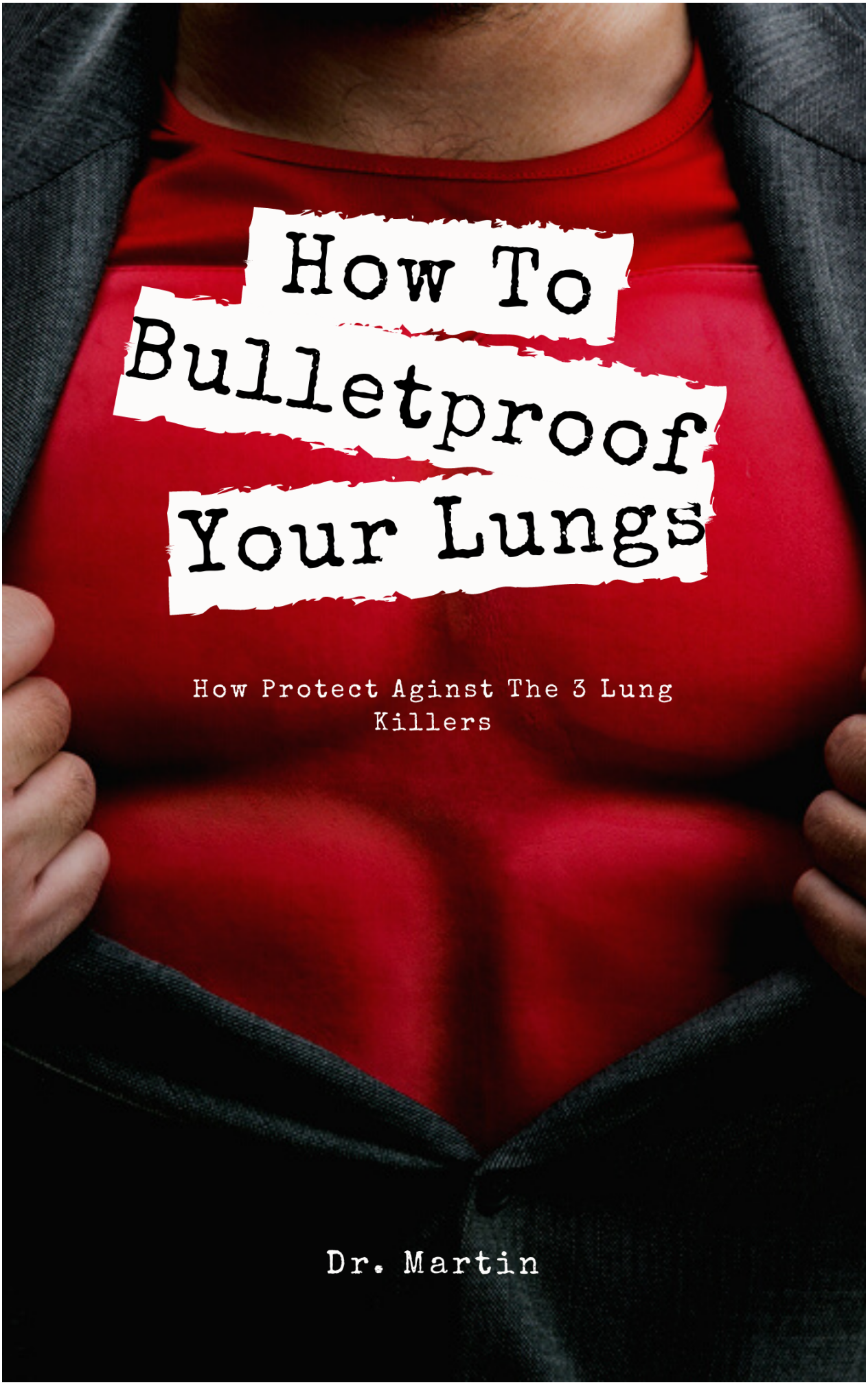

How To Bulletproof Your Lungs
How Protect Aginst The 3 Lung Killers
Dr. Martin

Dear Friend:

It goes without saying, you want strong lungs.

When your lungs are ‘weak’, you’re at a higher risk of not only catching a virus, but also experiencing more severe symptoms.

Why Weak Lungs are Prevalent Today

There are 3 common lung killers you need to protect against. Any one of them can cause your lungs to be at risk.

High Blood Sugar - The First Lung Killer

You may be shocked to learn — High blood sugar targets your lungs.

High blood sugar levels RAPIDLY ages your lungs and leads to a significant decline in respiratory function (There's even a term used in research called a "diabetic lung").

Research shows the lungs of a person with high blood sugar declines 2-3 times faster than a normal non-smoking person.

You don't even have to be a diabetic to experience a rapid decrease in lung function. People with high blood sugar levels who aren't yet diabetic also experienced premature lung aging.

But there's more. Not only does high blood sugar levels rapidly age your lungs, decrease respiratory functions…

It also puts you at risk for higher complications from pneumonia, longer hospital stays — and even death.

A study published in the British Journal of Medicine found high blood sugar levels were "an independent risk factor for increased death from pneumonia'.

One of the most important things you can do to protect your lungs…

And make them stronger is to keep your blood sugar levels healthy.

Leaky Gut Syndrome - The Second Lung Killer

It wasn't long ago that doctors thought lungs were sterile.

It turns out — they aren't.

Lungs have their own microbiome, just like your gut.

And, the microbiome of the lungs impacts immunity.

You need a healthy and diverse good bacteria in your lungs to keep them healthy (again, just like your gut).

Any changes to your lung's microbiome can lead to COPD, asthma, infections, and even cancer.

There's also a DIRECT connection between your gut and lungs.

Researchers call it the **GUT-LUNG AXIS**. It means the bacteria in your gut is directly communicating with the bacteria in your lung.

Any change of your gut microbiome will directly alter your lung bacteria. It also means any change in your gut microbiome will directly alter your gut bacteria.

A major reason why many have weak lungs and get more lung infections, or suffer from asthma is because of Leaky Gut Syndrome.

If you want to have strong healthy lungs you need a diverse microbiome of your lungs and gut.

Free Radical Damage - The Third Lung Killer

The very same oxygen we need to live can also be transformed into lung damaging free radicals.

Under normal circumstances, free radical damage is minimized by antioxidants. But, when your antioxidants are overwhelmed or depleted due to pollution, stress, disease, or inflammation…

It can lead to asthma, COPD, cancers, and weak lungs.

The bad news is, your lungs are prone to free radical damage since they are constantly exposed to oxygen…

Which means in order to have strong lungs, you need to drastically increase your antioxidant capabilities.

How To Bulletproof Your Lungs

In order to have strong lungs you have to protect them from the 3 killers:

- **High Blood Sugar**
- **Leaky Gut Syndrome**
- **Free Radical Damage**

How To Control Blood Sugar

Nothing — and I mean nothing — affects your health more than controlling your blood sugar and insulin levels.

High blood sugar levels in midlife leads to big problems, including heart disease, ALZHEIMER'S, arthritis, and diabetes.

Now…

You may be saying "*my blood sugar levels are ok, so I"m healthy"*.

But, remember…

Blood sugar levels are a LAGGING indicator.

LONG before your blood sugar levels get messed up…

Your INSULIN levels are already too high.

Which means…

If you have high blood sugar levels, then your insulin has been messed up for years or even decades.

If you don't have high blood sugar levels, it doesn't mean your insulin isn't high.

The best way to control your blood sugar is to lower your insulin!

How Do You End Up With High Insulin?

When you eat crappy carbs (fats + sugar combined) or sugar…your blood sugar levels SPIKE.

Remember…

High blood sugar levels are toxic and dangerous. So, your body *has* to get rid of the excess glucose IMMEDIATELY.

If you don't need the energy right away…then you have to store the glucose somewhere because it has to be remove from your blood ASAP.

This is where insulin comes steps in.

Insulin moves glucose out of your blood and into storage.

Now…

You only have THREE places where you can store glucose.

Your **MUSCLES**.
Your **LIVER**
Your **FAT CELLS**.

But…your muscles and liver only have limited storage space…

Which means…

A majority of glucose ends up getting **stored in fat cells**…because you can **ALWAYS** make more.

The FIRST STEP to Lowering Insulin

Let me ask you a question…

Do you believe eating the RIGHT kind of food is the best medicine?

Every bite of food triggers a massive hormonal response in your body.

And these hormonal responses lead to either…fat burning or fat storage, inflammation or anti-inflammation, aging or anti-aging.

That's how important food is.

If you're not well…

You have to ask yourself…

"Is what I'm eating right now causing inflammation or fighting inflammation?"

"Is this food building my immune system or destroying it?"

"Is what I just ate spiking my blood sugar and causing insulin problems or is it keeping my sugar levels low?"

Food can be the medicine your body needs to fight disease…

Or it can be the POISON that weakens your system.

If you want to keep insulin low then eating the right kind of food is crucial.

What is the best way to eat to keep insulin low?

Keeping your carbs and sugars low.

Now…**what does it mean to keep your carbs low?**

When you start reading low carb studies…you realize 'low carb' can mean a lot of different things.

Sometimes low carb means ketogenic (less than 30-50 grams of carbs a day).

Sometimes low carb means less than 30% of calories, which can be more than 120 grams, depending on the person.

That's a wide range!

Now,

When someone is used to eating 300+ grams of carbs everyday, any plan that has them eating 120 grams a day would be considered low carb for that person…

So…**low carb is a spectrum.**

Some people, based on their current state of health, need to go ketogenic. Other people may only need to reduce their carb intake.

Each person has a different carb tolerance.

But…

If you want to keep insulin low, keep your crappy carbs and sugar low.

Now…Let's talk about the second way to lower insulin.

The SECOND STEP to Lowering Insulin

High intensity exercise and weight lifting.

When it comes to lowering insulin we prefer short, high intensity exercise over jogging.

For *<u>most</u>* people, jogging leads to muscle loss and elevated cortisol levels.

Notice that I said ‘most’ people.

There are some that are truly born to run.

They run like a gazelle with little effort.

They aren’t banging their heels on the ground with each step or getting upper back pain because of bad biomechanics.

But…Many aren't built to run…properly.

This is why so many joggers get shin splints, sore knees, sore hips, upper back pain etc…

High intensity exercise on the other hand…

will make you more insulin sensitive. This is a good thing. It means that you need LESS insulin to lower blood sugar levels.

It will also help you build muscle if you are doing it with any types of resistance, even body weight resistance.

Remember…

The difference between being able to get out of a chair as we age and needing help to move around is…

Muscle mass.

The effects of aging are VERY different and MUSCLE mass plays a big role.

Muscle mass is a powerful biomarker of aging.

If you aren't strength training then one of the most important things that you can do for your health is to start.

There is no substitute for weight training.

Your quality of life as you age depends on it.

Again…

I'm not saying cardio is bad.
Cardio has definite benefits for your cardiovascular system.

But…Steady state cardio (jogging) is actually catabolic…

which means it will breakdown muscle tissue. If you don't believe me, simply look at the muscular structure of a marathon runner compared to a sprinter.

The takeaway is simple…

When it comes to lowering insulin…

Lift weights, do some high interval training (if you can), and keep your carbs down

The THIRD STEP to Lowering Insulin

FASTING

The first thing I want to mention is something that's often overlooked.

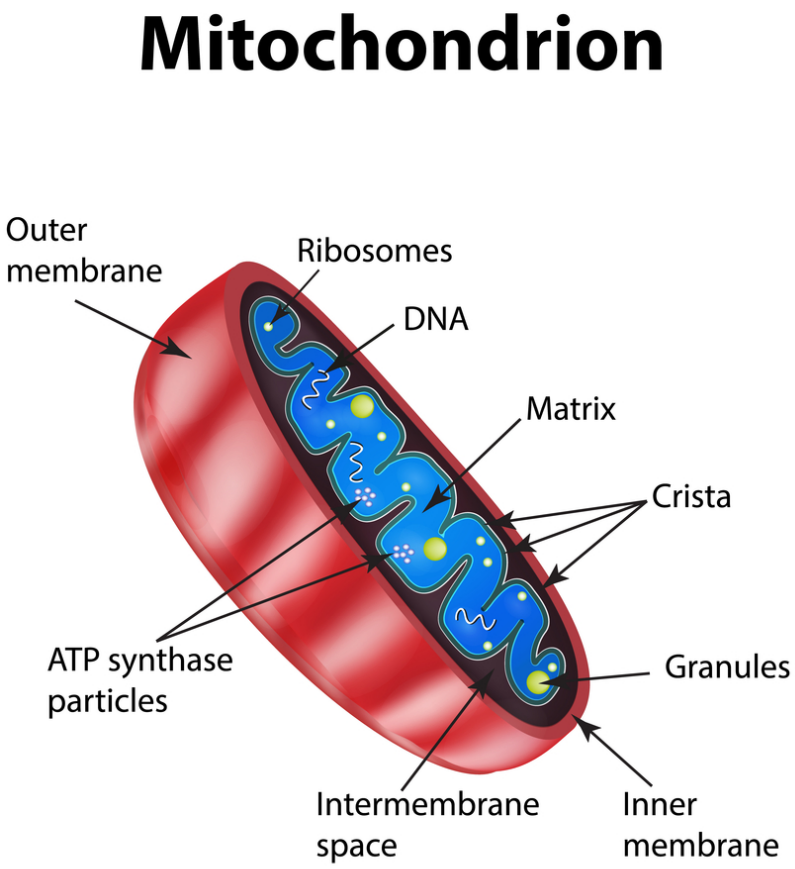
Fasting has amazing benefits **EVEN if you don't lose any weight**.

Fasting is for more than weight loss.

For example…

Take a look at the effect fasting has on your mitochondria (the batteries of your cells).

Mitochondria make 90% of the energy your cells need to survive.



If your mitochondria are healthy, then you are as well.

As you age…

The ability of your mitochondria to produce energy decreases…

AND this has a huge impact on your metabolism and cellular function.

Which means, in order to age well, you need your mitochondria to be healthy and STAY that healthy.

This is one awesome benefit of fasting.

Fasting is also a great anti-aging tool.

Research is starting to crack the surface of what makes fasting so good for you.

And part of the reason has to do with your mitochondria.

Harvard researchers found fasting kept the mitochondria in a "youthful" state.

Another study on fasting showed…

That "flipping the metabolic switch" away from burning glucose to burning fat is a great way to extend lifespan.

What does it mean to "flip the metabolic switch"?

Well…in a sense, you have two engines inside of you.

One burns glucose for energy and the other burns fat.

Now…glucose is a FAST fuel.

You either use it right away or it has to go into storage (fat cells, liver or muscle).

Fat on the other hand, is a SLOW fuel. It can sustain you for a long time.

When you're eating carbs, you're burning glucose for fuel…

Which is why you're **always hungry** or need to eat for energy.

But…

When you keep your carbs low enough…

Your body needs to get energy from somewhere else.

This is when your body uses your fat storage for energy by breaking down fat cells to get ketones.

This is what happens when you're in "ketosis".

Unfortunately…

Most people spend a majority of their lives burning glucose for energy.

The only time they're using ketones for energy is first thing in the morning because they haven't had any carbs since the night before.

Here's what fasting does…

When you STOP eating for a while…

You no longer have any glucose to burn. It's been used up or stored.

As a result, you turn to your own fat cells for energy.

This is a good thing.

Research is also showing that when you 'flip the switch' from burning glucose to burning fat…

It can help extend your life.

That is also a good thing.

Why is fasting good for keeping insulin low?

Well…

Insulin is a FOOD hormone…meaning it's mainly secreted when you're eating food.

If you're not eating food…then you're not secreting insulin.

Which is one reason why it's so good for you.

The bottom line is: You want to eat a low insulin diet.

The BEST Way To FIX Leaky Gut Syndrome

If you suffer from troublesome digestive issues like bloating, gas, digestive discomfort, irregular bowel movements…

Then I have an extremely important message for you.

Even if you don't have "obvious" digestive issues, you're most likely still suffering from a hidden gut issue that's causing…

- **Insomnia**
- **Heartburn**
- **Skin conditions like acne, eczema, and psoriasis**
- **Fatigue**
- **Brain fog**
- **Mood issues**
- **Headaches**
- **Hormonal issues**
- **Joint pain**
- **Cravings**
- **Autoimmune disorders**

You see, ALL these issues (and more) are connected something called Leaky Gut Syndrome.

Now, you may have heard of LEAKY GUT, but perhaps you're not entirely sure what it is…

Here's a quick explanation, how it's DIRECTLY related to so many debilitating health issues.

The "wall" of your gut, or your gut lining, is the barrier that serves to protect the rest of your body against toxins.

It is the ONLY barrier between your BLOOD system and the food you eat.

You don't want yeast, bacteria, parasites, undigested food, or toxins to get into your bloodstream. That's when your health is at risk.

When your gut lining begins to break down, toxins 'leak' into your blood stream and other systems of your body…creating a major health hazard.

I know it's not pleasant to hear, but it's important for you to fully realize: Yeast, bacteria, parasites, undigested food, and microscopic pieces of poop (gross) are leaking into the rest of your body…

Through a weak, porous gut lining…wreaking havoc on the rest of your body!

Now, you may be thinking this isn't a common problem…I wish that were true. But, after 45+ years and over 100,000 patient visits I can safely say…

Leaky Gut Syndrome affects almost everyone at one time or another in their life.

And, if you have any of the symptoms mentioned above — then Leaky Gut Syndrome is most likely the cause.

Why is leaky gut prevalent?

Loads of causes…here are the 6 main reasons:

- Antibiotics is the biggest reason. A couple days of antibiotics will kill all bacteria, including the good ones your gut needs to be healthy. If you've ever been on antibiotics and have never taken a good probiotic then your gut is leaky.
- Medications, such as antacids or any anti-inflammatory like Ibuprofen or acetaminophen.
- Stress causes an increase cortisol (the stress hormone) which causes irritation to the gut lining.
- Vegetable oils are highly inflammatory and irritates the gut lining.
- Plastics, GMOs, Pesticides, and Herbicides found in our foods.
- Artificial sweeteners, many of them kill your good bacteria found in your gut.

As you can see, there's good reason why Leaky Gut Syndrome affects millions of people all over the world — the causes are almost impossible to avoid!

So, how do you FIX Leaky Gut Syndrome?

The FIRST, and most important thing is to take a GOOD probiotic.

If you've been with us for a while, then you know we talk a lot about probiotics.

A probiotic is a healthy gut bacteria that sticks to your gut. Similar to the way icing sticks to a cake.

Probiotics create a healthy barrier in your bowels to keep dangerous bacteria from crashing through the lining of your intestines and entering your blood stream (which is very bad).

They also have several beneficial effects that repair your gut and protect it from future damage.

Here's what makes our PROBIOTICS special.

Our probiotics actually survive the trip through your stomach acid to arrive in your gut where they can do their magic.

Plenty of cheap probiotic supplement brands out there…are basically using probiotics that die as soon as they reach your stomach acid.

It's one of the reason why people notice a big difference on ours, even if they've tried other ones in the past.

But that's not the only reason why we ours are special.

Ours contains 50 BILLION probiotics per capsule.

What's so special about that?

Well…

One of the most important factors to consider when choosing which probiotic to go with is making sure you're taking enough of them PER SERVING to fully colonize your gut…

For maximum protection, healing power, and general wellness benefits.

But, more importantly…

You want to make sure you're getting the right kind of probiotic strains, in the right ratio…

Otherwise you're wasting your money.

50 BILLION probiotics is impressive, but not if it's made up of the wrong types of strains, or enough different ones.

Our Probiotics contains 11 specifically chosen strains that are proven probiotics, not just random bacteria.

Most probiotics on the market on average contain about 4 different strains of probiotics in unequal quantities.

That's like packing 2 pairs of underwear for a 4 week trip. Sure, you can do it — but it doesn't make the most practical sense.

How Probiotics Protects Your Lungs

The physiology of your respiratory and GI tract are closely related.

And, as I've already pointed out — There's a direct connection between your GUT and LUNGS.

Research shows probiotics activates and regulates your defence against lung infections and inflammation.

Probiotics also reduces allergic airway response and protects against respiratory pathogens. This protects your breathing.

Most importantly, probiotics activate the powerful T-cells. T-cells are the Navy Seals of your immune system.

The BEST WAY To Fight Free Radicals

In order to protect your lungs, you need to increase your antioxidant capacity…

You want more antioxidants to fight free radical damage.

Do you know why some people age slower than the rest?

How is it that some people age gracefully…

While others shrivel like a prune by the time they're 60?

It's the same reason why your energy levels are constantly depleted, or can't get up and down the stairs like you used to…

Or why the aches and pains in your hips, feet, back, and wrists seem to get worse every day…

It all comes down to two words: **FREE RADICALS.**

The Dangers Of Free Radicals

Free radicals are unstable atoms inside the body that speed up aging and slow you down.

The tiny molecules eat away healthy cells, and because of them, your body could be aging faster.

They are the cause of something known as oxidative stress.

This process can damage the body's cells, leading to disease and causes symptoms of aging, such as wrinkles.

Think of it like a sliced apple that's been left out on the counter overnight.

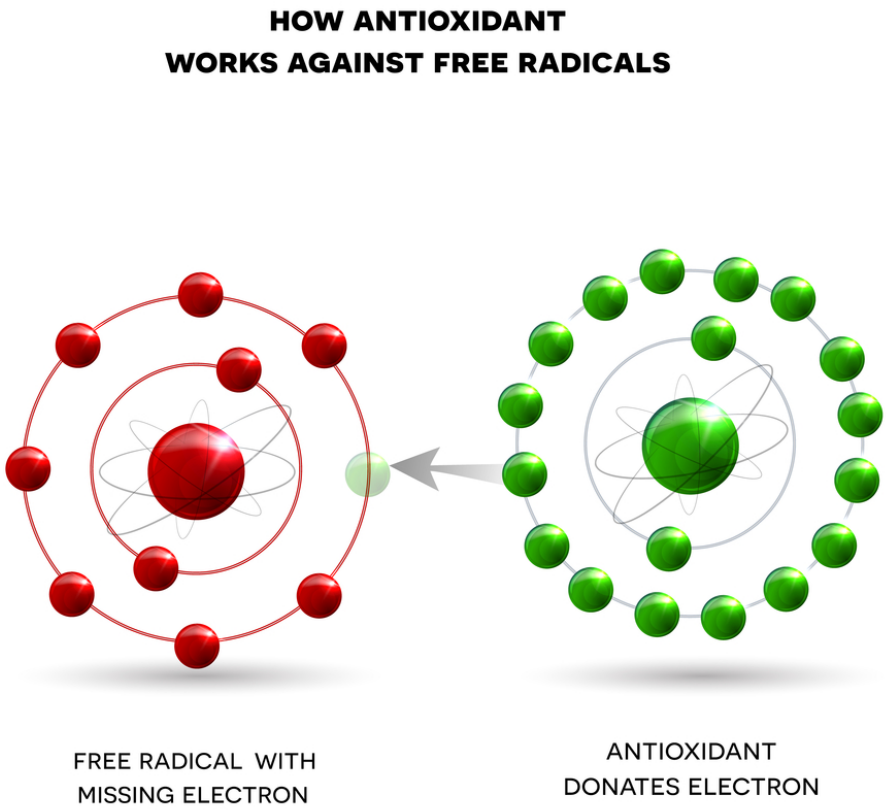
By morning, it's dried out and rotten.

This is oxidation at work, and it's the same damage that free radicals are doing inside your body right now.

You can't see the process on the inside, but you can see it and feel it on the outside.

If you already notice unsightly age spots on your hands or face, fine lines and wrinkles, or less energy and vitality — that's free radical damage in action.

Free Radicals Are Everywhere



To fight free radical damage, your body makes antioxidants.

Antioxidants neutralize and eliminate free radicals…but not all of them.

They work 99.9% of the time. But, **the 0.1% buildup over time ads up**.

Plus, **after the age of 30**, you make less antioxidants — you can no longer eliminate free radicals fast enough.

When that happens, free radicals attack the DNA of every cell (including the ones in your skin) and you start to age much faster.

One major problem of free radical damage is the effect it has on your mitochondria.

The mitochondria are the batteries of your cells. They make more than 90% of the energy your cells need to survive.

Free radicals attack your mitochondria causing them to make less energy (a major cause of fatigue).

Also, free radical damage is a major cause in inflammation, which leads to faster aging.

How To Fight Free Radicals

The single biggest weapon you've got in the fight against free radicals are antioxidants.

But, as I mentioned earlier, after the age of 30 you make less of them…

Which is why EVERYONE should be taking antioxidants.

When you have enough antioxidants in your system, it's almost as if you're pouring water right back into your fountain of youth.

Your bones feel stronger, your skin looks smoother and younger, and you get back the type of energy you had back in your 20s.

There's no question our favourite antioxidant is found in our NAVITOL (Pine Bark Extract).

Here's a few reasons why…

Every antioxidant has their own unique profile and vary greatly in their ability to fight free radicals.

Put frankly — Some are much better than others.

Some antioxidants are water soluble, and others are fat soluble. This determines WHERE they can travel and WHAT they can protect.

Pine Bark Extract is extremely water soluble and very absorbable…while others aren't.

Pine Bark Extract is loaded with polyphenols.

Polyphenols are bioactive compounds that occur naturally in plant based foods. In fact, plants use them to protect against pathogens and UV radiation.

You most likely heard about the health benefits of red wine, or cocoa. The reason they're touted as healthy is they contain polyphenols.

The problem is, you don't get a lot of polyphenols from red wine or cocoa…at least not enough to be therapeutic.

The same is true with fruits and vegetables. Some of them do contain a decent amount of polyphenols, but again, not enough to be therapeutic.

In fact, you would have to eat *3 pounds* of fruits and vegetables to get the equivalent of 200mg of our Pine Bark Extract (and each Navitol capsule contains 350mg of our Pine Bark Extract!).

What makes polyphenols *awesome* and vital to our longevity?

It's their ability to destroy free radicals and protect our cells. Polyphenols have powerful antioxidant properties.

But…**not all polyphenols are created equal**.

What makes Pine Bark Extract one of the most powerful antioxidants is the type of polyphenols they contain…

Oligomeric Proanthocyanidins (OPCs). These are know as super-polyphenols and much stronger than other antioxidants.

OPCs fight free radicals that cause accelerated aging and are crucial for supporting healthy circulation and strengthening capillaries. And they do this better than any others.

But you need a high concentration of OPCs to get the full benefit!

So the higher the percentage of OPCs you take, the more active ingredient you get AND the more powerful free radical neutralizers you get working in your body.

Pine Bark Extract contains over 80% OPC level - much higher than the 5% many other polyphenols contain.

One Navitol capsule contains 350mg of our Pine Bark Extract!

The bottom line is…

Pine Bark Extract helps increase your energy by protecting your mitochondria and protects your cells from free radical damage.

Let's recap…

LOW INSULIN EATING to lower your blood sugar.
PROBIOTICS to heal Leaky Gut and protect your lungs.
NAVITOL (PINE BARK EXTRACT) to increase your antioxidant capacity.

There are 2 more critical nutrients you need to protect your lungs.

DHA and **Vitamin D**

DHA to Protect Your Lungs

DHA is a type of Omega-3.

Remember…

There are many different types of Omega-3's…

Just like there are many different types of cars.

Some cars are better than others.

DHA is, in our opinion, the most important Omega-3.

It's also the preferred source of fuel for your brain.

Here's how DHA protects your lungs:

Research shows higher DHA levels are associated with LOWER risk of hospitalization due to interstitial lung disease.

Why does that matter?

Interstitial lung disease is a generic term used for a large group of diseases that cause scarring of the lungs.

Most serious lung disorders fall under the umbrella of Interstitial Lung Disease.

DHA also helps reduce the risk of COPD.

Vitamin D to Protect Your Lungs

Low blood levels of Vitamin D are associated with respiratory illnesses such as asthma, and bronchitis.

Vitamin D also helps stop pulmonary inflammation.

But, most importantly…

Vitamin D is crucial to activating your immune defences.

Having optimal Vitamin D levels is one of the most important things you can do to protect yourself from getting sick.

There's a reason why the flu mostly occurs in the fall and winter.

We need UVB from the sun to make vitamin D. And, with fewer people are walking around in shorts and t-shirts in September…

Our blood **vitamin D levels start to plummet**.

That's terrible news because EVERY cell in your body responds to vitamin D. Especially your immune system.

Did you know your T-cells (killer cells that play a central role in your immune response) don't react and fight off severe infections without vitamin D?

When your body gets exposed to a virus or bacteria…

Your **T-cells search for vitamin D** to activate. If they can't find enough Vitamin D, they will not complete the activation process.

Think about that for a minute. Your T-cells won't fully activate unless you have enough vitamin D.

To fight off a virus, you need T-cells to activate and do their job.

That's how critical vitamin D is to your immune system.

Here's The Bulletproof Your Lungs Plan

Low Insulin Eating
Probiotics
Navitol (Pine Bark Extract)
DHA
Vitamin D