an observation.

Step 2: Form a hypothesis.

Step 3: Test that hypothesis with an experiment.

Step 4: Have someone else now has to replicate the results of the experiment.

Whereas the observational studies only do step one and two and they never do an experiment. They have consistently given false conclusions. When an experiment is done, such as a clinical trial, it is seen that a low-carb diet is the most important diet and it beats out the low fat diet that has been promoted since 1980 by the USDA.

Do not be afraid of eating meat. No one has ever gotten cancer, diabetes, or a heart attack from meat. There is not a single scientific experiment to ever show meat causes disease. Disease is always from the processed grains including sugars and the seed oils.

Meat is the most important food there is to stop the lactic acid cycle.

Now that we have established that the most common cause of poor health is a high carbohydrate diet and that this is the major factor causing most chronic illness, we need to take the steps to reverse engineer this. You will need to understand more about Ketosis, which will change the cells from burning sugar into the cells burning fat. Cells using sugar for fuel contributes to chronic illness including diabetes, heart disease, cancer, arthritis and obesity.



In order to stop this, you need to focus on a low-carb diet which most of the time includes eating more meat. Yes, there are other ways to get there but the easiest and most natural way is to focus on meat and reduce your carbs significantly.

By doing this your body starts to break down it's own fat stores - such as the fat that's in your abdomen - this is the fat that is clogging up your arteries, liver, pancreas.

You need to get rid of this fat and there is really only way to do this **healthfully**.

You need your body burning its own fat stores and at the same time improving the health of your organs.

The physiological term for this is called ketosis. I think everyone has heard this term but not many people really understand it. The word ketosis is commonly used to sell products but those are not necessary. It is a very basic thing to do. It is the native state of the body.

For your body to use its fat for energy - all it's doing is turning the fat into 3 water-based chemicals called “ketone bodies” which are a great source of energy for your cells!

So how do you get into Ketosis?

There's only one thing that matters to get into ketosis. That is to get your grams of carbohydrates very low - below 20 grams per day. You end up eating more meat and less plants.

It may take 4 to 6 weeks to get "fat-adapted" meaning your body is making and using ketones. You can measure this with urine or blood tests.

Now, it is healthy to get out of ketosis by eating more carbs. That's right! Cheat days or Feast days are now therapeutic.

Flipping back and forth from carb burning to ketosis is very healthy and shows fitness and flexibility in your cells. This is all about a natural BALANCE. This is a “balanced diet” that can be a lifestyle rather than a fad diet.

So this is not something that you will fail at if you decide to take a day off and eat your favorite foods! i.e enjoy your cheat days, then go back into ketosis later!

Remember, it is totally safe to eat meat no matter what you heard in the past or will hear in the future. Organic, grass-fed is obviously the best meat but do your best based on your budget and availability.

Many people will continue to tell you that meat is bad for you but simply ask them for the scientific evidence that supports their statement. Anyone trying to find this evidence will only ever come up with survey-type polls. If you do ever find legitimate, experimental, scientific proof, please let us know and we will tell the world.

The word "KETONES" is spelled out in large, 3D wooden block letters. The letters are made of a light-colored wood with a dark, possibly charred or stained, base. They are arranged in a single row on a wooden surface with a vertical grain. The lighting is warm, casting soft shadows.



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*This is a great opportunity to try this yourself and be your own judge!*

*It's all about feeding, strengthening and supporting your organs to reverse engineer your lactic acidosis and stop it from killing your cells and flip over to the most important fuel, ketones.*

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Lactic acidosis is a temporary state that your body goes through during exercise OR during a bad diet.

This means lactic acidosis is occurring during a short period of time but it needs to stop with a healthier diet.

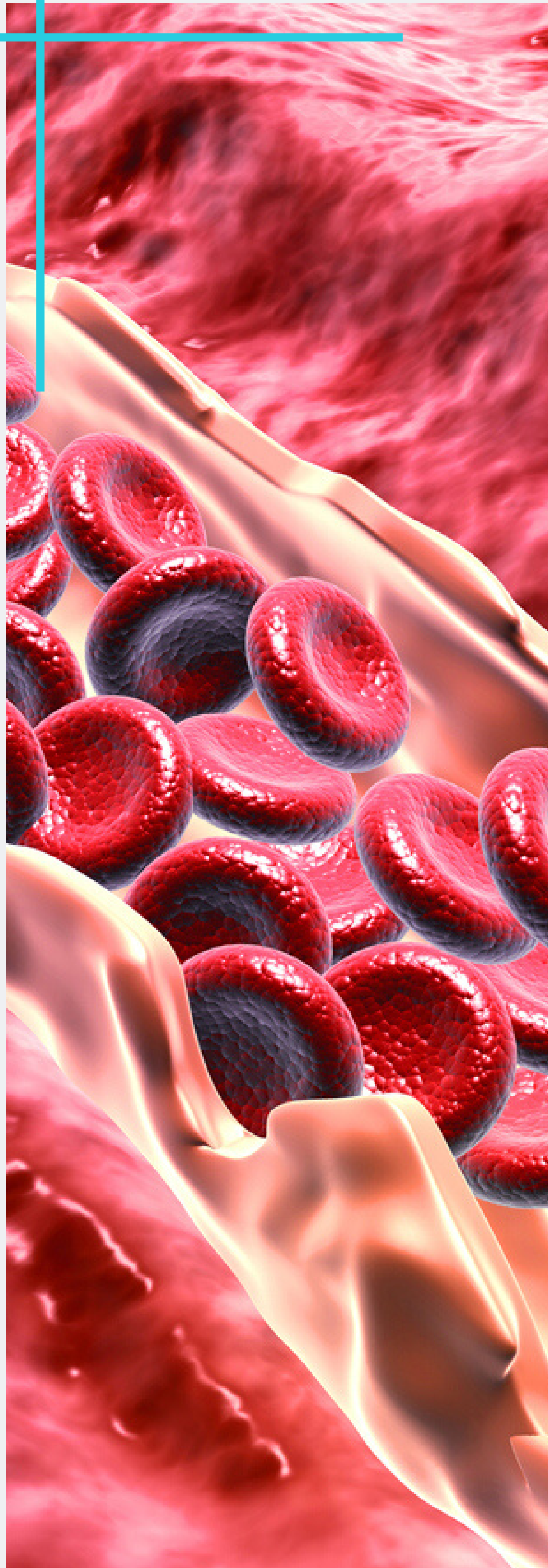
It's originally designed by Mother Nature almost as a buffer under certain circumstances but then you are supposed to come out of it. The danger is when you are in it all the time.

An analogy would be the caveman - a state of stress activates adrenaline and all hormones to create a sudden boost of energy that allows him to escape and save his life - example - running away from a bear. Once the bear is gone, the stress is gone, too. And everything goes back to normal.

Unfortunately with our current lifestyles, we end up being stressed for extensive periods of time, sometimes years, and this puts our bodies under a huge strain and we start to break down because stress is only meant to be a temporary state.

This is very similar to lactic acidosis - it's perfectly fine for short periods of time - example - exercise - but is dangerous for our bodies if experienced for a long period of time or high amounts in a short period of time.

Therefore, to help your body naturally clean out lactate the way Mother Nature intended - is to simply 'Follow The Physiology Formula'.





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# KETOSIS

*Is a large part of the “Follow The Physiology Formula”. Therefore you need to make sure you are doing all that you can to make sure your organs are healthy. Your organs play a significant role in cleaning your body.*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



# When your organs aren't working well, you end up with a variety of different symptoms.

For example: If your heart isn't working well, you get left chest pain. If your gall bladder isn't working well, you get right abdominal pain and problems digesting fats. If your brain doesn't work well, you have cloudy thinking.

One way to help heal your organs is to eat more animal organs such as liver. You can consume them as food or in a supplement form. Many cultures have eaten a wide variety of organs such as the pancreas (sweetbreads), liver, tripe (abdominal fat), and brain (head cheese).

These organs have specific nutrients that are important for your own organs. For example, the thyroid has a lot of iodine, the liver has a lot of vitamin A, the muscles have heme iron and myoglobin. These nutrients in abundance will flood your thyroid, liver, and muscles with nourishment and health.

It is important to try and eat a diet like our ancestors did. The majority of their calories were from animal foods. When and if they ate plants, it was primarily the fruit. The leaves, stems, nuts, seeds, and roots needed some kind of processing to occur such as soaking, cooking, or grinding making it more difficult to consume.

Usually when a tribe hunted an animal they ate it from nose to tail. The majority of the tissue was muscle meat and there were smaller portions of organs such as liver, kidneys, brain, thyroid, etc.

In the 1960's, the Smithsonian Institution discovered that when our ancestors caught a small bird or rodent, they just ate the whole animal including fur and feathers. The scientists tested this on themselves and found their body could digest the whole animal and most of the bones.

The lesson here is do not be afraid or think it's unnatural to eat animals. When you think of the food chain, remember we are at the top.

As you eat different organs, you will get nutrients from those organs but you can also find supplements that have organs in them. For example, you can take a thyroid supplement, meaning it is full of dried thyroid tissue. It will have more iodine than other organs and will feed your thyroid the iodine plus other nutrients that naturally and commonly occur in the thyroid.

One of the most efficient ways of avoiding lactic acidosis and chronic illness is to make sure you are feeding your organs and especially your muscles because your muscles are your largest "organ". You have pounds and pounds of muscles and if they aren't fed well, your other organs don't have a chance.

This tends to be something that we don't think about. We eat food to get energy and to have a healthy body. But really we are eating food to make our cells healthy and cells make up tissue which makes up organs.. Therefore you need to think about the food that your organs need to become healthy.

As we mentioned earlier your Liver cleans out 85% of the lactate and the Kidneys clean 15%. The main tissue that creates lactate is your skin, muscles, and brain. When you exercise, your muscles are going to produce lactate. When you are using sugar as fuel, your body is going to produce lactate. Even your brain cells are creating lactate.

This is an example of your entire body creating lactic acidosis, which in turn puts your organs under pressure to try to clean out all of that lactate.

To help better support your organ health it is important to be in Ketosis, and feed your organs by eating more Meat and Organs. By doing this and keeping your carbohydrate intake low, your body can use its own fat to create its energy.





Your body will produce chemicals called ketones which is a much cleaner way for your body to produce its energy.

By feeding your organs meat and organs you can prevent and stop the lactic acid cycle and then you can focus on vegetables as a secondary source of supporting your organs in their cleaning process.

Vegetables still have a benefit such as sulfur in radishes and methyl groups in beets that help the liver work better to clean your blood.

When you increase your meat intake as you lower your carbohydrate and sugar intake, chances are you will start feeling better ie. more energy, more muscle, loss of fat, better brain power, clarity of thought.

It is important to understand that when you are in Ketosis, your body is producing Ketones for energy and lowering your blood sugar. In the process, you are also starving cancer cells, since cancer feeds on sugar. It has also been shown that Ketones are toxic to cancer.

I know a lot of people who won't eat liver or other glands and these glands have been removed from our diet. An easy way to get these foods is through supplements.

I made a supplement that is meant to fill in these new deficiencies. It has 9 organs in it and it's called "Multi-Glandular" from [www.heritageglandulars.com](http://www.heritageglandulars.com).

I made it because I know most people are not eating these traditional foods. There is no other supplement on the market that is this complete. It is so powerful, that we recommend you cycle it off and on so that your body doesn't become accustomed to it.



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# SUPPLEMENTS

*The supplements I used in February of 2016 had liver in them and they were designed in 1934 for the sole purpose of fixing lactic acidosis.*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT



Luckily for us, these original products from 1934 to fix lactic acidosis are still being made by the original company called Standard Process. They are called cataplex B, cataplex G, cardio-plus, cyruta, and cataplex E2.

Keep this in mind about your health improvement journey, when you are eating a healthy diet, it doesn't mean you are killing fungus, killing parasites, or removing toxins.

The diet alone is the first place to start; it is the foundation. For example, ketosis is the foundation of detoxification but to really detox well, it takes a special classification of supplements.

Eating a meat-based diet is the foundation for a strong immune system but that doesn't guarantee you will be kicking out organisms from your body such as parasites, viruses, or bacteria. A "clean" diet of no junk food doesn't mean that the congestion in your sinuses or lymph nodes will disappear - oftentimes, you need extra nutritional support to get the drainage systems going.

Most organs are no longer in our food supply, but they are in supplements.

Thankfully, supplement companies have picked up good nutrition where our food manufacturers have dropped it from our food supply.

However, in my opinion, most supplements are worthless. It has been my job for over 20 years to find the best supplements that DO work and they are life- saving and enhancing.

I've been in this field of "hardcore holistic nutrition" since 1998, helping tens of thousands of patients get better. I have the experience and clinical proof on myself and all the patients of what works and what doesn't.

This relates directly back to the "Follow the Physiology Formula"

Do you need a Low Carb Diet?  
Most people need a low carb diet but not everybody. Do you have toxicity?  
Do you have pathogens that your immune system can't handle?  
Do you have too much lactate and other waste products from a high carb diet?

Depending on the answers to these questions, I can ascertain what you can do to start to improve your health.

But for most people I can recommend foundational supplements that help beyond the low carb diet.

These supplements are listed here:

This one single product that will do the most good for every person who takes it is called MitoATP. It increases your cells' ability to make energy correctly - through the mitochondria instead of lactic acid. This handles the second circle in the "Follow The Physiology Formula." With greater cell energy, you can detoxify, kill pathogens and have better brain and body energy. Use this code L6pdmf3r at <https://cellcorebiosciences.com>.





The normal dosage of MitoATP is 10- 20 drops per day in water. A bottle is one ounce and lasts about one month. Cellcore ships anywhere in the world.

My next favorite supplement is one I created. It is a “multi-glandular” through a company I started with a friend called Heritage Glandulars. It has 9 organs in it to feed your organs to fulfill the third circle in the Follow The Physiology Formula.

It is one of the only multi-glandulars with no pork to respect the beliefs of several traditional religions.

You have to cycle it on and off when you take it. For example, you can take 2 pills a day for one week on, then stop it for one week off.

More instructions and ordering can be found at [www.heritageglandulars.com](http://www.heritageglandulars.com).

My favorite heavy metal detox supplement is HM-ET Binder from <https://cellcorebiosciences.com>. It also is the best detoxifier of the chemical “Glyphosate”, also known as Round-Up which we are continually exposed to through our water and food. When you take this great detoxifier, you are handling the “toxins” part of the first circle in the Follow The Physiology Formula. Use the code L6pdmf3r to order. Take 2 per day to start gentle detoxing- one in the morning and one later in the day. It does not matter if you take it with food or without food.

If you want to learn more about the supplements and everything else that we have covered within this free eBook guide, we have created a **free introductory course**.

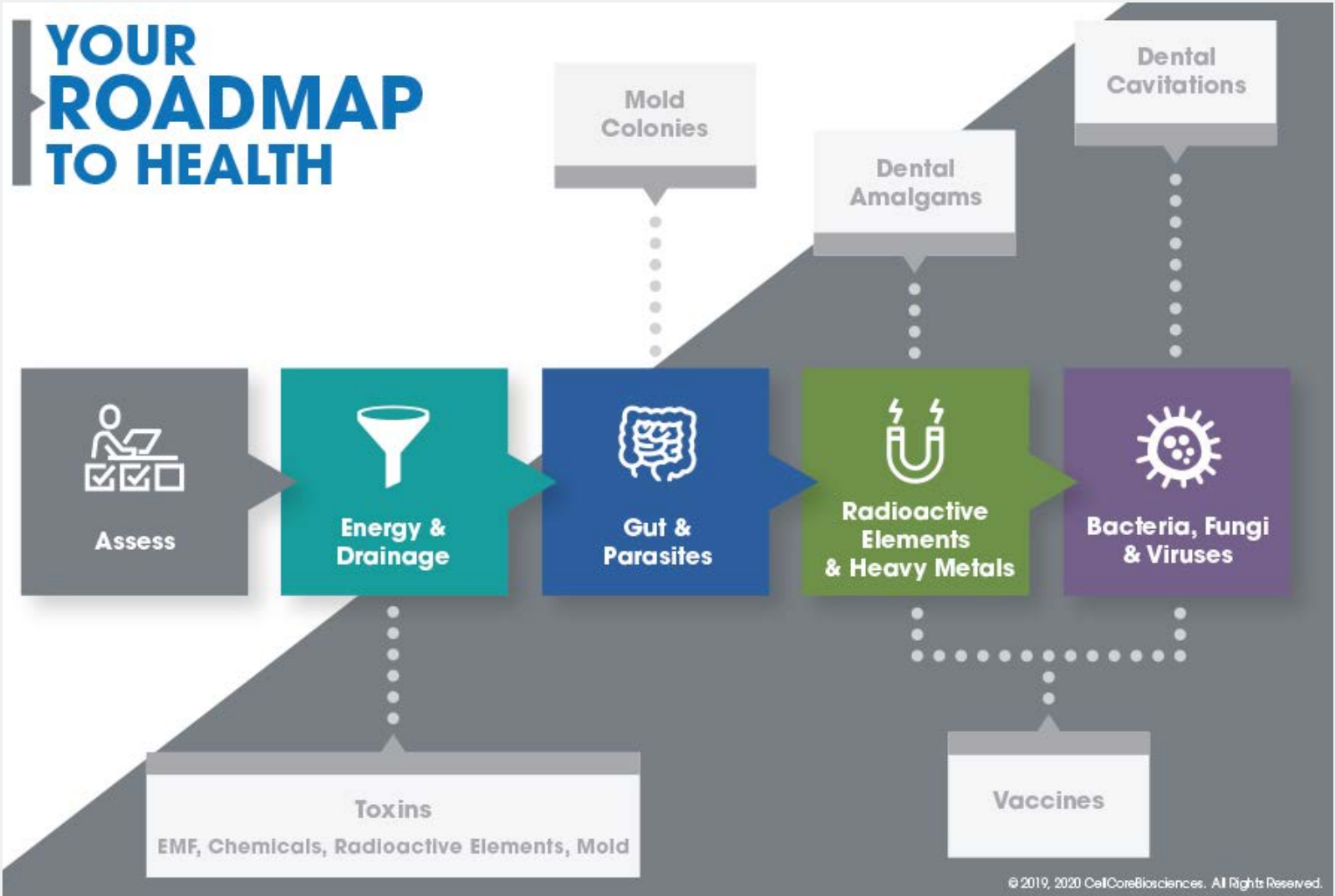
This free online course continues the journey of the “Follow the Physiology Formula”.



We have loaded you up with information but have only been able to scratch the surface with this eBook and there are many more important facts for you to learn.

These are the tools you need to feel your best for the rest of your life especially if you are...

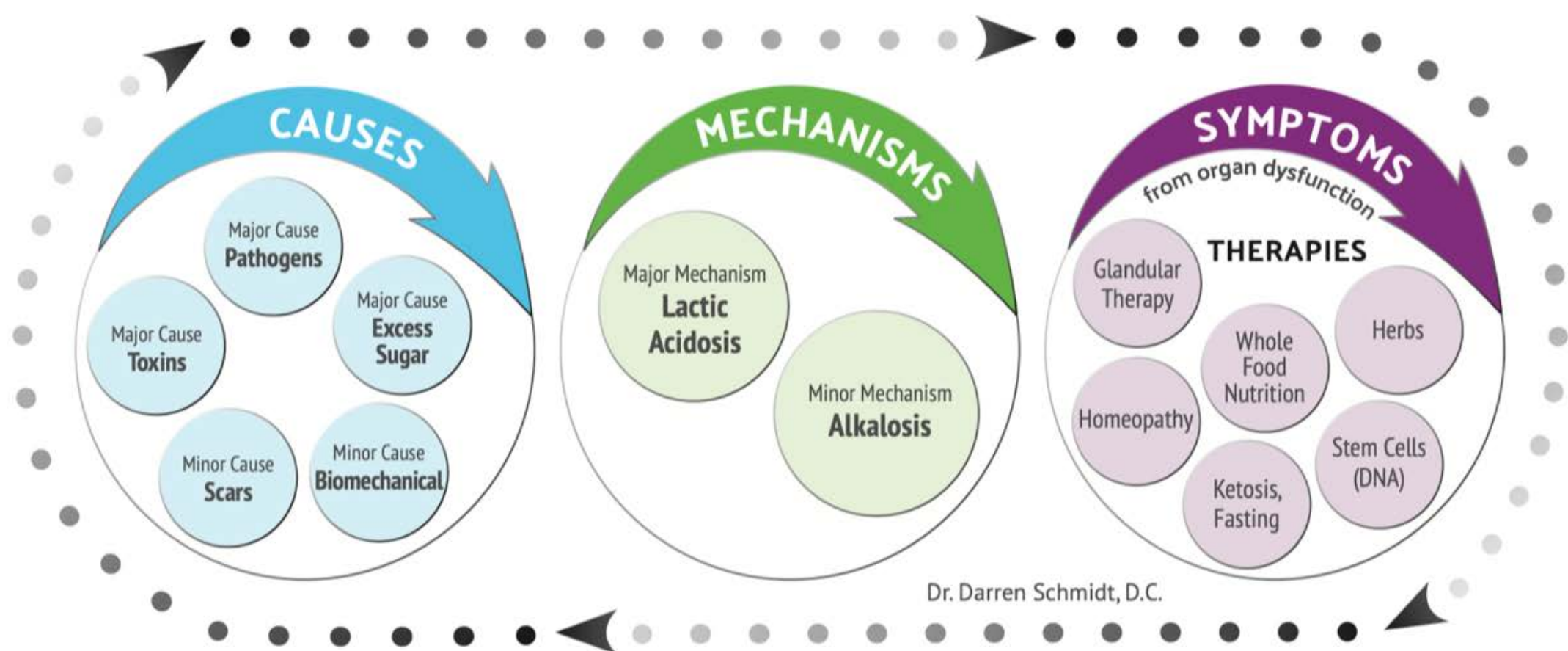
- Feeling unhealthy and you’re not sure why.
- Have an underlying problem with your health and just can’t work out what it is.
- Want to reduce your symptoms naturally but don't know how.
- Want to get back to the way your health used to be when you were younger.
- You don’t want to be overweight.
- You don’t want to suffer from high blood pressure or high blood sugar.
- You don’t want to have chronic pain such as arthritis, back pain, or headaches.





## Follow The Physiology

Address All 3 Factors of Chronic Disease



## Free Introductory Course

The free Introductory Course has a mini video series that covers the “Follow the Physiology Formula” and it's 3 circles;

1. Causes
2. Mechanism
3. Symptoms.

You will learn more about reversing the Lactic Acidosis cycle and getting your organs into optimal health.

[\*\*Click to Enroll\*\*](#)



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# “FOLLOW THE PHYSIOLOGY FORMULA”

*Your next step...*

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DR. DARREN SCHMIDT  
CEO, DOCTOR OF CHIROPRACTIC,  
NUTRITION EXPERT





# Follow me for the latest updates and information:

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**[Click to Follow](#)**

Take the “Follow The Physiology Survey”  
which is very extensive and we have all  
of our new patients fill it out

**[Click to Survey.](#)**





# Visit our Website

See my office website:

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If you need personal help, you can contact my office and book an appointment with me or one of my other practitioners. We have appointments available over the phone or in person.

To contact us call:

1-734-302-7575

or

email:

[intake@thenhcaa.com](mailto:intake@thenhcaa.com)

We also have a “Travel Package” which is 3 visits in 2 days or our “Heart Travel Package” which is 5 visits in 3 days. We follow up with phone calls to monitor progress and make changes over time.

Please have a look through a collection of videos we have for you:

**[Click to Watch](#)**



# Testimonials:

My husband found Dr. Schmidt's YouTube channel and had been watching for several months, finding the information very helpful and educational. So when we decided to make a trip to the US in May 2017 to visit friends (we live in the UK) we also decided to book appointments with Dr. Schmidt at his clinic and see him too while we were there. He assessed us both and gave each tailored (bespoke) plans for the health aspects we were concerned about, it was a very, very helpful and informative afternoon. It is now late 2019 and we continue to benefit from Dr. Schmidt's advice and information, we both continue to watch him on YouTube to learn more and would definitely see him again, either in person and via his distance consulting. And while we both have improved our health, I in particular have changed my life significantly for the better due to the path Dr. Schmidt set me on. The list of improvements is long and I am so very very grateful that Dr. Schmidt shared his information on YouTube so we could find it and learn. Words really cannot do justice to the positive changes I've made. It is a very sad thing, could just as easily be anger and betrayal really, that all my life (I'm over 60) I kept trying to do the right thing for my health. I did my best to follow the standard we have all been told for decades by those in authority and I tried many things - all were for nothing and none were sustainable for long, and are fundamentally flawed by low quality "science". I had to put aside everything I thought I knew and start again to learn how our health is impacted by the food we eat and what food is truly healthy for humans. I will never go back! It is so sad to see how vested interests of corporations and academic institutions have been taking us down such an unhealthy path for so many years. And so sad to see many people one sees in public that could have a happier life if they were not so badly effected by years of wrong dietary information. Thank you loads to Dr. Schmidt and his staff, these words are genuinely meant yet so not enough to express the depth of gratitude felt!



I learned all kinds of unexpected things during my first couple visits. The staff was beyond friendly, helpful, and always seemed to know who I was and the questioned I asked -- even though I was brand new to the practice. I'm also amazed how effective the supplements were within these first couple days of taking them! I'm feeling better than I have for over four months when my diet and sleep was way, way more strict! I'm excited to see how things improve over time!!



# Testimonials:

I would highly recommend Dr Schmidt. He is one of the most knowledgeable practitioners I've ever worked with. He has an amazing intuition for treating patients and gives great hope that one can recover their health.



On October 29, 2019 this year I traveled to this clinic in Ann Arbor from Minnesota. My medical clinic in Minnesota was not helping me solve my issues since 2012. I used the Long distance program with 5 appointments. By October 31, Dr. Darren Schmidt had figured out which supplements I needed through muscle testing. I was not aware my body knew what I needed. Dr. Schmidt is very disciplined, knowledgeableable, and intelligent. His highly respectful staff is excellent to work with. I have huge hope for my future now and I feel better every day with results I have wanted to see for a long time. Thank you from the bottom of my heart! I am telling all my coworkers about this miracle.



Great clinic. I am having great results with my nutritional support. Together with the educational videos I am improving my health every day!

From California. Started seeing Dr Schmidt May 23. It's November. I'm 25% healthier. No more parasites kidney stones diverticulosis issues tiredness and fatigue. Or skinny bony-ness. I gotta say, my body feels different. like I got a brand new body. It's absolutely worth it if you're battling with health issues. Dr. Schmidt knew which lab work I needed which, in fact, indicated extremely high thyroid antibodies. With the diet changes and supplements he suggested I have lost weight, have better energy and improved digestion. I no longer have to take short naps to help me make it through the day.Regarding my concerns about dementia, which runs in my family, it feels like a light bulb has been turned back on in my brain.I have gone to many health care practitioners throughout my life but none with the knowledge and skill of Dr. Schmidt. I highly recommend him.



Best holistic functional medicine Doc in the world. Under his care, my mother is off 14 prescription drugs, has reversed diabetes, hypertension, chronic UTI, chronic Bronchitis, rheumatoid arthritis and sleep apnea. She has lost 22 kgs (48.5 lbs.) and is healthier than ever. May Almighty bless him and his staff.



# Testimonials:

Dr. Schmidt has been taking care of my husband over the past several months. He has helped with multiple health conditions concerning us. His recommendations have greatly improved and normalized my husband's blood pressure more so than any formerly prescribed medication. My husband has reduced and maintained his weight at a healthy level which has helped with his overall health, thanks to Dr. Schmidt's Keto Diet recommendation. As an out-of-state patient under his distant patient program, we find Dr. Schmidt and his staff highly responsive and helpful in addressing my husband's overall health and wellbeing through comprehensive phone interviews. Also, thank you Dr. Schmidt, for the incredible research you provide us through your YouTube channel.



The past year I've been treating a serious candida overgrowth which was causing all kinds of health issues many of which I had not realized were connected to this issue. Now I'm symptom free and healthier than ever because my doctor knows exactly what to do so how cool is that.



This really works! I'm a 65 year old fairly healthy woman and I've had so many noticeable changes in my health since starting as a patient of Dr. Darren Schmidt. I wanted to get off my medications when I started in early July 2018 and after two weeks, quit using my steroid inhaler. I've tried to quit before but after 3-4 weeks, my chronic cough would return and I'd have to start using it again. But four weeks went by and no cough. It's now been five months and it's still gone and I haven't used the inhaler once. And I can breathe so much deeper. I just went to see my M.D. who said my lungs are 'really clear' now. That would have been enough for me to make Dr. Schmidt's treatment protocol worthwhile but there was so much more. My brain fog was lifted. My memory is so much better now and I feel 'smarter'. And if that wasn't enough, my tinnitus is GONE, I mean really gone and it hasn't come back in five months so far. I didn't even expect that would happen! It's SO awesome to wake up in the morning and lay in bed and hear silence. I'm now working on my hypothyroidism. I've been off my Synthroid since early September 2018 and this has been tougher but the supplements make me feel warmer and have more energy. I've lost 12 pounds so my BMI is in the normal range now, not overweight. This program is the coolest thing I've done for myself in my whole life!



# Testimonials:

I am so incredibly blessed to have found Dr. Darren Schmidt's videos on Youtube! I began watching him as I was exploring a ketogenic lifestyle. About four months into watching his videos, I heard him talk about his own experience with a pounding heart and high blood pressure. His story was my story! Gratefully, he has distance appointments with people, as I live on the west coast. I was determined to get off the medication I now had to take. I had thrown every natural remedy at it I could without luck. I called the Nutritional Healing Center of Ann Arbor and scheduled a distance appointment with Dr. Schmidt. It took a few weeks for my first appointment, but I assure you it was WELL WORTH THE WAIT!!! Dr. Schmidt gave me a great analysis of what was going on with me...something medical doctors had completely missed. He started me on a protocol of supplements and a particular diet and in LESS THAN A MONTH...I am on a QUARTER of my blood pressure medication!!! I think within the next week I should be off of it completely, as frankly...it's a little low now. :) Having studied natural health as a hobby for several decades, I truly feel in my heart that Dr. Schmidt will go down in history as one of our greatest doctors ever. I really mean that. I have watched countless videos he has presented and have never come across anyone who has dedicated their lives this deeply to not only discovering useful information for the public to get a handle on their own health, but to actually share this information generously with all via Youtube. I have hope now that other problems will clear up that I have been dealing with. This man really knows his stuff. He is one of the most courageous, caring and intelligent beings on this planet. Thank you Dr. Schmidt for all you do and to your kind staff for always being there for me. I love you all and I'm forever grateful.



After being sick and going back and forth to many different doctors with no results, I came across Dr Schmidt's videos on YouTube. I watched every video that he had posted on YouTube. I made an appointment to see him and with in one month I have seen great improvement in my health. I can't thank Dr. Schmidt and his staff enough they are my heroes.



# Testimonials:

I have been seeing Dr Schmidt since Sep 2016. He has helped to get my health and weight back in order within the first 6-8 months. I was also having auto immune, thyroid and knee and heel problems. Dr Schmidt has helped with all these issues and I am happy to say I feel really healthy and have a lot of energy now. I have seen an Endocrinologist for 7.5 years prior with absolutely no results. For all those folks out there with Thyroid problems and auto immune related issues I highly recommend seeing Dr. Schmidt instead. Sad to say The Endo specialists have absolutely no idea how to treat you!! I am so happy and in debt to Marilyn my friend who referred me to Dr Schmidt. A big thank you to Dr Schmidt and the entire staff at Nutritional Healing center of Ann Arbor for helping me to be healthy!!



Here are the important improvements in my health that have been achieved in only 7 months with NHCAA. Weight down 38 lbs; waist down 4"; shortness of breath climbing stairs is gone; systolic bp down 15 points; stamina has increased; dizziness is gone; virtually all arthritis pain is gone; strength is returning; sleep has improved greatly; nighttime urination frequency reduced almost completely; brain fog reduced; blood sugar way down. Dr. Schmidt knows what he is doing and almost anyone can transform their health by working with NHCAA. This is not a one-way street, however. It requires dedication, commitment and belief in them and yourself. But it is so worth it!!!



I have been going to Dr. Schmidt for a couple of years. It has been a life-changing experience for me. I had been sick for 3-4 years - going to the doctor over and over, subjected to tests, yet no accurate diagnosis. Dr. Schmidt helped me identify the problem and do what was necessary to get well and maintain my health. Now, I am healthy and strong again! I can't thank him enough!!



The NHCAA has helped me tremendously in just 2.5 months! My swollen knee is nearly 100% - I have full range of motion back and have been very pleased with the improvement. The process is straightforward and while the diet is somewhat restrictive, there are many foods I can eat and enjoy. I am feeling so much better and most of my top 5 health concerns have improved significantly. I have lost weight and feel like I am on the right path toward a healthier me.



# Testimonials:

Dr Schmidt recommended that I begin an iodine regimen for my symptoms, which changed my mood instantly. I felt so happy and energetic. Along with other supplements that Dr Schmidt suggested, my general health improved and I feel better every day.



Thanks Dr.Schmidt and Staff ! 3 months ago, after watching several of Dr Schmidt's YouTube videos, I decided to contact him believing he could help me find the cause of my higher blood pressure. My BP had risen to 155/105 - 170 /110.I told him I was not interested in using drugs to suppress my systems, I only wanted to find the cause and correct it.Dr Schmidt methodically went through an elimination process, with thorough testing and questions, by phone and multiple e-mails, because I am in Florida. Recently Dr. Schmidt suggested a supplement to help with my cortisol regulation. My cortisol was up and my neuro transmitters, serotonin and dopamine were down. The product he suggested nearly instantly corrected how I was feeling and solved the problem Dr Schmidt was asked to solve, higher BP. My BP now is 128/89 - 140/94, plus I feel great; in my case the higher BP was caused by poor cortisol regulation. I found Dr Schmidt and his staffvery thorough!



Dear Dr. Schmidt,Thank you for all your research on lactic acidosis and for making all the videos on that subject.It has changed the course of my health.You are brilliant, perceptive and have information that all of today's physicians should know, but unfortunately do not. When will our incompetent and uninformed medical professionals listen to you?





# Reference Links:

1. [Prescription drug expenditure US 1960-2019](#)
2. [The Discovery of the Vitamins](#)
3. [What is the historical history of lactic acidosis?](#)
4. [Public Health Assessments & Health Consultations](#)
5. [No, Sugar Consumption Hasn't Fallen - Robert Greer](#)
6. [Vegetable Oils Promote Male Infertility - Mission.org](#)
7. [Is dental amalgam safe for humans? The opinion of the scientific committee of the European Commission](#)
8. [Most Common Household Toxins](#)
9. [Radium contamination in public water systems nationwide](#)
10. [Protect Your Family from Exposures to Lead | Lead](#)
11. [Toxic Drugs: When Medicine Makes You Sick](#)
12. [These Are The Most Dangerous & Heavily Promoted Prescription Drugs: Here Are Natural Alternatives](#)
13. [Tests Find More Than 200 Chemicals in Newborn Umbilical Cord Blood \(13b\) Thus utilization of heavy metal-contaminated water is resulting in high morbidity and mortality rates all over the world.- Prevalence of exposure of heavy metals and their impact on health consequences. \(13c\) 49.3% of the population contained a combination of three or more metals: Prevalence and associated demographic characteristics of exposure to multiple metals and their species in human populations: The United States NHANES, 2007-2012. \(13d\) "heavy metal toxicity has proven to be a major threat" - Toxicity, mechanism and health effects of some heavy metals](#)
14. [A Detoxification Intervention for Gulf War Illness: A Pilot Randomized Controlled Trial](#)
15. <https://www.healthline.com/nutrition/10-benefits-of-low-carb-ketogenic-diets#section11>
16. [Postnasal Drip: Symptoms, Causes, Diagnosis, Treatment](#)
17. [Dental Cavitations | Jaw Bone Infections](#)
18. <https://www.healthline.com/nutrition/candida-symptoms-treatment#section2>
19. [Oregano Oil: Natural Antifungal & Other Health Benefits](#)
20. [The Curse of Louis Pasteur](#)
21. [Hemodynamics - Hyperemia](#)
22. [Extraction](#)
- 23.
- 24.
25. [Ethanol dilates coronary arteries and increases coronary flow via transient receptor potential vanilloid 1 and calcitonin gene-related peptide](#)
26. [Acute cardiovascular and metabolic effects of acetate in men.](#)
27. [Dilation of retinal arterioles in response to lactate: role of nitric oxide, guanylyl cyclase, and ATP-sensitive potassium channels.](#)
28. [https://cellcorebiosciences.com/products/biomolecular-oxygen?\\_pos=2&\\_sid=893c7fae6&\\_ss=r](https://cellcorebiosciences.com/products/biomolecular-oxygen?_pos=2&_sid=893c7fae6&_ss=r)
29. [What Was the First Candy Bar Ever Invented?](#)
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31. [Chronic Stress, Combined with a High-Fat/High-Sugar Diet, Shifts Sympathetic Signaling toward Neuropeptide Y and Leads to Obesity and the Metabolic Syndrome](#)

# Reference Links:

32. [Meat-Eating Among the Earliest Humans](#)
33. [Ketosis is the Basis of Detoxification and GAPS Diet](#)
34. <https://www.healthline.com/nutrition/what-is-intermittent-fasting#section1>
35. [WHO Says Meat Causes Cancer?](#)
36. [Does Evidence Support Limiting Red Meat?](#)
37. [What is the historical history of lactic acidosis?](#)
38. [Dr. Henry R. Harrower Archives](#)
39. [https://en.wikipedia.org/wiki/Lactic\\_acid#History](https://en.wikipedia.org/wiki/Lactic_acid#History)
40. [Dr. Lee Library Archives](#)
41. [From Soil to Supplement: A Course in Food, Diet, and Nutrition, Taught by Dr. Royal Lee \(Print Edition\)](#)
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43. [Lactate clearance is a useful biomarker for the prediction of all-cause mortality in critically ill patients: a systematic review and meta-analysis\\*](#)
44. [Metabolic Pathways Poster](#)
45. <https://serendipstudio.org/biology/b103/f02/web2/wcarroll.html>
46. [Organs of the Human Body List by Size, Weight & Functions](#)
47. [Why Cancer of the Heart is So Rare - Part 2\(48\) Red Meat Is Health Food](#)
48. [Red Meat Is Health Food](#)
49. [#LCHF The genius of Dr. Joseph R. Kraft - Exposing the true Extent of #Diabetes – The Fat Emperor](#)
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