



The KetoClean
Lifestyle





Introduction

Are you concerned about your health, energy, mental clarity and the health of your family and loved ones?

Most people around you are battling asthma, allergies, sleep problems, mood disorders, digestive problems, recurring colds and flu, or skin disorders. Many have been diagnosed with an autoimmune disease, Parkinson's, Alzheimer's, dementia, cancer or diabetes type 2. They are overweight, tired and sick! These conditions are driving you off the highway of health, and onto the exit ramp to degenerative disease. The future doesn't seem as bright when you don't have your health.

Imagine instead that you have abundant energy and the mental clarity to excel at what you do. How would your life be different if you experienced optimal health? How would it impact your work, your passion, your family?

Finding your way back to wellness isn't easy, especially for successful professionals, entrepreneurs and high performing individuals. You're responsible for work, your family, your bank account, all while trying to squeeze in a vacation every once in a while. And it's frustrating when members of the medical community want to prescribe another drug or surgery to treat the symptoms. You know that something is wrong but traditional medicine just





doesn't provide any way to figure out what it is.

There is a confusing array of information available, but who has the time to analyze this sophisticated web of data? You know the road you're heading down does not have a happy ending. You simply don't have the time to figure things out. You don't have the knowledge to change course. And achieving optimal health should not be a confusing conversation. That's why I put together the KetoClean Lifestyle.

My Story



Who am I?

My name is Linda Huxtable. I'm a Naturopathic Doctor who has experienced my fair share of health challenges over the years. I've battled constipation and gut pain. I've endured extreme fatigue, headaches, and foggy thinking due to mercury poisoning. Every time I turned to the medical community for help, the answers weren't there. The only answer offered was how to treat the symptom, not how to deal with the underlying causes.

That began my 30-year journey to understand human health and the human body. I've studied with some of the most prominent naturopathic



and holistic doctors in North America and Europe, including Dr. Dietrich Klinghardt of the American Academy of Neural Therapy, Dr. Jean Pierre Barral, Dr Andreas Marx and Dr Hal Huggins. For years, I ran a top innovative/integrated clinic out of Atlanta where we provided health care services to hundreds of patients. And now, I want to help you achieve the health, vibrancy and vitality that you and your family deserve.

In the KetoClean Lifestyle Manifesto, I'm going to share an extraordinary blueprint that pieces together all the separate wellness conversations into an integrated approach for living a vibrant, healthy and energetic life.

This blueprint focuses on the following key areas to getting you back on the Highway to Health:

- Leaky Gut
- Inflammation
- Heavy Metals
- Oral Health
- Thermography
- Ketosis
- Optimal Health Technologies

Our health journey starts with the body's "second" brain – the gut. This command and control center for both vitamin and mineral absorption, as well as environmental and food toxin / detoxification (which we'll address later), is the foundation for optimal health.



Chapter 1: Leaky Gut

The next time you're in Target or some other big box store, look around you. Everyone is sick!!! Then, look at the inside of their shopping carts. This is where it begins.

Wouldn't you like to know WHAT to put into your shopping cart that will make you and your loved ones healthy, instead of sick?

Previous generations didn't have the technology or advancements in science we have today. But they also didn't live in a toxic world, like we do. Our bodies absorb toxins through personal care and cleaning products, the food we eat, the water we drink, and the air we breathe. We're getting sick because the human body is simply not designed to rid itself of these toxins.

Food Pyramid Lie

Did you know the original 1992 Food Guide Pyramid recommended that Americans eat more vegetables and fruits, less meat, salt, sugary foods, bad fats, and additive-rich factory foods?

The USDA altered that research-based version, so the final version included more refined grains, meat, commercial snacks and fast foods.





Nutritionists warned that these changes could lead to an "epidemic of obesity..."

Guess what? Adult obesity rates now exceed 35 percent in four states, 30 percent in 25 states and obesity is above 20 percent in all states, according to the most recent data.

Obesity is just the tip of the iceberg. For the first time in history, we're facing a cancer rate of one in every two people. Many Americans are aging at a faster rate biologically, too.

The rate of autism is 1 in 40 boys and around 1 in 138 girls. By the year 2025 it is predicted that one out of 2 children will be diagnosed with autism!

What's the #1 factor causing these issues? The detox system in your body is completely broken down – and central to that is a condition called leaky gut.

What is Leaky Gut Syndrome?

A "leaky gut" happens when the tight junctions, which protect membrane webbing of the cells that line the intestine, malfunction. Your intestine is where vitamins and minerals are absorbed into the blood stream. But when the tight junctions don't work right, toxins and undigested food are allowed to flow into your blood stream and recirculate through your body causing massive stress on your immune system and massive inflammation.

Today, 8 out of 10 people have leaky gut syndrome. It's not a disease –it's a primary cause of chronic conditions.



Common Symptoms of Leaky Gut

- Digestive Issues (gas, bloating, diarrhea, constipation)
- Irritable Bowel Syndrome
- Crohn's Disease
- Colitis
- Celiac Disease
- Diabetes
- Heart Disease
- Cancer
- Depression
- Autism
- ADD/ADHD
- Asthma
- Chronic Pain
- Arthritis
- Chronic Fatigue Syndrome
- Fibromyalgia
- Lupus
- Respiratory Allergies
- Food Allergies/Intolerances
- Acne, Rosacea, Eczema, Psoriasis
- PMS
- Candida Overgrowth
- Any Autoimmune Condition

The four main causes of leaky gut include poor diet, chronic stress, toxin overload and bacterial imbalance. One of the major contributors to a poor diet is gluten that we eat in grains like wheat, barley and rye.

Gluten causes the protein Zonulin to be released in the gut, leading to destruction of the tight cell junctions – the cause of leaky gut. This in turn leads to inflammation, which as you'll learn in the next chapter, is the root cause of every disease.



Chapter 2: Inflammation

Inflammation is the body's way of protecting itself from infection with foreign organisms such as bacteria and viruses. This is why leaky gut syndrome is such a problem. The toxins that get recirculated in the body trigger an inflammatory response to fight them off. Eventually inflammation, together with other infections, environmental toxins, poor diet and stress cause a variety of autoimmune diseases including:

- Rheumatoid arthritis
- Lupus
- Multiple Sclerosis
- Thyroid disease
- Inflammatory bowel disease
- Psoriasis
- Celiac disease
- Anemia
- Addison's disease
- Grave's disease
- Type 1 Diabetes

As we mentioned in the last chapter, leaky gut syndrome – which leads to inflammation – is caused by gluten. But there's more to the story when it comes to the impact wheat and other grains have on inflammation and autoimmune disorders.

The Wheat / Grain Factor

Have you ever noticed how big the aisles in the supermarket are that have the shelves with cereal and grains? The large food companies know that this is the most expensive food by weight that you can buy. They have made these foods addictive and filled them with preservatives and chemicals. A study by University of Michigan found processed foods were more likely to have the same effect



on the brain as hard drugs. Is this what you want to feed yourself or your loved ones? Adding vitamins back in to replace the nutritional deficit of these foods is a marketing scam. The vitamins are the cheapest ones they can find and are not absorbable by your body.

Cereal grains contain undetectable amounts of vitamin C, B12, carotenoids, and other vitamins and minerals, and they tend to displace foods rich in these substances that are associated with a decreased risk of heart disease and

many forms of common cancers. Moreover, cereal grains may inhibit the metabolism of these nutrients and cause autoimmune reactions.



Grains also cause problems with the balance of your fats or lipids. They do this by raising the triglycerides, which are essentially the fat (or lipids) in the blood. Your liver must be working properly to digest the good fats, and grains have a very negative effect on the way your liver processes fats. Fats or lipids that oxidize or rust, are the ones that cause serious health

issues. Your body NEEDS fat to burn for fuel. It doesn't need oxidized fat which causes problems in the circulatory system and at the cellular level.

Another problem with grains is that they are GMO (genetically modified) or genetically engineered. Either way, they are drenched in glyphosate (Monsanto's Roundup) before they are harvested, so you are getting this



carcinogen every time you eat them. You have probably heard of glyphosates or seen some foods with the non-GMO logo on the label. Research has shown since glyphosates or Roundup hit the market that it is a carcinogen, meaning that it causes cancer.

Glyphosates also kill the good bacteria in your body, which leaves you at risk for infections from virulent pathogens like candida, fungus, "bad" bacteria, and viruses.

And of course, grains contain gluten, which as we've seen, causes leaky gut syndrome. Grains are highly inflammatory, and also contribute significantly to elevated blood sugar. These are just a few of the many reasons to eliminate all grains from your diet. An important book to read is "Wheat Belly" by William Davis, MD.

Cutting out grains is just the first step on your journey to optimal health. The next milestone to focus on is heavy metals.



Chapter 3: Heavy Metals / Mercury

Heavy metals such as zinc, copper, chromium, iron and manganese are essential for good health – in small amounts. But if these and other heavy metals accumulate in large concentrations in the body, serious damage can occur.

And in fact, heavy metal toxicity is another significant source of compromised health today. The leading causes of heavy metal poisoning are:

- Mercury amalgam fillings
- Industrial exposure
- Air or water pollution
- Foods
- Medicines
- Improperly coated food containers, plates and cookware

You may have heavy metal toxicity if you experience any of these symptoms:

- Chronic pain throughout the muscles and tendons or any soft tissues of the body
- Chronic malaise – general feeling of discomfort, fatigue, and illness
- Brain fog – state of forgetfulness and confusion
- Chronic infections such as Candida
- Gastrointestinal complaints, such as diarrhea, constipation, bloating, gas, heartburn, and indigestion
- Food allergies
- Dizziness
- Migraines and/or headaches
- Visual disturbances
- Mood swings, depression, and/or anxiety
- Nervous system malfunctions – burning extremities, numbness, tingling, paralysis, and/or an electrifying feeling throughout the body



Heavy metals which are extremely toxic to the body include arsenic, cadmium, cobalt, lead, silver, strontium, and – what may be the nastiest and most pervasive of all - mercury.

Mercury Madness

Mercury is one of the most destructive neurotoxins known to man.

Do you remember the "Mad Hatter" in Alice and Wonderland?

Mad Hatter's disease was a disease that people got who worked in the felt industry to make hats. The felt was soaked in large vats containing mercury and the workers would absorb the mercury and have severe neurological symptoms which at the time were referred to as becoming "mad" or crazy.

Today, the biggest threat mercury poses to our health comes from the fish we eat due to toxins allowed to enter into our oceans.

Researchers say mercury contamination of seafood is not only on the rise across the globe, but that "smaller traces of the toxic metal may be enough to cause restricted brain development or other health problems for humans who eat them."





"The more we look at mercury, the more toxic it is," David Evers, the executive director of BRI, told the Portland Press Herald. "Threats from mercury are greater at lower levels than we have thought in the past."



Fish and shellfish concentrate mercury in their bodies, often in the form of methylmercury, a highly toxic organic compound of mercury. Species of fish that are long-lived and high on the food chain, such as marlin, tuna, shark, swordfish, king mackerel, tilefish (Gulf of Mexico), and northern pike, contain higher concentrations of mercury than others.

If you want to continue to eat fish, make sure you choose only wild caught small fish. That's because the larger the fish, the more mercury is in the fish.

Try to find out exactly where your fish are caught, and what is sprayed on them - or what preservatives and colorings are used. The labelling and marketing is extremely deceptive. Look for the fine print, and you will often discover that a fish that appears to be coming from Washington state was actually farm-raised in China or Thailand, where banned chemicals, carcinogens, antibiotics, (even expired antibiotics) and pesticides are used.

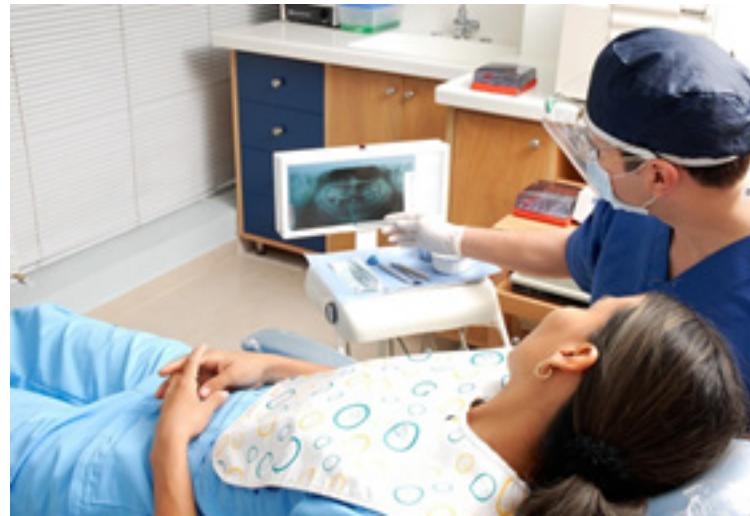
Unfortunately, restaurant staff, chefs and managers often are not aware that their fish is farm-raised in Thailand, and will tell you it is wild caught! Keep asking until you are sure. Fish is often refused at one port due to extreme



toxicity and then brought to another port that doesn't have procedures that are as strict. It is allowed in, and will find its way to your table.

Our next stop on our journey to vitality: oral health. If heavy metal toxicity is present, it's usually prevalent in your teeth, because amalgam fillings are 50 percent mercury. When mixed with saliva, the mercury, silver and gold in your teeth create an electrical current that is toxic to your immune system. Only a biological dentist can deal with it effectively.

The International Academy of Oral Medicine & Toxicology recommends that amalgam removal follow the Safe Mercury Amalgam Removal Technique (SMART). This technique involves making sure an amalgam separator is used to collect mercury waste so it's not released into the effluent from the dental office. The patient should be given oxygen via a nasal mask to ensure no mercury vapors are inhaled, and dentists must properly dispose of any mercury-contaminated clothing or equipment.





Chapter 4: Oral Health

We all know that it's important to care for our teeth and gums. But did you know that good oral and dental hygiene is important for your overall health too?

If you don't practice good oral hygiene, bad bacteria in your mouth – along with heavy metals – can cause gum disease, which in turn can increase your risk of serious health problems such as heart attack and stroke.

Key facts:

- Worldwide, 60–90% of school children and nearly 100% of adults have dental cavities.
- Severe periodontal (gum) disease, which may result in tooth loss, is found in 15–20% of middle-aged (35-44 years) adults.
- Globally, about 30% of people aged 65–74 have no natural teeth.
- Oral disease in children and adults is higher among poor and disadvantaged population groups.
- Risk factors for oral diseases include an unhealthy diet, tobacco use, harmful alcohol use and poor oral hygiene, and social determinants.

Fluoride Failure

Fluoride was introduced in 1945 and put into the public water supply to prevent tooth decay.

What they forgot to mention is that fluoride is a hazardous industrial by-product from the mining and phosphate fertilizer industries. It's an active ingredient in rat poison.



Ever noticed the poison control warning on your fluoridated toothpaste? It's been reported that at least 10,000 children are made sick by toothpaste every year. Oh, and did we mention that fluoride is a neurotoxin that damages your brain?

This is a serious concern, especially regarding our children. Exposure to fluoride, especially by young children, leads to improper brain development and learning disabilities. The list of the dangers of fluoride is endless, ranging from hypothyroidism, obesity, hair loss, concentration issues, cancerous tumors, arthritis, immune system disorders, DNA and genetic damage.



While a dentist can diagnose, and treat problems with teeth and issues in the mouth, he may not be able to get a full picture of your health without ordering a thermography scan.

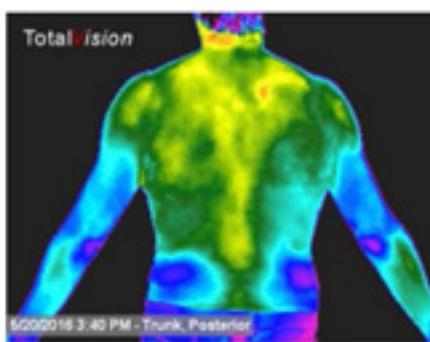
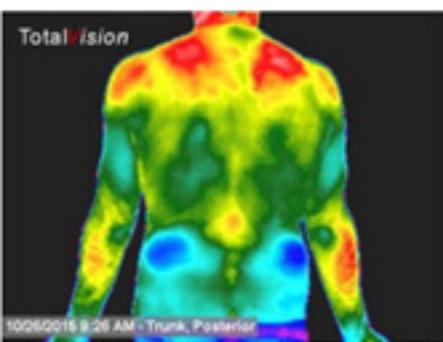
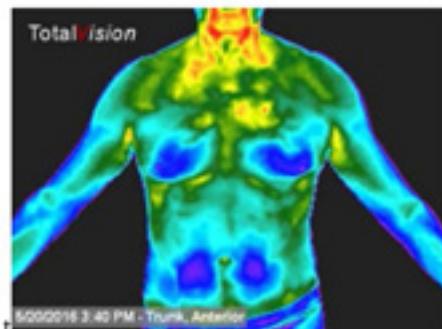
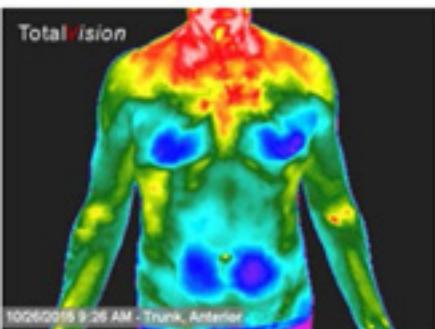
A thermography scan, done by a professional and properly trained thermography technician who is using a camera with current technological specifications, will reveal inflammation caused by infected root canals, undiagnosed cavitations, periodontal disease, bruxism or other oral health issues.

In addition, a thermography scan plays a significant role in cancer detection. We'll explain how in the next chapter.

Chapter 5: Thermography

As we mentioned earlier, chronic inflammation is behind many of the diseases that so many of us suffer from today, such as cancer, heart disease, arthritis and diabetes. The good news is that thermography or thermal imaging is the

best technology available for showing inflammation in the body.



Thermography is a radiation free, state-of-the-art screening procedure that uses an infrared camera to measure the temperature difference of body parts. It's safe and non-invasive.

Everyone's thermal "fingerprint" is exceptionally stable over their lifetime. Changes in the thermal pattern often indicate the presence of inflammation. That's your body's way of

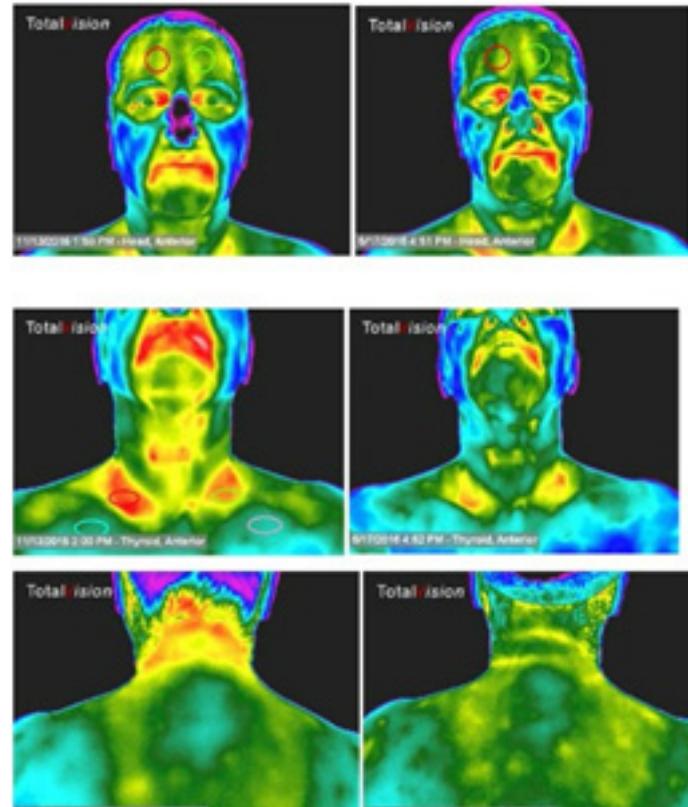
telling you that it's in trouble.

The huge benefit of this procedure is that it's possible that thermography may detect cancer up to 10 years before a tumor will develop in 70% of cases. For instance, a thermographic scan will show red blotches, which indicates inflammation as well as angiogenesis – the growth of new blood vessels that



tumors need to grow. Thermography may also pick up on carotid artery problems, oral inflammation and infection, sinus infection, inflamed circulatory system, inflamed intestinal system, and many other problems.

Early detection means we can do things easily to change a person's lifestyle to prevent cancer from developing, and to stop or reverse heart disease.



Thermography vs. CT Scans / Mammograms

Many doctors recommend CT scans to detect cancer. But CT scans emit more radiation than conventional X-rays! In fact, a CT scan of the chest delivers 100 times the radiation of a conventional chest X-ray, while a mammogram delivers 1,000 times more radiation.

Thermography has been around for decades. But early scanners weren't very sensitive. Technology has vastly improved since that time, and today's thermographic scans are more reliable. Thermography is 97% sensitive or 97% accurate for breast cancer detection. Therefore it's 3% wrong. Mammography is 83% accurate and 17% wrong. We encourage patients to pair their thermography with ultra sound which is safe for the body.

If you're ready to do whatever it takes to protect or regain your health, the next milestone on our journey involves a look at ketosis.

Chapter 6: Ketosis

Did you know that you were born in a state of ketosis and mother's milk is designed to keep a baby in ketosis? This natural metabolic state (the breaking down of molecules to create energy) is the most efficient at creating energy and healing because the process involves the body burning fat in the form of ketones (energy molecules in the blood), rather than sugar for its primary energy.



Once we start eating what is now considered a "normal" diet that contains high levels of carbohydrates and processed sugars, our bodies are no longer in ketosis. This change in our nutrition has played a prominent role in the significant health crisis the world faces today.

In 1960, the percentage of overweight people in the US was 11%; in 2016, it was over 70%. Childhood obesity has gotten so bad that we now consider it an epidemic. We need to start seriously evaluating the impact of our food choices.

Most people use the glucose/insulin metabolism pathway for energy because the diets they are eating are filled with carbs and sugar and lack good fats. Research by Ancel Keys in the 1950s helped establish saturated fats as public enemy #1, prompting the federal government to recommend low-fat diets to the entire nation. We were told fats were the cause of heart disease. The food industry jumped on the bandwagon and provided us with a lot of processed

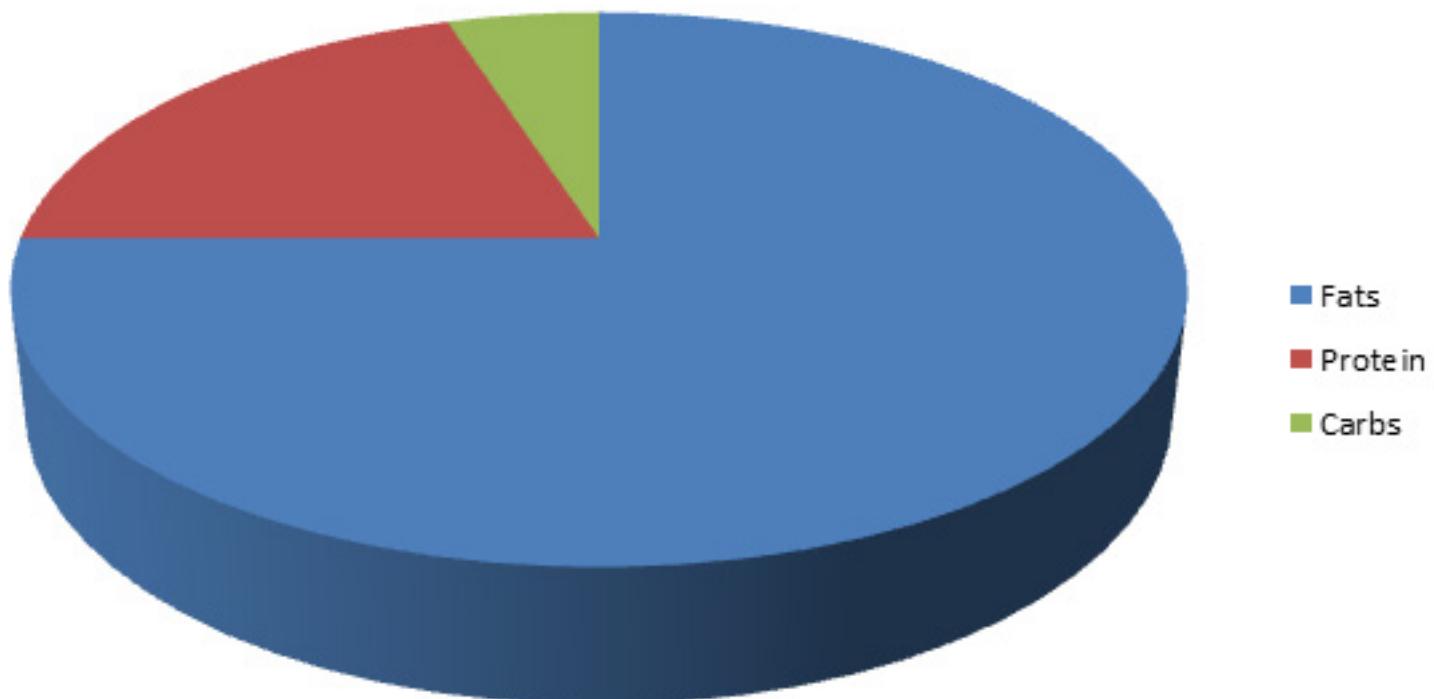


foods with no fat but filled with carbs and sugars. But your brain, neural tissue and every cell in your body need fats. Sugar causes oxidative damage, which is like rust in the cells. This leads to accelerated aging, as well as other diseases like diabetes, dementia, Alzheimer's and cancer.

Fad Diet or Lifestyle?

While a low carb, high protein diet can get your body into ketosis, that doesn't mean all keto diets or low carb diets are alike.

Macronutrient Formula





Our KetoClean Lifestyle was designed over the last 30 years by methodologies from the world's top medical and naturopathic practitioners. It is based on a macronutrient formula of 70%-80% calories from fat, 20%-25% calories from protein and 5% calories from carbs. Ketosis is achieved meal by meal and is not a daily total of these macronutrients.

Weight loss is one of the big benefits for those on a ketogenic diet. As your body becomes fat- or ketone-adapted, it will start to burn fat as its primary energy source. Other benefits include having more energy and far greater mental clarity. You will feel a mood elevation, less depression. People experience fewer digestive disturbances, neurological symptoms, headaches, and blood sugar swings. Inflammatory disorders like joint pain will commonly be alleviated.

Ketosis is also becoming an accepted strategy in treating cancer. That's because cancer thrives on glucose. It has a very difficult, if not impossible job to use ketones as fuel.

The KetoClean Lifestyle food plan also normalizes cholesterol levels, so you have less chance of developing coronary artery disease and other cardiovascular diseases.

Heart disease is the number one cause of death in the United States. It's caused by everything we've talked about so far in this report, including inflammation and damage from elevated blood sugar levels.

A Ketogenic diet can put you on the road to optimal health. But if you want to get there even faster, there are some mind-blowing, anti-aging technologies that are available to aid your journey. We'll focus on one of our favorites in the next chapter.



Chapter 7: Optimal Health Technologies

In the last chapter, we mentioned that the KetoClean Lifestyle food plan can reduce your risk of developing cardiovascular diseases (CVDs). Cardiovascular diseases (CVDs) are the number one cause of death globally, and 1 in every 4 deaths in the United States is due to heart disease.

What are Cardiovascular diseases?

CVDs are a group of disorders of the heart and blood vessels. Heart attacks and strokes are acute examples that are primarily caused by a blockage that prevents blood from flowing to the heart or brain.

Key risk factors for heart disease include high blood pressure, high oxidized cholesterol and smoking. Other conditions and lifestyle choices that put people at higher risk for heart disease include diabetes, overweight/obesity, poor diet, physical inactivity and excessive alcohol use.

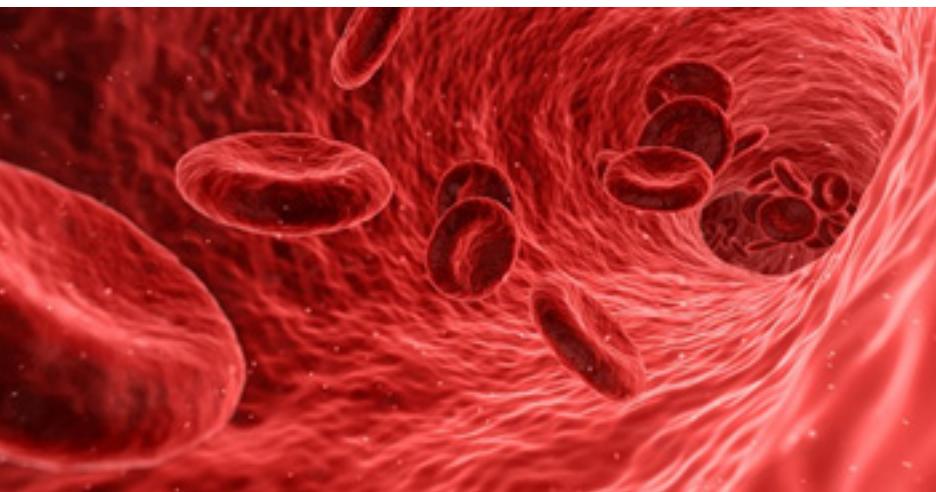
Age Factor and Circulation

There was a time when the medical community believed the heart was solely responsible for pumping blood through the body. Now we know it's not that simple. A Swiss team designed a technology that allowed us to view even more granular layers of the human body than we've ever seen before. The technology



revealed that the entire body is lined with microcapillaries that pump blood.

Good blood circulation is crucial for good health because it supplies the body's tissues and organs with nutrients and oxygen while removing and disposing of waste products. Traditional medicine has focused on keeping your arteries clear. But arteries only represent 12 percent of your blood flow. Capillaries are 74 percent of the blood supply.



If your blood can't get through these capillaries, you aren't supplying oxygen to tissue beds, or major organs like the brain and kidneys. That creates tremendous pressure on the arteries. It causes aneurisms and high blood pressure. And as we age, the pumping movement of those very small vessels stops.

So even if you follow the steps to a healthy lifestyle that we've outlined so far, you can't stop aging. But, there is a way to slow it down.

BEMER Therapy

One of the most promising anti-aging technologies out there is called BEMER. This device is the only physical vascular device in the world that has a proven,



extended effect on increasing blood flow through the capillaries! It increases blood flow through the capillaries by up to 40 percent within two minutes of laying on it. After just 8 minutes of treatment, your circulation improves. It's common to see blood pressure come way down by opening this microcirculation.

BEMER therapy improves the body's cells and supports the body's own self-healing and regeneration process. It leads to improved cardiac functions and supports physical fitness. Athletes who have used BEMER found it supported metabolism for increased performance, reduced the risk of sports injuries and contributed to faster regeneration.



Photo Courtesy: BEMER Switzerland

Studies have been performed which showed that BEMER physical vascular therapy reduced pain and fatigue in the short term in patients with chronic low back pain, while long-term therapy appears to be beneficial in patients with osteoarthritis of knee, eye conditions, blood pressure, varicosities and many other conditions.

BEMER has also been proven to provide a positive effect on the general sense of well-being, health and sleep.



Conclusion

We believe that the principals of the KetoClean Lifestyle must be included in our daily routines to lead a healthy and happy life, and to help us realize our full potential.

As extraordinary as this blueprint is, it just scratches the surface of 30 years of research. What's possible for you is actually beyond your imagination!

If you want more support in transforming your lifestyle, in getting the education you need, and improving the health and wellness of yourself, your employees and your family, contact me today at [KetoClean Lifestyle](#).... to learn more about the KetoClean Lifestyle.

Linda Huxtable, ND Biography

Linda has been practicing holistic medicine for over thirty years, owning and operating several clinics, one being a large innovative/integrated clinic which provided healthcare services and product to hundreds of patients prior to moving to Florida.

Education:

- Yale University
- Clayton School of Natural Healing
- The Rolf Institute
- Great Lakes College of Complementary Medicine (GLCCM)
- American Academy of Neural Therapy (Dr. Dietrich Klinghardt)
- German ND Andreas Marx (biological medicine)



- Dr. Gunter Enderlein (isopathic and homeopathic principles)
- Upledger Institute (Osteopathic Techniques), Dr. Jean Pierre Barral
- Visceral (organ) Manipulation

Linda continues to follow her passion for healing with her husband, Ron, working with clients all over the United States. Linda brings her extensive training and experience with naturopathy to an integrated system of healing that includes nutrition, homeopathy, herbs, bodywork, HRT, and a particular focus on energy medicine. The synergistic effect of these therapies is enhanced by her sincere and compassionate consideration of the whole person. Linda takes time to develop a loving, caring relationship with each client. One of her primary goals is to assist the client in defining, confronting, and alleviating health problems that may exist. The client's body, mind, and spirit are all addressed in developing individualized treatment plans. Clients are given the support to assume responsibility for their own health, and guidance from Linda to help make choices which will result in optimum vitality and well-being.

A good example of Linda's drive and passion can also be seen in her reaching her goal of becoming the top Female USCA Six Wicket croquet player in 2015. Not a small feat. That same drive and passion is seen in working with each and every individual patient.

Linda continues to network with many significant influencers in her field, and attends conferences and workshops that keep her current in this rapidly changing field, A4M (American Academy of Anti-Aging Medicine) conferences being among her favorites. Relationships with professional grade suppliers like Xymogen, Quicksilver, Metagenics, Friedlander, Sovereign Laboratories, Rhein, Spectracell, RGCC, and others make it possible to recommend the best options available for better health.

Linda and Ron are presently re-engineering their business, with a goal of reaching thousands, if not millions.



Copyright © 2017 KetoClean. All rights reserved.

Feel free to print a copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the author. Requests to the author should be addressed via email to Linda Huxtable at ketocleanlifestyle@gmail.com.

Limit of liability/disclaimer of warranty: While the publisher and author have used their best efforts in preparing this document, they make no representations or warranties with respect to the accuracy or completeness of the contents of the document and specifically disclaim any implied warranties of merchantability or fitness for particular purpose. No warranty may be created or extended by sales representatives, promoters, or written sales materials.

The advice and strategies contained herein may not be suitable for your situation. You should consult with professionals where appropriate. Neither the publisher nor the author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.