



Top 14 Herbs & Minerals to
**BOOST YOUR
BRAIN**

NATURAL MEDICINE SECRETS

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brought to you by HEALTH SECRET

Top 14 Herbs & Minerals to Boost Your Brain

by Jonathan Otto and the Health Secret Team

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INTRODUCTION

Hi, my name is Jonathon Otto and I was wondering; how often have you gone to your doctor's appointment with a list of questions, especially about brain fog or memory issues, only to be rushed through your visit and not being able to discuss all your concerns? Have you found that on your way out the door, you are often given a prescription to treat only one of your symptoms or given a referral to go to see a specialist...or three?

In today's busy world, it is unfortunate that many in the medical profession focus on treating a specific symptom instead of looking at your overall body health and your brain health.



It is time for you to take control of your brain health and start the healing process. Your body is an amazing machine that only works properly when ALL the parts are healthy, especially your brain.

A first step to having a healthy brain is to focus on over-all body health.

According to Dr. John Dempster, "Our brain is intimately connected to other parts of our body. We are not an automobile. We do not just have separate parts that we focus on. We really want to make sure that we are connecting the person as a whole. Our central nervous system, so our brain, has a massive enervation, a massive nerve that goes straight to our gut. The more that we can support our gut health and our gut efficiency, and something called inflammation in our gut, the better we are going to be able to improve everything from Alzheimer's to dementia to bipolar, schizophrenia, go down the list." ¹

Other experts agree that the brain has a direct effect on the stomach and intestines. For example," the very thought of eating can release the stomach's juices before food gets there. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's digestive distress can be the cause or the product of anxiety, stress, or depression. That is because the brain and the gastrointestinal (GI) system are intimately connected." ²

I want to thank you for taking the time to download this eBook, which is part of our groundbreaking NEW 9 Episode Docuseries, ***Natural Medicine Secrets***. In this life-changing docuseries, you will discover the key ingredients that can help reduce inflammation, balance blood sugar, assist in weight loss, remove harmful toxins from the body, promote healthy digestion, boost energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and so much more.

THE TRIGGERS FOR BRAIN DISEASE: WHAT IS REALLY MAKING YOU SICK?

- ▶ Stress and Anxiety – Brain's Flight or Fight Response
- ▶ Neurodegenerative Disease - Alzheimer's & Dementia
- ▶ Inflammation of the Brain and Body
- ▶ Diet – Foods that are Sabotaging Your Brain
- ▶ Toxic Environment – How Heavy Metals, Pesticides and GMOs Affect Your Brain

TRIGGER

Stress and Anxiety – Brain's Flight or Fight Response

When under stress, the body pumps out the hormones cortisol and adrenaline as part of what is known as the fight or flight response in your brain. These stress hormones also affect many body functions, including heart rate, blood pressure and blood sugar.

After the stressful situation passes, the brain and body should relax, and hormones should return to normal. But modern lifestyles expose people to constant stress. That means stress hormones, like cortisol, often stay elevated and the brain remains on "high alert."

Over time, this impacts overall health, mood, sleep, and the ability to relax. Constant stress robs the brain and body of vitality, good health and energy.

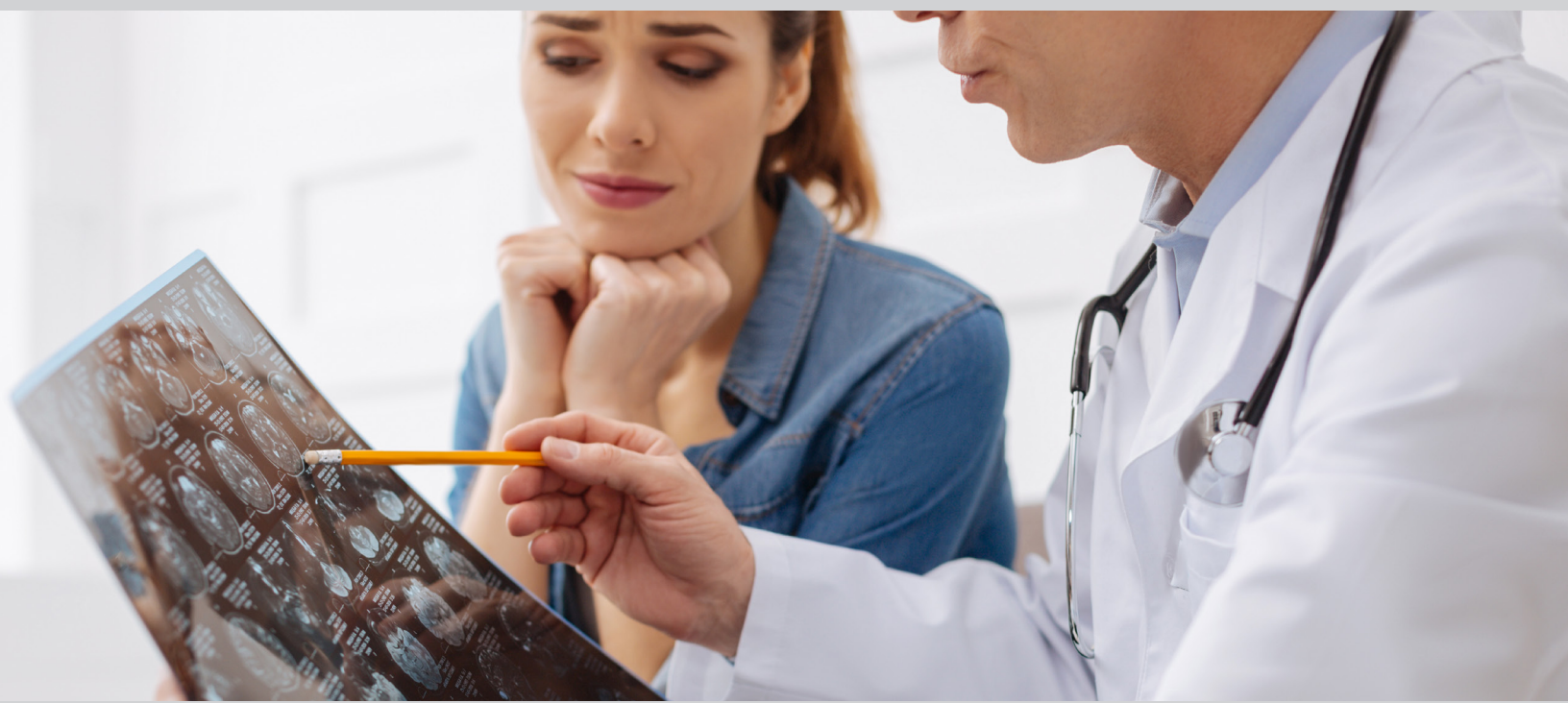


TRIGGER

Neurodegenerative Disease - Alzheimer's & Dementia

Everyone knows someone or knows of someone with Alzheimer's or dementia. Maybe it is your friend, your family member, or maybe it is you. Alzheimer's is quickly scaling the ladder of deadliest diseases—currently, it is the sixth leading cause of death in the United States. Alzheimer's, or another type of dementia, kills one in three seniors, which is more than two of the most common kinds of cancer (breast cancer and prostate cancer) combined.

Now, we have learned that the disease does not only affect seniors; as many as 200,000 people under the age of 65 have developed younger-onset Alzheimer's.



Did you know that within the time it took you to read this sentence, someone living in the United States has already developed Alzheimer's? That is one person in the United States every 65 seconds. For dementia the statistic is even worse: one person in the world develops dementia every three seconds. That is a sobering thought.

Many factors cause and contribute to neurodegenerative disease. Known factors include environmental stressors, leaky gut or intestinal impermeability, mental/mind/emotional stressors and genetics. While genetics may make an individual more prone to neurodegenerative and autoimmune diseases, it generally takes one or more of the other factors to trigger the expression of the genomes that results in the disease. Without a triggering factor, the genomes can lie dormant and the inherited genetic potential for a disease may never develop.



TRIGGER

Inflammation of the Brain and Body

Do feel like you are walking around in a brain fog? Are you sore on a daily basis? Do you wake up in pain? Are old injuries plaguing you? Are you bloated? You may be dealing with inflammation of your brain and body.

Inflammation is swelling, whether it looks swollen or not. Did you know that a joint can swell up to 30 percent of its capacity inward (inside the joint) before it expands externally? That means that a joint can be swollen up to 30 percent of its capacity before there are any physical signs of swelling. Have you ever stubbed a toe or jammed a finger? Remember how it was stiff and hard to move, even weeks after the swelling went down? That was due to what is called intra-articular inflammation or swelling inside the joint.

There can be inflammation elsewhere in the body like headaches, bloating and arthritis.

Inflammation is a systemic issue, not a local issue, if it lasts more than a week to 10 days. Similar to how a stagnant pond “goes bad” and starts to grow all the wrong things in it, chronic inflammation causes stagnation in the areas where it has set.

There are many different things that cause inflammation in the brain. “Gut health and brain health ... there is a direct connection so you cannot fix the brain if you do not fix the gut. The gut is always the first avenue of getting healthy.”³

TRIGGER

Diet – Foods that are Sabotaging Your Brain

You do not have to look too far to find easily accessible foods that are sabotaging your brain and body health. Foods to stay away from because of the inflammatory properties include dairy, sugar, caffeine, alcohol, refined grains, grain-fed meat, and bad fats, such as corn, soy and canola oils (all of which are GMO unless organic or non-GMO certified), all hydrogenated oils, and all oils that have been used for frying. Fried foods are a prime culprit for triggering inflammation in the body.

The most important place to start is the food that we are putting on our plate—especially refined carbohydrates.

“All the processed foods and all the foods that are riddled with fungicides, herbicides, pesticides, genetically-modified organisms, are things that are in the majority of our common foodstuffs right now. This is a big deal, and it is posing a massive health risk for a lot of people.” ¹



TRIGGER

Toxic Environment – How Heavy Metals, Pesticides and GMOs Affect Your Brain

Toxins and heavy metals accumulate in the brain, organs and tissues and can cause various types of health issues. Many non-specific symptoms can be traced back to heavy metal and toxin exposure and accumulation, including:

- ▶ Brain fog
- ▶ Headaches
- ▶ Mood changes
- ▶ Muscle weakness
- ▶ Hair loss
- ▶ Immune system dysfunction
- ▶ Fatigue
- ▶ And many others

Heavy metals (which are metals with no known human benefit) include lead, mercury, cadmium, arsenic, aluminum, antimony and many others. You are exposed to heavy metals in numerous ways—even without knowing it. They can be contaminants in food, water, drugs and numerous other things.



For example, some common exposure risks include:

- ▶ Mercury from dental fillings, fish, vaccines and industrial applications
- ▶ Lead from old pipes and paint
- ▶ Arsenic from treated lumber, runoff into groundwater and even rice
- ▶ Aluminum in beauty products such as lipstick and antiperspirants
- ▶ Cadmium in furniture, mattresses and e-cigarettes

In addition, toxic chemicals from herbicides, pesticides, air pollution and vehicle exhaust, food additives, and other sources bombard our bodies relentlessly.

You have probably heard of toxins such as BPA found in plastic water bottles and PFOA found in non-stick pots and pans. There are thousands of these toxins in our environment.

Another alarming side effect is “our kids are having more allergies too. Everybody has allergies now to something, and I remember when I was a kid in the 70s and 80s, very few kids had allergies,” said Leah Y. Parks. “There was maybe a child that suffered from allergies and had asthma or illness, but now it seems like every other kid has either very severe and life-threatening allergies, to just mild hay fever or something of the sort.” ⁴

While it is impossible to completely avoid heavy metals and toxic exposures, you can take a big step to reduce the toxic load in your body. By detoxifying these substances from your brain and your body, you may discover newfound energy and more vitality for a healthy lifestyle.

HEALING SOLUTIONS FOR A BRAIN HEALTHY LIFESTYLE

You are bombarded daily with so many conflicting messages about what is healthy and what is bad for you; it is not a surprise that you feel ill and are suffering. It is really not your fault when the world seems out to get you. However, now that you are aware of what is really making you sick, it is your responsibility to fight for a healthier YOU! The following ideas are ways to improve your memory, nutrition and lifestyle while removing toxins and parasites:

- ▶ Destress with a Brain Healthy Lifestyle
- ▶ Healthy Plant-based Diet to Help Fortify Your Brain
- ▶ Detoxification of Your Brain and Body
- ▶ Natural Medicines for Your Brain and Body

SOLUTION

Destress with a Brain Healthy Lifestyle

There is an old saying that “if you don’t use it, you’ll lose it!” Many people think that saying applies especially to your brain as you begin to age.

Experts agree that it is important to exercise your brain with mental activity in order to stay healthy and maintain your mental agility.

A brain healthy lifestyle is a key factor to reducing stress in your life. You will soon discover that when you control your health destiny, your life gets more pleasurable in a host of different ways and more peaceful. You become much more productive and a much more productive person, who can be legitimately proud of yourself for your positive effect on humanity and your appreciation of the world around you.⁵



While it is important to keep your brain active, regular physical exercise is also important for a healthy body and strong heart. “When people lose their mental abilities, and the pathologists look at the brain, it is clear that the arteries are getting clogged up, and inflammation is happening in the tissues.”⁶ Doctors have discovered that there is no substitution for open arteries bringing fresh, oxygenated blood to the brain tissue, or any tissue.

Healthy Plant-based Diet to Help Fortify Your Brain

“Let thy food be thy medicine,” said Hippocrates more than 2,000 years ago. Every bite of food we eat will either help or hurt our physical and brain health. “It is no surprise that when you look at the data, when you look at study after study coming out, you see that there is a profound relationship between nutrition and brain health.” ⁷

According to Dr. Ben Johnson, diet is the number one factor for good health. He believes that sugar and sugar spikes are huge causal factors for Alzheimer’s, as well as diabetes and cancer.

A sugar spike occurs when we eat a certain substance, and it spikes the blood sugar more than 20 points, causing damage to the body. He states that blood sugar management is critical not only in his treatment of Alzheimer’s and cancer patients, but in all of his practice.

He states, “I will actually tell my patients, go to the local pharmacy and get a blood sugar meter. Check your blood sugar, eat the bowl of whatever you are going to eat quinoa or corn or potatoes or fruit, or whatever. Set your timer for 20 minutes and check your blood sugar again. If your blood sugar went up over 20 points, you cannot eat that. That is causing a sugar spike. Sugar spikes cause damage everywhere, from the brain, to the pancreas, to our little bitty blood vessels, our capillaries, nerves, sugar-feeding cancer cells. Sugar spikes are one of the unhealthiest things that we can do in life.” ⁸

A healthy diet option is the Mediterranean diet, which is rich with fresh vegetables (particularly leafy greens such as spinach and kale), fruit, whole grains, legumes (such as lentils and chickpeas), nuts, herbs and spices (like oregano, rosemary and parsley), healthy fats such as avocado, nuts and seeds, and whole coconut, and is low in red meat and processed foods. This diet is good for brain health, not only because many of the included foods are anti-inflammatory, but it is full of protective vitamins and antioxidants—like B vitamins, omega-3 fatty acids and polyphenols.



What Experts are Saying About Diet and Nutrition



"More and more doctors of every ilk, the neurologists, the pathologists, radiologists, are all saying that it is probably how the owner of that brain has been treating that brain all these years. And it comes down to the food."

Dr. Michael Klaper ⁶

"We know that plants or vegetables and fruits and nuts and legumes and seeds are the most prominent elements of a healthy diet, that a diet of whole food, which means it is unprocessed, and plants have the right quantities of vitamins and nutrients that help the brain grow and thrive. The lack or the unavailability of those kind of foods in a community can result in disease." *Dr. Ayesha Sherzai* ⁷

"Food can literally make or break your brain. It is the building blocks of the brain, and what we eat affects our brain at a cellular level. It causes inflammation, it causes oxidation, it causes dysregulation in glucose and fat metabolism. So eating the right kind of foods provides the specific nutrients that actually builds the connections, that actually provides the raw material for the brain to regrow, to reboot." *Dr. Ayesha Sherzai* ⁷





SOLUTION

Detoxification of Your Brain and Body

With or without tests, certain steps should be taken to ensure safe and effective detoxing of your brain and body:

1. First of all, **remove all sources of heavy metal exposure** (e.g., amalgam fillings safely removed, aluminum cooking pans replaced with non-aluminum, etc.).
2. **Testing of detox pathways** is recommended to be sure the liver, kidneys, gut and lymphatic system are open and functioning well. You want them to be able to excrete the toxins quickly when they are released from the tissues in your body and not have them floating around causing damage. If any of the pathways are not functioning well, take whatever steps are necessary to correct that before starting a heavy metal detox.
3. **Supplement with B vitamins and folate (which can also be found in green leafy vegetables, and should not be confused with folic acid)**, and eat sulfur containing foods like broccoli, kale, garlic, onions and daikon radish to help open the pathways.
4. **Supplement with essential minerals** to ensure that your tissues have the correct minerals they need to function well. If they are short on the correct minerals (calcium, zinc, magnesium, etc.), the released heavy metals may substitute in for them instead of being excreted.

SOLUTION

Natural Medicines for Your Brain and Body

You may be one of the growing numbers of people who choose alternative medicine over conventional treatments. We are fortunate to have access to thousands of years of herbal medical knowledge gained from diverse cultures around the world, including Traditional Chinese medicine, Ayurvedic (traditional Indian) medicine, Egyptian, and ancient Greek and Roman medical systems. And although they each developed their own medical practices, they all evolved around plant-based medicines.

“We can really appreciate the blessing of life we have been given and the blessing of natural foods that sustain us with the nutrients humans need to protect our health. Our health is protected by the natural world, and if we can protect the natural world and the foods that nature gives us, then we can protect our health and have incredible health.”⁹

Plant-based natural medicines are often found to be as effective – sometimes more effective – than what Big Pharma has to offer. They are far more affordable and less prone to side effects than pills produced by the pharmaceutical industry.



“Safe, effective, natural remedies are available to treat every medical concern. Some doctors are starting to recommend that everybody should be taking a multivitamin, a fish oil or algae-sourced form of omega 3 fatty acids, a probiotic. Those things—those three basics—are really, really, really important.”¹⁰

“Plants have a long and rich history of medicinal use and, even in the era of modern medicine, their medicinal properties are still sought after.” ¹¹ Proper use of natural medicines includes the following health benefits:

- ▶ Helps support elevated mood and cognition
- ▶ Promotes detoxification of chemicals and heavy metals
- ▶ Promotes energy
- ▶ Promotes healthy neurotransmitter and stress hormone levels
- ▶ Promotes relaxation without sleepiness
- ▶ Promotes restful sleep
- ▶ Reduces free radical damage by increasing antioxidant defenses
- ▶ Supports a healthy response to stress
- ▶ Supports immune health
- ▶ Supports liver and kidney health
- ▶ Supports nerve health and energy



Your body is an amazing machine that only works properly when ALL the parts are healthy. Getting the following brain healthy herbs and minerals from a natural diet is your best start. However, food is not the only answer as the body sometimes needs plant medicines to supplement the deficiencies in your diet.

HERBS



ASHWAGANDHA

Ashwagandha, also called winter cherry or Indian ginseng, has been one of the most popular natural healing remedies in Ayurvedic (traditional Indian) medicine for almost 5,000 years. Hundreds of published studies prove Ashwagandha is highly effective and is prized for its many neuroprotective, brain-boosting benefits, including supporting brain cell regeneration, alleviating anxiety and depression, reducing stress, lowering cortisol levels, enhancing mood, improving nervous conditions, preventing degenerative diseases and fighting inflammation. Ashwagandha's ability to protect the body from the toxic effects of physical and emotional stress are what makes it such a popular herb.



BACOPA

Bacopa has been used in Ayurvedic medicine for centuries to reduce stress, improve mood and sharpen focus. Modern research shows that bacopa relieves stress in part by lowering cortisol levels. It is believed to offer neuroprotective benefits and antioxidants for the brain.



GINGER

Ginger is loaded with antioxidants and potent anti-inflammatory properties, is believed to play an important role in brain health, and has been shown to decrease pain in arthritis. Dried ginger has been used for thousands of years to treat stomach ache, diarrhea and nausea. Today, ginger is used as a dietary supplement for post surgery nausea; nausea caused by motion, chemotherapy, or pregnancy; rheumatoid arthritis; and osteoarthritis.¹²



GRIFFONIA SEED EXTRACT 5-HTP

Griffonia seed extract 5-HTP is a precursor to serotonin, a crucial neurotransmitter that regulates healthy mood function. It is used for sleep disorders such as insomnia, depression, anxiety, migraine and tension-type headaches, fibromyalgia, obesity, premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), attention deficit-hyperactivity disorder (ADHD), seizure disorder and Parkinson's disease.¹³



PASSION FLOWER

Passion Flower is a calming herb that helps increase brain levels of the neurotransmitter, GABA, for nervous system relaxation. It is used as a dietary supplement for anxiety and sleep problems, as well as for pain, heart rhythm problems, menopausal symptoms and attention-deficit hyperactivity disorder. It is applied to the skin for burns and to treat hemorrhoids.¹⁴



RHODIOLA

Rhodiola, also known as "golden root" or "Arctic root" has been used for centuries to treat stress, anxiety and depression. It is prized for its ability to improve brain function, benefit mental health, fight fatigue, and enhance physical and intellectual performance. It stimulates the brain and enhances memory, concentration and energy while fighting anxiety and maintaining calmness. Rhodiola has also been used to boost athletic performance, lower cortisol levels that spike in times of stress and burn belly fat.



TURMERIC

Turmeric contains the active ingredient curcumin, which has multiple health benefits affecting virtually every organ system in the body. This remarkable turmeric extract helps balance inflammation, supports immune system function, promotes cardiovascular health, offers potent antioxidant protection, improves your brain health, protects against Alzheimer's and much more.

MINERALS



CALCIUM

Calcium is an important mineral that builds and protects bones and teeth. It helps with muscle contractions and relaxation, blood clotting and nerve impulse transmission, plays a role in hormone secretion and enzyme activation, and helps maintain healthy blood pressure.¹⁵



COPPER

Copper plays an important role in iron metabolism and immune system¹⁶ and helps make red blood cells. It also helps keep the blood vessels, nerves, immune system and bones healthy.¹⁷



HUMIC AND FULVIC ACID POWDER

Humic and Fulvic Acid Powder are bioactive compounds, which help chelate or bond with toxic and inorganic metals to remove them from the body. They also work as powerful free radical scavengers and boost energy levels.



IRON

Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles. Your body also needs iron to make some hormones and connective tissue.¹⁸



MAGNESIUM

Magnesium helps stabilize mood to promote feelings of calmness and well being. It also plays an essential role in nerve function and is crucial for healthy sleep. Magnesium is needed for many chemical reactions in the body. Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth.¹⁹



POTASSIUM

Potassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction and nerve transmission.²⁰ Potassium balances fluids in the body. It helps maintain a steady heartbeat and send nerve impulses, and it is needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones.²¹



ZINC

Zinc is an essential trace mineral vital to liver health. It has been shown to reduce inflammation associated with liver cell damage. Zinc helps form many enzymes and proteins and create new cells. It frees vitamin A from storage in the liver, and it is needed for immune system, taste, smell and wound healing. When taken with certain antioxidants, zinc may delay the progression of age-related macular degeneration.²²

CONCLUSION

Find Out More About Natural Herbs to Revolutionize Your Health & Combat Chronic Disease

Our eBook has explored a tiny fraction of the thousands of healing remedies used by billions of people every day.

The World Health Association estimates 80% of the world's population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, two billion people rely upon medicinal plants as their primary treatment option.



The Food and Agriculture Organization—which is part of the United Nations—estimates that there are as many as 50,000 medicinal plants in use around the world.

So, why don't we hear more about natural medicines and remedies? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It is a global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

There is absolutely no profit for them in natural, plant-based medicines. It is largely through word of mouth that we are able to reach people, and share safe, effective, natural remedies.

Be part of the solution.

This information is too valuable to keep to yourself; so, please share this knowledge with your friends and family members. Send them a link to our website, www.naturalmedicineseries.com. Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.

There are so many natural ways to combat chronic illness and improve our overall physical and mental health. While we cannot expound on all the methods here in this eBook, they will be covered in the informative 9 Episode Docuseries, ***Natural Medicine Secrets***. This groundbreaking docuseries features interviews with 57 well-respected natural medicine doctors and other experts who focus on autoimmunity, brain health and natural medicine.

Some of these topics and protocols include:

- ▶ Stress & Anxiety
- ▶ Mental Clarity / Brain Health
- ▶ Hormones & Fertility
- ▶ Detoxing
- ▶ Chronic Serious Illness
- ▶ Triggers For Disease
- ▶ More Nutritional Therapies



Do not be in the dark any longer.

Discover the key ingredients that can help reduce inflammation, balance blood sugar, assist in weight loss, remove harmful toxins, promote healthy digestion, boost energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and so much more in our exciting, NEW ***Natural Medicine Secrets*** docuseries.

NATURAL MEDICINE SECRETS

brought to you by HEALTH SECRET

The first episode will have its world premier screening on **June 29, 2020**, so keep an eye on your email for a free link to begin your healing journey that will revolutionize your overall health, combat chronic disease, and destress your life.



ABOUT JONATHAN OTTO

Jonathan Otto is an investigative journalist, filmmaker, and humanitarian. His life narrative is characterized by his unceasing desire to uncover truth and alleviate suffering. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and continually draws finances from his own pocket whenever necessary.

In more recent years, Jonathan has turned his attention to seeking truth and exposing error and deceit in the area of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docuseries, *The Truth About Cancer* and *The Truth About Vaccines* (with Ty Bollinger), *Diet Against Disease with Dr. Joseph Mercola*, and more recently in Jonathan's self-hosted docuseries, *Depression, Anxiety & Dementia Secrets*, *Bible Health Secrets* and *Autoimmune Secrets*. These groundbreaking docuseries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned experts and their patients. Jonathan has been featured in international TV broadcasts, print media, national news, and radio broadcasts.

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