



DEATH BY LETHAL INGESTION

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Lets first look at who Tony Escobar is.

Tony Escobar is an author, researcher, biosynthesist, concept, nutritional product formulator and one of the most sought after, high-energy speakers in the World. He is perhaps the only speaker that can enrich and inspire people's lives by means of using nutrition as a motivator.

Tony is considered one of the foremost experts in the world on the subject of Internal Cleansing. Tony has always taught that Internal Cleansing is the common denominator of good health and fast, effective and healthy weight loss.

Tony has received the prestigious Congressional Award and 14 Gubernatorial Awards from the Governors of 14 States for his work and research.

Hundreds of thousands of people from all over the world have heard Tony's dynamic and inspiring message. Tony was the guest speaker at the World Congress on Anti-Aging, the Florida Independent Pharmacist Forum, Union Pacific Railroad, Exit Realty, East West College, Century 21 Realty, Better Bodies and many others.

Tony has appeared on many television and radio shows through CBS, NBC, FOX and ABC.

Tony discovered the missing link between internal cleansing and rapid weight loss and is on a quest to enrich every life in North America with this powerful knowledge.

Tony has consulted for professional sports teams and with physicians from all over the world as well as professors from many Universities.

Here is what famous people are saying about Tony's presentation

"If you want to avoid premature aging and serious illness come and listen to this fascinating, informative seminar from an amazing speaker and educator. Tony will enrich your life."

Richard Paul Evans, Author of the Christmas Box, the Christmas List and Michael Vey Book 1, 2, and 3

"Wow, this was an amazing lecture from an amazing man. This man can put your health on the right track. I learned so much."

Dr. John Gray, Author of "Men are from Mars, Women are from Venus"

"An amazing seminar! Never heard anyone like him before. Tony delivers profound information that certainly impacts athletic performance. Every trainer, athlete, coach and health professional should hear Tony's message."

Dr. Richard W. You, past chief physician and coach, U.S. Olympic team

"Tony and his wife Randi Escobar have impacted an entire industry. The proclamation and commendation from the Congress was well deserved."

Congressman, John Shadegg

"This is a must hear seminar, a seminar that will impact any chiropractic practice."

Dr. Robert Singer, World-renowned Chiropractic Speaker and Consultant

Tony is remarkable in his delivery. He takes what many believe to be a boring subject and delivers his message in an entertaining way. I enjoyed every minute of his presentation. He certainly knows his stuff and he knows how to keep his audience on the edge of their seats.

Jack Canfield, Co-Author of Chicken Soup for the Soul and the Best Selling Business Book in America, "The Success Principals"

Tony Escobar is what I call a WOW speaker. He is a walking, talking encyclopedia of health information who knows how to motivate and excite an audience. People just love this guy.

Les Brown is one of the most famous speakers in the world. He is the author of two incredible best selling books, "Live Your Dream" and "It's Not Over Till You Win."



DEATH BY LETHAL

INGESTION

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Many people have often asked me the following questions,

“What can I do to lose weight and keep it off?”

“What can I eat that will ensure I will have a long, healthy life?”

“What can I eat to ensure I have energy and stamina throughout the day?”

“What can I eat to help me, if I am exercising every day?”

“ How much exercise is enough?”

“ What can I use that is natural and safe on my hair, nails and my and skin that is safe and effective?”

“What can I eat to help me avoid fibromyalgia, depression, heart disease, auto-immune diseases, chronic fatigue syndrome, Epstein Barr Virus, M.S. osteoporosis, high blood pressure, high cholesterol, high triglycerides, atherosclerosis, acne, psoriasis, eczema, dermatitis, insomnia as well as hundreds of others.”

“What can I do get off medications such as NSAIDS, antidepressants like Prozac, headaches medicines, Lipitor, heart meds, etc.”

“What can I do to get my child off drugs like Ritalin?”

“What can I do to help my prostate?”

“What can I do to avoid breast cancer?”

“What can I do to avoid colon cancer?”

These are all good questions and I have many good, logical and, straightforward answers that will certainly address and even answer many of these questions. First, I want it to be known that,

"I love what I do and I do what I love. I serve those I love and I love those I serve."

I wrote this information because I really want to enrich your lives and the lives of your families with good health, especially, when you consider 67% of the American population has some form of ill-health.

From my point of view, I'm sick and tired of so many people being sick and tired and I am doing my very best to make a difference.

Every year in America there are 85,000,000 surgeries (1,600,000 cardiovascular surgeries, 300,000 breast surgeries, 300,000 prostate surgeries and over 1,000,000 hip and knee replacement surgeries).

Today 1 of every 8 women will lose a breast as a result of breast cancer before she passes on, that's a far cry from where it was just 40 years ago, when one in 40 women would lose a breast to this awful disease. It is estimated that 1 in 4 men will die from prostate cancer, 190,000 men will develop this disease this year.

In 2011, 60,000,000 Americans were prescribed drugs for mental illness. America saw about 6,000,000 pregnancies that resulted in close to 2,000,000 miscarriages during the same year. According to the March of Dimes, close to 2 of every 10 babies are born every year in America with a mental and/or physical handicap.

I can rattle off statistic after statistic for eight straight hours without skipping a beat if I had to, however, I am not going to do that. I am, however, going to create some level of awareness of the predicament you are all facing using just a few true facts and statistics, because I want TO WAKE YOU UP!

There is a disease crisis in America today and it is economically breaking our country to pieces. Look at the cost of your "Disease Insurance; notice I said disease insurance and not health insurance. We don't have health insurance in America. Ask yourself, "What are you insuring against when you pay those expensive premiums?" You got it - DISEASE.

Every year for the past five years in North America almost a 1,000,000 had a heart attack or a stroke - 300,000 never make it to the hospital and

another 300,000 are dead within six months of their initial heart attack. The majority of deaths were women.

Yes indeed, women have now passed men in the incidence of cardiovascular disease and more women are dying as a result.

Every year in North America diabetes kills over 170,000 people; almost 70,000 people are declared legally blind and there are over 120,000 amputations of hands and feet as a result of this terrible disease. According to the CDC, fifty states of America have over 50 million Americans that can now be classified as pre-diabetic, that is a 90% increase in the last ten years or so. Diabetes, especially type II Diabetes is for the most part preventable. You are and you become the result of what you eat!

Obesity is a disease and it is, for the most part, absolutely preventable if you know what you are doing. Unfortunately, when it comes to eating, most people have no idea what they are doing.

The first thing I want you to do is to get the word calorie out of your mind. The chances are, you, your trainer and your doctor, don't know what a calorie is anyway.

I have always hated that word "Diet" because it has the word DIE in it. That means exactly what it says, "Diet and you can DIE". Millions of people are constantly modifying and changing their diets every day, every week and every month completely oblivious to the fact that diets can be unhealthy and perhaps even dangerous.

Here is something to ponder. Most lay people, athletes, trainers and doctors don't understand that if dieting is not undertaken in a safe, timely and supervised manner, they can indeed be dangerous. They can put the body into an imbalanced state of biochemical shock. This shock can cause the adrenal glands to produce a "cortisol overload". Cortisol is a "stress hormone" that can literally "addict" you to carbohydrates, such as sugar, soda, chocolate, cakes and ice cream.

A Cortisol overload can shut down the production of Leptin. Leptin is a very important hormone produced by your body's adipose tissue (fat). Leptin allows the body to regulate and control your appetite, as well as the allocation and burning of energy. Leptin was initially considered by scientists to be the miracle answer to solving the current, North American, obesity epidemic, due to its role in decreasing fat production and fat storage within the body.

A 2008 article published in the "Annual Review of Physiology" it was indicated that the OB Gene in adipose tissue produces Leptin. I do not want to be too technical here so I will simplify.

Everyone naturally produces Leptin. The amount of Leptin produced is directly interrelated to the amount of fat tissue naturally produced in the body. Lean people tend to have lower serum concentrations of Leptin when compared to overweight people. Excess cortisol as a result of stress and shock (even from exercise) diminishes or even knocks out leptin production, without leptin to control the appetite, people become obsessed and dependent on carbohydrate foods, especially chocolate, any chocolate. Women, under stress, will eat substantially amounts of chocolate even if they are totally full. Leptin was initially theorized to be the "magic" component for the treatment of obesity. This is where the name OB Gene came from, the OB referring to Obesity.

According to the "Annual Review of Physiology," Leptin binds to Leptin receptors within the brain, generating specific, electrical signals that trigger a reduction in the appetite; an understanding of this is really great news for people who really want to lose weight. Leptin controls the appetite!

Here is something else that is quite profound, and here again, most people, trainers, coaches, athletes and health professionals don't know about this, fat oxidation can ravage the body, rusting it from the inside out, as a result of excessive exercise.

You have probably read in the media about the many athletes and runners dropping dead during or after an event, a race or even playing a ball game. Have you ever wondered why such a thing can happen, especially to athletes who are in such great, physical condition? What's happening here? Are people "rusting from the inside out?"

They are, they are oxidizing due to the intake of too much oxygen (excessive breathing during exercise), they are oxidizing from the inside out faster than from the outside in. They may look in great shape from the outside but they are aging faster from the inside out than from the outside in.

What is sad here is that their coaches, trainers and physicians don't understand the phenomenon of the free radical onslaught that takes place within athletes as a result of excessive breathing.

Breathing is very important to the athlete but it must be regulated or the person will oxidize. Oxygen (through breathing) in moderation can accelerate weight loss quickly, as it fuels the fire where calories are getting burned at a faster rate. In Europe and Russia oxygen is considered a valuable nutrient. I have watched many trainers fail to teach their clients "calculated breathing" before, during and after exercise.

Oxygen helps protein, carbohydrates and fats get metabolized much more efficiently and much faster. Over the years, I have taught classes on this subject to hundreds of thousands of people throughout the world.

Inexpensive cleansing and antioxidant nutrients could have saved many athletes lives by protecting their hearts and cardiovascular systems from oxidation. Some of these nutrients are CoEnzyme Q10 (CoQ10) in a ubuiquinol form and a powerful antioxidant blend, rich in Pycnogenol, systemic enzymes, greens and ionic minerals from plant sources.

Remember this and never forget it, the more intense you work out, the more you run, play ball, the more you swim and bike; the more antioxidant nutrients you need to consume, the more water you need to drink and the more organic protein and fiber you need to eat. Some athletes need 3-4 times the recommended dosage of antioxidants, especially basketball players, marathon and triathlon runners and long distance bikers.

I want to get back to Leptin for a minute here.

A 2004 review published by The Endocrine Society, the OB Gene naturally manufactures Leptin, and well over 150 amino acid proteins. Leptin functions as a stable, complimentary hormone, or biological messenger, that allows communication between all the trillions of cells of the human body and the brain. Do you know what this means?

It means that every cell in your body communicates with each other through the brain – WOW! A cell can tell the brain that the food it is getting is bad for it.

It is amazing to me just how many people, trainers and doctors that don't know what a diet really is.

Try this little experiment for yourself.

Ask 20 people this question, "What is a diet?" Write down their answers and you will notice you will get 18 people that give you the same answer. Guess what this answer will be?

"Something you eat to lose weight."

Ask 20 trainers the same question, "What is a diet?" Write down their answers and you will get 18 trainers that will give you the same answer. Guess what this answer will be?

"Something you, eat to lose weight."

Ask 20 health professionals the same question, "What is a diet?" Write down their answers and it will be of no surprise to you that 18 of them will also give you the same answer. That answer will be,

"Something you eat to lose weight."

A DIET IS ANYTHING YOU EAT, ANYTHING YOU BREATHE, ANYTHING YOU DRINK AND ANYTHING YOU PUT ON YOUR SKIN AND HAIR!

Try a little experiment tonight. Fill your bathtub with hot water. Weigh yourself before you get into it. Lie in it for 20-30 minutes. Now get out and weigh yourself again. You will be surprised to learn that you have gained 1-4 pounds depending upon the surface area of your skin.

If you are a skinny person you won't absorb as much. If you are an overweight person you will be very surprised. You have absorbed water through your skin. This is why you must be careful with what you put on your skin.

Culinary water can contains 700 different potentially toxic chemicals, including, pesticides, THC's, fertilizers, chlorine; some sources contain anti-depressant drugs that found their way into our underground water supplies. So drink all the bottle water you want but always understand that you absorb 20 times more "toxic stuff" from bathing and showering that you ever will from drinking water.

Did you know that the average women consumes 31/2 pounds of lipstick in her lifetime completely unaware that there maybe 50 or so chemicals that could be linked to cancer, including breast cancer.

Ask 20 people, 20 trainers and 20 health professionals this question,

“Do parasites contribute to obesity and edema, (water retention) especially in women?”

Write down their answers once again, 18 of the people in each of their respective groups will give you the same answer. That answer would be,

“No or I have no idea or people don’t have parasites.”

The fact is about 90% of all people in North America have parasites. Yeast or Candida is a parasite that commonly affects most women, some worse than others. Candida affects athletic, job and every day performances.

All parasites want to do, is to get fed before you do, defecate inside you and release chemicals inside you to attract a mate so it can breed.

Ask 20 people, 20 trainers, 20 athletes and 20 health professionals a question like this,

“Have you ever heard of the pH regulatory system and the impact it has on weight gain, disease and premature aging?”

Write down their answers once again, 18 of the people in each of their respective groups will also give you the same answer. That answer would be,

“I don’t know about the pH regulatory system or I haven’t heard of it.”

The body has several operating systems that most people are familiar with but when it comes to the pH regulatory system, most haven’t a clue. The operating systems within the body must balance each other to work effectively, such as, the circulatory system, which is the body's protective and nutritional transport system. It is made up of a group of organs that transport red blood corpuscles throughout the body as well as white blood cells. The heart pumps the blood and the arteries and veins transport it. The average heart beats 3 billion times in a lifetime.

The digestive system is made up of organs that break down foods into protein, vitamins, minerals, carbohydrates, and fats, which the body needs for energy, growth, and repair.

The endocrine system is made up of a group of glands that produce the body's hormones. Hormones are chemical messengers that manage body functions, such as metabolism, growth, and sexual development.

The glands, which include the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, thymus gland, pineal body, pancreas, ovaries, and testes, release hormones directly into the bloodstream, which transports the hormones to organs and tissues throughout the body.

The immune system is the body's defense system against bacterial and viral infections and diseases. Organs, tissues and cells work together to respond to dangerous organisms (like viruses and/or bacteria) and substances that may enter the body from lifestyle habits and the environment.

The lymphatic system is also a defense system for the body; some say it is a part of the immune system. It filters out organisms that cause disease, produces white blood cells, and generates disease-fighting antibodies. It also distributes fluids and nutrients in the body and drains away potentially harmful fluids through the lymph and the thoracic duct as well as undesirable proteins.

The muscular system is made up of tissues that work with the skeletal system to control movement of the body. Some muscles—like the ones in your arms and legs are voluntarily manipulated by the brain - implying that you decide when to move them. Other muscles, like the ones in your stomach, your heart, intestines and other organs, are involuntarily manipulated.

The nervous system is made up of the brain, the spinal cord, and nerves. One of the most important systems in your body, the nervous system is your body's management and communication system. It sends messages through the brain, receives, and processes nerve impulses throughout the body. These nerve impulses tell your muscles and organs what to do and how to respond to lifestyle events, stress and the environment.

The reproductive system allows humans to produce children.

The respiratory system brings air (Oxygen) into the body and removes carbon dioxide. It includes the nose, trachea, and lungs.

The skeletal system is made up of bones, ligaments and tendons. It shapes the body and protects the organs. The skeletal system works with the muscular system to help the body move.

The elimination system eliminates waste from the body, in the form of urine, fecal matter, perspiration and others.

Here is some profound information that I hope will wake up those people that are reading this.

The pH regulatory system is the most important system in the body. Every other system in the body depends upon the efficiency of the pH regulatory system running the way its suppose to.

The pH regulatory system can be compared to the operation of a swimming pool. If the pool is too acidic or too alkaline the pool becomes dirty with contamination and dirty algae grows everywhere.

The pH regulatory system balances the alkalinity and the acidity of all body fluids. It also helps control lactic acid and muscle tissue fibrosis.

Don't be surprised if you discover 90% of all athletes, coaches, trainers and doctors are oblivious to muscle fibrosis. It affects everyone who works out, plays ball, runs, bikes or swims.

If you are a just a layperson, a doctor, an athlete, a trainer, this is significant and important information for you to know. Muscles cannot effectively grow and get stronger in an acidic environment, Edema (water retention) cannot be controlled, drugs are not as effective, normal sleep patterns are almost impossible; stress is amplified, your memory becomes lessened, you will lose flexibility, bowel movements are notably affected, vision is affected and parasites, viruses and disease are likely ubiquitous.

The body will remain healthy in an alkaline environment. It gets sick and run down in an acidic environment. The more acidic, the sicker you can get and the older you look.

If everyone only knew this information I am giving you today, many people could avoid sickness and live a longer, healthier life with lots of energy and stamina.

If you were to ask 20 people, what is the primary contributing factor associated with obesity? You will be surprised to discover, especially when you write their answers down, 18 would say,

"Eating too much, eating the wrong foods or genetics." Or they would say, "I don't know."

If you were to ask 20 trainers, 18 would answer the question exactly the same way. If you asked the same question to 20 doctors, 18 of the answers would be the same also.

Genetics do play a part, but a small part in obesity. I have seen thousands of people who bought into the fact that they were genetically fat. I also saw the same people lose incredible amount of weight by adopting a "nutritional, cleansing lifestyle."

Isn't it interesting that only 10% of all the people, including health professionals answered all the questions correctly and the other 90% really hadn't a clue?

Here are the facts, proven documented facts!

Many studies from all over the world have shown that the more chemicals and toxins that are inside your body the fatter you will become despite the fact you are eating much less as you get older.

The studies indicated that fat was naturally manufactured by the body to enrobe, sequester and incarcerate the chemicals and toxins! The fat was literally protecting you from them.

Many studies from all over the world have also shown that the more chemicals and toxins that are inside your body the more water your body will produce to dilute those chemicals and toxins.

The studies also shown that, water is naturally produced by the body to dilute these chemicals and toxins. This water literally protects you from them.

When you cleanse the body from the inside out with cleansing, nutrient-dense foods on a regular basis the magic happens and good health is the end result.

Ask yourself,

"If you didn't change the oil and filter in your car for 30 years, what would happen to your car?"

"If you didn't brush your teeth for 30 years", what would happen to your teeth and your heart?"

"If you didn't change the filters in your air conditioners or heaters for 30 years, what would happen to your air conditioners and heaters?"

“If you didn’t change the vacuum cleaner bags for 30 years what would happen to your vacuum?”

The answers here are so obvious. Right?”

“What would happen if you didn’t cleanse yourself from the inside out, every 3 months or every 3,000 miles?”

Do you get my point?

“What would happen if you don’t cleanse from the inside out for 20, 30, 40 or even 50 years?”

How many people, how many ball players, how many athletes, how many trainers and how many doctors even know this information?

This information is invaluable and precious to anyone who really cares about their health and the health of their loved ones.

How many people, athletes, trainers, coaches and health professionals know the impact that stress as well as chemicals and toxins have on human health and weight.

The human body can have between 140 and 200 chemicals floating around inside them at any given time. Studies have proven this also to be a fact.

“Fat tissues store and enrobe chemicals and toxins”. I will repeat that statement; “Fat tissues store and enrobe chemicals and toxins, protecting you from them.”

Why do you think there are 67,000,000 obese people in North America and over 250,000,000 of them overweight?

This is fantastic news for you. Allow your body to cleanse itself from the inside out and you will get your health, your energy, your looks and your life back and you will most certainly avoid premature aging.

The classes I teach show you how simple and affordable it is, in fact, you actually save a lot of money on your food bill.

The primary contributing factor contributing to obesity and excess weight is residual chemicals and toxins that accumulate over time inside the body causing your body’s pH to become out of balance. I taught this 30 years

ago and the establishment laughed at me. Today science is manifesting the truth of this research.

To stay lean, strong, flexible, to have a strong heart, beautiful skin, hair and nails and to avoid premature aging, internal cleansing is perhaps the answer you have been looking for.

Your body has about 80,000 miles of blood vessels and over 80,000 miles of lymphatic vessels and your body has thousands of filters. Why do you spend 10,000 times more time cleansing yourself from the outside in than from the inside out?

Yes indeed, exercise is really important but if your cardio exercises are longer than 20 minutes, three times a week, it is too much. If you are doing weight bearing exercise longer than 20 minutes, 3 times a week, it is too much and I will tell you why.

When the body is subjected to biochemical shock where excessive cortisol shuts down Leptin on a consistent basis, the imbalance of undesirable biochemicals, stress chemicals and environmental chemicals along with hormonal imbalances will cause more damage than the good you are expecting.

The answer to most of you health challenges lies in your commitment to internal cleansing and moderate exercise as a lifestyle habit.

"If you always do what you've always done, you will always be what you've always been and you will never be what you could've been."

God Bless you and I wish you the best of health.

Tony Escobar