

RESEARCH ARTICLE

High Vibrational Living – a Segue to Optimum Health

Stephen T. Sinatra, MD, FACC, FACN, Marchann Sinatra Blake, JD, and Drew Sinatra, ND, LAc, MSA

The following essay is based on Dr. Stephen T. Sinatra's vibrational medicine lecture at the November 2017 Orlando conference for the Academy of Comprehensive Integrative Medicine (ACIM).

 OPEN ACCESS

Citation: Sinatra S, Blake M, Sinatra D (2018) High Vibrational Living - a Segue to Optimal Health. JCIM 2(1): 39-52.

Editor: C. Norman Shealy M.D., United States

Received: March 2018

Accepted: April 2018

Published: July 2018

Copyright: © 2018 JCIM. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Data Availability Statement: All relevant data are within the paper and its Supporting Information files.

We are all born with “vital force,” an inner core energy which goes by many names: “chi” by the Chinese, “ki” by the Japanese, “prana” by the Hindus, and “breath of God” by Hebrews and Christians. Others refer to vital force as “life force,” “general vitality,” or simply, “vibration.” When scientific types talk about vital force, though, they tend to focus on the mitochondria that produce it (1).

Thousands of studies have now been published on the link between abnormal mitochondrial dynamics in diseases like Alzheimer’s (2) and Parkinson’s (3), diabetes (4), obesity (5), cancer (6), heart disease (7), autoimmune conditions (8), and even aging itself (9). More than 50 million people in the United States are said to be affected by conditions where mitochondrial dysfunction is present (10).

Mitochondria, of course, are the powerhouse organelles in all of our cells that produce adenosine triphosphate, or ATP, molecules. ATP is the energy of life. It keeps us vital and healthy. One of the most important strategies for maintaining or improving health, then, is caring for our mitochondria so they can continue to churn out the energy we need to thrive (11).

Every living thing is imbued with a vital force at conception (12). A person’s vital force or vibration, increases or decreases, based on the physical, mental, emotional, and spiritual choices that are made each day. The better the choices, the higher the vibration, and the stronger and healthier we become. Puts, N. et al. A Combined GABA-MRS and Behavioral Study in Children with Autism Spectrum Disorder. in International Meeting for Autism Research (2013).

As a cardiologist and anti-aging physician, I’ve spent several decades connecting the dots between different aspects of health - physical, metabolic, emotional, mental, and even spiritual factors. I’ve realized that the big “secret” to a happy and healthy life is actually pretty simple: It’s all about maximizing our energy and being in harmony with the natural energies around us.

What do I mean by this?

At your very core, you are made of energy. So is everyone and everything else in the universe. Energy is the common denominator of all things, the thread that connects all that exists. Our thoughts and emotions are energy, as are foods we eat, music we listen to, shows we watch, hugs we give and words we exchange. Insight into life’s

energetic nature, then, is the key that unlocks the door to optimum health and well being.

There is a great power within you, one that can bring all of the energies of your life into balance and raise your vibrational energy. When you understand how things affect you energetically, you can harness that power and make the best possible choices each day - from what you eat and drink, to how you spend your time, to how you interact with other people. All these choices add up energetically. They ultimately impact your health, by supporting or diminishing it.

Everything is Vibrational

The idea that everything has energy, and essentially is energy is not exactly new. Variations of it existed thousands of years ago in Greece¹³, India and China¹⁴. Ayurveda, for example, is an ancient Indian system of medicine that is still widely practiced today with a focus on mind-body-spirit balance, and being in harmony with the universe (15).

It wasn't until the 20th century, though, that a scientific basis for holistic health philosophies like Ayurveda emerged. Albert Einstein helped us make that "aha!" leap by publishing his Nobel Prize winning theory $E=mc^2$ (16). Einstein described mass (the measurement of matter) and energy as being interchangeable, and helped shape our modern quantum physics theories.

Stay with me here...You don't have to be a physicist to understand the concepts in this article, and this article is certainly not a discussion of quantum physics. But since quantum physics is about the energy levels of atoms and subatomic particles, it is worth a few words - especially if it helps explain what I mean by "everything is energy."

If you take a close look at the atom, the building block of all matter, you'll see it's made of subatomic particles which have either positive or negative charge. Particles with opposite charge attract each other, and those with like charges repel each other. Everything attracts or repels...is movement potential. Subatomic particles are actually vibrations, and make up parts of greater vibrational fields. As Don Lincoln so eloquently puts it, "the entire universe is made of [vibrational] fields playing a vast, subatomic symphony" (17). In other words, all things we know as "fixed matter" are actually, in essence, bundles of vibrational energy.

This means, everything we eat, drink, breathe in or apply to our bodies is basically vibrational energy that affects our energy. Each time we interact with another person or animal, energy is exchanged - through our voices, choice of words, eye contact, and touch, among other things. We even connect energetically with our natural environment - with trees, flowers, the ocean, and even the Earth!

The Earth, in fact, is one of the greatest sources of healing energy we have available to us. There's a reason why walking barefoot in grass or on the beach tends to make us feel better - more calm and relaxed. We're attuning to the Earth's natural electromagnetic energy, which is high vibrational - we thrive on it (18)!

Likewise, modern technologies like TVs, cell phones and laptop computers also emit energies which impact us, but in a way that can threaten our health. While ultra-convenient, these devices emit radiation (man-made electromagnetic fields, or EMF) that is not in harmony with our natural bioelectricity. Most people can actually physically feel this radiation to some degree, and a small percentage of folks (deemed “electrohypersensitive”) experience debilitating effects (19).

Taking the energies of these devices a step further, the actual words, images, and sounds they transmit to us also impact us, often subliminally. This is also true of books, paintings, cereal boxes, and all sorts of other objects, electronic or not.

The list goes on and on, but – as you can see from the brief mentions here – energy is multidimensional and everything is interconnected. All the energies we come into contact with have the power to positively or negatively impact our vibrational energy and health. It’s a really big picture that will make more sense after exploring a very tiny portion of it.... the energy of cells.

Energy Under the Microscope

If you look under a microscope at living cells, you can actually see them pulsate. When cells are well-nourished, oxygenated, and in an environmentally balanced state, they pulsate effortlessly. They are healthy, strong, and make enough energy to keep up with the body’s metabolic needs (20).

Likewise, when cells lack nutrients or oxygen, are inundated with toxins, inflamed, or otherwise injured, their pulsation slows down. If the cells, for example, have been damaged by free radicals, they need more energy than usual so that they can repair themselves while supporting normal metabolism. Now, if the cells also lack oxygen or nutrients like coenzyme Q10 and carnitine, they can’t make the energy (adenosine triphosphate, or ATP, molecules) they need for normal metabolism and repair. A greater demand for energy is met with an insufficient supply of it. Cell function becomes compromised and pulsation slows down (21).

Healthy cells pulsate at higher frequencies and have more ATP than diseased cells do. Using a cutting-edge imaging technique, MIT researchers actually demonstrated this by studying red blood cells (22). When the researchers compared the vibrations of healthy cells against the vibrations of unhealthy cells (which were depleted of ATP), they found that the frequencies of the unhealthy cells were 20 percent lower than those of the healthy cells. The researchers also noted that, when ATP was reintroduced in the unhealthy cells, the vibrations increased back to normal (23).

I was excited to read about these experiments at MIT, but - admittedly - not surprised. I’ve treated hundreds of patients using a metabolic approach that is specifically designed to replenish ATP supplies in the body, especially in the heart. Countless times, I’ve witnessed the profound healing that can happen when you give the body the key nutrients it needs to make ATP molecules. Many of my patients who were on heart transplant lists no longer needed donor hearts after a few weeks of treatment, and several were successfully weaned from life support. Hundreds of others improved their cardiovascular health and quality of life, and I’m sure many

even extended their lifespans - all by supporting natural energy production in their cells.

As a cardiologist who is certified in nutrition and bioenergetic psychotherapy, I had a unique advantage in figuring this out. The heart is the ultimate organ of pulsation. Day in and day out, it steadily beats, sending life-sustaining blood to the rest of the body. When heart cells become energy starved, the heart starts to fail - it can't keep supporting the rest of the body. But there's more to vitality than oxygen, nutrients and ATP. As the organ of love, the heart is also powerfully impacted by emotions, and will always tell a person's "truth." For decades, this amazing organ has been my inspiration for understanding total human health, and has ultimately led me to understand what it means to live "high vibrationally."

I mentioned earlier that we are all born with vital force energy that has to be nurtured throughout 4 our lives. By seeing every aspect of life as either supporting natural, cellular pulsation or hindering it, you can make all sorts of changes that add up to better energy, and a healthier you. Among other things, the foods we eat on a daily basis have a direct impact on the energy level of our cells.

What You Eat Has Vibration: Superfoods are High Vibrational and Junk Foods are Low Vibrational

The old cliché, "you are what you eat" rings true when you look at the energy food is made of. I know I'd rather be made of superfood than junk food!

I consider superfoods to be high vibrational because they offer all the good stuff your body wants, like phytonutrients, vitamins, minerals, antioxidants, fiber, healthy fats and proteins - but without polluting your body with junk it doesn't want, like chemical additives and preservatives, GMOs, pesticide residues, refined sugars, and unhealthy fats. From an energy standpoint, this means high vibrational superfoods give your cells vital energy and nutrients, without stressing them with toxins that will ultimately deplete them of energy.

Pure, clean, and as close as possible to their natural state, high vibrational superfoods ultimately reflect Nature's perfect efficiency. They are sustainably grown from the energy of the sun, rain and earth, and, ideally, are cultivated with loving intention and gratitude.

At the other end of the food spectrum are junk, fast, and diet foods ("diet," of course, is a code word for chemicals). Highly processed and unnatural, these low vibrational foods are generally packed with sugar, unhealthy fats, and all sorts of ingredients you can't pronounce. They usually offer little-to-no nutritional value, and are just empty calories.

Most contain genetically modified organisms (or GMOs). GMO ingredients are from foods that have been genetically altered to produce certain "desirable" traits, for example, the ability to withstand very heavy pesticide application. Junk and fast foods also, quite frankly, can make you feel terrible after you eat them—a clear sign of low vibrational energy. Most other foods fall somewhere in the middle. Besides

nutritional value or lack thereof, foods can be high or low vibrational because of the way they were produced. The vibrational difference between conventional, factory-farmed meats and their organic or free-range counterparts, for example, has to do with how the animals were raised and what they were fed.

There are some people who believe meat and other animal products have lower vibrations because they are from sentient beings, and meat is “dead” when eaten. I’m not of that school, having seen how vegan diets can result in nutrient deficiencies that can endanger health. I also believe that bone broth or soup made with organic chicken and beef can help boost immunity, i In this essay and my lectures, I use the word “pesticide” as a general term to describe all non-organic chemical applications to crops to prevent pests, weeds and insects, and intend it to encompass more specific substances like herbicides (e.g. glyphosate) and insecticides. For example, I refer to glyphosate - the most commonly applied herbicide - as a pesticide (5) and help the body fight vibration-lowering illness.

When it comes to eating animals, what’s important to me is what the animal ate, how it was treated, and its overall quality of life. When purchasing beef, chicken, eggs, milk, yogurt, and cheese, I always look for the USDA Organic seal. This tells me that the animal was given feed that was:

- GMO-free;
- Grown without synthetic pesticides and chemical fertilizers;
- Not laced with poisonous arsenic (yes, this actually happens with conventionally raised chicken and pigs); and
- Vegetarian (cows are herbivores).

It also means the animal’s body was not stressed by artificial growth hormones or conditions that would require preventative antibiotic use.

Although organic doesn’t necessarily guarantee humane treatment of animals, it’s more likely that organically raised animals are treated better. The organic seal is also important with fresh fruits and vegetables, especially strawberries, spinach, nectarines, apples, peaches, celery, grapes, cherries and bell peppers (24). It means they were grown without the use of synthetic pesticides or chemical fertilizers, toxic chemicals which can impair mitochondrial function and lower the vibration of our cells (25).

If you can’t get organic produce, don’t stress about it. You can reduce pesticide residues through good washing. Run your fruit and veggies under the tap for a minute, or soak them in a water solution with vinegar or baking soda (J. Agric. Food Chem. 2017, DOI: 10.1021/acs.jafc.7b03118). The key is friction, so be sure to rub them.

When grown cleanly and sustainably, and nurtured with love, fresh vegetables and fruits are some of the highest vibrational foods you can eat. Full of phytonutrients, antioxidants, minerals, vitamins, and fiber (which is crucial for health and ridding the body of toxins), fresh veggies and fruits have so much to offer - that’s why they’re the foundation of my Pan-Asian Modified Mediterranean (or PAMM) Diet.

The Best High Vibrational Diet: PAMM

The PAMM Diet is a blend of the healthiest foods typically eaten by people around the Mediterranean Basin and in the Pacific Rim (26) – some of the longest living cultures in the world (27). Although the Okinawa diet of the Pacific Rim is anti-inflammatory and promotes longevity, the Mediterranean diet is backed by the most scientific literature to date with regard to its remarkable impact on health and longevity (28). Especially telling is the famous PREDIMED study, which highlighted the diet's potential as a primary prevention strategy against cardiovascular disease. The PREDIMED researchers followed about 8,000 people over approximately 4.8 years, and basically looked at 3 variables: a Mediterranean diet supplemented with 4 Tbsp olive oil per day, a Mediterranean diet supplemented with a few handfuls of mixed nuts, and the control group, which ate a low-fat diet much like the standard American Heart Association diet. Eating healthy fats proved a much better health strategy than restricting fat intake - the Mediterranean diet groups that consumed lots of olive oil or nuts displayed the most 6 favorable results. For example, total cardiovascular (CV) deaths were reduced by 28 percent in the nuts group and by 30 percent in the group that consumed 4 Tbsp extra virgin olive oil (EVOO) daily. The EVOO group showed a 20 percent reduction of myocardial infarction (MI) events, and the nuts group reduced MI incidence by 26 percent. Total CV deaths were reduced by 17 percent in both groups. (This sentence seems to disagree with the 28% & 30% in the previous sentence.) There was also a reduction in Cerebral Vascular Accidents (CVA) – 33 percent in the EVOO group and 46 percent in the nuts group. New onset Type II diabetes decreased 40 percent with EVOO and 18 percent from nuts. The two enhanced Mediterranean diets also resulted in lowered blood pressure, improved serum lipids, lower total cholesterol, reduced total LDL particle number, lower triglycerides, less oxidized LDL, and lower LP(a) numbers, as well as increased HDL. Inflammatory mediators such as hsCRP and interleukin-6 (IL6) were also lower in the two Mediterranean diet groups, and lower vascular adhesion molecules were realized. There was also a decrease in brain natriuretic peptides (BNP) as well as reduced homocysteine.

One of the Mediterranean diet mechanisms that yielded such positive results was olive oil. Indeed, in my opinion, olive oil is “the secret sauce” of the Mediterranean diet, and 4 Tbsp olive oil per day has been shown to alter pro-inflammatory genetic expression, including genes for atherosclerosis, inflammation, oxidative stress, vascular immune dysfunction, type II diabetes, and hypertension. To summarize, the Mediterranean diet and liberal use of olive oil yielded these prominent effect (29).

The PAMM diet is thus based primarily on a Mediterranean diet supplemented with olive oil and nuts, and borrows other anti-aging foods traditionally eaten in the Pacific Rim, like natto and seaweed. Good for your heart and the rest of your body, this high vibrational diet can help you become healthier, and more energy efficient... it's a recipe for feeling and looking great!

In short, eating the PAMM way means:

- Fresh veggies, fruits and legumes (beans, lentils and peas) should make up about 40 to 45 percent - almost half - of what you eat. Go with a variety of colors - different plant pigments offer different phytonutrients! Eaten in moderation, whole grains like brown rice and lower-glycemic lentil pasta also have a place here.
- Make another 35 to 40 percent of your diet healthy monounsaturated oils and fats with essential omega-3 fatty acids – extra virgin olive oil, walnuts, almonds, hazelnuts, avocado, chia and flax seeds, and even wild salmon and mackerel. Fats help satiate you and also help your body absorb the health supporting nutrients in fruits and veggies.
- The remaining 20 to 25 percent should be high quality protein (organic, wild-caught, raised sustainably and humanely): eggs, dairy, chicken, buffalo, beef, and wild migratory fish – smaller is better (especially sardines or anchovies).

I also incorporate herbs and spices, which have a long history of use in traditional medicine, and can bring a lot to the table health-wise. Beyond adding mouthwatering flavor to healthy PAMM meals, herbs and spices can offer vitamins, minerals, antioxidant flavonoids and polyphenols, and essential oils with health protective properties (7).

One of the reasons why PAMM is so healthy, is because it lacks refined sugar and high glycemic carbs. “High glycemic” means that eating the food will cause the body to quickly release insulin, and too much insulin too often is linked to inflammation. Inflammation, of course, is the primary cause of heart disease and other degenerative diseases like arthritis (30). So, eating the PAMM way also means no more muffins, cakes, cookies, or sodas, and cutting way back on crackers, breads, potatoes, and pastas made with refined white flour.

I don’t advocate avoiding all carbs... just the high-glycemic ones. Low glycemic carbs - carbs that won’t cause the body to release a lot of pro-inflammatory insulin - can be some of the healthiest, highest vibrational foods we eat. Hence, my recommendation that 40 to 45 percent of the diet be healthy, low-glycemic carbs, like fresh vegetables, fruits, and legumes.

Eating this way can sound tough for many people, so I advise taking it in steps. Sugar is addictive, and you may find yourself fighting strong cravings. Start by reducing your consumption, and allow yourself sweet treats in strict moderation. After a while, your body should adapt, and at some point, what used to hit the spot will likely be experienced as too sweet, too refined, and too processed. As you gradually replace traditional sweets like brownies, cookies, and muffins with naturally sweet foods like fresh vibrant, fruits, your gut health will improve; you can support this process by supplementing with probiotics or eating yogurt or fermented foods like kim-chi. Knowing that a healthy gut is key to better overall

health and immunity is great motivation. You will likely also experience better moods - another great reason to say goodbye to refined sugar!

Nature Knows Best

The closer to nature a food is - the more it's infused with the energy of the sun, earth, rain and oceans, and the freer it is from man's artificial clutches - the better its vibration.

Let's take colors of food, for example... there's an enormous vibrational difference between a sports drink that's been dyed with Red # 40 (the most common artificial food coloring), and a glass of tomato juice, the bright red color of which is of Nature's design.

Plant foods contain all sorts of natural chemicals called phytonutrients that serve protective functions and help them grow. The reason veggies like spinach and broccoli are green is that they contain chlorophyll, a pigment which enables plants to capture light from the sun and turn it into chemical energy. Yellow, orange and red produce like pumpkins and tomatoes owe their color to carotenoids, antioxidant phytonutrients that help us stay healthy. Tomatoes, for example, contain lycopene, a powerful type of carotenoid associated with better sleep, a healthier heart, and reduced risk of prostate cancer.(ref)

Fresh veggies like broccoli, kale, tomatoes, spinach, and avocados are not just superfoods because of their vibration-raising phytonutrient content, though. They are also full of fiber. Fiber is crucial for detoxification, which will also raise your vibration by reducing the toxic burden on your body. For me, fiber plus phytonutrients equals a vibrational win-win!

Organic fruits and vegetables tend to contain higher amounts of antioxidant phytonutrients than conventionally produced ones (31). Why? When veggies are cultivated industrially with chemical pesticides, they don't need to produce their own natural chemicals to help deter pests. They don't have to work as hard to survive. So by taking chemical shortcuts, our food can lose its nutritional value. Plus, we get vibration-lowering pesticide residues.

This is especially the case with GMO crops, most of which are engineered to withstand heavy pesticide application and/or repel insects. The US is the largest GMO food producer in the world, and 89 to 95 percent of all its sugar beets, soybeans, cotton, canola, and corn are GMO. Alfalfa, too, is a major GMO crop. I mention it because if you're eating dairy products or meat from conventionally raised animals, you're getting GMO alfalfa, corn, soybeans, canola and even cotton. That's right, the majority of GMO crops go to animal feed (32). And with these crops doused in pesticides come toxic chemical residues. Case in point, just recently, traces of the herbicide glyphosate, which the World Health Organization classified as a "probable human carcinogen," (33) were found in a popular brand of ice cream (34) and high levels of it have also been found in many processed foods like cereal, cookies, and crackers (35).

Between 250 and 300 million pounds of glyphosate are sprayed on US crops each year, polluting our food supply and our environment (36). Glyphosate also ends up in our drinking water. Not only is glyphosate linked to cancer, but it's an endocrine disruptor, and may be contributing as well to global antibiotic resistance problem (37). Yes, glyphosate is a multifaceted toxin: it's patented as an herbicide, as well as an antibiotic and a mineral chelator (which means it may also cause mineral nutrient deficiencies) (38). So besides the possible food allergies and other health issues caused by tinkering with genes, GMOs also inundate us with vibration-lowering pesticides.

Not only are pesticides toxic for us, but they have been implicated in Bee Colony Collapse Disorder, a phenomenon where a large percentage of bees have been disappearing from hives since 2006, and dying off. The reason this issue has garnered national attention over the last 10 years is that, as pollinators, bees are crucial to our food production process. It's estimated that one out of every 3 bites we take of food - from fruit to nuts to coffee beans - is, in some way, the result of honeybee pollination. Without bees, we lose our most nutritious supply of food!

The unsung-yet-critical role the honey bee plays in agricultural production is one of the reasons I consider raw honey to be a high vibrational food. Even though honey contains sugar (too much of which can lower your vibration), it offers all sorts of trace vitamins and minerals, and I believe it embodies nature's high vibrational energy. I specify "raw" to indicate that it is virtually unprocessed. With most food, the farther removed from Nature, the less health benefits it offers.

What About Supplements?

One of the beautiful, amazing things about nature, is her synergism. Did you know that the vitamins, minerals and phytonutrients contained within different fruits, vegetables, seeds, nuts, eggs, etc. work synergistically within our bodies to keep us healthy? Tomatoes and broccoli eaten together, for example, provide greater protection against cancer than eating each alone due to the synergistic effect of the lycopene in tomatoes and the sulforaphane in broccoli (39). What this means is that we want to eat a "team" of colorful fruits, veggies and legumes each day - literally, a rainbow of high vibrational produce (9).

That being said, life happens, and not all of us can get all the nutrients our bodies need to stay energetic and healthy. This is why I recommend nutritional supplements to support a healthy diet.

Here're my basic recommendations:

- A high-potency multi vitamin/mineral with B vitamins and antioxidants
- Omega-3 fatty acids (squid or fish oil – I prefer squid oil) - 1 to 2 grams per day
- CoenzymeQ10 - 50 to 100 mg daily, for adults ages 40+
- Magnesium -400 to 600 mg daily (but not magnesium oxide)

- Vitamin C - at least 500 mg daily, if not in your multi

For more antioxidant protection:

- Resveratrol - 30 to 100 mg daily
- Astaxanthin – 6 to 12 mg daily
- Turmeric - 200 to 600 mg daily

If you're vegetarian or vegan, I recommend you also target with:

- L-carnitine – 200 to 400 mg daily
- CoQ10 – an extra 50 mg daily
- Vitamin B12 - 250 mcg daily (sublingual methyl-B12 is best)
- Alpha lipoic acid – 50 to 100mg daily

Just know, taking supplements to offset a fast- or processed-food diet is not going to cut it. You're still putting all sorts of vibration-lowering junk in your body, and not getting the synergistic benefits of eating a variety of fresh veggies and fruits. I'm a firm believer in the power of nutritional supplements to support and promote optimum health, but at the end of the day, you still need to eat a high vibrational, anti-inflammatory diet. Again, Nature knows best.

How Intention Can Raise the Vibrational Experience of Food

Before we move on to other aspects of high vibrational living, I want to touch on one more thing about high vibrational eating...there's more to it than the food. You can enhance the vibrational experience through the energy you bring to the table.

Were you taught to "say grace" as a child? Whether you say a pre-meal prayer, or just silently acknowledge the effort that made the whole meal possible, you're tapping into high vibrational emotional and spiritual energies.

If you think about it, there's so much that goes into the production of food before it gets to your plate...Where would we be without farmers, bees, livestock, farmland, sun, and water? Some people I know like to say a silent blessing to honor the spirits of the animals who died to sustain (10) them (they tell me it's a Native American tradition). What about the truck drivers, warehouse workers, and grocers...without them, how would we actually buy food?

Remember, we are all connected (this is the central theme of my most recent book, *Health Revelations from Heaven*, coauthored with Tommy Rosa ref.1)...By taking a moment before a meal to feel gratitude and reverence for the entire process, you're really celebrating the interconnectedness that's at the heart of life.

Conclusions

The path of high vibrational living includes an anti-inflammatory diet, targeted nutritional supplements, grounding, mind-body practices, detoxification, exercise, and positive thinking. This essay is a short focus on the anti-inflammatory diet as well as some targeted nutritional supplements. When our lifestyle is high vibrational, our natural biological rhythms are balanced. Our mitochondria produce all the energy our cells need to stay healthy. Literally every aspect of our lives affects vibration—so it's easy to begin making changes that will improve yours. Just apply this one rule: *When faced with a decision—whether it's about what to eat, what products to buy, or even what you want to do with your spare time—choose the option that's as pure, natural, and true to who you are as possible.* If you can do that, you'll be on your way to higher vibrational energy and better health.

References

1. Rosa T, Sinatra ST. Health Revelations from Heaven. New York, NY: Rodale, Inc., 2015, 2017.
2. Jan AT, et al. Perspective Insights into Disease Progression, Diagnostics, and Therapeutic Approaches in Alzheimer's Disease: A Judicious Update. *Frontiers in Aging Neuroscience*. 2017;9:356. doi:10.3389/fnagi.2017.00356. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5671974/>
3. Bury AG, et al. Mitochondrial DNA changes in pedunculopontine cholinergic neurons in Parkinson disease. *Ann Neurol*. 2017 Dec;82(6):1016-1021. doi: 10.1002/ana.25099. Epub 2017 Dec 4. <https://www.ncbi.nlm.nih.gov/pubmed/29149768>
4. Neth BJ, Craft S. Insulin Resistance and Alzheimer's Disease: Bioenergetic Linkages. *Frontiers in Aging Neuroscience*. 2017;9:345. doi:10.3389/fnagi.2017.00345. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5671587/>
5. Heo J-W, No M-H, Park D-H, et al. Effects of exercise on obesity-induced mitochondrial dysfunction in skeletal muscle. *The Korean Journal of Physiology & Pharmacology : Official Journal of the Korean Physiological Society and the Korean Society of Pharmacology*. 2017;21(6):567-577. doi:10.4196/kjpp.2017.21.6.567. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5709473/>
6. Guerra F, Guaragnella N, Arbini AA, Bucci C, Giannattasio S, Moro L. Mitochondrial Dysfunction: A Novel Potential Driver of Epithelial-to-Mesenchymal Transition in Cancer. *Frontiers in Oncology*. 2017;7:295. doi:10.3389/fonc.2017.00295. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5716985/>
7. Chistiokov DA, et al. The role of mitochondrial dysfunction in cardiovascular disease: a brief review. *Ann Med*. 2017 Dec 18:1-7. doi: 10.1080/07853890.2017.1417631. <https://www.ncbi.nlm.nih.gov/pubmed/29237304>

8. Morris G, Berk M, Walder K, Maes M. Central pathways causing fatigue in neuro-inflammatory and autoimmune illnesses. *BMC Medicine*. 2015;13:28. doi: 10.1186/s12916-014-0259-2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4320458/>
9. Srivastava S. The Mitochondrial Basis of Aging and Age-Related Disorders. *Genes (Basel)*. 2017 Dec 19;8(12). pii: E398. doi: 10.3390/genes8120398. <https://www.ncbi.nlm.nih.gov/pubmed/29257072>
10. United Mitochondrial Disease Foundation. Links to Other Diseases. Accessed Dec. 27, 2017 at <https://www.umdff.org/what-is-mitochondrial-disease/links-to-other-diseases/>
11. Sinatra ST. *The Sinatra Solution: Metabolic Cardiology* Laguna Beach, CA: Basic Health Publications, Inc., 2005, 2008, 2011.
12. Rosa T, Sinatra ST. *Health Revelations from Heaven*. New York, NY: Rodale, Inc., 2015, 2017.
13. Yannis T. The historical origins of the basic concepts of health promotion and education: the role of ancient Greek philosophy and medicine, *Health Promotion International*, Volume 24, Issue 2, 1 June 2009, Pages 185–192, <https://doi.org/10.1093/heapro/dap006>
14. Patwardhan B, Warude D, Pushpangadan P, Bhatt N. Ayurveda and Traditional Chinese Medicine: A Comparative Overview. *Evidence-based Complementary and Alternative Medicine*. 2005;2(4):465-473. doi:10.1093/ecam/neh140. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297513/>
15. Behere PB, Das A, Yadav R, Behere AP. Ayurvedic concepts related to psychotherapy. *Indian Journal of Psychiatry*. 2013;55(Suppl 2):S310-S314. doi: 10.4103/0019-5545.105556. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705701/>
16. Gerber R. *Vibrational Medicine*. Santa Fe, NM: Bear & Company (1988, 1996).
17. Lincoln, D. "The Good Vibrations of Quantum Physics Theories." PBS.org, Aug. 5, 2013 at <http://www.pbs.org/wgbh/nova/blogs/physics/2013/08/the-good-vibrations-of-quantum-field-theories/>
18. Chevalier G, Sinatra ST, et al. Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons. *J Environ Public Health*. 2012; doi: 10.1155/2012/291541
19. The Bioinitiative Working Group. *The Bioinitiative Report: A Rationale for Biologically Based Exposure Standards for Low-Intensity Electromagnetic Radiation*, December 2012. Available at <http://www.bioinitiative.org/>
20. Sinatra ST. *Heartbreak and Heart Disease*. Lincolnwood, Il: Keats (1996, 1999).
21. Sinatra ST. *The Sinatra Solution: Metabolic Cardiology* Laguna Beach, CA: Basic Health Publications, Inc., 2005, 2008, 2011.

22. Fitzgerald, M. "Vibrating Cells Disclose their Ailments." MIT Technology Review, Sept. 9 2008. Accessed Dec. 26, 2017 at <https://www.technologyreview.com/s/410793/vibrating-cells-disclose-their-ailments/>
23. Trafton, A. "Chemical energy influences tiny vibrations of red blood cell membranes." Phys.org, Dec 21, 2009. Accessed Dec. 26, 2017 at <https://phys.org/news/2009-12-chemical-energy-tiny-vibrations-red.html>
24. The Environmental Working Group (EWG). Executive Summary: The EWG's 2017 Shopper's Guide to Pesticides in Produce, accessed Dec. 26, 2017 at <https://www.ewg.org/foodnews/summary.php#.WkK62nmlphk>
25. United States Department of Agriculture (USDA). "Organic Labeling." Accessed Dec. 27, 2017 at <https://www.ams.usda.gov/rules-regulations/organic/labeling>
26. Sho H. History and characteristics of Okinawan longevity food. *Asia Pac J Clin Nutr.* 2001;10(2):159-64. <https://www.ncbi.nlm.nih.gov/pubmed/11710358>
27. Martinez-Gonzales A, Martin-Calvo N. Mediterranean diet and life expectancy; beyond olive oil, fruits and vegetables. *Curr Opin Clin Nutr Metab Care.* 2016 Nov; 19(6):401-407. <https://www.ncbi.nlm.nih.gov/pubmed/27552476> ; Perez-Lopez FR, et al. Effects of the Mediterranean Diet on longevity and age-related morbid conditions. *Maturitas.* 2009 Oct 20;64(2):67-79. doi: 10.1016/j.maturitas.2009.07.013. Epub 2009 Aug 31.
28. de Lorgeril M, Salen P, et al. Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: final report of the Lyon Diet Heart Study. *Circulation.* 1999 ;99(6):779- 85. <http://circ.ahajournals.org/content/99/6/779> ; 12 Romagnolo DF. Mediterranean diet and prevention of chronic diseases. *Nutr Today.* 2017 Sep; 52(5): 208–222. Published online 2017 Aug 15. doi: 10.1097/NT.0000000000000228
29. Estruch R, Ros E, et al. PREDIMED Study Investigators. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med.* 2013;368(14): 1279-90 <http://www.nejm.org/doi/full/10.1056/NEJMoa1200303#t=article> ; and Castañer O, Corella D, et al. PREDIMED study investigators. In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial. *Am J Clin Nutr.* 2013 ;98(3):845-5 <http://ajcn.nutrition.org/content/98/3/845.long>
30. Sinatra ST, Bowden J. *The Great Cholesterol Myth.* Beverly, MA: Fair Winds Press (2012).
31. Barański M, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta analyses. *Br. J. Nutr.* 2014 Sep 14; 112(5): 794–811. Published online 2014 Jul 15. doi: 10.1017/S0007114514001366
32. Beville R. How Pervasive Are GMOs in Animal Feed? July 16, 2013 at <http://www.gmoinside.org/gmos-in-animal-feed/>

33. World Health Organization International Agency for Research on Cancer. Q&A Glyphosate. March 1, 2016 at https://www.iarc.fr/en/media-centre/iarcnews/pdf/Q&A_Glyphosate.pdf
34. Strom S. "Traces of Controversial Herbicide Found in Ben and Jerry's Ice Cream." The New York Times, July 25, 2017. Accessed Dec. 26, 2017 at <https://www.nytimes.com/2017/07/25/dining/ben-and-jerrys-ice-cream-herbicideglyphosate.html>
35. Food Democracy Now and The Detox Project. Glyphosate: Unsafe on Any Plate – Food Testing Results and Scientific Reasons for Concern. Accessed Dec. 26, 2017 at high levels of it have also been found in many processed foods like cereal, cookies, and crackers
36. Main D. Glyphosate Now the Most Used Agricultural Chemical Ever. Newsweek, Feb 2, 2016. <http://www.newsweek.com/glyphosate-now-most-used-agricultural-chemical-ever-422419>
37. Heyes JD. Monsanto Roundup Harms Human Endocrine System at Levels Allowed in Drinking Water, Study Shows. Global Research, April 6, 2013. <http://www.globalresearch.ca/monsanto-roundup-harms-human-endocrinesystem-at-levels-allowed-in-drinking-water-study-shows/5441051>
38. Mercola J. Toxicology Expert Speaks Out About Roundup and GMOs. Oct. 6, 2013 at <https://articles.mercola.com/sites/articles/archive/2013/10/06/dr-huber-gmo-foods.aspx>
39. Canene-Adams K, Lindshield E, et al. Combinations of Tomato and Broccoli Enhance Antitumor Activity in Dunning R3327-H Prostate Adenocarcinomas. Cancer Research. DOI: 10.1158/0008-5472.CAN-06-3462 Published January 2007. <http://cancerres.aacrjournals.org/content/67/2/836>