

## **Finding Nature and the Healer Within**

*One's Alternative to Drugs and Surgery*

### **INTRODUCTION**

#### **Where did we come from and where are we today?**

This might seem like a crude, subtle, and irrelevant question, but I would like to take a minute discussing and possibly answering this question. Looking back only a few hundred to a thousand years, life as we knew it was quite different. Our ancestors were primarily hunters and gathers as well as farmers spending most of their time outside in the sun and in the fresh air as an agricultural civilization working and getting regular exercise.

Today most of us do not have these trades. Today in a primarily industrialized civilization we are doctors, lawyers, engineers, office clerks, restaurant workers, etc spending most of our time indoors and then we go home and spend most of our time off of work in doors. There were no cars, trains, planes, computers, cell phones, televisions, internet, electronics or electricity in general, etc. There was no such thing as fast food or processed foods which is now a major part of our diets. Our air was not as polluted. The water did not have chlorine, fluoride, heavy metals, or other chemicals and contaminants present. No one was taking chemically derived drugs. There was no such thing as “western medicine”. And yet with such a dramatically different life style that was lead only a few hundred years ago, our civilization thrived and survived. What we consider necessities today were not even in existence a few hundred years ago.

Not only this, but our culture has primarily been industrialized for only a little over a hundred years in comparison to the thousands our culture was primarily agriculturally based. In only a few hundred years we have made a dramatic change, “quantum shift”, in a sense regarding how we live our lives on almost every aspect on a daily basis.

What we consider “normal” or “standard” is not at all “normal” or “standard” in comparison from where we came from. We think it is normal to eat processed foods. This is not normal in comparison to where we came from eating ONLY organic fruits, vegetables, nuts, seeds, etc derived directly from nature and picked straight from the vine. We think it is normal to never go outside and get fresh air and sun light. This is not normal in comparison to where we came from spending almost all of our time outdoors in the sun and breathing fresh sparsely polluted air. We think it is normal to take non prescription and prescription drugs as medicine. This is not normal in comparison to where we came from taking only foods, herbs, teas, etc as medicine. We think it is normal to never exercise. This is not normal in comparison to where we came from when we would exercise almost every day of the year. We think it is normal to breathe toxins in the air created by airplane exhaust, car exhaust, air fresheners, cleaning supplies, fertilizers, etc. This is not normal compared to where we can from never having such things. I could go on and on here.

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The point is we have only been living our industrial lives for a very small fraction of the time with respect to the beginning of mankind. This of course is given whatever total time one would like to assign even if only a few thousand years, which most would say is far too short. I would like to explore many of these things that we consider “normal” in an effort to better understand how what we consider “normal” might actually be having extremely detrimental impacts on one’s health in this book. I would also like one to realize that as sure as you sit and read this the life you live is not “normal” with respect to how we use to live only a few hundred years ago. It should be understood that while industrialization has brought us many things that have improved our lives it has also brought us many things that destroy us on a cellular level as well. This will be discussed in greater detail later.

### **Health care has become so complicated**

Wow health care has become so wildly complicated, confusing, and controversial. The medical community has given fancy names for sickness, illness, and disease such as Multiple Sclerosis (MS), osteoporosis, Attention Deficit Disorder (ADD), etc. We have the most advanced machines and surgical techniques available and in the history of our civilization. We know more about science namely chemistry than ever before. We have endless teams of scientists in labs collecting data and performing research. We know more about the human body and anatomy than ever before. We are more educated than ever before. We have more money poured into our health care system than ever before including the search for “cures” for various types of illnesses and diseases. There are more western doctors and hospitals per capita than ever before. More people are taking non prescription and prescription drugs than ever before.

Yet with all of this we are getting sicker, most people are dying from degenerative disease such as cancer, diabetes, heart related health complications, etc there are more forms of clinically diagnosable sickness, illness, and disease than ever before, more people are getting sick at a much younger age, etc. In fact no disease has been cured since 1952 (this will be discussed in much greater detail later), however, more money has been poured into finding “cures” for disease than ever before yet all we have found is more sickness, illness, and disease. What is wrong with this picture? Why is this happening?

Well, these are a few questions that I plan to address in this book and hopefully answer for you. I am also going to take a much simpler approach to health than that shared by mainstream western medicine. My approach is that the body is absolutely capable of self healing if given what it needs and removed what it doesn’t need. Secondly there are really only two ways to become sick one is to catch something from someone else the second is that one develops something inside the body such as a degenerative disease like cancer, diabetes, or heart disease. Thirdly, there is really only one reason that anyone would develop sickness, illness, and disease; malfunctioning cells with two causes; toxins and

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deficiencies. Please keep in mind that I am excluding traumatic injury here. Please keep in mind also that much of this information will be repeated. I am just trying to lay down a brief overview and set the stage for what is to come.

#### **There are really only four different kinds of people with respect to knowledge and information.**

Let's assume for a minute that one is seeking knowledge and information. There are four basic kinds of people with respect to this knowledge and information. There are those that don't seek the knowledge and information thus never know about the knowledge and information. There are those that seek the knowledge and information, but do not believe the knowledge and information to be truthful. There are those that seek the knowledge and information, believe the knowledge and information to be truthful, learn, and never act on the knowledge and information. Finally there are those that seek the knowledge and information, believe the knowledge and information to be truthful, learn, and act on the knowledge and information. So the only way that knowledge and information is useful is one must seek out the knowledge and information, believe it to be truthful, learn, and act. So in summary one must seek, believe, learn, and act in order for any knowledge or information to be useful to any degree. If any one of these four elements are missing, the knowledge and information is essentially useless. This isn't to say that the knowledge and information that follows is truthful or 100% accurate, but it is definitely knowledge and information. It is up to the reader to decide if he/she is willing to seek, believe, learn, and act on the knowledge and information that is presented here. I personally live what is presented here and believe that it is truthful knowledge and information and is based on mounds of research etc.

#### **Science once thought the earth was flat.**

So what is "*Finding Nature and the Healer Within*" all about? Let me first start off by saying that much of the information that is presented here is not the status quo, mainstream, accepted by the majority, advertised on main stream television, radio, etc. Thus, many might first find it appalling, offensive, downright ridiculous, or maybe just flat out wrong. Well at this point one must first be willing to learn something new while keeping in mind that science once thought that the earth was flat and anyone that opposed such ideology was a hypocrite, a tyrant, etc.

#### **Healthy cells equal a healthy body.**

The main premise of this book is that the body can self heal if given what it needs and removed what it doesn't need. The main premise of this book is also that mainstream western medicine has failed us. Chemically derived manmade nonprescription and prescription drugs have failed us. The most advanced surgical techniques, procedures, and

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machines have failed us. They have failed us in “curing” common sickness, illness, disease, and pain, and are primarily used to “treat” or suppress the symptoms of sickness, illness, disease, and pain. Why, because none of these methods get to the root cause of the problem. The root cause of the problem that sickness, illness, disease, or pain would develop inside of the human body is that the trillion or so cells of the body develop, sickness, illness, disease, or pain (excluding traumatic injury). That’s right all sickness, illness, disease, and pain can be broken down to the cellular level. There is only one “disease” not hundreds of different diseases that mainstream western medicine has classified and named.

This one disease is one or more malfunctioning cells. The more cells that malfunction, the more sickness, illness, disease, or pain will thrive inside the body. Now I am sure there are those saying yes, but I have been clinically diagnosed with Fibromyalgia, cancer of some kind, multiple sclerosis, heart disease, lupus, diabetes, etc.

I know that mainstream western medicine does not share this same ideal. Western medicine believes there are hundreds if not thousands of diagnosable forms of sickness, illness, and disease none of which have “cures”. What I believe is only that one is suffering from malfunctioning cells and the more sickness, illness, and disease one experiences the more malfunctioning cells one has. However, I also believe in trends as well. In other words if one were to take 100 people and all expose them to the same chemical toxins and the same set of nutritional deficiencies (for example), one might begin to see trends in the health or cellular response of these people. However, no two people are the same and no two people will ever behave identically. So the real question at hand is why do cells malfunction? Answering this very question is what “Finding Nature and the Healer Within” is essentially all about. Why? Because if one has little or no malfunctioning cells, one can expect to experience little or no sickness, illness, disease, and even pain again excluding all forms of traumatic injury.

At first this concept may seem ridiculous, too simplistic, or flat out wrong. What this concept will hopefully turn into through the reading and studying of this book as well as the many other books, websites, movies, research, etc sited and referenced is self empowerment, hope, truth, and honesty. The goal of this book is to allow those suffering to regain the life they once had or maybe have never had, and to find true health, wellness, and freedom from current or future sickness, illness, disease, and/or pain.

We have been programmed by decades of advertisement, propaganda, and western medicine to not believe what I am saying here. We are programmed to think that “cures” for sickness, illness, and disease need to be developed none of which have. We are programmed to think that we in general live healthy lives and that by going to western doctors that practice the use of drugs and perform surgery that we will live longer, happier, and healthier lives. We are programmed to think that the more nonprescription and prescription drugs we take the healthier we will be. I can tell you right now that the exact

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opposite of all of this is truth. I can personally say that I have NEVER met a single person that was healthy and taking non prescription and prescription drugs. Have you? I have never met a single person in my life that was “cured” by western medicine. Have you? On the contrary every person that I know that has ever suffered from sickness, illness, or disease did not find a cure from western medicine or doctors. What they did find is a method by which their symptoms could potentially be suppressed and most times only temporarily.

My Grandmother has taken dozens of non prescription and prescription drugs for the most part of her life and has been nothing but sick, getting sicker, and suffered from several different forms of clinically diagnosable sickness, illness, and disease such as cancer, cardiomyopathy, high blood pressure, memory loss, pain, arthritis, osteoporosis, etc.

Finding freedom from sickness, illness, disease, and pain is what “Finding Nature and the Healer Within” is all about my friends. Now please join me as together we regain our birth right to be reconnected with Nature and to unlock and discover the literally boundless power that you and everyone holds inside of our bodies to find current and future health and wellness!

## **Chapter XX**

***No matter what type of sickness, illness, or disease one is suffering from in the past, present, or future the starting point will always be the same...determining why the cells of your body are malfunctioning.***

So how can a cell malfunction? A cell can malfunction by not performing at optimum levels, prematurely die, mutate, or not properly reproduce. So why do the cells in the body not perform at optimum levels, prematurely die, mutate, or not properly reproduce leading to the development of sickness, illness, disease, or pain? I believe the main contributors (if not only) are toxins and deficiencies. Keep in mind that toxins and deficiencies can have many forms and I cannot possibly cover absolutely every form. However, I am going to cover some of what I believe to be the MAIN forms.

A toxin is anything that would cause a cell to not perform at optimum levels, prematurely die, mutate, or not properly reproduce. A deficiency is something that would cause cells to not perform at optimum levels, prematurely die, or not properly reproduce. Also a cell that is deficient will be more prone to be affected by toxins. Deficiencies and toxins can and do work together to harm the cells of the body. Below is a list of what I believe to be some of the main contributors to the two groups; toxins and deficiencies. I have categorized each in one of these two groups (excluding traumatic injury in fact I exclude traumatic injury from a majority of this book):

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1. One might have too many toxins in one's body that one is not getting out (toxin in the most general sense).
2. One might have nutritional deficiencies (deficiency in the most general sense).
3. One is exposed to and negatively affected by electromagnetic chaos (toxin).
4. One might have disturbances of the various energy fields and states of the human body (deficiency).
5. One might have trapped emotional and mental stress (toxin).
6. One might have a Candida Yeast overgrowth (toxin).
7. One might not have a balanced Ph level (deficiency).
8. One might be suffering from mild or chronic dehydration (deficiency).
9. One might have skeletal misalignments (deficiency).
10. One might think negative thoughts and speak negative words (toxin).
11. One might not get enough physical exercise (deficiency).
12. One might be slightly if not dramatically over weight (toxin).
13. One might not be getting enough or proper sleep (deficiency).
14. One might not be getting enough oxygen (deficiency).

So that is 6 toxin groups and 8 deficiency groups. All of these items can lead to the cellular destruction or mutation of one's body. The real question at hand is whether or not cellular damage is equal to, greater than, or less than the cellular repair. So the equation of health is equal to cellular repair – cellular damage. The more damage to cells and less repair or development of new healthy cells the less health will result because one will have fewer healthy cells. It is really that simple. All of the above items will be discussed in much greater detail and how they contribute to the destruction and/or mutation of one's cells throughout this book.

Again mainstream western medicine does not share this ideal. Mainstream western medicine believes that there are many diseases with different and unrelated causes many (or should I say ALL) of which are not known. Mainstream western medicine has been searching for “cures” for sickness, illness, and disease for close to a century and has found nothing but more sickness, illness, and disease. According to the Center for Disease Control <http://www.cdc.gov/> there are hundreds if not thousands listed on their website. I don't share this ideal. There is one “disease” malfunctioning cells. Because there are trillions of cells that make up our bodies and thousands of different causes for these cells to malfunction lead to wildly different or similar symptoms. This will be discussed later.

Again one of the main premises of this book is that “cures” do not need to be developed and “disease” is just a manmade word that ultimately means cellular destruction and/or mutation. Let's say one person has fibromyalgia disease and another has diabetes disease. While both are experiencing different symptoms the root cause of the symptoms is still the same and that is cellular destruction and/or mutation in other words malfunctioning cells. It is really that simple. Fix what is causing the cells to not perform at optimum levels,

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prematurely die, mutate, or not properly reproduce and the body will return to a state of balance and homeostasis and simply self heal independent of the fancy name that western medicine has given one's set of symptoms.

Take all of the people including companies, health foundations, charities, doctors, the American Medical Association, the entire medical community for that matter, The Center for Disease Control, scientists, etc that have ever been involved in discovering "cures" for any known sickness, illness, or disease and ask this question, "have they EVER cured anything?". The answer is a resounding NO. I believe this is due to two main reasons. One is because "curing" disease is a major conflict of interest. The very organizations that are supposedly searching for a "cure" financially gain from people being sick and never finding a "cure". It is really that simple. The second is that these said organizations are looking for the wrong thing. Like I said magic "cures" will never need to be found because the body is equipped with the ability to self heal if given what it needs and removed what it doesn't need. This is the only "cure". Both of these items will be discussed in greater detail later.

***Albert Einstein said it eloquently, "The significant problems we have cannot be solved at the same level of thinking with which we created them".***

Well change often ruffles the feathers of most people, but with the current state that our nation is in with respect to health care and for that matter health in general change must take place else self annihilation seems depressingly inevitable.

***The American health care system has more money poured into it than ever before yet sickness, illness, and disease are on the steady increase.***

According to the New England Journal of Medicine "The United States spends more on health care than any other industrialized nation in the world and yet, in many respects, it's citizens are not the healthiest. The US healthcare system is the most expensive of systems, outstripping by over half again the health care expenditures of any other country. In 1997, health care costs in the US totaled in excess of \$1 trillion. Health care costs in the United States exceed 14% of the gross domestic product. The average cost of health care per person in the United States approximated \$3,925 in 1997. The Health Care Financing Administration's analysts recently projected that, beginning in 1998, national health spending would again begin to grow faster than the rest of the economy. By 2002, the HCFA projected that national health expenditures would total \$2.1 trillion--an estimated 16.6 percent of the gross domestic product." The numbers just don't lie. The average American is doing something wrong, main stream western medicine is doing something wrong, and must change. Later I will dedicate an entire chapter to health related statistics because again numbers don't lie.

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I would like to take a bit of a side track here and also make a point regarding the money spent on health care and reinforce how western medicine has failed us. I also would like to use a real life example that helps to convey the point well. My Dad recently suffered from what the medical field classified as a transient ischemic attack (TIA) or in other words a mini-stroke. It literally happened without warning, like most. No clinically diagnosable symptoms were previously noticed. In fact my dad had had a physical less than a year prior and the doctor had given him a clean bill of health. Nevertheless it happened. My Dad had fallen to the floor and a majority of his body was rendered numb and physically unusable. We called 911 and he was rushed to the nearest emergency room via an ambulance to receive what some would consider “the best medicine money could buy”. He had medical insurance so money was of little concern, but trust me one way or another insurance or no insurance we all are “paying the price”. He received the following treatments while in the emergency room and during his stay at the hospital:

- Blood pressure was taken (multiple times) and the numbers were not considerably high or abnormal according to the doctors.
- Cholesterol levels were measured (multiple times) and the numbers were not considerably high or abnormal according to the doctors.
- Heart rate was monitored and the numbers were not considerably high or abnormal according to the doctors.
- An X-ray was done and nothing abnormal was found according to the doctors.
- A CAT scan was done and nothing abnormal was found according to the doctors.
- A CAT scan with dye was done and nothing abnormal was found according to the doctors.
- An MRI was done to the brain and nothing abnormal was found according to the doctors.
- They performed an ultrasonic inspection of his veins and arteries mostly in the neck region and around the heart and nothing abnormal was found according to the doctors.
- They inserted a small camera down his throat to look at his heart and nothing abnormal was found according to the doctors.
- Blood testing was done and nothing abnormal was found according to the doctors.

Long story short when it was all said and done I believe the total bill was somewhere on the order of \$30,000, the doctors could not find anything wrong, did not know what caused it other than blaming smoking and bad genes (and I don't know about you, but I don't need a PhD to figure this out on my own and while these two elements could have contributed I do not believe them to be the main causes), and prescribed a blood thinner and cholesterol reducing medication (this was only done as it was considered the “Standard of Care” which I will talk about more later). They had no evidence that a blood clot could have caused the TIA or that his blood was abnormally susceptible to clotting, while still because of the

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“Standard of Care”, a blood thinner was prescribed. His cholesterol levels were not abnormally high and there was no evidence that a blockage due to cholesterol build up could have caused the TIA, but yet a cholesterol reducing medication was prescribed because this was the “Standard of Care”. Within two weeks due to adverse side effects caused by either one of the medications by themselves or the combination my dad was passing large amounts of blood in his stools. My dad decided to become self educated and empowered. He stopped taking the medications and went and saw a naturopathic doctor. The naturopathic doctor treated the body as a whole and not just the symptom, used an advanced frequency response system to analyze nutritional deficiencies and toxins, and recommended a whole food supplement. It has been several years now and my Dad has not experienced a relapse of any kind.

Hopefully this story shows one reason why our health care system is in so much trouble. With all of the money that not only my dad and his insurance company spent but also the millions if not billions of dollars that are being spent on expensive doctors, nurses, machines, medicine, etc nothing was solved. My dad was in the same spot after the hospital visit as he was before and after a few hours to days his body simply self healed. In fact I would argue he was worse off due to the hospital visit because his body was loaded full of toxic chemicals in the form of X-Rays, MRI, MRI dye, drugs, etc.

***If you take care of your body, your body will take care of you.***

Among all of the ways of finding and discovering health in the world I have found nothing that even compares to the awesome, benevolent, and astounding power that our bodies and nature hold. When I say body I am really talking about the mind, body, and spirit as a collective. The spirit is what gives life to our bodies and mind. The mind is used to control the body. Furthermore, what comes in and out of our bodies whether good or bad has an effect on our bodies whether good or bad. The key is to tap into the power of the body and utilize it to the fullest. The mind, body, and spirit are all working together and in different ways that in turn can affect our cellular health.

***The human body was designed to self heal.***

As I had said I don't believe in “cures” or that “cures” need to be developed, discovered, etc for various forms of sickness, illness, or disease necessarily. What I believe is that the body can correct itself, self heal, and return to a state of balance and homeostasis if given what it needs in the right amounts such as nutrition directly from nature and taken away what it doesn't need such as harmful toxins. When you get sick with the “common flu” for example and your body seems to just get better over time does one conclude that something must have “cured” oneself? I don't think so; the body, by way of its grand design, simply self healed and returned to a state of balance and homeostasis. This in its most crude and subtle sense is the root of the essence of “Finding Nature and the Healer Within”. If the

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body can self heal statistically speaking more times than not (some number greater than 50%) from the “common flu”, why not from all forms of sickness, illness, disease, and even pain? I argue that it absolutely can. Not only that, but I also believe that it is possible to live quite long and NEVER develop any form of sickness, illness, and disease. I believe that the average life span should be more like 120 not 70 years and that we shouldn't be dying from degenerative diseases.

#### **Nature was designed to help us.**

Let me also make the point that there are specific herbs, vitamins, minerals, nutrients, fats, plants, etc that can have very specific effects on the human body. For example I know that red marine algae has been shown to help support the immune system specifically the body's ability to fight off bacteria, fungi, and viruses. However, my belief system is still that the body is what self heals. Red marine algae alone is worthless, but when eaten the body uses it to self heal. It is really that simple.



Image of Red Marine Algae

#### **God is what I consider the grand inventor, designer, and creator of all that was is or will ever be.**

For those God fearing believers I would like to make a point that when I say God, Nature, or our Bodies are the most powerful healers in the world they are to be perceived as one in the same. God created our bodies, nature, planet earth, the universes at large, the heavens, the earth, and everything in between. So by saying our Bodies are the most powerful healers in the world I might as well have said God is the most powerful healer in the world or Nature is the most powerful healer in the world.

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#### **Sickness, Illness, and Diseases are for the most part manmade.**

So my objective here is to discover how if one gives the body what it needs such as nutrition from nature and removes what it doesn't need such as toxins by using natural remedies, the body can return to a state of balance and homeostasis thus preventing or reversing sickness, illness, disease, or pain and function as it was meant to. Nature (God) wants us to live bright, healthy, vibrant, wonderful, joyous, and full lives as well as I do too. Unfortunately many of mankind's "inventions" and thus the industrial revolution in general have destroyed much of what Nature has brought us and produced an unprecedented amount of toxins in the form of pollution in the environment.

#### **Man has created an abundance of chemicals and thus toxins.**

Man has created pollution in the air with car exhaust, airplane exhaust, emissions from burning coal, perfumes, air fresheners, cleaning supplies, etc while nature brought us clean air and trees that convert carbon monoxide into life giving oxygen. Man has polluted the water and put chemicals such as chlorine, fluoride, heavy metals, etc in the water while nature brought us clean, fresh, pure spring water. Man has polluted the earth that crops grow in and added harmful chemicals such as herbicides, pesticides, and fertilizers, while nature brought us fresh, ripe, living, and organic crops. Man has brought us processed, cooked, dead, and nutritionally deficient foods while nature again has brought us fresh, ripe, living, organically grown, and nutritional foods. Man has brought us artificial, chemically derived, processed, refined, and poisonous sugars (such as aspartame) while nature has brought us organic healthy sugars such as sugarcane or honey. Man has brought us fast food that is over processed, chemically laced, nutritionally deficient, and virtually poison to the body while again nature has brought us healthy life giving fruits vegetables, nuts, seeds, sprouts, etc. Man has brought us hydrogenated oils (which is one of the main culprits of heart disease) while nature has brought us raw extra virgin unprocessed olive oil. Man has brought us chemically derived prescription and nonprescription drugs to be used as medicine all of which have negative side effects while nature brought us foods to be used as medicine with virtually no negative side effects only side benefits. In short man has manufactured its way in America (and yes other nations as well) to become one of the sickest nations in the world with the top killers being primarily degenerative diseases such as cancer, heart disease, diabetes, fibromyalgia, multiple sclerosis, etc. Man has manufactured its way to sickness, illness, disease, and pain. Most of this will be discussed in greater detail later.

Here are some pictures showing the difference between the food nature brought us vs. the food man has brought us.

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## **Finding Nature and the Healer Within** *One's Alternative to Drugs and Surgery*



Pictures Showing Food Nature has Brought Us

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Pictures Showing Food Man has Brought Us

Here are some pictures that help show pictorially what I am talking about. I call this nature vs. man.

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Pictures showing the beauty of nature



Picture of Los Angeles showing the pollution man has brought.

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## **Finding Nature and the Healer Within**

*One's Alternative to Drugs and Surgery*



Picture showing the pollution man has brought.

***Man has invented so much unfortunately including sickness, illness, and disease.***

I am always amazed by the electronics, mechanics, etc that man has invented and produced. We have lasers, quantum physics, super computers, advanced surgical techniques such as organ transplants, Global Positioning Systems, radar, cell phones, stereos, Televisions, movie theaters, cars with sophisticated electronics, the internet, digital cameras, advanced mathematics, advanced physics, endless computer simulators, robots, endless electro mechanical machines, micro electrical mechanical systems (MEMS), etc. The list just goes on and on. Hopefully I am making my point here. And with all of this we have yet to find health or “cures” for sickness, illness, disease, and pain. What is even more remarkable is that the more “advanced” our society becomes the more unhealthy as a result.

This doesn't mean that everything from Nature is good and everything that man has manufactured is bad, but when it comes to foods for example more times than not what nature brought us is many times better than what man has manufactured. This will be discussed in more detail later.

***We live in such a materialistic world.***

Unfortunately we live in an extremely materialistic world. Most people invented the things they invented with one goal...to make money not to improve health. I am reminded by a passage in a book by Dr. Wayne Dyer. This is not a direct quote, but the message is that

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we came into this world with nothing and we are going to leave this world with nothing. We are a strange species. We work our entire lives to buy things that we don't really need, while at the same time sacrificing health. I can't even say how many times I have been over to a friend's house and heard them say that they would buy organic produce, but it is too expensive. I then take a look around and notice a giant flat screen TV with HD, amazing gaming system, amazing surround sound, new cars in the garage, motor cycle, etc. Hopefully I am making a point here. American's priorities are somewhat misaligned in my opinion.

***There are no two people that are identical. Two people with the same "disease" may have developed that "disease" for completely different reasons.***

We have a lot of ground to cover here, so I don't want to spend too much time on this. I want to give an example here and reiterate a point I have briefly discussed. Let's say 100 people have cancer. Let's assume that the cancer is located in the same location within the body, the stomach. While there might be some common denominators as to the cause of each of these 100 people developing cancer or in other words a statistical trend, the exact cause or causes for each could be wildly different. Again I consider the main causes to be the below items:

1. One might have too many toxins in one's body that one is not getting out.
2. One might have nutritional deficiencies.
3. One is exposed to and negatively affected by electromagnetic chaos.
4. One might have disturbances of the various energy fields and states of the human body.
5. One might have trapped emotional and mental stress.
6. One might have a Candida Yeast overgrowth.
7. One might not have a balanced Ph level.
8. One might be suffering from mild or chronic dehydration.
9. One might have skeletal misalignments.
10. One might think negative thoughts and speak negative words.
11. One might not get enough physical exercise.
12. One might be slightly if not dramatically over weight.
13. One might not be getting enough or proper sleep.
14. One might not be getting enough oxygen.

However, even in only talking about items 1 and 2 does not narrow our search much at all. Why, because I have no idea what all nutritional deficiencies one might be suffering from. It could be anywhere from 1 to a 1000 and I'm not even talking about combinations here or synergistic effects, which will be discussed later. The same could be said about toxins. In combining just 1 and 2 and considering permutations or synergistic effects explodes our problem into almost infinity. Determining the exact cause is almost impossible. However,

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I am going to provide one with tools on how to address each one of these items one by one in the following chapters.

## **Chapter 2: Laying the ground work**

I want to start this off and have one view this movie:

<http://www.hippocratesinst.com/Video-Store/Active-Anti-Aging.aspx> that was created by the **Hippocrates Health Institute** located in West Palm Beach, Florida. This is their home page: <http://www.hippocratesinst.com/>. This video really sums up nicely much of what will be presented here. It shows how the body and nature are our ultimate healers, how important eating raw, living, and organic foods are, how important detoxification is, how effective alternative therapies can be, how almost all disease is linked to lifestyle choices, and how manmade foods and chemicals in general cause sickness, illness, disease, and pain.

Here is an excerpt taken from <http://www.hippocratesinst.com/> that describes the Hippocrates Health Institute's history, vision, etc, "Five decades ago, Ann Wigmore, visionary and humanitarian, founded a concept based on the historic wisdom of our Father of Medicine—Hippocrates-- "Let Food Be Our Medicine." Ann Wigmore and Viktoras Kulvinskis, M.S., a brilliant mind of another kindred spirit, created an integrated institute in Boston, Massachusetts that taught people how to access the power of their vast inner resources to transform the quality of their lives. The commitment to this idea is embodied in what is now the Hippocrates Health Institute of West Palm Beach, Florida.

Wigmore, born in Lithuania, studied her grandmother, the village doctor, treating wounded soldiers with herbs during World War I. She came to the United States as a child and called on those memories in the 1950s to heal herself of colon cancer. Searching out scientific minds, with them she developed a way of life that provides optimal health for all its adherents.

The health experts had no doubts about the beneficial qualities of [wheatgrass](#). Wigmore went on to start a revolution in the world of nutrition that has continued to grow to this day. Her name is synonymous with the history of the natural health movement that has pushed complimentary healthcare measures to the forefront of US and world consciousness.

Brian and Anna Maria Clement, Ph.D., L.N.C. have continued the work of Ann Wigmore and guided the Institute into an era that has seen international acceptance of wheatgrass and the advent of natural approaches to healthcare. Modern research has now established direct links between certain foods and health risks, while authorities in both public and private sectors universally confirm the severe decline of health in western civilization. Hippocrates remains at the forefront of educating people about disease prevention and the effects of positive diet and lifestyle choices.

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Teaching that one of the great tragedies of the civilized world is the acceptance of current dietary standards, the Clements teach a living-foods diet rich in vitamins, minerals, and proteins. The vegetarian plan supplies the oxygen, enzymes, alkalinity, and bioelectrical charges vital to cellular and general health.

Hippocrates alumni are people from all walks of life who have benefited from these teachings. They tell stories of recovery that were once considered miraculous, but today are becoming commonplace. As we enter the 21st century, the power of the Hippocrates diet to change lives can be validated through scientific research. The Hippocrates Health Institute is available to all persons with health challenges, those who need to energize their lives, and those who want to enjoy a state of vibrant well-being. Contact the Hippocrates Health Institute to help you achieve your own state of vibrant well-being.” What a powerful message.

Here is a powerful excerpt taken from [www.alivefoods.com](http://www.alivefoods.com) there is also a video that starts at the opening of this website, “To make a shift from being sick (or having illness-producing thoughts) to become healthy requires adoption positive beliefs. Healing requires mental toughness and an outright refusal to remain trapped in negative thought patterns that undermine us. Our thoughts do indeed create our reality, or our experience of reality. From many years of working with people who are right on the edge of giving up, we have concluded that the primary element of healing is self responsibility. When we proceed with positive intention, we reconstitute our resources from within, tapping that deep well of healing wisdom to forge a brighter future.

Since healing begins with our beliefs, here are eight life-affirming beliefs that have become a cornerstone of the Hippocrates Program based on decades of trial and error experimentation in the field of nutrition.

**Belief 1:** We are solar cells. The sun provides the wide spectrum of nutrients necessary for our health. Directly or indirectly, the sun provides us with vitamins, minerals, proteins, carbohydrates, oxygen, chlorophyll, photochemical, enzymes, and hormones, thus giving us the elements for good health.

**Belief 2:** The three most critical foods to achieve good health are sprouts, sea vegetables, and freshwater algae. They contain the highest solar energy in the most easily digestible form available. All of the necessary building blocks for health are in these foods, in the appropriate balance.

**Belief 3:** A diet high in raw chlorophyll delivers a continuous energy transfusion into our bloodstream, strengthening our immune system and enhancing the ability of our red blood cells to carry oxygen. The chlorophyll of a plant and the hemoglobin of a red blood cell are virtually identical in structure, making this transfusion possible.

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**Belief 4:** In the contemporary science of nutrition, the most overlooked and underrated elements have been photochemical, oxygen, enzymes, trace minerals, and hormones. Nutrition scientists are awakening to the importance of these factors, which are a mainstay of the Life-force Program.

**Belief 5:** A primary cause of death by degenerative disease is excess protein in the modern diet. Many forms of cancer as well as heart disease, diabetes, and liver and kidney dysfunction have been linked to the overconsumption of protein. Mother's milk supports a rapidly growing baby with no more than 3 percent protein.

**Belief 6:** Excess fat reduces the blood's ability to carry oxygen to the cells. Too often people forget that oils are a liquid form of fat.

**Belief 7:** Much of what is available in natural foods stores is not actually health promoting. This includes many of the supplements and herbal mixtures that have been touted for their healing qualities but which contain synthetic chemicals. The Hippocrates Health Institute can recommend the nutritional value of only about 10 percent of what is sold in conventional natural food stores.

**Belief 8:** Cooking kills any life force left in food. The immune system responds immediately when this lifeless food is consumed by quickly and sharply raising the white blood cell count, just as if a poison or an infection had entered your system.

You may feel some initial resistance to accepting these eight beliefs, which are the core dietary principles at the **Hippocrates Health Institute**. Once you embrace these beliefs, and once you understand the logic behind them and you begin to experience their effectiveness first-hand, you will have taken a big step in reorienting your mind to assist you in achieving your wellness goals.”

Many of these eight beliefs will be touched on again in this book. Do I believe that the **Hippocrates Health Institute** has all of the answers to health and wellness? No. They do, however, hold a very high rate of success and Dr. Clement PhD the current director claims one of the highest on the face of the planet. Also keep in mind that while viewing the videos posted at [www.alivefoods.com](http://www.alivefoods.com) or <http://www.hippocratesinst.com/> that Dr. Clement looks as if he is in his early 30s to me while he is really in his late 50s!

### **The purpose of this book is for educational purposes only.**

The purpose of this book is to share information that I have collected in the field of health and vitality. However, the purpose of this book is not to be used to treat oneself with sickness, illness, disease, or pain, but for strictly educational purposes only. Only licensed health care practitioners can treat patients. I am not a licensed health care practitioner. Again this book is for educational purposes only and should be used for one to gain and have a better understanding of health and alternative options to drugs and surgery or in

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other words western or allopathic medicine. Keep in mind this book should be used as a guide not a method of self treatment. I suggest spending time analyzing, researching, and questioning what is presented here so that one can make an informed and educated decision on what should be done regarding one's health and wellness on a case by case basis.

**The information that follows is meant to be easy to read and understand not to get too overwhelmingly technical.**

This book is not meant to be overly technical in nature. If I were to go into great detail about only a few subjects presented here, this book would be thousands of pages long plus extremely boring and dry. I will do my best to provide reference information as necessary such as doctors, case studies, books, etc. If one would like to challenge anything presented, I welcome it. In fact, I recommend it as this is such a great way to discover new avenues one can use to find true health and wellness and alternatives to drugs and surgery.

**I am not a scientist or doctor. I am only a reporter.**

I should be perceived as a reporter bringing to you information that I have gathered from means such as reading books that I have attempted to summarize and filter based upon my intuition, common sense, and past personal experiences in a concise and easy to read and follow format. What is presented is considered to be opinion not fact and these said opinions are subject to change with the available amount of research in specific different areas. I do not claim to know everything. In fact I will say right now that I guarantee that I don't know everything nor will one find everything relating to health in this or any one book. In my humble opinion not one person could ever know everything. What one must do is become educated and self empowered. Again challenge, question, analyze, and research what is presented here.

The times of relying on your western doctor to help ensure that you are healthy are over. In fact I would argue that seeing a doctor that prescribes drugs and surgery to suppress symptoms does more harm than good. I will get into this later. It is time for one to take matters into one's own hands. That is what this book is all about self empowerment self awareness, education, and thus knowledge.

It is very important that one understands why what I say is to be perceived to be opinion. The main reasons are that the human body and nature are vastly complicated and science continues to learn new things each and every day in many different areas and through many different avenues. Hence, it is very difficult to ever present any health related information as fact because as new research is presented these "facts" may change.

Of course there are some basics regarding human health that I believe should be considered to be fact and will never change such as the human body will always need nutrition not

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only to sustain health and well being but also life in general. I do not, however, believe that one should perceive what is presented here to be opinion because I believe it to be false or misleading information. I firmly and confidently stand behind what is presented here. Keep in mind that I consider this book to be in a constant state of "Work in Progress". In accordance I believe that the pursuit of health is one that should be considered to be in a constant state of "Work in Progress".

Many times people become fixated on one treatment style, technique, avenue, etc. I personally try not to. I will never precede a statement by saying this is the best or this is the worst because that may only be true for an unknown finite period of time. Instead what I will say is that this is the best I have found thus far or at this time. I would encourage one to always have and hold an open mind and opinion especially about health and the human body. What is considered the best as of now might not be in a matter of seconds in the future.

#### ***A biased opinion is one not to trust.***

I would also like to add that my views and opinions are not biased in any way. I have no other reason to tell one to do a certain thing or not other than I care about one's health. I am not selling any products and whether one does what I say or not is not dependent on whether I am compensated in any way specifically speaking financially. I live what is presented here. Just because my opinion is not biased or that someone else's opinion is biased does not mean I or they are right or wrong. That is not what should be concluded here. The point here is strictly that my opinion is not biased. Whether I am right should be taken on a case by case basis and person by person basis. It is a judgment call and up to the reader to determine or even experience what is presented here to fully reconcile whether it is fact or merely fiction. Again it is up to the perception of the reader to decide whether what is presented here is right or wrong. Again I welcome one to challenge, question, analyze, and research what is presented here.

If one were to ask someone who is selling something whether their product or service is the best they will say it is the best independent of whether or not it is truly the best. Again I have no conflicts of interest and am not biased in any way in my opinions and views. I present the information here because I believe it to be the truth and nothing more.

I believe this is a very important element to consider when taking advice from anyone especially in the field of health. I challenge one to ask the question; "What are the intentions of the person giving me advice are there any conflicts of interest whether known or unknown by that person pertaining to any subject matter he/she is speaking on behalf of?" If there are conflicts of interest which are usually financially related, I would consider their opinion biased and at times biased beyond belief.

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Let me give a few examples of a biased opinion. Let's say I am a medical doctor practicing western medicine. A pharmaceutical representative comes to me and says I will give you 100,000 dollars to endorse a newly FDA approved drug on a television, radio, etc commercial. The doctor accepts the money and endorses the drug. This doctor's opinion should be considered extremely biased. Let's say that a pharmaceutical company promises to give a medical school one million dollars and in exchange they teach their students about drugs that they manufacture. I would also consider the opinions of any of these doctors biased when recommending drugs manufactured by this same pharmaceutical company. Both examples depict conflicts of interest, biased opinions, and are sadly not far from the truth. The main difference between the two examples is that in the first the doctor was completely aware that his opinion was biased whereas in the second doctors that would graduate from the college described would have no idea at all that their opinions were biased. Now granted these are very simplistic examples, but I believe this happens countless times with the latter happening most often.

I specifically want to address cancer as well as degenerative diseases in general in this document only because the number of reported people getting and/or dying from cancer and other degenerative disease seems to be increasing exponentially. I also want to recommend some basics that can be done to help ensure health and vitality in all areas even if one is not currently suffering from any known sickness, illness, disease, and/or pain. Again my research over the years has included reading books, articles, research in the area of health and wellness, etc as well as being a member of different health foundations and speaking with various homeopathic and naturopathic doctors.

Much of the information presented here was obtained from other researchers and various PhDs such as medical doctors that have written and published books, articles, and papers backed by many years of experience not from my own knowledge. In fact many of the doctors that I have learned from practiced Allopathic (western) medicine in past years, but converted to alternative more natural based holistic medicine such as naturopathy because they were so disappointed with their constant failures in treating people with conventional allopathic western methods primarily using drugs and/or surgery to suppress symptoms. What I have done here is collected and summarized this information in an easy to read and understand document.

Again keep in mind that I am not a certified medical health care practitioner in any field. I have never had any traditional medical training or schooling. In fact the reason that I have not had traditional training in the field of western medicine (in other words drugs and surgery) makes me more qualified to talk about such things as natural remedies and alternative medicine of which I will get into much more detail later.

Western medical schooled doctors do not learn about natural remedies, how nutrition affects the body, about body cleansing and detoxification, etc. They learn mostly about

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chemistry (in other words the study of chemicals and chemical reactions), some mathematics, about the human anatomy as in what the names and locations are of each of the organs and bones and associated functions (for example), how to operate on the human anatomy (in other words perform surgery), and how to administer manmade chemical derived drugs to suppress not get to the root cause of any symptom whether it be from sickness, illness, disease or pain. I would consider the opinions of most (if not all) western doctors biased as again most of what they learn in medical school is how to administer drugs and perform surgery to suppress not get to the root cause of any sickness, illness, disease, and/or pain.

#### **Western Medicine has failed us.**

Let me make a point here that I don't have a vendetta against western medicine or doctors. Unfortunately, however, western medicine has failed us as far as "curing" common sickness, illness, disease, and pain. Think about this there are more western doctors per capita than ever before in history, we are spending more money on health care than ever before in history, there are more FDA approved chemically derived manmade drugs than ever before in history, more people are taking FDA approved chemically derived manmade drugs than ever before in history, there are more surgical treatments available than ever before in history, and we know more about chemistry than ever before in history yet we are the sickest that we have ever been before in the history of mankind, there are more "diseases" than ever before in the history of mankind, and the rates of heart disease, heart attack, stroke, cancer, diabetes as well as all other degenerative diseases have done nothing but increase since the inception and development of drugs and surgery i.e. western or allopathic medicine. This is not opinion this is fact. Again the numbers just don't lie.

#### **Just because a doctor is a "good person" does not mean they can help you.**

I believe that many people who strive and become certified medical doctors practicing western medicine have good intentions, are in general good people, and want to truly and whole heartedly help people. Unfortunately what they are taught and practice is primarily the use of drugs and surgery to suppress symptoms not get to the root cause of symptoms. Western medical schools and curriculum are extremely biased and influenced by the pharmaceutical industry for example. Most western Doctors are at the mercy of primarily the insurance companies, pharmaceutical companies, American Medical Association (AMA), etc and don't even know it. Many times they are bound to treat patients with the "Standard of Care" which they don't develop. Many times it is the insurance and pharmaceutical companies that develop the "Standard of Care". So in essence when you go see a western doctor you are not being treated by them, you are being treated by the insurance and pharmaceutical companies that develop the "Standard of Care". This is like having a plumber come to your house to fix electrical problems. It just doesn't make rational or logical sense, but that is the system that is set in motion as of today. Most all

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people who are involved in western medicine (doctors, nurses, etc) are merely pawns in the game of chess. The real “Kings” and “Queens” are the CEOs of insurance and pharmaceutical companies for example.

Let me give a real life example of this again using my Dad's experience. I had gotten a chance to talk to the doctor who was caring for my Dad. I had asked him a series of questions trying to determine what the root cause was of the mini-stroke which again the only items he could come up with was smoking and bad genes, and that he really didn't know. In essence he said that he didn't know what the point was of all of my questions because at the end of the day the treatment method or in other words “Standard of Care” was going to be the same! I had expressed concern that the prescription drugs (blood thinner and cholesterol reducing medication) that he had prescribed might have very negative side effects. He said that he HAD to prescribe the medication and it was up to the patient's discretion as to whether he/she would take the medication. The doctor was bound by the “Standard of Care” which he didn't create. This way if my Dad dies the doctor wouldn't be liable and can't be sued. What a counterproductive system! This gives me a visual of a man trying to fix a leaky faucet, but has no running water! What's the point of fixing a leaky faucet if you don't have running water to begin with? I would hope most would say none. Both are examples of counter productivity.

#### **The pharmaceutical companies really just want to sell more drugs.**

The pharmaceutical industry has one goal and that is to sell more drugs. In fact almost all pharmaceutical companies are publically traded corporations which means they have to sell more drugs to increase profits thus shareholder value over time. If share holder value does not increase over time, no one will invest in the company and it will go out of business. It is that simple. Publically traded businesses are in business to do one thing that is to make money and more money over time to increase the value of the company and thus stock.

According to [www.wikipedia.com](http://www.wikipedia.com) these are the top twenty most profitable pharmaceutical companies.

1	<u>Johnson and Johnson</u>	53,324
2	<u>Pfizer</u>	48,371
3	<u>Bayer</u>	44,200
4	<u>GlaxoSmithKline</u>	42,813
5	<u>Novartis</u>	37,020
6	<u>Sanofi-Aventis</u>	35,645
7	<u>Hoffmann–La Roche</u>	33,547
8	<u>AstraZeneca</u>	26,475

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9	<u>Merck &amp; Co.</u>	22,636
10	Abbott Laboratories	22,476
11	Wyeth	20,351
12	<u>Bristol-Myers Squibb</u>	17,914
13	<u>Eli Lilly and Co.</u>	15,691
14	<u>Amgen</u>	14,268
15	<u>Boehringer Ingelheim</u>	13,284
16	<u>Schering-Plough</u>	10,594
17	<u>Baxter International</u>	10,378
18	<u>Takeda Pharmaceutical Co.</u>	10,284
19	<u>Genentech</u>	9,284
20	<u>Procter &amp; Gamble</u>	8,964

The first column is the company name the second column is how much that company has made in revenue in USD millions! I can't even fathom 53,324 million dollars...can you? Trust me these companies are not making this much money because they are "curing" sickness, illness, or disease, but because they are able to develop a patentable drug that they can sell that suppresses the symptoms of sickness, illness, disease, or pain that people are told they will have to take for the rest of their lives. The writing is on the wall. When is the last time any of these companies "cured" anything? The answer is simple...**NEVER!**

#### **Making money is not a bad thing.**

There is really only two ways to make money honestly or dishonestly. There is no grey. The only "grey" is whether the company is making money dishonestly and knowingly or dishonestly and unknowingly. I believe the former happens much more often. Making money is not a bad thing, but when a company makes money at the expense of another, this is a bad thing. So if an advertisement group working for a given company says how can we lie to the general public to increase profits, this is a bad thing. Take two companies one sells a pharmaceutical drug that is manmade and chemically derived the other a natural, organic, living, and raw whole food supplement derived from vegetables. Both companies have the potential to make money and at times tons of money. However, one company is doing so at the expense of another. I leave it to the reader to decide.

#### **Again most if not all western doctors just treat patients with the "Standard of Care" which they do not determine.**

If western doctors learn about drugs and administering drugs in medical school, this ensures the profits of the pharmaceutical industry will continue to rise. I will discuss this

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further later. Not only this, but as I had said many times western doctors are bound by treating a patient with what is considered the standard of care. Many times the insurance and pharmaceutical companies dictate what this standard of care will consist of. For example if the predetermined standard of care is to treat again treat...not cure a headache with Tylenol (i.e. a non prescription drug) this is exactly what the doctor will do independent of his or her own opinion of what should be done. This protects the doctor and thus the insurance companies from being sewed for medical malpractice in case, for example, a patient dies under the doctor's care. Again this shows how the opinions and treatment methods of a western doctor are extremely biased beyond belief. This gives me a vision of a boy playing with a puppet. In this case the western doctors, nurses, etc are the puppets and the pharmaceutical and insurance companies are the boy. What a crazy mess.

### **There is a time and a place for drugs and surgery.**

Again I want to make a point here that I don't have a vendetta against drugs and surgery. What I am against is using drugs and surgery to suppress a given symptom or set of symptoms not "cure" people of common sickness, illness, disease, and/or pain. I believe there is a time and place for drugs and surgery that it serves good as well as bad purposes. Drugs and surgery work very well for crisis management. For example if I was in a car wreck and suffered from such traumatic injuries as broken bones, internal bleeding, damaged or ruptured organs, cuts, etc I would say I need drugs and surgery if necessary to save my life and/or fix my body. I believe that drugs and/or surgery have the potential to be far superior in saving someone's life that was harmed in a traumatic situation when compared to natural alternatives such as holistic medicine.

I believe that in the perfect world doctors would be versed, knowledgeable, and able to treat a patient using a combination of drugs, surgery, and natural based holistic methods. This unfortunately is far from where the medical field stands today. Western medicine's primary (if not in most cases only) tools used to treat any form of sickness, illness, disease, and/or pain are drugs and/or surgery.

Drugs and/or surgery also serve remote purposes to help correct birth abnormalities and anomalies. However, the irony of this is that I believe in my humble opinion that many times birth abnormalities are due to the following (excluding traumatic injury) which will be discussed in more detail later:

1. One might have too many toxins in one's body that one is not getting out.
2. One might have nutritional deficiencies.
3. One is exposed to and negatively affected by electromagnetic chaos.
4. One might have disturbances of the various energy fields and states of the human body.

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5. One might have trapped emotional and mental stress.
6. One might have a Candida Yeast overgrowth.
7. One might not have a balanced Ph level.
8. One might be suffering from mild or chronic dehydration.
9. One might have skeletal misalignments.
10. One might think negative thoughts and speak negative words.
11. One might not get enough physical exercise.
12. One might be slightly if not dramatically over weight.
13. One might not be getting enough or proper sleep.
14. One might not be getting enough oxygen.

I believe in my humble opinion that if a man and woman prior to conception and the women throughout pregnancy corrected the above items the statistical probability of their child being born with a birth abnormality or anomaly would be very remote. There are increasing numbers of children being born with birth abnormalities such as autism, learning difficulties, cerebral palsy, cancer, diabetes, heart problems, as well as a whole host of other sicknesses, illnesses, diseases, etc. I believe the main causes to be from the above items. Notice I did not include genetics. I believe genetics plays much less of a roll in the development of sickness, illness, disease, or pain at any age than what mainstream medicine tells us. This will be discussed more later. We have more toxins and chemicals in our water, food, and air than ever before. We take more toxic non prescription and/or prescription drugs than ever before. Our food is more nutritionally deficient than ever before. I believe that almost everyone has a Candida Yeast problem to some degree. There is more electromagnetic interference being generated than ever before in history. The list just goes on and on. These are some of the reasons why any person at any age would develop sickness, illness, disease, or pain not because of bad genes or genetics. Each of these items will be discussed in great detail later.

According to Ross Hume Hall, a Canadian professor of biochemistry “who is an expert on how synthetic chemicals damage human cells”, as documented by Randall Fitzgerald in his book *The Hundred Year Lie*, “Chemical exposure during the fetal stage can set in motion tissue changes that years later, as an adult, erupt into cancer. None of the chemicals currently approved as food additives have ever been tested for their full potential to harm the unborn.” This doesn’t even skim the surface as Ross Hume Hall is only mentioning one item on the list above “toxins”. As I had said all of the above items can contribute to a baby being born with an abnormality or other form of sickness, illness, disease, or etc. Toxins will be discussed in much greater detail later.

I believe that for a parent to think that the cause of their child’s birth abnormality to be their fault would be difficult to accept. The truth is that it is not one person’s fault, necessarily. Some people play a very specific role while others more general. We as a society and culture are to blame we all play our part whether big or small in the contribution

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to the items listed above. The good news is we all also hold the power and ability to change and make tomorrow a better day.

#### **The human body is not deficient in nonprescription and prescription drugs.**

Non prescription and prescription drugs have only been around for about 100 years. The human society was born into this world without non prescription and prescription drugs and has lived much longer without versus with these drugs. Main stream western medicine has been focusing on treating the symptoms with drugs. The only differences between drugs and poisons are dosages and intent. The human body runs on nutrients from the foods we eat not on non prescription and prescription drugs. For example people don't get headaches because of an aspirin deficiency. People don't get diarrhea because of a Pepto-Bismol deficiency. People don't have pain because of a valium deficiency. People don't get cancer because of a radiation and/or chemical (CHEMO) therapy deficiency. People don't get flues because of a Dayquil deficiency. People don't get sore throats because of a Halls deficiency. Hopefully I'm making my point here.

In fact people don't get any form of sickness, illness, disease, or pain because of a deficiency of non prescription and/or prescription drugs, but rather because of such things as nutritional deficiencies. So why treat a nutritional deficiency with drugs? This makes no logical sense whatsoever. Give your body nutrients not drugs. The body was created and designed to live and sustain health by consuming nutrients from natural occurring foods not manmade chemical derived drugs. The body is an organic living organism not a chemical one. So eat organic foods not chemical drugs.

#### **It is true that most drugs work well to suppress symptoms.**

Don't be deceived by the effects of any non prescription or prescription drugs. Let's say you have a flu which is more than likely caused by a viral and/or bacterial infection that was either developed inside the body or picked up from outside the body and you take Nyquil and/or Dayquil a nonprescription drug for example. What you will experience is temporary relief from the symptoms of the flu. You are not getting well or "cured" of the flu from the drug.

The manmade chemical derived drug is affectively working to suppress the symptoms by way of altering the body chemistry and thus homeostasis to an unnatural state. After a few days or weeks, your body self heals and returns to a state of balance and homeostasis. The drug did not give your body what it needed nutrition, for example, to self heal and return to a state of balance and homeostasis. The drug only temporarily suppressed the symptoms and in my humble opinion did more harm than good because as I had stated earlier the only difference between drugs and poison are dosages and intent and all nonprescription and prescription drugs have negative side effects whether known or unknown to the doctor or

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drug manufacturer. What your body needs, for example, in the case of a flu is nutrients (food) not drugs to rebuild the immune system so that it can do what it is designed to do that is self heal.

#### **It is not normal to get sick.**

In fact, the real goal here is to never get sick to begin with. Mainstream medicine along with our culture in general has become increasingly more accepting of the fact the it is NORMAL for us to get sick and for us to get sick even several times per year. I believe this to be very ABNORMAL. In fact in my humble opinion I believe that if one were to totally and completely correct the items above the probability that one would ever get sick would be extremely remote.

#### **Our nation is dying from degenerative diseases.**

The top five killers of Americas are not drunk drivers, violent killings, AIDS, or illegal drugs. Number one is the non contagious degeneration of the heart called cardiovascular disease accounting for a startling 50% plus deaths in America (including heart attack and stroke). Number 2, 3, and 4 are cancer, physician induced death, and diabetes respectively depending on who one asks and on what day. Add these four together and the number is somewhere around 75% that's three quarters! And yes death due to obesity is high on the list too. The numbers speak for themselves. The average American is doing something wrong, mainstream western medicine is doing something wrong, and we must change.

#### **Degenerative diseases are in essence manmade.**

All of these diseases are manmade. One does not catch cardiovascular disease, cancer, or diabetes from someone else. Rather these diseases are developed inside of the body. Furthermore, the war on these diseases has cost billions of dollars and years of research and yet millions of individuals continue to be victimized by the diseases, and even by the drugs and treatments for the diseases. Keep in mind too that the very doctors that are in place to save our lives are the third leading cause of death again depending on who one asks and on what day! This should not only be extremely eye opening, but also shocking and sickening.

#### **Healthy thoughts can bring about healthy cells and thus a healthy body.**

Let me say here with respect to item 10 on the list above that one needs to have a positive attitude and believe that one will be well. The mind is so powerful and its power is sometimes taken for granted. I have read so many studies showing that even patents with terminal cancer were given placeboes and were cured of cancer! A placebo is nothing more than a fake drug like maybe a salt or sugar pill. A doctor will administer this salt or sugar

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pill to a patient and tell them that if they take it, their cancer will be cured. The patent believes so strongly that it will work the mind heals the body. In other words the body self heals. The placebo affect has even been proven by the pharmaceutical industry. They report that 40% of people heal the body with the mind through the thoughts they have. So one must try and live one's life with thoughts, feelings, and emotions of someday not having sickness, illness, disease, or pain and believe that someday one will be vibrant, healthy, and full of life.

**A "Natural Remedy" is giving your body something from nature so that it has the tools to self heal. Thus, nature and the body work together as the Designer (God) had intended.**

Secondly, let me say that I believe that the body can self heal and that there are "natural remedies" (when I say natural remedy I mean that you can give your body things from nature and it can self heal) for virtually all sickness, illness, disease, and/or pain that are, unfortunately, not given the credit or deserved positive recognition and acknowledgement. Here are the main reasons that I believe this to be the case:

1. Suppression by the Government, FDA, FTC, Medical Cartels such as the American Medical Association AMA, "Big Pharma" in general, Media, News, etc.

**Albert Einstein said, "The ideals which have lighted me on my way and time after time given me new courage to face life cheerfully, have been Truth, Goodness, and Beauty. . . . The ordinary objects of human endeavor -- property, outward success, luxury -- have always seemed to me contemptible."**

This simply comes down to money, profits, greed, corruption, misinformation. These said "natural remedies" not only are many times more effective than patented drugs and surgery, but many times have little if at all no side effects.

**"Doctors give drugs of which they know little, into bodies, of which they know less, for diseases of which they know nothing at all." Voltaire.**

**The body knows more about healing than any doctor on the face of the planet as it has the ability to self heal.**

**All non prescription and prescription drugs have negative side effects.**

Again ALL and I mean ALL Prescription and even those thought to be non-harmful Non-Prescription drugs such as Tylenol have negative side effects, contain harmful chemicals that throw one's body's chemical balance out of homeostasis, and don't address the root cause of the symptom of any sickness, illness, disease, or discomfort only temporarily

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suppresses it. This is in fact one of the number one reasons why one could be or is sick and will continue to get sicker. If one continues to take drugs, one will only continue to get sicker.

Please keep in mind that these drugs have powerful affects on the body and if one does decide to stop taking any drug, one should do so under the immediate care of a licensed health care professional. I am not advising that anyone stop taking a non prescription or prescription drug, but rather presenting the information that these drugs are toxic to the body, only suppress symptoms, and have negative side effects. I would think that any reasonable person would take this information and apply it to their life while employing logic, common sense, and reason. If one would like to stop taking any non prescription or prescription drug, one should do so at their own risk and under the care of a licensed health care practitioner. I can personally say that I NEVER take nonprescription and prescription drugs, am vibrant, healthy, full of life, and NEVER get sick.

Again all sickness, illness, and disease is caused by the same thing malfunctioning cells. Well if one is willing to accept this ideal, then it shouldn't be too hard to accept that nonprescription and prescription drugs cause sickness, illness, and disease because they cause the cells of the body to malfunction and to behave in unnatural ways. As another example take any medicine that is used to reduce fever. A fever or in other words a high temperature is not the enemy here. The body by way of its grand design is raising the body temperature to fight off a virus or even more likely a bacterial infection (yes this is a very simple explanation). We shouldn't look to suppress the symptom in this case the fever we should look to give the body nutrition for example to help it fight off the virus or bacteria. So the fever reducing "medicine" causes the cells of the body to malfunction thus creating sickness, illness, and disease.

I want to take a moment and ensure that one understands what I mean by non prescription or prescription drugs. Obviously a prescription drug is one that a medical doctor would have to prescribe. Non prescription or over the counter drugs can include Advil, cough syrup, Tums, allergy medicine, and etc. All and I mean ALL of these drugs have negative side effects of some kind, contain harmful chemicals that throw one's body's natural God given chemical balance out of homeostasis, and don't address the root cause of the symptom of any sickness, illness, disease, or discomfort only temporarily suppresses it. It is unfortunate that science has led to the study of harmful chemicals used to suppress symptoms of sickness, illness, disease, and discomfort not to "cure" it.

### **Money can be the root of all evil.**

One might be asking oneself why or how could this be the case. It is a one word simple truth; money. It is always ALL about the money. The medical industry, government, FDA, etc learned many years ago that they could make billions I mean billions more in profits by

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using drugs to suppress symptoms not cure sickness, illness, and disease. Think about how long the medical industry has been working to cure all of the sickness, illness, and disease in the world the answer is many decades and have continued to fail. Not only have they continued to fail, but over the years more “diseases” are being thought of as common such as acid reflux “disease”, diabetes “disease”, fibromyalgia “disease”, etc. This is not coincidence. If there were “cures” for all of the sickness, illness, and disease in the world, these multibillion dollar making industries would virtually wipe themselves out of business over night. There is financial gain associated with one being sick and staying that way. There is a “cure” it is called the human body. The body can self heal and return to a state of balance if given what it needs and remove what it doesn't need.

#### **Has any diseases every really been “cured” in America or does the body just self heal?**

No diseases have been cured for over 50 years yet the number of people getting diseases is on the rise! This is not opinion this is fact. The last “disease” that was ever cured was polio in 1962 by Jonas Salk. Let's look at how polio was “cured”. Well, at the time the treatment of polio was a billion dollar a year profitable business like all other diseases today. The pharmaceutical industry continued to state that they were working on a “cure” for polio, which again at the time was considered an incurable “disease” just like all of the other diseases today. Billions of dollars were being poured into the pharmaceutical companies by foundations, the government, etc, all trying to research and come up with a way to prevent and cure the disease of polio.

Any time a pharmaceutical company performs research, it is simply conducting research to try to find a patentable drug that it can sell and make millions and/or billions of dollars in profit. Pharmaceutical companies do not want to cure disease or prevent disease; doing so would put the companies out of business. This in its simplest sense is a conflict of interest. This was the case with polio like all other diseases today. It wasn't until Jonas Salk's wife developed polio that he decided enough was enough and began working on developing a cure. He went into a laboratory and within six months developed the cure for polio. People would no longer fear getting polio and suffering a lifetime of illness due to the polio disease. The problem was the polio industry virtually went bankrupt within a matter of days. Again if consumers don't buy the products sold by a company, they can go out of business overnight.

What Jonas Salk developed was a method to kill the polio virus, but keep it intact enough to trigger the necessary immune response that could be injected into the human body. What he showed is that the body could develop immunity from the polio virus after being injected with a dead version of it. Given that the virus injected within the body was dead, one need not worry about contracting or developing the disease. Once the body was immune to the dead polio virus, one was said to be “cured” from polio. However, in this case one is not “cured” the body is just doing what it is designed to do that is self heal. Again we don't

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need “cures” we just need to tap into the power of the healer within. The body knows how to combat harmful viruses if given what it needs and not what it doesn't. This will be discussed in more detail later. The point here is that the last “disease” that was publicized and accepted by the Government as being “cured” was polio which was in April of 1955...shocking isn't it? As I write this the year is 2009. So from the years 1955 to 2009 that is 54 years and billions of dollars later only one “disease” has been cured and it was by ONE person! Meanwhile sickness, illness, and disease have done nothing but increase.

According to Natural Cures News letter, “At that time, a secret meeting was held with the heads of the major pharmaceutical companies, the American Medical Association, and past commissioners of the FDA. This “cartel” discussed the financial implications of curing disease. It was at this secret meeting that the decision was made that curing disease was unprofitable and it would not be tolerated. That is why there has never been a cure for any disease since that time. The decision was simply made to convince people that “We are so close to finding a cure.” when nothing could be further from the truth.” Again magical, mystical, and unknown “cures” do not need to be developed. The body has the ability to cure itself or simply self heal if given what it needs and removed what it doesn't need. The “cure” is that simple.

#### **“Treating” sickness, illness, or disease with foods is illegal in America.**

The FDA by way of the government was also allowed to enact and enforce a law created by the government that states that only a drug can cure, prevent, or treat sickness, illness, disease, or pain. Natural remedies or natural occurring foods could never fall into this category. Natural remedies are considered to be foods not drugs and thus by way of this law a food could never treat, prevent, or cure any form of sickness, illness, disease, or pain. This means that if one were to treat another with vitamin E for example and say here take this vitamin E it will give one's body the nutrition that it needs in order to correct one's specific sickness, illness, disease, or pain this would be considered against the law and one could go to jail and be prosecuted in a court of law for medical malpractice.

#### **Food is the only medicine nature has to “prescribe”.**

This reminds me of a quote by Hippocrates that is not without a sense of irony **“Let your food be your medicine and your medicine be your food.”** How sad it is that mainstream western medicine has strayed so dastardly and destructively from this simple ideal. I do hope that someday this law changes, but for now this is not opinion this is FACT. The point here is to not spend much time on this subject, but to simply lay the ground work to yield a better overall understanding as with health in America comes greed, corruption, scandals, misinformation, lies, etc. This is a cynical truth, but none the less the truth.

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2. Many times when someone talks about natural remedies the perceived interpretation is slightly if not dramatically wrong.

A natural remedy does not necessarily come in the form of an herbal pill or “magic” potion. Many times natural remedies are more involved such as making life style changes like altering diet to increase nutritional intake and eliminating toxins from the body by doing cleanses and detoxifications. This in turn gives the body what it needs in the form of nutrition (food) and eliminates the toxins (chemicals) that it doesn't need so that it is able to self heal. The body is the most powerful healer on the face of the planet if given what it needs and eliminates what it doesn't need. This will be discussed in much greater detail later.

3. The consumer has all the power.

#### ***We can buy our way to health in America.***

Unfortunately people have become increasingly more demanding, lazy, impatient, busy, etc. This is so important to not take the wrong way, but to embrace the truth and make lifestyle changes as necessary to achieve the health, wellness, vitality, and joy that one deserves. The American way as it is said is to be overbooked, overworked, lacking sleep, full of stress, not eating “right”, and always on the go. Well guess what the food and drug industry has catered nicely to our needs bringing us such things as Fast Food and quick fixes in the form of pills that work rapidly to mask symptoms. People must always remember that the common person has the power and in the case of the American society the consumer has all the power. Companies can fold in weeks if not days if people don't buy the products they sell. The consumer has always driven the market at large and will continue to do so. So keep in mind the power you possess as a consumer the next time you buy something.

4. There will always be a level of uncertainty in the medical field or for that matter health in general.

As the saying goes the only things that are a 100% guarantee in life are death and taxes. It is next to impossible in my opinion to say that anything is exactly 100% when it comes to health, wellness, and the human body and how it functions in general and responds to different stimuli. What can be said with 100% certainty although a bit of an oxymoron is that what works for one person might not work for someone else.

#### ***There is a connection between quantum physics and health.***

I want to take a bit of a side track here and talk about how science specifically speaking quantum physics relates to health. The human body is a biological quantum mechanical

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spiritual being with what some think an infinite life force radiating through eternal space and time. In short the human body in its entirety is extremely complicated and quantum physics has proven experimentally that electrons, the fundamental building blocks of all life and matter, can behave as both single discrete bits of matter as well as waves existing both simultaneously at the same time. Quantum mechanical experimentation has also proven that human conscious observation affects this electron's ability to behave as a wave or discrete particle, spatial location with respect to time, and thus future events.

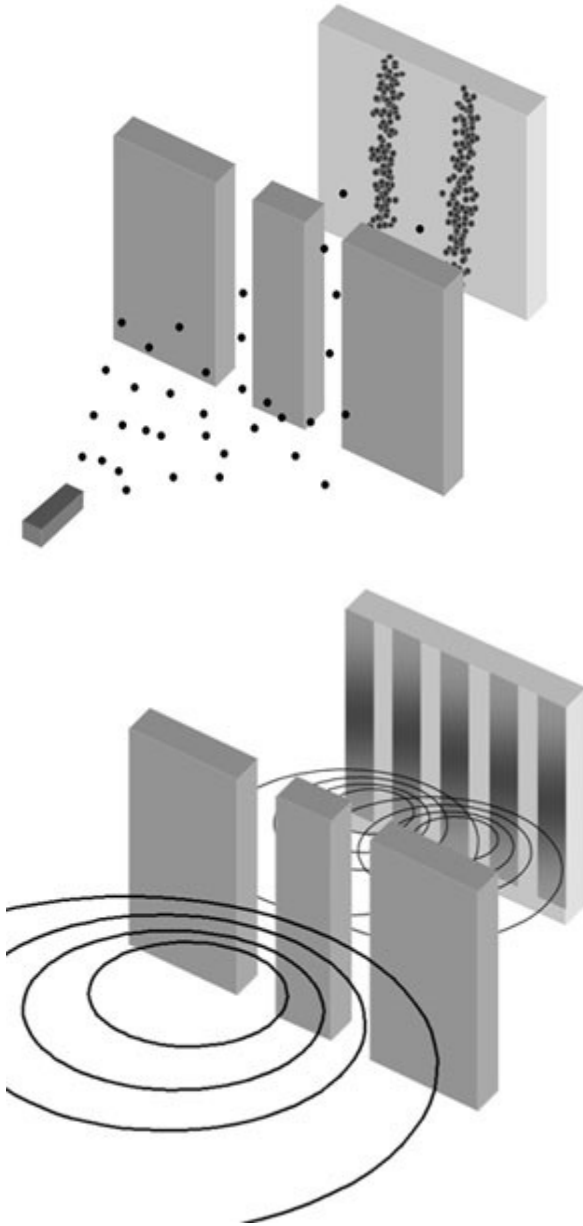
I want to take a minute and explain this a bit further. What I have briefly explained above is what was proven experimentally in scientific laboratories and became known as the famous "Double Slit Experiment". Image two slits as shown below. If one randomly shoots individual marbles or in other words macroscopic visible individual bits of matter, for example, at two slits, it is expected that eventually a pattern resembling the slits will appear on the back wall. This is shown in the figure below on the left. Now if one passes a single wave or an infinite number of spatial locations through the two slits what one will see is an interference pattern as shown in the figure below and to the right. As the single wave passes through the two slits two waves form. As the peaks of each wave front collide with one another an interference pattern is generated on the back wall at the points of most intensity. So in summary single particles form just two bands while waves form several bands.

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So now the question is what will happen if we do the same thing, but with electrons or in other words microscopic bits of individual matter. Intuition says well if we shoot single bits of matter in this case electrons at the two slits we should get a two slit pattern on the back wall like we did with the marbles. Well what scientists saw was an interference pattern, like that of a wave as shown in the figure below! They asked how is this physically possible, that a single bit of matter could behave as a wave? They were completely baffled

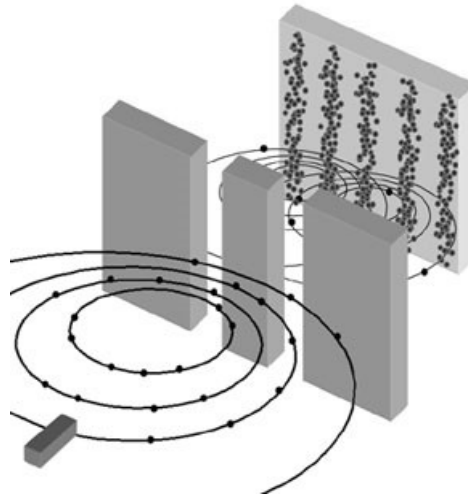
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by this, so they decided to try and look to see what was happening. What was even more baffling was that when they tried to look at the electron, the act of observation caused the electron to instantaneously begin behaving as a single bit of matter or marble! Or in other words human conscious observation caused the wave function to collapse to a single spatial solution in time.



*Figure showing wave particle duality*

There are many theories out there that were developed attempting to explain this phenomenon. According to Fred Alan Wolf in his book *Parallel Universes*, “Apparently, the wave of possibilities was composed of a number of particles – with each particle really existing somewhere in a separate world. In this way, having separate or parallel worlds, only one particle would ever be found in any one world. That would explain why only a single spot was discovered after the particle passed through the slits. No one knew exactly where that spot would be found, but nevertheless it would be found somewhere.

In the double-slit experiment, only two worlds were necessary. In one world, the particle passed through one slit. In the other world, the particle passed through the other. The two worlds would exist side-by-side, completely separate from each other until the particle reached the screen. Then the two worlds would overlap or merge. Why would the worlds merge after splitting apart? The answer was even stranger, although it did satisfy the inquiry.

The reason was self-consistency. This was the only way in which the interference could be explained and still have only one particle. The universe itself was continually doing this splitting and merging each and every time that anything interacted with anything else. Each split was necessary to produce the particle.

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In this view, the wave represents not possibilities or likelihoods but realities – an infinite number of them, if necessary. The wave is composed of particles in parallel worlds. When the particle strikes the slits, the world, indeed the whole universe, containing it splits into two (and, in general, a multiplicity of) mutually unobservable but equally real worlds. In each of these worlds the particle passes through one slit. When the particle strikes the screen the worlds coalesce, forming a single world once again. Measurement gives a definite result. And all is well because it ends well. Although this proposal leads to a bizarre world view, it may be the most satisfying answer yet devised.” Amazingly abstract isn't it...?

This particle's ability to exist as a wave or what quantum physicists call an infinite wave of potential existing everywhere and only a single place simultaneously and the ability of human conscious observation to affect the electron opens up not only a world of complete abstraction, but also the mystery of what matter or human life may really be.

The point is that I believe that we as humans have an infinite potential to be, do, have, learn, etc what we choose and our constant conscious observation and perception of our current, present, and future existence plays a role in the determination of what reality is or will be, thus future events. It would be yet not too subtle to ignore that quantum physics also proves how powerful our thoughts are and thus how they could affect our own as well as other's cellular health keeping in mind item 10 from above as being one of the main causes of sickness, illness, disease, or pain “one might think negative thoughts and speak negative words”.

**Ultimately everything is made up of the same thing; atoms and atoms are made up of a nucleus (containing protons and neutrons) and electrons.**

Remember all cells are ultimately made up of these tiny electrons I have been talking about here. A cell is a grouping of a million or so molecules and molecules are groupings of two or a million or so atoms and each atom contains one or more electron(s) that circle(s) its own nucleus containing protons and neutrons the fundamental building blocks of all life and matter. Of course one has a million or so cells throughout one's body that could either be blood, skin, bone, heart, liver, kidney, gallbladder, tendon, muscle, hair, etc.

**According to quantum physics there can no longer be 100% certainty with regard to anything.**

Quantum physics also breaks down all certainty of anything and yet presents things as mere probabilities. Meaning one no longer can say I know something to be certain. One must say I know with probability “X” and uncertainty “Y” that a particular something might be either true or false considering the side of argument. So for example one cannot say I know

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that an electron might be located here at a given snap shot in time. Quantum physics tells us that the knowledge of the exact spatial location of an electron in a given snap shot in time cannot be known with a 100% certainty. Again one must say that I know with probability “X” and uncertainty “Y” that the electron is at a certain spatial location at particular snap shot in time. However, when we start talking about large objects (large with respect to the size of an electron) such as basketballs (which ultimately is a collection of a trillions or so electrons) the certainty of knowing its location or the location of the collective of trillions of electrons becomes much better.

This is a complicated subject and beyond the scope of this document to go into great detail. If one would like to learn more about this subject, then watch the movie “What the Bleep do we Know” and/or read the book “Parallel Universes the Search for Other Worlds” by Fred Alan Wolf PhD. However, the point is that what works for one person won't necessarily work for another. There can never be certainties only probabilities stated with error and if infinity exists there will never be 100% probabilities according to quantum mechanical laws concerning space, time, matter, and thus health. And finally our thoughts do affect us on a cellular level. So in summary here are some items that the study of Quantum physics has discovered:

1. Newtonian laws and theories do not govern the world of quantum mechanics. In fact this is the main reason why scientists were forced to not only develop, but believe quantum mechanical laws.
2. Everything is connected. Also known as entanglement.
3. Particles can behave as both waves and discrete bits of matter. This might also be thought of as the Heisenberg Uncertainty Principle.
4. Particles can have more than one spatial location at a given snap shot in time known as superposition.
5. Human conscious thought can affect past, present, and future events.
6. Everything is energy.

Again if one would like to learn more about this subject, then watch the movie “What the Bleep do we Know” and/or read the book “Parallel Universes the Search for Other Worlds” by Fred Alan Wolf PhD. For those lovers of taking advice from PhDs the movie “What the Bleep do we Know” has dozens of them in it.

### **PhDs can have a tendency to become narrow minded.**

I would like to make one note regarding a person that has obtained a PhD. Some PhDs are brilliant others may not be. Statistically speaking most (some number greater than 50%) PhDs become really apt in their field of study. For example someone could get a PhD in mathematics while another in Psychology. The mathematician is likely to not know much at all about psychology and vice versa. Many times PhDs can become very narrow minded

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and/or tend to only know a lot about their field of study. Some have said it is better to know a little about a lot than a lot about a little. The importance of the knowledge is in the eye of the beholder. I believe that most PhDs fall into the category of knowing a lot about a little. This is just something to keep in mind when perceiving the competence of a person with a PhD giving advice that does not pertain to their field of study.

5. Advertisement is power.

#### **Can you spare a billion or two to advertise to the average American?**

The biggest problem that is faced by natural remedies other than the ones previously mentioned is that it takes money to make money. What does this mean? It means usually the companies that have the most to spend on advertisement dollars are the most well known and thus prosperous. McDonalds for example spends billions in advertisement dollars every year. This is orders of magnitude more than most companies make in profits in their entire tenor. The small mom and pop companies don't have billions to spend, thus know one hears about them. I believe that McDonalds food, "fast food" in general, and processed food in general are on the top ten list of why an American would develop sickness, illness, disease, and pain in America. This food is nutritionally deficient and full of manmade chemicals such as aspartame, Splenda, high fructose syrup, MSG, etc. I will talk about this more later.

According to Science Daily (Jan. 7, 2008) — "A new study by two York University researchers estimates the U.S. pharmaceutical industry spends almost twice as much on promotion as it does on research and development, contrary to the industry's claim. The researchers' estimate is based on the systematic collection of data directly from the industry and doctors during 2004, which shows the U.S. pharmaceutical industry spent 24.4% of the sales dollar on promotion, versus 13.4% for research and development, as a percentage of US domestic sales of US\$235.4 billion."

According to USA Today, "Prescription-drug advertising is big business. The pharmaceutical industry in 2006 spent \$4.8 billion on consumer ads, according to IMS Health, a private firm that tracks sales and marketing. The industry spent \$7.2 billion more marketing products to doctors.

Consumer advertising has "contributed to overall increases in spending on both the advertised drug itself and on other drugs that treat the same conditions," says a Government Accountability Office report from 2006. It cites another study of 64 drugs that found for every \$1 spent on advertising, sales increased by a median of \$2.20."

According to Anthony Gallo, "Food manufacturers spent \$7 billion in advertising in 1997. Most of this advertising focused on highly processed and highly packaged foods which

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also tend to be the foods consumed in large quantities in the United States relative to Federal dietary recommendations such as the Dietary Guidelines for Americans. Advertising expenditures on meat, fruits, and vegetables are negligible. In contrast, the U.S. Department of Agriculture spent \$333.3 million on nutrition education, evaluation, and demonstrations. This is approximately what the food industry spent on advertising just for coffee, tea, and cocoa, or for snacks and nuts; slightly more than half (60 percent) the amount spent on advertising for carbonated soft drinks, and less than half the amount spent promoting beer, or candy and gum, or breakfast cereals.” There has always seemed to be a positive correlation between advertisement dollars spent and revenue. In other words the more money a company tends to spend on advertisement the more money they make in profits. So isn't it easy to see why unless one has billions to spare in advertisement dollars could never compete with the ones that do...? It seems pretty obvious to me.

6. People wait until the last minute or when something traumatic happens to seek help or make lifestyle changes.

### **Do western doctors really assess health...?**

Keep in mind that when someone is “diagnosed” with a specific sickness, illness, or disease such as Cancer, diabetes, heart disease, heart attack, stroke, fibromyalgia, arthritis, Multiple Sclerosis, or any other form of sickness, illness, and disease it has taken for the most part many years or even decades to develop inside the body. It did not develop over night. Let's say that someone went to a western medical doctor for a health screening and/or physical. Let's say the doctor concluded that you were healthy. What did they do to conclude that you were healthy? Did they look for any of the following?

1. Toxins in one's body.
2. Nutritional deficiencies.
3. How much electromagnetic chaos one is exposed to and how this might be affecting one's health.
4. Determine if one has disturbances of the various energy fields and states of the human body.
5. If one has trapped emotional and mental stress and how this might be affecting one's health.
6. Test for a Candida Yeast overgrowth or other fungal infections.
7. Test one's body Ph level.
8. Determine if one is suffering from mild or chronic dehydration.
9. Determine if one has any skeletal misalignments.
10. Evaluate whether one might be having negative thoughts and speaking negative words.
11. Determine whether one might be getting enough physical exercise.
12. Determine if might be slightly if not dramatically over weight.

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13. Determine if one is getting enough or proper sleep.
14. Determine if one might not be getting enough oxygen.

My guess is no. They didn't look to evaluate the level of toxicity or nutritional deficiencies present. How much electromagnetic chaos you might be exposed to and how it is negatively affecting your health. Whether you have any disturbances of the various energy fields and states of the body and how this might be negatively affecting your health. What level of stress you have in your life and how it is negatively affecting your health. Whether or not you are suffering from Candida Yeast or have a balanced Ph. The doctor probably did not evaluate whether you are suffering from mild or chronic dehydration. Hopefully I am making my point here. Yes some may discuss weight loss, exercise, and diet, but no major emphasis would be put on the other items.

***Just because you haven't developed any noticeable symptoms doesn't mean you are healthy.***

They don't look at any of these items. So does it make sense that they can conclude that you are healthy? I would argue no. So unless you have current symptoms most if not all western doctors would conclude that one is in good health when statistically speaking the exact opposite is true about the average American. The point here is that even if you are not currently suffering from any diagnosable or non diagnosable symptoms of sickness, illness, disease, or pain and a western medical doctor tells you that you are healthy statistically speaking more times than not they are wrong. Make changes today so that tomorrow you don't experience the symptoms associated with sickness, illness, disease, and/or pain or in other words malfunctioning cells.

***Most all manmade chemically derived products are toxic to the body and can cause sickness, illness, disease, and pain.***

7. Manmade chemicals manufactured by large publically traded companies are often cheaper than organically based substances sold by small privately owned companies.

Think about all of the products that can be purchased at Wal-Mart for example that are manmade and chemically derived:

1. Non prescription and prescription drugs
2. Lotions
3. Hair Sprays
4. Hair Gels
5. Hair Coloring Products
6. Teeth Whitening Products

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7. Make-ups
8. Shampoo
9. Conditioner
10. Soaps
11. Shaving Cream
12. Tooth Paste
13. Mouth Washes
14. A whole host of Cleaning Supplies for the house
15. Stain Removers
16. Dusting Supplies
17. Fabric Softeners
18. Landry Detergents
19. Bleaches
20. Creams
21. Bug Sprays
22. Car Cleaning products
23. Deodorants
24. Antiperspirants
25. Air Fresheners
26. Perfumes
27. Scented Candles
28. Synthetic Vitamins

No; this is not a complete list, but hopefully you get the point here. ALL of these products are manmade and chemically based (at least they would likely be at Wal-Mart) and all of these products somehow make their way into our bodies either by breathing, eating, or putting them on our skin. If all of these products were organically based, they would be more expensive. If two tubes of toothpaste were on the shelf in Wal-Mart right beside one another and one was organic and the other was chemically based, the average American would buy the cheaper one which would be the chemically based product. Remember what I had said about the power of the consumer? If no one bought the organically based product, the company that made that product would go out of business. The point is don't buy chemically based products they are bad for your health and have the potential to load your body with toxins leading to an increased chance of developing sickness, illness, disease, and/or pain. One must choose to buy organically based products even though they are more expensive. These products are also many times more environmentally safe.

8. There are so many things happening "behind the scenes".

Think about this when you breathe in air your body automatically and innately knows exactly and preciously how to use the oxygen to sustain life and convert the waste into carbon dioxide. This is such a wonderful, amazing, and astounding phenomenon that

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happens with absolutely no effort on our part. For simplicity here I am going to use an apple as the subject of many of the following examples and explanations.

In the same when one eats an apple for example the body properly breaks down, digests, absorbs necessary nutrients to be used to help sustain life and health on a cellular level, and creates waste all with no effort. I have absolutely no idea what all nutrients are contained in an apple and how the body knows what and how to absorb the necessary nutrients to sustain life and health on a cellular level, but it does. Yes, I believe there is much truth from the old saying “An Apple a Day Keeps the Doctor Away”.

Like I had said the body knows what is wrong and how to correct itself and thus self heal if given what it needs (nutrition) and removes what it doesn't need (toxins) for example. The body is the most powerful healing tool on the face of the planet. The process of the body properly breaking down, digesting, absorbing necessary nutrients to be used to help sustain life and health on a cellular level, and create waste has never been seen by the naked eye. Pharmaceutical companies for example have spent billions if not more researching how manmade chemical derived drugs can be used to alter the body's natural homeostasis to suppress the symptom created by the body. Has anyone ever researched how apples can give the body nutrients to reverse these symptoms? I mean this is what nature had intended. In my humble opinion I would say virtually no.

The main reason for this is that an apple cannot be patented and sold as medicine. Again selling a food as medicine in America is illegal. If it cannot be patented, there is no control. It would be illegal to patent apples. This is a natural occurring fruit. Anyone could grow and eat apples and not get sick if for example an apple was the “cure” for sickness, illness, disease, and/or pain; in fact this is not far from the truth. Given this, there would be no need for multi-billion dollar pharmaceutical companies or the entire medical field for that matter again excluding traumatic injury.

One argument here might be that well everything is derived from nature. Yes this is true. However, aspirin does not grow on trees apples do. Aspirin is a manmade chemically derived substance. The combination of individual chemical elements might have come from nature, but the specific combination and quantity that ends up in aspirin did not. Keep in mind too that when certain elements are combined chemical reactions take place that can alter each individual element as they come together to form a chemical substance.

### **Health care is full of opinions and controversy.**

9. Everyone has their own opinion and health in general is a controversial constantly debated topic.

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According to the national census authority and United Nations Department of Economic and Social Affairs as of July 1, 2007 there were 6,723,380,100 people on planet earth, 1,326,085,000 (19.72%) in the People's Republic of China, 1,137,973,800 (16.93%) in India, 305,123,000 (4.54%) in the United States, 228,278,928 (3.47%) in Indonesia, etc. These 4 countries account for 44.66% of the world's population. If one were to line up every person on planet earth and ask them to give their opinion on various health related topics, my guess is each person would have their own opinion whether it be somewhat similar or dramatically different from the average person's opinion whatever that may be. One must find what he/she feels works for himself/herself. Again this document is about self education and empowerment. I believe in what is presented here, but I am sure not EVERYONE would. The one thing that I will stand behind is that God created and designed our bodies, I don't believe he feel short, and the body can self heal as it was designed to if given what it needs for example nutrition and not what it doesn't need for example toxins.

#### 10. There are always outliers.

The word outlier is a word used to describe a statistical anomaly to the "norm". [www.wikipedia.com](http://www.wikipedia.com) defines an outlier as "In [statistics](#), an outlier is an observation that is numerically distant from the rest of the [data](#). Statistics derived from data sets that include outliers may be misleading. For example, if one is calculating the [average](#) temperature of 10 objects in a room, and most are between 20 and 25 [degrees Celsius](#), but an oven is at 350 °C, the [median](#) of the data may be 23 (or middle of the data) but the [mean](#) (average) temperature will be 55. In this case, the median better reflects the temperature of a randomly sampled object than the mean. Outliers may be indicative of data points that belong to a different [population](#) than the rest of the [sample](#) set." It seems that there is always an outlier or that select group of people that despite all measures do not respond the same as the average person that yields no explanation nor understanding. The point is that even if one were to correct all of the items that I previously presented as being the main contributors to all sickness, illness, disease, and pain, there is a statistical probability that this will not work. However small that statistical probability maybe; it does in fact exist manifesting ultimately as what statistics defines as an outlier.

#### 11. Usually chemically derived nonprescription and prescription drugs work quicker to mask symptoms than natural remedies.

Again people don't get headaches because of a Tylenol deficiency, but more because of such things as nutritional deficiencies although there could be MANY causes as to why someone would suffer from a headache. No one likes to get headaches. Suppressing the pain caused by a headache is not necessarily a bad thing. The bad thing is to never get to the root cause of the problem and using Tylenol a nonprescription drug to suppress the symptom of a headache as Tylenol does have negative side effects. One should use natural,

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organic, and/or homeopathic based remedies to suppress symptoms and then get to the root cause of the symptoms.

Let's say that one is suffering from chronic Migraine headaches. Let's say that you take Tylenol to suppress the symptoms. The Tylenol effectively works in about 30 minutes to an hour to suppress the symptom of a headache most of the time. You are not "cured" of a headache because if you ever stop taking the Tylenol the symptoms are likely to come back at some point.

Let's say that for example the root cause of the problem of one's migraine headaches are due to chronic or mild dehydration or a candida yeast overgrowth (both of which will be discussed in more detail later) which is highly probable. One decides to get to the root cause of the problem which could be in this cause either dehydration or a Candida yeast overgrowth. Well to deal with chronic dehydration could take days or months and to properly deal with Candida yeast overgrowth could take weeks to months both depending on severity level. So it should be easy to see here that one approach took 30 minutes to an hour while another took days to weeks to months. Due to such things as misinformation and impatience many times people will take the "easy way out".

12. Many believe that because we are living longer we must be doing something right.

I won't deny that we MIGHT be living longer on average today than maybe a few hundred years ago, but not necessarily more healthy. Many people become sickly in their 40s, 50s, and 60s and then live another 30, 20, 10 years respectively, or less in sickness, illness, disease, and/or pain. If I was living with constant sickness, illness, disease, and/or pain I would not consider this living, but merely slowly dying. If one does conclude that we are living longer on average, I believe some of the main reasons this to be the case is that 100 years ago and beyond many causes of death were due to:

- Starvation, malnutrition, and dehydration caused by the sheer lack of food and water not because the food that was eaten was over processed, nutritionally deficient, non-organic, chemically laced, etc or because the water was deficient in minerals or chemically treated.
- Infant mortality or in other words there was a much greater chance that babies would die at much younger ages than what they do today.
- Traumatic injury caused by unforeseen accidents. Again there is a time and place for drugs and surgery. Drugs and surgery work well to save someone's life harmed due to a traumatic injury.
- Murder caused by one person taking the life of another for example in war. Many years ago this was considered acceptable and common.
- Infection caused by traumatic injury. In fact death due to infection is still high on the list of top killers of Americans or the general population for that matter.

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Drugs and surgery and modern science in general might have extended our life expectancy on the average, but not overall quality of life. Again if I was suffering from sickness, illness, disease, and/or pain in my 50s and continued to for another 30 years, I would not consider the last 30 years a happy, productive, fruitful, etc time of my life. I wouldn't mind living longer, but I would much rather live longer and healthy than longer and unhealthy.

Here is what Alan Goldhamer, D.C. director of the True North Health Center says about life expectancy in his article *Separating the Facts from the Myths*:

#### **“What makes life expectancy go up?”**

The popular media often imply that increases in life expectancy are due to the wonders of modern medicine. This is false. Increases in life expectancy are due almost entirely to a decrease in the infant mortality rate.

#### **Infant Mortality Rates.**

Infant mortality rates are statistics based on the number of infants born alive who do not survive. High infant mortality rates mean that many children are dying at an extremely young age. As more and more infants survive birth and early childhood, the infant mortality rates go down. And as these children grow into adulthood, their "additional" years of life make the average age at death go up.

Infant mortality in the U.S. has decreased from more than 100 per 1,000 in 1920 to 10.9 today. During this same time, life expectancy has been said to have increased from 54 to 74 years.

At first glance it looks like people are living 20 years longer now than in the past. But this figure is misleading because it is just an average. It could mistakenly lead you to think that in 1920 most people lived to approximately 54 years of age and that now they live to approximately 74. This is not the case.

Consider these facts. In 1920 an adult 60 years old could expect to live an average of 16 more years, to about 76. Today an adult 60 years old can expect to live 20 more years, to about 80. That is only a four-year difference that appears in the life expectancy figures.

Adults are not living 20 years longer now than they did in 1920. In fact, adults today live little longer than they did in 1920, which is before the development of the powerful modern medications that are often credited with life extension. What has dramatically improved is our chance of surviving to 60.

#### **Lies and Statistics**

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Mark Twain proclaimed that, "There are lies, damn lies, and statistics." Surely he is not alone in the conclusion that statistics don't lie, but liars use statistics. The statistics commonly used to describe "advances" in the area of life expectancy are misleading, at best.

The number of Americans who could expect to live to age 60 in 1830 was only one-third. By 1900 it was one-half. By 1940 it increased to two-thirds. And today, the number who survives to age 60 is over 80%.

People are still dying prematurely, compared to what is believed to be our genetically determined maximum life span. But what we are dying from has changed greatly.

### **Causes of Death**

Acute disease processes, such as tuberculosis (TB), predominated in 1840. In 1900 the death rate from TB was 194 per 100,000. By 1925 it had dropped to half that number. By 1940 it had been cut in half again. By the time the drug streptomycin was introduced in the late 1940s, more than 90% of the TB cases had already been eliminated. Deaths from all acute diseases declined more than 98% in the first 80 years of this century.

Credit for the decline in TB and other acute disease processes cannot be claimed by proponents of modern medicine. The decline came about primarily because of improved housing, sanitation, nutrition, and other lifestyle measures introduced by the early hygienists, most of whom were disenchanting medical doctors-and other health reformers.

With the virtual elimination of acute conditions resulting in death, there has been a shift in the recorded causes of death. Today, chronic conditions are the predominant cause. **Atherosclerosis, cancer, diabetes, arthritis, emphysema, and cirrhosis cause more than 80% of deaths and 90% of disability.**

Obviously, any attempt at life extension must include a plan to delay, minimize, avoid, or eliminate these chronic degenerative disease processes. Since Natural Hygiene places emphasis on removing the causes of disease and on supplying the requirements of health, including the areas of diet, environment, activity and psychology (DEAP), it offers us the greatest plan and opportunity for a long and vital life and a chance to fulfill our full biological potential."

Another interesting fact is that although we might be living longer on average now than a 100 plus years ago Americans are not living as long as other people around the globe yet we spend the most on healthcare. According to an article by the *Los Angeles Times*:

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## **Finding Nature and the Healer Within**

### *One's Alternative to Drugs and Surgery*

“Americans are living longer than ever, but not as long as people in 41 other countries.

For decades, the United States has been slipping in rankings of life expectancy, as other countries improve healthcare, nutrition and lifestyles.

Countries that surpass the United States include Japan and most of Europe, as well as Jordan, Guam and the Cayman Islands.

“Something’s wrong here when one of the richest countries in the world, the one that spends the most on healthcare, is not able to keep up with other countries,” said Christopher Murray, head of the Institute for Health Metrics and Evaluation at the University of Washington.

A baby born in the United States in 2004 is expected to live an average of 77.9 years. That ranks 42nd, down from 11th two decades earlier, according to international numbers provided by the Census Bureau and domestic numbers from the National Center for Health Statistics.

Andorra, a tiny country between France and Spain, had the longest life expectancy, at 83.5 years, according to the Census Bureau.

It was followed by Japan, Macao, San Marino and Singapore.

The shortest life expectancies were clustered in sub-Saharan Africa, a region that has been hit hard by HIV and AIDS, famine and civil strife. Swaziland has the shortest, at 34.1 years, followed by Zambia, Angola, Liberia and Zimbabwe.

Researchers say several factors have contributed to the United States falling behind other industrialized nations. A major one, they say, is that 47 million people in the United States lack health insurance, whereas Canada and many European countries have universal healthcare.

But “it’s not as simple as saying, ‘We don’t have national health insurance,’ ” said Samuel B. Harper, an epidemiologist at McGill University in Montreal. “It’s not that easy.”

Among the other factors researchers cite:

Adults in the United States have one of the world’s highest obesity rates. Nearly a third of those 20 or older are obese, according to the National Center for Health Statistics. “The U.S. has the resources that allow people to get fat and lazy,” said Paul D. Terry, an assistant professor of epidemiology at Emory University in Atlanta. “We have the luxury of choosing a bad lifestyle as opposed to having one imposed on us by hard times.”

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Racial disparities. Black Americans' average life expectancy is 73.3 years, five years less than white Americans'. Black American males have a life expectancy of 69.8 years, slightly shorter than in Nicaragua and Morocco.

A relatively high percentage of babies born in the United States die before their first birthday, compared with other industrialized nations: 6.8 deaths for every 1,000 live births. Forty countries, including Cuba, Taiwan and most of Europe, had lower infant mortality rates in 2004. The rate for black Americans was 13.7, the same as Saudi Arabia.

“It really reflects the social conditions in which African American women grow up and have children,” said Dr. Marie C. McCormick, professor of maternal and child health at the Harvard School of Public Health. “We haven't done anything to eliminate those disparities.”

Another reason for the U.S. drop in the rankings is that the Census Bureau now tracks life expectancy for many more countries – 222 in 2004 – than it did in the 1980s.

Murray said improved access to health insurance could increase life expectancy. But he said he doubted that the United States would move up in the rankings as long as the healthcare debate was limited to insurance. He said policymakers also should focus on reducing cancer, heart disease and lung disease. He advocates stepped up efforts to reduce tobacco use, control blood pressure, reduce cholesterol and regulate blood sugar.

“Even if we focused only on those four things, we would go a long way toward improving healthcare in the United States,” Murray said.”

#### 13. Advertisement is convincing.

Think about all of the companies that are constantly advertising to us as Americans:

- Coke
- Pepsi
- Dr. Pepper
- Mountain Dew
- 7UP
- Sprite
- Gatorade
- Kraft Foods Incorporated
- Mars Incorporated
- Campbell Soup Company

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- Dannon Incorporated
- Snaple Beverage Corporation
- Andy's Frozen Custard
- Arby's
- Burger King
- Braum's
- Carl's Jr.
- Chick-fil-A
- Church's Chicken
- Dairy Queen
- Domino's Pizza
- Dunkin' Donuts
- Einstein Bros. Bagels
- Grandy's
- Hardee's
- Jack in the Box
- Jimmy John's
- KFC
- Krispy Kreme
- Little Caesar's
- Long John Silver's
- McDonald's
- Panda Express
- Papa Gino's
- Papa John's
- Pizza Hut
- Popeyes Chicken & Biscuits
- Quiznos Sub
- Sonic
- Steak n Shake
- Subway
- Taco Bell
- Taco Bueno
- Taco Mayo
- Wendy's
- White Castle
- Johnson and Johnson
- Pfizer
- Bayer
- GlaxoSmithKline

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- Novartis
- Sanofi-Aventis
- Hoffman-La Roche
- AstraZeneca
- Merck & Co.
- Abbot Laboratories
- Bristol-Myers Squibb
- Eli Lilly and Co.
- Amgen
- Baxter International
- Procter & Gamble

No; this isn't a complete list, but hopefully the point is being made that we are constantly bombarded by advertisement. Many of these companies sell manmade processed foods, beverages, non prescription and prescription drugs, toxic cleaning supplies, toxic personal care products, toxic makeup, etc. The foods are nutritional deficient and full of toxins. Most of the beverages don't have any nutritional value and have artificial sweeteners such as Aspartame (Aspartame will be discussed more later) in them. The cleaning supplies, personal care products, and makeup are toxic and bad for our health. If used, these products end up in our bodies and can cause sickness, illness, disease, and/or pain.

Many of these companies spend millions if not billions in advertisement dollars every year in one hope that is to sell more of the product they make. As I have already mentioned any company that is publically traded means they have to sell more products to increase profits thus shareholder value over time. If share holder value does not increase over time, no one will invest in the company and it will go out of business. It is that simple. Publically traded businesses are in business to do one thing that is to make money and more money over time to increase the value of the company and thus stock. Making more money is the number one most important goal of most publically traded corporations not people's health. The commercials, ads, and etc that these companies make are VERY deceptive and convincing. They lead us to believe that our lives will be better if we use their products.

I just saw a Gatorade commercial the other day. It was so cool. There were famous basketball players in the commercial. The sound effects were amazing. I was captivated the entire length of the commercial due to the wide array of colors and camera angles used. The people in the commercial seemed to have super human strength because they were drinking Gatorade. The commercial made subtle hints that made one believe they would be healthier, fitter, stronger, more capable, etc when drinking Gatorade. Having not known the truth I would have been totally convinced I NEEDED to drink Gatorade. This simply is just not the case. The body does not need a manmade manufactured beverage like Gatorade to sustain health and for that matter life. The body needs water full of natural

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occurring minerals, herbal teas, or fresh squeezed juices from fruits and vegetables for example.

The commercials for Pharmaceuticals seem to be even more deceptive and convincing. Have you ever seen the commercial for Celebrex? You can watch a commercial that can be found here: [www.celebrex.com](http://www.celebrex.com). It is so amazing that the side effects seem to be many times more dangerous than the benefits which seem to only be reducing **SOME** of the pain **SOME** of the time for those suffering from Arthritis.

According to [www.rxlist.com](http://www.rxlist.com) some noted side effects of taking Celebrex are the following:

<b>Gastrointestinal:</b>	Constipation, diverticulitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, gastroesophageal reflux, hemorrhoids, hiatal hernia, melena, dry mouth, stomatitis, tenesmus, tooth disorder, vomiting
<b>Cardiovascular:</b>	Aggravated hypertension, angina pectoris, coronary artery disorder, myocardial infarction
<b>General:</b>	Allergy aggravated, allergic reaction, asthenia, chest pain<, cyst NOS, edema generalized, face edema, fatigue, fever hot flushes, influenza-like symptoms, pain, peripheral pain
<b>Resistance mechanism disorders:</b>	Herpes simplex, herpes zoster, infection bacterial, infection fungal, infection soft tissue, infection viral, moniliasis, moniliasis genital, otitis media
<b>Central, peripheral nervous system:</b>	Leg cramps, hypertonia, hypoesthesia, migraine, neuralgia, neuropathy, paresthesia, vertigo
<b>Female reproductive:</b>	Breast fibroadenosis, breast neoplasm, breast pain, dysmenorrhea, menstrual disorder, vaginal hemorrhage, vaginitis
<b>Male reproductive:</b>	Prostatic disorder
<b>Hearing and vestibular:</b>	Deafness, ear abnormality, earache, tinnitus
<b>Heart rate and rhythm:</b>	Palpitation, tachycardia
<b>Liver and biliary system:</b>	Hepatic function abnormal, SGOT increased, SGPT increased
<b>Metabolic and nutritional:</b>	BUN increased, CPK increased, diabetes mellitus, hypercholesterolemia, hyperglycemia, hypokalemia, NPN increase, creatinine increased, alkaline phosphatase increased, weight increase
<b>Musculoskeletal:</b>	Arthralgia, bone disorder, fracture accidental, myalgia, neck stiffness, synovitis, tendinitis
<b>Platelets (bleeding or clotting):</b>	Ecchymosis, epistaxis, thrombocythemia
<b>Psychiatric:</b>	Anorexia, anxiety, appetite increased, depression, nervousness, somnolence
<b>Hemic:</b>	Anemia
<b>Respiratory:</b>	Bronchitis, bronchospasm, bronchospasm aggravated, coughing, dyspnea, laryngitis, pneumonia
<b>Skin and appendages:</b>	Alopecia, dermatitis, nail disorder, photosensitivity reaction, pruritus, rash erythematous, rash maculopapular, skin disorder, skin dry, sweating increased, urticaria
<b>Application site disorders:</b>	Cellulitis, dermatitis contact, injection site reaction, skin nodule
<b>Special senses:</b>	Taste perversion

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<b>Urinary system:</b>	Albuminuria, cystitis, dysuria, hematuria, micturition frequency, renal calculus, urinary incontinence, urinary tract infection
<b>Vision:</b>	Blurred vision, cataract, conjunctivitis, eye pain, glaucoma

Scary isn't it...? I think I would rather just stick with my arthritis pain. I don't believe that everyone that takes Celebrex will experience all of these side effects. They may only suffer from one, while another several. The truth is no one knows all of the potential side effects of Celebrex or any other non prescription or prescription drug for that matter. There are several reasons for this such as individual diet, physiology, synergistic interactions, etc. This will be discussed in much greater detail later. The point is Celebrex doesn't solve any problems (i.e. arthritis), only tends to mask the symptoms (i.e. arthritis pain) of one problem only to create several other problems. Of course the real solution is to get to the root cause of the arthritis that is causing the pain such as addressing nutritional deficiencies, riding the body of toxins, or riding the body of a Candida Yeast overgrowth (this will be discussed in greater detail later).

14. People believe that the Government, the Food and Drug Administration, Corporations, etc act in their best interest relating to health and wellness.

This is just simply not the case. The big problem with the American Government and any company is that most all companies have a lobbyist that represents them. In short, lobbyists give members of Congress money and etc to sway decisions in the company's favor helping to increase the company's profits over time. This is not cynical this is just sadly fact. Trust me the Government is not looking out for your health and well being as number one priority. Thinking the FDA will protect you is as likely as a pharmaceutical company "curing" sickness, illness, or disease. Again no sickness, illness, or disease has been "cured" in over 50 years, yet the rates of disease have been on the steady rise...this is just fact. The FDA has approved all of the non prescription and prescription drugs, for example, yet as I have said the only difference between these drugs and poison is dosage and intent. Trust me the FDA is not looking out for your health and well being as number one priority. I think I have already said enough about major corporations in the previous few paragraphs. Trust me major companies are not looking out for your health and well being as number one priority. They are looking out for their profits as number one priority.

## **Chapter 2: How to Start Off Right**

Before we get into the "nuts and bolts" of this book I would like to specifically say that one of the number one most important keys to health and vitality is to see a homeopathic and/or naturopathic doctor that does not use drugs and surgery to treat only symptoms one that takes the holistic approach to health. Every person is different and needs specialized treatments. I cannot provide this in this book. I can only help you to become self educated.

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Keeping in mind that some doctors are great some are horrible one will run across all kinds. One must find one he/she is comfortable with. It is important that one find a competent holistic doctor to help guide one to health and vitality. I always recommend getting several opinions. It is not possible for this book to give all the answers. Again the point of this book is merely education nothing more nothing less. For specific treatments, one MUST go see a licensed health care practitioner that practices holistic medicine preferably in the fields of homeopathy or naturopathy.

#### ***The Holistic approach to health should be the only approach.***

One must take the holistic (homeopathic and/or naturopathic) approach to one's health and well being specifically when talking about dealing with cancer or any other degenerative disease for that matter. The holistic approach is to treat the body, mind, and spirit not just the symptom and to get to the root cause of the symptom. Here is how [www.wikipedia.com](http://www.wikipedia.com) defines holism “**Holism** (from *holos*, a [Greek](#) word meaning *all, entire, total*) is the idea that all the properties of a given [system](#) (biological, chemical, social, economic, mental, [linguistic](#), etc.) cannot be determined or explained by its component parts alone. Instead, the system as a whole determines in an important way how the parts behave.” I think this definition sums it up fairly well.

#### ***Treating symptoms versus treating the root cause of symptoms why western medicine has failed us.***

Let me give a few examples here of how a conventional western doctor would treat a symptom and how a homeopathic doctor would treat the root cause of the symptom. Let's say one had diarrhea for example and if one were to go to a conventional doctor he/she would say hmm...you have diarrhea well here take this Pepto-Bismol (i.e. a nonprescription drug) or maybe some prescription medication to suppress the symptom. Unfortunately this does not address the root cause which could be a toxic liver and at the end of the day taking Pepto-Bismol is the worst thing that one could do as this will prevent the liver from detoxifying itself naturally and the body healing itself and returning to a state of balance and homeostasis.

The homeopathic doctor would not treat just the symptom and would also ask well why does one have diarrhea? Could it be due to a toxic liver, negative reaction to a foreign strand of bacteria, food allergy, a Candida Yeast and/or Fungal overgrowth, or possibly a combination of these (it should also be noted that my 14 items cover most of these potential causes and that food allergies are usually triggered by the 14 items above)? Once it was confirmed that the cause of the diarrhea was due to a toxic liver, for example, the question then would be why does one have a toxic liver? This is undoubtedly due to the fact that one is putting too many toxins in one's liver by such things as what one eats, drinks, puts on one's skin, breathes, etc. The homeopathic doctor would say how can one work to not

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put so many toxins in the body and/or how can we help aid the liver in the natural removal of toxins...make sense? One method (western) was to treat the symptom and the other homeopathic (holistic) was to treat the root cause of the symptom.

Let's look at another common example. Let's say one had a headache or even worse a migraine headache. The western doctor would prescribe maybe Tylenol or some other non prescription or prescription drug to suppress the symptoms of the headache or migraine.

The homeopathic doctor would say well what could be causing your symptoms? Could it be due to a Candida Yeast and/or Fungal overgrowth, excessive stress, chronic dehydration, lack of sleep, poor diet, toxins in the most general sense, eye strain, excessive exposure to fluorescent light (or in other words electromagnetic chaos), the specific consumption of artificial sweeteners such as Aspartame or Splenda, or some combination? Again I have no idea what could be the cause, but headaches are definitely not caused due to a non prescription or prescription drug deficiency such as Tylenol. This is why it is important to get treated by a certified homeopathic doctor. One must find a certified homeopathic doctor that can evaluate all areas of one's life physically, mentally, and spiritually to better assess the exact cause or causes of the headache or migraine. Again one method (western) was to treat the symptom and the other homeopathic (holistic) was to treat the root cause of the symptom.

I want to give one last example. First I want to paint a picture for you. Let's say you take a rock and start banging your hand. Eventually if not immediately, depending on the force, one will experience pain or in the simplest sense traumatic cellular destruction. Let's label the pain as the symptom and the rock as the cause of the symptom. Western medicine would typically go after suppressing the symptom in this case the pain by either removing the hand using surgery, removing the hand and implanting a new or artificial hand using surgery, putting a cover over the hand to shield it from the rock using surgery, using a non prescription or prescription pain killing drug, or potentially a combination of these solutions. One single solution or combination might get rid of the pain, however, the major problem is that the symptom or the rock is still there! So the solution that western medicine provides is potentially only TEMPORARY, is likely to have many negative side effects, and often very expensive in the case of surgery. The goal should be to get rid of the rock. Once the rock is eliminated, the body can self heal, return to a state of homeostasis, and the pain go away PERMANENTLY and with hopefully no negative side effects.

Now let me give a real life example. I had a friend that was having chest pains. Long story short one of the blood veins that runs down his chest had become inflamed. Of course none of the western doctors knew what was causing the inflammation or in other words what the rock was. However, the western doctors did know about a surgical technique that could be used to resolve the symptoms in this case an inflamed artery or like in the rock example the pain. The surgery consisted of inserting an artificial vein on the inside of the

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artery. While the cause or the rock was still there the symptom was effectively eliminated. Everyone that heard the story praises the doctors, especially family members. Everyone says that his life was saved by the doctors. Western medicine is hailed to have “cured” my friend.

Is this really true...? Now of course only God knows why my friend's vein became inflamed, but like I had said before there is only one cause malfunctioning cells. Why do cells malfunction I have given what I believe to be the main contributors above. Now if I had to simplify what caused my friend's vein to become inflamed I would say that after almost 8 decades of being exposed to toxins such as chlorine, hydrogenated oils, manmade homogenized dairy products, various heavy metals (as well as the 1000 or so other toxins and additives in our food, water, and air) as well as suffering from specific nutritional deficiencies and a Candida Yeast overgrowth my friend's artery walls had become severely damaged. The cellular damage reached a tipping point. Or in other words the artery walls were becoming damaged faster than they were being repaired thus equaling a majority of unhealthy cells of the artery walls. A damaged and weak artery is much more susceptible to toxins and their negative effects. It could have been a combination of toxins that “was the straw that broke the camel's back” or in other words logged in the artery walls causing the body to react with inflammation. Remember too that our bodies were not designed to handle such chemical toxic attacks as chlorine. Thus it will exhibit unnatural behaviors.

The point here is that the western doctors did not remove the rock, they removed the symptom. I believe in removing the rock and the symptom not just the symptom. We don't need million dollar surgical techniques and devices to remove the rock. We need to use nature and our bodies that are ultimately given to us at no charge to remove the rock, the symptoms, and simply self heal!

### **Suppression of symptoms is not a bad thing.**

Let me also make the point that suppressing some undesired symptoms such as pain is not a bad thing. What is bad is when one uses non prescription or prescription drugs that are unnatural (in other words do not occur naturally in nature as God had intended). Please keep in mind here that nature (natural remedies) and God are all hand in hand and are one in the same as I had said earlier. One must use homeopathic remedies, for example, if it is desired to suppress any given symptom ones that are natural, organic, and do not have harmful chemicals resulting in negative side effects leading to continued sickness, illness, disease, or pain. Remember we are not a chemically derived species, but rather organic. So why would we want to put manmade toxic chemicals in our bodies?

### **There are natural alternatives to help reduce or eliminate pain that work.**

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Speaking of pain it would be worth mentioning here that the best all natural organic substance that I have found to help alleviate pain is Dimethyl Sulfoxide (DMSO). DMSO is a simple by-product of wood. The FDA has not approved DMSO for general medical use of any kind. DMSO has been approved (Rimso 50 by prescription) only for injection directly into the human bladder. For this reason DMSO is sold as a solvent only. Any other use without a prescription is at the sole discretion of the user. Here is a short list of some other wonderful side benefits not side effects of DMSO:

1. Reducing pain all over the body and various types, but specifically for damaged or arthritic joints.
2. Reducing inflammation.
3. Reducing swelling.
4. Improving overall circulation.
5. Reducing sun burn.
6. Restoring normal function all over the body.
7. Helping to speed overall cellular healing and regeneration all over the body.
8. Helping to alkalize the blood.
9. Adding oxygen to the blood.

I am no expert in DMSO and this is but a short list of all the reported benefits of DMSO. I recommend reading "DMSO Nature's Healer" by Dr. Morton Walker. From personal experience I can say that I was experiencing pain, swelling, and inflammation in my ankle for 3 weeks after a long run. I turned to DMSO. I found a 99.9% pure DMSO 50% solution (diluted with water) and mixed with honey to help reduce skin irritation that can be found here <http://www.dmsso-use.com/Store/>. It is 100% all natural and organic. After only two days of applying once in the morning and once at night, I experienced 100% relief from the pain, swelling, and inflammation in my ankle with no noted negative side effects. I found that DMSO worked the best when applied as a wrap, however, slight skin irritation may result. Any time I have pain, I typically use DSMO. I recommend consulting with a health care practitioner and reading the book "DMSO Nature's Healer" by Dr. Morton Walker before using DMSO for any medical application.

Here are some other natural alternatives to pain:

1. Acupressure: [www.acupressure.com](http://www.acupressure.com)
2. Acupuncture: [www.ccaom.org](http://www.ccaom.org)
3. Chiropractic: [www.chiropractic.org](http://www.chiropractic.org)
4. Devil's claw
5. Boswellia (works well for reducing inflammation thus helps to reduce pain caused by inflammation)
6. Turmeric (works well for reducing inflammation thus helps to reduce pain caused by inflammation)

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7. Yucca (works well for reducing inflammation thus helps to reduce pain caused by inflammation)
8. Ashwagandha (works well for reducing inflammation thus helps to reduce pain caused by inflammation)
9. Pau d' Arco (works well for reducing inflammation thus helps to reduce pain caused by inflammation)
10. Licorice Pepper
11. Yerba Mate' Leaf
12. Sympacho Tea:  
<http://herbal-remedies-usa.ecommerce-site-search.com/?page=1&query=sympacho+tea>
13. Flax Seed
14. Magnetic Therapy
15. Ginger Root
16. Cayenne
17. Green Tea
18. Vitamin D
19. Noni Juice
20. Body Talk: [http://www.bodyenergies.com/Body\\_Talk/index.htm](http://www.bodyenergies.com/Body_Talk/index.htm)
21. Aromatherapy: [www.aromatherapy.com](http://www.aromatherapy.com)
22. Biofeedback
23. Visualization and Guided Imagery: [www.mbmi.org](http://www.mbmi.org)
24. Body Work and Message
25. Energy Medicine: <http://www.energy-medicine.info/energy-medicine.html>
26. Callahan Techniques (Thought Field Therapy): [www.tftrx.com](http://www.tftrx.com)
27. Energetic Rebalancing
28. Soft Laser Therapy

Plus many more, but this is a good start. I also highly recommend the book "Pain Free for Life" by Darrell Stoddard. I would also like to add that pain is big business in America in fact one of the biggest. So like I said suppressing some undesired symptoms such as pain is not a bad thing. One must ensure to get to the root cause of the pain as well and drugs and surgery are primarily used to go after the symptom of pain not address the root cause of the problem which could be due to such things as toxins in the body or nutritional deficiencies. Again in my humble opinion here are the main causes of all pain excluding traumatic injury of course:

1. One might have too many toxins in one's body that one is not getting out.
2. One might have nutritional deficiencies.
3. One is exposed to and negatively affected by electromagnetic chaos.
4. One might have disturbances of the various energy fields and states of the human body.

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5. One might have trapped emotional and mental stress.
6. One might have a Candida Yeast overgrowth.
7. One might not have a balanced Ph.
8. One might be suffering from mild or chronic dehydration.
9. One might have skeletal misalignments.
10. One might think negative thoughts and speak negative words.
11. One might not get enough physical exercise.
12. One might be slightly if not dramatically over weight.
13. One might not be getting enough or proper sleep.
14. One might not be getting enough oxygen.

So it is not a bad thing to temporarily suppress the symptom of pain so long as what is used to suppress the symptom of pain is not a toxic, nonorganic, manmade, and chemically derived drug, but rather organic, holistic, and natural. The best solution to pain in my humble opinion is to use organic, holistic, and natural remedies to temporarily suppress the symptom and then figure out which of the above items could be the cause and correct that. This way one will be pain free for life not just temporarily. Do I know what the one specific cause of any one person's pain is? Absolutely not in fact I will guarantee that I don't. I believe that that the main causes are the above items, however, some may play a more specific role while others more general if not at all. The easiest solution is to just go after and fix all of them as well as apply logic and reason on a personal case by case basis. Hopefully by becoming educated by reading this book and performing other research one could better hone in on the cause or causes.

#### **What is causing my symptoms?**

Here is a challenge I propose to ask the next time visiting with a western doctor about any form of sickness, illness, disease, or discomfort. If the doctor prescribes drugs and/or surgery to suppress a symptom ask "well do you know what is causing my symptoms? Will the drugs and/or surgery get to the root cause of the problem or temporarily suppress the symptom?" See that is what baffles me to no end. These doctors that make more money in a year than some do in their entire life time can't answer this question "What is causing my symptoms?" If they do happen to know the cause, then I would ask "How then can I get to the root cause of my symptom?" And this question of course is universes beyond their comprehension, but if they answer these two questions then I would ask "If you know what is causing my symptom and how to get to the root cause of my symptom, will what you do to get to the root cause of my symptom have any negative side effects? If there are negative side effects to the treatment, do you have an alternate treatment that does not have any negative side effects?" Remember all drugs have negative side effects even if not stated on the bottle or known by the doctor prescribing them.

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**To find healing from an undesired symptom one must find the root cause of the symptom.**

Again the solution to sickness, illness, disease, or pain will ALWAYS start with the same question that is to determine what the cause is of one's symptoms. This is the most important question that one can ask his/her doctor. If the doctor says bad genes or hereditary affects, he/she is only saying that because the doctor doesn't know what is causing your symptoms. If one doctor can't answer what is the cause of your symptoms, then go see another one until you are able to find one that does. MOST western doctors can NEVER answer the question of "What is causing my symptoms?" Everything that western doctors have been taught and practice tells them to just suppress the symptoms.

### **Chapter 3: Discovering the root cause of virtually all sickness, illness, and disease.**

**I don't smoke or drink so I must be healthy.**

I hear this all the time "I don't smoke or drink so I must be healthy". Trust me this doesn't even skim the surface of health. Of course I don't condone smoking or drinking, but I can surely say that just by not smoking or drinking will not safe guard you from having health issues. I know plenty of people that have never smoked or drank their entire life and are extremely unhealthy, suffering from such diagnosable diseases as diabetes, multiple sclerosis, fibromyalgia, etc.

According to <http://www.americanheart.org>:

In the United States, an estimated 26.2 million men (23.5 percent) and 20.9 million women (18.1 percent) are smokers. These people are at higher risk of heart attack and stroke. The latest estimates for persons age 18 and older show...\*

- Among whites, 23.5 percent of men and 18.8 percent of women smoke (2006).
- Among blacks, 26.1 percent of men and 18.5 percent of women smoke.
- Among Hispanics, 20.1 percent of men and 10.1 percent of women smoke.
- Among non-Hispanic Asians, 16.8 percent of men and 4.6 percent of women smoke.
- Among American Indians/Alaska Natives, 35.6 percent of men and 29.0 percent of women smoke.

*\* National Health Interview Survey (NHIS), 2006, National Center for Health Statistics*

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So roughly only about 25% of the American population is smoking. So if smoking is such a major risk to health then why are 75% of us dying from degenerative diseases? Assuming that 25% of the people from the 75% smoke that's only 18.75% what about the other 56.25%? The numbers just don't make sense. There is so much more to the equation of health than not smoking.

I personally believe that eating processed foods such as McDonalds has a far higher chance of dramatically effecting one's health as compared to smoking and drinking. My Dad has smoked 1-3 packs per day for 40yrs and while I am sure this has affected his health he has suffered from no diagnosable disease as a result. However, take Morgan Spurlock who ate McDonalds for only 30 days straight in his movie "Super Size Me". He almost died and experienced the following:

1. He gained 24.5lbs.
2. His liver turned to fat and was shutting down.
3. Cholesterol went from 165 to 230 this is a 40% increase.
4. Body fat went from 11 to 18% this is a 64% increase.
5. According to the doctors he had doubled his risk of heart disease.
6. According to the doctors he was twice as likely to have heart failure.
7. He was constantly depressed and experienced frequent mood swings.
8. He was constantly exhausted and had no sex drive.
9. He experienced massive food cravings and if he didn't eat the food he would get headaches.

40yrs. = 14,600 days vs. 30 days, 30 days is only .205% of 14,600. Again the numbers just don't make sense here. There is so much more to the equation of health than not smoking. If this isn't evidence enough, I don't know what is.

I couldn't really find any good numbers showing how many people drink alcohol. However, if you drink excessively every day for years or decades, you might very well have relating health issues. However, a few drinks per week or month, in my opinion, will not have devastating health effects or possibly none. What I do think is more devastating to one's health is not the alcohol necessarily it's how it's made. First off I can almost guarantee that no alcoholic products are made with filtered water. So the water is likely to have chlorine, fluoride, heavy metals, and other chemicals present that are extremely detrimental to one's health. Any sort of produce that is used is likely to not be organic so it is likely to be full of chemicals such as herbicides, pesticides, fertilizers, etc that are extremely detrimental to one's health.

Now continuing our discuss, to restore health one MUST stop giving the body what it doesn't need (Toxins) and start giving it what it does need (Nutrition) in order for it to be able to correct itself and return to a state of homeostasis and balance and thus self heal.

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Think about this our bodies have regenerative capabilities. Our bodies are continually working to rebuild and replace the cells in our bodies that comprise the organs, muscles, epidermis, bones, tendons, ligaments, blood, etc. Many portions of our bodies are rebuilt some in a matter of days others several months to years. The body knows what is wrong and how to correct itself. The real question is does the body have what it needs (nutrition) and not what it doesn't need (toxins) for example in order to make these necessary corrections and to rebuild the dead and dying cells.

In my humble opinion, here are the main causes of virtually ALL sickness, illness, disease, and many times pain:

1. One might have too many toxins in one's body that one is not getting out.
2. One might have nutritional deficiencies.
3. One is exposed to and negatively affected by electromagnetic chaos.
4. One might have disturbances of the various energy fields and states of the human body.
5. One might have trapped emotional and mental stress.
6. One might have a Candida Yeast overgrowth.
7. One might not have a balanced Ph.
8. One might be suffering from mild or chronic dehydration.
9. One might have skeletal misalignments.
10. One might think negative thoughts and speak negative words.
11. One might not get enough physical exercise.
12. One might be slightly if not dramatically over weight.
13. One might not be getting enough or proper sleep.
14. One might not be getting enough oxygen.

I will talk about each one of these items individually. There are books, years of research, articles, etc that are dedicated to each one of these items individually. If one would like to learn more about anyone of these items, I suggest reading the books that I have recommended throughout this book. One other note here is that some of these items do not act independently of one another. For example one might not be getting proper sleep due to items 1 – 12 and 14. 3 could be the underlying cause or just one of the causes of item 4 and so forth. This will be discussed further.

If any 1 if not all of these are true to some degree, one will at some point in one's life either catch something from someone else that will cause one sickness, illness, or disease else one will develop something inside one's body that will cause sickness, illness, or disease. In the case of cancer one has developed something inside one's body which is causing symptoms categorized by the set of symptoms called cancer. Keep in mind although I have stated that there are only these few simple causes of sickness, illness, disease, and many times pain everyone has different levels of nutritional deficiencies, different amounts and

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constituent types of toxins in their body, exposed to different levels and affected differently by electromagnetic chaos, have different levels of stress, etc that could cause similar or dramatically different symptoms on a case by case basis. Just like I stated what works for one will not necessary work for another as well as what effects one in some negative fashion will not necessary be the same for another.

According to the World Health Organization:

Cancer is a leading cause of death worldwide. The disease accounted for 7.9 million deaths (or around 13% of all deaths worldwide) in 2007. The main types of cancer leading to overall cancer mortality each year are:

- lung (1.4 million deaths/year);
- stomach (866,000 deaths)
- liver (653,000 deaths)
- colon (677,000 deaths)
- breast (548,000 deaths).

About 72% of all cancer deaths in 2007 occurred in low- and middle-income countries. Deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030.

The most frequent types of cancer worldwide (in order of the number of global deaths) are:

- Among men - lung, stomach, liver, colorectal, esophagus and prostate
- Among women - breast, lung, stomach, colorectal and cervical.

The numbers just don't lie. Cancer is killing us as Americans and as a civilization. Again in a later chapter I will discuss more numbers regarding health.

**Question: What is cancer? Answer: It is a man-made manufactured disease that manifests itself as a cellular destruction of our bodies.**

I want to take a brief moment to give a very simple explanation of what cancer is. Everyone has "cancer". If one's immune system is strong, cancer will not thrive throughout the body. In the case of one being diagnosed with cancer one has a weak immune system due to one if not all of the items stated above. Let's take a minute to talk about cells. A cell should be thought of as the smallest unit of an organism that is living. A human cell is ultimately a miniature replication or version of the human body. Although a cell is wildly complicated, I am going to give a very simplified version of what a cell is. For further explanation of a cell one should read the book "*Biology of Belief*" by Bruce H. Lipton PhD. A cell is ultimately a grouping of a million or so molecules and molecules are groupings of two or

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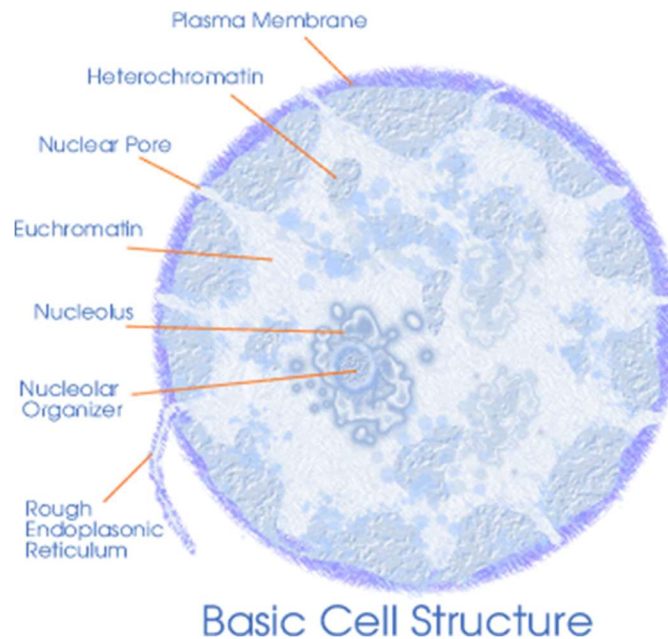
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a million or so atoms and each atom contains one or more electron(s) that circle(s) its own nucleus containing protons and neutrons the fundamental building blocks of all life and matter. Of course one has a trillion or so cells throughout one's body that could either be blood, skin, bone, heart, liver, kidney, gallbladder, tendon, muscle, hair, etc.

Here are a few images of cells that help to better depict a cell's composition taken from <http://www.firsportstherapy.com> and <http://www.kinecare.net> respectively.

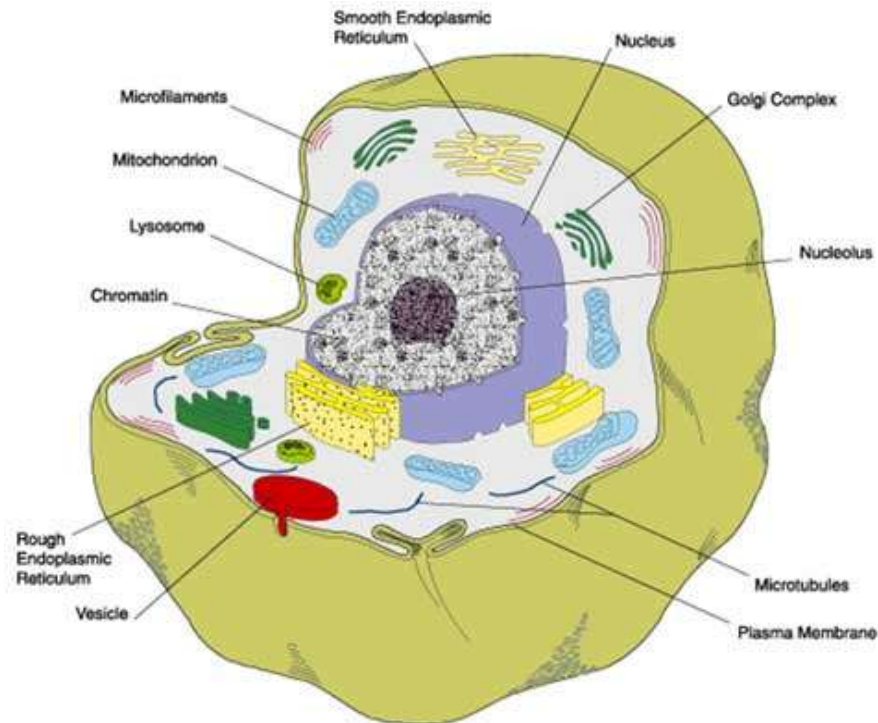


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To simplify things here let's just take two case scenarios. One is that one has nutritional deficiencies. The other is that one has toxins in the body that one is not getting out. Now, let's focus on nutritional deficiencies for a minute. The cells of the body need nutrition to sustain life. If the cells that comprise one's body do not receive proper nutrition, they will either prematurely die or not perform the functions they were meant to at optimum levels. It is that simple.

Now, let's focus on toxins in the body for a minute. If the cells that comprise one's body encounter toxins, the cells will either properly "combat" or avoid the toxins in which case the toxins will have no affect on the cells or will "combine" or molecularly bind with the cells causing harm leading to premature death and/or mutation. It is that simple. Now the fact that cells are dying in our bodies is a normal part of the body's function. The beautiful thing about the body is that it absolutely has the ability to self regenerate and it replaces dying cells with new living cells every second of every minute of every day. This by way of Nature's grand design is the process by which the body was meant to function as in replace dying cells with new living cells. The real question at hand is; is the number of dying cells being replaced by the same number of living cells and are the dying cells getting out of the body. If more cells are dying than are being replaced, then "aging" in its simplest sense is the result. If more cells are dying than are being replaced, then degeneration is the result that could ultimately lead to the development of degenerative diseases such as "cancer" in this example. It is that simple.

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So in combining nutrition and toxins with respect to cellular health and life, cells need nutrition to sustain a healthy life and properly regenerate and replicate and cells must avoid toxins else premature death or mutation will result. So in essence "Cancer" is the cellular destruction of one's body as a result of cells dying prematurely or mutating, not being purged from the body, and not being replaced by new, healthy, and living cells. This happens because of many reasons 2 of the items from the list above were used as an example here, nutritional deficiencies and toxins respectively. Again there are many reasons and I have outlined what I believe to be the main ones as shown above and have used 2 as examples here.

Unfortunately the average American is nutritionally deficient (thus the cells are either dying prematurely or are not functioning at optimum levels) and full of toxins (thus causing the cells to not function properly, prematurely die, or mutate). So the number of Americans with and getting and dying of cancer continues to rise year after year because we continue to fill our bodies with more and more toxins (not only more quantity but also different types) and receive less and less nutrition from food again for example. Now ask yourself whether drugs or surgery even come close to solving these problems.

***The use of surgery to remove cancer from the body and Chemotherapy and/or radiation therapy to kill the cancer cells (and all other cells in the process of) is not a "cure" for cancer.***

***The "cure" for cancer is giving the body what it needs and removing what it doesn't need so that it can self heal.***

I want to take a moment to describe how a conventional western doctor would treat cancer vs. that of a homeopathic doctor. A conventional doctor would only treat the symptom of cancer. In other words they would use drugs and/or surgery to try and treat and/or remove the cancer cells from the body respectively. In the case of drugs chemotherapy is used. Chemotherapy is a form of a chemical (i.e. toxic to the body). Yes it is VERY true that chemotherapy in other words exposure to this form of chemical toxin kills cancer cells, but unfortunately it also kills ALL other living cells in the body as well! This is why a person becomes violently ill after exposure to this harmful chemical as well as experiences such things as hair loss. Hair is just another form of a "cell" that is killed during radiation treatment/exposure. Radiation can also kill cancer cells, but at the same time all other cells in the body as well. Radiation is a less aggressive and more locally applied approach.

In the case of surgery one would be cut open to access a given part of the body mostly invaded by cancer and the cancer would be surgically removed in that given area. Unfortunately one of the MANY drawbacks to this operation is that sometimes not all of the cancer is removed. This means that if the body is not capable of fighting off the remaining cancer cells (which it isn't else cancer would not have developed to begin with)

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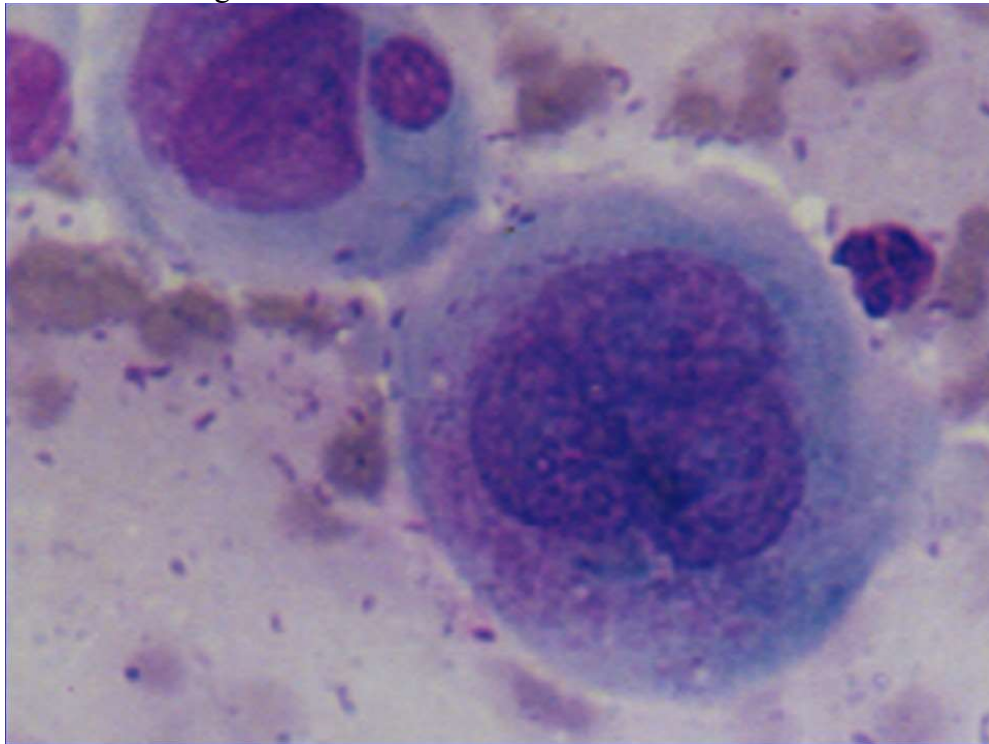
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it will just continue to spread in this same area as well as any other given area. Not only that, but these “cancer cells” will continue to develop in any other given area of the body as it is not capable of fighting off the cancer cells.

According to the American Cancer Society “Chemotherapy drugs are made to kill fast-growing cells, but because these drugs travel throughout the entire body, they can affect **normal, healthy cells**. Damage to healthy tissue is the cause of side effects. Although side effects are not always as bad as you might expect, many people worry about this aspect of their cancer treatment.

The normal cells most likely to be affected are blood forming cells in the bone marrow; hair follicles; and cells in the mouth, digestive tract, and reproductive system. Some Chemotherapy drugs can damage cells in the heart, kidneys, bladder, lungs, and nervous system.

Take a look at this image taken from [www.molecular-cancer.com](http://www.molecular-cancer.com):



This is an image of cells after radiation therapy. Sure looks like the radiation is doing its job that is killing cells in the body both cancerous and healthy.

Again according to the American Cancer Society the following are the most common side effects of Chemotherapy treatment:

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- nausea and vomiting
- hair loss
- fatigue
- increased chance of bruising and bleeding
- anemia
- infection
- intestinal problems
- appetite and weight changes
- sore mouth, gums, and throat
- nerve and muscle problems
- dry and/or discolored skin
- kidney and bladder irritation
- sexuality and fertility issues due to effects on reproductive organs

The American Cancer Society goes on to say “But sometimes chemo will make you feel sick. This is because chemo drugs are very strong. They work best on any cell that is quickly dividing, whether it's a cancer cell or not. So, some of the **normal, healthy cells in the body that divide quickly are also damaged.**

#### **Here are some parts of the body that are often affected:**

- cells that grow hair--this can cause hair loss on your whole body
- cells in your bone marrow--this can cause a tired feeling, easy bruising and bleeding, and a higher risk of infection
- cells of the skin and mouth--this can cause dryness and sores in your mouth and dry skin
- cells in your stomach and intestines--this can cause you to feel sick to your stomach, vomit, or have diarrhea

Other organs of the body can be affected by some chemo drugs. Your doctor may do blood tests to find out if you need a lower dose of chemo drugs, or if you need longer breaks between doses.

#### **Bone marrow changes:**

- Bone marrow is the thick, liquid inner part of some bones that makes your blood cells (red blood cells, white blood cells, and platelets). It is often affected by chemo in these ways:
- Red blood cells carry oxygen from the lungs to all parts of the body. During chemo treatment, the bone marrow may not be able to make enough red blood cells. Not

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- having enough red blood cells is called anemia. It can make you feel short of breath, weak, and tired (fatigued). Anemia can also make your skin, mouth, or gums look pale.
- White blood cells fight infection. Chemo lowers your white blood cell count, which can lower how well you are able to fight infections **(in other words one's immune system is being destroyed)**. Your cancer care team may ask you to do certain things to avoid infection, such as:
    - wearing a surgical mask when in crowds or public places
    - staying away from people who have infections or fevers
    - eating only cooked foods (no raw foods, even fruits and vegetables)
    - washing your hands thoroughly and often
  - Platelets are tiny fragments that form blood clots to plug up bleeding from cuts or bruises. If your bone marrow cannot make enough platelets, you may bleed too much, even from small cuts. If your platelet count is low, you will need to be very careful to avoid cuts, bruises, and other injuries. Even brushing your teeth with a hard bristle toothbrush could cause your gums to bleed. You may need a soft toothbrush or one made of special foam. Check with your doctor or nurse about flossing.

#### **Hair, skin, mouth, and stomach:**

Cells in your hair, skin, mouth, and stomach and intestines (gastrointestinal tract, or GI tract) can be affected by chemo. This can result in hair loss, sores in your mouth and throat, dry skin, nausea, vomiting, and diarrhea.

#### **Sexuality:**

Chemo can affect sexuality in both men and women. Sometimes sexual desire is low or even gone for some time, but it comes back when treatment ends. Some drugs given during chemo treatment may affect a woman's hormones, causing hot flashes and dryness of the vagina. Most chemo can cause birth defects if there is pregnancy during treatment. Ask your doctor about what kinds of birth control you should use and for how long.

Also according to the American Cancer Society here are some of the negative side effects associated with radiation therapy:

#### **Possible side effects of external beam radiation therapy:**

**Bowel problems:** During and after treatment with external beam radiation therapy, you may have diarrhea, sometimes with blood in the stool, rectal leakage, and an irritated large intestine. Most of these problems go away over time, but in rare cases normal bowel function does not return after treatment ends. In the past, about 10% to 20% of men reported

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bowel problems after external beam radiation therapy, but the newer conformal radiation techniques may be less likely to cause these problems.

**Bladder problems:** You might find yourself needing to urinate more often, a burning sensation while urinating, and blood in your urine. Bladder problems continue in about 1 out of 3 patients, with the most common problem being the need to urinate often.

Urinary incontinence: This side effect is less common than after surgery overall, but the chance of incontinence goes up each year for several years after treatment.

**Impotence:** After several years, the impotence rate after radiation is about the same as that of surgery. It usually does not occur right after radiation therapy but slowly develops over a year or more. This is different from surgery, where impotence occurs immediately and may improve over time. In older studies, about 3 out of 4 men were impotent within 5 years of having external beam radiation therapy (some of these men had erection problems before treatment). In men who had normal erections before treatment, about half became impotent at 5 years. It's not clear if these numbers will apply to newer forms of radiation as well. As with surgery, the older you are, the more likely it is you will become impotent. Impotence may be helped by treatments such as those listed in the section above, including erectile dysfunction medicines.

**Feeling tired:** Radiation therapy may also cause fatigue that may not disappear until a few months after treatment stops.

**Lymphedema:** Fluid buildup in the legs or genitals (described in the surgery section of this document) is possible if the lymph nodes receive radiation.

These seem like fairly serious and undesirable side effects to me. It is interesting that according to the American Cancer Society “Although side effects are not always as bad as you might expect, many people worry about this aspect of their cancer treatment.” I’m not sure why they feel these side effects are not that bad. They seem extremely horrible and undesirable to me. It would stand to reason that many of these side effects are similar to what one would likely experience if given **Poison**. Again the only difference between non prescription and prescription drugs and poison is dosage and intent. The same logic holds with Chemotherapy. Keep in mind these are not the only side effects of chemotherapy, these are just the most probable and noticeable at least what seems to be according to the American Cancer Society.

A homeopathic doctor would not treat the symptom in this case “cancer cells” he/she would treat the root cause of the problem which is due to 1 if not all of the items being true that were previously stated that are the cause of virtually all sickness, illness, and disease. Again the key is to give the body what it needs and remove and/or stop giving it what it doesn't need so that it is given the necessary potential to properly and naturally deal with

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any given alignment even cancer as Nature and God intended. So is it easy to see now why the conventional style of treatment not only should not be desired by the average person based upon physical experience, but also continues to fail decade after decade of actually “treating” or “curing” “cancer”. In the meantime billions of dollars in profits are being made in the area of the “treatment” of “cancer” and “research” for the “cure” for “cancer” not the DEVELOPMENT of the “cure” for cancer. There is a “cure” for cancer and all other sickness, illness, disease, and pain. That “cure” is what you have right now; your amazing, quantum mechanical, spiritual, powerful, divine, self healing, natural, organic, and regenerating BODY.

### **The perfect world is one where man and nature work together.**

I believe we have made such great and astounding advancements in the early detection of cancer that yield great praise. In the perfect world doctors would use what man has invented, designed, and built such as machines to detect cancer. Once the cancer was detected natural based holistic treatment therapies, methods, and techniques would be used to “treat” cancer. Or in other words the body would be given what it needed and removed what it didn't need so that it could self heal and return to a state of balance and homeostasis. Unfortunately this is far from where we are today. There are many reasons for this, but it really does just come down to money. More money can undeniably be made in the area of “treating” cancer not “curing” cancer.

Now let us continue our discussion. I can almost guarantee that 1-14 are true to some level for any given individual. This in turn is why I believe that one would succumb to the series of symptoms which the medical field has classified as cancer or any other form of sickness, illness, disease, or pain for that matter. Yes, it is true that hereditary affects and genes may have played a role in the construction of one's specific DNA at birth as well as physiology and biology. This in turn might have made one's body more susceptible and prone to succumbing to the symptoms of cancer or some other form of sickness, illness, disease, or pain, but that does not mean that one must live with this for the rest of one's life. Today is only a day and you have the power to make tomorrow a better day.

### **Mainstream western medicine blames bad genes or hereditary effects as the cause of sickness, illness, or disease when they don't know the source or cause of one's sickness, illness, or disease.**

Mainstream medicine puts too much emphasis on genes, hereditary effects, or DNA as the cause of sickness, illness, disease, or pain. Many times when a doctor is unable to find a reason why one has any form of sickness, illness, disease, or pain they blame it on bad genes, past hereditary trends, or DNA from relatives that are passed on to you.

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How many times has a doctor said “Well your parents have a history of cancer, diabetes, heart disease, etc so that is why you will or do have too”? If this is true, Americans must have extremely poor genes and we are all destined to develop some form of sickness, illness, disease, and pain as we are left with no hope for the future. I disagree with this ideal. Remember what I had stated earlier about the placebo effect and quantum physics? Also if you still believe that our thoughts cannot have either negative or positive impacts on not only our health, but also every aspect of our lives I recommend reading the book and watching the movie “The Secret” by Rhonda Byrne or visit <http://thesecret.tv/>.

It has been repeatedly, inescapably, undeniably, experimentally, and scientifically proven that the mind is fully capable of healing the body just through positive thoughts. As mentioned before, I have read a book by the name of “*Biology of Belief*” by Bruce H. Lipton PhD that also shatters the notion that genes, hereditary effects, and DNA play a substantial role in the development of one’s cellular health. But rather that one’s cellular health is much more affected by thoughts, beliefs, and the images one holds in his/her mind. I highly recommend this book.

Although I would prefer that one read “*Biology of Belief*” by Bruce H. Lipton PhD, I am going to give scientific and experimentally proven evidence based on Dr. Bruce Lipton’s book that supports that genes do not play a major role in the development of the cells of our bodies. If the gene is said to control the cell, this would be the same to say that the brain controls the body. If the brain is destroyed or is removed from the body, the body dies. So if the gene controls the cell, one would expect that if the gene is removed from the cell the cell should die. However, this is not what happens. Bruce H. Lipton experimentally proved as documented in his book “*Biology of Belief*” that if the nucleus of a cell (the nucleus contains the genes) is removed from the cell, the cell does not die and in fact can go on for months living and showing no signs of being affected! The premise of Bruce Lipton’s research is that our belief system (or thoughts for example) plays a much greater role in the development of the cells of our bodies vs. that of genes. I would argue that the main affects of the development, function, etc of a cell is the 14 items above one being thoughts as supported here by Dr. Bruce Lipton’s research.

Here is something else to think about. Have you ever thought to yourself well my parents developed “X” sickness, illness, disease, and/or pain such as cancer so I can expect the same. In my humble opinion it isn’t the genes, hereditary effects, or DNA that is affecting your cellular health, but rather your thoughts. So what I am saying is that it does seem that genes, hereditary effects, and DNA can affect one’s health only because it influences one’s thoughts and/or beliefs, and it is the thoughts and/or beliefs that directly affect cellular health as well as the other 13 main items from above.

### **Correlation does not always equal causation.**

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This leads to another wonderful related point that I believe mainstream medicine overlooks at times which is that correlation doesn't always equal causation. So just as what I had said earlier there does seem to be hereditary trends in families meaning if your parents had sickness "X" there is an increased chance that you will too. But just because there seems to be correlation here it doesn't mean one is causing the other. Let me give a simple example.

Let's say it is summer time. Someone begins to plot data that shows as the consumption of ice cream increases so does the number of people dying from drowning. The amount of ice cream consumed would be said to be positively correlated with the number of drowning victims. So does this mean that the increase in ice cream consumption is causing the increase in drowning; absolutely not. They both had an increase over time because in the summer more people tend to eat ice cream and also tend to swim. If more people are swimming, statistically more people will drown. The two events are positively correlated but one does not cause the other. In other words correlation does not always equal causation. This is just something to keep in mind when someone tries to convince you that just because two factors are correlated that one must be and is causing the other. This also helps to highlight the point that although DNA, genes, and hereditary affects seem to be correlated doesn't mean that one is directly causing the other.

Keep in mind also that everyone's physiology and biology are slightly if not dramatically different. Two people can smoke the exact same amount of cigarettes. One could drop dead from lung cancer after 10 years of smoking, while the other could last 50 years and never succumb to lung cancer or any other form of cancer. Not everyone that smokes will end up with lung cancer, but most if not all people who end up with lung cancer smoke. Again this has to do with many factors a few are beliefs, physiology, biology, diet, and genetics. One person may have a very strong area of their physiology and/or biology while another person may be very weak in this same area. The weak areas are always those that fail first. But again I will always default on my list of 14 items from above to be the main causes of all sickness, illness, and disease.

### **Cellular health is inherited.**

Here is another notion that shatters the fact that sickness, illness, and disease is caused mainly due to hereditary effects. Let's say you have a man and woman that conceive and subsequently give birth to a child. Let's say that both man and woman at the time of conception and birth have diabetes as well as many people in their family have or had diabetes. Again I don't believe in diabetes, but rather malfunctioning cells. If one is suffering from the set of symptoms that the medical field has labeled as diabetes, it is the same to say that they are merely suffering from a host of malfunctioning cells. The cause of which, I will default back to my list.

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So our bodies are just a collection of cells. If the man is suffering from a host of malfunctioning cells, could not one expect the sperm to carry this same malfunctioning cells “imprint”? If the man’s sperm is comprised of malfunctioning cells and if the woman is suffering from a host of malfunctioning cells, could one not expect that the baby would be born with malfunctioning cells? I would argue that this is absolutely the case. The point is that people are not passing sickness, illness, and disease through their families via hereditary trends, but more so via malfunctioning cell trends.

Again I am going to specifically talk about each one of the 14 items that I humbly believe are the main causes of all sickness, illness, disease, and pain in the following text. It is a bit challenging to talk about each item individually because as I had stated earlier many are dependent upon one another and it also makes more sense to talk about several items together.

First I would like to discuss item 3 electromagnetic chaos and how it relates to human health. It might be intuitively easier to believe that sickness, illness, disease, and pain could be related to nutritional deficiencies or toxins in the body for example, but maybe not electromagnetic chaos. Well, let’s first examine whether one is really being exposed to Electromagnetic chaos? Electromagnetic chaos is something that is new to our lives. It didn’t use to always be around. Nature did not create electromagnetic chaos in the massive forms that are being created today man did. Electromagnetic chaos can be generated but not limited by the following:

1. All Wireless Devices such as:
  - a. cell phones
  - b. PDAs
  - c. wireless land line phones
  - d. wireless internet
  - e. television remote controls
  - f. remote control toys
  - g. keyless entries for cars
  - h. car, home, personal, etc radios
  - i. blue tooth head sets and devices
  - j. wireless speakers
  - k. wireless headphones
  - l. wireless two-way radios
2. satellites this includes any device sending and receiving information to or from the satellite
3. all radar systems
4. projection televisions (HDTV is the worst)
5. high tension power lines
6. computers

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7. microwave ovens
8. lights (fluorescent is the worst)
9. virtually any man made electronic device

Of course this is not a complete list, but some of the main items. Keep in mind again that these are all manmade devices nature did not bring us any of these devices. Can one still say that one is not exposed to and I guarantee negatively affected by Electromagnetic chaos? Electromagnetic chaos is not something that can be eliminated in this digital and electronic age, but it can be reduced. One can also buy Electromagnetic chaos eliminators that can be worn as a pendant around the neck for example. Some can be found at <http://www.ewater.com/>.

So what exactly is electromagnetic chaos and how and why does it relate to human health? The body is a huge complex every changing invisibly radiating energy field. I think of this energy field similar to that of a gravitational or magnetic field. We live in a huge gravitational energy field every day known as gravity. However, did you know that no one has ever seen this energy field yet I am sure there isn't a single person that would deny its existence! Not only that but we have never seen Radio Frequency (the fundamental element that allows cell phones or any wireless device to function properly), magnetic fields, and thus electromagnetic fields either!

Here is something else to ponder yet is not without a sense of irony and that is that no one has ever seen a human thought either! However, I am sure that as one lives and has thoughts so one believes they must exist. The point here is that just because you can't see it doesn't mean it doesn't exist. So what creates this human energy field well that might be up for debate, but I believe the main contributors are:

1. The thoughts we have both visual and non-visual (although I believe visual thoughts are much more powerful), negative and positive, and conscious and subconscious all create an invisible energy field. Remember how I had talked about how people have been experimentally proven to be able to self heal merely by the thoughts they have or how human conscious observation and thus thoughts can affect an electron according to quantum physics?
2. The cells in the body. All cells are made up of atoms and each atom is a vibrating dynamic ever changing source of radiating energy.
3. The heart. Remember even western doctors perform electrocardiograms (ECGs or EKGs), "abbreviated from the German *Elektrokardiogramm*) which is a noninvasive transthoracic graphic produced by an electrocardiograph, which records the electrical activity of the heart over time. If the heart is producing electrical signals, it is producing electromagnetic energy fields.
4. Spoken words which includes the sound produced as well as intention or thought used when the words are spoken.

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5. The Spirit. This is the unseen energy that binds our cells, beats our hearts, breathes for us during sleep, and thus gives us life.
6. The various energy meridians present all over the body. Chinese medicine has always been aware of these energy meridians and the affects disruptions of the meridians can have on physical, mental, and spiritual health. Even chiropractors are aware of human energy meridians that exist for example through the spinal cord and column. The very foundation and science of acupuncture is based upon energy meridians.

I believe that manmade electromagnetic chaos negatively affects the natural state and balance of all 6 of these invisible innate energy fields. Also because cells are ultimately made up of electrons, electromagnetic chaos can disrupt the natural energy state of electrons thus atoms, cells, and our bodies that can result in the mutation, damage, death, etc of cells within the body. Furthermore, this disruption can result in adverse health effects such as the development of cancer or tumors. Items 1 and 4 have been scientifically and experimentally proven by a Japanese scientist by the name of Dr. Masaru Emoto. More information regarding Dr. Emoto and his research can be found here: [http://www.life-enthusiast.com/twilight/research\\_emoto.htm](http://www.life-enthusiast.com/twilight/research_emoto.htm). He proved that thoughts, intentions, words, music, etc can affect the crystalline structure and thus energy of water molecules. Given that the earth is some 70% water and the human body is some 80% the potential seems immeasurable.

Here is an excerpt taken from <http://www.tuberoase.com/meridians.html> that further substantiates that the body is a huge energy field and that energy meridians do exist, "Over 5,000 years ago, the ancient Chinese discovered a subtle energy in the body that can't be seen, felt or found with the senses. Energy disturbances in the subtle bodies precede the manifestation of abnormal patterns of cellular organization and growth. Matter and energy are two different manifestations of the same primary energetic substance of which everything in the universe is composed, including our physical and subtle bodies. Matter, which vibrates at a very slow frequency, is referred to as *physical* matter. That which vibrates at speeds exceeding light velocity is known as *subtle* matter. Subtle matter is as real as dense matter; its vibratory rate is simply faster. It is believed that two opposite ends of the spectrum--*yin*, the energy of earth and *yang*, and the energy of heaven--combined with humans to create this vital force.

The Chinese discovered and identified twelve acupuncture *meridians* along which this energy travels in the human body. Acupuncture meridians are like copper traces on an electronic circuit board, running throughout the body. They were named by the life function associated with them. To the majority of Western scientists, acupuncture meridians seem like imaginary structures because there are no published anatomical studies of the meridians in orthodox medical journals to substantiate their existence. They prefer to believe that nerve pathways constitute the true mechanism of acupuncture therapy.

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Meridians are the pathways of the positive and negative energy power, which carries on some of the communication between the various parts of human beings.

Meridians connect specific teeth, organs, tissues, in fact, everything in the body. These meridians have been measured and mapped by modern technological methods; *electronically, thermatically and radioactively*. Normal skin resistance over a healthy point is 100,000 Ohms. With practice and awareness they can be felt. Through these meridians passes an invisible nutritive energy known to the Chinese as *Ch'i*. The Ch'i energy enters the body through specific acupuncture points and flows to deeper organ structures, bringing life-giving nourishment of a subtle energetic nature. Acupuncture points have unique electrical characteristics, which distinguish them from surrounding skin. These acupuncture points exist along the meridians. These points are electro-magnetic in character and consist of small palpable spots, which can be located by hand, with micro-electrical voltage meters and with muscle testing, when they are abnormally functioning.

These 500 points, mapped and used for centuries to optimize human performance, are connections between the positive and negative meridians and functions of the body, including internal organs and muscles. These points are useful not only in treatment but also in diagnosis of disease states. Subtle magnetic Ch'i currents flowing through the acupuncture meridians are not electrical in nature, but they are able to induce secondary electrical fields that create measurable changes at the physical cellular level through the induction of secondary electrical fields. These induced electrical fields are translated into DC-current interactions from the higher energy meridians into the physical body and affect primary bioelectronic processes, which provide and maintain coherence within the physical-cellular structure. When the flow of life energy to a particular organ is deficient or unbalanced, patterns of cellular disruption occur. Imbalances in the meridians can be detected by feeling the pulses, but this can take up to 20 years to develop proficiently. Whereas, manual muscle testing will detect these same imbalances, utilizing the body's intelligence to non-invasively let us know what is going on inside with relatively little practice.”

Here is an article taken from <http://cprnews.com/> titled *Cell Phone Use Linked to Cancer* from the Science Daily dated Friday, February 15, 2008, “Dr. Sadetzki, a physician, epidemiologist and lecturer at Tel Aviv University, published the results of a study recently in the American Journal of Epidemiology, in which she and her colleagues found that heavy cell phone users were subject to a higher risk of benign and malignant tumors of the salivary gland.

Those who used a cell phone heavily on the side of the head where the tumor developed were found to have an increased risk of about 50% for developing a tumor of the main salivary gland (parotid), compared to those who did not use cell phones.

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The fact that the study was done on an Israeli population is significant. Says Sadetzki, "Unlike people in other countries, Israelis were quick to adopt cell phone technology and have continued to be exceptionally heavy users. Therefore, the amount of exposure to radiofrequency radiation found in this study has been higher than in previous cell phone studies.

"This unique population has given us an indication that cell phone use is associated with cancer," adds Sadetzki, whose study investigated nearly 500 people who had been diagnosed with benign and malignant tumors of the salivary gland.

#### Controlled Study Reveals Link

The study's subjects were asked to detail their cell phone use patterns in terms of how frequently they used one, and the average length of calls. They were compared to a sample of about 1,300 healthy control subjects.

The study also found an increased risk of cancer for heavy users who lived in rural areas. Due to fewer antennas, cell phones in rural areas need to emit more radiation to communicate effectively.

Sadetzki predicts that, over time, the greatest effects will be found in heavy users and children.

While anecdotal evidence has been substantial, the consistency of the results of this study supports an association between cell phone use and these tumors. The risks have been hard to prove, mainly due to the long latency period involved in cancer development, explains Sadetzki.

#### Keep Calling but Call Smarter

Today it is estimated that more than 90% percent of the Western world uses cell phones. As the technology becomes cheaper and more accessible, its usage by a greater number of people, including children, is bound to increase.

"While I think this technology is here to stay," Sadetzki says, "I believe precautions should be taken in order to diminish the exposure and lower the risk for health hazards." She recommends that people use hands-free devices at all times, and when talking, hold the phone away from one's body. Less frequent calls, shorter in duration, should also have some preventative effect.

While she appreciates the ease of communication that cell phones allow between parents and their children, Sadetzki says that parents need to consider at what age their children

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start using them. Parents should be vigilant about their children's using speakers or hands-free devices, and about limiting the number of calls and amount of time their children spend on the phone.

"Some technology that we use today carries a risk. The question is not if we use it, but how we use it," concludes Sadetzki.

Sadetzki's main research on this new study was carried out at the Gertner Institute for Epidemiology and Health Policy Research at the Sheba Medical Center. Her research is part of the international Interphone Study, which attempts to determine an association between cell phones and several types of brain and parotid gland tumors." Although the link between such adverse side effects as brain tumors and cancer to that of cell phone usage seems to be still very controversial, I believe this controversy to be no different than the once thought to be hoax link between lung cancer and smoking cigarettes. For decades the cigarette manufacturing companies were able to deny and cover up this truth until now it is considered "common knowledge". However, keep in mind that even though people know that smoking can cause lung cancer and other adverse health effects, many still smoke.

Yes manmade electromagnetic chaos is real and can negatively affect one's health. The evidence seems to be indisputable and inescapable.

Now that we have addressed item 3 electromagnetic chaos let's move on to item 1 toxins in the body and 2 nutritional deficiencies. In accordance I would also like to discuss Candida Yeast here as well. I find it easier to discuss toxins, nutritional deficiencies, and Candida Yeast as a group.

**According to Rick Irvin, a toxicologist at Texas A&M University a quote taken from The Hundred Year Lie by Randall Fitzgerald, "Chemicals have replaced bacteria and viruses as the main threat to human health...The diseases we're beginning to see as the major causes of death in the latter part of this century and into the 21<sup>st</sup> century are diseases of chemical origin."**

I am about to tackle item 1 on the list, toxins. Before I do I want to lay some ground work about toxins in general and how toxins could have a negative impact on one's health:

#### **Introduction to TOXINS...**

**Question: What are Toxins? Answer: Toxins are any nonorganic or organic substance that is harmful to the cells of the body. Most all nonorganic manmade chemicals and synthetics are toxic to the cells of the body, while few organic natural substances are toxic to the cells of the body.**

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1. Humankind is producing more toxins today than any other recorded time in history that is known.
2. While there are signs of body toxicity, no one is able to necessarily see these toxins in the body (although such things as blood testing can be done, however, this is not always accurate) thus are often overlooked as being a potential root cause of a particular symptom of sickness, illness, disease, and or pain. However, here are some common signs of body toxicity:
  - a. Fowl body odor.
  - b. Fowl smelling bowels.
  - c. Fowl smelling feet.
  - d. Weight gain.
  - e. Headaches (also a common sign of Candida Yeast)
  - f. Fowl smelling breathe.
  - g. Fatigue (also a common sign of Candida Yeast).
  - h. Aching muscles and joints (also a common sign of Candida Yeast).
  - i. Common occurrence of dandruff or other skin rashes and irritations (also a common sign of Candida Yeast).
  - j. Poor concentration or memory (also a common sign of Candida Yeast).
  - k. Digestive problems. This is more specific to the need of doing a colon cleanse which will be discussed much more later.
    1. The development of a major degenerative sickness, illness, or disease.
3. No matter who you are, where you live, what you think, what you feel, what you believe, or what you do you have some level of toxicity that could be a major or minor contributor to past, present, or future sickness, illness, disease, or pain.
4. Almost all manmade chemicals and synthetics are toxic to the body some just more than others.
5. Even only a few parts per billion of a toxin in the body can be harmful and cause sickness, illness, disease, or pain.
6. The human body was not designed to handle the number and amount of hundreds of toxins it comes into contact with each and every day, thus it will exhibit unnatural behavior such as the development of cancer. Furthermore the human body was not originally designed to handle any manmade chemical or synthetics as these things did not exist in the beginning of humankind.
7. It isn't just a day, week, or month that has contributed to the development of toxic overload in the body it is the years and decades of constant toxicity exposure. Essentially putting more toxins in than what are coming out results in a net overload. This is also known as toxic bioaccumulation.
8. Detoxifying can have negative side effects because as just stated the body was not designed to have these toxins present in the first place, thus removed from the body. Some common side effects include but are not limited to red, itchy, or dry skin. Flu like symptoms. Feelings of being tired, etc. However, trust me the benefits far out

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- way the consequences and the side effects are almost always only temporary and very brief ranging from a few hours to a few days.
9. The government, FDA, pharmaceutical companies, companies in general, the Environmental Protection Agency (EPA), etc are not protecting us from harmful chemicals.
  10. Chemicals are getting into our bodies by what we breathe, eat, drink, put on our skin, etc at the level of microscopic (not visible with the naked eye) molecules. Whether distinguishable by the five sense or not, toxins are making their way into the cells of our bodies on a daily basis.
  11. Almost all plastics, paints, furniture, carpet, etc decompose in the environment via out-gassing. A good example of this is that “new care smell” we all seem to like. All of the rubbers, plastics, paints, etc release molecules via out-gassing of that substance in the cabin creating a very strong smell and thus toxic atmosphere that we breathe into our bodies.
  12. Leaching also caused by out-gassing of plastics, for example, happens when molecules of that plastic imbed in the food that is stored in them. We eat the food and these toxins from the plastic out-gassing makes their way into our bodies.
  13. Such things as amount of a particular toxin in the body, number of different toxins present in the body, diet, physiology, synergistic interactions, etc can cause wildly different or similar symptoms of sickness, illness, disease, or pain that manifest in different individuals. Everyone is different.
  14. There are MANY ways to detoxify the body. It is not possible for me to cover all of the ways to detoxify the body nor do I know all of the ways. I am going to list a few I have had personal experience with. One needs to find what will work best for him/her on a case by case basis.
  15. Detoxification is a constant process. Absorbing toxins in the body can only be reduced, but in this day and age to be 100% eliminated is next to impossible.
  16. Toxins in the body are harmful substances that can contribute to the following:
    - a. Weaken the immune system thus potentially cause sickness, illness, disease, and/or pain.
    - b. Cause cellular destruction or mutation which can lead to the development of sickness, illness, disease, or pain.
    - c. Disrupt the natural energy flow through the entire body.
    - d. Hamper the body's ability to properly absorb and assimilate nutrients from foods.
  17. Toxins in the body can behave synergistically. When two toxins interact in a negative way synergistically this is said to be dysergies. For example, if one has toxins “A” and “B” in the body, the sum of the individual effects of A + B is some number less than the combined effects of A and B. So if we arbitrarily assign the number 2 to equal A and B this would mean that  $A + B = 2 + 2 = 4$ . This means that the total effect of toxins A + B is 4. No magic just simple math. However, synergistically this might not be what is happening. In other words if there are

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synergistic effects of toxins A and B within the body the combined effects of A and B could be 20...! While there summed total is only 4...! Let's say we added 2 more toxins "C" and "D" and again assigned a toxic level of 2 to each. The sum of the 4 would be 8. However, if there are synergistic reactions between ABCD, ABC, BCD, etc the toxicity level could skyrocket to some unknown number! It should also be worth noting that if I were a company making a product that contained A, B, C, and D toxins and I wanted to properly test for individual and synergistic effects I would need to run a total of 15 individual tests. This would cover each possible combination of toxins also known as permutations. At first glance this may not seem like a big deal. However, let's take a look at the table below.

Number of Toxins	Possible Individual and Synergistic Combinations
1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1023
11	2047
12	4095
13	8191
14	16383
15	32767
16	65535
17	131071
18	262143
19	524287
20	1048575
21	2097151
22	4194303
23	8388607
24	16777215
25	33554431
26	67108863

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27	134217727
28	268435455
29	536870911
30	1073741823

For any of those that love math the above numbers were calculated using the following formula:

$$\sum_{r=1}^n \frac{n!}{r!(n-r)!}$$

Where n is the number of toxins and r is the number of toxins chosen. It should also be worth noting that the above relationship between number of toxins and possible individual and synergistic combinations is essentially exponential. This means that with each new toxin that a company would develop the number of experiments that would need to be performed to test for individual and synergistic combinations effectively doubles.

So with only 10 toxins present in a product means that the company that made that product would have to run 1023 separate tests to ensure there were no individual or synergistic effects on the human body. Not only can I guarantee that this is not done, but virtually impossible with today's knowledge. Even if the company ran 1 experiment per day (assuming a 7 day work week) it would take approximately **2.8** years to finish the experimentation! And this is only 10 toxins. If you think you only have 10 toxins right now in your body, statistically speaking you have a better chance of winning the lottery. Also take two separate products with only 5 toxins present. Let's say two different lotions that one uses. So the lotion is put on the skin and the toxins in the two different products, 10 total, are absorbed through the skin, into the blood stream, thus embedding in the cells of the body and bioaccumulating. Even if these two companies performed the necessary 31 experiments to test for individual and synergistic interactions that only covers the 5 toxins by themselves, but you have put all 10 in your body!...scary isn't it.

I am looking at a random bottle of lotion. On the back under inactive ingredients is listed: water, white petrolatum, glycerin, steric acid, glycol stearate, helianthus annuus, lecithin, tocopheryl acetate, retinyl palmitate, urea, collagen amino acids, sodium stearcyl lactate, mineral water, sodium PCA, potassium lactate, lactic acid, cetyl alcohol, glyceryl stearate, magnesium aluminum silicate, carbomer, stearamide AMP, ethylene brassylate, trolamine, corn oil, disodium EDTA, methylparaben, DMDM hydantoin, BHT, titanium dioxide...wow what a mouth full! That is a total of 29 ingredients assuming I didn't miscount. I have no idea what most of these are and whether they are toxic. However, even if assuming only 14 of the ingredients are toxic to the human body would mean that

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the company that made this lotion would have to have done a total of 16,383 individual experiments to determine the individual and synergistic effects. In all honesty does this even seem humanly possible...I don't think so. As I have already mentioned the skin is porous anything put on the skin is absorbed through the skin into the blood stream and thus cells of the body causes the cells to not perform at optimum levels, prematurely die, or mutate.

In his book *Nature's Magic* by Peter Corning he says that "Synergy ranks up there with such heavyweight concepts as gravity, entropy, and information". Synergy in short is a BIG DEAL and is almost always overlooked by companies that make chemicals and western medicine.

Here is an excerpt taken from the book *The Hundred Year Lie* by Randall Fitzgerald which I highly recommend, "Let's examine the reality of what we confront on a daily basis. If you are a typical person, on any normal morning of your life the following routine should be similar to your experience. You awaken from sleeping on a mattress that was coated with flame-retardant chemicals during its manufacture-as most mattresses are-and which emits minuscule amounts of formaldehyde gas and a brominated substance known to be carcinogenic, which your body readily absorbs. You pad on your bare feet toward the bathroom, across a synthetic carpet treated-as most carpets are during manufacture-with benzene and styrene and several other cancer causing chemicals.

Once in the bathroom, you turn on the faucet and splash your face with tap water laced with fluoride and chlorine, both carcinogens (most tap water also contains traces of herbicides and pharmaceutical drugs). You open a plastic bottle of Listerine mouthwash (or a similar brand) and gargle, not realizing that the plastic bottle has leached its own chemicals into a mouth mixture that already includes four active ingredients along with a half dozen flavoring and coloring chemicals. If you read the mouthwash label you will find the following: "WARNINGS: Do not administer to children under twelve years of age. Do not swallow. In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately." You pick up your Crest toothpaste and find it also has a warning label: "If more than used for brushing is accidentally swallowed, get medical help..." Though sodium fluoride is the only "active" ingredient listed on this toothpaste container, there are other chemicals in this concoction that don't have to be revealed to you, because they are classified as "inert" and are thus protected under trade secrecy laws.

You raise your arms and apply Speed Stick deodorant, which contains seven chemicals, including aluminum, parabens (a preservative) propylene glycol (a lubricant and suspected cancer agent), and other chemicals disguised under "fragrance," which is another trade secrecy term. On average, according to the FDA, we each use nine personal-care products daily, containing about 126 chemical ingredients. If you use body lotions, they contain

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penetration-enhancing chemicals that can drive toxins from other toiletries deeper into your flesh. Before you leave the bathroom you pull a prescription drug (with a warning label attached) out of the medicine cabinet and swallow this mixture of synthetic chemicals. All the while you have been breathing benzene fumes (capable of causing leukemia) from that deodorizer you installed under the commode seat lid.

Back in your bedroom you put on clothes fresh from the dry cleaner and expose yourself to fumes and residues of trichloroethylene and n-hexane, chemicals known to cause nerve cell damage, memory loss, and cardiac abnormalities. If you have mothballs in your closet, you are exposing yourself to the carcinogenic pesticide dichlorobenzene, which is also found in toilet deodorizers. If your clothing contains synthetic fibers, you are being exposed to a form of plastic, and the newer the clothing, the more it off-gases molecules of plasticizer fumes. Your clothes may also contain flame-retardant chemicals that are notorious releasers of toxic fumes. The more tightly insulated your bedroom and the other rooms of your dwelling, the greater the outgas collection effect of the chemicals from your furniture, wall paint, rugs, and carpeting, and the greater the impact on your brain, with symptoms like mood swings, feelings of spaciness, headaches, and an inability to concentrate.

You walk into your kitchen and pour yourself a bowl of cereal containing nearly a dozen synthetic chemical food additives, including the sweetener aspartame, which has been linked to a wide range of allergies and illnesses. Meanwhile, while eating you turn on the dishwasher and expose yourself to a cloud of chlorine fumes. You fix yourself a sandwich you will eat for lunch later at work. You use meat that contains nitrates, synthetic hormones, and antibiotics that were injected into the animals when they were alive. You place lettuce and sliced tomato on top, each of which contains the residues of a half dozen different pesticides. Then you wrap the sandwich in Saran Wrap (or a similar brand of plastic), which contains vinyl chloride, a carcinogen known to cause liver, brain, and lung cancers. As you are preparing this meal, fumes from the toxic bug spray and the cleaning solvents beneath your sink (all with warning labels attached) are further contaminating the air you breathe.

Here we are barely into the first hour of your day, you haven't even left your home yet, and already you've been absorbing molecules from hundreds of synthetic chemicals. You haven't even come in contact yet with the really harsh toxins that lurk outside, generated by car exhaust and manufacturing processes, or that lie in wait for you at your workplace and in the fast food and junk food that you sometimes consume.

“We are the first generation of people to ever be exposed on a daily basis to such an unprecedented number of chemicals,” says Dr. Sherry A. Rogers, a fellow of the American College of Allergy and Immunology. “At no other time have patients, through reading and education, had such an important and crucial role in determining their own wellness.”

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If this doesn't convince you that as you sit and read this you are full of toxins, then I don't know what will. The future of society does seem bleak with respect to the amount of chemicals we continue to add to planet earth, the environment the human society as a whole, and ultimately our bodies. The good news is that it is possible to get these chemicals out of the body through detoxification. Hopefully one's eyes are open to the fact that it isn't a question of does one have toxins in the body; the question is just how much and how many toxins does one have in the trillion or so cells of his/her body.

Continuing on with item 1 first we have to get the toxins out of one's body that have built up over the years and are stored throughout the cells in one's body and in the form of undigested and compacted fecal matter throughout one's digestive system including the Colon. The next step that will be discussed later is reducing the amount of toxins that are put in the body. Here is a list of the main cleanses that one should partake in. I have also presented these cleanses in what I believe to be order of importance:

1. Colon
2. Candida Yeast
3. Liver
4. Blood stream and blood vases
5. Kidney
6. Heavy Metal
7. Lymphatic System and Full Body
8. Parasite
9. Gallbladder
10. Bladder

Yes partaking in ALL of these cleanses is vitally imperative to ensuring health and vitality, but there are specific reasons I have ranked them in this order. One will notice that I placed the colon cleanse first on the list. I believe that doing a Candida Yeast Cleanse is the most important for most people. I put the colon cleanse first because I believe that it is essential that one cleanse the colon first not because one will reap the most benefits from that cleanse (although one will reap phenomenal results from the colon cleanse alone), but because without it one will struggle with the other cleanses and at times will fail. I believe that health originates in the colon. So cleansing the colon is absolutely imperative to health and vitality. One of the main reasons I say this is that toxins in the colon as well as large and small intestines can have a detrimental effect on the body's ability to properly break down, digest, and absorb necessary nutrients (as well as toxins in general as already mentioned). So in other words if one is eating a food that helps to aid the body in the natural detoxification of the liver, for example, this won't do any good if the body can't properly break down, digest, and absorb these necessary nutrients aiding the body in liver detoxification.

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Once we start talking about items 3 through 10 it is VERY difficult if not virtually IMPOSSIBLE to say what is the most or least important body cleanse for each individual person. The easiest answer is of course do all of them. Everyone is slightly if not dramatically different. Everyone has been exposed to and affected differently by different toxins. The list just goes on and on. There will never be a single answer other than just do all of them.

Here is a video that should be watched regarding the importance of colon cleansing: <https://secure.tryalmightycleanse.com/>. I also highly recommend the Almighty Cleanse as a good natural and organic colon cleansing supplement. This cleanse also helps to pull out parasites and their eggs from the colon including the large and small intestines. I have personally taken this product and found it to be one of the quickest as it is only a seven day cleanse.

Again one must cleanse one's colon and digestive system including large and small intestines. Health begins in the colon. I also recommend a program that can be found at <http://drnatura.com/> although there is an endless array of products on the market one must decide what will work best for his/her individual needs. I have also used the <http://drnatura.com/> program it is comprehensive, in my opinion, and easy to take. Plus they also have a heavy metal cleanse, full body cleanse, liver cleanse, and antioxidant support, as well as a Candida Yeast cleanse that one can take in tandem. <http://drnatura.com> recommends doing the 3 month colon cleanse program and at least 3 months for the other 3 cleanses if this is one's first time. After one's first time, one can do the colon cleanse and other cleanses for 1 month about once per year. Again according to recommendations found at <http://drnatura.com>. The other 3 cleanses are called "Toxinout" on their website and can be purchased with the colon cleanse program "Colonix" at a discounted price.

One other note relating to colon health. A healthy person should have between 1-3 large bowel movements per day. The ideal situation is to have as many bowl movements if not a few more than meals ate throughout the day. If one does not have at least 1 large bowel movement per day, then I would conclude that one might be suffering from chronic constipation. This is one of the MANY reasons why most people are walking around with an abnormal amount of compacted and undigested fecal matter in their colons. Of course partaking in a colon cleanse will help aid in constipation dramatically. Again if one's digestive system were working properly ideally one should have one bowl movement 0-4 hours after every meal. Here are some of the main causes of constipation:

1. Many of the foods that one eats has little if no fiber due to things such as food processing, non-organically grown foods, and cooking. Fiber is essential to help

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- aid the digestive system in the natural removal and expulsion of digested food as well as absorption of nutrients.
2. Many of the foods that one eats have little if no living enzymes that the body uses to digest food due to such things as food processing, non-organically grown foods, cooking, and microwaving.
  3. Over consumption of foods such as meat, poultry, artificial sweeteners, chemicals, food additives, sugar, soft drinks, etc.
  4. Not drinking enough water and/or drinking non filtered tap water.
  5. The use of non-prescription and prescription drugs.

I personally take ground up flax seed every day. Flax seed is a wonderful all natural food that is high in fiber. Flax seed also has many other wonderful side benefits not side effects such as the following:

1. Helps to reduce the risk of certain cancers.
2. Helps to lower cholesterol.
3. Helps to control high blood pressure.
4. Protect against heart disease.
5. Helps to maintain overall heart health
6. Fight prostate and menopausal problems.
7. Promotes healthy skin, hair, and nails.
8. Act as lubricant for aching joints.

Remember again the quote by Hippocrates “Let your food be your medicine and your medicine be your food.”

So in summary 3 locations to look for colon cleanses that I believe to be adequate can be found here:

1. <http://drnatura.com>
2. <http://ejuva.com>
3. <https://secure.tryalmightycleanse.com/> (Although there are many places to buy the Almighty Cleanse. One can simply go to <http://google.com> and run his/her own queries.)

Moving on to item 2 Candida Yeast. One might have never heard of Candida Yeast before, but there is a high chance that one is suffering from a Candida Yeast overgrowth to some

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degree. There are two main elements that result in one developing Candida Yeast overgrowth. Typically the yeast first develops because the friendly flora in the intestinal track are killed and/or weakened. This friendly flora serves many purposes one being to help to keep this yeast under control. Here are the main causes of why friendly flora are killed and/or weakened:

1. Broad Spectrum Antibiotics
2. Birth Control
3. Heavy metals
4. The use of Prednisone
5. Many drugs used during hormone replacement therapies such as Cortisone
6. Infrequent bowel movements (in general a person should have between 2-3 bowel movements per day 0-4 hours after each meal)
7. Drinking water that has chlorine in it, which most ALL unfiltered tap water has chlorine
8. The use of most all non-prescription and prescription drugs
9. Flu shots (which can have heavy metals such as Mercury present)
10. Vaccinations (most have mercury, a heavy metal)
11. Alcohol

The other element to the development of Candida Yeast is that many of the foods we eat feed and help this yeast to spread and proliferate. Here are some of the main foods that fall into this category. Keeping in mind that these foods comprise a majority of the average American diet:

1. Consumption of refined, processed, and artificial sugars such as Splenda, aspartame, white table sugar, etc.
2. It is also worth noting that Candida feeds off of all kinds of sugar even natural sugars such as unrefined unprocessed sugar cane, honey, and agave nectar. Stevia sugar is the only sugar that does not seem to feed this yeast overgrowth. However, there are also many wonderful health benefits to natural sugars such as honey, but if one is doing a Candida Yeast cleanse all sugars natural and manmade should be avoided during this time except Stevia. However, manmade sugars are in general detrimental to overall health while natural occurring sugars are not. This will be discussed in greater detail later.
3. White processed flour which is used to make most bread that is served at a restaurant and sold in a conventional grocery store. Any bread that is white is an immediate give away. Don't let a golden brown toasted outside mislead you.
4. Breads. Not all breads feed Candida; however, the easiest solution is to avoid breads all together.
5. The specific consumption of mushrooms, corn (this includes anything containing corn), simple carbohydrates such as pasta, rice (specifically white), starchy foods

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- such as potatoes, peanuts or any foods containing peanuts, any food that has been fermented such as soy sauce, manmade manufactured hot sauce, or pickles.
6. Alcohol (kills friendly flora and feeds the yeast).
  7. Smoking.
  8. Again any food that has been fermented like bread and alcohol. So it should be worth mentioning that alcohol not only kills the friendly flora, but also promotes the proliferation of Candida Yeast. In other words, alcohol acts as a “double negative”.
  9. Most fruits. Organic fruits have many wonderful health benefits; however, even the natural sugars present in fruit seem to feed Candida Yeast. Fruits such as green apples, lemons, limes, berries, and grapefruits do not seem to feed this yeast.

Keep in mind that there are many variables that affect the onset and development of a Candida Yeast overgrowth in one's body; however, I have listed some of the main contributors above. It would take pages to explain Candida Yeast, but as previously mentioned in essence when one takes Antibiotics and/or birth control (for example) they kill the “friendly flora” in ones intestinal track and thus this Candida Yeast develops, forms an overgrowth, and travels throughout the rest of the body via the blood stream. To learn more one can go to <http://ejuva.com/> or <http://drnatura.com/> and read their sections on Candida Yeast. I also highly recommend the book “The Fungus Link” by Doug Kaufmann. I would also like to add that Candida Yeast is not easy to detect although it is the root cause of many symptoms and is VERY difficult to fully take care of. There are specific blood tests that can be done to determine the severity of one's Candida Yeast overgrowth. There is no quick and easy answer. This takes many months of dedication and life style changes to completely deal with and get the yeast overgrowth in control. I would always recommend that one go see a homeopathic or naturopathic doctor that specializes in Candida Yeast as well as Nutrition Response Therapy.

Do not overlook Candida Yeast and the fact that it may be one of the causes of your current sickness, illness, disease, or pain. Candida is a MAJOR problem that many people are suffering from and don't even know it. Statistically speaking there is a greater chance that you are vs. are not suffering from a Candida Yeast Syndrome. And if one has ever taken antibiotics or birth control especially for an extended period of time for more than a week the probability that one is suffering from Candida Yeast increases dramatically. So in other words if you have EVER taken antibiotics or birth control I would get tested for Candida Yeast and/or do a Candida Yeast Cleanse.

It would also be worth noting here that Candida Yeast is an epidemic in our country. 100 years ago it didn't use to be. What created this sudden epidemic? **Manmade chemicals** are again the culprit such as antibiotics, birth control, chlorine, steroids, nonprescription and prescription drugs, flu shots, vaccinations, etc. Nature did not bring us any of these items man did. Again although I had previously stated that many foods even if they are

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100% organic can feed a yeast overgrowth and be bad, this doesn't mean the foods themselves are bad. If one has a strong immune system, frequent bowels, healthy levels of friendly flora, etc, the statistical probability of one developing a candida yeast overgrowth would be remote even if one was eating organic foods that tend to feed the yeast. The first step in the development of candida yeast is the friendly flora are killed by manmade chemically derived substances such as antibiotics. The second step is that foods we eat can feed the yeast.

Here is a list of potential symptoms that one might be suffering from due to Candida Yeast taken from <http://www.candidafree.net>.

- an incapacitating fatigue
- problems with concentration and short-term memory
- flu-like symptoms such as pain in the joints and muscle
- extreme tightness in the shoulders and neck
- hyper-acidity/acid reflux
- brown colored mucus in the back of the throat
- blisters in the mouth/tongue/throat
- either white or "blood blisters"
- un-refreshing sleep
- sore throat
- white coated tongue
- dark circles under the eyes
- an aversion to being touched or jumping
- "crawling" skin
- chronic sinus problems and headaches including migraines
- chronic dental problems

Visual disturbances may include blurring, sensitivity to light and eye pain.

Psychological problems may include:

- depression
- irritability
- anxiety
- panic attacks
- recurring obsessive thoughts
- personality changes and mood swings (irrational rage or crying for no reason - fear of talking to people, any kind of confrontation, isolation)
- paranoia

More of the physical symptoms may include:

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- chills and night sweats
- shortness of breath
- dizziness and balance problems
- sensitivity to heat and/or cold
- alcohol intolerance
- gluten and/or casein intolerance
- irregular heartbeat
- irritable bowel
- constipation and/or diarrhea
- painful gas and abdominal bloating
- low-grade fever or low body temperature
- numbness, tingling and/or burning sensations in the face or extremities
- dryness of the mouth and eyes
- difficulty swallowing
- projectile vomiting

Also:

- menstrual problems including PMS and endometriosis
- recurrent yeast infections
- recurrent ear infections
- rashes and dry, flaking skin
- eczema
- dermatitis
- acne
- skin discoloration and/or blotchiness
- dandruff
- jock and rectal itching
- chronic athlete's foot
- chronic toenail and fingernail fungus
- ringing in the ears (tinnitus)
- allergies and sensitivities to noise/sound, foods, odors, chemicals
- anemia
- weight changes without changes in diet
- light-headedness
- feeling in a fog
- fainting
- muscle twitching and muscle weakness
- restless leg syndrome

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- low sex drive and/or numbness in the genital area

“These are only the symptoms most commonly reported and documented. To a person who does not suffer with this bizarre combination (in one form or another), it may seem to be impossible. However, to those of us who have suffered, it is a blessing and a confirmation that we are not alone.

Of course, with so many people suffering, the doctors couldn't brush our symptoms aside forever. Many more people are now being diagnosed with Chronic Fatigue Syndrome (CFS) or CFIDS (Chronic Fatigue and Immune Dysfunction), Fibromyalgia syndrome (FMS), Lupus, Hypothyroidism, Leaky Gut Syndrome, Crohn's Disease, Irritable Bowel Syndrome, Celiac Disease, chronic sinusitis, atopic eczema, Seborrheic Dermatitis, Tinea Versicolor, GI dysbiosis, adrenal dysfunction, Rosacea, Psoriasis, Macular Degeneration, Barrett's Esophagus, Lactose Intolerance, Gluten and/or Casein Intolerance, Meniere's Disease, Obsessive Compulsive Disorder (OCD), and sometimes just depression (which can accompany many disease states), just to name a few.

It can be an underlying condition in many diseases, but is often not diagnosed, misdiagnosed, disputed to even exist or is disregarded altogether. (See our [Resources](#) section for findings from [Bruce Semon, M.D., Ph.D.](#) regarding the effects of yeast overgrowth and Autism, ADD, ADHD, Tourette's, headaches, fatigue, depression and schizophrenia. [Dr. William Shaw](#) addresses some of those issues as well as Alzheimer's). The number of children born with Autism 30 years ago was approximately 1 in 500,000. The approximate number today is a staggering 1 in 166. Alzheimer's alone has been predicted to break our healthcare system in the next 20 years.” This hopefully proves the point that Candida Yeast is real, has a negative impact on one's health, and can absolutely cause sickness, illness, disease, and pain.

In my humble opinion here are the very specific diseases that seem to be the most strongly correlated with candida yeast:

1. Fibromyalgia
2. Asthma
3. Multiple Sclerosis
4. Heart Disease
5. Cancer
6. Depression
7. Allergies
8. Irritable Bowel Syndrome
9. Chronic Fatigue Syndrome

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## **Finding Nature and the Healer Within**

*One's Alternative to Drugs and Surgery*

**There are natural alternatives to antibiotics that work and don't have negative side effects, but rather side benefits.**

I would recommend never taking antibiotics. In fact I could not even begin to say enough negative things regarding antibiotics. Understand these drugs are extremely detrimental to health and the body's ability to sustain homeostasis. Also according to Randall Fitzgerald in his book *The Hundred Year Lie* "On average, every teenager in the United States receives at least one prescription for antibiotics every year. Most prescriptions are for sore throats, 90 percent of which are viral and not responsive to antibiotics." Again this shows why Candida Yeast is an epidemic problem in America. Here is a list of natural remedies that help to aid in the body's immune system thus natural defense against bacteria and viruses:

1. Spirulina also known as Red Marine Algae (this is also a great source of vegetarian protein): <http://www.taooferbs.com/>
2. Allicin (this is an extract of garlic): <http://www.astrologyzine.com/health/alli-c-odorless-garlic.html>
3. Colloidal Silver: <http://www.themedicalalternative.com/pages/products.html>
4. Sodium Chlorite (pH Cleanse) (this product also helps to balance the body's pH): <http://phcleanse.com/>
5. Pau d' Arco: <http://www.youthfulfeeling.com/index.php?k=Pau+d%92+Arco&c=7>
6. Grapefruit seed extract

I can't say enough good things about Allicin. According to <http://www.astrologyzine.com/health/alli-c-odorless-garlic.html> (Affinity Health), "Allicin's antiviral activity may help people concerned with Flu (Influenza), Colds (Rhinovirus Type 2) and Herpes Simplex 1 & 2. Allicin's powerful antifungal and antibacterial activity is particularly useful against antibiotic-resistant yeast infections such as Candida, and bacterial infections such as Staphylococcus Aureus (MRSA) which can cause secondary infections like deadly pneumonia, especially in young children and the elderly. Allicin from garlic is not a drug and Alli-C™ is not available in drug stores, yet it is very useful against a wide range of virus, bacteria and fungus infections, without unpleasant or harmful side-effects."

Also according to Affinity Health, Allicin has shown that it is useful for "High Cholesterol, High Blood Pressure or Hypertension, High Blood Sugar, Hyperglycemia and Diabetes, Stomach Ulcer, Asthma, Allergies, Hay Fever, Fungal or Bacterial Eye Infection, Pink Eye, Sinus Infection, Chronic Sinusitis caused by fungus infection, Chest Infection, Throat Infection, Staph Infection (Staphylococcus bacteria), Staphylococcus Aureus (MRSA) infection causing Pneumonia, or Eczema and Psoriasis and Rosacea, Warts caused by a virus, Fungus Infection (by Coccidioides, Aspergillus, Histoplasma, Trichophyton, Cryptococci or Candida Albicans), Yeast Infection causing Bacterial Vaginosis or

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Vaginitis (Candida), Bacterial Infection of the Gastrointestinal Tract, E-Coli food poisoning, Helicobacter Pylori bacterial infection of the stomach causing ulcers, Stomach Cancer, Colon Cancer, Breast Cancer, Multiple Sclerosis, Herpes Simplex virus infection (Type 1 and Type 2) and Cold Sores, Opportunistic Bacterial Infections (like Staphylococcus Aureus and the resistant form MRSA, which is resistant to penicillin, methicillin, erythromycin, ciprofloxacin, and flucloxacillin) due to a compromised immune system in persons with AIDS or MS or Fujian Flu, Influenza B, Common Cold Rhinovirus, Nail Bed Infections and Athlete's Foot and other fungal skin infections.”

Affinity Health goes on to say more about these common conditions and how Allicin may be helpful:

- HAY FEVER

Garlic has been used for many years as a natural remedy for asthma and other allergic conditions. "Taking allicin powder has definitely helped my hay fever," states Miss Z. H. of Tenterden, Kent, UK. "I can now relax on fresh-cut grass without getting an attack, and it is nice to actually smell the grass!" Miss Z. H. started by taking four allicin powder capsules every day, and now is taking only two capsules per day. Having had hay fever since she was a teenager, Miss Z. H. is delighted not to have to resort to pharmaceutical agents that often have side effects.

- ASTHMA

Garlic extracts traditionally have been used to help improve circulation. It is thought that allicin is garlic's key component involved in the vasodilation of the small capillaries and alveoli in the lungs. Taking up to three allicin powder capsules per day should help improve circulation and breathing capacity. Allicin powder has been used successfully on volunteers as young as seven. Since asthma is an allergic condition, the allicin should help control the immune system and, thereby alleviate some of the symptoms of asthma.

- SINUSES

It was established at Johns Hopkins Medical School in 1999 that the most common cause of chronic sinusitis is fungal infection. Many thousands of people have had operations to clear and unblock their sinus cavities, but unfortunately the problem nearly always returns. Since allicin is proven to deal with fungal infections, it is not surprising that Alli-C™ is able to unblock sinus passages which were plugged due to the effects of a fungal infection.

- EYE INFECTIONS BY BACTERIA

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The bacteria responsible for a common eye infection are well known. Concern is growing about the number of resistant strains of bacteria developing due to overuse and improper use of antibiotics. Allicin is an excellent antibacterial agent, and it has been shown that one of Alli-C's™ key components, allicin, can help your body kill a wide selection of common (and some not so common) bacteria. Mrs. P. I., from Sheerness in Kent, UK, was struck with a serious eye infection. Her doctor prescribed a course of antibiotics. Unfortunately, the prescribed antibiotics had no effect on the eye infection. Mrs. P. I. tried taking two capsules of allicin powder for 2-3 days and was delighted to "see" her eye infection clear up very quickly.

- THE COMMON COLD

Please read the information listed under Latest Research. It clearly shows that allicin helps prevent the common cold, and it also helps speed recovery and inhibits further infection.

- FUNGUS AND YEAST INFECTIONS - CANDIDA, CRYPTOCOCCI, etc.

Some of the fungi that are susceptible to garlic include Coccidioides, Aspergillus, Histoplasma, Trichophyton, Candida, and Cryptococci. The most common fungal infection of adult AIDS patients in America is caused by Candida - candidiasis of the mouth, throat, and esophagus. Candidal organisms are very sensitive to allicin, and thus allicin is effective against Candida yeast infections.

- ATHLETE'S FOOT, WARTS, AND FUNGUS INFECTIONS OF THE SKIN

Break open a capsule of allicin powder, and dissolve it in about 20 ml. of water. Soak a cotton pad in the liquid. Bathe the afflicted area with the soaked cotton pad. Repeat this process a few times per day for up to seven days. Your problem should clear within a week. Mr. C. G. from East Sussex, UK, states: "Diluting allicin powder and using it on my recurrent athlete's foot problem has really worked. It does not dry out the skin and, therefore, [it] prevents painful cracking."

- BACTERIA - THROAT, EAR, AND CHEST INFECTIONS - GASTROINTESTINAL INFECTIONS - STOMACH ULCERS - E. COLI (Food Poisoning)

Many types of bacteria are sensitive to allicin, especially those which infect the throat, ear, and chest. Allicin also has been shown to kill E. Coli and Helicobacter Pylori in the gastrointestinal tract. Helicobacter Pylori is known to be the cause of the majority of stomach ulcers, and treatment requires triple antibiotic combination therapy. "Take just three capsules of allicin powder per day for three weeks, and the bacterium will never return," according to Mr. J. H. from Bexhill-on-Sea, UK.

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- **DIGESTION - REMOVING E. COLI (Escherichia Coli) and BACTERIA RELATED POISONS**

Allicin can remove various poisons which are secreted by bacteria. It is particularly effective against Escherichia Coli (E. Coli) related poisons, which can cause stomach upsets. Interestingly, garlic is the only antibiotic which also encourages digestion while protecting the body against poisons produced by the infection. Furthermore, allicin is unlikely to have any detrimental effect on good stomach bacteria.

- **HIGH CHOLESTEROL**

Medical researchers in America and in Oxford, UK, recently stated that garlic supplements have an important part to play in the treatment of high cholesterol. Overall, a 12% reduction in total cholesterol can be expected. The reduction normally will be evident after only four weeks of treatment. Mr. S. B. took four allicin powder capsules a day for six weeks. He saw an amazing 40% reduction in his cholesterol level.

- **HYPERTENSION (HIGH BLOOD PRESSURE)**

High blood pressure is described as the silent killer. It is important that blood pressure levels are kept as near to normal as is possible. Garlic, in certain forms which can produce plenty of allicin, has been shown to significantly reduce both systolic and diastolic blood pressures.

- **DIABETES AND HIGH BLOOD SUGAR LEVELS**

It has been reported that garlic can reduce blood sugar levels. This recently was confirmed by a study in Germany, where investigators found an 11% reduction in blood glucose levels in the garlic-treated group. Whether garlic can increase insulin sensitivity is unclear. However, a recent study at The Royal United Hospital Bath and The Royal South Hampshire Hospital in Southampton, UK, has shown that allicin can have a beneficial effect on harmful blood fats.

- **BREAST CANCER, STOMACH CANCER, COLON CANCER**

Recently, researchers in Pennsylvania, USA, have shown that by injecting a compound called diallyl disulphide (formed when allicin breaks down in the stomach), tumors can be reduced by half. Another garlic compound (S-allylcysteine) can stop cancer-causing agents from binding to human breast cells. Allicin breaks down in the body to form diallyl disulphide. In America, population studies have shown an inverse association between vegetable and fruit consumption and colon cancer risk. Few of these studies have focused

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on women, but in Iowa a large group of 41,837 women, aged 55-69 years, were monitored for cancer incidence for five years via the State Health Registry. The results showed that consumption of garlic was inversely associated with risk of developing colon cancer.

- **MULTIPLE SCLEROSIS**

It is well known that Multiple Sclerosis (MS) sufferers have very compromised immune systems. One of the key features of Alli-C™ is its ability to improve the performance of the immune system. It achieves this by enhancing circulation and by preventing minor infections from occurring - minor infections which could put stress on the body and weaken the immune system. Mrs. P. I. from Sheerness in Kent, UK, is convinced that allicin powder really helped her this last winter: "Although I suffer from MS, since taking allicin, this is the first time that I have not suffered from a cold all winter. I feel that this is due to allicin powder, and [I] will be taking it on a daily basis throughout the year."

Wow so many side **BENEFITS** and no reported **SIDEFFECTS**. Again remember the quote by Hippocrates "Let your food be your medicine and you medicine be your food".

Also it is worth mentioning that there are harmful colloidal silver products on the market. I believe that the one I provided is safe and effective. The doctor that sells it has treated over 500 patients with no known side effects I urge one to call and inquire. I believe that colloidal silver is one of the best antiviral products on the market. I must caution one, however, to one only take this product under the supervision of a licensed health care practitioner and two to ensure to take a pro-biotic after taking colloidal silver as it also has a tendency to kill the friendly flora in the intestinal track. Keep in mind here that unlike antibiotics which are extremely toxic to the body colloidal silver is not, however, both have a tendency to kill the friendly flora in the intestinal track.

Again keep in mind that I had recommended doing the colon cleanse first, however, the program that I had previously recommended from <https://drnatura.com> allows one to do many cleanses at once as well as a Candida Yeast cleanse. This is ok, but I do not believe that the Candida Yeast cleanse adequately deals with Candida Yeast overgrowth inside the body. Another program I recommend is "The Life Force Plan" more information can be found here: <http://www.lifeforceplan.com/>.

Here is also a quick list of things that one could do to potentially help rid the body of Candida Yeast. In other words if I was personally suffering from Candida Yeast this is what I would do. Avoid all together the following:

1. Broad Spectrum Antibiotics
2. Birth Control
3. Steroids of any kind

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4. Infrequent bowel movements (ideally a person should have between 2-3 bowel movements per day 0-4 hours after each meal)
5. Drinking water that has chlorine in it, which ALL unfiltered tap water has chlorine
6. Non-prescription and prescription drugs
7. Consumption of refined, processed, and artificial sugars such as Splenda, aspartame, white table sugar, etc.
8. It is also worth noting that Candida feeds off of all kinds of sugar even natural sugars such as unrefined unprocessed sugar cane, honey, and agave nectar. Stevia sugar is the only sugar that does not seem to feed this yeast overgrowth. However, there are also many health benefits to natural sugars such as honey, but if one is doing a Candida Yeast cleanse all sugars natural and manmade should be avoided during this time except Stevia.
9. White processed flour which is used to make most bread that is served at a restaurant and sold in a conventional grocery store. Any bread that is white is an immediate give away. Don't let a golden brown toasted outside mislead you.
10. Breads. Not all breads feed Candida, however, the easiest solution is to avoid it all together.
11. The specific consumption of mushrooms, corn (this includes anything containing corn), pasta, white rice, starchy foods such as potatoes, peanuts of any kind, soy sauce, manufactured hot sauce.
12. Alcohol
13. Smoking
14. Any food that has been fermented like bread and alcohol.
15. Most fruits. Organic fruits have many wonderful health benefits; however, even the natural sugars present in fruit seem to feed Candida Yeast. Fruits such as green apples, berries, lemons, limes, and grapefruits do not seem to feed this yeast.
16. Coffee.

Enrich the diet with as much fresh, organic, raw, living foods such as vegetables. Carrot juice and wheat grass juices are also great additions to the diet as these help to kill the yeast and flood the body with oxygen and nutrition.

Take the following:

1. Probiotics choose from acidophilus, bifidobacteria, and fructooligosaccharide (FOS): <http://ejuva.com>
2. A good anti fungal/yeast supplement (helps to kill the candida yeast): <http://ejuva.com>
3. Digestive enzymes (try a health food center)
4. Pau d' Arco (helps to kill the candida yeast)
5. Grapefruit seed extract (helps to kill the candida yeast)
6. Caprylic Acid (helps to kill the candida yeast)

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7. Olive Leaf Extract (helps to kill the candida yeast)
8. Malic Acid (helps to kill the candida yeast)
9. Garlic – Allicin (this is an extract of garlic):
10. <http://www.astrologyzine.com/health/alli-c-odorless-garlic.html> (helps to kill the candida yeast)
11. Carrot Juice (helps to kill the candida yeast)
12. Tea Tree Oil (helps to kill the candida yeast)

Items 4 – 12 have all been shown to have anti-fungal properties. Not all of them must be taken at once to properly deal with a Candida Yeast problem. I have just given a list of the most common natural alternatives that can be used to help kill the Candida Yeast.

I know this list seems daunting. Again there is no easy quick fix for Candida Yeast the more steps that one can follow here for an extended period of months the better the chances of ridding the body of this unwanted yeast.

I would like to make one last point regarding Candida Yeast. I can't stress how imperative and essential ridding the body of Candida Yeast overgrowth is. I have read breakthrough research that suggests that the many causes of various sicknesses, illnesses, and diseases are due to food allergies inside the body. This means that when one eats something one's body has a negative reaction to this particular food constituent. This in turn throws the body's natural homeostasis out of balance creating chemical imbalances leading to various sicknesses, illnesses, and diseases. The root cause of this has been linked a majority of the times to a Candida Yeast overgrowth inside the body. This is one of many reasons why I believe ridding the body of Candida Yeast overgrowth is the most important body cleanse one can do.

It is true, however, that people are allergic to certain foods independent of Candida Yeast. This is due to such things as body chemistry, physiology, DNA, and hereditary affects. This is why I recommend going to see a homeopathic health care practitioner that specializes in a technique called "Nutrition Response Therapy (NRT)" that can be used to test for food allergies. There are many techniques to perform NRT such as hair follicle examination and incorporating other therapies such as muscle/organ response therapy known as Applied Kinesiology and Acupressure. One must find a homeopath he/she likes the best.

Let's talk about liver cleansing and why it is important. The liver is the largest organ in the body (don't get this confused with saying the skin is the largest organ OF not IN the body). It performs several tasks that impact almost all body systems. Here is a list of some of the vital functions of the liver:

- Vascular Functions

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- Produce urea the main substance of urine
- Secretory and Excretory Functions
- Digestion
- Produce substances that break down fats
- Make certain amino acids the building blocks of proteins
- Metabolism
- Glycogen Storage
- Decomposition of red blood cells
- Plasma Protein Synthesis
- Blood detoxification and filtering
- Storage of vitamins and minerals
- Helps to maintain proper levels of glucose in the blood
- Responsible for producing cholesterol

This is not a complete list, but hopefully helps to point out some of the main functions and shows why it is important to cleanse the liver so that it can work properly. The truth is science does not know EVERYTHING about the liver and its functions. However, that is the beauty of the grand design that is our body it knows how to work whether we know how it works or not.

Let's talk a little bit about cleansing the blood and blood vessels. Again the liver helps to filter and detoxify the blood, but because of the massive amounts of toxins in our bodies people's livers are not working properly or are slow and sluggish. Also the liver was not designed to handle the massive amounts of toxins that we constantly put into our bodies and thus blood. Again we are putting massive amounts of toxins in our bodies by doing such things via what we eat, drink, put on our skin, breathe, etc. The blood vessels become clogged and blocked by such things as heavy metals, calcium, cholesterol, and toxins in general that can effect overall circulation and body function. This is caused by such things as hardening of the arteries also known as arteriosclerosis or scarring or damage of the arteries. There are several factors that can contribute to both of these such as chlorine in the water, hydrogenated oils, dehydration, toxins, nutritional deficiencies, etc (again I will also default back to my list of 14 items above). There are, however, specific chemicals for example that contribute to the arteries becoming scarred, damaged or hard such as chlorine and hydrogenated oils. These are again **Manmade and Chemically** derived.

The bottom line is it is the **manmade chemicals** that we are putting in our bodies that are again the culprit here. There are two ways that one can detoxify the blood and blood vessels; oral or intravenous chelation. Here is a link to an oral chelation product: <http://www.longevityplus.com/store/home.php>. Type in chelation in the search and look for their "beyond chelation" and "beyond chelation improved" products. Yes; I believe that there are natural alternatives to drugs and surgery such as oral chelation that can be

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used to clean out the arteries. I have had many alternative doctors say that intravenous chelation tends to be more affective as compared to oral chelation. The first step is to clean out the arteries and blood. The next step is to give the body the proper nutrition so that the arteries can self heal if they are scared, damaged, or have become hard for example. The “Beyond Circulation” product found again at <http://www.longevityplus.com/store/home.php> is a good start at least for atherosclerosis which is a form of arteriosclerosis.

It also might be worth noting that it is not probable that cholesterol would attach itself to a healthy properly functioning artery wall...it's just simple physics. The next time a doctor prescribes a cholesterol reducing medication such as Lipitor I would ask why is the cholesterol attaching itself to the walls of my arteries? If he is able to give you an answer, I would then ask what can one do to fix the problem that is causing the cholesterol to stick to the walls of the arteries. Lipitor for example does reduce the amount of cholesterol in the body, but whether there's a little or a lot of cholesterol in the blood stream won't prevent it from attaching itself. So in other words Lipitor does not prevent cholesterol from attaching itself to the artery walls and thus does not solve the root cause of the problem which is hardening and/or scaring of the artery walls. Liptor might just slightly delay the inevitable. Very few cholesterol lowering medications can even make the claim that they lower the risk of heart attack or stroke. Again this is because the root cause of the problem is not solved that is clogged arteries as I have explained. In fact the “root cause” of the problem is in answering the question as to why did the arteries become damaged, scared, or hard in the first place. Again if the arteries were not damaged, scared, or hard the cholesterol would not attach itself...it's that simple. I would inquire if a doctor ever prescribed such a medication. Again though I will default back to the fact that all nonprescription and prescription drugs are toxic to the body and have negative side effects even if the doctor prescribing or the pharmaceutical company manufacturing the drug doesn't know or disclose.

Now let's talk about kidney cleansing. Here are some of the main functions of the kidneys:

- Excretion of waste such as water and toxins.
- The kidney is one of the major organs involved in helping to maintain homeostasis.
- Helping to regulate body pH.
- Helping to control blood pressure.
- Responsible for hormone secretion.

This is not a complete list, but hopefully helps to point out some of the main functions and shows why it is important to cleanse the kidney so that it can work properly. The truth is science does not know EVERYTHING about the kidney and its functions. However, that is the beauty of the grand design that is our body it knows how to work whether we know how it works or not. You should notice that I had said the exact same thing regarding the

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liver and liver cleansing. I am not going to repeat this statement for each cleanse, but know it is true for all the cleanses, organs, and body in general. Again the body knows how to self heal more than any person, doctor, scientist, alive and can if given what it needs and removed what it doesn't need.

There are many ways to cleanse the kidneys. The easiest and cheapest way is with filtered water. One can also go on a juice fast. This consists of drinking only the juice from freshly squeezed and organic fruits and vegetables. This is also a great way to support the overall detoxification of the body, tissue, and organs. If one is suffering from kidney stones, many times a more aggressive approach is necessary. Here is an herbal product that one can take to help aid in kidney detoxification as well as bladder:

<http://www.1coloncleanse.com/kidneycleanse.htm>.

Now let's talk about heavy metal toxicity in the body. I would think that putting a heavy metal such as mercury or lead in the body would be considered "common sense" to most as being toxic. Here is a list of the most common heavy metals that would end up in our bodies and their associated sources some of which was taken from

<http://www.alternative-doctor.com>.

#### 1. Aluminum

- a. aluminum foil
- b. animal feed
- c. antacids
- d. aspirin
- e. auto exhaust
- f. baking powder
- g. beer
- h. bleached flour
- i. cans
- j. ceramics
- k. cheese
- l. cigarette filters
- m. color additives
- n. cookware
- o. cosmetics
- p. deodorants
- q. drinking water
- r. nasal spray
- s. pesticides
- t. toothpaste
- u. Vanilla powder.

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#### 2. Arsenic

- a. coal combustion
- b. insect repellants
- c. pesticides
- d. soil that might be arsenic rich
- e. seafood from coastal waters such as mussels, oysters and shrimp

#### 3. Cadmium

- a. airborne industrial contaminants
- b. candy
- c. ceramics
- d. cigarette smoke
- e. soda
- f. tap water
- g. fertilizers
- h. food from contaminated soil
- i. incineration of tires, rubber, or plastic
- j. processed meat
- k. motor oil
- l. oysters
- m. paint
- n. pesticides
- o. galvanized pipes
- p. processed foods
- q. refined grains
- r. rubber
- s. seafood such as cod, haddock, oyster, or tuna
- t. sewage

#### 4. Copper

- a. birth control pills
- b. copper cookware
- c. copper pipes
- d. insecticides
- e. swimming pools
- f. tap water
- g. chocolate
- h. corn oil

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## **Finding Nature and the Healer Within**

### *One's Alternative to Drugs and Surgery*

- i. lobster
- j. margarine

#### 5. Iron

- a. tap water
- b. iron cookware
- c. iron pipes
- d. foods such as meat, molasses, nuts, organ meats, oysters, parsley, red wine, refined foods, shellfish, soybeans, wheat germ, or whole grains.

#### 6. Lead

- a. car exhaust
- b. battery manufacturing which produces lead pollution
- c. canned fruit and juice
- d. car batteries
- e. cigarette smoke
- f. coal combustion
- g. colored inks
- h. cosmetics
- i. eating utensils
- j. household dust
- k. glass production
- l. hair dyes
- m. industrial emissions
- n. lead pipes
- o. paint
- p. pencils
- q. pesticides
- r. tin cans with lead solder sealing (such as juices, vegetables)
- s. toothpaste
- t. tap water

#### 7. Mercury

- a. Adhesives
- b. air conditioner filters
- c. antiseptics
- d. battery manufacturing
- e. cosmetics
- f. dental amalgams

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- g. fabric softeners
- h. floor waxes
- i. insecticides
- j. medications such as vaccinations
- k. paints
- l. pesticides
- m. seafood (especially tuna and swordfish)
- n. skin lightening creams
- o. soft contact lens solution
- p. tap water

This is not a complete list of ALL heavy metals, but some of the main ones we are exposed to. The associated sources are also not complete lists, but hopefully the point is being made that we are exposed to heavy metals on a daily basis, they are making their way into our bodies by what we eat, breathe, put on our skin, etc, and almost everyone needs to do a heavy metal cleanse.

You will also notice a very common denominator to the sources of heavy metal toxicity **manmade chemically derived products**. A few worth highlighting and discussing again are the following.

1. Deodorants, which most contain aluminum.
2. Lotions and creams, which most contain aluminum.
3. Tap water, which can contain a whole host of heavy metal toxicity.
4. Vaccinations, which contain very high levels of mercury.
5. Dental amalgams, which contain mercury.

Almost all deodorants, lotions, and creams contain aluminum. Just read the label most of these products even state this information directly on the labels. Again anything put on the skin is absorbed through the skin into the blood stream. Don't buy these products go to a health food center or search on the internet for organic and safe alternatives to these manmade chemically derived products.

Again the possible presence of heavy metals in the tap water further accentuates why it is important to drink filtered water and not bathe in non-filtered tap water.

That's right vaccinations are loaded with mercury as well as aluminum, MSG, formaldehyde, ethylene glycol (also used in antifreeze), and sulfites that have been linked to the cause of various sickness, illness, and disease. It isn't necessarily the "vaccines" that are harmful it is all of these additives that are primarily used to increase shelf life thus profits of the company that makes it.

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Robert F. Kennedy Jr. investigates the government cover-up of mercury and its relation to the development of autism. Here is what he says in an article published in 2005 by Rolling Stone magazine, "In June 2000, a group of top government scientists and health officials gathered for a meeting at the isolated Simpsonwood conference center in Norcross, Georgia. Convened by the Centers for Disease Control and Prevention, the meeting was held at this Methodist retreat center, nestled in wooded farmland next to the Chattahoochee River, to ensure complete secrecy. The agency had issued no public announcement of the session -- only private invitations to fifty-two attendees. There were high-level officials from the CDC and the Food and Drug Administration, the top vaccine specialist from the World Health Organization in Geneva and representatives of every major vaccine manufacturer, including GlaxoSmithKline, Merck, Wyeth and Aventis Pasteur. All of the scientific data under discussion, CDC officials repeatedly reminded the participants, was strictly "embargoed." There would be no making photocopies of documents, no taking papers with them when they left.

The federal officials and industry representatives had assembled to discuss a disturbing new study that raised alarming questions about the safety of a host of common childhood vaccines administered to infants and young children. According to a CDC epidemiologist named Tom Verstraeten, who had analyzed the agency's massive database containing the medical records of 100,000 children, a mercury-based preservative in the vaccines -- thimerosal -- appeared to be responsible for a dramatic increase in autism and a host of other neurological disorders among children. "I was actually stunned by what I saw," Verstraeten told those assembled at Simpsonwood, citing the staggering number of earlier studies that indicate a link between thimerosal and speech delays, attention-deficit disorder, hyperactivity and autism. Since 1991, when the CDC and the FDA had recommended that three additional vaccines laced with the preservative be given to extremely young infants - - in one case, within hours of birth -- the estimated number of cases of autism had increased fifteen fold, from one in every 2,500 children to one in 166 children.

Even for scientists and doctors accustomed to confronting issues of life and death, the findings were frightening. "You can play with this all you want," Dr. Bill Weil, a consultant for the American Academy of Pediatrics, told the group. The results "are statistically significant." Dr. Richard Johnston, an immunologist and pediatrician from the University of Colorado whose grandson had been born early on the morning of the meeting's first day, was even more alarmed. "My gut feeling?" he said. "Forgive this personal comment -- I do not want my grandson to get a thimerosal-containing vaccine until we know better what is going on."

But instead of taking immediate steps to alert the public and rid the vaccine supply of thimerosal, the officials and executives at Simpsonwood spent most of the next two days discussing how to cover up the damaging data. According to transcripts obtained under the Freedom of Information Act, many at the meeting were concerned about how the damaging

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revelations about thimerosal would affect the vaccine industry's bottom line. "We are in a bad position from the standpoint of defending any lawsuits," said Dr. Robert Brent, a pediatrician at the Alfred I. duPont Hospital for Children in Delaware. "This will be a resource to our very busy plaintiff attorneys in this country." Dr. Bob Chen, head of vaccine safety for the CDC, expressed relief that "given the sensitivity of the information, we have been able to keep it out of the hands of, let's say, less responsible hands." Dr. John Clements, vaccines advisor at the World Health Organization, declared that "perhaps this study should not have been done at all." He added that "the research results have to be handled," warning that the study "will be taken by others and will be used in other ways beyond the control of this group."

In fact, the government has proved to be far more adept at handling the damage than at protecting children's health. The CDC paid the Institute of Medicine to conduct a new study to whitewash the risks of thimerosal, ordering researchers to "rule out" the chemical's link to autism. It withheld Verstraeten's findings, even though they had been slated for immediate publication, and told other scientists that his original data had been "lost" and could not be replicated. And to thwart the Freedom of Information Act, it handed its giant database of vaccine records over to a private company, declaring it off-limits to researchers. By the time Verstraeten finally published his study in 2003, he had gone to work for GlaxoSmithKline and reworked his data to bury the link between thimerosal and autism.

Vaccine manufacturers had already begun to phase thimerosal out of injections given to American infants -- but they continued to sell off their mercury-based supplies of vaccines until last year. The CDC and FDA gave them a hand, buying up the tainted vaccines for export to developing countries and allowing drug companies to continue using the preservative in some American vaccines -- including several pediatric flu shots as well as tetanus boosters routinely given to eleven-year-olds.

The drug companies are also getting help from powerful lawmakers in Washington. Senate Majority Leader Bill Frist, who has received \$873,000 in contributions from the pharmaceutical industry, has been working to immunize vaccine makers from liability in 4,200 lawsuits that have been filed by the parents of injured children. On five separate occasions, Frist has tried to seal all of the government's vaccine-related documents -- including the Simpsonwood transcripts -- and shield Eli Lilly, the developer of thimerosal, from subpoenas. In 2002, the day after Frist quietly slipped a rider known as the "Eli Lilly Protection Act" into a homeland security bill, the company contributed \$10,000 to his campaign and bought 5,000 copies of his book on bioterrorism. The measure was repealed by Congress in 2003 -- but earlier this year, Frist slipped another provision into an anti-terrorism bill that would deny compensation to children suffering from vaccine-related brain disorders. "The lawsuits are of such magnitude that they could put vaccine producers out of business and limit our capacity to deal with a biological attack by terrorists," says Dean Rosen, health policy adviser to Frist.

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Even many conservatives are shocked by the government's effort to cover up the dangers of thimerosal. Rep. Dan Burton, a Republican from Indiana, oversaw a three-year investigation of thimerosal after his grandson was diagnosed with autism. "Thimerosal used as a preservative in vaccines is directly related to the autism epidemic," his House Government Reform Committee concluded in its final report. "This epidemic in all probability may have been prevented or curtailed had the FDA not been asleep at the switch regarding a lack of safety data regarding injected thimerosal, a known neurotoxin." The FDA and other public-health agencies failed to act, the committee added, out of "institutional malfeasance for self protection" and "misplaced protectionism of the pharmaceutical industry."

The story of how government health agencies colluded with Big Pharma to hide the risks of thimerosal from the public is a chilling case study of institutional arrogance, power and greed. I was drawn into the controversy only reluctantly. As an attorney and environmentalist who has spent years working on issues of mercury toxicity, I frequently met mothers of autistic children who were absolutely convinced that their kids had been injured by vaccines. Privately, I was skeptical.

I doubted that autism could be blamed on a single source, and I certainly understood the government's need to reassure parents that vaccinations are safe; the eradication of deadly childhood diseases depends on it. I tended to agree with skeptics like Rep. Henry Waxman, a Democrat from California, who criticized his colleagues on the House Government Reform Committee for leaping to conclusions about autism and vaccinations. "Why should we scare people about immunization," Waxman pointed out at one hearing, "until we know the facts?"

It was only after reading the Simpsonwood transcripts, studying the leading scientific research and talking with many of the nation's pre-eminent authorities on mercury that I became convinced that the link between thimerosal and the epidemic of childhood neurological disorders is real. Five of my own children are members of the Thimerosal Generation -- those born between 1989 and 2003 -- who received heavy doses of mercury from vaccines. "The elementary grades are overwhelmed with children who have symptoms of neurological or immune-system damage," Patti White, a school nurse, told the House Government Reform Committee in 1999. "Vaccines are supposed to be making us healthier; however, in twenty-five years of nursing I have never seen so many damaged, sick kids. Something very, very wrong is happening to our children."

More than 500,000 kids currently suffer from autism, and pediatricians diagnose more than 40,000 new cases every year. The disease was unknown until 1943, when it was identified and diagnosed among eleven children born in the months after thimerosal was first added to baby vaccines in 1931.

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Some skeptics dispute that the rise in autism is caused by thimerosal-tainted vaccinations. They argue that the increase is a result of better diagnosis -- a theory that seems questionable at best, given that most of the new cases of autism are clustered within a single generation of children. "If the epidemic is truly an artifact of poor diagnosis," scoffs Dr. Boyd Haley, one of the world's authorities on mercury toxicity, "then where are all the twenty-year-old autistics?" Other researchers point out that Americans are exposed to a greater cumulative "load" of mercury than ever before, from contaminated fish to dental fillings, and suggest that thimerosal in vaccines may be only part of a much larger problem. It's a concern that certainly deserves far more attention than it has received -- but it overlooks the fact that the mercury concentrations in vaccines dwarf other sources of exposure to our children.

What is most striking is the lengths to which many of the leading detectives have gone to ignore -- and cover up -- the evidence against thimerosal. From the very beginning, the scientific case against the mercury additive has been overwhelming. The preservative, which is used to stem fungi and bacterial growth in vaccines, contains ethylmercury, a potent neurotoxin. Truckloads of studies have shown that mercury tends to accumulate in the brains of primates and other animals after they are injected with vaccines -- and that the developing brains of infants are particularly susceptible. In 1977, a Russian study found that adults exposed to much lower concentrations of ethylmercury than those given to American children still suffered brain damage years later. Russia banned thimerosal from children's vaccines twenty years ago, and Denmark, Austria, Japan, Great Britain and all the Scandinavian countries have since followed suit.

"You couldn't even construct a study that shows thimerosal is safe," says Haley, who heads the chemistry department at the University of Kentucky. "It's just too darn toxic. If you inject thimerosal into an animal, its brain will sicken. If you apply it to living tissue, the cells die. If you put it in a petri dish, the culture dies. Knowing these things, it would be shocking if one could inject it into an infant without causing damage."

Internal documents reveal that Eli Lilly, which first developed thimerosal, knew from the start that its product could cause damage -- and even death -- in both animals and humans. In 1930, the company tested thimerosal by administering it to twenty-two patients with terminal meningitis, all of whom died within weeks of being injected -- a fact Lilly didn't bother to report in its study declaring thimerosal safe. In 1935, researchers at another vaccine manufacturer, Pittman-Moore, warned Lilly that its claims about thimerosal's safety "did not check with ours." Half the dogs Pittman injected with thimerosal-based vaccines became sick, leading researchers there to declare the preservative "unsatisfactory as a serum intended for use on dogs."

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In the decades that followed, the evidence against thimerosal continued to mount. During the Second World War, when the Department of Defense used the preservative in vaccines on soldiers, it required Lilly to label it "poison." In 1967, a study in Applied Microbiology found that thimerosal killed mice when added to injected vaccines. Four years later, Lilly's own studies discerned that thimerosal was "toxic to tissue cells" in concentrations as low as one part per million -- 100 times weaker than the concentration in a typical vaccine. Even so, the company continued to promote thimerosal as "nontoxic" and also incorporated it into topical disinfectants. In 1977, ten babies at a Toronto hospital died when an antiseptic preserved with thimerosal was dabbed onto their umbilical cords.

In 1982, the FDA proposed a ban on over-the-counter products that contained thimerosal, and in 1991 the agency considered banning it from animal vaccines. But tragically, that same year, the CDC recommended that infants be injected with a series of mercury-laced vaccines. Newborns would be vaccinated for hepatitis B within twenty-four hours of birth, and two-month-old infants would be immunized for haemophilus influenzae B and diphtheria-tetanus-pertussis.

The drug industry knew the additional vaccines posed a danger. The same year that the CDC approved the new vaccines, Dr. Maurice Hilleman, one of the fathers of Merck's vaccine programs, warned the company that six-month-olds who were administered the shots would suffer dangerous exposure to mercury. He recommended that thimerosal be discontinued, "especially when used on infants and children," noting that the industry knew of nontoxic alternatives. "The best way to go," he added, "is to switch to dispensing the actual vaccines without adding preservatives."

For Merck and other drug companies, however, the obstacle was money. Thimerosal enables the pharmaceutical industry to package vaccines in vials that contain multiple doses, which require additional protection because they are more easily contaminated by multiple needle entries. The larger vials cost half as much to produce as smaller, single-dose vials, making it cheaper for international agencies to distribute them to impoverished regions at risk of epidemics. Faced with this "cost consideration," Merck ignored Hilleman's warnings, and government officials continued to push more and more thimerosal-based vaccines for children. Before 1989, American preschoolers received eleven vaccinations -- for polio, diphtheria-tetanus-pertussis and measles-mumps-rubella. A decade later, thanks to federal recommendations, children were receiving a total of twenty-two immunizations by the time they reached first grade.

As the number of vaccines increased, the rate of autism among children exploded. During the 1990s, 40 million children were injected with thimerosal-based vaccines, receiving unprecedented levels of mercury during a period critical for brain development. Despite the well-documented dangers of thimerosal, it appears that no one bothered to add up the cumulative dose of mercury that children would receive from the mandated vaccines.

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"What took the FDA so long to do the calculations?" Peter Patriarca, director of viral products for the agency, asked in an e-mail to the CDC in 1999. "Why didn't CDC and the advisory bodies do these calculations when they rapidly expanded the childhood immunization schedule?"

But by that time, the damage was done. At two months, when the infant brain is still at a critical stage of development, infants routinely received three inoculations that contained a total of 62.5 micrograms of ethylmercury -- a level 99 times greater than the EPA's limit for daily exposure to methyl mercury, a related neurotoxin. Although the vaccine industry insists that ethylmercury poses little danger because it breaks down rapidly and is removed by the body, several studies -- including one published in April by the National Institutes of Health -- suggest that ethylmercury is actually more toxic to developing brains and stays in the brain longer than methyl mercury.

Officials responsible for childhood immunizations insist that the additional vaccines were necessary to protect infants from disease and that thimerosal is still essential in developing nations, which, they often claim, cannot afford the single-dose vials that don't require a preservative. Dr. Paul Offit, one of CDC's top vaccine advisers, told me, "I think if we really have an influenza pandemic -- and certainly we will in the next twenty years, because we always do -- there's no way on God's earth that we immunize 280 million people with single-dose vials. There has to be multi-dose vials."

But while public-health officials may have been well-intentioned, many of those on the CDC advisory committee who backed the additional vaccines had close ties to the industry. Dr. Sam Katz, the committee's chair, was a paid consultant for most of the major vaccine makers and was part of a team that developed the measles vaccine and brought it to licensure in 1963. Dr. Neal Halsey, another committee member, worked as a researcher for the vaccine companies and received honoraria from Abbott Labs for his research on the hepatitis B vaccine.

Indeed, in the tight circle of scientists who work on vaccines, such conflicts of interest are common. Rep. Burton says that the CDC "routinely allows scientists with blatant conflicts of interest to serve on intellectual advisory committees that make recommendations on new vaccines," even though they have "interests in the products and companies for which they are supposed to be providing unbiased oversight." The House Government Reform Committee discovered that four of the eight CDC advisers who approved guidelines for a rotavirus vaccine "had financial ties to the pharmaceutical companies that were developing different versions of the vaccine."

Offit, who shares a patent on one of the vaccines, acknowledged to me that he "would make money" if his vote eventually leads to a marketable product. But he dismissed my suggestion that a scientist's direct financial stake in CDC approval might bias his judgment.

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"It provides no conflict for me," he insists. "I have simply been informed by the process, not corrupted by it. When I sat around that table, my sole intent was trying to make recommendations that best benefited the children in this country. It's offensive to say that physicians and public-health people are in the pocket of industry and thus are making decisions that they know are unsafe for children. It's just not the way it works."

Other vaccine scientists and regulators gave me similar assurances. Like Offit, they view themselves as enlightened guardians of children's health, proud of their "partnerships" with pharmaceutical companies, immune to the seductions of personal profit, besieged by irrational activists whose anti-vaccine campaigns are endangering children's health. They are often resentful of questioning. "Science," says Offit, "is best left to scientists."

Still, some government officials were alarmed by the apparent conflicts of interest. In his e-mail to CDC administrators in 1999, Paul Patriarca of the FDA blasted federal regulators for failing to adequately scrutinize the danger posed by the added baby vaccines. "I'm not sure there will be an easy way out of the potential perception that the FDA, CDC and immunization-policy bodies may have been asleep at the switch re: thimerosal until now," Patriarca wrote. The close ties between regulatory officials and the pharmaceutical industry, he added, "will also raise questions about various advisory bodies regarding aggressive recommendations for use" of thimerosal in child vaccines.

If federal regulators and government scientists failed to grasp the potential risks of thimerosal over the years, no one could claim ignorance after the secret meeting at Simpsonwood. But rather than conduct more studies to test the link to autism and other forms of brain damage, the CDC placed politics over science. The agency turned its database on childhood vaccines -- which had been developed largely at taxpayer expense -- over to a private agency, America's Health Insurance Plans, ensuring that it could not be used for additional research. It also instructed the Institute of Medicine, an advisory organization that is part of the National Academy of Sciences, to produce a study debunking the link between thimerosal and brain disorders. The CDC "wants us to declare, well, that these things are pretty safe," Dr. Marie McCormick, who chaired the IOM's Immunization Safety Review Committee, told her fellow researchers when they first met in January 2001. "We are not ever going to come down that [autism] is a true side effect" of thimerosal exposure. According to transcripts of the meeting, the committee's chief staffer, Kathleen Stratton, predicted that the IOM would conclude that the evidence was "inadequate to accept or reject a causal relation" between thimerosal and autism. That, she added, was the result "Walt wants" -- a reference to Dr. Walter Orenstein, director of the National Immunization Program for the CDC.

For those who had devoted their lives to promoting vaccination, the revelations about thimerosal threatened to undermine everything they had worked for. "We've got a dragon by the tail here," said Dr. Michael Kaback, another committee member. "The more negative

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that [our] presentation is, the less likely people are to use vaccination, immunization -- and we know what the results of that will be. We are kind of caught in a trap. How we work our way out of the trap, I think is the charge."

Even in public, federal officials made it clear that their primary goal in studying thimerosal was to dispel doubts about vaccines. "Four current studies are taking place to rule out the proposed link between autism and thimerosal," Dr. Gordon Douglas, then-director of strategic planning for vaccine research at the National Institutes of Health, assured a Princeton University gathering in May 2001. "In order to undo the harmful effects of research claiming to link the [measles] vaccine to an elevated risk of autism, we need to conduct and publicize additional studies to assure parents of safety." Douglas formerly served as president of vaccinations for Merck, where he ignored warnings about thimerosal's risks.

In May of last year, the Institute of Medicine issued its final report. Its conclusion: There is no proven link between autism and thimerosal in vaccines. Rather than reviewing the large body of literature describing the toxicity of thimerosal, the report relied on four disastrously flawed epidemiological studies examining European countries, where children received much smaller doses of thimerosal than American kids. It also cited a new version of the Verstraeten study, published in the journal *Pediatrics*, that had been reworked to reduce the link between thimerosal and autism. The new study included children too young to have been diagnosed with autism and overlooked others who showed signs of the disease. The IOM declared the case closed and -- in a startling position for a scientific body -- recommended that no further research be conducted.

The report may have satisfied the CDC, but it convinced no one. Rep. David Weldon, a Republican physician from Florida who serves on the House Government Reform Committee, attacked the Institute of Medicine, saying it relied on a handful of studies that were "fatally flawed" by "poor design" and failed to represent "all the available scientific and medical research." CDC officials are not interested in an honest search for the truth, Weldon told me, because "an association between vaccines and autism would force them to admit that their policies irreparably damaged thousands of children. Who would want to make that conclusion about themselves?"

Under pressure from Congress and parents, the Institute of Medicine convened another panel to address continuing concerns about the Vaccine Safety Datalink Data Sharing program. In February, the new panel, composed of different scientists, criticized the way the VSD had been used in the Verstraeten study, and urged the CDC to make its vaccine database available to the public.

So far, though, only two scientists have managed to gain access. Dr. Mark Geier, president of the Genetics Center of America, and his son, David, spent a year battling to obtain the

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medical records from the CDC. Since August 2002, when members of Congress pressured the agency to turn over the data, the Geiers have completed six studies that demonstrate a powerful correlation between thimerosal and neurological damage in children. One study, which compares the cumulative dose of mercury received by children born between 1981 and 1985 with those born between 1990 and 1996, found a "very significant relationship" between autism and vaccines. Another study of educational performance found that kids who received higher doses of thimerosal in vaccines were nearly three times as likely to be diagnosed with autism and more than three times as likely to suffer from speech disorders and mental retardation. Another soon-to-be published study shows that autism rates are in decline following the recent elimination of thimerosal from most vaccines.

As the federal government worked to prevent scientists from studying vaccines, others have stepped in to study the link to autism. In April, reporter Dan Olmsted of UPI undertook one of the more interesting studies himself. Searching for children who had not been exposed to mercury in vaccines -- the kind of population that scientists typically use as a "control" in experiments -- Olmsted scoured the Amish of Lancaster County, Pennsylvania, who refuse to immunize their infants. Given the national rate of autism, Olmsted calculated that there should be 130 autistics among the Amish. He found only four. One had been exposed to high levels of mercury from a power plant. The other three -- including one child adopted from outside the Amish community -- had received their vaccines.

At the state level, many officials have also conducted in-depth reviews of thimerosal. While the Institute of Medicine was busy whitewashing the risks, the Iowa legislature was carefully combing through all of the available scientific and biological data. "After three years of review, I became convinced there was sufficient credible research to show a link between mercury and the increased incidences in autism," says state Sen. Ken Veenstra, a Republican who oversaw the investigation. "The fact that Iowa's 700 percent increase in autism began in the 1990s, right after more and more vaccines were added to the children's vaccine schedules, is solid evidence alone." Last year, Iowa became the first state to ban mercury in vaccines, followed by California. Similar bans are now under consideration in thirty-two other states.

But instead of following suit, the FDA continues to allow manufacturers to include thimerosal in scores of over-the-counter medications as well as steroids and injected collagen. Even more alarming, the government continues to ship vaccines preserved with thimerosal to developing countries -- some of which are now experiencing a sudden explosion in autism rates. In China, where the disease was virtually unknown prior to the introduction of thimerosal by U.S. drug manufacturers in 1999, news reports indicate that there are now more than 1.8 million autistics. Although reliable numbers are hard to come by, autistic disorders also appear to be soaring in India, Argentina, Nicaragua and other developing countries that are now using thimerosal-laced vaccines. The World Health

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Organization continues to insist thimerosal is safe, but it promises to keep the possibility that it is linked to neurological disorders "under review."

I devoted time to study this issue because I believe that this is a moral crisis that must be addressed. If, as the evidence suggests, our public-health authorities knowingly allowed the pharmaceutical industry to poison an entire generation of American children, their actions arguably constitute one of the biggest scandals in the annals of American medicine. "The CDC is guilty of incompetence and gross negligence," says Mark Blaxill, vice president of Safe Minds, a nonprofit organization concerned about the role of mercury in medicines. "The damage caused by vaccine exposure is massive. It's bigger than asbestos, bigger than tobacco, bigger than anything you've ever seen."

It's hard to calculate the damage to our country -- and to the international efforts to eradicate epidemic diseases -- if Third World nations come to believe that America's most heralded foreign-aid initiative is poisoning their children. It's not difficult to predict how this scenario will be interpreted by America's enemies abroad. The scientists and researchers -- many of them sincere, even idealistic -- who are participating in efforts to hide the science on thimerosal claim that they are trying to advance the lofty goal of protecting children in developing nations from disease pandemics. They are badly misguided. Their failure to come clean on thimerosal will come back horribly to haunt our country and the world's poorest populations." Wow what a strong message. I would never take vaccinations. These are manmade toxic poisons. Actually it should be worth noting that it isn't necessarily the vaccinations that are toxic it is the additives such as Mercury or Thimerosal that the above article discusses in great detail.

I want to take a minute to discuss dental amalgams. One must get rid of the silver fillings and other metal in the mouth. All dental metals (such as Mercury) are toxic. Holistic doctors and biological dentists have recognized this for years.

One needs to try and find a homeopathic/biological dentist. Try looking in your yellow pages or doing some quick searches on <http://www.google.com/>. I have personally seen a biological dentist that removed two silver fillings from my bottom back molars and replaced it with a 100% non-metallic and non-toxic biological substance called holistor. I recommend discussing this procedure with a homeopathic/biological dentist. One must also be sure to go through what is called oral chelating as well. This is a method that is used to make sure all of the metal is removed from the blood stream and subsequently in the cells of the body. This can be done with Chlorella taken 3 days before and after the procedure 30 minutes before meals once a day.

It is also worth noting here that each tooth is associated with an energy meridian within the body. According to Suzin Stockton, "Ever seen a reflexology chart, or an iridology chart? These show respectively that areas of the feet/hands and iris of the eye correspond to






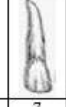






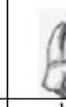



















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different parts of the entire body. There's a colon chart that shows that same relationship – a matter of the microcosm reflecting the macrocosm. It should come as no surprise then that there are points within our jawbones – at specific tooth sites - that correspond to areas of the entire body, as well. **(Click here to view a complete tooth chart: <http://cnri.edu/DRwilson/Dentalinfo/Tooth-Organs-chart.pdf>).** Also shown below:

Traditional Chinese Meridian Organs															
Heart, Small Int, Circulation/Sex, Triple Warmer	Stomach Pancreas	Lung Large Intestine	Liver Gallbladder	Kidney Bladder	Kidney Bladder	Liver Gallbladder	Lung Large Intestine	Stomach Spleen	Heart, Small Int, Circulation/Sex, Triple Warmer						
Associated Western Medicine Joints, Organs and Glands															
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS. Ant pituitary	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #2 Parathyroid; #3 Thyroid Right Breast	Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine #4 Right Breast	Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Rt. Liver, gallbladder.	Right: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Left Liver, biliary ducts.	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine #13 Left Breast	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #14 Thyroid #15 Parathyroid Left Breast	Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, ileum. CNS. Ant pituitary						
															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
															
Traditional Chinese Meridian Organs															
Heart, Small Int, Circulation/Sex, Triple Warmer	Lung Large Intestine	Stomach Pancreas	Liver Gallbladder	Kidney Bladder	Kidney Bladder	Liver Gallbladder	Spleen Stomach	Lung Large Intestine	Heart, Small Int, Circulation/Sex, Triple Warmer						
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Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS.	Right: Shoulder, elbow, hand (radial) Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #28: Ovaries, Testes Right Breast	Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palat. Tonsil. Eye. Ovaries Testes Rt. Liver, gallbladder.	Right: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palat. Tonsil. Eye. Ovaries, testes. Left Liver, biliary ducts.	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #21: Ovaries, Testes Left Breast	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine	Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, ileum. CNS. Ant pituitary						

**Acumeridian Tooth-Organ Relationships** from various sources including Gleditsch and Klinghardt (www.NeuraITherapy.com). Compiled by Dr. Ralph Wilson

The existence of this ‘reflexive’ relationship is one reason why a disturbance at a particular tooth site can cause a distant organ to malfunction. (Conversely, a disturbance in the organ can cause a problem at the related tooth site).

Basically, the reflexive relationship between tooth site and organ is an energetic one, created as a consequence of the tooth site and the organ sharing an energy channel or meridian, as it’s called in Traditional Chinese Medicine. A problem in your jaw can affect you just about anywhere in your body, for every tooth site crosses one or more of the 12 major meridians, as described below:

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Your anterior or front teeth, the first four on both the top jaw (maxilla) and bottom jaw (mandible) jaw – teeth numbers 7-10 and 23-26 - run through the kidney and bladder meridians. A disturbance with any of these teeth can affect those organs and cause a problem anywhere in the urogenital tract. It can also affect the ankles, rectum and anal canal, nose, the frontal sinus and the adrenal and pineal glands.

Moving one tooth over on both the top and bottom jaw, we find teeth numbers 6 and 11 (maxilla) and teeth numbers 22 and 27 (mandible). These teeth run across the liver and gallbladder meridians. Therefore, these organs may be affected by a disturbance at these tooth sites. The sphenoidal sinus, hips, gonads and pituitary gland may also be affected.

The large intestine and lung meridians affect teeth number 4, 5, 12 and 13 in the upper jaw and numbers 18, 19, 30 and 31 in the lower. A disturbance with any one of these teeth (or the bone beneath them) can cause a problem with the large or small intestine, lungs, veins, arteries, hands, feet, nose, shoulders or with the pituitary or thymus glands.

Teeth #2 and #3 on the top right and #28 and #29 on the bottom right cross the stomach meridian. Their counterparts on the left side of the jaw (#14 and #15 in the maxilla and #20 and #21 in the mandible) cross both the stomach and spleen meridians. Disturbances with any of the teeth highlighted in the illustration to the right can cause problems with the spleen, pancreas, esophagus, parathyroid gland, mammary glands, stomach, knee and ankle joints, lymph vessels, maxillary sinuses or the thyroid gland.

The 3rd molar or wisdom tooth sites (tooth numbers 1, 16, 17 and 32) cross four separate meridians (heart, small intestine, triple warmer & circulation/sex). Therefore, a disturbance at any of these sites may cause a number of systemic problems, most notably with the heart, small intestine and nervous system. The shoulders, elbows, hands, feet, ears, tongue, sacroiliac joint and limbic system may also be affected.

In addition to these energetic relationships between tooth sites and organs, there is yet another way in which oral pathology can have systemic consequences. That is through the migration of microbes and/or their toxins to distant organs via lymphatic and blood vessels. The toxins associated with cavitation sites can be carried throughout the body and will tend to settle in weakened organs.” A link to this text can also be found here:

<http://www.healthcarealternatives.net/toothbody.html>.

Let's take a minute to discuss the lymphatic system and how to cleanse it. The lymphatic system performs the following main functions:

- Is the system by which waste, toxins, bacteria, etc is transported from the cells, then to the blood, and then to the colon and kidneys.
- Helps to break down toxins.

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- Transports nutrients to the cells in the body.
- Carries digested fats away from the intestines.

The following figure taken from: <http://www.naturalhealthschool.com> helps to outline the lymphatic system throughout the body.

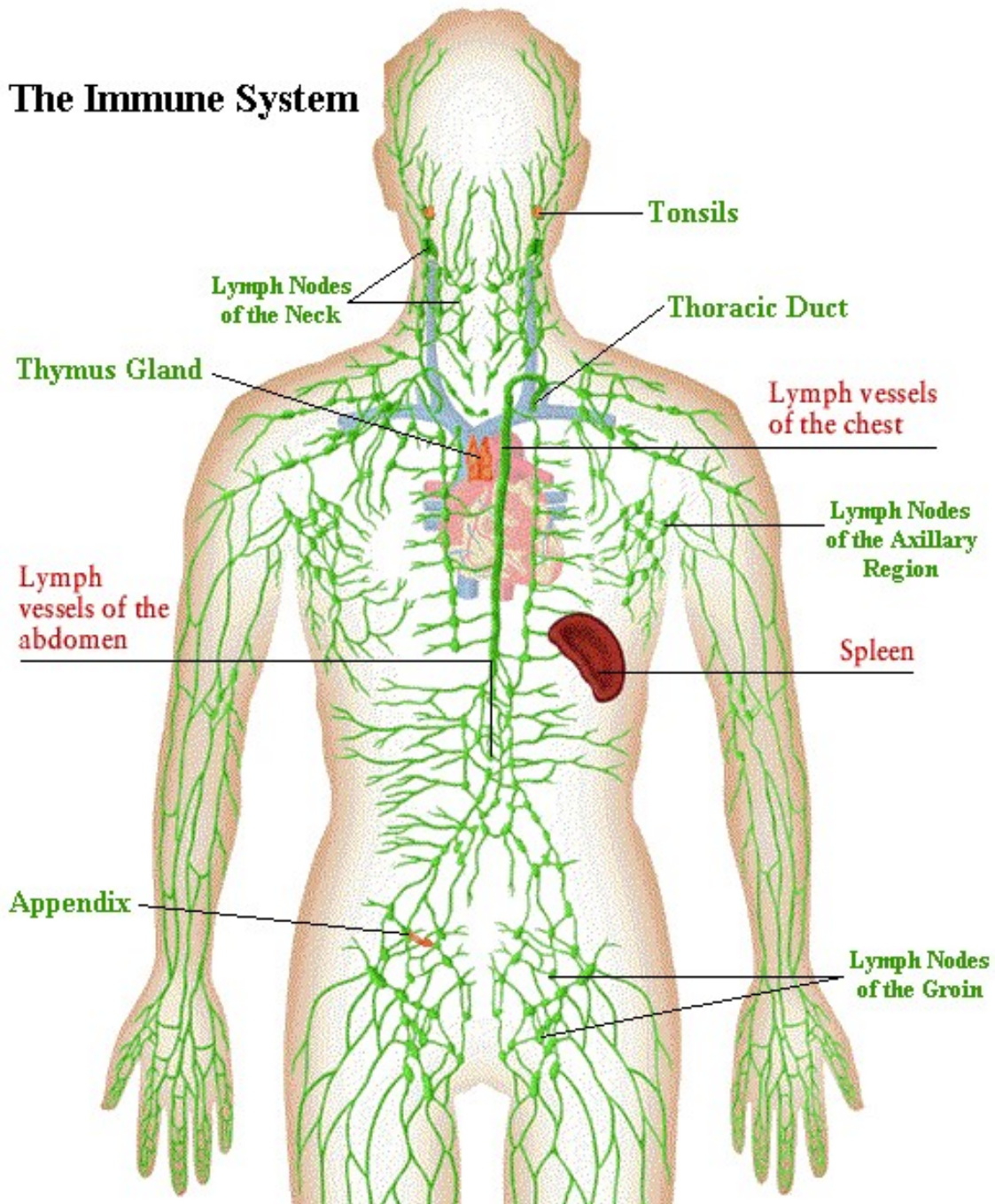
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### The Immune System



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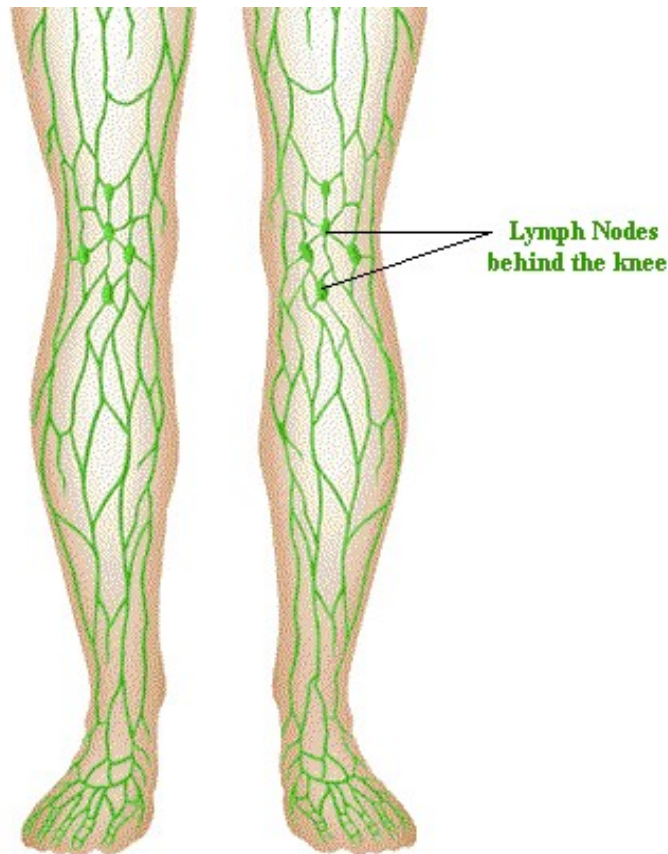


Figure Showing the Lymphatic System

Doing all the other cleanses can at the same time help to cleanse the lymphatic system. A couple other approaches are to engage in dry brush massage and ionic cleansing, which I will discuss in greater detail later.

Let's take a minute to discuss parasites and parasite cleansing. I believe that almost everyone has at least one parasite living inside of their bodies. And most have a lot more than just one. According to <http://www.the-natural-path.com/parasite-cleanse.html> "A parasite cleanse is required if your body is overburdened with other toxins. For the most part, if your body is healthy, then your immune system can deal with the parasites. If your circulation is poor, or your organs and tissues are oxygen deprived, or your pH is out of balance, tissues begin to deteriorate. This sets up an environment suitable for parasites to invade your body. They will naturally migrate to those areas of the body where your body is not functioning optimally. So they can be present in your blood, your joints, your organs, you name it! While parasites may not necessarily be the cause of a disease, they are extremely opportunistic and can make a disease worse.

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There are many reasons to consider a parasite cleanse. It is estimated that parasites infect up to 80% of the world population, and that these infestations are not limited to developing nations with poor sanitation. Common lab tests screen for only forty of the hundreds of parasites that can live within the human body. In addition, most tests are performed on stool samples, but in reality only a few parasites inhabit the intestinal tract. Thus many people can test negative when in fact they do have parasites.

#### **What is a parasite?**

A parasite is an organism that derives its food, nutrition and shelter by living in or on another organism.

#### **How would I possibly get bad parasites?**

Malaria, giardia, and roundworm can be spread from country to country due to increased immigration and travel. Popularity of raw or undercooked foods, in particular meats and fish, can spread parasites. Until recently, the US government had banned the import of Italian prosciutto because the traditional method used to cure the pork did not involve heat of any kind.

You know how certain beaches are closed to swimmers after heavy rains? This is because the bacterial and parasite levels are extremely high and create the risk of infection. If you live in high smog areas, you will be more susceptible to parasite invasion.

Probably the most common method of transmission is through pets. Even if you wash your hands after petting your dog or cat or handling your scaly or feathered friends, you can still get parasites by picking up their bedding or their food dish or when they come over and lick you. This is the reason why women are advised to stop emptying the cat litter box while they are pregnant.

So what is a toxin-conscious person to do? A routine parasite cleanse!

#### **Possible Signs of Parasitic Infestation**

Since parasites will naturally inhabit the weaker areas of your body, symptoms can manifest in many different ways.

- Stomach pain, indigestion, ulcers, constipation or colitis may indicate parasites in the digestive tract
- Uncontrollable movements, such as Parkinson's disease, may indicate parasites in the nervous system

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- Joint or muscle pain, such as arthritis, can be a sign that the presence of a parasite is irritating the joint or tissue and thereby causing inflammation
- Increased susceptibility to infections in lungs, sinuses, vagina, bladder or any mucous membrane may indicate the presence of a parasite
- Food and environmental allergies are often linked to parasites because as digested food is released into the intestines, it can seep through perforations caused by the parasites into the lymphatic system
- Dermatitis, itching, psoriasis, eczema, hives, swelling and rashes can indicate parasites in the skin
- Anemia, fatigue or drowsiness after meals may indicate that parasites are competing with the body for nutrients”

Again the Almighty Colon Cleanse program has been shown to help remove parasites along with compacted fecal matter from the colon and thus large and small intestines.

Let's take a minute to discuss gallbladder cleansing. The gall bladder stores bile for the liver. The gall bladder holds bile on its way from the liver to the intestines. Blood flows through all regions of our body. Blood can carry nutrients and waste from cell to cell. The Liver is the main filter for the blood as previously discussed and it is one of the main eliminators of toxins and dead blood cells in the body. The waste product that is created as a result of the liver cleansing out toxins and dead blood cells is bile, which is being manufactured at all times. The body has a use for this bile other than simple elimination. Bile is the main substance responsible for breaking down fat in the digestive system. The gallbladder is the organ that receives bile from the liver. The bile is stored until it is needed in the digestive system to break down fats and cholesterol during digestion. It should be easy to see here that the liver and gallbladder are working very much in tandem. For this reason the liver and gallbladder should be cleansed simultaneously. Here is a product for such a cleanse: <http://www.1coloncleanse.com/livercleanse.htm>.

I want to take a minute now and further discuss toxins in the body. I believe everyone has some level of toxicity in the trillion or so cells in his/her body. This could range from a whole host of sources, but the bottom line is that it isn't that one has toxins the question is just how many toxins does one have. Is it possible that a certain toxicity level present in the body is the cause of a sickness, illness, disease, or discomfort? I think statistically speaking there is a good chance this is the case. There are a whole host of detoxification products on the market. I believe one needs to find what he/she is the most comfortable with and use that product and/or detoxification method/technique. Personally the best total body detoxification system I have seen is called ionic cleansing.

Basically what one does is put his/her feet in a salt water bath. An ionic exchanger is placed in the water. Ions are created that pass through the body chemically binding to toxic cells and pulling and removing them from the body through the pores in the feet via osmosis.

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Again this is a subject that to fully explain would take pages. I recommend one to do searches to find a local spa, health food store, homeopathic or naturopathic clinic, etc that uses this technique and inquire first hand. From my experience this technique can remove various toxins from the cells of the body as well as organs. It can also remove Candida Yeast, mold, fungus, mildew, blood stasis, parasites, cholesterol, stress, etc. Keep in mind here that ionic cleansing does not replace the colon and candida yeast cleanses. One must do the colon and candida yeast cleanses to clean out the colon and rid the body of yeast respectively.

Here are the main ways that the body rids itself of toxins naturally:

1. Through the pores of the skin by sweating.
2. Through the pores of the skin by exposure to the sun. The sun helps to draw out of one's body the toxins in one's cells.
3. Through the intestinal track via bowel movements.
4. Through the liver. The liver works to filter and cleanse the blood as well as serves for a whole host of other purpose (as previously mentioned).
5. Through the urine by drinking 8-10 eight ounce glasses of water per day.
6. Through the skin by exfoliation. Toxins come to the surface of the epidermis, kill skin cells, then they scale and fall off in the form of dandruff for example in and around the scalp.
7. Chelation. This is when certain foods (nutrients) chemically bind to toxins and are expelled via through the pores of the skin, exfoliation, urine, and/or digestive system. Many whole, raw, organic foods serve as wonderful chelation agents.
8. Through the hairs all over the body. The hair follicles can contain toxins that are expelled from the body as they grow out from the various locations from the body's epidermis.
9. The lungs, but unfortunately the air is so polluted and toxic the lungs can't handle this constant unnatural toxic bombardment.
10. Throughout the lymphatic system (as already mentioned).

Now one must ask himself/herself how often any one of these items is true throughout the day. My guess is generally never. People rarely if ever go out in the sun, usually don't sweat, rarely drink enough water (and if enough water is being consumed it is rarely filtered), and when there is a sign of dandruff an anti-dandruff shampoo is used to suppress the symptom or lotion is used on other areas of the body. One has been filling one's body full of toxins throughout one's entire life and one's body has been unable to naturally rid itself of these massive amounts of toxins. The question is not does one have toxins in his/her body the question is how much toxins does one have?

Remember also that these toxins and fecal matter in one's body are subsequently preventing it from assimilating and properly absorbing the nutrients that one would

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normally get from anything one eats and/or drinks. Thus one is just left spiraling down a pit fall of bad health one where he/she continues to fill his/her body full of toxins that are not being removed and continue to live with nutritional deficiencies.

**Toxins cannot be 100% eliminated from our lives in this day and age, but they can be reduced.**

Now that we have addressed getting the toxins out of one's body let's talk about not putting toxins in one's body. One can get toxins in one's body the following ways:

1. By what one eats.
2. By what one drinks.
3. By what one puts on the skin.
4. By what one breathes.
5. By what one sees.
6. By what one hears.
7. By what one thinks.

For item 1 NEVER eat fast food and rarely if ever eat food at a chain restaurant. Rarely means less than once a month. If one thinks that any amount of fast food is safe one should watch the movie "Super Size Me". This is a documentary about Morgan Spurlock that eats nothing but McDonald's food for breakfast, lunch, and dinner for 30 days straight. In short the man almost died! This should be absolutely amazing as it would take almost an equivalent amount of time to starve to death. Hence, the point is that eating nothing at all is better than eating fast food. Fasting is also a great way to let the body and organs rest and detoxify. There are so many startling points to take away from this movie. A few that I would like to point out here is that he was monitored by three different doctors during this time a cardiologist, gastroenterologist, and a general practitioner. All of these doctors had PhDs, went to American accredited universities, and could be considered the average American western doctors. All of these doctors at the beginning of the movie were willing to say that eating fast food for thirty days straight would have little if no effect on Morgan's health. They were universes wrong. It was also mentioned in this movie that if trends do not statistically deviate from where they were during the making of this movie, 2004, that one in three children born in the year 2000 will at some point in their life develop diabetes!

Also there was a morbidly obese man that was interviewed that was about to undergo Gastric Bypass Surgery. His surgeons were also interviewed. They claimed that Gastric Bypass Surgery was the only "Cure" for obesity; however, Morgan began speaking to the obese man about his diet. The man admits that he was drinking 1.5 gallons of diet coke every day. Diet coke is poison to the body and has an artificial manmade sugar usually either aspartame or Splenda contained in it. The man also goes on to say that he went blind one day while driving to work. Once he quit drinking the diet coke his blood sugar began

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to slowly normalize, however, he still had the surgery. Again manmade chemicals are in our food and what we drink, are poisons, and can absolutely cause sickness, illness, disease, and pain or in other words malfunctioning cells.

I would also like to make a point here about food and hunger. When the stomach becomes too empty the sensation of hunger is felt. The stomach could be filled with either fast food with no nutrition and toxins or organic raw produce full of nutrition and many times fewer toxins. Both would fill the stomach and relieve the sensation of hunger. However, one would not give the cells of the body what they would need to stay healthy. There is a big difference between starvation and malnutrition. Starvation is the sheer lack of food while malnutrition is the lack of nutritious food. Most all Americans are experiencing a slow death due to malnutrition while few ever die from starvation. Morgan Spurlock was destroying his body by eating food that had virtually no nutrition and was full of toxins. He was not destroying his body because of starvation. In fact he gained massive amounts of body fat. Here is the summary of what he experienced at the end of the 30 days:

10. He gained 24.5lbs.
11. His liver turned to fat and was shutting down.
12. Cholesterol went from 165 to 230 this is a 40% increase.
13. Body fat went from 11 to 18% this is a 64% increase.
14. According to the doctors he had doubled his risk of heart disease.
15. According to the doctors he was twice as likely to have heart failure.
16. He was constantly depressed and experienced frequent mood swings.
17. He was constantly exhausted and had no sex drive.
18. He experienced massive food cravings and if he didn't eat the food he would get headaches.

One would think that this would be more than enough to say McDonalds is producing a product that is KILLING Americans and should be outlawed. There is a one word answer as to why this won't happen...MONEY!!! Again remember too that if no one bought this food McDonalds would go out of business over night. Be a consumer advocate of healthy foods, don't feed the monster, and don't buy fast food EVER!

I would stick to a diet of eating as much raw fruits, vegetables, nuts, seeds, sprouts, and eggs as one could, for example. This is known as the "Raw Living Foods" diet and is an excellent way to detoxify the body as well as provide it with super nutrition. I would also only eat organic foods here is why:

1. Organic foods are grown naturally while non-organic foods are grown using extremely toxic herbicides, pesticides, and fertilizers that absorb in the fruit and vegetables. Did you know that there are 100% all natural and organic herbicides, pesticides, and fertilizers that farmers could use? So why don't farmers use the

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## **Finding Nature and the Healer Within**

### *One's Alternative to Drugs and Surgery*

- organic alternative? One word answer, MONEY (as well as advertisement deception) it's always all about the money. Plus again the consumer drives the market. If people only bought organic produce, that is all farmers would sell and it would drive the costs down. Together let's put Fast Food out of business and put more organic farmers into business!
2. Organic foods can have several times higher nutritional values as compared to non-organic foods.
  3. Non-organic foods are irradiated which is like microwaving the food so it destroys the living enzymes that your body uses to digest food, chemically alters the food so that it is something unnatural (not God given), and destroys the nutrients of the food.
  4. Non-organic foods are, at times, genetically engineered which is not natural and turns the food into something unnatural and remember nature knows more than science.

So in summary organic foods have more nutrition which is what one's body needs and no toxins which is what one's body doesn't need when compared to non-organic foods. I know that the common argument is that organic foods are more expensive than conventional I have a short exercise to persuade otherwise. I shop at Whole Foods Market, which is a health food store once a week, buy 100% organic foods, and have never spent over \$120.00. This buys me enough to eat 3 meals a day for 7 days so  $\$120.00/21\text{meals} = \$5.70/\text{meal}$ . So one must ask themselves how many times does one go "out to eat" and spend more than this? My guess is that many times the answer is one spends more than this and the rest of the time one spends close to this amount. Is putting one's current and future health in jeopardy worth saving 10-50 dollars a month (or in some cases actually saving money!)?

NEVER eat meat specifically red meat that is not kosher and Organic here is why:

1. Conventional animals are, at times, genetically modified to something unnatural and remember nature knows more than science.
2. Conventional animals are given and injected with poisonous antibiotics, growth hormones respectively, and potentially other non prescription and prescription drugs making the animals very toxic. The toxins make their way into the muscle cells and then we eat these poisonous toxins.
3. A conventional animal is not allowed to roam freely or exercise regularly creating an extremely toxic and unhealthy creature. Remember humans exercise to stay healthy and in shape. The animals are cage up and put into extremely confined spaces constantly surrounded by toxic fecal matter.
4. Conventional animals many times are feed ground up parts from other animals that, at times, died due to some form of sickness, illness, or disease. Remember that cows were meant to be vegetarians too. The animals eat toxins that make their way into the muscle cells and then we eat these poisonous toxins.

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5. Conventional animals are killed by being shot with a bolt in the side of the head. This scars the animal and does not kill it immediately. Adrenaline shoots through the blood and into the muscle fibers making the meat highly toxic. The animal usually dies in its own feces and urine surrounded by an extremely negative life force energy.
6. Conventional meat is aged by being left in a dark room and allowed to rot making it extremely toxic.

I can't stress this one enough. American meat that is not Kosher and Organic is so diseased and toxic it is against the law for most foreign countries to allow it to be imported into their country such as Europe. In accordance Europe has outlawed the use of such things as antibiotics and growth hormones to be used in the raising of their cattle. Studies have also been done that conclude that there is a link between Alzheimer's disease (as well as a whole host of degenerative diseases) and consuming meat that is non-organic. In short consuming non-organic meat is toxic and can absolutely lead to cellular malfunction thus sickness, illness, disease, and pain.

Some have said the human body is designed to be vegetarian in fact so much research has shown that vegan vegetarians tend to live longer and healthier lives and it is very difficult for the body to fully digest meats (this is another reason why most people have clogged colons). You always hear the claim that meat has protein and is good for you the exact opposite is true (specifically when talking about non-organic and non-kosher meat). If you want protein, take a whole food supplement or eat more spirulina, chlorella, raw nuts, seeds, and eggs. Chlorella has up to 10 times the protein content as compared to meat and has many other wonderful health benefits not side effects. It has been called the "Perfect Protein" by nutritionists and alternative health care practitioners. I eat meat, poultry, and fish, but on rare occasions. I believe that this is ok (in moderation) given the fact that it is Kosher and Organic and that one does the body cleanses regularly.

Never eat food that has been processed in anyway. The safest way to know if this is the case is if the food comes in boxes, cans, bags, or etc. One must ask himself/herself if it has been altered from its Natural God given state in some way. Nature (God) knows more than science. Also when one eats raw fruits, vegetables, nuts, seeds, and eggs don't put the food in a Microwave. I would never eat or drink anything that comes out of a Microwave. I own a microwave and have never used it. Microwaves cause sickness, illness, and disease and have four main effects on foods:

1. Destroy the living enzymes that one's body uses to digest food.
2. Chemically alters the food so that it is something unnatural. This in turn alters one's body's blood chemistry and pH to something unnatural as well as affecting the body's natural state of homeostasis causing a host of degenerative diseases.
3. Destroy the nutrients of the food.

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#### 4. Destroy the life force energy of the food.

I am going to take a brief moment to explain how a microwave works and why it causes items 1 – 4. A microwave generates positive and negative electromagnetically generated radiation waves. Most foods contain some amount of water and the H<sub>2</sub>O water molecule is a dipole. The oxygen molecules have a net negative charge and the hydrogen a net positive thus creating a dipole moment. When a positive radio wave passes through the water molecule the positive side aligns. When a negative radio wave passes the negative side aligns. A microwave generates a rapid number of radio waves oscillating between positive and negative. Each time the water molecule tries to align in the direction of the oscillating radio wave creating a net spin. This rotational energy creates heat due to friction as the molecules rub and bounce off of one another. The heat energy generated by the water molecules is transferred to the other molecules of any food via heat transfer due to conduction. This is why the outside always heats up first. Due to skin effects most of the radio waves interact with the molecules on the surface and again this heat energy is transferred in an inward direction via thermal conduction. This motion and change of energy created by the electromagnetically generated radiation waves disrupts the chemical bonds of the water molecules and others. An apple for example is vibrating and radiating at a natural energy state. The electromagnetically generated radiation waves alter this to something unnatural and thus the life force energy is changed. The heat destroys the living nutrients and enzymes.

One other item to stress here is one should eat RAW LIVING FOODS. Unfortunately any form of cooking (although microwaving is by far the worst) begins to destroy the living enzymes and nutrients of the food. If I had to rank ways to cook food from best to worst, it would go like this:

1. boiling
2. steaming
3. conventional convection (using your oven)
4. frying
5. microwaving

I only ranked steaming after boiling as with steaming the water vapor can reach temperatures much higher than that of water fluid thus has the potential to kill more nutrients and enzymes. Of course the amount of damage done to the food is also time dependent, thus there is not a single answer to the question.

The best possible food would be for one go to his/her backyard and pick a fresh ripe apple (an apple is a form of supper food...just FYI) for example that has been organically grown and eat it instantly in its raw state the way Nature and God intended. I know this is impossible one must do their best when possible. This apple would be fresh, ripe, free of

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toxins such as herbicides, fertilizers, and other manmade chemicals, living, full of nutrients and living enzymes, have a positive energetic life force, and exactly what the body would need to sustain health and life on a complete and total cellular level.

Now compare this apple to fast food. I would like to just say that most fast food falls into a category of being non organically grown thus it has fewer nutrients, living enzymes, and is full of toxins, was picked prematurely, potentially irradiated, and potentially genetically modified. It is then over processed by which it is cooked, preservatives and other chemicals are added, frozen, stored for months, cooked again (usually by microwave), and then served to us in minutes. This food has no nutrition, has no living enzymes, is full of manmade toxic chemicals, and is absolutely poison to the body thus causing various forms of sickness, illness, disease, and/or pain.

For item 2 NEVER drink tap water. Almost ALL tap water (especially water treated in cities) has chlorine and fluoride in it as well as many other harmful chemicals, heavy metals, and byproducts. Chlorine and fluoride are 2 of the deadliest chemicals known to man specifically fluoride. One must drink water that has been filtered. One can buy a cheap Brita water filter at Target or a more expensive and yes better one at <http://www.ewater.com/>. One caveat to filtering water is that some water filters also remove the valuable minerals as well as the chemicals, metals, etc. However, the benefits far out way the drawbacks.

Taking a brief related side track here it would be worth discussing item 8 mild or chronic dehydration. I believe that most people are at least suffering from mild dehydration. Nature did not bring us coffee, Gatorades, cokes, other flavored beverages, etc man did and these manmade beverages many times dehydrate the body more than hydrate, have manmade sugars in them (remember what I had said about manmade sugars), and other chemicals. Nature brought us water, organic teas that can be made from water, and juice from fruits and vegetables. Natures alternative to man's does not have chemicals, is nutritional, life sustaining, full of life force, and gives the body what it needs.

One does need to drink at least 8-10 eight ounce glasses of water per day just make sure it is filtered water. A good formula to calculate how many ounces any given person should drink per day is half their weight in ounces. So if one weighs 100lbs one should drink 50 ounces of water per day. There is, however, a caveat to this don't drink too much water as this could throw the body pH out of balance turning the body abnormally alkaline. Remember that 70-90% of all organic liver matter is comprised of water including humans. The body needs water in order to sustain life this means hydrating every living cell in the body. I believe that drinking enough filtered water and getting enough minerals is very important to health and vitality.

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As I had said I personally believe the average American is dehydrated and dehydration can lead to a whole host of sickness illness and disease. When I talk about dehydration I am not talking about a process that takes a few days or weeks, but rather years and decades. Years and decades of not drinking enough water year after year and instead substituting things such as Gatorade, juice, coke, or any other artificially flavored man made drink, coffee, soda, beer, etc. in the place of water. There is a book by the name of "Your Body's Many Cries for Water" written by F. Batmanghelidj, M.D. I highly recommend it.

Here is a powerful excerpt taken from <http://www.watercure.com/>:

### **The Wonders of Water: Amazing Secrets for Health and Wellness**

Water prevents and helps to cure heartburn.

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

---

Water prevents and helps to cure arthritis.

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

---

Water prevents and helps to cure back pain.

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one.

Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in

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time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

---

Water prevents and helps to cure angina.

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

---

Water prevents and helps to cure migraines.

Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

---

Water prevents and helps to cure colitis.

Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

---

Water and salt prevent and helps to cure asthma.

Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

Not recognizing asthma as the indicator of dehydration in the body of a growing child not

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only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

---

Water prevents and helps to cure high blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

---

Water prevents and helps to cure early adult-onset diabetes.

Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages.

Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. It will cause eventual loss of the toes, feet and legs from gangrene. It will cause eye damage, even blindness.

---

Water lowers blood cholesterol.

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve

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cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

One misnomer here is that what is stated is that the water is “curing” oneself. The water gives the body what it needs so that it can self heal and return to a state of balance and homeostasis.

It would be worth discussing item number 7 body pH. According to <http://www.ionizers.org> “Virtually all degenerative diseases including heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a window through which you can see the overall pH balance in your body.

### **A brief Science of Body pH**

Minerals with a negative electrical charge are attracted to the H<sup>+</sup> ion. These are called acid minerals. Acid minerals include: chlorine (Cl<sup>-</sup>), sulfur (S<sup>-</sup>), phosphorus (P<sup>-</sup>), and they form hydrochloric acid (HCl), sulfuric acid (H<sub>2</sub>SO<sub>4</sub>), and phosphoric acid (H<sub>3</sub>PO<sub>4</sub>). Minerals with a positive electrical charge are attracted to the negatively charged OH<sup>-</sup> ion. These are called alkaline minerals. Nutritionally important alkaline minerals include calcium (Ca<sup>+</sup>), potassium (K<sup>+</sup>), magnesium (Mg<sup>+</sup>), and sodium (Na<sup>+</sup>). (Cancer patients tend to have an excess of sodium. - Gerson page 97). To determine if a food is acid or alkaline, it is burned and the ash is mixed with water. If the solution is acid or alkaline then the food is called acid or alkaline. Ash is the mineral content of the food.

Also, while it is commonly understood that the body needs calcium to build bones, what is not generally known is bones are a complex matrix of many different minerals and if all the required minerals are not present then strong bones cannot be built. There are at least 18 key bone-building nutrients essential for optimum bone health. The implication is that it is easier to destroy bone through excess acidity in the body than it is to rebuild bone. Furthermore, as farm soils become depleted of many trace minerals the foods grown on these soils contain less and less of the required nutrients. At last count, the human body requires 90 different nutrients for optimum health, and the list is growing year by year.

How does this relate to body metabolism? Basically, if the body fluids are acid they will seek alkaline minerals to react with - such as sodium, potassium, zinc, iron, calcium. These are found in the liver, muscles, ligaments and bones, etc., if too little is available from the diet. But why should this happen? Effectively, all the body's internal fluids are designed to

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be slightly alkaline, such as interstitial fluid, cerebrospinal and lymphatic fluid, liver bile and so on. The only exception to this is the hydrochloric acid produced by the stomach.

While our bodies are designed to be alkaline, cells produce acid as a by-product of their normal activity. The acid waste matter thus produced is reduced to carbon dioxide and water which are excreted harmlessly from the body.

When food is consumed and metabolized, however, not all of it is used up. A residue remains and this has been called ash (and perhaps the major area of disagreement in this subject is over the classification of foods into acid-ash forming and alkaline-ash forming foods). Digestion oxidizes foods in much the same way as if they were burned except that it involves enzymes operating at low temperatures; a lemon, for example, will break down into carbohydrates that will further break down into carbon dioxide and water leaving a residual alkaline ash consisting of minerals salts such as sodium, potassium and calcium etc. So while a lemon will taste acid and present an acid pH if tested raw, its ash will be alkaline and so will its effect on the body.

Proteins on the other hand leave an ash consisting of phosphates, sulphates and nitrates (from the phosphorus, sulphur and nitrogen that proteins contain). These are all acid. The net effect of protein consumption (whether from animal or vegetable sources) is to increase acidity.

The body has to rid itself of its acid wastes. This type of acid ash cannot be eliminated through the lungs as carbon dioxide and water in the same way as cellular metabolism. Instead the body has to buffer the ash with alkaline substances in order to neutralize it. Buffering takes place both inside and outside the cell, the majority of the buffering occurring in the blood itself.

Clinical research by Dr M T Morter (Arkansas, USA) has shown that if the anabolic urinary and salivary pH (measured immediately upon awakening) is below 6.8, we can be relatively certain that digestive support must be provided. Controlled clinical studies by Dr Paul Yanick (Pasadena, USA) have confirmed Dr Morter's findings and recorded that intracellular assimilation of nutrients is significantly decreased when the anabolic pH is below 6.8.

However as both these researchers have shown, supplementing the diet with appropriate alkalizing agents was highly beneficial in elevating the systemic pH by replenishing the alkaline mineral and enzyme reserves. Since systemic deficiencies show only in the last instance in the digestive tract, practitioners should not wait until the signs and symptoms of poor digestion become evident. From a preventative perspective, compensation should be made when symptoms are minimal and the anabolic pH is below 7.4 after an Alkaline Load Test (see "Correlative Urinalysis" by M T Morter).

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Diets which are high in protein, fat and carbohydrates and low in greens and raw food, stress the digestive mechanisms, inhibiting proper digestion and overloading the immune system with incompletely digested macromolecules and toxins. These digestive disturbances are aggravated by the typically high intake of food additives, pesticides and stimulating foods that are common in the Western diet.

Also in an effort to solve the problem of worsening public water quality, more and more people are turning to water in plastic containers. What is usually not realized is that virtually all bottled water is highly acidic and missing the essential alkalizing minerals.” how eloquently stated. I also highly recommend the book “The pH Miracle” by Dr. Robert Young.

NEVER drink cokes specifically diet cokes. All diet cokes have artificial sweeteners such as Aspartame or Splenda. Studies have shown that artificial sweeteners cause a whole host of degenerative diseases. One can read more about Aspartame at [http://www.thenhf.com/articles\\_408.htm](http://www.thenhf.com/articles_408.htm). A healthy alternative would be Organic Green Tea without caffeine. Green Tea has many wonderful health benefits and is a good natural antioxidant (helps to rid the body of free radicals). One can buy organic green tea at GNC just go to <http://www.gnc.com/home/index.jsp> to find a local store. Look for the stamp on the box that says USDA (United States Department of Agriculture) Approved Organic.

Here is what Dr. Batmanghelidj says about manmade drinks, “In advanced societies, thinking that tea, coffee, alcohol and manufactured beverages are desirable substitute for the purely natural water needs of the daily 'stressed' body is an elementary but catastrophic mistake. While these beverages do contain water, they also contain dehydrating agents. They get rid of the water they dissolved in plus some more water from the reserves in the body.

Soda and caffeine-containing beverages don't replace water needs of the body. Caffeine is a dehydrate substance. It does not allow the water to stay in the body long enough. Within an hour you will urinate more than the cup of the beverage that you drank. When children are give fruit juice and soda to the exclusion of water, it only compounds the dehydration problem. At the same time, a cultivated preference for the taste of sodas will automatically reduce the free urge to drink water when sodas are available.”

Also Dr. Batmanghelidj says in his book “Your Body’s Many Cries for Water”, “My observation has been that diet sodas (all variety of manufactured soft drinks are called soda instead of using the label on the dink), even though containing no appreciable number of calories, are possibly the cause of more weight gain in people who resort to taking them to control their weight. One person stands out: A young man in his twenties, about 5’5” in height. Like most college students, he used to drink regular sodas while under constant

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pressure for completion of his studies. H had already gained excess weight by the time he graduated.

After graduation, to reduce weight, he began drinking eight cans of diet sodas per day. In about two years, he must have gained another 30 pounds. He seemed to get as round as he was tall. His walk became difficult, and he seemed to have to swing his hip to take a step. He also drank his diet soda at mealtimes and ate more than his body needed. He still consumes his diet sodas – he seems to be addicted – and, despite all other efforts, continues to be overweight.

This paradox in our understanding of the relationship between taking a sweetener that does not directly contribute to the total calorie intake of the body and weight gain needs explanation. The following is the result of my research into this enigma. There are many such persons that resort to taking diet sodas and, instead of losing weight, they begin to gain it. The transcript of a testimonial from Donna Gutkowski, who for years only consumed sodas and steadily gained weight regardless of anything else she did to shed the excess pounds, will also follow:

In America in 1850, about 13 ounces of soda were consumed per person per year. In the late 1980s, more than 500 twelve – ounce cans of sodas were consumed per person per year.

The 1994 annual report of the beverage industry shows that per-capita consumption of sodas is 49.1 gallons per year. Of this amount, 28.2 percent of consumption is the share of different diet sodas. Diet soda consumption is beginning to decline. Eighty four percent of all sodas consumed belong to two companies (Coca-Cola 48.2 percent and Pepsi-Cola 35.9 percent). Of this 84 percent share of market and their different labels manufactured, only 5.5 percent are caffeine-free diet sodas. These figures indicate that a cast number of people are drinking caffeinated sodas, of which 22 percent consists of diet sodas.

A survey at the campus of Pennsylvania State University has shown that some students drank 14 cans of soda a day. One girl had consumed 37 cokes in two days. Many admitted they could not live without these soft drinks. If deprived, these persons would develop withdrawal symptoms, very much like those addicted to other drugs. Boys Life magazine surveyed its readers and found that eight percent of them drink eight or more sodas a day. The administrators of one Boy Scout Jamboree had collected 200, 000 empty cans for recycling. The Soft Drink Association surveyed the use of soft drinks in hospitals in America and found 85 percent of them serve sodas with their patients' meals. Research has shown that caffeine is addictive. The media, to placate a beverage industry that spends vast sums of money for advertising its products, have come up with a less expressive word to announce the news. They call it "caffeine dependency."

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When consumption of sodas is encouraged by society, it is assumed these manufactured beverages can replace the needs of the body for water. It is assumed, just because these beverages contain water, the body will be adequately served. This assumption is wrong. This broad-base increase in consumption of mainly caffeine-containing sodas forms the background to many of the health problems of our society. The mistaken assumption that all fluids are equivalent to water for the water needs of the human body is the main cause of many of the ills of the human body, and it is frequently associated with the initial excessive gain in weight. To understand the above statement, we need to recognize some simple principles of anatomy and physiology of the brain that regulate eating and drinking.

The confusion that all manufactured beverages will supply the body with its daily water needs, more than any other cause, is responsible for some of the disease that we encounter. Gross disfigurement of the body by fat collection is the initial step in the decline of the human body, and in my opinion is caused by the wrong choice of fluids intake. Some of these beverages do more damage than others.”

The 1994 annual report of the beverage industry shows that per-capita consumption of sodas is 49.1 gallons per year.”

I can't stress how devastating artificial chemically derived manmade sugars are to overall health and wellness. What is shocking is that artificial sugars are in a majority of foods we eat and beverages we drink. Almost all manmade foods and drinks have artificial sugars. One must stay away from artificial sugars these are toxic to the body, feed Candida Yeast, cause sickness, illness, disease, and pain, and are absolutely poison to the body. Do not take the word POISON here lightly. Trust me coke (including all carbonated manmade drinks) are not designed to help restore health to our bodies. They are meant to make a profit that is all. Nature brought us such things as water, herbal teas, freshly squeezed organic juices from fruits and vegetables, etc that don't have any side effects only side benefits. Here is a list of the main artificial manmade sugars. I advise to stay away from all of them:

1. Aspartame
2. Splenda (Sucralose): <http://www.truthaboutsplenda.com/index.html>
3. Sucrose (White processed non organic table sugar)
4. Acesulfame Potassium
5. NutraSweet (Neotame)
6. Saccharin
7. High Fructose Corn Syrup

Many of these names I can't even pronounce can you? These are all manmade chemically derived sugars that are toxic and poisonous. Nature did not bring us these sugars. The most common in America today are Aspartame, Splenda, Sucrose, High Fructose Corn

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Syrup, and NutraSweet. Of these Aspartame, Splenda, and High Fructose Corn Syrup are the most commonly used. Don't eat or drink anything that has artificial sugar in it. Almost anything that is labeled as "Diet", "Low Fat", or "Sugar Free" has at least one of the 7 artificial sweeteners as part of the ingredients. I know there are billions of dollars being spent to convince the average American that these are safe and effective, but the same is happening with non prescription and prescription drugs. In my humble opinion these artificial sugars are among the main causes of the following:

1. Attention Deficit Disorder
2. Diabetes
3. Multiple Sclerosis
4. Fibromyalgia
5. Cancer
6. Brain tumors and virtually any neurological disorders and/or diseases

Of course this is not a complete list I am only naming a few. I recommend reading the book "*Aspartame (NutraSweet) Is It Safe*" by Roberts, H.J., M.D. This book will open your eyes even more than what I have attempted to do here. Also there is a video ***Sweet Misery: A Poisoned World***. I highly recommend watching this video. It is on [www.youtube.com](http://www.youtube.com) just do some searches or go to a local video store. This is a must watch.

Now here is a list of natural occurring organic (that is if grown organic) sugars:

1. Honey and also royal jelly
2. Raw and Unprocessed sugar cane
3. Stevia Leaf
4. Raw and Unprocessed cinnamon
5. Agave
6. Sugars that occur naturally in fruits

All of these natural occurring sugars have their own wonderful health benefits. Again one drawback to all of these sugars including the natural ones (excluding Stevia) is that they seem to feed Candida Yeast.

For item 3 never put anything on the skin that can't be eaten. The epidermis is the largest organ in the entire human body and is very porous meaning things are easily absorbed through the skin into the blood stream. One of the biggest ways that one absorbs toxins through the skin is when one showers. Again ALL tap water has chlorine and fluoride in it. I have read studies that suggest that by taking one shower the skin absorbs as much toxins in that water equating to drinking 8 full glasses of that same water! One must also buy a shower filter. I recommend the one at <http://www.ewater.com/>. I know it is expensive so I recommend using the shower filter as a shower filter and drinking water

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filter in accordance. Just buy a pitcher and go to the shower and fill it up with water and store it in the refrigerator.

Again anything put on the skin such as but not limited to:

1. Lotions
2. Body Moisturizers
3. Creams
4. Soaps
5. Shampoos
6. Makeup
7. Deodorant
8. Sunscreens
9. Bug Sprays
10. Mouthwash
11. Toothpaste

All of which are absorbed through the pores of the skin into the blood stream thus embedding in the cells of the body. It isn't the lotions, creams, soaps, shampoos, makeup, deodorant, sunscreens, and etc that are necessarily bad it is all of the manmade chemicals that are put in them. Try looking for organic natural lotions, creams, soaps, shampoos, makeup, deodorant, sunscreens, and etc. I have a bit of a story pertaining to this subject. One day I was speaking with a lady that was administering ionic cleanses and offering to answer questions. She began to tell us a story about her mother who was in such pain and suffering she was curled in a ball and was practically bed ridden. Of course the western (allopathic) doctors had no idea what was wrong and offered a pain reliever to ease her pain or in other words temporarily suppress her symptom. Come to find out she was covering herself from head to toe with Jergens lotion every night before bed. Her daughter started to read the ingredients on the bottle. One jumped right out aluminum! That's right a heavy metal that is toxic to the body as I had stated earlier. She began to do the ionic cleansing and guess what massive amounts of aluminum came out of her body. She quit using the lotion; continued doing cleanses, and within weeks was feeling better than she had in decades. See how simple her "cure" was and how medical mainstream failed miserably. Yes, it is absolutely possible to absorb toxins through the skin and this cause sickness, illness, disease, and pain. Further, this also shows how if toxins are removed from the body, it can and will self heal and return to a state of balance and homeostasis.

As for item 4 getting toxins in the body through what one breathes is this really true. I believe that it is very true. Think about all of the toxins put in a person's body by what he/she breathes such as:

1. Airplane fuels

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2. Anything plastic or rubber that outgases like furniture, car interiors, carpet, etc
3. Car exhaust
4. House cleaners
5. Air fresheners
6. Candles
7. Perfumes
8. Paints
9. Nail polish
10. Hair dyes
11. Dishwashing cleaners
12. Chemically derived cleaners of any kind
13. Laundry detergents

This isn't a complete list, but hopefully I am making my point here.

The surprising thing to me is not that people get cancer and that it is one of the top three killers of Americans today, but rather that it is that not more people are getting cancer and how people are able to make it past the age of 50 in this day and age. I also recommend using an air purifier in one's home here is a product I recommend: <http://www.pureproair.com/> or <http://www.ewater.com>.

Here let's take a wonderful journey through the day of a toxic American. Let's start with the time one sleeps to the next night. First think about the clothes you wear. They are synthetically made and washed in chemically laced laundry detergents and bleaches. The skin is porous anything put on the skin is absorbed into the blood stream. The air that you breathe throughout the night is toxic due to the sheets (same reason as clothes), the paint on the walls, carpet, any chemical cleaners used to clean the house, chemical air fresheners, etc. You get up in the morning and take a shower. The water is full of chlorine, fluoride, heavy metals, etc. Remember the skin thing. You put more toxic chemicals on the skin via soaps, shampoos, conditions, etc. You brush your teeth with chemical paste (most all conventional toothpaste contains fluoride and other harmful chemicals), put chemical deodorants, makeup, perfumes, creams, lotions, etc. on the skin. What about what you eat for breakfast is it organic raw fruits and vegetables or the like; probably not. In fact most Americans don't eat breakfast. Drink some coffee which dehydrates the body. Plus one probably doesn't drink enough water throughout the day. Let's get in the car and drive in traffic jams all the way to work breathing in this toxic air further contaminated because all of the upholstery, rubber, plastic, etc have out gassed inside the cabin. Finally we made it to work. How is the office environment full of the same if not more toxic chemicals as mentioned about the house; probably. What do we eat for lunch how about chemically laced fast food and drink some coke full of sugar further dehydrating the body. Let's go home and drive through the traffic again. Now what is for dinner...more chemicals and no nutrition? Now it's time for bed again. And guess what we didn't go out in the sun, drink

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enough water, exfoliate, have regular bowel movements, etc. to help eliminate any of these toxins all at the same time our bodies are being bombarded by electromagnetic chaos, we might be under extreme stress, speak negative words, have negative thoughts, not get enough sleep, not get enough physical exercise, etc. This only skims the surface. Scary isn't it...? Then we get sick, go to the doctor, and he/she prescribes chemicals in the form of non prescription and prescription medications used to mask the symptoms.

Let's talk about addressing nutritional deficiencies item number two. This might be hard to believe, but food is not as nutritional today as it was 50 years ago even organically grown foods. Some of the main reasons for this are as follows:

1. Farmers do not let agricultural land that they grow crops on ever rest.
2. Crop rotating is not always utilized.
3. Toxins in the environment.
4. Crops are grown on nutrient depleted soil.
5. Crops are harvested prematurely and are not allowed to fully develop and "vine ripen".

There is even biblical evidence that recommends farmers to let their land rest one year every seven years. This is never done, however, this should be done to allow the soil to regenerate with vital nutrients, minerals, etc that are necessary to grow nutrient dense food. Crops are harvested prematurely and are not allowed to fully develop and ripen. This point should not be taken lightly. Even the way we eat organic raw foods is not the way nature intended. Many, if not all, fruits and vegetables that we buy and eat from a local grocery store even if organic are picked in a premature state. The fruit and vegetables are not allowed to vine ripen. Many times they are picked weeks if not months premature because if they were picked in the vine ripened state they would spoil in a matter of days. This causes even organic produce to be nutrient deficient. Not only this but once a fruit or vegetable is picked it begins to die. So what we eat is food that is not vine ripe and is fairly dead or dying.

The point is that even if one were to eat all organically grown raw foods it would be humanly impossible for one to consume enough food to ensure that one was completely without nutritional deficiencies. Unless, however, one is lucky enough to live on an organic farm eating only foods that are raw, organic, vine ripened, eat immediately after they were picked, on nutrient dense soil, etc. I would think that virtually no one falls into this category. I would like to recommend that one take a whole food supplement as well. Here are some that I recommend, but it would be much more beneficial to discuss this with a homeopathic doctor. He/she could know exactly what to look for and recommend based upon things such as diet, physiology, activity level, state of heal, and etc.

1. <http://e3live.com/>

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2. <http://www.kylea.com/index.html>
3. <http://www.naturalcuresstore.com/product/RA500CF01>
4. <http://mannatech.com/default.asp> (look for Advanced Ambrotose (glyconutrients) and Ambrotose AO)
5. <http://www.thelimucompany.com/>
6. <http://us.univera.com/products/xtra/agelessxtra>
7. <http://www.dynamicgreens.com/index.html>

I would like to note that item 7 is wheatgrass juice. I will specifically discuss wheatgrass juice later. These are not ranked in any specific order. I personally take item 1 and will rotate between the others. Let's talk a little bit about whole food supplements. I have spent many hours throughout many years researching various whole food supplements. Out of the thousands I have seen and researched this is the short list I came up with. I believe less than 1% of the whole food supplements that are advertised really are that nutritious for the body.

Let's take a minute to talk about vitamins. I know that one could go to Wal-Mart, GNC, a local grocery store, even a health food center, or the like and load up on vitamins. I believe vitamins, minerals, and nutrients in general are essential to health and wellness, however, many vitamin supplements on the market are synthetic man-made versions. Like non prescription and prescription drugs the only differences between synthetic vitamins and poisons are dosages and intent. Vitamins and minerals that occur naturally in organic fruits and vegetables, for example, are not toxic to the body and give the body exactly what it needs and in the correct amounts. Remember science (man) does not know more than nature (God).

One other item to note is that many whole food supplements that are derived from organic foods such as fruits and vegetables are no longer "living foods". An apple growing on a tree, for example, is alive and when picked and eaten immediately is giving your body nutrition, living enzymes, vitamins, minerals, life force energy, etc from an organic living food directly from nature. Once the fruit is picked, processed, and packaged in a pill by man it is no longer a "living food". This is one of the many reasons why I like e3live because it is a living whole food supplement that is FDA certified organic and kosher.

Here is an excerpt taken from <http://www.livingfoodsinstitute.com> that talks more about living foods and their importance to sustaining health and wellness, "Living Foods is a philosophy that believes all enzymes, vitamins, and minerals that the body needs to heal and maintain optimal health are found within the foods we eat. Proper food preparation is the key to unlocking these life-giving and healing nutrients.

Cooking foods destroys more than 90% of its nutritional value and natural enzymes that the body needs to digest the food. Enzymes are more important than any other active

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element as an aid to digestion and health. A lack of enzymes is a contributing factor to health problems ranging from the common cold to more serious diseases such as cancer and AIDS.

Disease is caused by toxicity and deficiency, which is created when, among other things, we eat foods that are unnatural or lack essential nutrients. Simply put, when toxic and deficient conditions are removed from the body, the body can heal itself, fight off future illnesses, and remain in total and perfect health.

The foods consist of whole, ORGANIC fruits, vegetables, nuts and seeds. These nutritious foods include blended, sprouted, and dehydrated recipes. Not only do they taste delicious, but they are packed with vitamins, minerals, and enzymes that heal the body and allow it to obtain optimal health and vitality.”

Here is an excerpt taken from <http://e3live.com> that sums up much of what I have been saying here, “America's food supply is highly refined, processed, genetically altered and nutrient deficient. All of these factors negatively affect our bodies over time. It is very difficult to eat and stay healthy on the typical American diet. Over production of our farmlands have depleted the soils, causing our foods to be nutrient deficient. Most of the major degenerative diseases are largely caused by poor diet and unhealthy foods. Dr. Stanley S. Bass, N.D., D.C., Ph.C. says, "The closer the food comes to the natural state in which it occurs, or the closer we come to its raw, unfired form, the higher its quality is." In this condition, all the enzymes are found intact. **The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and life force are present.** This life force is, in turn, capable of reproducing tissue, which is full of life and longer lasting in structure. Eating organically grown unprocessed foods, fruits, vegetables, nuts and seeds provides your body nutrients that are free of herbicides, pesticides and preservatives. *Aphanizomenon flos-aquae* is nature's most basic food. It exists at the beginning of the food chain, provides perfect nutrition and contains more protein than other whole foods. This super nutrition provides rich naturally occurring Chlorophyll. Chlorophyll has been shown to enhance your entire health and boosts the immune system. This amazing food can also help to purify the blood, promote intestinal regularity and naturally help heal the body. Good nutrition is the first step toward a long and happy life!”

Again man brings us chemically derived poison in the form of synthetic vitamins that is harmful to the body while nature brings us life sustaining vitamins and minerals in fruits and vegetables for example. Here is an excerpt taken from [http://www.quantafoods.com/learn\\_the\\_shocking\\_truth\\_about\\_v.htm](http://www.quantafoods.com/learn_the_shocking_truth_about_v.htm), “The *Journal of the American Medical Association* Volume 294(3), 20 July 2005, p 351-358, found whole foods to be the best source of nutrition and not the synthetic chemicals in multi-vitamins. In the *American Journal of Clinical Nutrition* January, 2004;79(1):86-92, we learn that

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vitamin E supplements do not work as well as foods naturally rich in vitamin E.)

A *New England Journal of Medicine* (Nov, 1995) Boston University School of Medicine study stated that synthetic vitamin A given to pregnant women in medium to high doses of 10,000-20,000 IU per day, increased the risk of birth defects by 240% at the lower dosage and 400% at the higher dosage. Serious genetic damage that caused cleft lip, cleft palette, heart malformations, and nervous system damage such as hydrocephalus were linked to synthetic vitamins. This comprehensive study of 22,748 women over a period of four years reported that there was no birth defect risk noted from foods containing vitamin A in foods. Researchers at Dartmouth Medical School ran a four-year study to see if antioxidant supplements could prevent the recurrence of adenomas of the colon after surgical removal in 864 patients. After four years of giving 25 mg of beta-carotene, 1000 mg of ascorbic acid, and 400 mg of alpha-tocopherol (vitamin E), all in synthetic forms, there were no positive effects noted and the researchers concluded that: "Current data do not support the use of antioxidant vitamin supplements for purposes of cancer prevention" (July 22, 1994 *New England Journal of Medicine*).

A 10-year Finnish study on 29,133 male smokers (ages 50-69) studied synthetic vitamin E and beta-carotene for reducing the incidence of lung and other cancers. A daily 20 mg dose of beta-carotene raised the blood levels tenfold. A 50 mg daily dosage of alpha-tocopherol elevated blood values of vitamin E by approximately one-third. The researchers noted no protection from the supplementation and harmful effects that included: 18% higher incidence of lung cancer, more heart attacks, more strokes, and an 8% higher increase in the overall death rate. (*New England Journal of Medicine*, April 14, 1994). Another 1994 study in the *New England Journal of Medicine* on elderly Americans to improve muscle weakness and physical frailty demonstrated no benefits whatsoever. A study in 1945 *American Journal of Digestive Diseases* vitamin E-deficient laboratory animals that were fed tocopherols died before the control group that did not receive any vitamin supplement at all.

Agnes Fay Morgan, Ph.D., food research scientist at the University of California, reported in *Science*, (93: 261-262, 1941) that animals on a synthetic vitamin-enriched diet died long before the animals on an unprocessed diet became disabled. She stated that the enrichment of processed foods with synthetic vitamins may "precipitate conditions worse than the original deficiency." Other animal studies reveal untimely deaths, sterility, and serious health deficits with the use of synthetic vitamins versus whole foods in animal feeds (*Scandinavian Veterinary*, 30, 1940; *Journal of Natural Agriculture*, 1939)."

Now here are some more items that I have found that will help one resolve nutritional deficiencies, toxicity, and improve overall health:

#### 1. The Sun

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Remember what [www.alivefoods.com](http://www.alivefoods.com) had said about the sun, “**Belief 1:** We are solar cells. The sun provides the wide spectrum of nutrients necessary for our health. Directly or indirectly, the sun provides us with vitamins, minerals, proteins, carbohydrates, oxygen, chlorophyll, photochemical, enzymes, and hormones, thus giving us the elements for good health.”

The sun is essential for all living organisms on earth including humans. Trust me God/Nature knew what He was doing when He created Nature including the Sun and solar energy. Studies have shown that virtually ALL sickness, illness, and disease can potentially be helped if not “cured” by the sun. Actually the sun or nature gives your body what it needs and it is able to self heal. This is a perfect example of Finding Nature and the Healer Within. There are three ways to absorb the sun’s rays sun bathing, sun gazing, and eating raw, organic, and living foods that were grown in the sun light. To learn more about sun gazing go to [www.sungazing.com](http://www.sungazing.com).

Contrary to what one might have heard the sun doesn’t cause skin cancer sun screens do! So when sun bathing don’t put anything on the skin. Remember don’t put anything on the skin that can’t be eaten the skin is porous and toxins can be absorbed in the blood stream through it. Try to expose as much of the skin to the sun and for as long as possible. Obviously everyone’s pigment level is a bit different thus their toleration to the sun’s rays will be different. One doesn’t want to get a sun burn so start at small durations of time and work one’s way up.

There is a caveat to exposing the skin to the sun. Remember that I had previously said that exposing the epidermis to the sun will cause toxins to come to the surface of the epidermis, kill skin cells, and then they scale and fall off in the form of dandruff. These toxins can also be thought of as free radical cells that I spoke of earlier. So, if one has allot of toxins in one’s body (which there is a high statistical chance that one does) and the body is not rich in essential oils and vitamins then the skin will actually become leathery. However, if one has no toxins in the body and it is rich in the essential oils and vitamins, exposing the skin to the sun will actually help to rejuvenate and make the skin cells more elastic thus reducing the signs of wrinkles and making one appear younger.

Let me make this a little more clear when I say sunscreens I don’t mean all sunscreens. It isn’t the “sunscreens” that cause skin cancer it’s the toxic manmade chemicals that are used in most ALL conventional sunscreens. So let’s say one went to Wal-Mart and bought sunscreen. I can almost guarantee that if one turns around and looks at the ingredients there will be one if not a whole array of chemicals contained in the sunscreen many of which can’t even be pronounce.

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In my humble opinion here is what happens when one puts manmade chemically toxic sunscreen on the epidermis. The sun opens up the pores thus increasing the channels through the skin into the cells of the body and blood stream by which the toxins can enter and be absorbed respectively. Due to the heat one is likely to sweat which also opens up the pores. On a cellular level these toxins are absorbed into the cells of the skin, the body, and blood stream. These toxins are what cause the cells to become damaged and/or die creating free radical cells. Remember my explanation of cancer? If the immune system is not strong enough or if too many toxins kill too many cells for even a strong immune system to combat, which is likely, cancer cells, or free radical cells will thrive.

So if one really wants to use sun screen, then use an organic version that does not have any chemicals and uses organically grown ingredients from nature. I found one here <http://www.albobotanica.com/?id=72&pid=225> just after a short search on [www.google.com](http://www.google.com). Another good resource might be a health food center. Don't be fooled by the words all natural either. It MUST be organic.

According to Samuel S. Epstein, MD chairman of the cancer prevention coalition "Since 1978, sunscreens have been regulated and labeled by the Food and Drug Administration (FDA) on the basis of their SPF (Skin Protection Factor).

On August 23, 2007, the FDA proposed new regulations for more informative labeling of sunscreens. However, almost a year later, they still remain pending.

In response to FDA's inaction, and mounting concerns on the unreliability of the SPF, Connecticut Attorney General Richard Blumenthal wrote to the FDA on July 24 criticizing its failure to regulate the sunscreen industry, and prevent it from making "dangerously misleading claims" on the safety and effectiveness of its products.

A week later, Senator Jack Reed (D-Ri) and Christopher Dodd (D-Ct) introduced the "Sunscreen Labeling Act of 2008." This gave the FDA six more months to finalize comprehensive rules, otherwise the Act would become law.

Sunscreens pose scientifically well documented risks. While well known for over a decade, they remain unregulated by the FDA, and ignored by the industry.

Sunscreens are based on six ingredients, some of which actively penetrate the skin, accumulate in the body, and have been identified in urine and breast milk.

More ominously, these ingredients have toxic hormonal effects, known technically as "endocrine disruptive." Evidence for these effects has been well documented over the last decade. This includes stimulation of human breast cancer cells in test tube experiments, and increased uterine growth in immature female rats following skin painting or feeding.

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Sunscreens block short wave ultraviolet light (UVB), which is responsible for sunburn. This encourages prolonged exposure, particularly of children. Moreover, sunscreens are ineffective against long wave ultraviolet light (UVA), which is responsible for malignant melanoma, the fastest growing known cancer. As a result, its incidence has increased by 130%, and its mortality has increased by 26% since 1975. FDA's continuing regulatory failure in this regard reflects the reckless indifference to consumer product safety of its Commissioner Dr. Andrew von Eschenbach, former director of the National Cancer Institute.

Of major concern, and still ignored by the FDA, is the increasing addition to sunscreens of unlabeled atom or molecule size zinc oxide or titanium dioxide particles. Technically known as nanoparticles, they increase the durability and effectiveness of these products. However, as reported in over two dozen scientific publications since 2003, including those by an Environmental Protection Agency research team and the International Center for Technology Assessment, nanoparticles can penetrate the skin, invade blood vessels, and produce devastating distant toxic effects.

FDA's regulatory failure extends from sunscreens to a wide range of other dangerous ingredients in cosmetics and personal care products. Of illustrative concern is FDA's reckless failure to respond to November 1994 and May 2008 Citizen Petitions, by the Cancer Prevention Coalition, "Seeking a Cancer Warning on Cosmetic Talc Products," used for feminine hygiene. As detailed in these Petitions, talc is a major avoidable cause of ovarian cancer, a relatively rare cancer at any age, whose incidence has escalated dramatically by 12% for white and 32% for black women, with about 15,000 deaths annually. This makes it the fourth most common fatal cancer after breast, colon and lung.

The "Sunscreen Labeling Act" should be the first step to developing a comprehensive "Cosmetics and Personal Care Products Labeling Act." This could be modeled along the lines of California's precedential 2007 Safe Cosmetics Act.

As warned by Senator Edward Kennedy (D-Ma) at September 10, 1997 Hearings on the FDA Reform Bill, "The cosmetics industry has borrowed a page from the playbook of the tobacco industry by putting profits ahead of public health." This warning remains recklessly unheeded by the FDA."

## 2. Vitamin E

Vitamin E is something that most ALL Americans are deficient in. I have read so many studies that suggest that vitamin E alone can reduce the risk of cancer by 50%. Yes one can go to Wal-Mart and by some cheap form of vitamin E, but I guarantee that it will be the synthetic version not the all natural version. Most ALL vitamins and vitamin

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supplements that are found at Wal-Mart, Target, conventional grocery stores, and etc are synthetic. As stated previously these types of vitamins are worthless. The body is unable to absorb these un-natural man-made synthetic versions of vitamins and at times do more harm than good. Don't take vitamins and/or supplements that are not USDA approved organic no synthetic version would ever fall into this category. Here is a natural form of Vitamin E that I recommend:

<http://4spectrum.us/catalog/index.php?cPath=21>.

#### 3. Coral Calcium

Calcium is another vitamin that most ALL Americans are deficient in. The best form of calcium that I have ever found is the marine grade that comes from Okinawa, Japan here is a link to some I have found

<http://www.taofherbs.com/products/2249/NaturesBenefit/BarefootCoralCalcium.htm>.

#### 4. Royal Jelly, Honey, Bee Pollen, and Bee Propels all organic

These are some foods that can be put in the category of supper foods. Most of these items can be purchased at GNC.

#### 5. Mangosteen, Goji, and Noni Juices

These, in my opinion, are considered to be another class of supper food. One can buy mangosteen juice here <http://www.xango.com/> and goji juice here <http://www.gojiheadquarters.com/>. <http://www.itvtotalbody.com/> also sells mangosteen, goji, and noni juices.

#### 6. Drink Raw, Organic, and Living Wheatgrass Juice

I can't say enough good things about wheatgrass juice. Wheatgrass juice is again in the category of supper foods. More information can be found here about wheatgrass juice <http://www.dynamicgreens.com/index.html>. I would also like to place an excerpt taken from this website by Tom Stem. He says, "My name is Tom Stem and my wife, Janice is responsible for bringing wheatgrass juice to our family. She became aware of the benefits of wheatgrass juice after a health concern prompted the reading of a book by Eydie Mae Hunsberger titled, "How I Conquered Cancer Naturally".

We really connected with the raw food philosophy of 'body heal thyself' and believe that the best solutions come from the inside out rather than the outside in. Being keen observers over the years, we have watched people use wheatgrass juice for a wide variety of reasons and now, more than ever, believe that the nutrition in wheatgrass can help the body perform at an optimal level."

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I highly recommend reading the book "Wheatgrass Nature's Finest Medicine" by Steve Meyerowitz.

Here are a few excerpts taken from the book "Wheatgrass Nature's Finest Healer" by Steve Meyerowitz, "However wonderful wheatgrass is, it is only the fuel energizer for your engine. Many who speak about wheatgrass exclaim its virtues and how it saved them. Wheatgrass gets a lot of credit. But grass is neither a panacea nor a magic potion and some leaders in the wheatgrass movement will tell you it does not cure anything. People heal, wheatgrass helps. You will restore balanced health as a result of the changes you make. Wheatgrass may get you started on this new path, but you will work very hard at applying a multi-faceted total health restoration program. It can take over your entire life. Sick people are often too stricken to function normally in society. They stop working, have long hospital stays, are bedridden--they have to drop out to die or drop out to fight for life. Even if you take 8 ounces of wheatgrass juice everyday and build a health program around it, it is only the grease for your axles. To allege that wheatgrass cures is to equate it with a drug. That turns wheatgrass into a quick-fix remedy which is the antithesis of what the health concepts behind it are all about.

Health is a balancing act. Around 1980, world famous tightrope walker Phillippe Petite walked a rope from one tower of New York's World Trade Center to the other 1,400 feet in the air. He took his life in his hands for real. There was no parachute. Were he to make a false step, he would die. Every day we take steps in our life that either keep us in perfect balance or throw us on a downward spiral. The fall into disease is not a single bad step, but a series of bad choices. Call them cigarettes, drugs, alcohol, junk food, poor hygiene, stress, work environment, air pollution, water pollution, the result is cell pollution. The signs of disease are low energy, fatigue, poor digestion, gain or loss of weight, unclear thinking, allergies, aches and pains and ultimately the major disorders--cancer, high blood pressure, heart disease, arthritis, emphysema, etc. Cells start to lose their life force. They misfire. Metabolism malfunctions. Organs weaken, digestion and elimination are disrupted. Toxins settle into the dead zones--the weak spots. Now the cells start to darken, choking on bacteria, yeast, fungus and toxic acids. They can't get enough oxygen. Acidification, infestation and destruction--the cycle of imbalance. We have fallen.

The journey to rebuilding your health is akin to rebuilding your house. First of all, it needs a thorough cleaning. Forget about the mop. Pull out the heavy duty vacuum, rent a floor sander, pull down the old wallpaper, rip out the broken cabinets, reset the squeaky door, spackle the hole, fix the windows. Although, you may need assistance from professionals--the painter, carpenter, electrician--you are the contractor. It's your house; you direct the nature of repairs; you choose the pace and you have to live in it during the renovation. Hopefully, you have not let things go so far downhill that you find structural damage. If you've ignored the signs and have termite infestation for example, you may have to

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surgically replace a beam. If too many beams have been damaged, then the house may be beyond repair. There is a critical mass in any system beyond which it cannot recover. Although such deterioration does not occur overnight, it did happen right under your nose. You contributed to it by ignoring the signs and symptoms or taking wrong advice from the professionals. Or maybe you've just lived like a slob and dirtied your own house and now look at the mess you're in. It's time to change your ways--renovate, rebuild, renew.

The path to health starts with a major cleaning. If there is infestation, you have to control it. If there is damage, you have to reconstruct. First stop the poisoning of the blood and tissues from acidifying diet, bacteria, yeast, giardia and parasites. Reverse the trend of acidification and alkalize the blood with wheatgrass juice and an enzyme rich living foods diet. Take nothing from a box or can. Eat from the garden. Eliminate sugar except when it comes inside a fruit. Throw out the espresso machine and the microwave and put a juicer and blender in their place. Clear the blockages empty the garbage and reinvigorate the elimination system with colon hydrotherapy. Jump starts the liver with a massage and a wheatgrass implant. You can change. Your body is a milky-way of trillions of cells which combine to make up tissues and glands. But every minute we breathe in new atoms and exhale the old. In six weeks, every atom in your liver is replaced. Renewal is a constant. What foods will you renew with? Stop treating your stomach like a compost and start treating it like a garden. Set in motion an upward cycle of rejuvenation that leads to balanced health. The signposts are: trimmer weight, clearer mind, brighter eyes, better concentration, more energy and vitality.” What a powerful message!

Here are some excerpts from *The Wheatgrass Book* by Ann Wigmore another book I highly recommend, “WHEATGRASS JUICE:

Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.

Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.

Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.



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Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.

Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.

Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.

Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

Externally applied to the skin can help eliminate itching almost immediately.

Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.

Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.

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Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.

Enhances your bath. Add some to your bath water and settle in for a nice, long soak. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.

Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.

Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.

Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.

Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.

Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.

Restores fertility and promotes youthfulness.

Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book *Health Magic Through Chlorophyll* from *Living Plant Life* he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

### **WHAT'S SO GREAT ABOUT WHEATGRASS JUICE?**

1. Wheatgrass juice is 70% chlorophyll.
2. Chlorophyll is the first product of light and contains more light energy than any other element.
3. Wheatgrass juice is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.

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4. Chlorophyll is the basis of all plant life.
5. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
6. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
7. Renowned nutritionist Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
8. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
9. Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
10. Farmers in the American Midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.)
11. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil.
12. Wheatgrass has what is called the "grass juice factor," which has been shown to keep herbivorous animals alive indefinitely.
13. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
14. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
15. Wheatgrass juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
16. Liquid chlorophyll washes drug deposits from the body.
17. Chlorophyll neutralizes toxins in the body.
18. Chlorophyll helps purify the liver.
19. Chlorophyll improves blood sugar problems.
20. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
21. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine

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cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.

22. Wheatgrass juice acts as a detergent in the body and is used as a body deodorant.
23. A small amount of wheatgrass juice in the human diet prevents tooth decay.
24. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
25. Gargle with wheatgrass juice for a sore throat.
26. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
27. Drink wheatgrass juice for skin problems such as eczema or psoriasis.
28. Wheatgrass juice keeps the hair from graying.
29. By taking wheatgrass juice, one may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being.
30. Wheatgrass juice improves the digestion.
31. It is great for blood disorders of all kinds.
32. Wheatgrass juice is high in enzymes.
33. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
34. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain or 20 minutes.
35. Wheatgrass juice is great for constipation and keeping the bowels open. It is high in magnesium.
36. Dr. Max Bircher, a research scientist, inventor of muesli, and founder of the famed Bircher-Benner Clinic in Zurich, Switzerland, called chlorophyll "concentrated sun power." He said, "Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs.... It is therefore a tonic which, considering its stimulating properties, cannot be compared with any other. "
37. According to Dr. Bircher, nature uses chlorophyll (wheatgrass) as a body cleanser, rebuilder, and neutralizer of toxins.
38. Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production.
39. Wheatgrass juice reduces high blood pressure as it enhances the capillaries.
40. Wheatgrass juice can remove heavy metals from the body."

Wow wheatgrass juice sure does seem to be a "super food".

In summary here is a list of what I consider "super foods" and natural "wonder" products:

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1. Garlic/Allicin
2. DMSO
3. Colloidal Silver
4. E3Live
5. Limu
6. The Sun
7. Goji, Noni, and Mangosteen juices
8. Royal Jelly and Honey
9. Wheatgrass Juice
10. Blue Green Algae
11. Bacterial form of Vitamin B12 (natural not chemical)
12. Vitamin E
13. Calcium
14. Water (Filtered)

I know so far the information presented might have you thinking that the only answer is to live in a bubble and only eat raw organic foods. This isn't the case. Most of the things we are exposed to such as car exhaust that are bad for our health just can't be avoided in this day and age. The real point is to try and REDUCE the amount of toxins one is exposed to as much as possible, do as many cleanses and as often as one can, and try to INCREASE nutritional intake as much as possible. I have tried to put together a list of top toxins to avoid and some common items they occur in:

1. Fluoride (present in most tap water and toothpaste)
2. Chlorine (present in most tap water, swimming pools, and hot tubes)
3. Formaldehyde (present in most carpet and mattresses)
4. Aluminum (present in most antiperspirants and paints)
5. Non organic dairy products of any kind
6. Non organic meat and poultry
7. Processed white sugar (present in most all processed foods and beverages)
8. Artificial sweeteners (present in most all diet foods and beverages)
9. Hydrogenated Trans Fats (present in most all processed foods)
10. High Fructose Corn Syrup (present in most all processed foods)
11. White flour (present in most all processed foods)
12. Non prescription and prescription drugs
13. Mercury (Vaccinations and dental metal or in other words metal in the mouth)

I humbly believe that no matter what type of sickness, illness, disease, and pain (especially if not trauma related) one is suffering from that if the items pointed out above are avoided 100% one could potentially recover. Or in other words if you stop giving your body what

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it doesn't need and give it more of what it does need that it can return to a state of balance and homeostasis and simply self heal.

Let's talk about item number 4 on our list "one might have disturbances of the various energy fields and states of the human body".

Let's talk about item number 5 on our list "one might have trapped emotional and mental stress".

Let's talk about item number 9 on our list "one might have skeletal misalignments".

Let's talk about item number 10 on our list "one might think negative thoughts and speak negative words".

Let's talk about item number 11 on our list "one might not get enough physical exercise".

Let's talk about item number 12 on our list "one might be slightly if not dramatically overweight." If there was one topic that seems to be surrounded by more controversy than healthcare, it would be how to lose weight. There must be thousands of "fade" diets books, pharmaceutical drugs, supplements, work-out programs, etc dedicated to how to lose weight. I think that the bottom line is that with everything that is out there the average American is doing something wrong because the average American is overweight. There are, however, a few books that I would like to recommend that I will discuss later.

This book is not about how to lose weight and I think it is obvious that if one is overweight this is not healthy. However, what I do want to mention is that if one were to do all of the body cleanses shown again below there is a high chance that one will lose weight.

1. Colon
2. Candida Yeast
3. Liver
4. Blood stream and blood vases
5. Kidney
6. Heavy Metal
7. Full Body
8. Parasite
9. Gallbladder
10. Bladder

This is due to the shear removal of mass in the form of undigested compacted fecal matter throughout the digestive tract and toxins from the other organs and trillion or so other cells

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in the body. Also correcting all 14 items on our list would help to jump start and speed up the metabolism as the body would be functioning at its peak performance. All of the organs would be working properly and the body would be in a state of complete homeostasis. There are many reasons that being overweight is unhealthy I am only going to discuss a few here.

1. Toxins have a tendency to bio-accumulate in fat cells that could cause sickness, illness, disease, and/or pain.

According to *The Hundred Year Lie* by Randall Fitzgerald “It is in these fat cells that many of the long-term problems arise. Chemicals that persist in the body because they cannot be rapidly broken down or excreted create what is referred to in biomonitoring as the body burden. A growing chorus of medical experts insists that the inability of our bodies to excrete these toxins in a timely manner is in itself a cause for concern because our physical systems were never meant to metabolize the exotic range of synthetics we encounter.

Unfortunately our bodies were never designed to protect themselves against this chemical onslaught,” observes Paula Baillie-Hamilton, a British authority on the health effects of toxic chemicals. “As a result, our systems usually fail to process and remove most of these chemicals once they have entered our bodies, so their levels start building up inside us. Consequently, every single human on the face of this earth is now permanently contaminated with these modern synthetic chemicals.” I agree that we are “contaminated” but not permanently as one can do body cleanses. I suppose the irony here is that even if one were doing a body cleanse at the same time it is highly likely that one is putting toxins in the body just during every day “normal” life. This again emphasizes my earlier point that body detoxification is a constant struggle so to speak. One will never reach a point in his/her life (at least not in this day and age) where he/she can say I am 100% without toxins and never need to do another body cleanse for the rest of his/her life.

The real point here is that the more body mass particularly body fat one has the higher the likelihood is that one has more toxins bioaccumulating in these fat cells.

### **What is a Calorie?**

I here this statement all the time “I need to reduce the calories I eat so I can lose weight”. So what is a calorie and how could a measure of a calorie equal weight gain or loss or the formation or reduction of fat cells? A calorie is essentially a measurement of energy. The funny thing is that energy has hundreds of forms...so this doesn't help us much. However, the definition of a calorie is the amount of energy that is required to raise one gram of (air free) water one degree Celsius. So how does the number of calories relate to the formation of fat cells? To be honest I have never understood this one.

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## Finding Nature and the Healer Within

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I do not believe that the amount of calories food has is nearly as important as the type of food with respect to weight gain. I also believe there is a big difference between what I will call empty calories vs. nutrient dense calories. Let me explain. Below are three charts taken from <http://www.peertrainer.com>. A McDonald's bacon egg and cheese biscuit has 440 calories, a Fuji apple has 80, and one cup of a mashed banana has 200 calories. In the morning I eat two organic Fuji apples and two bananas. This is roughly 560 calories. So according to the whole calories theory I would be more likely to gain more weight eating the raw organic fruit vs. the McDonald's bacon egg and cheese biscuit. If I was a betting man, I would argue that this is simply not the case. The McDonald's bacon egg and cheese biscuit consists mostly of empty calories in the form of Fat, Saturated Fat, Cholesterol, Sodium, and Carbohydrates with virtually no nutritional value. Not only this, but I can guarantee that none of the ingredients are organic thus contain a host of chemicals, contain various food additives thus more toxic chemicals, have been microwaved at least once, have been frozen and cooked at least once, and has gone through so much processing virtually all of the living enzymes, vitamins, minerals, fiber, nutrients, etc have been destroyed. So the cells of the body are not able to use this type of manufactured poison thus converting this "food" into fat. Not only this but eating food like this tends to make the entire body as a whole including all of the organs to not perform at optimum levels slowing things such as metabolism, digestion, etc thus increasing the likelihood of weight gain.

Nutrition Facts	
Serving Size 5.1 oz	
Amount per serving	
Calories 440	Calories from Fat 0
<a href="#">Hide Daily Values</a> % Daily Value*	
Total Fat 24g	37%
Saturated Fat 8g	40%
Trans Fat 5g	
Cholesterol 245mg	82%
Sodium 1250mg	52%
Total Carbohydrates 36g	12%
Dietary Fiber 1g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Bacon Egg Biscuit

Nutrition Facts	
Serving Size 1 large apple (154g)	
Amount per serving	
Calories 80	Calories from Fat 0
<a href="#">Hide Daily Values</a> % Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 22g	7%
Dietary Fiber 5g	
Sugars 17g	
Protein 0g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Fuji Apple

Nutrition Facts	
Serving Size	
1 cup, mashed (225g)	
Amount per serving	
Calories 200	Calories from Fat 7
<a href="#">Hide Daily Values</a> % Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 51g	17%
Dietary Fiber 6g	
Sugars 28g	
Protein 2g	
Vitamin A 3%	Vitamin C 33%
Calcium 1%	Iron 3%
Thiamin 5%	Riboflavin 10%
Niacin 7%	Pantothenic Acid 8%
Vitamin B6 41%	Potassium 23%
Phosphorus 5%	Magnesium 15%
Zinc 2%	Copper 9%
* Percent Daily Values are based on a 2,000 calorie diet.	

Banana

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Take also any diet food or beverage. Eating this “Diet” food is not going to help one to lose weight. Most “Diet” foods are named as such because of the low calorie content. In order to get a low calorie content means the “food” has been manufactured even more thus creating an unnatural, toxic, and none nutritional product. Take Diet coke for example. I have never seen a skinny person drinking diet coke. In fact statistically speaking, drinking diet coke one is more likely to gain weight, while this beverage has no calories! Aspartame is the artificial sweetener that is used in diet coke (as discussed already). This is basically poison to the body and causes massive cellular destruction and malfunction on many levels. It lowers the immune system, lowers the metabolism, and causes weight gain.

Let's talk about item number 14 on our list “one might not be getting enough or proper sleep.”

### **Chapter ? : Are there Specific “Cures” for Sickness, Illness, and Disease?**

I hear this question all the time and I have touched on it briefly in other chapters. However, I would like to dedicate an entire chapter discussing this subject to reiterate some points. To answer this question as simply as possible I would say no there are not specific “cures” for any form of sickness, illness, and disease. Nor do I believe in specific forms of sickness, illness, and disease such as diabetes or fibromyalgia. The “cure” is always the same the human body and the cause is always the same malfunctioning cells. While two people suffering from diabetes might be experiencing similar symptoms the exact cause of the reason the cells are malfunctioning could be the same or wildly different.

So far what I have said is black and white with no grey. However, with health and the human body there is an infinite amount of grey and almost no black and white. I still believe that health has become way too complicated. We have strayed from the simple ideal that foods are what our bodies need to sustain life and health. We are programmed by almost every ounce of any amount of advertisement relating to health that we need to take non prescription and prescription drugs to be well. We are programmed to think that we need fancy and complicated “cures” for sickness, illness, and disease to be developed of which none have. And like I had mentioned earlier “cures” will never be discovered because the body is the only tool that can heal itself. Again the key is to give the body what it needs and remove what it doesn't need so that it can correct itself and simply self heal. Correct the deficiencies and remove the toxins so the body can return to a state of homeostasis and again simply self heal.

Again there is only one cause of any sickness, illness, and disease and that is malfunctioning cells. The only reasons why cells would malfunction are because of a

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deficiency or toxin. Again I am going to default on my list of items below as the top causes of malfunctioning cells and thus virtually all sickness, illness, and disease.

1. One might have too many toxins in one's body that one is not getting out (toxin in the most general sense).
2. One might have nutritional deficiencies (deficiency in the most general sense).
3. One is exposed to and negatively affected by electromagnetic chaos (toxin).
4. One might have disturbances of the various energy fields and states of the human body (deficiency).
5. One might have trapped emotional and mental stress (toxin).
6. One might have a Candida Yeast overgrowth (toxin).
7. One might not have a balanced Ph level (deficiency).
8. One might be suffering from mild or chronic dehydration (deficiency).
9. One might have skeletal misalignments (deficiency).
10. One might think negative thoughts and speak negative words (toxin).
11. One might not get enough physical exercise (deficiency).
12. One might be slightly if not dramatically over weight (toxin).
13. One might not be getting enough or proper sleep (deficiency).
14. One might not be getting enough oxygen (deficiency).

These are not the only causes and even though item 1 is tabulated as one item there are hundreds if not thousands of toxins that we are exposed to on a daily basis that could be the potential cause of one's cells to malfunction and either malfunction a lot or not as much. One could be suffering from hundreds if not thousands of nutritional deficiencies that could be the potential cause of one's cells to malfunction and either malfunction a lot or not as much. Everyone is exposed to some form and varying amounts of electromagnetic chaos that is causing the cells to malfunction by some degree. Hopefully I am making my point here.

This is where the grey comes in. However, if we could take every person that has ever developed cancer for example and study what was the exact cause using the above items as a starting point we might not find the exact cause but we may find trends. Or in other words some common denominators. For example we might find that almost everyone that has ever developed cancer never or rarely ate raw organic foods and tended to eat a diet primarily consisting of processed foods of one form or another. We might find that anyone that has ever developed cancer was also exposed to massive amounts of toxins throughout their entire life. We might find that they have a candida yeast problem. We might find that they don't have a balanced Ph. We might find that they don't drink enough water on a daily basis and haven't done so in decades. The horrifying truth is that the average American falls into this category. These are some of the reasons why the average American is almost guaranteed to develop some form of cancer in their life if they live long enough.

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What about other forms of sickness, illness, and disease. Here I have developed a sickness, illness, and disease quiz or in other words a malfunctioning cells quiz. The more yes answers you give could be the reason why one's cells are malfunctioning:

- Here are some specific questions that might help determine if one might have too many toxins in one's body that one is not getting out. The more yes answers with associated frequency will help determine toxicity level with associated causes.
  - a. Have you ever taken antibiotics?
  - b. Have you ever been vaccinated?
  - c. Have you ever taken birth control?
  - d. Have you ever taken a hormone replacement drug?
  - e. Do you have acne?
  - f. Do you have dandruff?
  - g. Do you suffer from mood swings and depression?
  - h. Do you have little or no energy throughout the day?
  - i. Are you currently suffering from a diagnosable sickness, illness, or disease?
  - j. Do you have constant migraines or headaches?
  - k. Do you suffer from muscle aches or cramps?
  - l. Do you drink and bathe in non-filtered water?
  - m. Do you use non organic based cleaning supplies?
  - n. Do you use non organic personal care products?
  - o. Do you not get at least 1 hour of sunlight per day?
  - p. Do you not sweat on a regular basis?
  - q. Do you not get enough fresh air on a daily basis?
  - r. Do you wear non organic perfume?
  - s. Do you use non organic based cosmetics such as lotions, creams, etc?
  - t. Do you use non organic shampoos, conditions, and soap when showering?
  - u. Do you cook foods on non-stick pots and pans?
  - v. Do you eat food that was ever stored in plastic containers?
  - w. Do you store food in saran wrap or plastic bags?
  - x. Do you eat any foods that contain white flour?
  - y. Do you eat any foods containing non organic dairy products?
  - z. Do you eat non organic meat and poultry?
  - aa. Do you wear clothes that have been dry cleaned or washed in non organic based laundry cleaners?
  - bb. Do you wash your dishes in non organic based dish washer liquid and non filtered tap water?
  - cc. Have you ever swam or been in a pool or hot tube containing large amounts of chlorine?
  - dd. Do you brush your teeth with fluoride based toothpaste?

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- ee. Do you use aluminum based deodorant or antiperspirant?
  - ff. Do you spent several hours a day in a house with new furniture, appliances, electronics, paint, carpet, etc on a daily basis?
  - gg. Do you ever eat any foods that are packaged, canned, bottled, or processed in any way?
  - hh. Do you drive in heavy traffic every day?
  - ii. Do you have non organic air fresheners of any kind in your house or work place?
  - jj. Do you sleep in an area that contains new furniture, carpet, or paint?
  - kk. Do you wear non organic clothing?
  - ll. Do you sleep on a non organic bed?
  - mm. Do you not use an air filter?
  - nn. Do you put anything on your skin that is not organic?
  - oo. Do you eat cooked or processed foods?
  - pp. Have you ever taken non prescription or prescription drugs?
  - qq. Do you often eat or drink foods that contain artificial sweeteners?
  - rr. Do you eat restaurant and/or fast food more than once a month?
  - ss. Do you have any amount of metal in your mouth?
  - tt. Have you not ever done a body cleanse of any kind and at least once a year?
    - a. Have you not ever done a colon cleanse and on a regular basis?
    - b. Have you not ever done a Candida Yeast cleanse and on a regular basis?
    - c. Have you not ever done a Liver cleanse and on a regular basis?
    - d. Have you not ever done a Blood stream and blood vanes cleanse and on a regular basis?
    - e. Have you not ever done a Kidney cleanse and on a regular basis?
    - f. Have you not ever done a Heavy Metal cleanse and on a regular basis?
    - g. Have you not ever done a Lymphatic System and Full Body cleanse and on a regular basis?
    - h. Have you not ever done a Parasite cleanse and on a regular basis?
    - i. Have you not ever done a Gallbladder cleanse and on a regular basis?
    - j. Have you not ever done a Bladder cleanse and on a regular basis?
  - uu. Do you not drink 6-12 glasses of filtered water per day?
  - vv. Have you not ever had your Ph level checked?
  - ww. Are you overweight?
- Here are some specific questions that might help determine to what level one is suffering from nutritional deficiencies.
    - a. Do you consume large amounts of simple carbohydrates such as pasta, potatoes, bread, etc?
    - b. Do you have acne?
    - c. Do you have dandruff?

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- d. Do you suffer from mood swings and depression?
  - e. Do you have little or no energy throughout the day?
  - f. Are you currently suffering from a diagnosable sickness, illness, or disease?
  - g. Do you have constant migraines or headaches?
  - h. Do you suffer from muscle aches or cramps?
  - i. Do you not get at least 1 hour of sunlight per day?
  - j. Do you not get enough fresh air on a daily basis?
  - k. Do you eat food that has been microwaved?
  - l. Do you eat any foods that contain white flour?
  - m. Do you ever eat any foods that are packaged, canned, bottled, or processed in any way?
  - n. Do you eat cooked or processed foods of any kind?
  - o. Do you not take a whole food supplement?
  - p. Do you not eat raw organic foods?
  - q. Do you eat restaurant and/or fast food more than once a month?
- Here are some specific questions to ask to determine to what level one is exposed to and negatively affected by electromagnetic chaos.
    - a. Do you have constant migraines or headaches?
    - b. Do you suffer from muscle aches or cramps?
    - c. Do you suffer from mood swings and depression?
    - d. Do you have little or no energy throughout the day?
    - e. Are you currently suffering from a diagnosable sickness, illness, or disease?
    - f. Do you drive in heavy traffic every day?
    - g. Do you not carry an electromagnetic chaos eliminator?
    - h. Do you use a cell phone or wireless phone several hours per day?
    - i. Do you carry a cell phone with you on a daily basis?
    - j. Do you live near high tension power lines?
    - k. Do you use a radio?
    - l. Do you have satellite radio or television?
    - m. Do you use GPS?
    - n. Do you use any wireless device ever?
    - o. Do you use any device that has blue tooth?
    - p. Have you ever had an MRI, CAT Scan, or X-Ray?
    - q. Do you live near a power plant?
    - r. Do you use wireless internet at home or at work?
    - s. Do you work several hours a day on a computer?
    - t. Do you watch several hours of television a day?
    - u. Do you watch several minutes a day of high definition television?
    - v. Are you exposed to several hours of fluorescent lighting every day?

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- Here are some specific questions to ask to determine to what level one might have disturbances of the various energy fields and states of the human body. You will notice some of the same questions are stated here regarding electromagnetic chaos, nutritional deficiencies, and toxins because electromagnetic chaos, the foods we eat, and the toxins in our bodies can affect the energy fields and states of the human body. So your scores regarding electromagnetic chaos, nutritional deficiencies, and toxins might also help to reveal to what level one might have disturbances of the various energy fields and states of the human body.
  - a. Do you have constant migraines or headaches?
  - b. Do you suffer from muscle aches or cramps?
  - c. Do you suffer from mood swings and depression?
  - d. Do you have little or no energy throughout the day?
  - e. Are you currently suffering from a diagnosable sickness, illness, or disease?
  - f. Do you drive in heavy traffic every day?
  - g. Do you not carry an electromagnetic chaos eliminator?
  - h. Do you use a cell phone or wireless phone several hours per day?
  - i. Do you carry a cell phone with you on a daily basis?
  - j. Do you live near high tension power lines?
  - k. Do you have satellite radio or television?
  - l. Do you use GPS?
  - m. Have you ever had an MRI, CAT Scan, or X-Ray?
  - n. Do you live near a power plant?
  - o. Do you use wireless internet at home or at work?
  - p. Do you work several hours a day on a computer?
  - q. Do you watch several hours of television a day?
  - r. Do you watch several minutes a day of high definition television?
  - s. Are you exposed to several hours of fluorescent lighting every day?
  - t. Do you not ever meditate?
  - u. Do you not go to the chiropractor once a month?
  - v. Are you under any amount of stress whatsoever?
  - w. Are you around anyone that is under any amount of stress?
  - x. Do you have negative thoughts and speak negative words?
  
- Here are some specific questions to determine if one might have trapped emotional and mental stress.
  - a. Do you not ever meditate?
  - b. Do you not go to the chiropractor once a month?
  - c. Are you under any amount of stress whatsoever?
  - d. Are you around anyone that is under any amount of stress?

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- e. Do you have negative thoughts and speak negative words?
  - f. Do you have un-forgiveness towards someone?
  - g. Do you feel negative emotions on a regular basis?
- Here are some specific questions that could help determine if one is suffering from a Candida Yeast overgrowth.
    - a. Have you ever taken antibiotics?
    - b. Have you ever been vaccinated?
    - c. Have you ever taken birth control?
    - d. Do you consume large amounts of simple carbohydrates such as pasta, potatoes, bread, etc?
    - e. Do you consume large amounts of alcohol specifically beer?
    - f. Do you suffer from uncontrollable food cravings for such things as sugars, simple carbohydrates (pasta, bread, and potatoes), and alcohol or other fermented beverages or foods?
    - g. Do you consume large amounts of sugar both artificial and natural?
    - h. Have you ever taken a hormone replacement drug?
    - i. Do you have acne?
    - j. Do you have dandruff?
    - k. Do you suffer from mood swings and depression?
    - l. Do you have little or no energy throughout the day?
    - m. Are you currently suffering from a diagnosable sickness, illness, or disease specifically Fibromyalgia, Asthma, Multiple Sclerosis, Heart Disease, Cancer, Depression, Allergies, Irritable Bowel Syndrome, or Chronic Fatigue Syndrome?
    - n. Do you have constant migraines or headaches?
    - o. Do you suffer from muscle aches or cramps?
    - p. Do you drink and bathe in non-filtered water?
    - q. Have you ever swum in a pool or hot tub with large amounts of chlorine present?
    - r. Do you not sweat on a regular basis?
    - s. Do you eat any foods that contain white flour?
    - t. Are you overweight?
    - u. Do you not get enough sleep?
    - v. Do you not use an air filter?
    - w. Do you eat cooked or processed foods?
    - x. Have you ever taken non prescription or prescription drugs?
    - y. Do you not take a whole food supplement?
    - z. Do you not eat raw organic foods?
    - aa. Have you not ever done a body cleanse of any kind and at least once a year?
    - bb. Have you not ever had your Ph level checked?

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- cc. Do you often eat or drink foods that contain artificial sweeteners?
- dd. Do you eat restaurant and/or fast food more than once a month?

- Determining whether you have a balanced Ph is dependent on all of the previous items. I am not going to repeat the questions here.

Hopefully you now have a better idea of whether or not you are suffering from a massive case of malfunctioning cells and why. Let's talk some more about some specific "diseases" of the body because I know there are still those out there that want to even though this is not my philosophy on health at all.

I believe that most people that suffer from Fibromyalgia have a Candida Yeast problem. Remember the test you just took for candida yeast? I believe that most people that suffer from Fibromyalgia also eat and/or drink foods and/or beverages that contain artificial sweeteners. Examine your diet right now especially if you have been diagnosed with Fibromyalgia. Do you eat or drink any foods or beverages that say diet on them? What types of sweeteners do you use artificial or natural? What types of foods do you eat raw organic or cooked and processed? Do you take non prescription and prescription drugs? Have you ever been given hormone replacement therapy? Have you ever done a body cleanse? Do you take a whole food supplement? Do you have any metal in your mouth and if so, for how long? The more yes answers that you can give to the above questions and the frequency you might be doing them (or not doing them) might help you to better hone in on what might be causing the cells of your body to malfunction and you to experience the set of symptoms that the western medical field has classified as fibromyalgia.

My guess is that most people will answer yes to several of the above questions here as well as in the previous exam. However, I bet that if the above quiz was given to anyone that had ever had or has Fibromyalgia you would see a common trend or common denominators. It should also be noted once again that this quiz is not just for people that suffer from fibromyalgia, but for anyone that is suffering from any form of sickness, illness, disease or in other words malfunctioning cells.

Let's take a minute to specifically discuss diabetes. Here are some startling statistics regarding diabetes:

- In the year 1900 studies show that less than 1/10 the population (that's 10%) was affected by diabetes.
- In the year 2003 the Center for Disease Control announces that 1/3 (that's 33.3%) of the people born in 2000 will be affected by diabetes.

So in just 100 years the incidence of diabetes has increased 3 fold! Yet more money has been poured into the research for finding a "cure" for diabetes than ever before in history

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and there are more western doctors than ever before. Clearly the answer is not money and is not western medicine. So why have we seen such an increase? And again this isn't just for diabetes, but for all forms of sickness, illness, and disease. Again I don't believe in diabetes. I only believe in malfunctioning cells. So why have so many people experienced malfunctioning cells of such a similar pattern? So similar that western medicine named the set of symptoms (diabetes) and has declared it to be epidemic.

I believe the onset of diabetes to be due to again the main items I have been pointing to over and over again. However, I believe that diet and detoxification is so important for diabetics. If I was suffering from diabetes, I would cut out ALL sugars from my diet especially artificial sweeteners. So stop right now if you are diabetic and evaluate your diet. How often do you consume foods with sugar in them? Or an even better question would be how often do you eat or drink foods or beverages that have been processed? Again most all processed foods have high fructose corn syrup (I have read so many food labels and would say that almost all canned, bottled, packaged foods contain high fructose corn syrup), almost all diet and some non diet foods contain artificial sweeteners, and most other processed foods (including fast food and restaurant food) contain some other form of processed sugar even if not shown on the label.

## **Chapter ?: It's All in the Numbers**

This chapter is solely dedicated to looking at health related statistics for informative reasons. Some of which will be repeats, but doily so to further emphasize the severity of health care not only in America, but worldwide.

### **Statistics Regarding Health Care in General**

According to the New England Journal of Medicine "The United States spends more on health care than any other industrialized nation in the world and yet, in many respects, it's citizens are not the healthiest. The US healthcare system is the most expensive of systems, outstripping by over half again the health care expenditures of any other country. In 1997, health care costs in the US totaled in excess of \$1 trillion. Health care costs in the United States exceed 14% of the gross domestic product. The average cost of health care per person in the United States approximated \$3,925 in 1997. The Health Care Financing Administration's analysts recently projected that, beginning in 1998, national health spending would again begin to grow faster than the rest of the economy. By 2002, the HCFA projected that national health expenditures would total \$2.1 trillion--an estimated 16.6 percent of the gross domestic product."

According to the National Center for Health Statistics number of deaths for leading causes of death:

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- Heart disease: 652,091
- Cancer: 559,312
- Stroke (cerebrovascular diseases): 143,579
- Chronic lower respiratory diseases: 130,933
- Accidents (unintentional injuries): 117,809
- Diabetes: 75,119
- Alzheimer's disease: 71,599
- Influenza/Pneumonia: 63,001
- Nephritis, nephrotic syndrome, and nephrosis: 43,901
- Septicemia: 34,136

According to the Bureau of Labor Statistics:

- As the largest industry in 2006, health care provided 14 million jobs—13.6 million jobs for wage and salary workers and about 438,000 jobs for the self-employed.
- 7 of the 20 fastest growing occupations are health care related.
- Health care will generate 3 million new wage and salary jobs between 2006 and 2016, more than any other industry.

It does look like health care is doing something good in our country that is providing more and more jobs. Unfortunately if there are more and more jobs being created in the field of health care that can only mean one thing...more people are becoming sick.

### **Statistics Regarding Cancer In General**

According to *The Hundred Year Lie* by Randall Fitzgerald “From 1950 to 2001 the incidence for all types of cancer in the United States increased by 85%, and that was the age-adjusted rate, which means the increase has nothing to do with people living longer”.

According to the World Health Organization:

Cancer is a leading cause of death worldwide. The disease accounted for 7.9 million deaths (or around 13% of all deaths worldwide) in 2007. The main types of cancer leading to overall cancer mortality each year are:  
lung (1.4 million deaths/year);

- stomach (866,000 deaths)
- liver (653,000 deaths)

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## Finding Nature and the Healer Within

### *One's Alternative to Drugs and Surgery*

- colon (677,000 deaths)
- breast (548,000 deaths).

About 72% of all cancer deaths in 2007 occurred in low- and middle-income countries. Deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030.

The most frequent types of cancer worldwide (in order of the number of global deaths) are:

- Among men - lung, stomach, liver, colorectal, esophagus and prostate
- Among women - breast, lung, stomach, colorectal and cervical.



Estimated number of new cancer cases for 2008, excluding basal and squamous cell skin cancers and in situ carcinomas except urinary bladder.

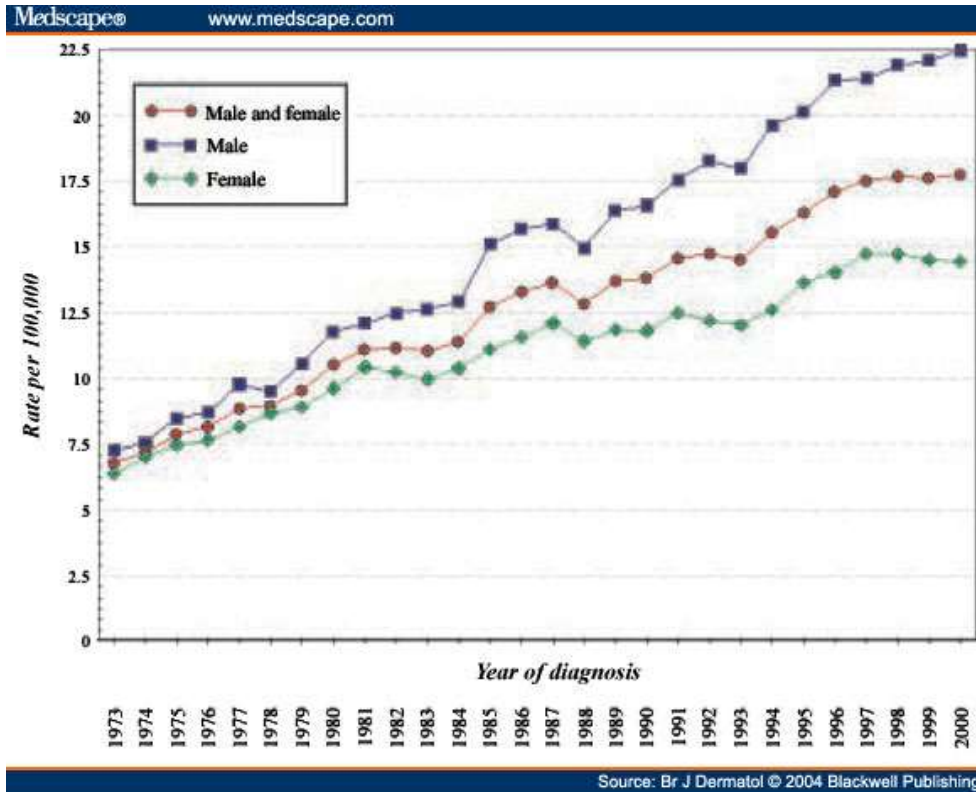
Note: State estimates are offered as a rough guide and should be interpreted with caution. State estimates may not add to US total due to rounding.

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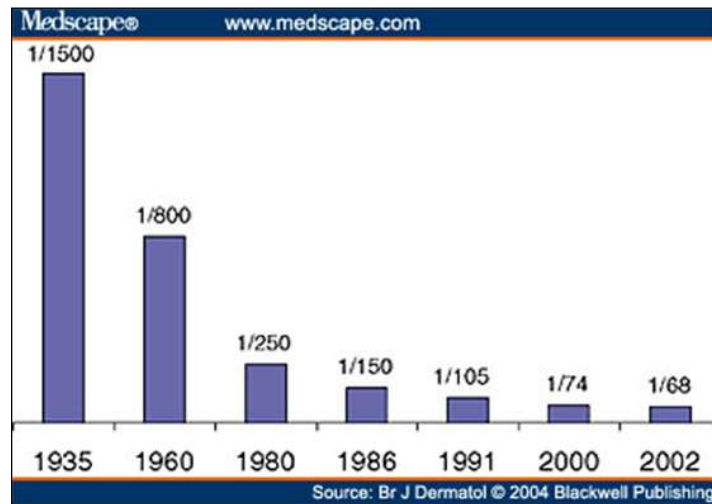
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Age-adjusted (2000 U.S. standard population) melanoma incidence (per 100 000), nine registries, 1973-2000 (data from the SEER Program of the National Cancer Institute)



Lifetime risk of developing malignant melanoma in the U.S.A

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This is amazing in 1935 the risk of developing malignant melanoma in the U.S. was 1/1500 = .067% in 2002 the risk rose to 1/68 = 1.47% this is a 2194% increase! This doesn't even make sense to present in a percent increase, but is sadly true. This data is also presented in a slightly misleading manor here let me explain. The horizontal axis is time and the vertical axis is risk level. If you notice each time interval is not equal for example the first time interval goes from 1935 to 1960 this is 25 years difference while each successive time interval decreases until the last interval going from 2000 to 2002 only two years difference. It would seem that as time goes on the rate of risk increase is declining this can't be concluded by this graph.

### **Statistics Regarding Cardiovascular Disease In General**

According to the World Health Organization:

“Cardiovascular disease is the number one cause of death globally and is projected to remain the leading cause of death. An estimated 17.5 million people died from cardiovascular disease in 2005, representing 30 % of all global deaths. Of these deaths, 7.6 million were due to heart attacks and 5.7 million were due to stroke. Around 80% of these deaths occurred in low- and middle-income countries (LMIC). If appropriate action is not taken, by 2015, an estimated 20 million people will die from cardiovascular disease every year, mainly from heart attacks and strokes.”

According to the American Heart Association:

Estimates for the year 2005 are that 80,700,000 people in the United States have one or more forms of cardiovascular disease (CVD).

- High blood pressure — 73,000,000.
- Coronary heart disease — 16,000,000.
  - Myocardial infarction (mi"o-KAR'de-al in-FARK'shun) (acute heart attack) — 8,100,000.
  - Angina pectoris (AN'jih-nah or an-JI'nah PEK'tor-is) (chest pain or discomfort caused by reduced blood supply to the heart muscle) — 9,100,000.
- Stroke — 5,800,000.
- Heart Failure — 5,300,000

### **Cardiovascular diseases**

- Claimed 869,724 lives in 2004 (final mortality) (36.3 percent of all deaths or 1 of every 2.8 deaths).

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- Other final 2004 mortality: total cancer 553,888; accidents 112,012; HIV (AIDS) 13,063.
- Over 148,000 Americans killed by CVD in 2004 were under age 65.
- 2004 final death rates from CVD were 335.1 for white males and 454.0 for black males; for white females 238.0 and for black females 333.6. (Death rates are per 100,000 population. The rates listed use the year **2000** standard U.S. population as the base for age adjustment.)
- From 1994 to 2004, death rates from CVD declined 24.7 percent.
- In the same 10-year period the actual number of deaths declined 8 percent.

### **Coronary heart disease**

Coronary heart disease is caused by atherosclerosis (ath"er-o-skleh-RO'sis), the narrowing of the coronary arteries due to fatty build ups of plaque. It's likely to produce angina pectoris (chest pain), heart attack or both.

- Coronary heart disease caused 451,326 deaths in 2004 and is the single leading cause of death in America today.
- 16,000,000 people alive today have a history of heart attack, angina pectoris or both. This is about 8,700,000 males and 7,300,000 females.
- This year an estimated 1.2 million Americans will have a new or recurrent coronary attack.
- About 310,000 people a year die of coronary attack in an Emergency Department or without being hospitalized. Most of these are sudden deaths caused by cardiac arrest, usually resulting from ventricular fibrillation (ven-TRIK'u-ler fib"rih-LA'shun).
- From 1994 to 2004 the death rate from coronary heart disease declined 33 percent.
- In 2004, coronary heart disease death rates per 100,000 people were 194.2 for white males and 223.9 for black males; and 114.7 for white females and 148.7 for black females. (Death rates are per 100,000 population. The rates use the year **2000** standard population for age adjustment.)

**Mortality** — The total number of deaths from a given disease in a population during a specific interval of time, usually a year.

**Prevalence** — The total number of cases of a given disease existing in a population at a specific point in time.

### **Heart Attack and Angina Statistics**

**Final 2004 statistics for the United States show that coronary heart disease (CHD) is the single leading cause of death in America. CHD causes heart attack and angina.**

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- Mortality — 451,326 deaths in the United States in 2004 (one of every five deaths).
- Incidence — 1,200,000 new and recurrent coronary attacks per year. (National Heart, Lung, and Blood Institute's Atherosclerotic Risk in Communities [ARIC] Study and Cardiovascular Health Study (CHS). About 38 percent of people who experience a coronary attack in a given year die from it.
- Prevalence — 16,000,000 victims of angina (chest pain due to coronary heart disease), heart attack and other forms of coronary heart disease are still living (8,700,000 males and 7,300,000 females).
- From 1994 to 2004 the death rate from coronary heart disease declined 33 percent, but the actual number of deaths declined only 18 percent.
- Estimates are that 9,100,000 people in the United States suffer from angina.
- An estimated 500,000 new cases of stable angina occur each year. (Framingham Heart Study, National Heart, Lung, and Blood Institute)
- The estimated age-adjusted prevalence of angina in women age 20 and older was 3.9 percent for non-Hispanic white women, 4.3 percent for non-Hispanic black women and 3.3 percent for Mexican-American women. Rates for men in these three groups were 4.8, 3.4 and 2.3 percent, respectively.\*
- Among adults in the United States age 20 and older, the estimated age-adjusted prevalence of coronary heart disease for non-Hispanic whites is 9.4 percent for men and 6.0 percent for women; for non-Hispanic blacks, 7.1 percent for men and 7.8 percent for women; and for Mexican-Americans, 5.6 percent for men and 5.3 percent for women.\*

\*Based on the National Health and Nutrition Examination Survey (NHANES, 1999–2004), National Center for Health Statistics and NHLBI.

### **Stroke Statistics**

Stroke killed 150,074 people in 2004. It's the third largest cause of death, ranking behind "diseases of the heart" and all forms of cancer. Stroke is a leading cause of serious, long-term disability in the United States.

### **Statistics Regarding Diabetes In General**

According to the American Diabetes Association:

- Total: 23.6 million children and adults -- 8.0% of the population -- have diabetes.
- Diagnosed: 17.9 million people
- Undiagnosed: 5.7 million people
- Pre-diabetes: 57 million people

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- 1.6 million new cases of diabetes were diagnosed in people aged 20 years or older in 2007.

#### **Total prevalence of diabetes**

- Under 20 years of age: 186,300, or 0.22% of all people in this age group have diabetes.
- About one in every 400 to 600 children and adolescents has type 1 diabetes.
- Two (2) million adolescents (or 1 in 6 overweight adolescents) aged 12-19 have pre-diabetes.
- Although type 2 diabetes can occur in youth, the nationally representative data that would be needed to monitor diabetes trends in youth by type are not available. Clinically-based reports and regional studies suggest that type 2 diabetes, although still rare, is being diagnosed more frequently in children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latino Americans.
- Age 20 years or older: 23.5 million, or 10.7% of all people in this age group have diabetes.
- Age 60 years or older: 12.2 million, or 23.1% of all people in this age group have diabetes.
- Men: 12.0 million, or 11.2% of all men aged 20 years or older have diabetes although nearly one third of them do not know it.
- Women: 11.5 million, or 10.2% of all women aged 20 years or older have diabetes although nearly one quarter of them do not know it. The prevalence of diabetes is at least 2 to 4 times higher among non-Hispanic Black, Hispanic/Latino American, American Indian, and Asian/Pacific Islander women than among non-Hispanic white women.
- Non-Hispanic Whites: 14.9 million, or 9.8% of all non-Hispanic whites aged 20 years or older have diabetes.
- Non-Hispanic Blacks: 3.7 million, or 14.7% of all non-Hispanic blacks aged 20 years or older have diabetes.

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According to the National Diabetes Information Clearinghouse as well as the Department of Health and Human Services Centers for Disease Control and Prevention:

#### **Prevalence of Impaired Fasting Glucose in People Aged 20 Years or Older, United States, 2007**

- In 2003 to 2006, 25.9 percent of U.S. adults aged 20 years or older had IFG—35.4 percent of adults aged 60 years or older. Applying this percentage to the entire U.S. population in 2007 yields an estimated 57 million American adults aged 20 years or older with IFG, suggesting that at least 57 million American adults had pre-diabetes in 2007.
- After adjusting for population age and sex differences, IFG prevalence among U.S. adults aged 20 years or older in 2003 to 2006 was 21.1 percent for non-Hispanic blacks, 25.1 percent for non-Hispanic whites, and 26.1 percent for Mexican Americans.

#### **Prevalence of Diagnosed and Undiagnosed Diabetes in the United States, All Ages, 2007**

**Total:** 23.6 million people—7.8 percent of the population—have diabetes.

**Diagnosed:** 17.9 million people

**Undiagnosed:** 5.7 million people

#### **Prevalence of Diagnosed and Undiagnosed Diabetes among People Aged 20 Years or Older, United States, 2007**

**Age 20 years or older:** 23.5 million, or 10.7 percent, of all people in this age group have diabetes.

**Age 60 years or older:** 12.2 million, or 23.1 percent, of all people in this age group have diabetes.

**Men:** 12.0 million, or 11.2 percent, of all men aged 20 years or older have diabetes.

**Women:** 11.5 million, or 10.2 percent, of all women aged 20 years or older have diabetes.

**Non-Hispanic whites:** 14.9 million, or 9.8 percent, of all non-Hispanic whites aged 20 years or older have diabetes.

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**Non-Hispanic blacks:** 3.7 million, or 14.7 percent, of all non-Hispanic blacks aged 20 years or older have diabetes.

#### **Incidence of Diagnosed Diabetes among People Aged 20 Years or Older, United States, 2007**

A total of 1.6 million new cases of diabetes were diagnosed in people aged 20 years or older in 2007.

#### **Incidence of Diagnosed Diabetes in People Younger than 20 Years of Age, United States, 2002 to 2003**

SEARCH for Diabetes in Youth is a multicenter study funded by the CDC and the NIH to examine diabetes—type 1 and type 2—among children and adolescents in the United States. SEARCH findings for the communities studied include:

- Based on 2002 to 2003 data, 15,000 youth in the United States were newly diagnosed with type 1 diabetes annually, and about 3,700 youth were newly diagnosed with type 2 diabetes annually.
- The rate of new cases among youth was 19.0 per 100,000 each year for type 1 diabetes and 5.3 per 100,000 for type 2 diabetes.
- Non-Hispanic white youth had the highest rate of new cases of type 1 diabetes.
- Type 2 diabetes was extremely rare among youth aged <10 years. While still infrequent, rates were greater among youth aged 10 to 19 years compared with younger children, with higher rates among U.S. minority populations compared with non-Hispanic whites.
- Among non-Hispanic white youth aged 10 to 19 years, the rate of new cases of type 1 diabetes was higher than for type 2 diabetes. For Asian/Pacific Islander and American Indian youth aged 10 to 19 years, the opposite was true—the rate of new cases of type 2 was greater than the rate for type 1 diabetes. Among African American and Hispanic youth aged 10 to 19 years, the rates of new cases of type 1 and type 2 diabetes were similar.

#### **Deaths among People with Diabetes, United States, 2006**

- Diabetes was the seventh leading cause of death listed on U.S. death certificates in 2006. This ranking is based on the 72,507 death certificates in 2006 in which diabetes was listed as the underlying cause of death. According to death certificate reports, diabetes contributed to a total of 233,619 deaths in 2005, the latest year for which data on contributing causes of death are available.
- Diabetes is likely to be underreported as a cause of death. Studies have found that only about 35 to 40 percent of decedents with diabetes had it listed anywhere on

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the death certificate and only about 10 to 15 percent had it listed as the underlying cause of death.

- Overall, the risk for death among people with diabetes is about twice that of people without diabetes of similar age.

### **Complications of Diabetes in the United States**

#### **Heart Disease and Stroke**

- In 2004, heart disease was noted on 68 percent of diabetes-related death certificates among people aged 65 years or older.
- In 2004, stroke was noted on 16 percent of diabetes-related death certificates among people aged 65 years or older.
- Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.
- The risk for stroke is two to four times higher among people with diabetes.

#### **High Blood Pressure**

- In 2003 to 2004, 75 percent of adults with self-reported diabetes had blood pressure greater than or equal to 130/80 millimeters of mercury (mm Hg) or used prescription medications for hypertension.

#### **Blindness**

- Diabetes is the leading cause of new cases of blindness among adults aged 20 to 74 years.
- Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

#### **Kidney Disease**

- Diabetes is the leading cause of kidney failure, accounting for 44 percent of new cases in 2005.
- In 2005, 46,739 people with diabetes began treatment for end-stage kidney disease in the United States and Puerto Rico.
- In 2005, a total of 178,689 people with end-stage kidney disease due to diabetes were living on chronic dialysis or with a kidney transplant in the United States and Puerto Rico.

#### **Nervous System Disease**

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- About 60 to 70 percent of people with diabetes have mild to severe forms of nervous system damage. The results of such damage include impaired sensation or pain in the feet or hands, slowed digestion of food in the stomach, carpal tunnel syndrome, erectile dysfunction, or other nerve problems.
- Almost 30 percent of people with diabetes aged 40 years or older have impaired sensation in the feet—for example, at least one area that lacks feeling.
- Severe forms of diabetic nerve disease are a major contributing cause of lower-extremity amputations.

### **Amputations**

- More than 60 percent of nontraumatic lower-limb amputations occur in people with diabetes.
- In 2004, about 71,000 nontraumatic lower-limb amputations were performed in people with diabetes.

### **Dental Disease**

- Periodontal, or gum, disease is more common in people with diabetes. Among young adults, those with diabetes have about twice the risk of those without diabetes.
- Persons with poorly controlled diabetes (A1C > 9 percent) were nearly three times more likely to have severe periodontitis than those without diabetes.
- Almost one-third of people with diabetes have severe periodontal disease with loss of attachment of the gums to the teeth measuring 5 millimeters or more.

### **Complications of Pregnancy**

- Poorly controlled diabetes before conception and during the first trimester of pregnancy among women with type 1 diabetes can cause major birth defects in 5 to 10 percent of pregnancies and spontaneous abortions in 15 to 20 percent of pregnancies.
- Poorly controlled diabetes during the second and third trimesters of pregnancy can result in excessively large babies, posing a risk to both mother and child.

### **Other Complications**

- Uncontrolled diabetes often leads to biochemical imbalances that can cause acute life-threatening events, such as diabetic ketoacidosis and hyperosmolar, or nonketotic, coma.

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- People with diabetes are more susceptible to many other illnesses and, once they acquire these illnesses, often have worse prognoses. For example, they are more likely to die with pneumonia or influenza than people who do not have diabetes.
- Persons with diabetes aged 60 years or older are two to three times more likely to report an inability to walk a quarter of a mile, climb stairs, do housework, or use a mobility aid compared with persons without diabetes in the same age group.

#### **Estimated Diabetes Costs in the United States in 2007**

**Total—direct and indirect:** \$174 billion

**Direct medical costs:** \$116 billion

- After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

**Indirect costs:** \$58 billion—disability, work loss, premature mortality

According to the American Heart Association:

#### **Diabetes Mellitus Statistics**

Diabetes mellitus killed 73,138 people in the United States in 2004. 2004 final mortality: males — 35,267 deaths (48.2 percent of total deaths from diabetes); females — 37,871 (51.8 percent of total deaths from diabetes).

- 15,100,000 U.S. adults have physician-diagnosed diabetes (about 7.6 million males and 7.5 million females).
- 1,500,000 new cases of diagnosed diabetes are diagnosed every year.
- 2004 death rates were 26.2 per 100,000 white males, 51.3 per 100,000 black males; 19.2 per 100,000 white females and 45.3 per 100,000 black females.
- 585,000 people diagnosed with diabetes mellitus were discharged from U.S. hospitals in 2005. Of these, 283,000 were males and 302,000 were females.
- At least 65 percent of people with diabetes mellitus die of some form of heart disease or stroke.
- The age-adjusted (2000 standard) prevalence of physician-diagnosed diabetes in adults age 18 and older is (NHANES [1999–2004], NCHS/NHLBI)...
  - For non-Hispanic whites, 6.7 percent of men and 5.6 percent of women.
  - For non-Hispanic blacks, 10.7 percent of men and 13.2 percent of women.
  - For Mexican Americans, 11.0 percent of men and 10.9 percent of women.

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- The percentage of adults age 18 and older who have been told they have diabetes is 13.6 percent of American Indians/Alaska Natives; 6.5 percent of Asians and 9.8 percent of Hispanics or Latinos (NHIS [2005], NCHS).

The list just goes on and on. I hope the point is being made here that we are sick and getting sicker! The numbers don't lie. Degenerative diseases are killing us. These are developed inside of the body or in other words manufactured inside the body. Again the average American is doing something wrong, mainstream western allopathic medicine is doing something wrong, and we must change.

## **Chapter ?: Putting it All Together**

Again one must stop taking all of the drugs that one might be taking. Go to a homeopathic or naturopathic doctor and learn about natural remedies and holistic health care. Again there are so many other natural alternatives that are more effective, safe, and don't have negative side effects for virtually any sickness, illness, or disease that one might have or could think of. I have personally found natural remedies for all of my needs. I can't list all of them. Again go to a homeopathic or naturopathic practitioner and learn about natural remedies from them. If one doctor can't answer one's questions or doesn't answer them satisfactorily, go see another one. Do your own research, be proactive, and as always be positive. Trust me the answers will find you.

### **Find Alternative Treatment Methods for Sickness, Illness, Disease, and Pain**

I want to give you a list of some medical Treatments Available (all but 1 are considered alternative). I would not consider this a complete list, but a good starting point:

1. Allopathic (also known as western which I only recommend in an emergency)
2. Acupressure: [www.acupressure.com](http://www.acupressure.com)
3. Acupuncture: [www.ccaom.org](http://www.ccaom.org)
4. Biofeedback: [www.aapb.org](http://www.aapb.org)
5. Chiropractic: [www.chiropractic.org](http://www.chiropractic.org)
6. Craniosacral Therapy: [www.upledge.com](http://www.upledge.com)
7. Herbal Medicine: [www.herbs.com](http://www.herbs.com)
8. Homeopathy: [www.homeopathic.org](http://www.homeopathic.org)
9. Naturopathy: <http://naturopathic.org>
10. Body Talk: [http://www.bodyenergies.com/Body\\_Talk/index.htm](http://www.bodyenergies.com/Body_Talk/index.htm)
11. Oriental Medicine: [www.aaom.org](http://www.aaom.org)
12. The Pilates Method: [www.pilates-studio.com](http://www.pilates-studio.com)
13. Nutrition Response Theory:
14. Kinesiology:
15. Reflexology: [www.reflexology-usa.net](http://www.reflexology-usa.net)

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16. Rolfing Therapy: [www.rolf.org](http://www.rolf.org)
17. Therapeutic Touch: [www.barbarabrennan.com](http://www.barbarabrennan.com)
18. Visualization and Guided Imagery: [www.mbmi.org](http://www.mbmi.org)
19. Yoga: [www.iynaus.org](http://www.iynaus.org)
20. Reiki: <http://reiki.org/>
21. Energetic Rebalancing: [www.energeticbalancing.us](http://www.energeticbalancing.us)
22. Ayurvedic Medicine: [www.ayurveda.com](http://www.ayurveda.com)
23. Aromatherapy: [www.aromatherapy.com](http://www.aromatherapy.com)
24. Callahan Techniques (Thought Field Therapy): [www.tftrx.com](http://www.tftrx.com)
25. Dianetics/Scientology: [www.dianetics.com](http://www.dianetics.com)

I did not place these in any particular order. I believe all of the treatment methods listed above could yield extremely effective and useful results given one's particular needs. One can go to the web links and learn more about the treatment styles as well as how to locate certified practitioners. One will notice that I had stated that I would only utilize allopathic treatment measures in case of an emergency. Again I do believe that there is a place and time for drugs and surgery. If I was in a critically damaged state of health due to such things as a car accident or the like, I would say that it is time for me to submit to drugs and surgery in order for my life to be saved. However, for everyday sickness, illness, disease, and discomfort I would ONLY rely on alternative treatment methods ones that did not have negative side effects and treat the root cause of a given symptom or set of symptoms.

If I had cancer, here is what I would personally do as a quick action plan (although I will NEVER get cancer of any kind because I live what I recommend):

1. Have a positive outlook on life and positive thoughts
2. See a homeopathic doctor, nutritionist, herbalist, and thought field therapist
3. Energetic Rebalancing
4. Use DMSO Dimethyl Sulfoxide
5. Stop taking ALL non prescription and prescription drugs
6. Do all of the body cleanses
7. Do a Candida Yeast Cleanse
8. Take a Whole Food Supplement
9. Drink Goji and Mangosteen juices
10. Buy and use a shower and water filter
11. Never put anything on my skin I couldn't eat
12. Sun bathe and sun gaze
13. Use an electromagnetic chaos eliminator
14. Eat only organic raw foods
15. Take Vitamin E and Coral Calcium
16. Practice Reiki
17. Wear magnetic finger and toe rings

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## **Finding Nature and the Healer Within**

### *One's Alternative to Drugs and Surgery*

18. Never Eat Fast Food or Food From a Chain Restaurant
19. Plus many more, but these are most of the biggies in my opinion.

So many times people look up to the sky and pray for a cure for their sickness, illness, disease, and pain. The irony to this is that the “cures” have been here all along. It’s no secret. It is man that has manufactured its way to sickness, illness, and disease. The farther one strays from nature, the farther one strays from health and I can assure you that man made chemical drugs and surgery are as far from nature as this universe to the next.

Let me do a quick recap here. When I say statistically speaking more people than not I mean some number greater than 50%; so statistically speaking more people than not:

1. Have clogged, toxic, and sluggish colons of some level.
2. Have a Candida Yeast overgrowth of some level.
3. Have toxic and sluggish livers of some level with accompanying toxic blood throughout the entire body of some level.
4. Have toxic and sluggish kidneys of some level.
5. Are suffering from some level of heavy metal toxicity.
6. Are in need of a full body cleanse of some level.
7. Have parasites living in their bodies of some level.
8. Have toxic and sluggish gallbladders of some level.
9. Have toxic and sluggish bladders of some level.
10. Have some level of nutritional deficiencies.
11. Are exposed to and negatively affected by some level of electromagnetic chaos.
12. Have some level of trapped and/or emotional and/or spiritual and/or physical stress.
13. Are suffering from chronic dehydration of some level.
14. Take non-prescription and prescription medications to suppress symptoms of some level.
15. Need to balance their body pH.
16. Need to lose weight by some amount.
17. Don't get enough exercise at times.
18. Don't have a positive attitude at times.
19. Eat non-organic, processed, chemically laced, and nutritionally deficient foods at times.

Add 1-19 together over the course of one's life and is it any wonder that the average American will at some point in his/her life develop Cancer, diabetes, heart disease, have a heart attack, have a stroke, fibromyalgia, arthritis, Multiple Sclerosis, diabetes, or any other form of sickness, illness, disease, or pain? It seems inevitable to me...doesn't it to you? If one were to correct items 1-19, there is a high statistical chance that one's body will be given what it needs nutrition and what it doesn't need toxins (for example) to be able to self heal and return to a state of balance and homeostasis.

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## **Finding Nature and the Healer Within**

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Here is something outrageous to think about. I have been treated by western (allopathic) doctors and to my shocking amazement NONE of these items were mentioned as far as what could be the cause of any sickness, illness, disease, or discomfort! This is just out right unbelievable, but sadly TRUE. I have had on a few occasions had allopathic doctors mention nutrition, but none came even close to touching the iceberg. There was no mention of what foods should be avoided or not depending on such things as life style, physiology, allergies both internal and external, etc. No mention of how organic foods could possibly be higher in nutritional value and have fewer toxins due to manmade chemical herbicides, pesticides, fertilizers, etc. No mention of how diet can either proliferate or starve a Candida Yeast overgrowth. How some foods cannot only provide nutrition, but also help to detoxify the body via such means as chelation. The list just goes on and on here. Again it is time to wake up, take matters into your own hands, stop going to doctors that use drugs and surgery as their primary treatment methods to suppress symptoms, and begin living a healthy, happy, vibrant, pain free, and wonderful life.

I do hope this message finds you and finds you well. That it can truly have a positive impact on your life and overall health.

Yours in Love and Health.

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