



*Organic*  
**Connections**

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The magazine of Peter Gilliam's Natural Vitality

**Leo Galland, MD**

*A revolution in healthcare*

**Dr. Christopher Daugherty**

*The quest for sustainability*

**Dennis Frates**

*Focusing on nature*



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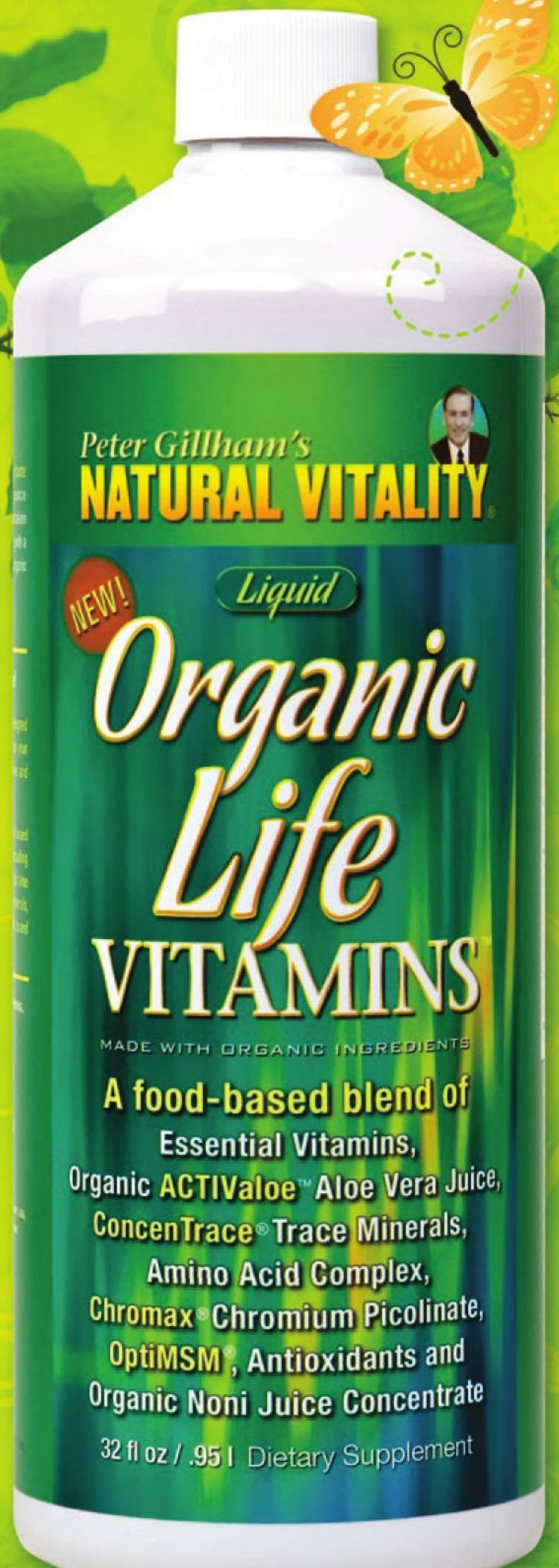
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# Why life isn't as easy as it should be

If this headline got your attention, it was purely by design. I believe that life isn't inherently hard. It gets *made* that way.

Some of the causes are intentional, like the obsession with wealth and power. Some are perhaps unintentional or simply stupid, like bureaucracy and the fine print conceived by lawyers, which no one can understand (perhaps this falls into the *intentional* category).

One thing at the root of a number of problems we face today is the fact that many people and corporations are, in simple terms, selfish. They don't think of others, just themselves.

A candy manufacturer sells sugar and makes huge profits. All well and good? Does this company have any responsibility for the current epidemic of obesity and diabetes? But why pick on candy when there is fast food, sodas loaded with high-fructose corn syrup and caffeine, let alone cigarettes and toxic plastics? Does making a profit absolve individuals or companies from responsibility?

It's pretty well known that our elected representatives are beholden to lobbyists with the largest war chest of campaign contributions. This system brought us a healthcare crisis, an economic crisis, an education-system crisis, an energy crisis, an environmental crisis, and I'm sure I forgot a few. Don't get me wrong, I'm not anti-government; but either a lot of elected officials were looking the other way out of fear or ambition or there's something in the air in our nation's capital that acts to lower IQ.

Perhaps corporations should be rated not only by the amount of profit they make but *also* by the amount of good they do—maybe something like “green points” awarded for positive contributions to society, with points deducted for harmful activities. So, here's a company that's making good profits but they're not producing anything; they're simply speculating on oil and driving up the cost of energy. No green points there.

Here's another company growing and distributing organic produce in an environmentally conscious way. Lots of green points there. You get the idea?

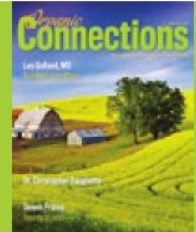
Of course that's pretty simple, but isn't it time for a change in criteria for judging individual, corporate and political conduct? If you think it's going to come from Washington, think again. It's going to come from people like us—or maybe *just us*. Our world is our responsibility, and if we don't protect and defend the legacy we have as Americans, we'll get—well, we'll get what we've got now.

*Ken Whitman*  
PUBLISHER

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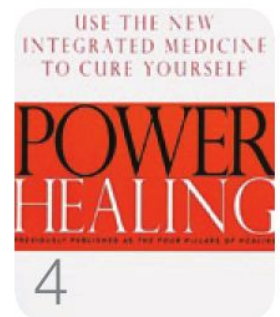


### or•gan•ic [ôr gan'ik]

denoting a relation between elements of something such that they fit together harmoniously as necessary parts of a whole: *the organic unity of the integral work of art* • characterized by continuous or natural development: *companies expand as much by acquisition as by organic growth*.

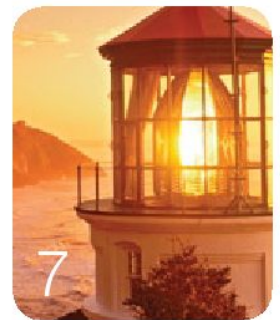
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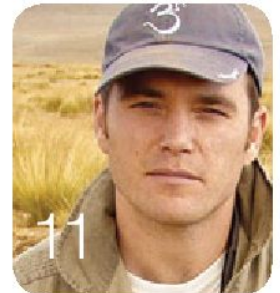
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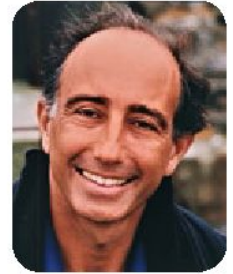
## NATURAL REVITALIZATION

A portion of the profits from the sale of *Natural Calm*® and *Organic Life Vitamins*® goes to our Natural Revitalization environmental action initiative addressing global warming, which helps fund **Conservation International** ([www.conservation.org](http://www.conservation.org)) and **Remineralize the Earth** ([www.remineralize.org](http://www.remineralize.org)).



## Leo Galland, MD

### A Revolution in Healthcare



*Leo Galland, MD, has been practicing medicine for over 30 years, including a teaching stint at the State University of New York at Stony Brook. He is a pioneer in the emerging field of integrated medicine, which combines the best of alternative and conventional treatments. He is the author of three excellent books, Power Healing, Superimmunity for Kids, and The Fat Resistance Diet, and he currently practices in New York City, specializing in undiagnosed or difficult-to-treat illnesses. We recently sat down with Dr. Galland for a fascinating conversation about health, the state of medicine, the power of nutrition, and magnesium.*

While billions of dollars are spent yearly in medical research and new advances are announced seemingly every week, one has to wonder at the concurrent rise of disease throughout the population. If medicine is making such great strides, why is the world becoming more ill?

It was questions of this nature that led Dr. Leo Galland to his current pursuits. “One of the reasons I left academic medicine back in the late 1970s was that I thought the view of health and illness that I was able to see in an academic center was very limited,” Dr. Galland told *Organic Connections*. “It was like a very small slice of the whole pie, and I wanted to be in a situation where I could get a much broader view of what was important for people’s health.”

Dr. Galland gave up full-time teaching and went into a small-town practice. By immersing himself in the primal encounter between physician and patient—which had always been the foundation for healing—he hoped to better understand the origins of sickness and the requirements for the restoration of health.

Using his new practice as “community clinical research,” he began regularly checking back on patients that hadn’t been to see him in a while. Through this investigation, he made a very interesting discovery. “I began to realize that the state of a person’s health a year or two later was not necessarily a result of or related in any way to the treatment that they’d received,” Dr. Galland said. “I mean, obviously if you missed something and the person got really sick, there would be an effect. But most of the time it didn’t seem to affect the long-term health of the individual—it was just dealing with the crisis. So I started to try to understand those factors that *would* affect the long-term health outcomes.”

Fast-forward some 30 years and Dr. Galland’s discoveries have evolved into a

separate from religion, mysticism and philosophy. From his time forward, Western medicine rejected superstition and took a clinical approach based in the belief that illness had physical, not mystical, causes.

A modern version of this ancient oath was written in 1964 and is used in medical schools to this day. Even the modern version of the oath reminds a physician that he or she does not “treat a fever chart, a cancerous growth, but a sick human being.” It also instructs the doctor that “there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon’s knife or the chemist’s drug.”

Given today’s nonpersonable tendency toward quick dispensation of prescriptions or fast resort to the surgeon’s knife, it would certainly seem that modern medicine has

**We are on the brink of a revolution in healthcare that is being driven not by technology but by the recognition that healing people is more effective than treating diseases.**

practice and philosophy that, instead of only focusing on specific diseases, takes into account the whole individual. This includes a patient’s environment, relationships and diet—in other words, a much broader set of factors than would previously have been the purview of a medical doctor.

#### The Decline of Western Medicine

To understand what has happened with modern medicine, it is worth taking a look at where it all began and tracing it from there—as Dr. Galland has so skillfully done in his book *Power Healing*.

You may have heard that physicians must swear to something called the Hippocratic oath. The original version of this oath dates back to the Greek “father of medicine,” Hippocrates, who lived between 460 and 377 BC. Hippocrates was credited with establishing medicine as a scientific discipline

gotten well away from many aspects of Hippocratic tradition.

#### What Happened?

The move away from the Hippocratic tradition of treating the whole individual and keeping his or her body “in harmony” first came when a seventeenth-century English physician named Thomas Sydenham—ironically hailed as “the English Hippocrates”—proposed that diseases existed as real and distinct entities, independent of the individual patients whose minds and bodies they attacked.

This trend continued to escalate. A methodology called the “New Medicine” appeared following the French Revolution at the beginning of the nineteenth century, and one of its founding fathers, Phillippe Pinel, vehemently attacked as quackery the notion that the physician’s task was to



PEOPLE WHO HAVE **HIGHER LEVELS OF MAGNESIUM** IN THEIR CELLS ARE **LESS REACTIVE TO STRESS**, LESS DISTRACTED BY STRESS, AND RELEASE LESS ADRENALINE AND OTHER COMPOUNDS IN RESPONSE TO STRESS THAN PEOPLE WHO HAVE LOWER LEVELS OF MAGNESIUM IN THEIR CELLS.

support the body's natural healing process. He believed that the signs of sickness were manifestations of the disease, not—as we now know them to be—manifestations of the body's attempt to heal itself.

By the early twentieth century, the causes for many diseases, including malaria, leprosy, typhoid, tuberculosis, cholera and diphtheria, had been isolated and their cures evolved. By then, the Hippocratic idea of disease as bodily disharmony seemed almost irrelevant.

“The Hippocratic tradition has definitely been eclipsed in the practice of modern medicine,” said Dr. Galland. “And while I don't think the answer is a full return

to Hippocratic medicine, I think that the principles which underlay Hippocratic medicine will be restored with the return to a focus on the individual.

“I use a term ‘the biographical model of illness.’ It means something that occurs in an individual at a particular point in time under a particular set of circumstances. That's the way that all traditional health systems think about illness, including the Hippocratic tradition. And when that way of thinking about it—addressing the needs of individual patients—is restored to Western medicine, then the important part of the Hippocratic tradition will be restored.”

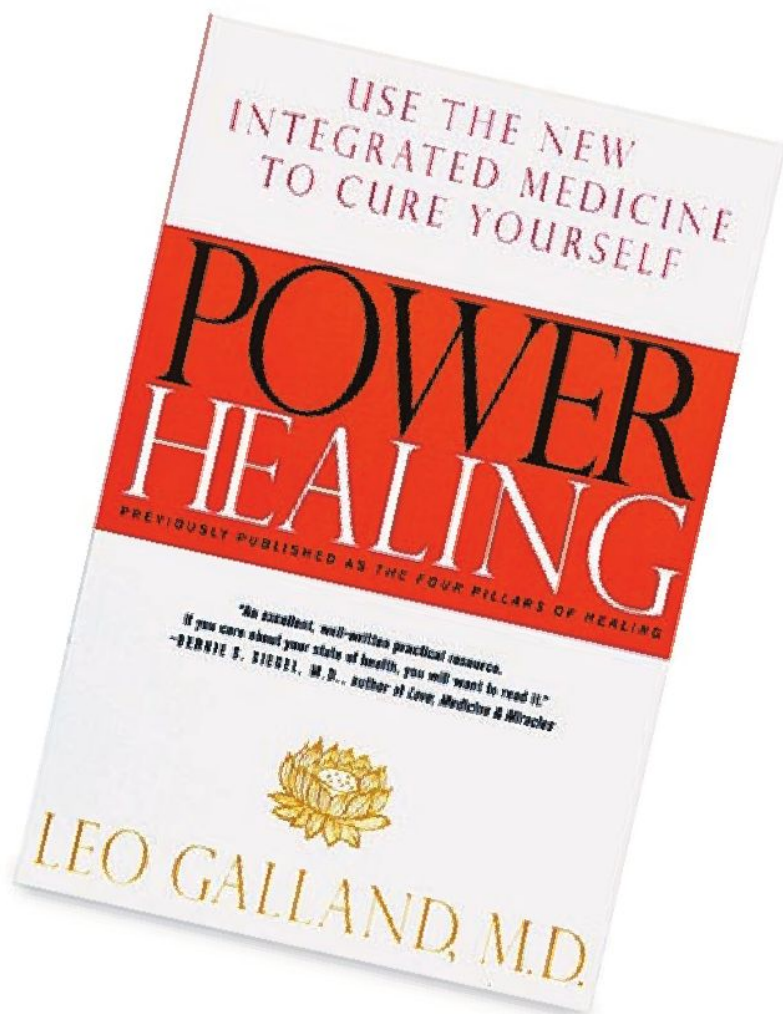
Interestingly, this trend is even reflected in the professional terms themselves. Throughout the Middle Ages and the Renaissance, the healing profession in Europe was not called *medicine*—it was called *physic* (from the Greek word *physis*, meaning nature). Physicians were “professors of physick” and were trained to be “philosophers of nature.” The word *medicine* comes from the Latin verb *medico* which, literally translated, means “I drug,” and during those times it meant treatment of disease with drugs. It was only a small part of the physician's work, and the least highly regarded. Today, of course, the term *medicine* is the primary descriptive term for the field.

“The approach that has driven modern Western medicine from the late nineteenth century up to present day has been the notion that people get sick because they develop diseases, and that you can identify and classify these diseases without any particular regard to the individual who happens to have the disease, and you can develop a treatment for the disease,” Dr. Galland explained.

“This particular approach has had very mixed results. It's been very expensive. It's produced a lot of side effects. It can be very invasive. The most significant advances produced through this approach have been in the treatment or prevention of some of the common infectious disorders, and in the development of surgical techniques.

“Outside of that area, though, even the things hailed as major breakthroughs have been of pretty limited long-term effectiveness. There are a lot of things that look really good for a short while if you do a study that's under a year; but if you start looking at what happens to people over the course of a decade, they don't look so good. It's not as if they're worthless, it's just that their value is way overstated.

“We are on the brink of a revolution in healthcare that is being driven not by technology but by the recognition that healing people is more effective than treating diseases.”





## Focus on Nutrients and Nutrition

As part of the focus on the whole individual, Dr. Galland highlights the importance of nutrition in creating and maintaining health. “There is a growing awareness of the complexity of the nutritional relationships that underlie the chronic degenerative diseases that are so common,” he said.

While Dr. Galland believes that no single nutrient is a “magic bullet” and that a balanced full range is required, he has joined the ranks of pioneering experts in pointing out the importance of magnesium as a nutrient. “It

higher levels of magnesium in their cells are less reactive to stress, less distracted by stress, and release less adrenaline and other compounds in response to stress than people who have lower levels of magnesium in their cells. And there’s a vicious cycle here, because these compounds interfere with and block the absorption, the transport, of magnesium into cells.

“I think that’s at least part of the reason for a phenomenon we observe very commonly, that people who are reactive to stress, who are stressed, tend to deteriorate. Rather than becoming more resilient and less reactive to

Interestingly, magnesium has both a calming and an energizing effect. In the best case scenario, where your magnesium levels are good, you have good physical energy and you feel calm.

is not surprising that the modern diseases that run rampant through Western society, like heart disease, high blood pressure, asthma and migraine headaches, are often accompanied by magnesium deficiency,” he writes in his book *Power Healing*.

“Magnesium is involved in hundreds of metabolic processes,” Dr. Galland told OC. “It’s especially important for energy metabolism, and it has a kind of special relationship to ATP [the molecule that carries energy for all cells].\* The creation and utilization of ATP in almost all stages involves magnesium-dependent enzymes.

“Also, intercellular magnesium protects ATP, whereas intercellular calcium destroys ATP,” Dr. Galland continued. “I don’t want to demonize calcium—calcium is just as critical for health as magnesium and has important therapeutic benefits. But at the level of the cell, free calcium produces cell death. And it does so in part by intermingling with ATP. Magnesium regulates that process and counters it.”

Magnesium—or its shortage—also has a vital function in relation to a stressful lifestyle. “There’s a relationship between magnesium and adrenaline, and probably other aspects of the stress response, that’s been studied especially in Germany and France,” Dr. Galland said. “People who have

stress, they tend to become more reactive to stress.”

Interestingly, magnesium has both a calming and an energizing effect. “In the best case scenario, where your magnesium levels are good, you have good physical energy and you feel calm. And sometimes when you infuse magnesium intravenously, that’s exactly what you see.”

Magnesium deficiency is best noticed through its symptoms, which tend to be fairly obvious. Fatigue, insomnia, irritability, muscle tension, muscle twitches, headaches and sensitivity to loud noises are some of the most common. A complete list is contained in Dr. Galland’s book *Power Healing*.

These indicators are apparent enough that Dr. Galland generally begins treating them with magnesium even before lab tests confirm the problem. “When I see somebody who’s in that kind of state, while I’m waiting for the lab results to come back I’ll usually have them start magnesium supplementation,” he said. “In over 50 percent of cases, by the time I see them to go over the lab results, they’re feeling significantly better.”

### Calcium-Magnesium Balance

Magnesium is also vitally important as a balance to calcium. Today, calcium is highly

touted on its own and dosages of 1,000 to 1,200 milligrams are recommended for bone health and other reasons.

Dr. Galland does not believe such recommendations should be taken at face value. “I think there are definite clinical situations in which people need that level of calcium,” he said, “although the amount of calcium from supplements a person needs is going to depend upon what their dietary calcium is. But it is also going to depend upon specific clinical indications. I don’t think that everyone should be loading up on calcium supplements, just kind of across the board.

“A number of years ago, the recommended dietary allowance for calcium in adults was 800 milligrams a day. Presently, there are a lot of places in the world where people don’t consume more than 800 milligrams a day, and they don’t get osteoporosis. Also, the amount of calcium that the body needs is very much regulated by vitamin D and by parathyroid hormone, and it’s possible the reason that the recommended allowance for calcium has gone up is because there have actually been changes in the population that have produced the need for more calcium.

“But just giving calcium does not necessarily correct those biochemical changes. Parathyroid function is very much influenced by magnesium, for example. There’s a widespread epidemic of vitamin D deficiency because people avoid the sun, which is not a natural state of affairs, and there are many factors in addition to calcium and vitamin D that impact on bone health.”

Dr. Galland continues his innovative work in integrated medicine, and we hope to see more from him in the near future. We thank him for spending time and sharing his valuable insights with us.

For copies of Dr. Galland’s book *Power Healing*, visit [www.organicconnectmag.com/links.html](http://www.organicconnectmag.com/links.html).



To find out more about Dr. Galland and his work, visit the Foundation for Integrated Medicine website at [www.mdheal.org](http://www.mdheal.org).

\*ATP: short for *adenosine triphosphate*, a molecule found in all living organisms that is the main immediate source of usable energy for the activities of the cells. It is especially important for muscle contraction.



**Dennis Frates** Focusing on Nature







## Dennis Frates has one of those jobs

the rest of us can only dream about. From his home surrounded by breathtaking scenery in Wilsonville, Oregon, he strikes out on photographic excursions throughout the West, including his latest favorite: the Hawaiian island of Kauai.

While he does have a concern for the environment, Dennis prefers to approach things from a positive rather than a negative stance. “I don’t really consider myself a diehard ‘environmental photographer,’ although I know what I do affects the environment,” he says. “I do donate my work to different organizations that support environmental causes, like the Sierra Club and the Audubon Society, but I’ve come across several scenes of severe erosion or animals being abused, and I just can’t bring myself to photograph them. It’s not what I want to do; I stick to the beauty in nature.”

The beauty, after all, is what has always attracted him. As a child he pored over photographs in magazines such as *National Geographic* and *Audubon*, and at age 14 he purchased his first camera for \$100—money he had saved from a paper route. Disappointed with the photographs he could take with his limited equipment, however, he packed it in early and went on to other pursuits. But his passion for nature never wavered, and while at college he received a master’s degree in ecology and landscapes.

A little over 20 years ago, Dennis had one of those Hollywood-movie-type epiphanies. “I was fly-fishing in Montana, and in between catching 20-inch brown trout on the Madison River the thought came to me, almost as if by divine communication, ‘When I get home from this fishing trip, I’m going to start shooting pictures professionally.’ I know this sounds like the old ‘It came to me in a

**Cover:** Barn and field of canola with thunderstorm—the Palouse, near Colfax, Washington. Each year these yellow canola fields alternate, so it is difficult to find a consistent location to photograph them. In the many years I have photographed in this location, I have not seen canola here before or since I made this image. **Page 7:** Heceta Head Lighthouse with sunset clouds and fog—Oregon. I have photographed this lighthouse hundreds of times, over about 20 years. It was my good fortune that these clouds moved in for a very brief time at sunset. **Page 8:** Sokol Blosser vineyards in fall color and housetop—Oregon. I used a long lens here to compress the field and the house so that they appeared closer to one another. **Page 9:** Chair in lavender field—Angel Lavender Farm, Washington. The owners of this field placed this chair in a perfect location.





vision at streamside' story, but I'm not making this up." Upon his return, he did exactly that.

And the scenery has kept him at it. "I love the outdoors and just wanted an excuse to be there. I started off as a fisherman who wanted to support his hobby. I've since stopped fishing pretty much, but just being outside and being in nature is the thrill. I've always had a love for the environment and especially landscapes and plants. I'm really into gardens and photographing wildflowers and different things like that. That's what gets my juices going."

All professional photographers bring something exclusive to the table, and Dennis is no exception. "Everybody and their brother has taken pictures of what I'm taking pictures of. How can I make it different? How can I add something to it that's unique? With landscapes, I try to use lighting to add that quality. I'm up

at first light and out until dark, and I wait and I wait. Sometimes it works and sometimes it doesn't, but it allows me to create images that are different. I try to look at it in a way that says something which really stands above the ordinary photograph. I've always done that.

"The images that I like best are the ones that show really dramatic lighting. Those are the ones that get me really excited. That's why I like Hawaii so much, because the light there is simply magical. I tell you, you almost don't need to be a professional photographer to get a good picture there. Obviously I've done some things in my photos to make them different, but you could almost do it with 'point and shoot.' When I go out to a location and the lighting does something really fantastic, I'm just on cloud nine."

All I had to do was take the picture. On rare occasions good photographs are easy. **Page 10, top:** Waves off southern Kauai coast—Hawaii. I took several hundred images of these waves and unexpectedly found one that mimicked the cloud pattern. **Page 10, bottom:** Elowah Falls and maple leaves in fall color—Columbia River Gorge National Scenic Area, Oregon. Finding the perfect green on these rocks with the correct lighting is not always easy. A light mist fell on this day. • To see more of Dennis's work, check out his website at [www.fratesphoto.com](http://www.fratesphoto.com).





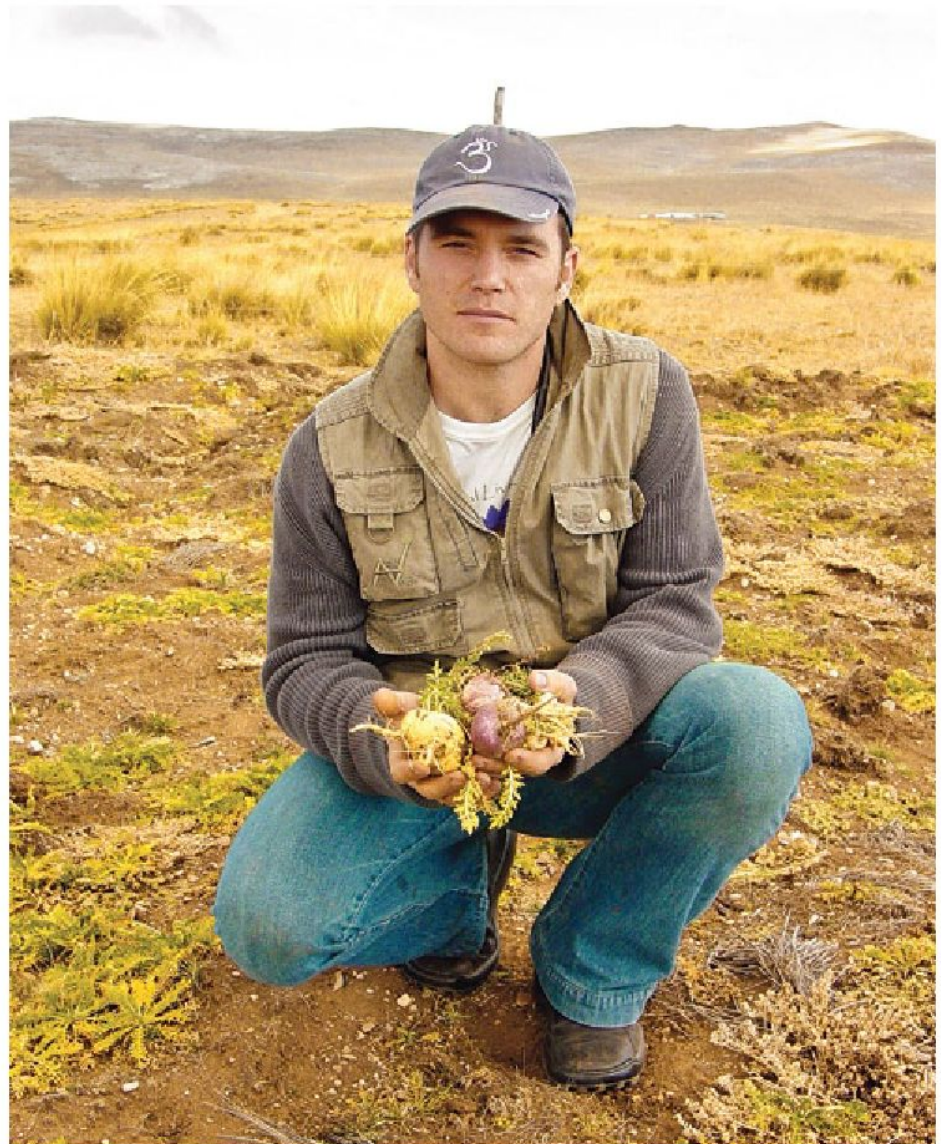




If he'd had another, perhaps lesser mission, it might have been the search for the Lost Ark or the Crystal Skull. But instead, Dr. Christopher Daugherty has scoured South American jungles, befriending and aiding indigenous peoples, searching out lost farming techniques and rare nutrient-dense foods that we back here in the “real world” have never imagined.

This true story begins with a chance encounter (although Dr. Daugherty would call it anything but “chance”) between a middle-aged gentleman farmer and a five-year-old boy on a country bridge. The man introduced himself as “a friend,” and told the boy of the secret lives of plants and soils—that they actually had emotions and feelings. He related stories of the lost crops of the Incas, Aztecs, Mayans and other ancient peoples, and about cultures surrounded by flavors and colors that died along with the people who had farmed the land. He told of the life force of the earth and the power of plants to heal our wounds and give us vibrant long lives.

The man's name was Gordon Biggar, and his family were agriculturists who were also the last major homesteaders in Florida. Biggar himself had a degree in agronomy—



Dr. Daugherty in the Andean range with maca roots, which were grown naturally in the wild. *Maca* is Incan for “high-altitude food.”

the science of soil management and the production of field crops.

The boy was Christopher Daugherty, and this meeting set his feet firmly onto the path that was to become his life.

As Daugherty grew up, studying agriculture for over 13 years and attaining an ND (naturopathic physician) degree, Biggar was his mentor. And then came another turning

point: while Daugherty was running a farm for a wealthy man in Ohio, Biggar asked him if he'd like to “do something” with organic pecans and organic olives.

“I told him that I had no idea what he was talking about, but I'd look into it,” Dr. Daugherty related to *Organic Connections*. “And I started getting into the business of import/export. Two years into that

FROM A CULTURAL STANDPOINT, WE'RE STRENGTHENING **CULTURAL PRIDE**. SOCIALLY, WE ARE **EMPOWERING** THE VOICES OF WOMEN AND CHILDREN. FINANCIALLY, WE ARE ENABLING THE COMMUNITY TO BE MORE **SELF-SUSTAINING**, WHICH IS MOST IMPORTANT.



I HAVEN'T FOUND ONE **SOIL** IN THE WORLD THAT'S NOT **LACKING IN NUTRIENTS** RIGHT NOW. THERE ARE SOME SOILS THAT ARE COMPLETELY MINERAL DEVOID. THEY HAVE NO MINERALS AT ALL, MEANING THAT THERE'S NO LIFE IN THE SOIL-FOOD WEB ANYMORE. EVEN IN MOST OF THE AREAS THAT WE'RE WORKING—EVEN IF WE'RE WORKING IN VERY ALLUVIAL\* SOILS—WE STILL HAVE TO CONSTANTLY **ADD NUTRIENTS**.

business, I traveled down to Peru and then to Ecuador and Colombia. I visited with different growers and saw a massive example of sustainability, far beyond mere 'survival sustainability.' I mean it was true 'thrivability,' what they created. From there, I started to create various products."

These products are now available from Dr. Daugherty's company Essential Living Foods. Included in his exotic offerings are camu-camu powder (a potent antioxidant with 30–60 times more vitamin C than oranges), goldenberries (like chewy citrus raisins, bursting with nutrients), purple corn kernels (which can be soaked to make a refreshing, nutritive powerhouse drink) and raw chocolate.

### **Symbiotic Relationships**

But Dr. Daugherty wasn't simply an enterprising capitalist looking to exact a fortune from the fruits of indigenous peoples. His mission then—as it is now—was to also create symbiotic relationships, so that while he was reaping his crops he was also bettering the survival of these peoples and their environs.

"From a cultural standpoint, we're strengthening cultural pride," explained Dr. Daugherty. "Socially, we are empowering the voices of women and children. Financially, we are enabling the community to be more self-sustaining, which is most important.

"We are also including them—involving a broad range of community members in planning and implementation. We ask ourselves, is this planning emerging from the needs of the community, and is indigenous wisdom being incorporated into the planning? And then there is the sustainability of the project. Does it truly represent the ecological principle that the earth is taken into account as an equal partner?"

Stabilizing these cultures can be a bit of an uphill battle, given temptations offered by major corporations looking to procure resources cheaply. An example was the situation he encountered in the Atacama

Desert region of Peru. "Most of the people only have jobs working in mines, which are extremely dangerous," Dr. Daugherty said. "The corporations very commonly have strikes and issues with paying people. They provide no insurance. We give the people a much healthier opportunity. One of our farms employs 160 to 200 people for several months just cracking and collecting pecans. We give them consistent jobs and organic foods and we provide them the opportunity every year, so they know they can come back to us. Most of them get challenged and want to leave and want to check out one of these mining opportunities, but they come back to us because of the quality of what we've created at each one of our locations."

Dr. Daugherty's synergistic enterprises are also having a very positive effect on the rain forest. "Living in the rain forest is like living in a constant storm—nothing is ever the same for more than a couple of days there," he said. "So we've created collaborative efforts in which, in Pucallpa and up into Iquitos, Peru, for example, people can be gathering camu-camu berries for us instead of going out and chopping down trees, which they don't want to necessarily do anyway. We pay premium rates, which equates to their having jobs instead of cutting lumber. They inherently know that chopping down the rain forest is wrong and is very disheartening to their communities.

"There is another situation in a different area of the Peruvian rain forest where we work directly with the Indians for producing our jungle peanuts. ARCO has been influencing a lot of these tribes and basically stealing land from them to drill their property for oil. The fundamental problem is that these indigenous people are not able to acquire funds in any way, shape or form, and their government is basically saying, 'Hey, you guys need money and this is how we're creating funds for you, regardless of whether you like the outcome of it or not.' What we've done is establish a collaborative effort for collecting jungle

peanuts. It creates a consistent revenue stream for them—unlike many of these fly-by-night enterprises down there that will give them an immediate surplus of cash but which totally rob them of a future."

What has the experience co-producing with indigenous peoples given Dr. Daugherty? "It's been very heartening to see the relationships that have been built on trust with a lot of these extremely intelligent indigenous peoples. It has created a form of understanding and new ways of language. The spoken word is only 2 to 3 percent of how we actually communicate. It has also empowered in me that mentoring aspect, motivating me to really want to get these types of principles into the communities where I live, bringing back that inherent enriching factor about localized food systems and helping people to feed themselves, and to actually start people thinking about what's in the different types of foods that they're eating, and creating more of a society of thinking people."

### **Products from the Jungle**

For consumers, Dr. Daugherty's efforts have produced products that have never been seen outside these jungle communities. One example is raw chocolate. "Raw chocolate has more vitamin C than oranges, more antioxidants than pomegranates, more magnesium than almost anything on the planet, and one of the highest counts of iron," Dr. Daugherty said. "These are four elements that are necessary for the body that people are not getting enough of in today's society."

Given these incredible nutritional properties, it's surprising that raw chocolate has never before been broadly produced and sold. Dr. Daugherty explained why. "All chocolate that was sold until the date that we started working on this project six years ago is cooked and processed chocolate. They ferment the product to create all the different acids to bring out the various flavors and aromatic qualities, mainly for processing milk chocolate.





Inspecting cacao in Ecuador. These are *Fino de Nacional Aromica* varieties of cacao, a pure strain of highly aromatic cacao beans.

“When you actually look at a cacao bean in its raw form, it’s purple. If you eat one or two of the chocolate beans you can feel a euphoric brain rush. It activates your brain; it activates your coherency and your clarity. We started doing some research on it and we found out that cacao has over two thousand different subtle nutrients and antioxidants that have never been listed as ingredients for any chocolate bar. When you cook chocolate down, all you’re left with is caffeine, and then they’re adding sugar to it. We all know what caffeine and sugar do.”

Researching further, Dr. Daugherty and his associates found the reason that no industry has ever worked with raw cacao: it has a very high count of microbes and is, in fact, classified as TNTC (microbial content “too numerous to count”). Through a proprietary process, they have been able to create a cacao that lowers the microbe count to be well within safety regulations while conveying its inherent nutritional content.

### Sustainability

*Sustainability* is a word bandied about greatly today in relationship to environmentally friendly products and services. But through his work, Dr. Daugherty has dug deep to the very heart of the word and its concept and has emerged with a full working understanding.

“From a sustainability standpoint, from the ecological, social and economic standpoints, there’s an undeniable need to know how foods are being processed and if they are being grown sustainably,” Dr. Daugherty explained. “This means that there are mineral-rich soils, that there’s a high nutrient content at the time of harvesting the food, that there’s been an empowerment of the society from which the product is derived, and that long term there’s a soil-food web around the people who are providing these foods.”

It all starts right down in a mineral-rich soil. Crops won’t have that high nutritional content at harvest if nutrients don’t make it into the plants in the first place. But therein lies the first problem that must be overcome. “I haven’t found one soil in the world that’s not lacking in nutrients right now,” said Dr. Daugherty. “There are some soils that are completely mineral devoid. They have no minerals at all, meaning that there’s no life in the soil-food web anymore. Even in most of the areas that we’re working—even if we’re working in very alluvial soils\*—we still have to constantly add nutrients.”

Dr. Daugherty and his team have found very workable ways to restore soil vitality. “There are a lot of desalinization plants in South America, and we’re constantly pushing people to get the minerals coming from these desalinization plants and then to mix them one part per hundred with all their

\*alluvial: of, found in, or made up of alluvium (sand, clay, silt, etc., gradually deposited by moving water, as along a riverbed or the shore of a lake); relating to the deposits made by flowing water; washed away from one place and deposited in another; as, alluvial soil, mud, accumulations, deposits.





In the Ningxia Hui Autonomous Region (formerly Ningxia Province) with Muslim cooperatives, inspecting their picking and processing methodologies. These are trays of sun-dried goji berries.

different soil nutrients,” he said. “We are utilizing certified organic chicken manure and feather meal as well.”

Sustainability also has much to do with the size of a farming operation—and Dr. Daugherty has found that smaller farms produce the best products. “There’s a closed-loop perspective on a smaller farm,” he said. “It’s much simpler to manage as opposed to the large corporate farms, which very easily get out of hand. It’s easier to work with individuals, because then you can create a relative structure with diagrams to illustrate the effective things that each farmer is doing differently and how to potentially combine them so that the farmers are growing and evolving with one another. These small farms also have a smaller amount of product to grow and process, so they’re not constantly struggling with the concept of planting more trees, harvesting more crop, hiring more people and expanding, expanding, expanding. They’re really focused on internalizing their structures, making

sure that they have the best processing and that they’ve got committed people who come back to their farms for years on end. It makes for a stronger harmonic or vibration in the food.”

In addition to assisting farms to grow crops for Essential Living Foods products, Dr. Daugherty has now founded another company, Dynamic Growing Systems, an organization that provides the nutrient-rich, ecologically sound localized food-growing systems to local communities and businesses worldwide. “DGS dramatically reduces the dependency on fossil fuels through its localized, ecologically sustainable systems, growing the most nutrient-rich foods for optimal health and the highest yields,” he said. “The model of DGS is centered around optimized health and well-being and creating nutrient-rich foods—foods which are also medicines. Having a strong environmental stewardship mechanism, I intend to be where we’re incorporating alternative energy with zero waste pollution,

regenerating the land, being very biodiverse, and creating our own heirloom seed banks. We are also focused on the economic vitality and the local living economies.”

Dr. Daugherty leaves us now, to continue on his many quests, with these words:

“With a little knowledge and care, our planet truly can become the Garden of Eden. I know it’s possible because I’ve done it again and again all over the world, in small farming communities in Peru, Ecuador, Colombia, Thailand, Costa Rica and many other places. I’ve also witnessed what happens in the lives and communities of the people who learn to live with the earth in this way. An abundant, healthy planet creates peaceful, healthy people, joyful families and communities who only want to give to each other and share in the bounty of life.”

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To learn more about Dr. Daugherty’s work and products, visit

Dr. Daugherty’s website: [www.drdaymaker.com](http://www.drdaymaker.com)

Essential Living Foods: [www.essentiallivingfoods.com](http://www.essentiallivingfoods.com)

Dynamic Growing Systems: [www.dynamicgrowsystems.com](http://www.dynamicgrowsystems.com)



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