

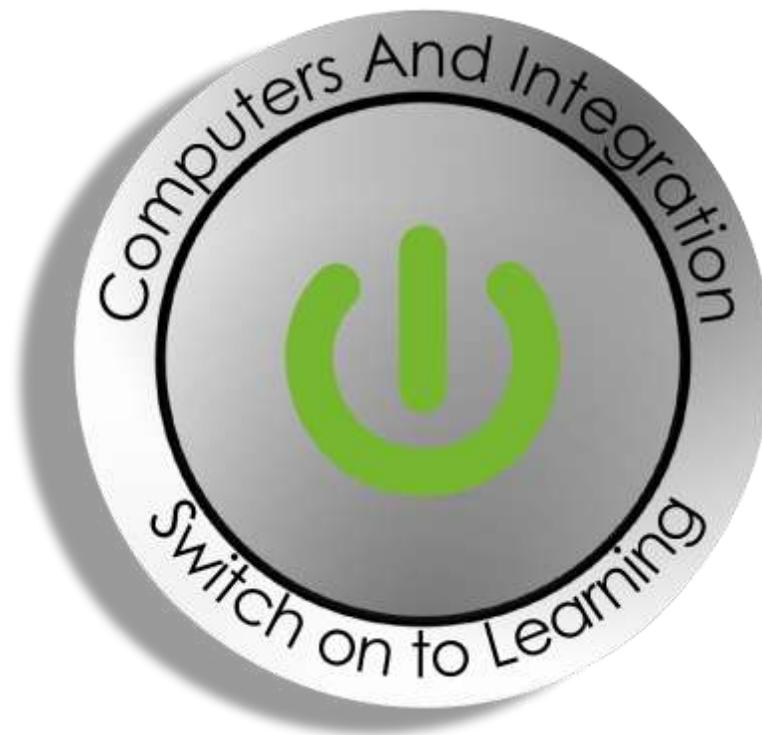
A wee bit of medicine for healthy living

By James A Cruickshank

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Inspired by Zara Gatland, Australia's promising young medic

In loving memory of Ian Summers Cruickshank, who died at 67 of lung cancer



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Endorsements

Retired Professor Allan Colver of Newcastle University says this book contains “a lot of sensible suggestions”.

Retired GP Anne Colver of Newcastle said of this book “Well done James...I agree with much of it”.

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Preface

This book will teach you basic medicine to stay healthy. It will teach you what to drink and eat normally and when you go into hospital after an accident. Also, this book will help you to keep your blood pressure under control and maintain a good pulse so you can live a long life. Moreover, this book will help you to do enough exercise so you can breath fine. Also, this book will help you to sleep fine and excrete stools (poos) with enough frequency. Furthermore, this book will help you to avoid arthritis, deteriorating vision, dialysis and kidney failure. This book will also help you to treat infections and cure cancer.

Principle 1: Consume 2 litres of fluid a day

Water thins the blood. It is very good for you. But too much of it can kill you. You need about 2 litres of fluid a day. Note that you can get some fluid from fruits and vegetables as well as liquid.

Principle 2: Exercise for 30 minutes a day

Fluid goes down – you need to bend the knee and exercise to prevent swollen feet and ankles. If you break your ankle or leg, you need to elevate it and rest to prevent fluid from swelling up your feet. You should apply ice to bring down the swelling but do keep warm to keep your temperature up.

Exercise raises oxygen levels – the best you can get is 100. Doctors put people on oxygen to keep their levels at 100 until they can walk. Don't smoke - smoking increases carbon monoxide in the blood and reduces oxygen levels. Giving up smoking is the single biggest thing you can do to improve your health.

Principle 3: Keep your pulse strong when in hospital

If you go into hospital, you should drink milk, water and apple juice to keep your pulse strong for theatre. To strengthen your pulse, what you do is boost the neurotransmitter dopamine to push up your pulse and make it strong with milk, water and apple juice.

Note that sugar pushes up your pulse and too much is not good for you. It is not a good idea to let your pulse get too high as when you are low on vitamin D but high on dopamine you can get a heart attack. Also, too much sugar can send your heart into atrial fibrillation (AF). The biggest risk with AF is a stroke. Milk and coffee boosts dopamine and prevents a stroke. Furthermore, if you eat too much sugar, water can cause tachycardia or rapid heart beat.

Betty Cruickshank who is 95 has always got a glass of fruit juice in her hand. While fruit juice is good for you, do not drink too much.

Your pulse goes down after operations, but doctors can put you on a drip of water in theatre to prevent it from dropping too much.

Principle 4: Stay hydrated throughout the day

When your pulse reaches zero you die. No-one lives forever, but to live long you need to eat a healthy, balanced diet with foods that are good for your gut, liver and kidneys. It is a good idea to drink a glass of fruit juice for breakfast, a coffee then just drink water throughout the day. 2 litres of fluid is recommended by the World Health Organisation.

Principle 5: Keep your blood pressure under control

Dopamine and vitamin D decline with age. Ideally you need to do more exercise, not less as you age or get older. The higher you are on vitamin D, the lower your blood pressure is. Also, note that if you take too much vitamin D you can get high blood pressure and end up in hospital, but it is rare unless you take very high doses of the vitamin.

Principle 6: Eat, drink, exercise, poo and sleep every day to maintain excellent health

For good health, you need to eat, drink, exercise, poo and sleep every day. Healthy adults need to sleep for 8 hours a night. Too much caffeine keeps you awake and dopamine goes down in the brain, so if you don't get much sleep, mind your dopamine. Stay away from caffeine – it blocks dopamine. Drink a glass of fruit juice, then decaf coffee and water throughout the day. If you have difficulty pooing for more than three days, consult your doctor. Healthy people should poo up to 3 times a day to once every 3 days. Note that painkillers prevent you from pooing. That's why when you are in hospital doctors prescribe laxatives. Also, note that laxatives cannot help you lose weight, so do not take them if you do not have difficulty excreting poos. Eat prunes and drink prune juice for easy and regular bowel movements.

Principle 7: Avoid arthritis and deteriorating vision

As you get older, some people get arthritis in their bones, such as knees and fingers. This is caused by calcium deposits. Also, calcium deposits build up in your eyes and cause deteriorating vision. This is why your eyesight gets worse as you age. You need to clear away calcium deposits. You do it with carbonic acid, such as fizzy water, so do drink a bottle of fizzy water from time to time.

Principle 8: Avoid dialysis and kidney failure

The kidneys filter fluid. You need to keep them healthy to avoid dialysis and kidney failure, so do eat garlic and onions. A good way of incorporating garlic and onions in your diet is to add them to a lunchtime salad.

Principle 9: Give babies milk and children milk and water

You should give your babies milk to boost dopamine and increase their pulse and then when they get to 6 months you give them mashed bananas to start them on solid food and boost dopamine, along with milk. When your baby reaches toddler age, give them milk and water. Milk and water is great for a child's development. It boosts calcium and vitamin D. Note that there is calcium in both water and milk. Do not give babies honey because it will lower their pulse and kill them. Wait until your child is older before you give them any honey.

Principle 10: Avoid infections and cancer

If you get an infection, you will need an antibiotic so do consult your doctor, although honey is a very powerful natural antibiotic. Antibiotics from the doctor lead to the production of bad bacteria in your gut, so if you are on an antibiotic eat bananas and yoghurt as they are good for your gut. If you cannot get to a doctor for some reason, eat honey, so keep a jar of honey in your cupboard.

Cancer is very dangerous. You will need a doctor and likely chemotherapy and radiotherapy. The natural way to cure cancer is to eat lots of honey. The author of this book recommends you cycle on an exercise bike as honey will push up your pulse. What you need to do is strengthen the heart to handle the increase in pulse rate so you do not get a heart attack. To cure cancer naturally you go over on vitamin D then you drink carbonic acid (fizzy water) to knock out calcium deposits.

About the author of this book

The author of this book eats porridge with blueberries, three bananas and yoghurt for breakfast usually – a dopamine boosting breakfast. Also, the author eats three spoonfuls of honey a day. However, the author is on antipsychotic medication to block dopamine. Antipsychotics are a dopamine antagonist and block the D2 receptor. The brain has a dopamine receptor and a neurotransmitter. The author of this book was really fit, healthy and had a strong pulse and heart in November 2019 with excellent blood pressure. In 2019, the author cycled over 3000 miles doing 10 miles a day over 10 months – the length of Britain four times.