

The MODERN EPIDEMIC

*Insomnia, Sleep Disorders
and Chronic Disease;
A New Paradigm*

The Secret To Biohacking Your Way To Become
“MODERN HUNTER GATHERERS”

Discover The Missing Elements of Life

DR. JOEL GOULD

Damian

The **MODERN** EPIDEMIC

DISCLAIMER

This eBook is a digital preview of the novel “*The Modern Epidemic*.” It contains excerpts and images and is designed to share some basic information about the immune system, Covid-19, and our general health.

This document is for informational purposes only. It is not medical advice. Please be very careful; **Vitamins, minerals** and **energy** (radiation) can be very dangerous if not understood and respected.

All images are original creations commissioned specifically for this book and are subject to copyright laws.



*Sunlight is said to be the
best of disinfectants*

-JUSTICE LEWIS D BRANDEIS

DICTIONARY

ob·fus·ca·tion

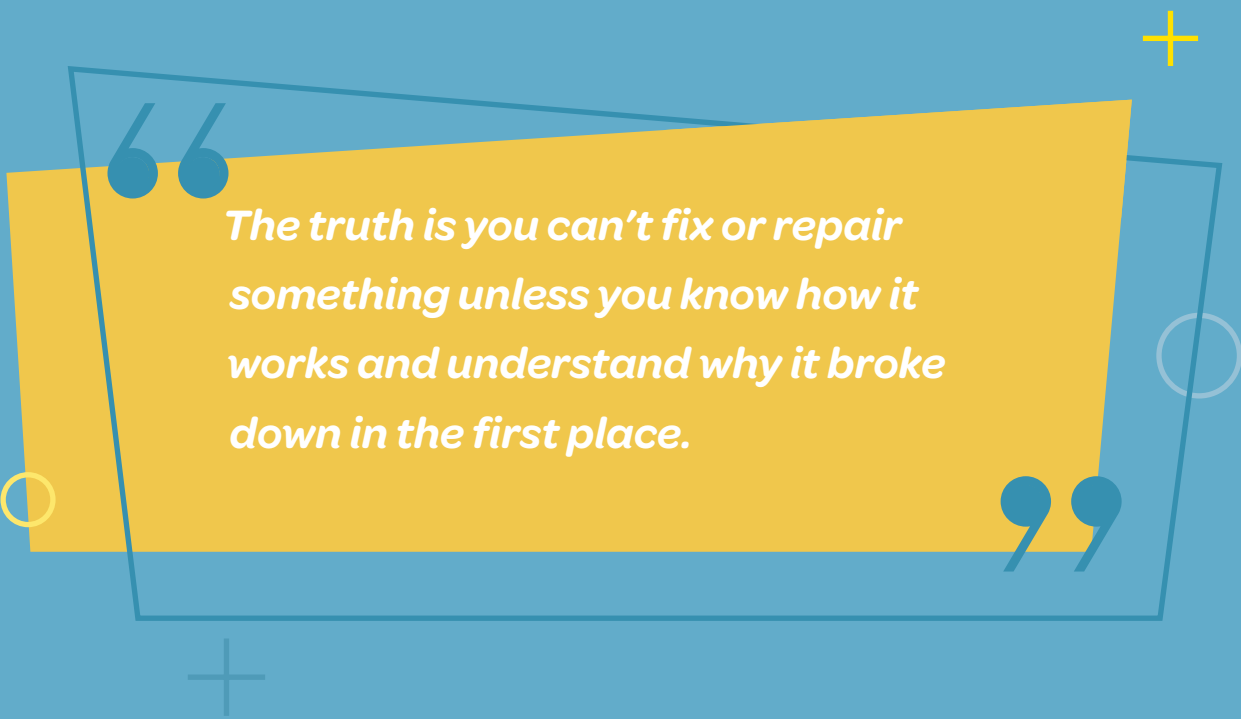
/ äbfə'skāSH(ə)n/
noun

1. The action of making something obscure, unclear, or unintelligible.

“when confronted with sharp questions they resort to obfuscation” “the spelling changes will deform some familiar words and obfuscate their etymological origins”

SIMILAR:

obscure	complicate	mystify	befuddle
confuse	garble	puzzle	nonplus
make obscure/unclear	muddy	perplex	flummox
blur	cloud	baffle	wilder
muddle	befog	confound	maze
jumble	muddy the waters	bemuse	



The truth is you can't fix or repair something unless you know how it works and understand why it broke down in the first place.

KNOWLEDGE IS POWER, and the information in this book will help you to understand your own biology and make choices that support natural and organic health. These days, most people are actively trying to eat well and exercise to be fit and healthy, but we have been given the wrong information about how our bodies truly work. It's time to end the deception and manipulation by the powers who profit from our illness.

THE HUMAN ANIMAL

Humans were custom designed by evolution, natural selection, from the very dirt of this planet by the radiant energy of the sun to live here. We have looked the same for about 300,000 years. These bodies were stressed over thousands of generations through; Ice ages, droughts, and famines, different climates and living conditions. Over time, they came to a point of balance or homeostasis with the natural environment like all animals and ultimately ended up as “Hunter Gatherers”.



Hunter gatherers respected their tribal elders and learned from the collective of the tribe's experience. In the past, prior to written language and the printing press, history was passed on to the next generation by oral tradition. It was spoken, sung, danced and celebrated to keep important health/wellness concepts alive. Those stories, which recounted legendary battles or hunts, were how knowledge and understanding of the world around us worked and was handed down. We trusted that information hard won through trial and error. It was instrumental to our survival as individuals and as a tribe.



As technology increased and progressed, much of that knowledge from our time as hunter gatherers was lost. About 12,000 years ago, we decided to “stay put”, move indoors, and become farmers. This appeared to be progress but the cost to our biology and the planet has been tragic, not that it could have been prevented. In 1910, most naturopathic and homeopathic remedies/treatments were lost as a new system of medical education was created favoring pharmaceutical medications. This was the event that began the obfuscation of our health, and the downfall of our rights to have a choice when it comes to our bodies. Simple common-sense therapies and information based on natural substances were discredited as quackery, because they couldn't be patented. It's time to use modern science and common sense to heal ourselves.



Science without common sense is dangerous



The cure to the Modern Epidemic, is “TRIBAL LIFE”

JOIN YOUR TRIBE

To everyone who wants a better future for their children, now is the time to be open to seeing health differently, to rethink who we are and what we stand for, to learn, grow, and explore our unknown future.

Many are needlessly suffering at the hands of doctors who truly care but don't have the tools to fix what's gone wrong with our health. It's not a surprise they are the agents of powerful industries that profit on illness, not wellness. This system isn't sustainable. Chronic modern disease will bankrupt the country and world, there is a better way.

Humans evolved to be hunter gatherers, but we live in the modern world. We don't need to live in a world without antibiotics, sleep on the ground, or stalk our own prey, but we need to modify our behaviors to give our environmentally sensitive bodies the right signals for health. We must restore the missing elements of life that were instrumental in our evolution and are irreplaceable to our health, happiness, and longevity.

We need to understand our tribal origins and add back in those missing pieces of our health to become *modern hunter gatherers*. We need to go back to nature, as in Mother Nature, heal ourselves and follow her rules, find a new focus on peace, love, and understanding. If we want a healthy future, we need to look to the past and respect Mother Nature.

Kumbaya





TRIBAL AFFIRMATIONS:



MOTHER NATURE FAVORS DIVERSITY, AND COLLABORATION

HUMANITY'S SHAPE, SIZE AND SKIN TONE IS ONLY OUR EXTERNAL SHELL
SHAPED BY THE ENVIRONMENT

ALL PEOPLE ARE EQUAL, AND DESERVE RESPECT, AND DIGNITY


HUMANS ARE HUNTER GATHERERS, AND MEMBERS OF THE SAME TRIBE,
HOMO SAPIENS, THE HUMAN RACE

POLITICAL CORRECTNESS IS TREATING EVERYONE THE WAY YOU WOULD
LIKE, AND EXPECT TO BE TREATED YOURSELF

SCIENCE WITHOUT COMMON SENSE, IS DANGEROUS

YOU CAN'T FOOL MOTHER NATURE





Without normal restorative sleep allowing us to regenerate, our breakdown is imminent. The Modern Epidemic is literally premature aging.

GET THE BALANCE RIGHT

Life is a balance between wear, tear, and repair. All day long we are active, busy, human animals, out on the mean streets hunting and gathering. At night, we rest, repair, and regenerate. If we are not sleeping properly, we can't repair the damage from daily living, *we age, and break down prematurely*. Normal restorative sleep is required for optimal health, especially that of our immune system and all our biologic functions. Understanding this cycle of wear, tear, and repair, and utilizing appropriate strategies to protect our sleep, is critical for our individual well-being.

RETURN TO EDEN

This is our story, the story of earth, its residents, and our children's future. What you can't see is hurting you and the planet. It's time you discover exactly how and why. Your health and the diversity of life on this planet is being destroyed, and you can protect yourself and make a difference at the same time.

Change won't come from the top down. Big industry is out of control, and profit supersedes common sense and integrity. Through your knowledge of how your body really operates and by truly understanding organic health, you can create change from the bottom up with your purchasing power. *Money changes everything.*

It's probably not a surprise that exactly what's making us sick as a people is also what's destroying the planet. GMO monocrops, grown in dead soils soaked in man-made toxic chemicals, are an affront to Mother Nature. She values diversity and collaboration. If you support those health promoting behaviors and products best suited to our biology, you will be supporting ethical, sustainable, environmental practices.



Save Yourself, Save The Planet



IT PAYS TO BE SICK

We are now the pawns in a money-making game for large corporations who manipulate us and the playing field for higher profit margins. Fear has been, and will be, used as a weapon to keep you drinking the Kool-Aid though it's been poisoned and will eventually kill you. We cannot let that blind, uneducated, reactive fear keep us sick any longer. It's time for us to take back our health.



This book contains all the information you need to cure and prevent the Modern Epidemic.



The information we need to thrive as humans was discovered over 80 years ago by observation alone and has since been verified thousands of times by modern science. This simple information has been obfuscated by powerful corporations for profit since then more than once. Key foundational information about how our bodies truly work has been subverted intentionally, for profit, by those in control of the medical education system. Today, this deception is being amplified by dangerous false information, and propaganda is circulating in an effort to deceive us once again.

It's time we opt out of the game plan and incorporate the simple rules for how to stay healthy in the modern world into our lives. Knowledge is power. Understanding science limits the obfuscation and deception those powers rely on to keep a stranglehold on our health.

The information needed to make this epidemic make sense is out there to be discovered for little or no cost. You just need to know where to look, Mother Nature's laws of physics. The pieces of the puzzle have been assembled. They are sitting there right in front of our eyes, waiting for the right light to illuminate them, so that everyone can see it for themselves.

DICTIONARY

e·lu·ci·date

/ē'lōsə,dāt/

verb

1. Make (something) clear; explain.

“work such as theirs will help to elucidate this matter”

SIMILAR:

explain

make plain

throw/shed light on

make clear

illuminate

clarify

LETTER FROM THE AUTHOR

In early 2020, I was looking for a publisher for my new book on insomnia, sleep disorders and a new terrifying syndrome resulting from vitamin D deficiency called, “The Modern Epidemic”. Then COVID-19 hit, and suddenly almost everyone’s priorities had changed, except mine. I had spent the last five years trying to simplify and communicate an insidious disease to the general public that no one was looking for, or wanted to hear about, sleep apnea. It’s a strange syndrome that



is supposed to be caused by obesity, though many young/fit people have it and don’t know it. If you don’t sleep properly, it’s bad news. Poor sleep is linked to every chronic inflammatory disease. It’s known to depress the immune system and it’s related to cancer, neurodegenerative disease, and dementia. Because we are supposed to recover from our daily activities in sleep, without restorative sleep, we begin to break down more quickly than we can regenerate. This syndrome is literally premature aging.

Those dying from this pandemic are immunocompromised, but some young seemingly healthy people are also amongst those. What are doctors missing? Why do darker skinned people have poorer outcomes with COVID-19? What factors, besides a faulty immune system, dictate health? Is it obesity? Cardiovascular disease? E-cigarette Vaping? Exposure to toxins? Veganism? Meat consumption? What makes for a strong immune system in the first place? Take Zinc! Take vitamin C! With confusion, disinformation, and misinformation, what’s the common denominator?

How is it possible, in 2020, we have absolutely no clue as to why some people don't feel sick after contracting COVID-19, yet other seemingly healthy people die?

My patients have begun to send me links, articles, stories and blogs, daily, saying, “You were right! It’s vitamin D!” Those who are dying from COVID-19 all have low vitamin D levels. The lower the level, the worse the outcome. This shouldn’t really mean that much to you yet. Very few people track or manage their vitamin D level, which must change, quickly if you want to get back to normal or our new normal.¹ When I say vitamin D, you think of milk and that your level is “just fine, thank you very much”, just like I did about 5 years ago. In actuality, I was completely vitamin D deficient with rock bottom levels profoundly affecting my health, though I had never been tested once in my life.



VITAMIN D

D IS FOR DEBACLE

Vitamin D may just seem like the vitamin named after the fourth letter in the alphabet; you may be doubtful that this vitamin, like all vitamins, can really do anything even close to what a pharmaceutical medication can do, except give you expensive urine. Sadly, we have been deceived about our health. Vitamin D deficiency is at the root cause of almost every disease, including and especially cancer. That’s because vitamin D isn’t a vitamin, it’s a powerful hormone your doctor didn’t learn about in professional school, other than that too much is toxic.

<https://www.frontiersin.org/articles/10.3389/fpubh.2020.00513/full>

Your Doctor Doesn't Know

Your doctor didn't learn about the importance of vitamin D and several other natural substances in professional school. It's not taught, and you don't know what you don't know. If your doctor knew about the information, which is verifiable by thousands of real peer-reviewed studies and freely available online, **you'd already know your vitamin D level** and be actively managing it.

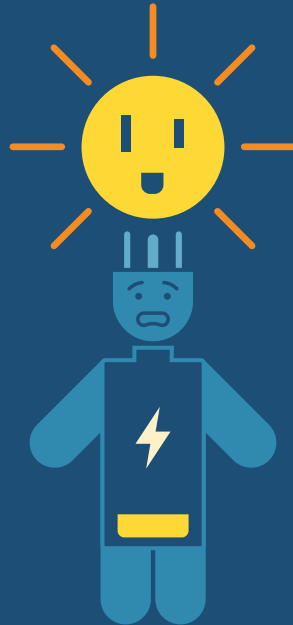
If you have had cancer, heart disease, or an autoimmune disease, and don't actively manage your vitamin D level, you are sadly not alone. ***It might be time to find a new doctor.***



When your vitamin D level is low, your body thinks it's winter.

PERMANENT WINTER

Let that sink in for a minute. Humans have a hibernation setting just like so many other mammals on this planet; Birds can fly south for the winter, or many animals like reptiles and bears burrow underground. We also have a setting to help us make it through a long, cold, foodless winter, regulated by sunlight's proxy in our bodies, vitamin D. In our hibernation setting, we store fat, lower metabolic function, and power down all non-essential energy expenditures, like building muscles, repairing damage or even having a child.



HUMAN POWER SAVING MODE

When your cellphone battery is down to **20%** power, it shuts down all non-essential functions, until you plug it in and recharge. Sunlight, and its proxy in your body, ***vitamin D, is your body's solar powered battery.*** When your vitamin D level drops below **20ng/ml**, your body doesn't ask, it just shuts down all non-essential functions like your phone. If you don't charge your phone, it eventually dies. You can see where this is going. If you don't plug in and recharge the energy of the sun in your body, you are going to die a death of chronic modern illness, which your doctor believes is a genetic disease or simply bad luck.

WHO AM I AND WHY SHOULD YOU CARE?

As a Dentist with over 30 years experience in Canada and the US, I have a very unique perspective about health, wellness, and how we age. I personally suffered from poor health until the age of 48. When I raised my vitamin D level from 18 ng/ml to 80 ng/ml my Crohns disease disappeared. I had a complete recovery from a life of pain, shame, anxiety depression, and obesity¹. I stopped taking the pharmaceutical medications I had been prescribed, and had been on my whole life. Those medications hid the symptoms of the disease but I discovered the root cause.

SENSES WORKING OVERTIME

I fell out of the deception most of us are living in when I discovered another Canadian Dentist by the name of Weston Price who wrote a book called “Nutrition and Physical Degeneration” published in 1939. Price introduced a concept and paradigm based on Epigenetics, the science of what turns our genes on and off- **the environment**. Genetics are your DNA, your ancestry, the genetic blueprint you inherited from your parents. Epigenetics means “above genetics” and is the science of how our inherited DNA is modified by the environment.

We take in environmental signals from the outside world with our 5 **senses; sound, sight, taste, touch and smell**. There is a sixth sense, not ghosts, but **“radiation”, or energy**. This sixth sense is being affected by manmade radiation and has profound effects on our biology, though we can't feel it.

Unfortunately for me, you, and the planet, the dominant medical paradigm of the time was one of **Eugenics**; the study of inheritance, bloodlines, race, skin color and prejudice. Eugenics originated in the mid-1800s. It was embraced in California in the late 1800s and early 1900s and strongly influenced Adolf Hitler as justification for genocide. Thousands of forced sterilizations occurred in the United States; classifying human's worth was based on this racist pseudoscience and genealogy.

<https://www.youtube.com/watch?v=isCyyVaGKIM>

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3636524/>

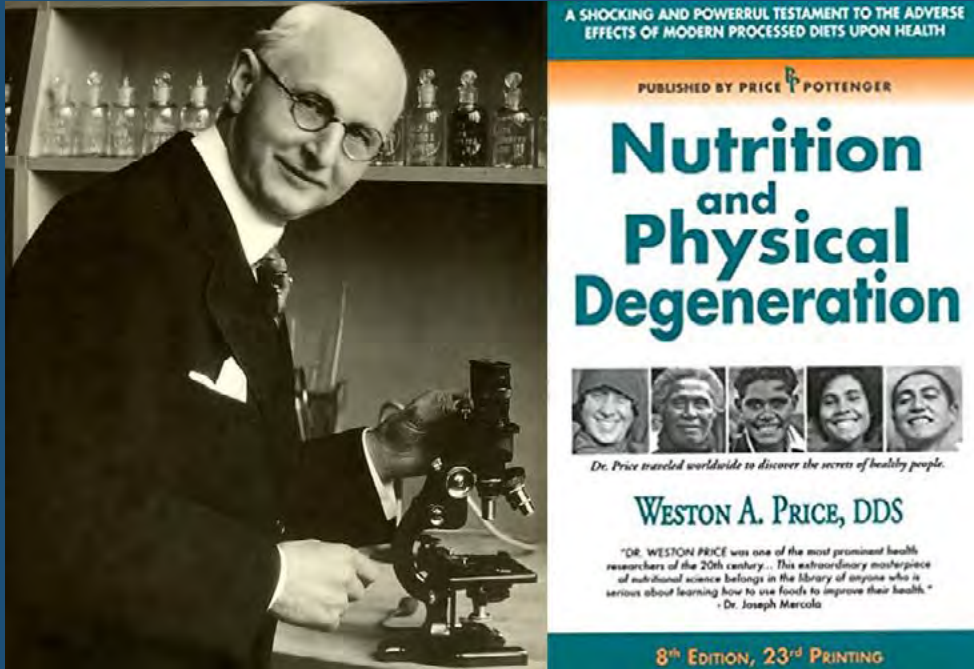


THE D IN DNA

Everyone is focused on genetics and ancestry; modern medicine is looking at ways to hack your DNA with Crispr, GMO (genetically modified organisms) and other terrifying tools. Vitamin D regulates *thousands of genes*. Without enough of it in the body, you can't utilize your own genetic blueprint found inside your DNA. The Modern Epidemic is a failure to understand and employ the simple, yet profound, information *epigenetics* describes *related to your behaviors; what you eat, how you eat, and how you live your life day to day*.

Gene expression means that our own DNA code is copied to produce proteins, which act in our bodies to maintain health and homeostasis.

“ Life in all its fullness is Mother Nature observed ”



WESTON ANDREW PRICE (SEPTEMBER 6, 1870 – JANUARY 23, 1948)

A Canadian dentist known primarily for his theories on the relationship between nutrition, dental health, and physical health.

WORKS WRITTEN: Nutrition and Physical Degeneration

PROFESSION: Dentist

BORN: September 6, 1870

DIED: January 23, 1948, Santa Monica, California

I didn't learn about Weston Price or **Epigenetics** in Canadian dental school over 30 years ago. His work isn't taught today at a single traditional medical or dental school, which is quite scandalous; his profound observations and discoveries are not presented. He isn't even denigrated as a vitamin quack, a title these days I proudly accept.



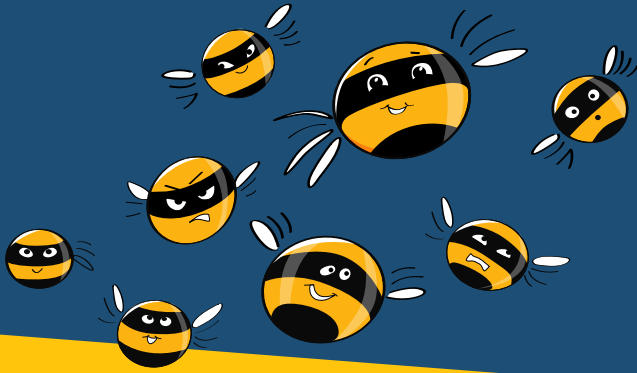
Weston Price tried to share his information through photographs in his book, which was unusual at that time, because he wanted to share his information with the public directly. Price is even quoted as saying “I have included photographs quite liberally in my book, as it’s said that a photograph is more powerful than a thousand words of text”.

He knew the powers in charge of how scientific information was shared would not accept his work, because it opposed the strong racist views of those in charge of our health. Those powers that shaped and skewed our perceptions of health in those early days are entrenched.

To this day, they are still trying to keep a failed paradigm of deception for profit. Price was right, his work was excluded from the traditional medical community and that book didn’t go viral 80 years ago.

I have collaborated with different artists to create an original world of images of complex science made clear, colorful, and unforgettable. This simple common-sense information needs to be incorporated into the fabric of society at the most basic level, so that it can’t be removed, sanitized or subverted, ever again, intentionally or not!





THE B'S

My goal, with this book and my information, is to finish what Dr. Weston Price started and arm the average person with the simple information required to stay healthy in the modern world. His findings, and their subversion, is at the core of why our doctors have no clue why people have such differing reactions to disease.

Price clearly laid out why modern humans teeth, jaws, airways, oral and general health were being destroyed **by observation alone**. He described two simple substances that need to be included in our diets, **vitamin D3** and **vitamin K2**; he strongly warned us against refined sugar, bleached flour, and industrial seed oils. Those foods are loaded with one of the villains in this story and in our lives, called **Deuterium**. Price's message is still profoundly important today; it's at the core of not only dental crowding, and too little room for all 32 teeth, **it's the root cause of obesity, diabetes, cancer, heart disease, and dementia. It's getting worse daily.**



MELATONIN



DEUTERIUM

SIMPLE SAGE ADVICE:

- Consume whole, unprocessed animal food products, nose to tail, including raw and fermented foods
- Consume a therapeutic amount of vitamin D3 and vitamin K2 from before conception, through growth to adulthood
- Minimize sugar and processed carbohydrates
- Avoid industrial seed oils (omega 6) like canola and sunflower oil

Here we are 80 years later with exactly the same disease process going on for the exact same reasons, but it's worse now with GMO and agrichemical farming, and the addition of this man-made monster called **Glyphosate**. Both Glyphosate and Deuterium are villains you want to avoid at all costs and following Price's recommendations, makes more sense than ever.



GLYPHOSATE



WE ARE NOT ALONE

Humans are symbiotic and work with our compatriots; microbes, bacteria, viruses, fungi and even protozoa like amoebas. These invisible creatures are in us, on us and a part of us, all animals, and our environment especially our soils. Mother Nature doesn't work in isolation, she favors the **diversity** of a wide variety of species, and **collaboration**, *as all life on this planet is interconnected.*



Mother Nature Favors Diversity and Collaboration



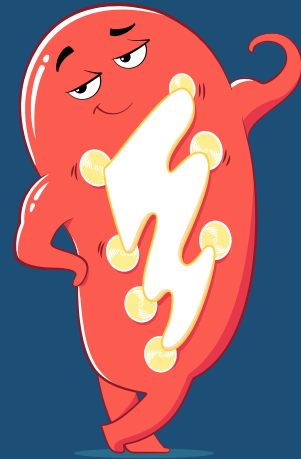
GUT FEELING

Humans require an evolutionary level of vitamin D in our bodies for health, and happiness, because vitamin D regulates one of our most important organ systems, the gut, or ***gastrointestinal microbiome***. Our health is dependent on the trillions of bacteria, viruses and fungi, and many other microbes we feed and protect in our digestive system, in this ancient symbiotic relationship¹. ***The genes, or DNA of our gut microbiome outnumber our own DNA a hundred to one!*** That means that we also use the DNA of our microbes and the proteins, and chemicals they produce for our health.



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7322162/>

A diverse microbiome is a healthy one. The microbes supply us with more than 90% of some of our most critical neurotransmitters and immune chemicals, including [anti-inflammatory cytokines](#), and other natural antibiotics. Our gut microbiome also makes the [eight B vitamins](#) critical for normal immune function, we can get them from food, but always got them from our microbes. B vitamins are your energy vitamins, they control your health by powering your [mitochondria](#). Your mitochondria is your metabolism, and controls weight, youth, vitality, health and your future.



MARTY MITOCHONDRIA

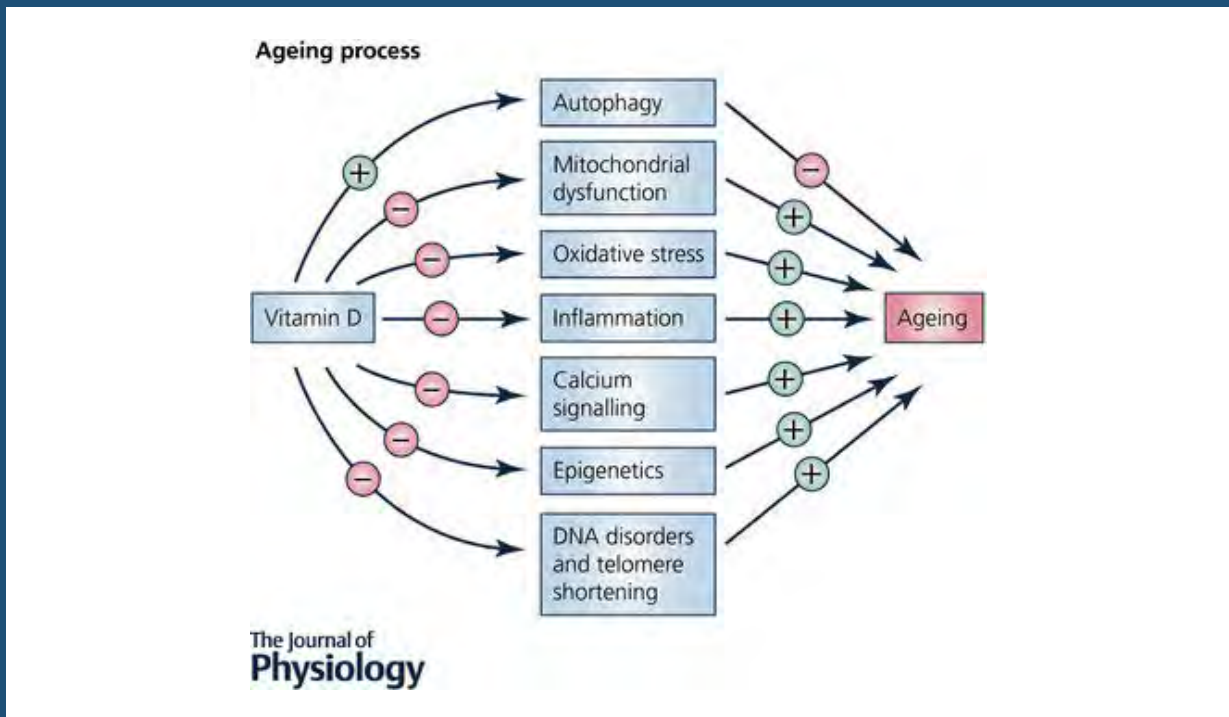
Vitamin D regulates this unique [adaptable organ](#), the gut microbiome, that weighs as much as your brain and is almost as important. Your gastrointestinal microbiome regulates health by shifting with the season, activity, and the food sources available. Vitamin D comes from sunlight, not milk, and it regulates season. It dictates which bacterial species predominate in you and on you. Our lack of understanding of this incredible evolutionarily advantageous organ and our symbiotic nature has been our downfall.

SOLAR POWERED ANIMALS

Vitamin D is a complex messenger molecule, and a currency in our bodies, I call it “your guardian angel”. It’s like your life’s thermostat. Vitamin D is not a vitamin, it’s a metabolic hormone and fuel source in our bodies like food, air, and water. It’s made by sunlight on our skin, and regulates gene expression, and our gut microbiome. In the old days when your vitamin D level was low, and the gut microbiome shifted to one that favors fat storage, and lowers metabolism, it was an advantage to our ancestors when we were hunter gatherers. These days with our current pandemic being stuck in permanent winter can be a death sentence.

I have been telling this story for over five years, and many people question whether there is any scientific proof about my material¹. Though some of this information may seem unreal, I want you to know that there are thousands of studies out there, posted

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7322162/>



on www.pubmed.gov, the medical research website doctors rely on.

Vitamin D controls aging through many different pathways, as above, but it controls sleep. If you are not sleeping and healing at night, you age more quickly than Mother Nature intended.²

Unfortunately, it's much worse than you think. Our health is under attack and once you understand the syndrome and threat, you can decide what you want to do with this information. Our reality is terrifying. I was sick but following my doctors' orders, and wasted 34 years of my life in shame and pain until I discovered how our bodies really work. I am one of a growing number of voices calling out the traditional medical system.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5685827/>

EQUATIONS YOU NEED TO KNOW

40,000 IU D3 = 1 MG

The equation above is just one of the confusing factors surrounding vitamin D that affected my life and is now at the core of the poor outcomes of the coronavirus, our health, and safety. Most people take 1000 IU of vitamin D if they take anything other than a multivitamin, because it has the RDA, or recommended daily allowance, which is 600 IU. When it comes to vitamin D, the dose is much less important than the blood level, only found by a blood test. Tracking your level has now become part of the “survival of the fittest” concept.

The core of our problem is that you can't patent these vitamins and minerals that keep us healthy, so they have been omitted from medicine. The pharmaceutical industry isn't interested, but you should be.

MODERN MAN'S MAYHEM

There is one more bit of information that needs to be brought out into the public for discussion, related to vitamin D deficiency and illness in general. It's a chemical that causes vitamin D deficiencies in countries that are tropical or have year-round sunshine. It's the slow poisoning of our planet by a man-made insidious toxin found in almost everything, including water and rain. It's concentrated in **children's foods** called **glyphosate**.

<https://www.ewg.org/childrenshealth/glyphosateincereal/>



GLYPHOSATE

This chemical destroys our ability to use vitamin D, even when we get enough which is hard these days with modern living.

Glyphosate even removes crucial minerals from our foods and soil, and destroys our gut bacteria, or our gastrointestinal microbiome. It was patented as an antibiotic, and is used as a herbicide but it destroys bacteria everywhere it is found, including all our microbiomes and the soil. Soil isn't dead earth, it is (supposed to be) filled with microbes, insects, worms, fungi, yeast and a diversity of life. You see we are a product of our environment and a part of Mother Nature's system of diversity and collaboration.

The dose makes the poison

We are all in trouble because the microbes all life rely on for health on this planet are being destroyed every day. Glyphosate's use around the world is sharply increasing. This stuff builds up in soil and water. It can evaporate, or be aerosolized into the air, and even fall as glyphosate rain, spreading around the globe.

This is brought to us, globally by Bayer / Monsanto, the original merchants of death, as well as other powerful corporations like Dupont. They tell us it's perfectly safe but when has big business ever lied about the health and safety of a product before?

This time they figured it out, and finally created a poison so insidious that you can barely tell it's killing you, and exactly how it poisons us is something straight out of a science fiction movie. This is not their first rodeo, they are using the same playbook as for their other poisons; DDT, PBC's and even Agent Orange. They fudge the data, pay off the right people, and discredit the dissenting scientists as quacks. They swore year after year that those other poisons like DDT (Dichlorodiphenyltrichloroethane) were safe as well, until it almost killed the American bald eagle. They won't give up their money without an ugly fight and they fight dirty.



(“The Merchants of Death”) <https://www.peoplesworld.org/article/bayer-monsanto-merger-cant-erase-nazi-chemists-past/>

When I began to write this book, I wasn't interested in taking on big pharma or becoming an environmental crusader. I simply followed the science, and came to the basement level of our health and the health of the planet. It ended at a familiar place. The corporations that make money and calculate the human cost in estimates of class action lawsuits. If there's profit to be made, they do it until they are prevented, by banning the toxic concoction years later. You can buy this stuff at your local corner store and poison your own children keeping weeds off your lawn.

HISTORY ALWAYS REPEATS

Most of what I discovered may seem impossible or unlikely, and I understand that not everyone is ready to see what I found and that's ok. When you understand the magnitude of what's gone wrong with our future, you may want to become a part of the solution. Once you understand how our bodies truly work, you can make the appropriate changes in your life to stay healthy. In doing so, you will be supporting honest, sustainable companies and practices that help heal our damaged environment. What's bizarre about this story, is the destruction of the microbiome in soils by agrichemical companies is also contributing to climate change. ***Ruminants grazing in pastures through bio-dynamic, regenerative farming sequesters carbon from the air into the massive carbon sink that soil is.*** Please support those organic and leading sustainable businesses that are making a difference.

When you follow Mother Nature's rules, you will be saving yourselves from a life of pain and a premature demise from chronic modern disease. Not only will you save yourself from the game plan of big food and pharma, you will be saving the planet itself.

★
SAVE YOURSELF, SAVE THE PLANET!



The **MODERN** EPIDEMIC

MOST COMMON SYMPTOMS

BRUXISM – clenching or grinding teeth during the day, or night, with or without TMJ, jaw joint pain

SNORING – men, women, and children; quiet or loud (even dogs)

IRRITABLE BOWEL SYNDROME – constipation, or urgent bowel movements (leaky gut)

INSOMNIA – unrefreshing sleep, racing mind, unable to shut down

BACK AND NECK PAIN – wondering if you need a new pillow (fibromyalgia)

DAILY HEADACHES – and/or frequent migraines

ANXIETY AND DEPRESSION / ADULT ADHD – panic attacks, negative thought cycle

If you suffer from any of these symptoms, you are not alone. Don't worry, they don't mean that you have sleep apnea, yet... These are the telltale signs of the syndrome I am calling *The Modern Epidemic*, a disease of modern living. If you have a child that grinds their teeth loudly in sleep, or snores, they most likely have Attention Deficit Disorder, which is sadly only sleep deprivation. You want to investigate the information I discovered immediately. These symptoms are becoming more common daily, especially while we are on lock-down, *staying indoors*. These symptoms may be irritating, but they are not deadly yet. Those common symptoms are the precursors to major illness, autoimmune disease, heart disease, neurodegenerative disease, cancer, and death.

THE MODERN EPIDEMICS SYMPTOMS

SLEEP RELATED

- Bruxism, clenching and grinding day or night
- Snoring
- Insomnia
- Sleep Apnea
- Restless leg syndrome

NEUROLOGICAL

- Anxiety
- Depression
- Attention Deficit Disorder
- Migraines
- Neuralgia, nerve pain

AUTOIMMUNE

- Irritable bowel syndrome
- Fibromyalgia
- Food allergies, including allergies to gluten and nuts
- Lactose intolerance
- Asthma
- Eczema
- Psoriasis
- Rheumatoid Arthritis
- Multiple sclerosis
- Lupus
- Hashimotos
- Crohn's disease
- Ulcerative colitis
- Psoriatic arthritis

IMMUNE (INFECTIVE, OPPORTUNISTIC INFECTIONS)

- Tonsillitis, chronically swollen and inflamed tonsils
- Allergies pets, grass, dust
- Acne (regular, cystic)
- Dental disease (cavities)
- Periodontal disease (gum disease)
- Bacterial skin infections (MRSA, superbugs)
- Fungal infections, candida, oral thrush
- SIBO, small bowel bacterial overgrowth.
- FIBO fungal gut overgrowth
- Viral infections, colds, flus

THE MODERN EPIDEMICS SYMPTOMS CONTINUED

METABOLIC

- Weight gain, or obesity
- Diabetes
- Fatty Liver disease
- Fatty Tongue disease (sleep apnea?)

CHRONIC UNKNOWN ETIOLOGY

- Chronic fatigue syndrome
- Chronic Lyme disease
- Autism
- Fibromyalgia (neck, back, body pain)
- Migraines
- *Cancer* (all types)
- *Heart disease* (all types)

CRANIOFACIAL DEVELOPMENT

- Long Face Syndrome (mouth breathing syndrome)
- Deviated septum (decreased nasal breathing)
- Lack of room for all 32 teeth, irregular dental arches, dental crowding

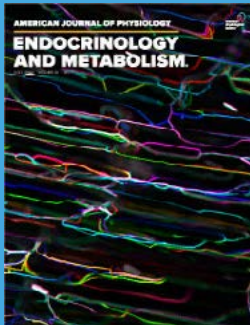
NEURODEGENERATIVE DISEASE (diseases of improper aging)

- Dementia
- Alzheimer's
- Parkinson's
- Huntington's
- ALS

These symptoms are not disease processes, they are the outward signs of a human animal trapped in permanent winter with a broken gut microbiome. Your doctor may view those malfunction processes as diseases and will prescribe medications to hide the breakdown. You can manage the root cause of the process, and save yourself from an unnecessary life of pain.

The Modern Epidemic isn't a viral infection or any plague coming out of a wet market in China. It's a disease process caused by modern living that has allowed those natural pathogens and opportunistic infections found everywhere in nature to hurt or kill us. The Modern Epidemic caused by more than one thing, is multi-factorial, pervasive, and has infected modern society just like a virus you can't see. Most of us will survive this current outbreak, but we need to be thinking about our long-term health, and the future path of healthcare. Those infected with this new Modern Epidemic are the ones who are immunocompromised and are at the greatest risk of death from COVID-19.

If you have loved ones who are at risk or already suffering from the coronavirus, there is hope.



***American Journal of Physiology-
Endocrinology and Metabolism
Vol. 319, No. 2***
***[LINK - Can vitamin D prevent or
manage COVID-19 illness?](#)***

The science in the investigation of my own illness led me down the darkest, most bizarre path you could ever imagine. What we need to do to stay healthy in the modern world is easier than you might think. You can listen to your doctors, deceived and controlled by big pharma, take their medications, and follow their dietary and behavior recommendations. You can fool yourself listening to the wrong information presented daily in the media. You can't fool Mother Nature. Her rules are the laws of physics, and they won't bend for anyone.

You can't fool Mother Nature

BIOHACKING

We have been hearing certain catchphrases, expressions, and pseudoscientific marketing campaigns repeated by every Tom, Dick, and “Biohacker” out there. **Grass-fed, organic, keto, paleo, intermittent fasting, or time restricted feeding, cold, or cryotherapy, red light, or infrared and sauna therapy.** This book will bring together the science and understanding of why those expressions are continuing to pop up more every day and tie them together. These new health related catchphrases can seem confusing or useless, but the biohacking world is where this new health revolution begins. Biohacking is simply following behaviors that can change your health through **Epigenetics**, when you understand what your body really needs to function correctly. This book will give you an understanding of your own biology in a way that will allow you to make appropriate informed choices and opt out of the current medical paradigm and their unnatural chemicals.

I created this digital document to be shared and downloaded for free. I am sharing an overview of the information I discovered because we are all now victims of this failed medical paradigm and it's going to continue until we opt out.

MAKING CLAIMS

The people who work for big pharma and big food are just hard working people wanting to take care of their own family. The big corporations have not sworn an oath to do no harm, their duty is to their shareholders, not to you as a patient or me as a healthcare provider. Unfortunately, big pharma and medical insurance companies are in control of the medical paradigm and have created a moneymaking system by controlling how doctors are trained, and think. We are living in a sick care system, instead of a healthcare system. Prevention is always better than repair.

Although the evidence regarding the disease process is very obvious, I won't be making any claims that are not supported by science. Where applicable, I will post scientific studies that support my story and perspective. Studies are evidence, not proof, and need to be viewed in context and with common sense.

Science without common sense is dangerous.

The **MODERN** EPIDEMIC

IN THIS BOOK YOU WILL FIND

THE ROOT CAUSE OF MODERN ILLNESS and how to simply prevent, and reverse it.

THE CURE TO THE MODERN EPIDEMIC and the slow destruction of life on this planet.

THE UNDERSTANDING OF HOW OUR BODIES TRULY WORK and information to prevent you from being misled or fooled by powerful advertising.

ICONIC IMAGES to help put this information out there in a meaningful way that will have traction.

IN THIS BOOK YOU WILL MEET

THE BRILLIANT MINDS THAT MADE THESE DISCOVERIES, our tribal elders.

THE HEROES OF LIGHT, the cartoon characters designed and created to share this simple story of organic health.

THE VICTIMS OF THE EPIDEMIC, the caricatures of those already “infected” with this new syndrome, and shows us what vitamin D deficiency and resulting poor sleep looks like at different ages and stages.

This information needs to take root in our children’s lives and in popular culture so that we as a people can reclaim our health, happiness, dignity and create a better future for our planet.

DISCLOSURES: (This is where scientists are supposed to disclose if they have any financial ties to a company involved in a research study designed to help sell a product or to ensure that the study isn't biased including a conflict of interest.)

I disclose that I am completely biased, when it come to natural and organic health. I take my orders from the only authority who deserves our respect, *Mother Nature*.

Save yourself, save the planet.

THE FUTURE IS BRIGHT



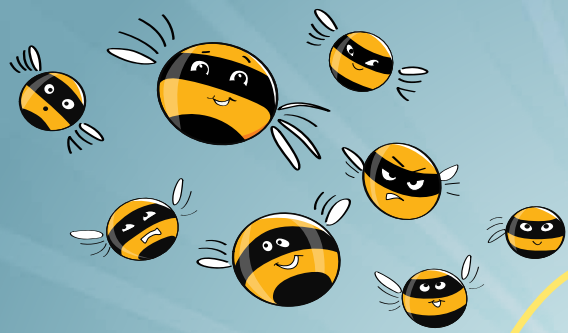
**The Most Disruptive
Channel on the Planet**



REVOLUTION RADIO

Listen to my new podcast called *Revolution Radio* at www.modernhuntergatherers.com or on your favorite podcast forum.

***“Bringing you your grandmother’s wisdom without
the racism, misogyny and homophobia”***



The HEROES of Light

*They can save us all,
and our planet!*



*A real-life story of heroes and villains,
in a time of darkness.*

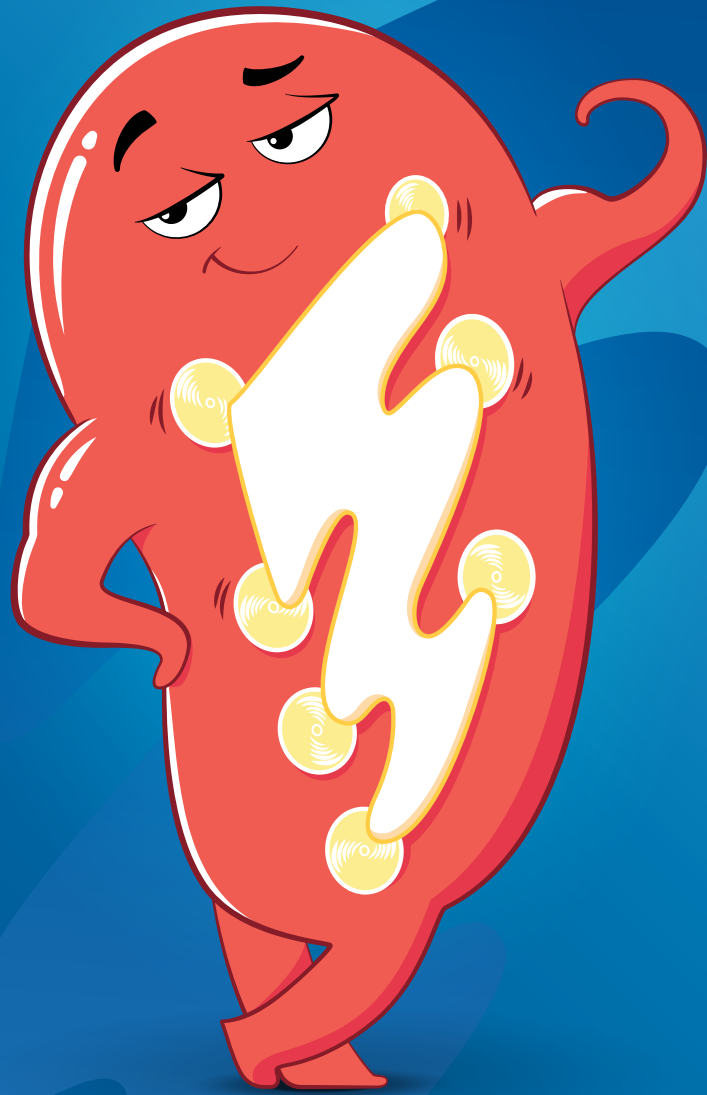


The *HEROES*

These characters are the A list celebrities of our bodies and health.

There is a real-life battle happening right now in our bodies, out in the streets for our health and the future of this planet. This is a story of **Heroes** and **Villains** in a time of darkness. The villains are harming us and our environment. We need our Heroes of Light to save us and the planet.

The “**Heroes of Light**”, are the cast of characters we need to get to know. These chemicals are the VIP celebrities of our own bodies and need to be given their due admiration and respect. They are battling it out for your health against some dangerous villains. The heroes represent our biology and getting to know all about them isn't just important, it's critical to our health and our survival as a species. These characters are literally the stars of our lives and you may want to know more about them and learn their origin stories. Our current, and the future health of our children and even this planet depends on its residents learning about how we truly work.



Marty
Mitochondria+

He's got the power!

If he's not happy, you're not healthy!

He is your body's power generating plant and he runs the show, your metabolism, and your life. You want him on your side, or at least you want to understand what he wants and try to work with him!



Vitamin D

 *Our guardian angel*

 ***The energy of sunlight in you***

Vitamin D is a fuel source and acts as a powerful messenger molecule regulating access to your DNA. Without the energy of the sun we can't maintain organic health. Vitamin D is made by sunlight on skin.



+

Vitamin K2

The grass is always greener



Vitamin D's best friend and Sol-Mate, a cofactor or activator of enzymes.



**Magnificent
Magnesium**
Boundless energy

For energy production in mitochondria and heart health.



Cathy + **Cholesterol** +

A friendly fat

Queen of the hydrophobes

Classically cast by big pharma as a villain. In this story and your life she is a hero. Your body's mini repair person. She is your misunderstood "best friend" that has your back, no matter how poorly you treat her.



Sulfur +

*The ultimate transporter
King of the hydrophiles*

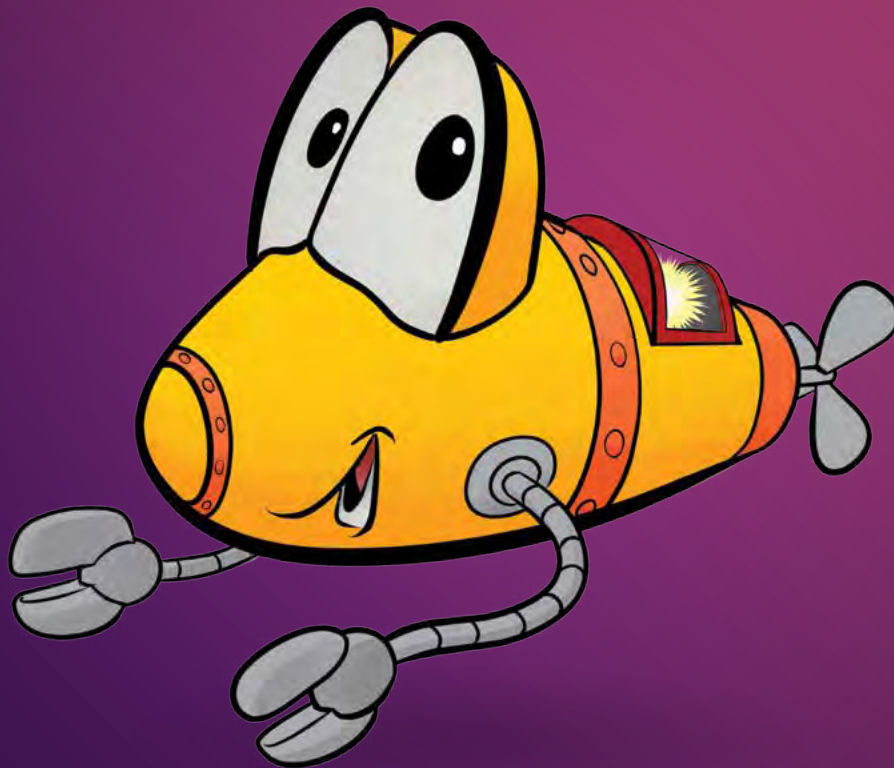
The unsung defender and hero keeping our bodies lubricated, strong and protected from invaders. Sulfur defends our barrier cells from pathogens and keeps your blood flowing smoothly.



Johnny **Neutrophil**

*Your immune cell defender,
and pathogen neutralizer*

One of your body's immune cells or defense cells. Designed to protect you from microbial invaders. It doesn't matter if its viruses or bacterial infections, he is there to stand guard.



eNOS

endothelial Nitric Oxide Synthase

The moonlighting enzyme

The little-known breakout superstar of our health. An enzyme whose talents have been greatly under-appreciated. He is powered by sunshine and under attack by toxins in our environment. eNOS unites Cathy Cholesterol with Sulfur to create a power couple, Cholesterol Sulfate. Helping regenerate your muscles and tissues.



+ *The B's*
We are everywhere

EIGHT B VITAMINS all work together and are the basis for many hormones and neurotransmitters. They are mother nature's helpers and collaborators. They play a part in many chemical reactions our bodies need to stay healthy. They power the production of energy in Marty mitochondria.



Hydrogen
The yin, and yang of life
He's flighty and comes apart at the seams

The simplest, and most abundant element in the universe. Our fuel source at the deepest molecular level. Hydrogen is a half as heavy as his evil twin brother Deuterium.



+ **Mel Atonin** 
King of Darkness

Known as your sleep hormone, he is so much more. Mel runs your antioxidant systems. He is the ultimate fixer, the coolest dude on the planet, Mother Nature's regeneration superhero and will prolong your health and life!

VILLAIN



+

Deuterium

The devil you need to know

The little-known villain and beguiling devil, charged with causing mayhem, obesity, cancer and aging. He is an imposter, imitating his healthier brother Hydrogen.

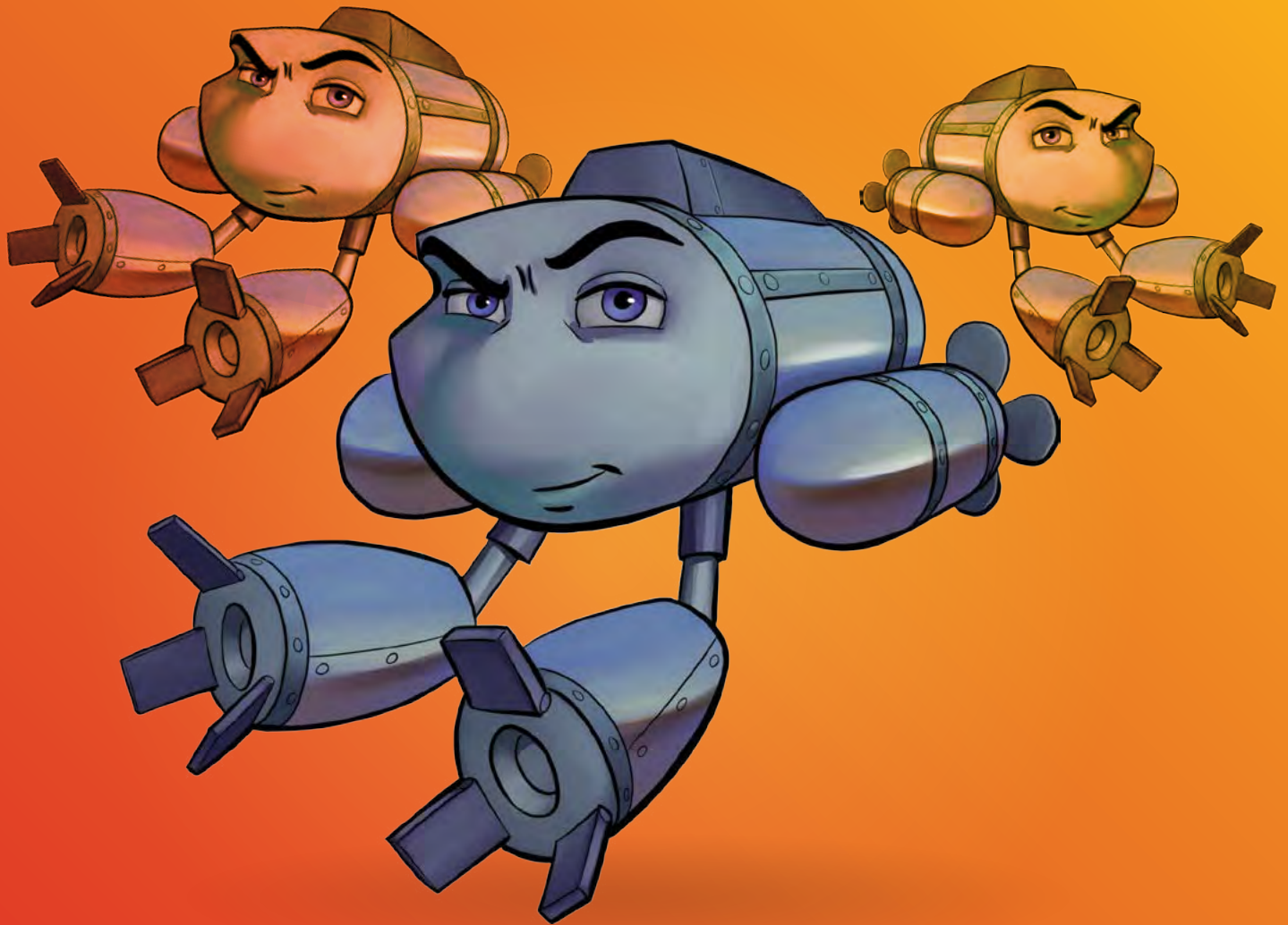
VILLAIN



Glyphosate

The agent of death and destruction

The uninvited guest that never leaves. Not toxic to humans directly, just toxic to our symbiotic compatriots, our microbiomes. Not just a villain, it's a supervillain.



Cytochrome P450

Enzymes, the worker bees of your biology

“Need something done? There’s an enzyme for that!”

The Cytochrome P450, super family of enzymes, or CYP enzymes help disable toxins, produce important hormones, and activate vitamin D.



The Shikamate Enzymes

+ *Enzymes, the worker bees of your biology* +

The Shikamate enzymes are inside microbes, in the soil, us, and in butterflies and bees. They make critical chemicals life on this planet needs to survive and thrive.



Cholesterol Sulfate
The new power couple

Your body's organic repair team, helping to hold our tissues together.



Vitamin D Sulfate
A collaboration of characters

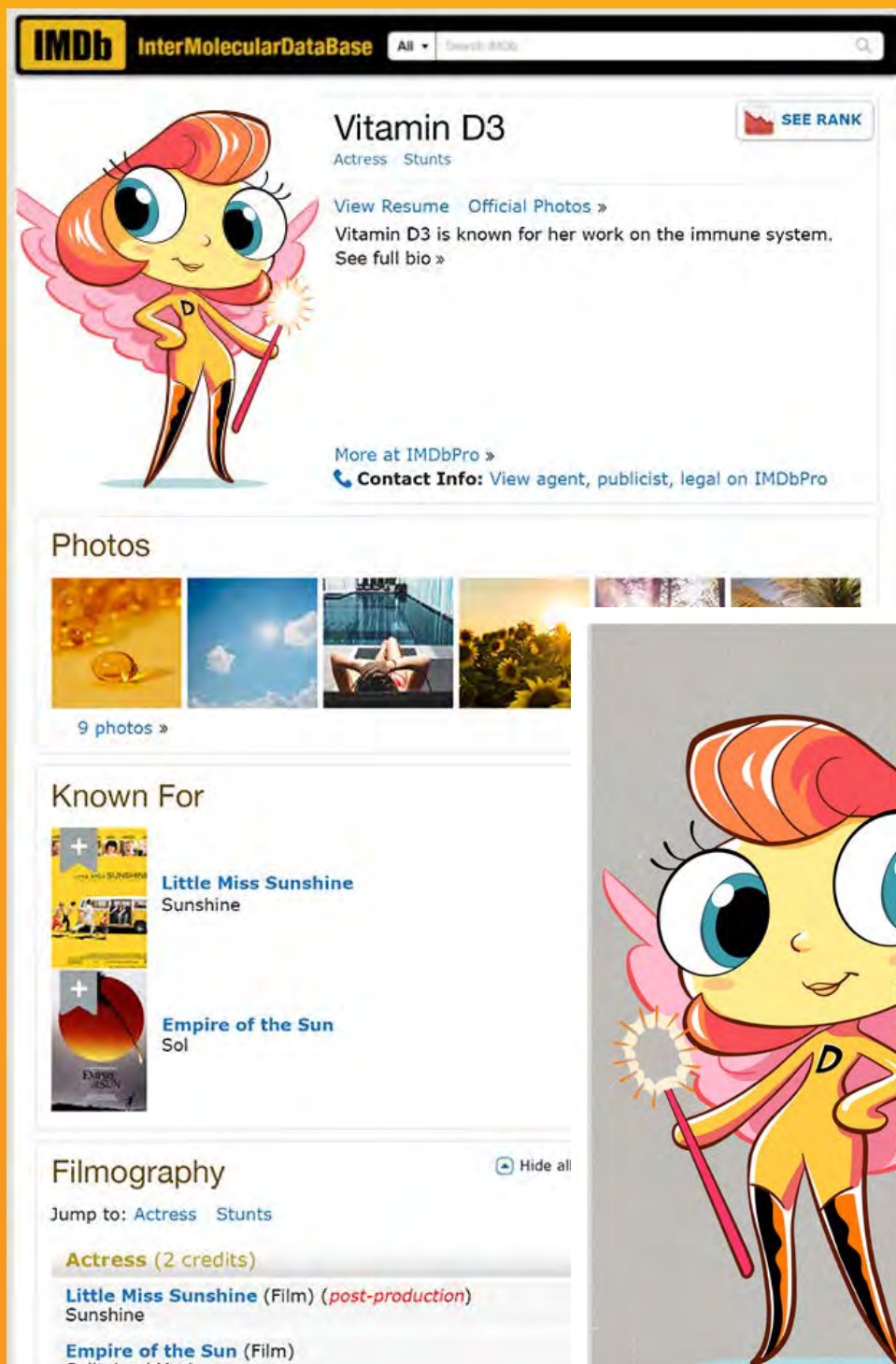


Magnesium Sulfate
(Sol Salts)

HEROES To Follow The B's



HEROES To Follow Vitamin D



IMDb InterMolecularDataBase

Vitamin D3


Actress Stunts

[View Resume](#) [Official Photos >](#)

Vitamin D3 is known for her work on the immune system. [See full bio >](#)



[More at IMDbPro >](#)
[Contact Info: View agent, publicist, legal on IMDbPro](#)

Photos



9 photos >

Known For

-  **Little Miss Sunshine**
Sunshine
-  **Empire of the Sun**
Sol

Filmography

Jump to: [Actress](#) [Stunts](#)

Actress (2 credits)

- Little Miss Sunshine** (Film) (*post-production*)
Sunshine
- Empire of the Sun** (Film)
Solitaire / Marie



HEROES OF LIGHT

by

Dr. Joel D. Gould

MHG Modern Hunter Gatherers

1200 Rosecrans Ave. #107

Manhattan Beach, CA 90266

HEROES OF LIGHT "Episode 1 - The Big Bang" (prequel- the back story)

TITLE SEQUENCE - HEROES OF LIGHT Episode 1 - “The Big Bang”



DEUTERIUM

Starring **Deuterium**, playing “Father Time”



GLYPHOSATE

And **Glyphosate**, as “The Uninvited Guest that Never leaves”

This prequel, or ‘The back story’ is set some time in the unknown future; when humans discovered how dangerous glyphosate was and banished the villain from planet Earth.

LAST PAGE FROM FULL TRANSCRIPT

It wasn't until the power of the internet, and the rapid sharing of information became commonplace that the deception was ended. Humans eventually realized that to be successful and return to the health of their hunter gatherer ancestors, they would need to work with Mother Nature, instead of trying to fool her with their technology.

Glyphosate

I know this! You can't fool Mother Nature, she is the energy of the universe, and her laws don't bend, for anyone. Without the interconnectivity of all creatures working together, nothing works as designed!

Deuterium

That's right, eventually they figured out how to care for the land, and utilize Mother Nature's rules, working with her through natural, organic regenerative agriculture to rebuild the earths soils, and heal the damage. Healthy soil holds more water, and carbon, and helps the planet maintain homeostasis.

Glyphosate

What a happy ending! How though? How did they finally figure it out, and defeat us villains?

Deuterium

The Heroes of Light came to the rescue, to teach humans how their bodies work, and what's needed for a long healthy life, free from modern chronic disease. They made the science understandable, and even fun. The Heroes of Light showed modern man how to respect, and work with Mother Nature, and stop trying to outsmart her.

Glyphosate

Wow, that's amazing!

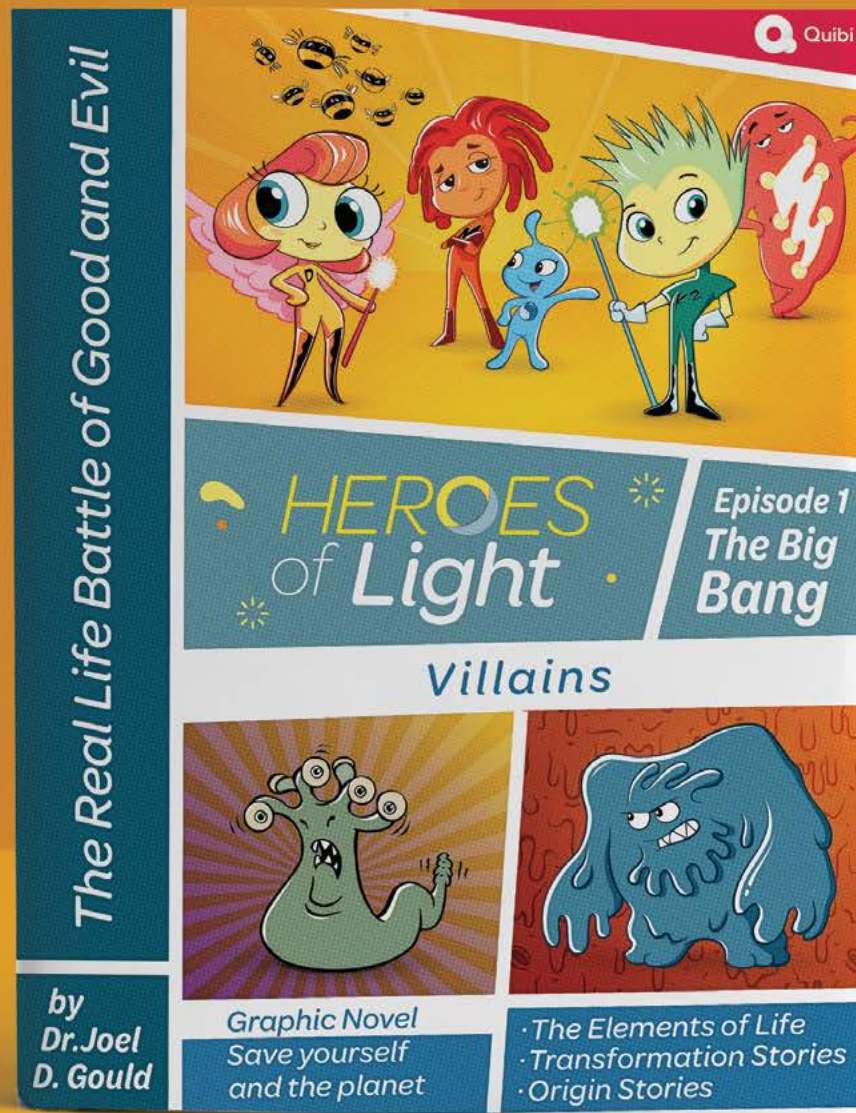
Deuterium

You see it doesn't matter what anyone thinks when it comes to the physical world around us, we all need to work together, celebrate our diversity, and collaborate for success. We simply don't have a choice, because in this Universe, and this particular cycle of life, you can't fool mother nature.

Kumbaya

Fade to black

[SEE FULL TRANSCRIPT >>](#)



The Hero's of Light have incredible information to share with Modern Hunter Gatherers, this sneak peak sets the stage for their adventures. These “Graphic Novel” style episodes were designed for Quibi and other forms of digital media.



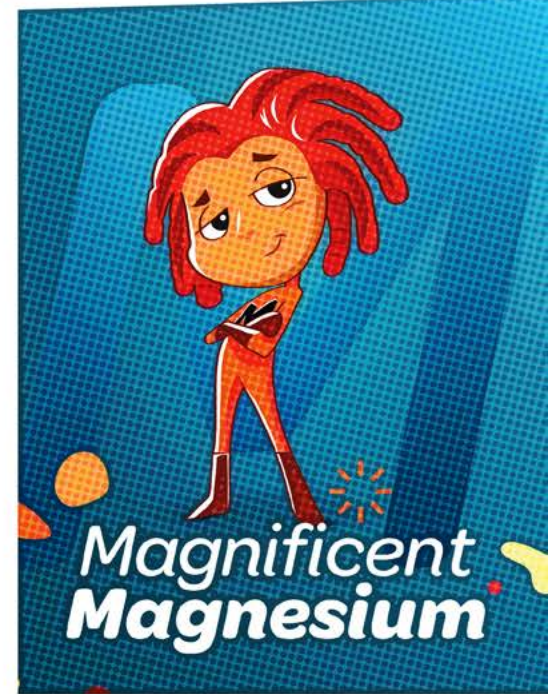
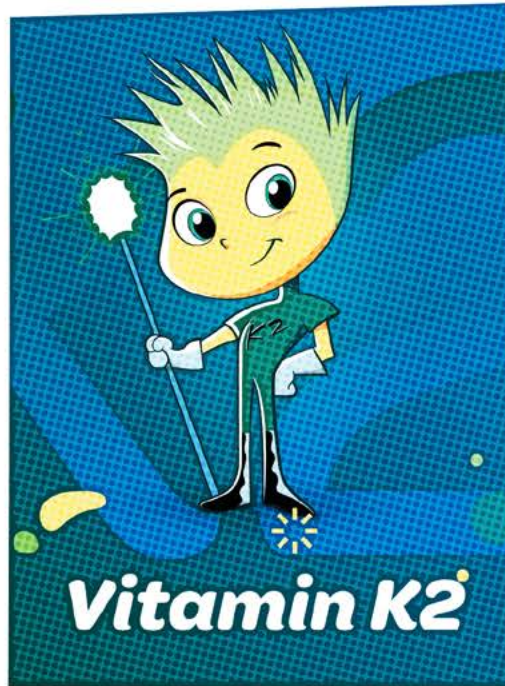
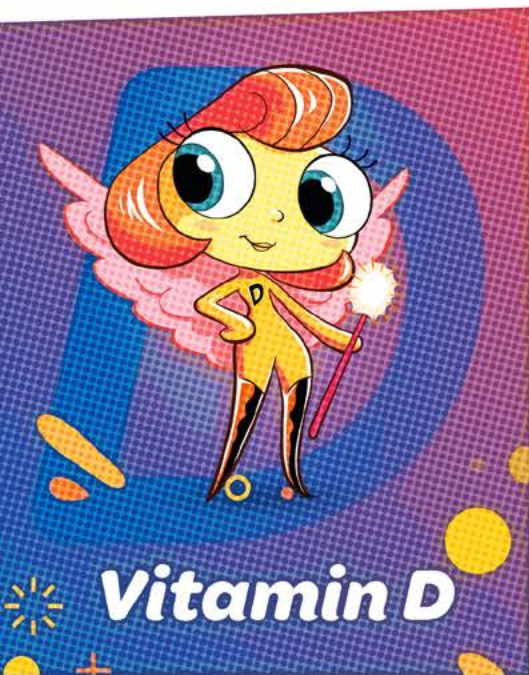
Quibi is an over-the-top American short-form streaming platform that generates content for viewing on mobile devices.

HEROES of Light

Episode 2 "Sol Mates"

Origin Stories Series

STARRING



COMING SOON:

HEROES OF LIGHT: ORIGIN STORIES SERIES: EPISODE 2 “SOL MATES”

Starring your guardian angel, **vitamin D**, and D’s best friend, and Sol-Mate **vitamin K2**, with a special guest appearance by **Magnificent magnesium**.



We are introduced to our guardian angel, vitamin D, and find out how she met her Sol-Mate, vitamin K2. We also find out why Magnesium isn’t just a third wheel, but rather one third of the “Terrific Trio”. This foundational episode tells us all about how our bones, jaw growth and bone development are regulated by sunlight and the green grass of summer.

The HEROES of Light

TRANSFORMATION SERIES

SPECIAL EDITION - RADIATION RULES!



Cathy +
Cholesterol



Vitamin D

**FAT BECOMES PHAT
UNDER THE POWER OF SUNLIGHT**

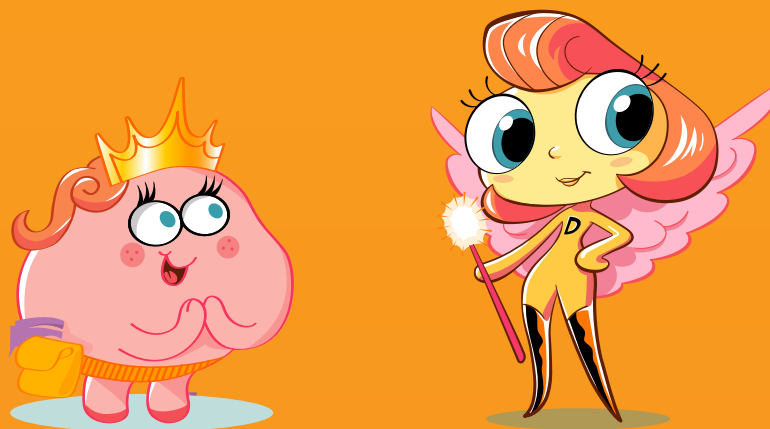


by
Dr. Joel D. Gould

HEROES OF LIGHT: TRANSFORMATION STORIES SERIES RADIATION RULES EDITION:

In this episode our “*Transformation Stories Series*” we find out the truth about vitamin D’s origins and that prior to her creation as your guardian angel, she was pretty chunky, but still had a healthy body image. We learn about the unique ultraviolet radiation that can transform an ordinary plane Jane flat planar molecule, into a fiery resonating molecule that can rotate in two directions, our guardian angel, vitamin D. It turns out Mother Nature is crafty, Cholesterol gets her own spin off chemicals, testosterone and estrogen.

Spoiler alert: Cholesterol plays a hero in this episode, and in our biology and life. Cholesterol has been vilified by big pharma, but she is your chief repair molecule and hardest worker in you.



The **HEROES** of Light

They can save us all, and the planet!

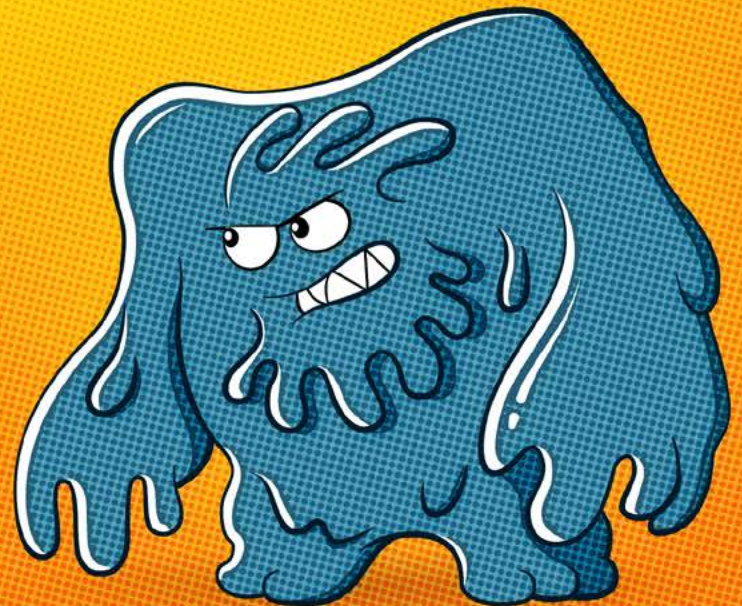
ELEMENT EDITION

HEAVY WATERS

**Starring Hydrogen, and
his evil twin Deuterium**



Hydrogen

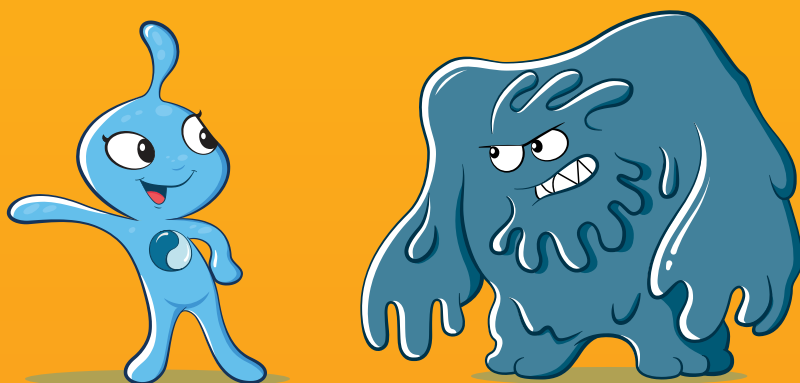


Deuterium

by
Dr. Joel D. Gould

HEROES OF LIGHT: ELEMENT EDITION WATER THE MAGICAL MOLECULE

Starring: **Hydrogen** and **Deuterium**, in their most critically acclaimed performance ever “Heavy Waters”.



In this *Element edition* episode, we learn about the origins of water on planet earth and how “carbonaceous chondrites” which are water containing asteroids thought to have filled earth’s oceans. They may have seeded this planet with the biomolecules that are potentially the evolutionary source of life. Those asteroids or comets water match the contents of earth’s oceans Deuterium content at 155 PPM (parts per million) and explains the three forms of water that exist on planet Earth and *in this universe*.



<http://www.psr.d.hawaii.edu/CosmoSparks/July12/Earthwater-sources.html>



The Heroes of Light are our defenders, they have our backs and will fight the villains at every turn. This is just a small sample of their adventures to show us how our bodies work. The Heroes of Light are Mother Nature's creations and follow her rules, favoring diversity and collaboration.

Kumbaya!



THE ELEMENTS OF LIFE



DISCONNECTION NOTICE: RECONNECT TO THE ELEMENTS OF LIFE!

This image explains why we are getting sick. We evolved to live connected to nature in our natural habitat. Our doctors are recommending the opposite of what we need for optimal health. Our bodies are sensors for the environment, and we need to be aware of how powerful the signals we are receiving are, and how they can affect epigenetics. Cutting out red, fatty meat and staying out of the sun is a terrible mistake.

BE YOUR OWN ZOOKEEPER

Modern zoos are places that are caught in transition. As our social values evolve and the world shaped by our morality and ideas of the past fall away, we see that it's cruel to keep animals in captivity. Not because we don't want our children to be able to see up close, nature's incredible diversity and the magnificence of the animal kingdom, but because we see keeping these animals in captivity as torture. It's more than the idea that the enclosures are restrictive or phony, but it really all comes down to the idea that humans, the zookeeper's, have no clue what to feed the animals in captivity. We have no clear idea how to recreate complex ecosystems in an artificial space. Ultimately the animals' well-being declines and their healthy instincts and behavioral lifestyles become subverted... they get sick. We are not smart or sophisticated enough as zookeepers to provide the ideal "artificial" living conditions for these animals to thrive and stay healthy in captivity.



Our modern lives form the bars of a gilded cage we built for ourselves for comfort and convenience but animals in captivity get sick.

You may not be ready to make the needed changes for health and longevity but you should at least have the information available to you and decide how you want to live. It's important to know that the things you do today can profoundly affect your future health and even the health of our future generations.



IT'S ELEMENTAL

At its core, the epidemic of modern living has resulted because humans have become disconnected from the elements of life that were instrumental in our evolution: **Air**, **Earth**, **Fire** and **Water**. We are literally *suffering from separation anxiety*, as we have completely disregarded Mother Nature's genius and elegant design and tried to outsmart her with our technology. Understanding how our biology is tied to these essential physical elements and learning how to reconnect to them is how we cure this epidemic. Mother Nature represents the laws of physics, and *ultimately you can't fool Mother Nature*.



AIR

BREATHING AND SLEEP

We need normal constant airflow all night long for our bodies to get into and stay in deep restorative sleep. Sleep is our nightly regeneration tool and when our sleep is interrupted, we have too much wear and tear without enough repair, which is essentially premature aging.

OUR SEPARATION ANXIETY: Decreased airflow during our sleep caused by a lack of sunlight results in the disruption of our restorative sleep. No sun, no sleep. The day rules the night. Circadian rhythms follow the sun's cycle and light on our skin and eyes affect us, and make or break our sleep cycles. **Insomnia**, and **sleep apnea** are modern epidemics that destroy our normal sleep cycle. Poor and improper breathing in sleep, in growing children, changes how the airway forms. It affects the size and shape of the jaw, and impedes breathing. We need to have enough of the sun's powerful energy in the form of vitamin D in us to sleep normally. These days with sleep disorders on the rise, we need to think about **Sleep Restoration**.



EARTH

FEASTING AND FASTING

Earth represents our food chain, its nutritional and mineral content, and how often we eat. Humans evolved to eat whole, natural, unprocessed animals, nose to tail, and followed a “**Feasting and Fasting**” style of eating. Junk food is processed and loaded with our villains *Glyphosate* and *Deuterium*. We need to return to the foods we evolved on and use our primary fuel, fat, which is a ketogenic diet, instead of the toxic carbohydrates of the SAD (standard American Diet) most think is our normal food.

OUR SEPARATION ANXIETY: Nutritionally devoid foods, processes carbohydrate junk food, industrial seed and vegetable oils, and eating/snacking all day long. The dangerous result is a lack of *Metabolic flexibility*.



FIRE

RADIATION RULES

Fire represents sunlight and the radiation it emits. Sunlight is the reason that life evolved on earth. It fuels all life and it's hard wired into our biology. We need to understand a bit of science and follow some “**Radiation Rules**” if we want to stay healthy. Radiation has many effects on our biology and we make specific chemicals critical to our health, like **Vitamin D**, **Melatonin**, **Cholesterol Sulfate**, and **Vitamin D Sulfate**; a few of our Heroes of Light and characters in this book.

OUR SEPARATION ANXIETY: Too little natural sunlight or native radiation, and far too much man-made EMF, or electromagnetic radiation from screens, wireless devices, WIFI and Bluetooth; which you can consider “junk light”.



WATER

THE MAGICAL MOLECULE

Water is a magical molecule and the key to all organic life, where organic means carbon containing. **Structured water** or **EZ water** is produced in our bodies by many different factors, and is critical to life. This *fourth phase of water is a gel*, and should be ever present, as it's what keeps our cells running properly. You want as much of it in your body as possible. It's your solar powered battery, storing the energy of the sun, driving our biology. **Metabolic Water** is the end product of our metabolism made inside Marty Mitochondria, our cellular energy producer, he's got the power! Metabolic water is what can prevent and reverse cancer, and is totally free of our villain **Deuterium**.

OUR SEPARATION ANXIETY: Too much Deuterium, too little metabolic water, not enough structured water from a lack of sunlight, movements, and sulfur deficiency.

TRANSFORMATION STORIES



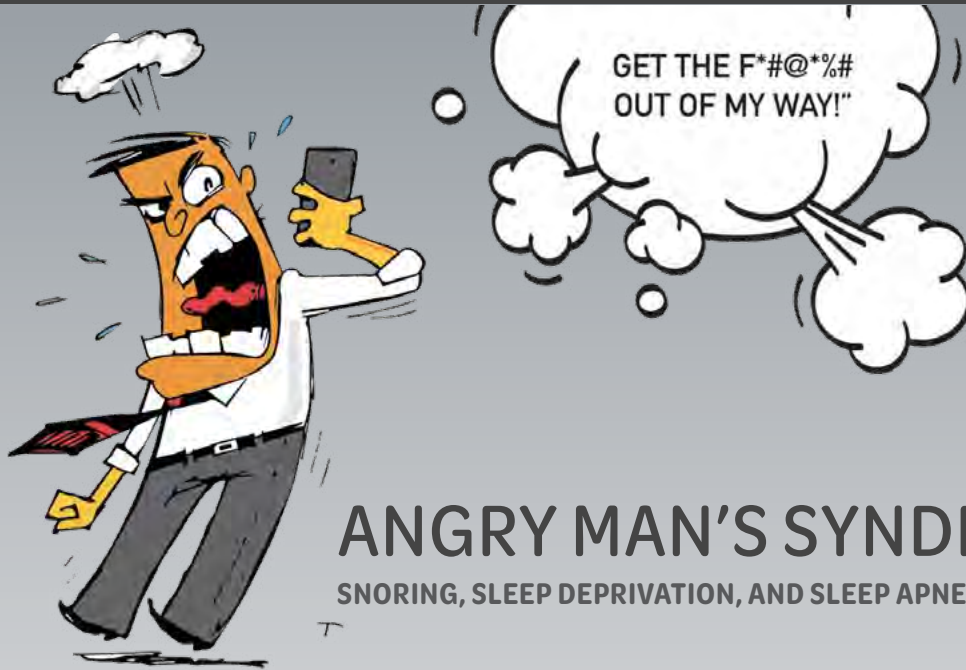
VICTIMS OF THE EPIDEMIC

The victims of this new syndrome *The Modern Epidemic* are everywhere. In this book you will find caricatures or prototypes of several variations of the modern epidemic drawn by artist Damian Fulton.

The Modern Epidemic looks different at different ages and stages. These caricatures show us the different health issues associated with our disconnection from our natural habitat to make them memorable. These personality types or *archetypes* hold very true for many people and you may know someone who fits the type that I define and describe. In fact, you may even recognize yourself when you see some of the signs and symptoms.

These victims can transform and heal themselves, but it's going to take a completely different health and medical paradigm, based on science and common sense.

Science without common sense is dangerous.



ANGRY MAN'S SYNDROME

SNORING, SLEEP DEPRIVATION, AND SLEEP APNEA (MILD TO MODERATE)

SIGNS AND SYMPTOMS

- Bruxism, clenching and grinding teeth either daytime or during sleep
- Snoring
- Low testosterone
- Erectile dysfunction
- Prostate cancer
- TMJ pain Temporo-mandibular Joint, jaw joint pain.
- Visible wear on front teeth, chipping, or wearing enamel
- Neck pain upon waking
- Postnasal drip or phlegm build up at back of throat
- Heartburn or gastric acid reflux
- Difficulty focusing on complex issues
- Slow to recall names
- Impatient, easily aggravated, Short fuse
- Verbally aggressive, Road rage
- Chronic back, neck, or body pain
- Weight gain or obesity, dad bod

How can I help make your day better?



TRANSFORMS TO HAPPY MAN'S SYNDROME



EXCUSE ME,
I AM IN A HURRY,
HOW LONG IS THIS
GOING TO TAKE?

BITCHY WOMAN'S SYNDROME

TMJ (TEMPOROMANDIBULAR JOINT PAIN, BRUXISM), INSOMNIA,
MIGRAINES, CENTRAL SENSITIZATION SYNDROME (IBS, FIBROMYALGIA,
CHRONIC LYME, THYROID)

SIGNS AND SYMPTOMS

- Bruxism, clenching and grinding, daytime or nighttime or both
- Adult Acne
- TMJ Temporomandibular jaw joint pain
- IBS Irritable bowel syndrome
- Insomnia, or poor sleep, frequent waking, and feeling unrefreshed in the morning
- Cold hands and/or cold feet (raynods syndrome)
- Light headed or fainting when getting up quickly
- Thyroid cancer, breast cancer
- Anxiety/Depression
- Migraines
- Fibromyalgia
- Lupus/autoimmune disease
- Chronic fatigue syndrome
- Psoriasis, eczema
- Weight gain/obesity, inability to lose weight
- Chronic Lyme disease
- POTS (postural orthostatic tachycardia syndrome)
- Early Apnea UARS (Upper Airway Resistance Syndrome)

Please! Take your
time, how can I help?



TRANSFORMS TO WITCHY WOMAN'S SYNDROME



COULD I GET A CARAMEL LATTE,
DOUBLE SHOT?

MOMMY MUMMY

PREGNANCY AND FERTILITY

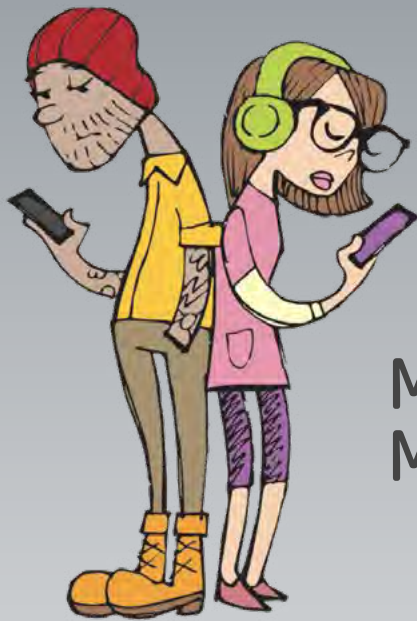
SIGNS AND SYMPTOMS

- Exhaustion, forgetful, frazzled
- Heartburn
- Weight gain, or unable to lose the baby weight
- Craving sugary food and carbohydrates
- Anxiety, depression, postpartum depression
- Fibromyalgia
- Poor sleep, insomnia
- Diarrhea or constipation, general digestive issues.
- Autoimmune disease
- Eating disorders, emotional eating
- Cancer
- Neural tube defects

Come on kids lets go
outside and play!



TRANSFORMS TO YUMMY MUMMY



I CAN'T BE OUTDOORS,
THE SUN BURNS MY SKIN,
AND I CAN'T SEE
MY SCREEN

MISERABLE MILLENNIALS

SIGNS AND SYMPTOMS

- Bruxism clenching and grinding
- TMJ pain, Temporomandibular jaw joint
- Anxiety, racing thoughts
- Difficulty gearing down at night for sleep
- Insomnia
- Light sleeper
- ADD attention deficit disorder, difficulty focusing
- Allergies and asthma
- Irritable bowel syndrome
- Body pain, especially neck
- Sun phobic, burn easily
- Autoimmune disease
- Acne
- Smokes pot to fall asleep

TRANSFORMS TO MAGNIFICENT MILLENNIALS



Let's get some fresh
air and go hiking!



TERRIBLE TEEN SYNDROME

MENTAL HEALTH AND ADDICTION

SIGNS AND SYMPTOMS

- Acne
- Eczema
- Psoriasis
- Dental decay
- Irritability
- Unable to gear down for sleep, insomnia
- Unable to get out of bed in the morning
- ADD, attention deficit disorder
- Difficulty focusing
- Obnoxious behavior
- Mental health issues
- Alcohol or drug use

Let's work together to protect the environment!



TRANSFORMS TO TERRIFIC TEEN



HONEY, DO WE
HAVE ANY CHIPS
OR ICE-CREAM?

ROADKILL

OBESITY, CANCER, HEART DISEASE,
NEURODEGENERATIVE DISEASE

SIGNS AND SYMPTOMS

- Snoring
- Sleep apnea, severe
- Stroke
- High blood pressure
- Alzheimer's disease, Dementia, Parkinson's
- Diabetes
- Cancer
- Obesity
- Periodontal disease, tooth loss

Honey, have you seen my
running shoes?

TRANSFORMS TO ROAD WARRIOR





MOM, MY THROAT
IS SORE. AGAIN

PEDIATRICIAN'S BLIGHT

IMMUNE FUNCTION, GROWTH AND DEVELOPMENT

SIGNS AND SYMPTOMS

- Viral infections, colds, flus
- Bacterial lung infection and pneumonia
- Chronically infected tonsils
- Warts
- Dental decay, infections, abscesses and early gum disease
- Eczema
- Candida
- Allergies
- Asthma
- Anxiety and ADD like behavior
- Bed wetting (Nocturia)
- Insomnia (not normal in children)
- Delayed dental development and growth
- Long face syndrome (mouth breathing with improper jaw, and airway growth)

TRANSFORMS TO PEDIATRICIAN'S DELIGHT!

I got every
question right!





MOM, MY THROAT
IS SORE, AGAIN

PEDIATRICIAN'S DELIGHT!

TRANSFORMATION STORIES: PEDIATRICIAN'S DELIGHT *THE IMMUNE SYSTEM*

SUFFER THE CHILDREN

Heidi thought she was the kind of mother that she had always hoped and expected to be; fair, kind, stern when needed, and a provider of unlimited and unconditional love. Her husband was a doting father and a web MD, always making sure the kids were receiving the benefits of his investigations into the world of health and nutrition. Between the two of them they had the market cornered on being parents who simply couldn't be more proactive when it came to their children's health. But something was still wrong. Anna, their 8-year-old daughter was sweet, and even a little morose. When I meet Anna it's to treat her for an abscessed baby tooth. The dental situation isn't ideal. Mom and dad had spent thousands of dollars and many hours in my office having Anna's teeth restored. It didn't seem to matter how little sugary desserts and foods they fed her, she craved and loved sweets. They tried to stick to healthy whole grain cereals, crackers, and oatmeal. Nothing was working and no matter how many times a day she brushed and flossed, the decay was everywhere.

I always try to make parents feel better when they arrive with a child who needs a lot of work, since I was one of those children. I was taunted by my own dentist for being a "dental retard" throughout my childhood because of the mess of cavities I had. I knew how hurtful this type of verbal abuse can be. I always take aside the parents and reassure them that it's not their fault, and that even the best caregivers can go

through this. I used to say that it was just the way some kids were and that genetics can play a huge part in how much decay some kids get. Some kids are just unlucky.

THAT'S WHAT I USED TO SAY, BEFORE I KNEW OF THE POWERFUL ANTIMICROBIAL EFFECTS OF VITAMIN D. This hormone activates and allows the production of over two hundred anti-fungal, anti-viral, and anti-bacterial proteins that circulate in your immune cells throughout your body hunting down infective agents. When your D level is low, your DNA and its library of chemical mediators are restricted. Those killer attack defense chemicals your body needs to produce to be healthy are simply not being made. This is where Johnny **Neutrophil** comes into the picture. He is just one of the cells of the immune system, charged with killing pathogens with special chemicals aptly called defensins, to protect you.

Armed with my knowledge on the gene modulating vitamin D hormone, I had a completely different perspective on reality. I noticed some telltale signs of the modern epidemic in Anna and decided to question mom. When her parents restricted her diet to those whole, heart healthy grains and oatmeal, they simply didn't know how much glyphosate is in almost every bit of food; juice and even milk. That diet loaded with glyphosate was also a powerful contributing factor to Anna's severely low D level. I only knew this because of the years of research I had compiled as well as having suffered from every one of those maladies in my own childhood.

Anna was a sickly child. She was seeing several doctors, each treating her seemingly unrelated maladies, being good doctors with blinders on. Her allergist was treating her many allergies with steroids and antihistamines. Her primary care doctor was removing the painful warts on her legs with liquid nitrogen. This doctor told mom that the warts were spreading because the eczema she was afflicted with, had made her delicate skin more susceptible to the wart virus, which may be true, but not the root cause of any of her symptoms.



JOHNNY NEUTROPHIL

ANNA SUFFERED FROM:

OPPORTUNISTIC INFECTIONS/IMMUNE FUNCTION

- Dental decay, infections, abscesses and early gum disease
- Chronically enlarged tonsils
- Multiple warts on her legs and feet
- Eczema
- Candida, a fungal infection of the mouth and corners of the mouth (called angular cheilitis)
- Allergies
- Asthma
- Frequent colds and flus
- Recurrent tonsillitis
- Kawasaki's disease¹

SLEEP RELATED

- Bruxism, loud clenching and grinding of teeth
- Snoring
- Anxiety and ADD like behavior
- Bed wetting (Nocturia)
- Insomnia (not normal in children)
- Delayed dental development, and growth
- Long face syndrome (mouth breathing with improper jaw and airway growth)
- Thumb/finger sucking

Anna was a victim of the modern epidemic. Her loving father judiciously slathered her with sunscreen every day, without exception. He had read all about the dangers of the sun and its cancerous rays. He followed what all the doctors were advocating, covering all exposed skin with SPF 50. Anna's parents were literally suffocating her with love. Dad made sure Anna was taking vitamin D in supplement form, it was in her daily multivitamin. It was 400 IU, which is the RDA or recommended daily allowance for her. He took 600 IU himself, following the government guidelines on dosing for vitamin D, he had read that too much was "toxic".

¹ <https://www.ncbi.nlm.nih.gov/pubmed/28861112>

Anna's parents trusted their doctors, and followed their recommendations but she was still quite sick. Her concerned allergist prescribed steroids not knowing, realizing, or caring that steroids sequester or remove vitamin D, taking away what little of the chemical she had left in her body². Most doctors don't know that both eczema and psoriasis are a primary vitamin D deficiency, with a secondary B vitamin deficiency, due to the wrong gut microbiome³.

MODERN MAN'S MAYHEM

Diet plays a huge part in this syndrome, but not in the way you might think. Too much sugar is absolutely toxic. The truth is that most kids eat a diet very high in carbohydrates, which our body sees as sugar. Whole grain, natural non-GMO cereals are some of the worst offenders, though there are no labels/indication how dangerous these seemingly healthy foods are. These foods are loaded with our modern manufactured villains Deuterium and Glyphosate. This is a terrifying twist to an already horrifying story. Glyphosate destroys your ability to use vitamin D, and further amplifies this dangerous syndrome. This "tag team" of terror destroys our gut or intestinal lining, and attacks our mitochondria, (Marty Mitochondria), creating an energy deficit, with illness following. These foods are not what we as human animals were designed to eat, though great advertising/packaging has been seducing children since the turn of the century.

These obvious signs of poor health were as plain as day to me, but would I have recognized them before I found out that I myself, had lived their same childhood as Anna? Probably not, and neither had any of the seemingly competent doctors in the Los Angeles area, hardly a medical backwater. When I explain the details of the epidemic to mom, a brief pause separates tears of possibly joy? possibly tears of pain? Perhaps realizing they were making their own daughter sick? Perhaps relief? I advise her that the cure is so simple, she might be mad at the world we currently live in.

2 <https://academic.oup.com/jcem/article/97/3/738/2536288>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6875217/>



Johnny Neutrophil

This Guy is a Neutralizer

CHARACTER PROFILE SPOTLIGHT: IMMUNE CELLS

LIKES	Vitamin D sufficiency, vitamin E, zinc, selenium, vitamin C, carotenoids, Green tea, omega 3 fats, vitamin A, garlic
DISLIKES	Low vitamin D levels, toxins like glyphosate, chemotherapy drugs, radiation, Deuterium
ORIGIN STORY	Created in bone marrow from stem cells
HOME TURF	Throughout the body, blood, and lymphatic system
TEMPERAMENT	This guy is an aggressive defender of your body, attacking microbial pathogens wherever they may be
RELATED TO	Macrophages, natural killer cells, T cells, B cells
DAY JOB	Defending against pathogens like viruses, bacteria and fungi, angiogenesis (creating blood vessels)
WEAPONS	Defensins and cathelicidins, which are special killer proteins stored in vesicles inside him that dissolve pathogens on contact.



The *TERRIFIC TRIO*

Prescription for *The Modern Epidemic*

What to take with vitamin D:

Vitamin K2, as MK4 or MK7, which has a longer half-life www.vitamink2.org

Magnesium, 400-500mg, (citrate, gluconate, malate, or a mixture)

General guidelines:

1000 IU D3 per 25 lbs.

Example: 200 lbs. male, 8000 IU

125 lbs. female, 5000 IU

50 lbs. child, 2000 IU



VITAMIN D RANGES

	Vitamin D Council	Endocrine Society	Food and Nutrition Board	Testing Laboratories
Deficient	0-30 ng/ml	0-20 ng/ml	0-11 ng/ml	0-20 ng/ml
Insufficient	31-39 ng/ml	21-29 ng/ml	12-20 ng/ml	21-30 ng/ml
Sufficient	40-80 ng/ml	30-100 ng/ml	>20 ng/ml	20-100 ng/ml



In the United States, vitamin D is measured in nanograms per milliliter (ng/ml), which differs from Canada, Western Europe, and much of the world, which uses nanomoles per litre (nmol/L). All measurements in this book are in ng/ml, unless otherwise stated.

Conversion between units, multiply or divide by 2.5

D level 60ng/ml x 2.5 = 150nmol/L



Highest level of vitamin D recorded through sunlight 100 ng/ml

Highest level from UVB light 137.5ng/ml(artificial) ¹

Toxic effects seen above 200-400 ng/ml ²

Maximum production from sunlight 10,000-25,000 ³

No signs of toxicity in infants given 2000 IU ⁴

No signs of toxicity with 15,000 IU daily ⁵

40,000 IU = 1 mg



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3798924/#B49-nutrients-05-03605>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3897598/#R49>

³ <https://www.vitamincouncil.org/how-do-we-know-how-much-vitamin-d-you-make/>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3897598/#R49>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5402701/>

Evidence that vitamin D can help decrease the dangers of the coronavirus

<https://articles.mercola.com/sites/articles/archive/2020/07/04/coronavirus-prevention-vitamin-d.aspx>

LOADING DOSE:

20,000 IU for 2-4 weeks, depending on current level, and sun exposure. There is no one time toxic dose, but 20,000 IU is the amount you can make in 20 minutes, in appropriate sunlight if the conditions are right and you have most of your body exposed.

D DETERMINANTS

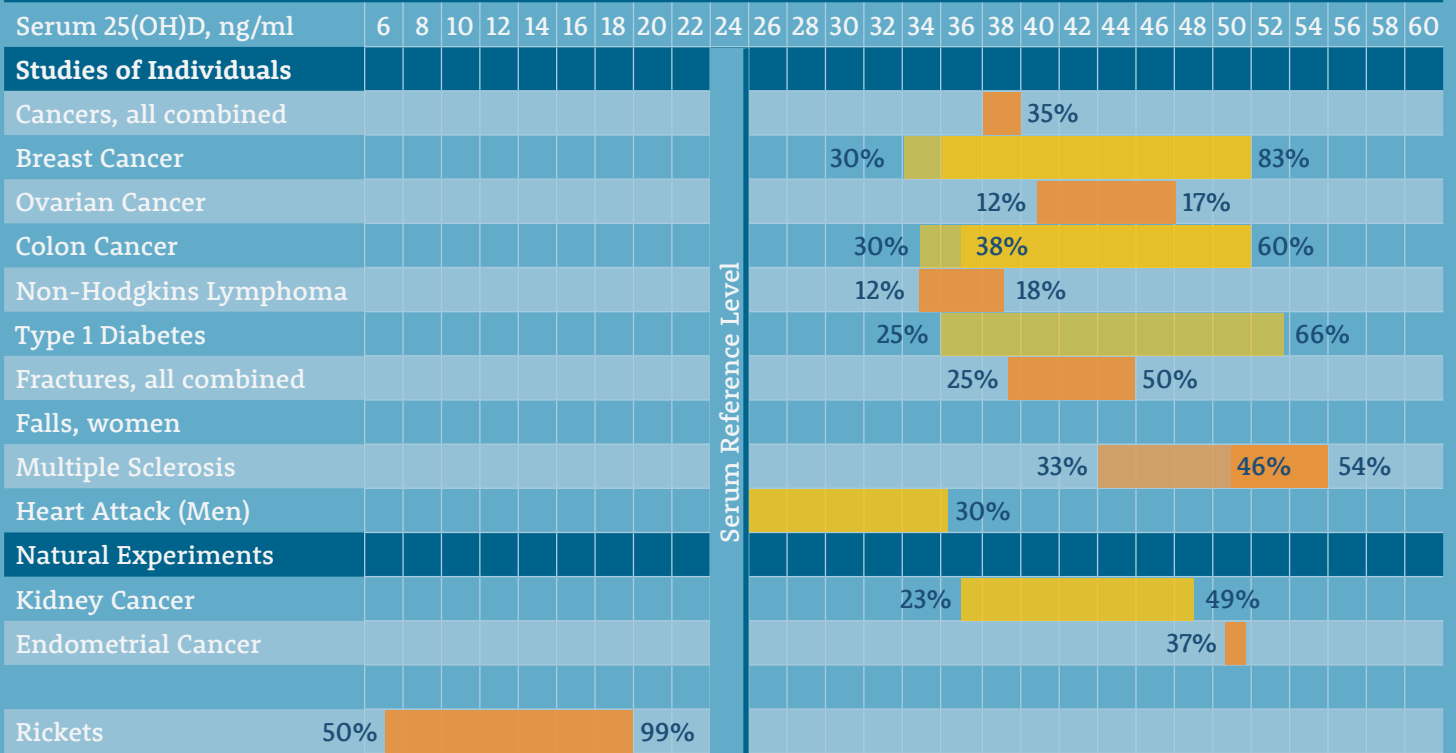
HOW MUCH VITAMIN D YOU MAKE ON YOUR SKIN ON THIS PLANET DEPENDS ON MANY FACTORS:

1. Your latitude
2. Your elevation
3. The time of day
4. Clarity of sky
5. Skin surface area exposed
6. Skin tone



VITAMIN D

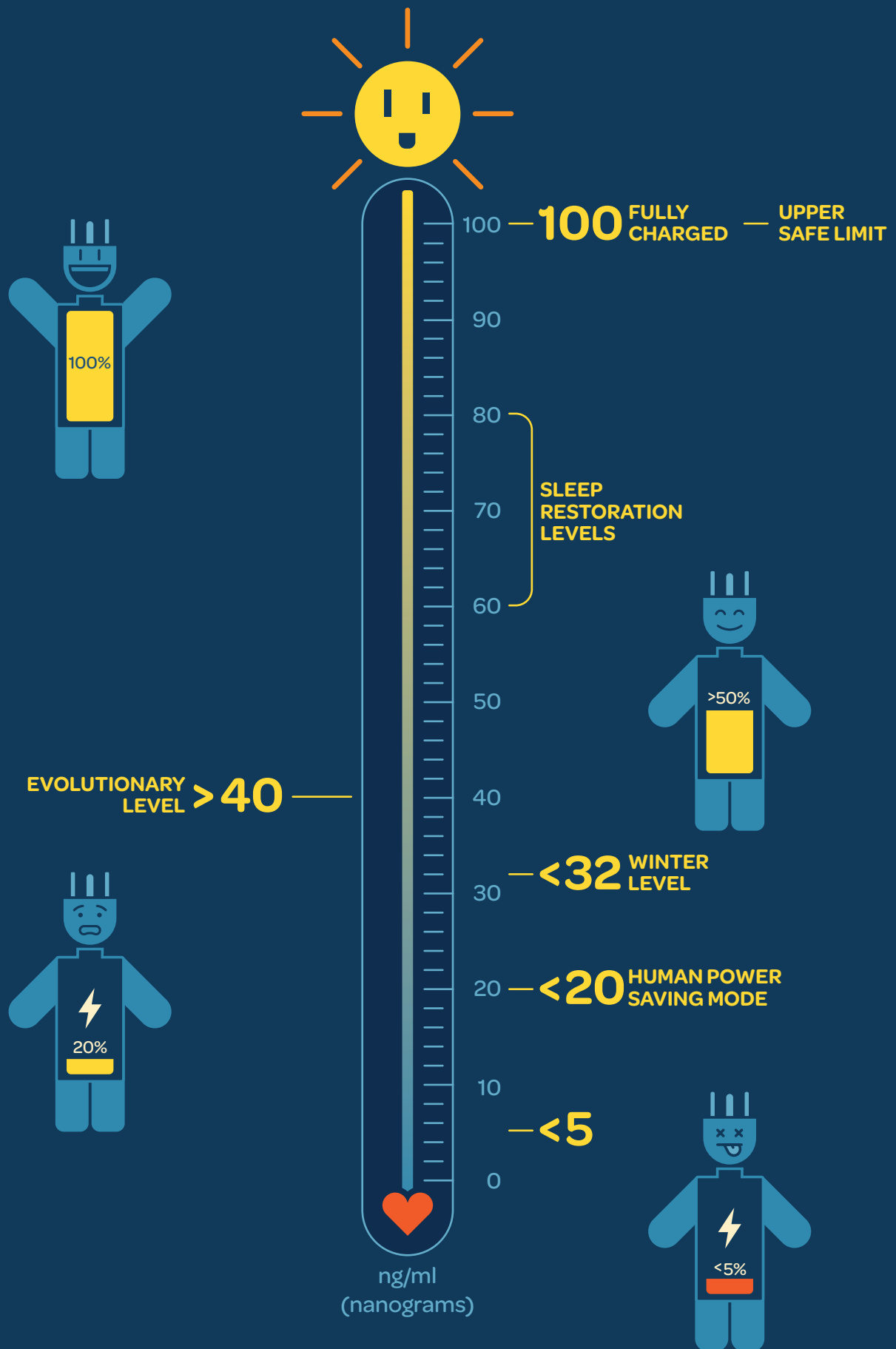
DISEASE INCIDENCE PREVENTION BY SERUM 25(OH)D LEVEL



If you choose to get some sun exposure you can track your exposure with the [*D minder APP*](#), it lets you know when the UVB radiation needed for vitamin D production is available in your location. Sunscreen blocks all vitamin D production. You can cover your face and slowly, gradually expose yourself increasing to about 15-20 minutes a day, depending on your skin type.

Darker skin needs to be in the sun longer to make the same amount of vitamin D. This is a component in our current pandemic. Those with darker skin are at a higher risk, simply because they are more likely to be Vitamin D deficient. Vitamin D is that powerful.

VITAMIN D: THE THERMOSTAT OF LIFE



WE ARE SOLAR POWERED ANIMALS

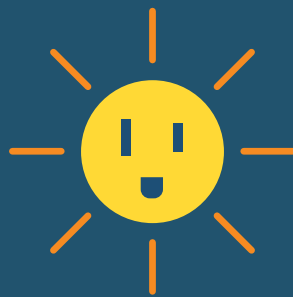
This preview of “**The Modern Epidemic**” was created to immediately raise awareness of the dangers of vitamin D deficiency. My goal in sharing this information with you is help you protect yourself and those you love from unnecessary illness. Please visit my [YOUTUBE](#) channel and subscribe. Watch the many videos I have created to simplify the confusion surrounding vitamin D; dosing, levels, myths, and safe sun exposure. Follow me on instagram, [@modern_hunter_gatherers](#). Lastly, please share this eBook with everyone and visit www.modernhuntergatherers.com to pre-order the book.

Thank you,
Joel Gould

Join your tribe, **The Modern Hunter Gatherers**, reconnect to the elements of life and free yourself from The Modern Epidemic.

Save Yourself, Save The Planet!

Kumbaya



The Future Is Bright