

JAMES OCANSEY

A NEW LEASE
ON LIFE

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Outskirts Press, Inc.
<http://www.outskirtspress.com>

ISBN: 978-1-9772-3017-1

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PRINTED IN THE UNITED STATES OF AMERICA

A NEW LEASE ON LIFE;
YOU'RE NOT ONLY THIRSTY BUT STARVING:
DO NOT TREAT THIRST & STARVATION WITH MEDICATION.

Dedicated to the Almighty Creator who is above all, over-all and in us all. Also, to the One who said: "You shall know the Truth and the Truth will set you free." It is also dedicated to all who daily seek to know the Truth and live by it.

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DISCLAIMER

The writer is a Ph.D. in Comparative & International Education, having studied Social Sciences and Education with Applied Anthropology major from Teachers College, Columbia University. Unlike my daughter an M.D., I am not qualified to write prescriptions. As such the information provided here is only for educational purposes, and not a prescription for cure or treatment of any diseases. The intent is to equip you with the necessary knowledge and understanding to build your immune system for your body to do the work of self-repair or healing.

Preface

Systems are very difficult to change but a paradigm shift in medical sciences proposed by Dr. Batmanghelidj had a response from many individual MDs who incorporated Alternative methods into their areas of specialty. They have expanded their vision to include research in other parts of the world and incorporating them into their practices. Nutrition that had been excluded from traditional medical education is being included as in the case of Dr. Drucker's promotion of chlorella used in Japan by many centenarians, or Dr. Jeffrey Greiff M.D. who "uses a unique combination of holistic medicine, supplementation and traditional healing practices to address his patients' health concerns, including heart, memory and immune health." There are many others focusing on other areas like specialized ionized alkaline, micro-clustered hexagonal water, among others, to address the health concerns of their patients like, Dr. Corrine Allen who uses Kangen water, as a major part of other modalities, to address all kinds of brain injuries in her Advanced Brain and Learning Center in Idaho.

Health Sciences Institute (HIS) comprising over 230,000 medical doctors have come out with titles like ***Natural Healing Encyclopedia, or The Secrets of Underground Medicine***, and many more. There is Dr. Joel Wallach with ***Dead Doctors Don't Lie*** with a degree in Agriculture, DVM in Veterinary Medicine, Naturopathic Doctor (N.D.) as well as a Pathologist (a Nobel Prize nominee) who concluded after

over twelve years of Interdisciplinary research, and based on autopsies of 17,500 animals and 3,000 humans for comparison concluded that **every animal and every human who dies of natural causes dies of a nutritional deficiency disease.**

We can see from these that there is much we can learn from all these perspectives to understand what we need to provide our bodies to be able to do the work of healing which medications are never designed to do, since they do not go to the root cause of the problem.

Every food or nutritional supplement we take is a **nutrient that is also medicine** to cure diseases in our body. Years of research have been devoted to finding medicines to cure diseases but few researchers ever devoted time to finding out what supplements are the most effective in curing diseases, possibly until quite recently when many MDs have moved away out of their specialties to include nutrition as a result of calls for paradigm shift in medical sciences by Dr. Batmanghelidj, M.D.

According Pharmacist Ben, interviewing Dr. Joel Wallach, in pharmacy school they were taught that **nutrients are medicines and diseases are nutritional deficiency diseases.** Medicines are meant to cure diseases, but diseases are deficiency diseases and nutrients as medicines are better than chemicals since chemicals result in numerous side effects. Because of that pharmacist Ben preferred nutrients as a cure rather than chemicals as medicines.

As an example, vitamin C in the body uses the enzyme prolyl hydroxylase to create the protein collagen that builds internal connective tissues. Its absence in the bodies of sailors or mariners during the 15-18th centuries cost the lives of over two million sailors and it took years to find the answer in vitamin C found in lemons and oranges, when a British ship surgeon recommended it as a preventative. It not only reversed but rebuilt the loosening of connective tissues that

joined the teeth to the jaw bones or separated the knee from connecting one bone to the other by tendons. Because of that discovery few people know that there was a disease called **Scurvy**.

Similarly, today we have a disease known as **Cancer** which is also a deficiency disease, a deficiency of Vitamin B17. This vitamin is found in apricot kernels, bitter almonds, cassava, garbanzo or chickpeas, millets as well as numerous other foods. Vitamin B17 was rejected in the United States as “worthless” because of the claim that it was poisonous since it contained benzaldehyde and cyanide, the cyanide also found in Vitamin B12. The cyanide it contained is inert and harmless to the body, and together with benzaldehyde they work 100x more effective. These poisons are moreover directed against cancer tissues only because they are acidic and because of that they contain enzymes that open the door for these two poisons to enter and kill cancer cells “like flies” according to research.

Vitamin B17 has been used all over the world and the evidence showed that it was very effective in curing cancer. A West German Oncologist said it was “**the only existing possibility for the ultimate control of cancer.**” The point here is that until Vitamin B17 is recognized and accepted by researchers, there will be no effective solution to the scourge of this disease taking millions of lives just as scurvy did until medical science accepted Vitamin C as a solution to the disease that took the lives of millions.

What about the idea that natural deaths are caused by nutritional deficiency diseases? Here the evidence is conclusive based on over twelve years of Interdisciplinary research focused on Pollution where Dr. Joel Wallach was the chief Pathologist. Based on autopsies performed on 17,500 animals of over 454 species and 3,000 humans for comparison “**it was apparent that every animal and every human who dies of natural causes dies of a nutritional deficiency disease.**”

This has proved conclusively that **nutrients are medicines** and their absence or deficiency in the body is the cause of diseases which are **deficiency diseases** that cause natural death. This includes scurvy and cancer and until Vitamin B17 is recognized just as Vitamin C was recognized as the solution for scurvy, cancer will continue to wreak havoc in our lives for many more generations!

This is the educational material being presented here which you are encouraged to research for yourself to be able to maintain your health by building your immune system to do the job of healing or self-repair.

INTRODUCTION

New Lease on Life: You're Not only Thirsty but Starving... takes its title from Dr. Batmanghelidj's book: ***Your Body's Many Cries for Water: You're Not Sick, you are Thirsty! Don't treat Thirst with Medications.*** It seeks to expand that vision by including nutritional deficiency.

Based on his research, he concluded that many of the diseases that medical science seeks to treat with medications have their origin in thirst or unintended dehydration that leads to stress creating excess tissue acid waste. In the same way, nutritional deficiency is also the root cause of numerous diseases that Medical science seeks to treat with medications. If we could recognize unintended dehydration and nutritional deficiency as the major contributors to most diseases, most of the health problems would be prevented.

His experience in an Iranian jail opened his eyes to the reality that most of the "disease" conditions with different names are caused by unintended dehydration of the body. He was a well-trained Iranian medical doctor trained in Britain called "doctor of doctors" who returned home to help his people, but during the Iranian Revolution, he found himself among those targeted as "enemies of the State" and was arrested and put in jail. The inmates recognized him as a doctor, so they brought their health problems to him. One of them curled

with pain from peptic ulcer came to him but since there was no medication, he gave him a glass of water and he realized that his pain was significantly reduced. He provided him with a second glass of water and apparently the pain subsided much more. This realization led him to begin a research that led him to the realization of the power of water in generating conditions to enable the body heal itself. He requested an extension of his prison term by four months to complete his research which actually saved his life from unjust execution.

At the trial he presented his research to the judge who rightly concluded that he did not have to die. Further research led him to propose a paradigm shift in medical sciences which will be discussed later. This work seeks to include in this paradigm the need to recognize the role not only of water but food in the healing process.

There is the 80/20% Rule in Nutrition that says that you need 80% alkaline foods compared to only 20% acidic foods to generate the 7.4pH balance which the cells need to operate optimally. This also determines the extent of excess tissue acid waste that has been determined to be the cause of numerous diseases, according to Dr. Baroody in ***Alkalize or Die***. Anything less than that leads to an acidic environment around the cells which the brain interprets as pain. So, both water and food are involved in your health. It is therefore not just any water nor just any food. Does it provide the necessary nutrients and does the type of water make it easily available to the cells? These are factors involved when we discuss nutritional deficiency which results from types of food and types of water used to provide the body what it needs to stay in health away from disease and pain. According to the Holistic physician Mojka Renaud, health depends on **Detoxification and Nourishment**. Detoxification involves water that transports the nutrients. It's not just any water, but ionized, alkaline micro-clustered hexagonal water that has been determined to be the best water to both supply nutrients to the cells while detoxifying them at the same time.

The information provided here is educational based on years of research by renowned scientists, some of them Nobel Prize Winners, and doctors with many years of research in their areas of specialty. It is hoped that it will put you in the position to be able to make correct decisions regarding your health to cause you to live a long healthy life away from pain, disease and premature death.

The Need for paradigm shift.

Dr. Batmanghelidj was originally an Iranian before becoming an American citizen. Like many people from other developing countries, he aspired to help his people, so even when he was known as a doctor of doctors, after training in Britain, he decided to return to his country to establish medical centers to help his people. He would have remained unknown except for the Iranian Revolution which targeted him among others, arrested and put him in political jail like many others.

As a medical doctor, even in jail the inmates looked up to him to help them with health problems including peptic ulcers which brought some of them to him curled with pain. He tried a glass of water with one inmate, and he was relieved of his pain. That was the beginning of what led to a research that enabled him to break outside the mold of his medical training to eventually propose a new paradigm for medical science. He was able to cure or help the body to self-repair by using ordinary water. In fact, he asked for an extension of his jail term for four months to enable him complete his research which ultimately saved his life from execution. At the trial, he presented his research to the judge who after reading it, decided he did not have to die.

The book was titled: ***Your Body's Many Cries for Water: You Are Not Sick, You are Thirsty! Don't Treat Thirst with Medications.*** It was submitted for peer review and here are a couple of comments that were made.

"Thanks, Dr. Batman. I put your book next to the Bible and I read them both." (Dick Gregory).

"After many years of study and practicing medicine, it is both rewarding and refreshing to discover the solution to many degenerative conditions beautifully explained...This type of information fills a void left from traditional [medical] education" (Robert Battle, M.D.)

"The Greatest Health Discovery in the World." (The University of Natural Healing.)

"When Dr. Batmanghelidj thinks of a glass of water, he doesn't think of it as half-full or half empty. He thinks of it as brimming over with the essential fluid of life. He thinks of it as the solvent of our ills and the deliverer of ripe old age. He thinks of it as the wave of the future." (The Washington Times).

A Medical Atom Bomb!

"New! This book by a highly respected M.D. explodes a medical atom bomb—An entirely new paradigm for the cause and prevention of many degenerative diseases! You owe it to yourself to read this incredible book!" (Nutri-Books).

"Stomach pains, migraines, allergies, Asthma, and even arthritis may all be symptoms of dehydration that could easily be cured by a few more glasses of household tap water. But only drinking water when you feel thirsty will not provide you with enough..." (Daily Mail, London, England) (Batmanghelidj, 2003)

In his second book: *Water for Health, for Healing and for Life*, Dr. Batmanghelidj writes: **“Most doctors do not know the cause of the major diseases of the human body, yet society has given them a license to prescribe various treatments that often do not benefit the patients, but can slowly and prematurely kill them.”** He continues: **“Simply put, the new scientific understanding is that chronic unintentional dehydration in the human body can manifest in as many ways as we in medicine have invented diseases.”**

This new perspective is based on **“my twenty-two years of clinical and scientific research into molecular physiology of dehydration and peer-reviewed introduction of a paradigm shift in medical science.”** He further states: **“The new paradigm can explain the cause and show cures for so many ‘disease conditions’ that will make mainstream medicine of 2003 look ridiculous.”**

After much clinical and scientific research, (including being able to cure over 3,000 inmates in an Iranian political jail with the only thing he had: water); he points out: **“My understanding is that the early indicators of acid burns in the interior of the cells and potential genetic damage that can take place are different forms and intensities of pain. Depending on the degree of dehydration, as well as the extent and location of acid build up inside the cells – when greater flow of water should have cleared the acid from that area-- the classic pains of the body are produced. They are:**

1. Heartburn
2. Dyspeptic pain
3. Anginal pain
4. Lower back pain
5. Rheumatoid joint pain, including ankylosing spondylitis
6. Migraine headaches

7. **Colitis pain**

8. **Fibromyalgia pain**

9. **Morning sickness during pregnancy**

10. **Bulimia**

(Batmanghelidj, 2003)

He went on to explain the way acid/alkaline balance in the body works. **“An acid environment causes irritation of certain nerve endings in the body...When this irritation occurs, the brain is alerted about the chemical environmental change, which is translated as pain to the conscious mind. In other words, it is acidity in the interior of the body that causes pain.”**

Oxidative stress is the result of unintended dehydration. Unintended dehydration means that you drink but are not hydrated. It means that the cells are unable to absorb the water for two reasons. First, it may be that the interstitial spaces in the cells have been obstructed or that the water has lost its electrical charge and the molecules are too large to get in. This is what is called “dead” water, also positively charged. Micro-clustered water is negatively charged, with a nano hexagonal structure similar to the cells in the body. As such they can go easily through the cell wall, carrying with them nutrients which they release to nourish and hydrate the cell. They attract and up waste material and pass through the cell walls on their way out cleansing the cells as they leave. Without hydration there is no antioxidation, nourishment nor detoxification of the cells and the DNA may be damaged.

Dr. Jeffrey Greiff, quoting from an *“European Journal of Clinical Nutrition”* writes that it has been confirmed; **“Immune cells are extra vulnerable to oxidative damage”** and **oxidative damage actually leads to clogged arteries; high blood pressure; joint pain and disease; vision loss; blood sugar disorders; inflammation; kidney failure ; memory loss; chronic infections and lung congestion.** All these are the result of antioxidant/oxidant imbalance or pH imbalance that

damaged the DNA, and this is the cause of many diseases today. It is the same thing Dr. Batman and Dr. Baroody have identified since the early 1990s leading to a call for paradigm shift in medical sciences proposed by Dr. Batmanghelidj. (Greiff, 2020)

Dr. Theodore Baroody, DC, N.D, Ph.D. (Nutrition) also has confirmed in his book *Alkalize or Die* that: **“The countless names attached to illnesses do not really matter. What does matter is that they all come from the same root cause ...too much tissue acid waste in the body!”**

He went on to write: **“In my opinion, acid wastes literally attack the joints, tissues, muscles, organs, and glands causing minor to major dysfunction. If they attack the joints, you might develop arthritis. If they attack the muscles, you could possibly end up with myo-fibrosis (aching muscles). If they attack the organs and glands, myriad of illnesses could occur.”** (Baroody, 1991)

He travelled the whole world in search of **healing therapies that had survived** over the centuries. **He came to “the startling conclusion that all of them produced alkaline-forming reactions in the body.”**

Like Dr. Batmanghelidj, he lists various diseases mainstream medicine lists as “etiology unknown” of unknown origin. He writes about alkaline reserve in the body that serves to balance the acid onslaught we face daily from the foods we eat, the air we breathe and the water we drink as well as the medications we take. **As a Nutritionist he also agrees with what has been traced back to Ancient Egypt; the concept of 80/20 ratio in our intake of food; 80% alkaline and 20% acidic. This process has been used past Hippocrates back to Imhotep, over 2,200 years before Hippocrates was born in Greece. It was used to cure all kinds of diseases known to man.** (Uwenchia, 2007, June 8)

It is interesting to note that Dr. Baroody found it necessary to place at the footnotes, the fact that in every culture and every society God has put foods that will ensure that the 80/20 Rule makes it possible

for everyone to secure. For instance, in the hot Sahara desert, there are date palms in abundance to ensure that alkaline foods are available but in the cold Arctic areas of the North Pole, we find animals in abundance whose meat provide 80% acid versus 20% alkaline.

This is what links healing back to Ancient Egypt (Khemit) when Imhotep, the real Father of Medicine practiced. In his article: **Imhotep and Medical Science – Africa’s Gift to the World**, Uwechia discussed in detail the latest findings that caused scientists to conclude that he was really the father of Medicine, and not Hippocrates who came 2,200 years after him. Here are a few quotes from the article:

“Scientists examining documents dating back more than 3,500 years have confirmed that the origins of modern medicine lie in ancient Egypt and not with Hippocrates and the Greeks. The medical papyri were written in 2,500BC.” This was many years before Hippocrates was born in 460 BC on the island of Kos in Greece, who also like other Greek philosophers like Plato or Aristotle studied in ancient Egypt.

According to one of the scientists, Dr. Jackie Campbell: **Classical scholars have always considered the ancient Greeks, particularly Hippocrates, as being the fathers of medicine but our findings suggest that the ancient Egyptians were practicing a credible form of pharmacy and medicine much earlier,...** (Uwenchia, 2007, June 8)

“When we compared the ancient remedies against modern pharmaceutical protocols and standards, we found the prescriptions in the ancient documents not only compared with pharmaceutical preparations of today but that many of the remedies had therapeutic merit.”
“Many of the ancient remedies we discovered survived into the 20th century and, indeed, some remain in use today, albeit that **the active component is now produced synthetically.**”

We may add here that while they used natural substances like herbs,

roots and food-based substances, we use chemicals that could be patented for money. The call for a paradigm shift is basically to return to this original practice where natural substances and food-based products are recognized for use to return the body back to balance where it can self-repair.

This is what many medical doctors are responding to right now in the areas called **Regenerative Medicine**. Dr. Greiff uses “**a unique combination of holistic medicine, supplementation and traditional healing practices to address his patients’ health concerns, including heart, memory and immune health.**” These include the berry Aronia, Koji mineral blend including 7 essential minerals with extra magnesium that plays a key role in both your innate and acquired immune response. It includes Echinacea that boosts NK (Natural Killer) cells and fights inflammation as well as seek and destroy viral invaders in your blood stream. Other supplements include Benfotiamine supposed to be “best AGE-neutralizer”, two mushrooms “Maitake & Shiitake” that strongly stimulate both cellular and humoral branch of immune reactions. Also included in these supplements is Pomegranates which research reveals to have hidden immune-enhancing powers. All these are meant to enhance and build the immune system to such an extent that it is fortified to fight off any viral infections. But the major point is also to show that this is the future of Medical science, moving away from reliance on chemically derived drugs which Big Pharma, the Insurance companies and the FDA have always supported. (Greiff, 2020)

It does appear that other medical doctors are also responding to this call for paradigm shift as we find in over 230,000 doctors that form the **Health Sciences Institute (HIS)**, three of whose publications are included here. They also include Dr. Joel Wallach with the formulation 90 for Life, or Dr. Berry Awe, whose focus is on Kangen water as the “Remedy”, and Dr. Corrine Allen who uses 9.5 Kangen water at her Advanced Brain Center; or Dr. Drucker, who focuses is on Chlorella,

to name just a few. (Stengler, 2015), (Health Sciences Institute (HSI), 2017), (New Market Health, 2017)

According to Dr. Baroody, the 80/20% principle in Nutrition goes back to this ancient Egyptian practice by Imhotep, by focusing on pH balance (alkaline/acid) which they used to solve every known human ailment. It was the same principle used by the famous Dr. Emanuel Revici.

Dr. Batman's call for a paradigm shift is basically a call back to the ancient practices of pH balance. This is what the Japanese called **Kangen (back to origin)** with reference to ionized, antioxidant, micro-clustered, hexagonal water, which the ancient Egyptians also knew about when they created **serpentine channels over igneous rocks to deliver this water to them**. This special water and its healing power will be discussed later.

Despite all the good that Western medicine has done and continues to do, it was used as business to pursue profit. As a result, it used monopoly to crush other forms of healing based on the alkaline/acid balance as a means of correcting any ailments in the human body. The profit-making motive preferred medications from chemicals that can be patented for money.

Those nations like China and Japan, among others, that have retained the connection with the traditional ways also employ nutrition and specialized water to enable the body self-repair, but not so the United States. Here even successful practices are squelched by the Pharmaceutical Industry, the Insurance Companies, and the FDA. We see this in the fact that Vitamin B17 was banned in the 1970s and Medical licenses were revoked.