

Suggested Q&A

- Q. With today's sinking economy, is there light at the end of the tunnel, a way to inspire those of us that are physically and financially stressed?
- A. Yes, there is light at the end of the tunnel. Now more than ever, people need to look within to find peace, serenity and have faith that we can always find a solution to any problem. The Healthy Millionaire™ gives simple, practical solutions for detoxifying negative patterns, being physical, emotional or spiritual, that hold us back from achieving everything we desire in life. At some level I think we all desire to be healthy and financially free.
- Q. The title of your book is The Healthy Millionaire™. I'm not a millionaire; does this mean the book is not for me?
- A. No, of course not. The book is written for everyone, whether you are financially stable or not. It is especially helpful for those who are looking to find peace with their finances and how to create more wealth. If your audience includes millionaires, which I'm sure it does, The Healthy Millionaire™ helps them find a balance in their lives so that the further manifestation of millions continues, without costing them their health.
- Q. Are there really "secrets" to creating wealth? Why do we not all know these secrets?
- A. In The Healthy Millionaire™, I reveal some of the secrets to manifestation that have existed for many, many years. Many do not know of these secrets because it has been estimated that 10% percent of the population make 90% of the world's wealth! How can this be? There must be something that these select 10% know about and then act upon that allows them to have this amount of wealth. Some of the secrets revealed in The Healthy Millionaire™ really have nothing to do with money, but a lot to do with our spiritual connections to all that is!
- Q. What tips can you offer from a health perspective to achieve and maintain good health?
- A. I am a firm believer in preventative medicine. I think if you take care of your health-both physically and emotionally there is no reason to become sick. A big part of staying healthy (or treating disease) is by engaging in a detoxification protocol a few times a year. I usually recommend that you detoxify the major organs at least 2-4 times per year, with the change of the seasons.

Q. What are the 5 major detox organs?

A. They include the lungs, liver, kidneys, digestive tract and skin.

Q. How could you detoxify the lungs?

A. Most of us do not use our entire lung capacity when we breathe. For this reason, our lungs are not working as well as they should to detoxify. To detox the lungs, it is important to find fresh air and breathe deeply. Deep breathing exercises are also very helpful at detoxifying the lungs. Let's try something. Sit or stand comfortably. Take a deep breath through the nose for the count of four. Hold the breath for four counts. Now gently exhale for four counts. There are also herbs and homeopathic remedies available to detoxify the lungs. I formulated such a remedy called VitaDetox, from VitaTree Nutritionals.

Q. How do you detoxify the liver?

A. An easy way to stimulate the liver to work more efficiently is to squeeze fresh lemon into water a few times a day. Lemons contain d-limonene, and mormolin which are compounds that induce Phase II detoxification in the liver. Use ¼ to ½ a lemon in 8 oz. of water. Warm water is better at stimulating the digestive process and moving the bowels. Many of my patients also find that it is easier to drink their 8 glasses of water a day if it has lemon in it to jazz it up a little. The Healthy Millionaire™ includes many other ways to detoxify the liver.

Q. You talk about whole food nutrition in your book and whole food vitamins. Can you explain what this means?

A. Whole food means exactly what it sounds like, getting our nutrients from whole, unprocessed food. Select vitamins are now made from whole foods. However most vitamins on the market are synthetic. 100% whole food vitamins are, in my opinion, much healthier than the synthetic variety because our body can recognize, digest and then utilize the nutrients, as nature intended. Foods like fruits and vegetables have been studied to contain over 400 different phytonutrients, some of which are yet to be discovered. These phytonutrients play a very important role in the way that the vitamins and minerals in these foods are used by the body. Whole food vitamins that are direct extracts from highly nutritious fruits and vegetables are the best absorbed and bio-available way to supplement.

Q. Is it true that you formulated some whole food vitamins? Why?

A. Yes. I formulated a number of products for VitaTree™ Nutritionals, a revolutionary supplement company, here in Canada, which focuses on whole food nutritionals. VitaTree products are unique in that they contain no fillers in their capsules. Many supplement companies use fillers to increase the “look” of the size of their capsules, thus increasing the number of caps per bottle. One of the reasons I formulated VitaTree products was for an increasing and growing need to supplement our diets with more fruits and vegetables. In my practice as a naturopathic doctor, I find it very common that people rarely consume the required 7-10 servings of fruits and vegetables per day. Some even struggle to eat this in a week.

Q. So your formulations contain fruits and vegetables, in a pill?

A. Yes, I formulated VitaFruits, a fruit blend and VitaVeggies, a vegetable blend. They each contain nature’s highest containing anti-oxidant containing fruits and vegetables.

Q. Are VitaTree™ products available in health food stores?

A. Yes, they are being launched in health food stores across Canada in November of this year.