

# The Parkinson's- Reversing Breakthrough

**A revolutionary program that WILL  
reverse your Parkinson's disease and  
produce extraordinary Health, Vitality,  
and Energy in your body.**

**By Matt Traverso**

## Disclaimer

The information contained in this eBook is for informational and educational purposes only. These statements have not been evaluated by the Food and Drug Administration.

This material is written for the express purpose of sharing educational information and scientific research gathered from the studies and experiences of the author, healthcare professionals, scientists, nutritionists and informed health advocates.

None of the information contained in this eBook is intended to diagnose, prevent, treat, or cure any disease, nor is it intended to prescribe any of the techniques, materials or concepts presented as a form of treatment for any illness or medical condition.

Before beginning any practice relating to health, diet or exercise, it is highly recommended that you first obtain the consent and advice of a licensed health care professional.

The author assumes no responsibility for the information and data accessed through and contained in this eBook.

The information (in this book) may not be supported by conventional medicine or many physicians. It is, however, well documented and supported by many physicians, scientists and health care professionals.

## Acknowledgements

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# TABLE OF CONTENTS

Disclaimer	2
Acknowledgements	2
Table of Contents	3
<b>Introduction</b>	4
Your Greatest Treasure	5
It Is Time To Choose – Choose HEALTH	5
The Current Disease Epidemic – Reaching Crisis Point	6
The Bigger Picture	7
The Truth Is... You Are Out Of Balance	9
<b>Beware of The Cultural Hypnosis</b>	10
Slaughter of The Innocent – <i>The Medical Drug Conspiracy</i>	
<b>How the Chemical Companies Came To Control The Media And People</b>	13
<b>Everything You Know About Health Is Wrong</b>	19
Drug Companies Bribing Doctors	
An Epidemic Caused By Pharmaceutical Drugs	
<b>The One True Cause Of Disease</b>	28
<b>The Germ Theory – The false foundations of modern medicine</b>	32
<b>The New Biology – <i>Cellular Health</i></b>	37
<b>The Quality Of Our Lives Depends On The Quality Of Our Cells</b>	39
Our Cells Need	
I- Oxygen	40
II- Water	45
III- Nutrients	47
IV- Positive, Directed Thinking	65
V- An Alkalized Inner Terrain	72
a. Dr. Young & The Ph Miracle™	
b. The Importance Of Your Ph Balance	
c. How Do We Create Acid In Our Body?	
d. How To Get Back Into Balance – Cleansing & Alkalizing	
<b>The Causes of Specific Diseases</b>	80
<b>The Parkinson’s Breakthrough Solution</b>	84
<b>The Healing Miracle of Glyconutrients</b>	87
<b>Next Steps</b>	92
<b>Overview &amp; Conclusions</b>	93
<b>Final Thoughts</b>	95
Appendix I – About The Author	97
Appendix II – Live Blood Test	98
Appendix III – The Power of Wheatgrass	99
Appendix IV – The Alkaline Food Chart	100

# INTRODUCTION

Dear Friend,

If you are reading these lines right now... **you are blessed!**

My name is Matt Traverso. My purpose and mission in life is to help create a whole new paradigm of health, happiness and freedom!

I cannot express how excited I am to present this information to you.

I wanted to write this book to you for quite some time, it ended up taking much longer than I anticipated getting it to you, as I kept on refining the way I wanted to write, and deliver it to you. The reason for that is...

The information you will read in this report has the power to **ABSOLUTELY TRANSFORM** your life in a way you have never imagined, or conceived possible.

It has helped turn terminal patients (people labelled “soon to be dead” with no hope) into lively, thriving, and healthy individuals. It has cured cancer, heart disease, diabetes, cholesterol, arthritis, Parkinson’s disease, brittle bone disease, and countless other “chronic” conditions for millions of people around the world.

And it has transformed the energy levels of people to the point where they **NEVER** get sick, and they’re full of abundant energy on a daily basis. I have used this information myself, and I have **NEVER** been ill for the last 11 years of my life (not even a cold!). And I know I will **NEVER** have any disease because I apply these distinctions.

And right now, as I’m writing these words, I feel immensely grateful for having reached the level of health I have been blessed to experience and for having the opportunity to present this information to you.

In the pages that follow I have presented practical, proven step-by-step methods for seizing (for yourself and your family) optimum health and **TOTALLY FREE YOURSELF** from disease and from the fear of ever getting ill or getting sick once and for all.

A lot of the information I’m about to share with you will fly in the face of what the medical establishment preaches. But understand, just because the majority believes something does not make it true. Everything I have said here is based upon sound scientific studies and actual personal experience.

Therefore my goal at this moment is to deliver this information to you in an easy to understand way, but also in a way that will have tremendous impact on you, so you remember it, and **USE** it to change your life. For what good is inspiration if it’s not backed up by *action*?

So strap on your seatbelt. “Empty the cup.” And get ready to see your life transform faster than you ever thought possible!

## YOUR GREATEST TREASURE

***Stop and think for a second about how magnificent the workings of your body truly are...***

Without you even having to think about it, and despite all the demands you make of it, your body produces billions of new cells every second, makes you hear, feel, see, smell, taste... regulates your temperature... operates this incredibly powerful super-computer called your brain...

Your body is the result of billions of years of evolutionary perfection. It puts any man-made technology to shame.

It is a beautifully created, perfectly and delicately balanced self-healing organism.

And yet most of us take this miracle completely for GRANTED!

Worst, still... we abuse it!

Know this: you ALWAYS end up paying the price (or reaping the rewards) for your life choices.

HONOUR your body. RESPECT it. Your body is your VESSEL OF LIFE.

To NOT take care of your body is to reject LIFE.

## IT IS TIME TO CHOOSE – CHOOSE HEALTH

Every moment of your life you have a CHOICE – what you put in your mouth, whether to exercise or not, whether to smoke, take drugs, drink alcohol, eat meat... or not.

***Vibrant Health*** or Pain & Disease, you will discover, is a CHOICE.

What do YOU choose?

# THE CURRENT DISEASE EPIDEMIC – REACHING CRISIS POINT

Despite major advances in science and technology, the human race has never been so diseased.

- 1 in 3 Americans will die of Cancer.
- 1 in 2 Americans will die of Heart Disease.
- 21 million Americans are diagnosed with Diabetes (35% of the population has Diabetes, but has not been diagnosed yet).
- 43 million Americans suffer from Arthritis.
- Osteoporosis affects 28 million Americans.
- 64% of the American population is overweight.
- 42 million people in the world currently live with AIDS.
- 121 million people worldwide suffer from Depression.

**95% of Americans will die of either Heart Disease, Cancer, or Diabetes (these are preventable, lifestyle-related and diet-related diseases, by the way).**

If you are reading this right now and you lead the same lifestyle as the average person, THAT is your most probable outcome.

**In the US – a 10 trillion-dollar economy – the cost of treating patients has reached an astronomical \$2.1 trillion as of 2006, and is the fastest growing sector of the economy.**

Despite billions of dollars being spent on discovering drugs for Cancer, Cancer has gone from being the #8 cause of death in 1970 in the US to the #2 cause currently. A child under the age of three has a 1 in 2 chance of developing Cancer in its lifetime.

This situation is quite simply horrific, and utterly unsustainable.

Since the 70s, the US has spent more on fighting cancer than on anything else except landing a man on the moon.

Not 1 person has been cured by conventional means, and now Cancer is an epidemic.

Despite spending more on health care, per capita, than any other country in the world, the United States are rated only 37th in the world in "overall health system performance" by the World Health Organization.

WHAT'S GOING ON?

WE HAVE AN EPIDEMIC ON OUR HANDS!

WHY ISN'T ANYONE SAYING ANYTHING ABOUT THIS??!

WHY DON'T WE HEAR ABOUT THIS EVERY DAY ON THE NEWS???

## THE BIGGER PICTURE

As I mentioned previously, your body is the result of billions of years of evolutionary perfection. It is a beautifully created, perfectly and delicately balanced self-healing organism.

### OUR BODY : THE "2-BILLION YEAR-OLD CAR" METAPHOR

Imagine if you will, that you are driving a 2-billion year old car. An all-natural, organic, living, breathing car...

For 2 billion years, this car has been using fuel such as:

water / seeds / nuts / Grasses / herbs / roots / fruits / vegetables / cereals

(uncooked, by the way – not processed until all their natural goodness is totally and utterly destroyed...)

THAT'S the fuel it is used to.

MOREOVER, THAT'S the fuel its entire system is based upon. It was MADE from that stuff.

Then, suddenly, after 2,000,000,000 years... that car switches over to – for the last 100 years – a new, modern mixture of:

sugar / sweets / biscuits / crisps / chocolate / coffee, tea, coca-cola / fats & oils / cigarettes / alcohol / vinegar / pharmaceutical drugs / caffeine / chemicals, pesticides, and preservatives (loads of them) / meat (loads of it) / milk, cheese, ice-cream / refined carbohydrates with ZERO nutritional value (white rice, white flour, white sugar, pasta, bread...) etc.

What do you think would happen to this 'vehicle'?

THAT'S RIGHT – IT WOULD BREAK DOWN.

So you bring it to the mechanic, right?

Now, is it in the mechanic's interest to resolve the SOURCE of the problem (your choice of fuel)?

... or does he give you the instant fix that you want to get the car going again for a little bit?

After all, you are a busy person, you've got places to go, you're experiencing and are 'immobilized', you need this problem fixed as soon as possible... You even ask for a 'fix'.

So... that's what the mechanic offers you.

A 'fix'.

Better yet: an INSTANT 'fix'.

(It's not going to last, mind you...)

Think about this carefully. WHAT SHOULD YOU DO?

What is the INTELLIGENT thing to do?

Keep taking the car to the mechanic, or clean the fuel tank and use a cleaner fuel?

For every health challenge out there, all you ever hear in the media or from doctors (the 'mechanic') is: *take this drug or that drug.*

Simply go to Dr. FeelGood & pop a pill to make yourself feel all better again...  
Sure... take drugs to make the symptom go away...

But what about the SOURCE of the problem?

THE "MOSQUITO & STALE POND" METAPHOR

If you kill all the mosquitoes around a stale pond with DDT chemicals, you won't have mosquitoes for a little while.

But since the SOURCE of the problem is still there – the stale, disgusting pond where mosquitoes can find food and a propitious ground for laying their eggs – *mosquitoes will come back!*

It's the same with your body!

You need to eradicate THE SOURCE, THE ROOT of your health problems.

You see, ultimately, any ailment you experience comes from a breakdown within your body.

**Diseases are just warning signs of something very fundamental happening inside of you – something is out of kilter. Something is unbalanced.**



Deepak Chopra refers to this as "The *violation of simple laws of nature* that make our body function."

The richest – read: most industrialized, modern, far-from-natural – societies have the highest incidence of Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Parkinson's, Multiple Sclerosis, Chronic Fatigue, Fibromyalgia... despite the billions spent on so-called 'cures' by the pharmaceutical industry.

So... the most 'modern' societies are the sickliest on the planet.

Hmm. Interesting.

I wonder why.

## THE TRUTH IS... YOU ARE OUT OF BALANCE

We now live a 'far-from-natural' lifestyle.

There are on average over 300 synthetic industrial chemicals present in our bodies that did not exist 50 years ago... We are filled with toxins from the food, water, air, personal care products, and medication we ingest and use.

In as simple a language as possible, if the delicate balance of our body's systems are taken 'out of whack' because of our modern, unnatural lifestyle, we experience DISEASE.

Our diseases are nothing but a SYMPTOM of this imbalance.

If you adopt a healthy lifestyle (healthy diet & mindset, rest, exercise, cleanse & detoxify, etc.) you will put your body back into balance – that's what holistic medicine is all about.

The "holistic", "complimentary", "alternative" ways of treating people have been around for thousands of years, and they absolutely WORK.

Lead a healthy lifestyle and there is practically NO chance you'll ever suffer any of the ailments mentioned above.

What you will soon discover through these pages is that those ailments are all lifestyle and nutrition-related.

And yet you'll rarely hear this in the media. How come?

**Here's the SHOCKING ANSWER...**

# BEWARE OF THE CULTURAL HYPNOSIS

*“Let us first understand the facts, and then we may seek the cause”*

— Aristotle

**We live in a cultural hypnosis that has taught us that we are fragile.**

**We have been conditioned to believe that things are happening to us.**

We have been **conditioned** to feel "in danger".

We have been **conditioned to believe** that drugs are the answer to disease.

**I'm here to remind you of the truth... YOU ARE NOT FRAGILE.**

**The truth is that our natural state is one of Strength, Health, and Energy.**

We are genetically programmed to be utterly HEALTHY and to THRIVE.

You are the end result of tens of thousands of generations of human beings, the pinnacle of evolutionary perfection... You are a 'genetic champion'!

Most of us believe that our bodies are constantly under attack by bugs, germs, viruses...

Our society as a whole has been led to believe that most sickness and disease comes from external agents "attacking" our body.

This is simply not true.

**The truth is that health comes from within, and is also lost from within.**

The truth has been with us for thousands of years. It has been swept under the carpet, however, in the name of profit – it is in certain people's interest that we feel vulnerable.

You see, fear will make us buy and consume just about anything.

Keeping people afraid SELLS! It sells medicine. It sells newspapers. It increases TV news' ratings...

Television stations, radio stations, newspapers and magazines are paid billions in advertising to condition us a certain way. Do NOT believe ANYTHING the media tell you.

For example, every other week it seems that I hear on the news how this drug company or that drug company is just about to discover a cure for cancer.

Yup, the cure for cancer is just around the corner...

This charade has been going on for over 50 years! It is total manipulation.

# SLAUGHTER OF THE INNOCENT

## THE MEDICAL DRUG CONSPIRACY

*"The beginning of wisdom is to call things by the right names."*

—Chinese Proverb

The root cause. That's where it all happens.

Remember: your 'dis-ease' is a symptom of something very fundamental happening within you.

Drugs deal with the short-term effect, the surface cause of your discomfort, the symptom.

Make no mistake, the real source of the problem is the way you live your life.

It is a sad fact, but 99% of people out there are completely asleep.

Ignorant. Oblivious to what is really going on.

Have you seen the film "The Matrix"? Millions of human beings that THINK they are experiencing reality, when in fact they are living an illusion whilst locked up, 'harvested', and exploited.

I am about to give you the red pill/blue pill choice...

*"This is your last chance. After this there is no turning back. If you take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. If you take the red pill, you stay in Wonderland and I'll show you how deep the rabbit hole goes."*

– Morpheus, in 'The Matrix'.

**Conventional Medicine** (also known as Orthodox or Allopathic Medicine) **utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms.** *This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient.* Rather, the use of drugs will **temporarily mask** the manifestations of the disease, while at the same time, drive the disease deeper into the body...**only to reappear at a later date, as a more serious, and chronic health threat.**

Do not assume that the only difference between allopathic and alternative medicine, however, is an honest difference of opinion in the philosophies on the origin of disease states. Hardly! **There is, in truth, a concerted, organized agenda – concocted, planned, and contrived by the international pharmaceutical companies and organized medicine to suppress any and every alternative, non-drug therapy that WORKS.**

## Why?

### **Because they want people to keep on coming back for more treatments and more drugs.**

A *cured* patient is a lost source of income. A sick patient who is marginally "improved" is a *manageable* patient.

Managing patients means routine office visits and renewing of drug prescriptions.

Therefore, a manageable patient is a *continuing source of income*; a cash cow if you will. Multiply that by a few hundred million people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are *staggering!*

Before we continue I want to make it clear that while **I support and believe in medical science,** I do not agree with the medical establishment and the pharmaceutical industry operating it that value profit and protection of status quo over the health and wellness of the people.

**Mainstream medicine is not going to the source of health problems. Doctors, as hard working and caring as they are, are primarily trained in the use of pharmaceuticals to treat illness.**

The thrust of the orthodox pharmaceutical agenda is to provide temporary relief, while never addressing the cause of the disease. This agenda insures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions.

This is what the game is all about folks, plain and simple.

There are a number of alternative approaches to health that work so well and cost so little (compared to conventional treatment), that The Medical Industry, the Food & Drug Administration, and the Pharmaceutical Industry (The Big Three) are fighting tooth and nail to keep suppressed. The reason is obvious: Alternative, non-toxic therapies represent a potential loss of billions of dollars to the medical and drug companies.

*"They are running a monopoly and they will lie, cheat and steal to keep it that way."*

—Dr Eva Snead

*"The individual is handicapped by coming face to face with a conspiracy so monstrous he cannot believe it exists."*

—J. Edgar Hoover

**Through continuous marketing and advertising the public has been brainwashed into equating MEDICAL CARE with HEALTH, whereas in fact exactly the opposite applies: modern medicine has become the principal cause of disease today. The U.S. uses the most Medicine but is one of the most Unhealthy Countries — WHY?**

## How the Chemical Companies came to control the media and people

Source: [http://www.safe2use.com/lawsuit/about\\_chemical\\_companies/medical-fraud.htm](http://www.safe2use.com/lawsuit/about_chemical_companies/medical-fraud.htm)

Here's a sensational expose' that uncovers the truth behind this conspiracy.

How the pharmaceutical industry took control of the hospitals, universities, research and other institutions in the early part of this century is amply demonstrated by world-famous medical historian and author, Hans Ruesch, in his devastating expose: *Naked Empress or The Great Medical Fraud* (1992). The book is an absolute must to read. *Naked Empress* exposes massive corruption and fraud in medicine, science, industries, governments, media and various organisations. The importance of this book cannot be over-stated.

In *Naked Empress*, Ruesch cited another important expose titled *The Drug Story* (1949) by American investigative reporter, Morris A. Bealle. According to Bealle: "America's largest and most ruthless industrial combine, the Rockefeller Empire" (which was built on Standard Oil Company) in the early part of this century became interested in the drug trade after making breath-taking profits from palming off bottled petroleum called Nujol as a supposed cure for cancer and later constipation.

In 1939 the Drug Trust was formed by an alliance of the world's two greatest cartels in world history - the Rockefeller Empire and the German chemical company I.G. Farben industrie (I.G.Farben). Drug profits from that time onwards curved upwards into gigantic proportions and by 1948 it became a 10-billion-dollar-a-year industry.

I.G. Farben's unsavoury past is highlighted by the fact that during the Second World War it built and operated a massive chemical plant at Auschwitz using slave labour. Approximately 300,000 concentration-camp workers passed through I.G. Farben's facilities at Auschwitz and at least 25,000 of them were worked to death. Also, others were brutally killed in I.G. Farben's drug testing programs. Twelve of I.G. Farben's top executives were sentenced to terms of imprisonment for slavery and mistreatment offences at the Nuremberg war crime trials.

Hoechst and Bayer, the largest and third largest companies in world pharmaceutical sales respectively, are descended from I.G. Farben. In September 1955, Hoechst appointed Friedrich Jaehne, a convicted war criminal from the Nuremberg trials, as chairman of its supervisory board. Also, a year later, Bayer appointed Fitz ter Meer, another convicted war criminal, as chairman of its board.

On the Rockefellers' moves towards "influencing" medical colleges and public agencies in the United States, Bealle writes:

"The last annual report of the Rockefeller Foundation itemises the gifts it has made to colleges and public agencies in the past 44 years (from 1948), and they total somewhat over half a billion dollars. These colleges, of course, teach their students all the drug lore the Rockefeller pharmaceutical houses want taught. Otherwise there would be no more gifts, just as there are no gifts to any of the 30 odd drugless colleges in the United States."

The Rockefellers did not restrict their "educational" activities to the US alone. In 1927 they formed the International Education Board which "donated" millions of dollars to foreign universities and politicians, with all the usual strings attached.

As these huge amounts of money were being "donated" to drug-propagandising colleges, the Rockefeller interests were expanding world-wide. It was large enough 40 years ago for Bealle to state:

"It has long been demonstrated that the Rockefeller interests have created, built up and developed the most far reaching industrial empire ever conceived in the mind of man. Standard Oil is of course the foundation industry upon which all of the other industries have been built.

The keystone of this mammoth industrial empire is the Chase National Bank with 27 branches in New York City and 21 in foreign countries (now renamed the Chase Manhattan Bank with over 200 branches in the US and abroad). Not the least of its holdings are in the drug business. The Rockefellers own the largest drug manufacturing combine in the world, and use all of their other interests to bring pressure to increase the sale of drugs."

### **The Not-So-Independent Media**

Instrumental in Rockefellers' moves towards making the world drug-dependent is their enormous influence on the media. Commenting on this, Ruesch explains:

**"So the stage was set for the 'education' of the American public, with a view to turning them into a population of drug dependants with early help of the schools, then with the direct advertising and, last but not least, the influence the advertising revenues had on the media."**

A compilation of the magazine Advertising Age showed that as far back as 1948 the larger companies spent for newspapers, radio and magazine advertising the sum total of \$1,104,224,374, when the dollar was still worth a dollar. Of this staggering sum the interlocking Rockefeller-Morgan interests (gone over entirely to Rockefeller after Morgan's death) controlled about 80%, and utilised it to manipulate public information on health and drug matters - then as now.

Anybody who tries to get into the mass media independent news, contrary to the interests of the Drug Trust, will sooner or later run into an unbreakable wall.

For big advertisers it is easy not only to plant into the media nay news they wish to disseminate, but also to keep out the news they don't want to get around. A survey in 1978 by the *Columbia Journalism Review* failed to find a single comprehensive article about the dangers of smoking in the previous seven years in any major magazine accepting cigarette advertising.

Even the most independent newspapers are dependent on their press associations for their national news. And there is no reason for a news editor to suspect that a story coming over the wires of Associated Press, united Press International or the International News Service is censored when it concerns health matters.

Yet this is what happens constantly. [Emphasis added]

Ruesch showed how the above-mentioned international media were taken over by the Drug Trust and he further explains:

"So this sews up the press associations of the Rockefeller Drug Trust, and accounts for the many fake stories of serums and medical cures and just-around-the -corner-breakthrough-to-cancer, which go out brazenly over its wires to all daily newspapers in America and abroad.."

Thus newspapers continue to be fed constantly with propaganda about drugs and their alleged value, although 1.5 million people landed in hospitals in 1978 because of medication side-effects in the US alone, and despite recurrent statements by intelligent and courageous medical men that most pharmaceutical items on sale are useless and/or harmful.

Among the many publications owned by the Rockefeller Drug Trust, are: *Fortune*, *Life*, *Time*, *Readers Digest* and *Newsweek* magazines, and the *Encyclopedia Britannica*. These publications are constantly pushing drugs.

### **Food and Drug Administration - serving who?**

Leaving no stone unturned, Ruesch shows how the Drug Trust, in securing their drug interests, planted stooges into senior positions of colleges, universities, and government bodies. About the Food and Drug Administration, Ruesch charges:

"When a good law was enacted many years ago for protecting the American public from spoiled food and poisonous drugs, the Drug Trust lost little time to get its hooks into the government bureau that was charged with enforcing the law."

Ruesch cited Morris Bealle who wrote that the FDA "is used primarily for the perversion of justice by cracking down on all who endanger the profits of the Drug Trust." Ruesch further states:

"Apparently, the FDA doesn't only wink at the violations of the Drug Trust whose servant it is (such as the mass deaths in the ginger jake and sulfathiozole cases), but it is particularly assiduous in putting out of business all competitors of the Drug Trust, like the vendors of natural therapeutic devices that improve the health of the public and thus decrease the profits of the Drug Trust..."

And the situation is practically identical in all other industrialised countries, notably Great Britain, France and West Germany."

### **The Undeclared War on Natural Medicine**

The *Civil Abolitionist* carried an article rightly titled "FDA: The American Gestapo Prosecutor or Persecutor?", which reported that on May 6, 1992, the clinic of Jonathan Wright MD, a highly regarded nutrition specialist, was assailed by 22 armed men because the doctor had been treating his patients with safe natural substances that didn't meet the FDA's approval. During the SWAT type attack the front door was kicked open, guns were pointed directly at staff and the shocked patients were herded into a room. Also, patient records, equipment, business records and vitamin supplies were confiscated. At the time of the article, the FDA has not yet filed charges against Dr Wright.

During the last year, similar actions have taken place against three manufacturers of vitamin supplements [Allergy Research, Thorne Research and Highland Laboratories].

In Australia, a repeal of Schedule 1, Exemptions of the Therapeutic Goods Act, scheduled for January 1994, would minimise access to natural therapy remedies by natural therapists and would threaten the existence of the natural therapy profession and manufacturers of natural therapy remedies.

### **Corrupt FDA Officials**

In their August-September 1992 issue, *NEXUS Magazine* reported that it is a matter of public record that the FDA indulges in the following practices:

- \* Many of the so-called 'research grants' that the FDA receives are 'donated' by the very drug companies they were supposed to be regulating.
- \* Mid- and upper-level FDA officials enjoy 'revolving door' status when they leave the FDA, wherein they go to cushy, well-paying jobs in those very same drug companies they were supposed to have been regulating.
- \* Currently, 150 top FDA officials hold significant amounts of stock in the pharmaceutical companies they were supposed to be regulating.

### **American 'Murder' Association**

The AMA, once openly declared by Dr. Richard Kunnes at an AMA convention that it shouldn't be the acronym for American Medical Association but for American 'Murder' Association, is, according to Morris Bealle, the front for the Drug Trust. When the FDA has to put an independent operator out of business, they get the AMA to furnish quack doctors to testify that while often knowing nothing about the product involved, it is their considered opinion that it has no therapeutic value.

Bealle cited an example in which the AMA furnished ten medicos to testify in court that "vitamins are not necessary to the human body", in order to close down an independent distributor of natural vitamins.

The medico-drug cartel was summed up by J.W Hodge, M.D., of Niagara Falls, N.Y., in these words:

"The medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever managed a free people in this or any other age. Any and all methods of healing the sick by means of safe, simple and natural remedies are sure to be assailed and denounced by the arrogant leaders of the AMA doctors' trust as fakes, frauds and humbugs. Every practitioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and impostor by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife or poisonous drugs, disease imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent." (For more revelations [read this article \(please click here\)](#) and then view this movie at <http://www.youtube.com/watch?v=RW3xt3E1dww> )



# Shocking isn't it.

*Folks, if this doesn't make you fighting mad, what will?*

In an unusually candid comment for a senior government official, **Dr. Herbert Ley, former FDA commissioner**, remarked:

*“The thing that bugs me is that the people think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day.”*

I'm not going to start FDA bashing but you do not have to dig very deep to see where their loyalties rest, and it is not with you.



[Watch this great cartoon that clearly demonstrates what I am saying \(please click here\)](#)

You see, America's medical/industrial complex was organized around the American Medical Association, formed by drug interests for the purpose of manipulating the legal system.

Controlled by pharmaceutical companies, this complex has become a trillion-dollar-a-year business.

It also includes many insurance companies, the Food and Drug Administration (FDA), the National Institutes of Health (NIH), the Centers for Disease Control (CDC), hospitals, and university research facilities. All driven by drug companies.

Here's some interesting statistics about drug companies: The COMBINED PROFITS for the TEN most profitable drug companies in the Fortune 500 (\$35.9 billion) are **MORE** than the profits for **all the other 490 companies** put together (\$33.7 billion)!!

Did you get that? I repeat: **The top ten pharmaceutical companies make more in profits than the rest of the Fortune 500 companies combined!!** And these 500 companies even include Microsoft! (By the way, the 'Fortune 500' is a ranking of the top most profitable American corporations.)

One could hope drug companies would decide to make some RADICAL changes, but that is not what is happening. Instead, drug companies are doing more of what got them into this situation.

**They are marketing their drugs even more relentlessly.** They are pushing even harder to extend their monopolies on top-selling drugs. And they are pouring more money into lobbying and political campaigns.

Please understand: Big Pharma (the pharmaceutical industry) isn't interested in finding cures for Cancer, AIDS, Diabetes, Parkinson's, or Cholesterol; to them, people who buy drugs are not patients...they are CUSTOMERS.

Customers make them profit. These huge pharmaceutical corporations are legally responsible for the increase in profit for them and their shareholders.

***If cancer is cured, they don't make profit.*** The drug companies would be out of business and the doctors would be out of jobs.

Corporations and other entities like the FDA know that **curing means the end of business.** *They can't make a living if you don't get sick.*

**Big Pharma doesn't want a cure,** they will NEVER discover a cure. "Curing" people doesn't make any money. "Treatment" does. "Treatment" meaning treatment with drugs.

"Treatment" masks the symptoms of a problem. "Cure" means finding the cause of the problem and removing it.

And drugs are designed to "Treat", not cure or prevent illnesses, where the patient becomes dependent upon them for life.

With this "Treatment" idea forced upon us, as the only option we have available, we are being ripped off, and it's time we woke up and made better choices.

***"This is the world that has been pulled over your eyes to blind you to the truth."***

—Morpheus, in 'The Matrix'.

## WAKE UP!

The noted economist Paul Zane Pilzer, in his excellent book *The Next Trillion Dollar Economy* ([www.paulzanepilzer.com](http://www.paulzanepilzer.com)), exposes and blames the processed food and pharmaceutical companies for the current sad state of affairs when it comes to Americas health problems.

**Do you want to play into their hands, ingest foodstuffs that are killing you, and then make pharmaceutical companies richer by having them treat symptoms of the diseases you've created through your lifestyle or do you want to take responsibility, live the truth, and be free from all disease?**

## EVERYTHING YOU KNOW ABOUT HEALTH IS WRONG

**Please wipe your slate clean of what you think you know about health. Most of what you know and think you know is misinformation. Let us together dismantle the myths of health that are killing us as a society.**

We are lead to believe that germs and viruses cause disease.

And what should we do?

We should avoid or 'kill' the germs and maybe we can avoid the disease.

We are taught that illnesses like cancer and diabetes can just show up, for no good reason and that the only solution is medicine and surgery, if we're lucky that is.

We don't feel empowered about our health and we place it in the hands of experts and hope that when we get ill, they will be able to help us get healthy again and live for longer.

After all we don't know what to do, so isn't it a good thing that we have all these experts and drugs researchers out there to tell us what to do?

Well let me ask you a question: How may 'wonder drugs' that we've been taught were supposed to make us healthier – have not worked? How many of these have been promoted to us by the so called "experts"?

Listen, the ultimate expert on your life is YOU by testing what works; not by looking around and being like everybody else.

If you do what everybody else does, you'll have what everybody else has – and do you know what that's like for the general population? It's not a pretty sight! One in two people dies of heart disease or diabetes! One in three dies of cancer!

We must think uniquely, we must think differently, we can't just accept what's being fed to everybody. We must become CRITICAL in our thinking!

And by the way, this is NOT an attack on the medical profession. Doctors care so much! They care immensely about human beings and they will give their heart and soul at the expense of their own health, emotions, or families to help other people recover from disease in the only way they know how.

We should feel compassion for doctors. Go and watch what a doctor has to do to make it through medical school. What a dehumanising process! It is unbelievable what they go through out of their desire to help others.

Medical school training is also an intentionally gruelling process, designed to physically push the weaker students over the edge.

They do this to make sure that as a doctor you will be able to take the pressure in a real life-or-death situation and that you won't trip up. Perhaps the intentions are good, but its hardly a wholesome learning environment for the doctors!

Doctors in training are given more work than they could possibly do, and they learn early on to rely on all kinds of stimulants (ie, chemicals) to stay up late to study.

Medical School is an abusive, destructive, dehumanising process. Students have zero time to stop and say: Hey, does this make ANY sense?

On top of all that, the half-life of the current medical education is 4 years. This means that a doctor leaving school today knows 50% more about medicine than someone who left 4 years ago. With so many patients to see, doctors rarely have time to further their education.

### ***How do doctors keep 'up to date'?***

So many new drugs come out every year – there's no way for doctors to keep up. Hence doctors are primarily educated about new advances in medicine by the drug companies' salesmen!

Of course, 70% of all drugs on the market today weren't even around 15 years ago. Someone has to educate them, and the pace at which all this is happening is amazing!

Dr. Jerry Avorn, a professor of medicine at the Harvard Medical School, states:

***"Too often doctors get industry-sponsored sources of information that look like they are from unbiased, scientifically driven public-interest groups when in fact they are thickly veiled marketing activities."***

The Washington Post reports that a University of Washington study published in the Journal of the American Medical Association confirms the insidious influence drug

advertising brings to bear on *perverting* American medicine. For many doctors, drug industry marketing is their prime source of information.

A series of studies have confirmed beyond a shadow of a doubt that doctors are influenced more by the advertising for the drug than by the scientific literature. However when doctors are confronted, they are usually unaware or unwilling to admit that they've been influenced by non-scientific sources.

## Drug Companies Bribing Doctors

A major reason why health care is in such a shambles is that the medical establishment has allowed itself to be bought off by the pharmaceutical industry.

**Drug companies have always pushed drugs to doctors.**

The medical establishment works closely with the drug multinationals whose main objective is PROFITS, and whose worst nightmare would be an epidemic of good health.

Lots of drugs MUST be sold. In order to achieve this, anything goes: lies, fraud, and kickbacks.

To a pharmaceutical marketer, the doctor is the “first link in the chain of getting medication from manufacturer to consumer.” **Any physician can LEGALLY prescribe ANY medication for ANY use.**

Obviously 100% of prescription drugs costs originate with a doctor's orders.

Doctors are rewarded with research grants, gifts, and lavish perks. The principal buyers are the public – from infants to the elderly – who MUST be *thoroughly medicated...* at any cost!

It was in 1850 that the first “detail man,” as pharmaceutical sales representatives are informally called, knocked on a door of an American doctor.

In the century and a half since, pharma representatives have become the “stealth bombers” of medicine.

They swoop in, change physicians' prescribing habits (better than any research article) and disappear again.

There are approximately 100,000 drug representatives in the United States today (almost triple the amount of just ten years ago) that visit thousands of doctors every day to “educate” them about new or existing products.

Physicians' choices profoundly impact sales of a drug company's products. So pharmaceutical manufacturers focus their marketing budgets to *influence* those choices.

Drug companies spend annually 10 to 15 billion dollars to promote their drugs. This number includes, among other things, gifts for physicians and generous salaries (many drug representatives make six figures).

## Something to think about...

**Doctors get many incentives for attending a lecture, watching a video or just giving a pharmaceutical sales representative 10 minutes of their time.**

A national survey of doctors published in the April 2007 New England Journal of Medicine found that physicians received drug samples, free travel, and sometimes payments for consulting with a drug company or enrolling patients in trials.

The drug industry says the attention paid to physicians is **a way for doctors to be *educated*** on new products in a cluttered market, products that doctors otherwise would not take time to look into, according to the Pharmaceutical Research Manufacturers of America, the lobbying arm of the brand-name drug makers.

See, if doctors are working around the clock to try to help everyone, they've got to make decisions QUICKLY. But to rely upon the drug companies for unbiased evaluations of their products makes about as much sense as relying on beer companies to teach us about alcoholism.

Still, doctors care deeply, they're doing everything they can to help people.

Yet these decisions are a matter of LIFE AND DEATH. So we must make sure that WE are part of the decision making process. **We got to be aware of the consequences and where this information is coming from.**

So if the primary source of education for our doctors is often the drug advertising, do you think there might be a "slight" chance of "dissonance" on the side of the drug company?

Have any drugs been declared safe and massively promoted and later on we found out those drugs should not have been put out on the market?

Did you ever wonder why drug ads always say, "ask your doctor about this new drug"?

Did you ever wonder why lethal drugs made it to blockbuster sellers?

Have any drug companies been fined for this?

You know the answer to all the above is YES.

A classic example is the drug DES.

DES is a drug that was given to millions of pregnant mothers. This synthetic hormone was touted as a "wonder drug" and widely prescribed to prevent miscarriage.

In America alone there were hundreds of drug companies that made and distributed DES because it was unpatented and easily produced. From the start, studies showed that DES promoted cancer in lab animals.

Despite the evidence from animal studies, the FDA approved the use of DES for medical use in human beings.

In the 1960s and 70s, all the leading medical textbooks stated that DES had no effect in preventing miscarriage in any group of patients. However DES was still being prescribed to pregnant women and touted as a "wonder drug."

Even after being banned in 1971, DES was still being sold overseas and in much of the rest of the world. By the way there are companies that keep selling DES in developing countries to this day!

Today, there are millions of women who are terribly angry because their doctors are telling them that they're suffering from cancer, miscarriages or other reproductive difficulties simply because their pregnant mothers took DES to ironically prevent miscarriage.

Unfortunately doctors gave this drug to a staggering number of people — more than 3 million people in fact! Now there are 300 companies that are being sued by millions of women all over the United States, but suing is not going to give them their life back or their ability to have children.

Unfortunately that's only one of many examples of drugs that injured and killed. Here's a list of some of the most well known cases:

- Paracetamol (painkiller) - 1,500 people had to be hospitalised in Great Britain in 1971.
- Orablix caused kidney damages with fatal outcome. MEL/29 (anti-hypertensive) - caused cataracts. bsp.
- Methaqualone (hypnotic) - caused severe psychic disturbances leading to at least 366 deaths, mainly through murder or suicide.
- Thalidomide (tranquilliser) - caused 10,000 malformed children.
- Isoproterenol (asthma) - caused 3,500 deaths in the sixties.
- Stilboestrol (prostate cancer) - caused cancer in young women.
- Trilergan (anti-allergic) - caused viral hepatitis.
- Flamamil (rheumatism) - caused loss of consciousness.
- Eraldin (heart medication) - caused severe eye and digestive tract damage, and many deaths.
- Phenformin (diabetes) - caused 1,000 deaths annually until withdrawn.
- Atromids (cholesterol) - caused deaths from cancer, liver, gallbladder and intestinal disease.
- Valium (tranquilliser) - addictive in moderate doses.
- Preludin & Maxiton (diet pills) - caused serious damage to the heart and the nervous system.
- Pronap & Plaxin (tranquilliser) - killed many babies.
- Phenacetin (painkiller) - caused severe damages to kidneys and red blood corpuscles.
- Amydopyrine (painkiller) - caused blood disease.
- Marzine (nausea) - damaged children.
- Reserpine (anti-hypertensive) - increased risks of cancer of the brain, pancreas, uterus, ovaries, skin and women's breasts.
- Methotrexate (leukaemia) - caused intestinal haemorrhage, severe anaemia and tumours.

- Urethane (leukaemia) - caused cancer of liver, lungs and bone marrow.
- Mitotane (leukaemia) - caused kidney damage.
- Cyclophosphamide (cancer) - caused liver and lung damage.
- Isoniazid (tuberculosis) - caused liver destruction.
- Kanamycin (tuberculosis) - caused deafness and kidney destruction.
- Chloromycetin (typhoid) - caused leukaemia, cardiovascular collapse and death.
- Phenolphthalein (laxative) - caused kidney damage, delirium and death.
- Clioquinol (diarrhoea) - caused blindness, paralysis and death.
- DES (prevent miscarriage) - caused birth defects and cancer.
- Debendox (nausea) - caused birth defects.
- Accutane (acne) - caused deafness and kidney destruction.

***"We have a multi-billion dollar industry that is killing people, right and left, just for financial gain."***

—Glen Warner, M.D.

The preceding list, taken from *Vivisection: Science or Sham* (by Dr. Roy Kupsinel, 1990) and *Naked Empress* (by Hans Ruesch, 1992), is just a *very small* sample of a far greater number of therapeutic disasters that have taken place. (By the way, more recently there was the case of the Vioxx scandal which caused 27000 deaths.)

And, many drug reactions go unnoticed. In *Controversies in Therapeutics* (1980), Dr. Leighton Cluff comments: "National Health statistics do not reflect the magnitude of the problem of drug-induced diseases. A death certificate may indicate that a person died of renal failure, **but it may not state that the disease was caused by a drug.**"

So those are very conservative estimates; only a fraction of medical errors are reported. Actual medical mistakes are likely to be 20 times higher than the reported number because doctors fear retaliation for those mistakes.

**AND BEWARE!!** — Having a diagnostic or medical procedure performed on you by the medical establishment is now a LEADING CAUSE OF DEATH in the U.S. ([Check this out! Please click here](#))

**Download a complete report [HERE](#)  
on this by Gary Null, M.D.**

Not only does the medical industry have a long black history of providing misinformation but they go out of their way to SUPPRESS any kind of natural substance that may provide a cure.

Just why is it that the medical industry is so opposed to natural readily available remedies?



Again, the primary goal of the pharmaceutical companies is to make money "treating" diseases and NOT find a cure for them.

**Simply put, Big Pharma profits by keeping you sick. They deliberately defined the human body as their market place in order to generate further wealth.**

Hard to believe? [Watch this movie...](#)



The sick part is there are no laws to prevent this type of thing from happening.

But it gets worse: Big Pharma actually controls health care policy by buying influence at the highest level of government.

Hard to believe? [Watch this movie...](#)



***“In a time of universal deceit, telling the truth is a revolutionary act.”***

—George Orwell

## **AN EPIDEMIC CAUSED BY PHARMACEUTICAL DRUGS**

So, even when doctors and drug companies are NOT making blatant mistakes, *we are still being medically treated in a way that endangers our health.*

**A series of studies found that pharmaceutical drugs kill MORE people every year than are killed in traffic accidents.**

Sadly the average 65 year old person in the United States takes an average of 11 medications a day! **More people take drugs today than ever before!**

One statistical study conducted at the University of Toronto showed that **bad reactions to prescription medicines kill more than 100,000 Americans and seriously injure an additional 2.1 million EVERY YEAR!!**

By the way, the data did not include fatal reactions caused by errors in administration of the drugs. If these had been included, it is estimated that another 100,000 deaths would be added to the total every year.

The researchers concluded that **THE DRUG SIDE EFFECTS ARE NOW THE FOURTH LEADING CAUSE OF DEATH IN THE UNITED STATES AFTER HEART DISEASE, CANCER, AND STROKE.**

The bottom line is the drug industry does NOT want people to get healthy. Because if everyone was healthy, they wouldn't need to buy drugs. The drug industry wants people to buy more drugs. Healthy people don't need drugs. If everyone was healthy, the drug industry would be out of business.

Remember, pharmaceutical companies have a fiduciary responsibility to their shareholders; **AND THEY HAVE ONLY ONE LEGAL RESPONSIBILITY: TO INCREASE PROFITS.** And, of course, drug companies earn profits from the *expansion* and *continuation* of disease (where patients are put on drugs for life).

#### **THE FACTS:**

There are about **700,000 doctors** in the US.

In the US alone, **\$2.1 trillion were spent on health care in 2006!!** – that is MORE than the total Gross National Product in 124 out of the world's 130 industrial countries.

What's the result for all this spending? The US leads the developed world in deaths from heart disease, prostate cancer, breast cancer, colon cancer, and diabetes.

The countries that use the most medicine are the most unhealthy. For example, **American medical system is the leading cause of death in the US** ([please read this article for more information http://ourcivilisation.com/medicine/usamed.htm](http://ourcivilisation.com/medicine/usamed.htm)).

In 1968, America declared war on cancer. By February 1994, **the *Journal of the American Medical Association* declared the war on cancer a failure.** In all age groups, cancer incidence is increasing.

And on top of all that, adverse drug reactions are the # 4 cause of death in the United States.

**SO PLEASE** when it comes to your health, **don't just accept the experts' opinion, make sure you think it through yourself.**

**Get second and third opinion and then ultimately decide what you believe is right because this is your life! And how it turns out is based on your *decisions* – please, for your benefit, make them *consciously.***

## WE MUST GET OUT OF THE “TRANCE”

Similarly, we ‘The Consumers’ if you like, are CONSTANTLY being told what to believe – usually through advertising (such as television spots) by the pharmaceutical companies interested in selling their drugs!

As doctors and patients, we allow these salespeople to become our Health Gurus even though they really have other interests other than our wellbeing!

So the very industry that is here to tell you, "We are providing your health," is causing an EPIDEMIC. That's **the fourth leading cause of death**. And this is not Matt Traverso saying it. This is the American Medical Association Journal, April 15, 1998.

In summary,

- The PHARMACEUTICAL INDUSTRY is the largest *investment* industry on earth, maintaining and promoting **one of the largest deception and fraud schemes in the history of mankind**.
- As with other segments of the economy, **the pharmaceutical industry wants to expand its market – patients as well as diseases**.
- While the advertisements promise “health”, **the very marketplace of this investment industry is the existence and expansion of diseases**.
- Prevention, root cause treatment and eradication of diseases are **bad** for the pharmaceutical industry and thus must be attacked.
- **As a direct result, the ills of civilization**, such as heart and circulatory diseases, high blood pressure, cardiac insufficiency, cancer, osteoporosis and others **are spreading**.
- The dangerous side effects of prescription drugs are now **the fourth most common cause of death**.

*"I firmly believe that if the whole materia medica could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes."*

— Oliver Wendell Holmes, M. D.  
Professor of Medicine at Harvard

**The good news is that the SOLUTION is in YOUR hands. It involves claiming your right to make your own decisions about your health.**

# THE ONE TRUE CAUSE OF DISEASE

In the early 1800s Isaac Jennings, M.D. quietly started a revolution in health care when he noticed that changes in lifestyle produced EXCELLENT RESULTS.

Dr. Jennings, after practicing as a traditional medical doctor for 20 years without getting any significant results, one day he faced a shortage of drugs during a fever outbreak in the summer of 1815, so people in town came to see him with all kinds of symptoms. But he didn't treat them because there weren't any drugs available.

All he could tell them was to go home, rest, and drink lots of fluids.

And what happened? Surprise, surprise... these people got well, WITHOUT ANY MEDICINE!

Based on this, he decided to carry out an experiment: he was going to treat people using only placebos (dummy pills) and some common sense instructions – that is, he would advise his patients to correct their lifestyle and diet to a more natural approach.

The results were excellent: his patients recovered in absolute record time compared to patients who had been medicated.

In 1822 he gave up medical pills, plasters, powders and potions and treated patients with pills made from **bread and coloured water**.

He then practised for a further 20 years the "do nothing mode of treating disease." Yale University conferred an honorary degree upon him in recognition of his great success substituting pills with placebos.

**NOW WE KNOW THAT OUR BODY IS INHERENTLY HEALTHY AND SELF-HEALING AND ALWAYS STRIVES TO MAINTAIN OR RE-ESTABLISH OPTIMAL HEALTHFUL CONDITIONS.**

*There is no healing force outside the body.*  
— Dr. Isaac Jennings

Dr. Jennings is also the founder of the Natural Hygiene Philosophy. Natural Hygiene is a set of principles that people throughout human history have practiced to achieve and MAINTAIN optimum health. Natural Hygiene principles are based upon meeting the body's inherent, natural needs.

**Remember, you can never poison your body into being healthy.**

*“Twenty-five years in which I used prescribed drugs, and 33 years in which I have not used prescribed drugs, should make my belief that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth.”*

—John H. Tilden, M.D. (1940)

## Here's How Disease Occurs:

**In a nutshell, disease occurs when people *allow* themselves to become “enervated”, that is, low in nerve energy. As a consequence, the organs of elimination fail to function normally and waste material accumulates in the body. When this waste continues to build up, exceeding the body's toleration point, a crisis arises. The body, to offset this overabundance of poisonous matter, begins to react. The result of this reaction is what we call disease.**

The human body is a marvellous creation, constantly burning fuel, eliminating waste material of combustion, and constantly rebuilding tissue by replacing dead cells with new ones.

Every seven years virtually *every cell* in your body is replaced, which means that over a seven year period several hundred pounds of dead cells must be eliminated. All by itself this would be a lot of waste which would require a lot of energy for your body to handle.

In addition, due to lack of rest, or lack of water, or just trying to digest the “IMPOSSIBLE” (ie, junk food) – not to mention the damaging effects of just plain overeating – you create an enormous amount of waste products for your body to deal with.

As your body becomes overloaded with more than it can handle, there will be **more toxins coming in than leaving.**

The accumulation of toxins that occurs as your body can no longer remove them properly compromises your body's integrity. This because **your body lacks the energy** (“enervation”) to properly *eliminate* toxins. **Remember, energy is required to eliminate toxins.**

***Disease is due to a ‘deficiency of force’ (that is, loss of nerve energy).***

—Dr Isaac Jennings

But no matter what happens, your body must preserve its vital organs (your brain and your heart) so one of the first things it shuts down is the process of elimination — but unfortunately toxins begin to build up (“toxaemia”).

**When your body becomes oversaturated with toxins, a safety valve opens to release toxins** — which may come out of any of the four elimination channels: 1. the skin; 2. the lungs and respiratory tract; 3. the bowels & colon; and 4. the urinary tract — **this safety valve is called disease** (your body's attempts to throw off its toxins).

In fact all diseases are “healing crises”, i.e. an attempt on the part of the body to rid itself of toxin overload.

**Disease is the manifestation of the body trying to heal itself. It is the action of the body in eliminating poison. The resulting sickness or even death is an attempt of the body to expel the toxin.**

**Now let's use our common sense** – If you took a **poison** and put it into your bloodstream, your body would respond by doing whatever it could to *get it out* of the body in the fastest way possible through any elimination channel available, to preserve the integrity of your system – coughing, throwing up, fever, acne, sweat, diarrhoea, etc.

Your body will use up every ounce of energy in its effort to get this poison out of the system. You might experience headaches, low energy, joint pains, inability to sleep, fatigue, kidney problems, convulsions, burping, irritations, etc.

**Question: Do you know of any disease that does not have these as symptoms?**

***"Disease, in my opinion, how prejudicial whatsoever its causes may be to the body, is no more than a vigorous effort of nature to throw off morbid matter and thus recover the patient."***

**—Thomas Shydenham, M.D**

But instead of allowing the body to expel its toxins, we try to stop the process by taking some medicine, pushing the toxins back in. So, rather than supporting the process of cleansing, we call it a DISEASE and stop it as fast as possible! **By suppressing the symptom, we actually interfere with the body's natural ability to heal itself.**

Not only is the body struggling with an increasing load of the "normal" toxins, but now the body is being injured with even more toxins: the medicines that your pharmacist has in his arsenal of symptom-suppressive weapons.

**PLEASE UNDERSTAND THIS, WHAT WE CALL "DISEASE" IS ACTUALLY  
"THE CURE"!**

We have all been so conditioned to think in terms of the dominant allopathic paradigm, that it is very difficult to wrap our brains around the idea that **disease symptoms are actually the body's attempt to heal itself.**

## In summary

- The human body contains the power to heal itself (without medicine).
- The basis of any state of disease is **a build-up of retained toxins** that the body didn't manage to excrete through its 4 channels of elimination.
- **The reason the body isn't able to properly detoxify itself is a lack of vital energy ("enervation")** due to stress, unhealthy lifestyle and/or wrong treatment of the body (particularly through wrong food choices, overeating, toxin intake including medicinal drugs etc.).
- **What we call disease is actually the body trying to purge itself of toxins – your body's attempts to right itself** (the most common actions being fever, mucus, eruptions, coughing, vomiting, inflammation among others).
- **To give drugs is adding to the causes of disease; for drugs always produce disease because medicines are poisons (acids) to the human body and are harmful.**

**The *ultimate cause* of mankind's many so-called diseases begins in those activities that drain our body of life force — the enervating habits of mind and body. Consequently the ULTIMATE SOLUTION for our diseases is A CORRECTION OF THE HABITS OF LIFE.**

**There are no “magic bullets”(drugs) when it comes to achieving good health.**

**Optimum health is the result of observing a series of simple natural laws — making right decisions day after beautiful day.**

# THE GERM THEORY

## The false foundations of modern medicine

*"My people are destroyed for lack of knowledge."*

—The Bible

Ideas about the cause of disease have changed down through the ages. Disease used to be blamed on angry gods, or on the spells and curses of powerful enemies.

Modern western medicine looks at disease as a foreign invader to be fought to the death.

Each disease is seen as being caused by the invasion of specific germs.

This understanding of disease dates from the mid-1800s when Louis Pasteur claimed that a particular germ uniquely caused each disease; this was the Germ Theory of disease. The entire approach and foundation of modern medicine is based on this *germ theory*, a flawed concept.

Under this theory, disease is therefore best treated by finding the right cure (drug) for each germ. As you can imagine this has of course been exploited by the pharmaceutical giants who now influence modern medicine.

The quick fix with a prescription for drugs to smother the symptoms is the typical 'answer'.

### *If a germ does not cause disease, what does?*

At the time Pasteur was promoting his "germ theory of disease", two other men were investigating the causes of illness and coming to different conclusions.

They were Claude Bernard and Antoine Bechamp, who believed that organisms already in the body caused illness **ONLY** when the body became unbalanced (toxic). In other words, it was not a bug, but the physical weakness of the individual ("deficiency of force") that put them in jeopardy of disease.

Specifically, Bechamp pointed out that certain organisms (which he called "microzymas") became alive and active **only in the presence of decay. Bechamp concluded that disease originates from within the body, not from outside of the body.**

*"The primary cause of disease is in us, always in us."*

—Antoine Bechamp

Similarly, Bernard believed that the body's ability to heal was dependent on its internal environment. **Thus disease occurred only when the terrain or internal environment of the body became favourable to germs.**



Here's a good example: If we were to seal the door to our freezer and then unplug it, come back and open the door in two weeks, what would we find? Mold, bacteria, germs. Things will be growing and multiplying. Where did they all come from? They did not sneak in — remember the door was sealed. The answer is . . . **"they were always there"**. It is simply that **the environment changed** to a more inviting one for the "critters" to live in.

The bottom line is that germs are not enough to cause disease.

For example, 10 people can be exposed to the same germ, BUT NOT ALL OF THEM BECOME ILL. Why? Because germs are not the cause of disease. Several other factors are involved:

- The amount of stress of emotion in your life
- The things you do to keep your body in balance (more on this later)

Germs can live in our bodies indefinitely, and do not cause disease, but rather perform an important function. Germs consume dead matter. That is their function.

No germ has ever been known to proliferate in normal tissues or normal secretions in the laboratory. **Germs cannot live in living tissue.** It is only when the tissue becomes dead that they move in **to do their job.**

### ***Do mosquitoes make the water stagnant; or does stagnant water attract the mosquitoes?***

Let me give you a graphic example that Anthony Robbins relates in his Living Health seminar.

*Have you ever been in New York, or have seen pictures of New York during a Trash Strike?*

*If you haven't, to give you an idea, every single street looks a little like this:*

*Trash piles up on every road, the smell is disgusting, and what you'll notice is that there's UGLY, giant RATS, EVERYWHERE!*

*Let me ask you a question, at this point how smart would it be of you to come to the city and say "Wow! Look at all this trash these RATS brought! KILL THE RATS TO GET RID OF THE TRASH!"*

*You're right, it probably wouldn't be smart at all! But this is how almost everyone approaches their health these days! We're all looking for the germs, the "rats" which are the cause of disease and sickness.*

The reality of it is, the only reason why those germs ever invade your body is because **you created the trash necessary in your body first, to allow the germs to feed on and multiply.**

In order to get rid of the rats, you must clean the trash first. In order to be completely healthy, you must clean the trash in your body, and create an environment which can sustain total health!

So germs do not cause disease. It is the individual himself who makes disease possible in his own body because of poor living habits...

Germs are your best friends — they are scavengers attracted by disease, rather than enemies causing disease. Germs are there to consume degenerative matter to properly restore health. That is their function.

When cells become weak and sick, it is the germs' function to consume and dissolve dead tissue and organic waste. Germs are VITAL for waste elimination.

Germs live in perfect harmony within the cells of our bodies to keep us in good health.

*"If I could live my life over again, I would devote it to proving that germs seek their natural habitat — diseased tissue — rather than being the cause of diseased tissue; in other words mosquitoes seek the stagnant water, but they do not cause the pool to become stagnant."*

—Dr. Rudolph Virchow, the father of modern pathology

**There you have it: The theory that germs cause disease makes just as much sense as the idea that flies cause garbage.**

**The germ exists because the CONDITIONS within the host are suitable for its growth and proliferation — and those conditions are, to say it succinctly — putrid.**

**Ironically and perhaps tragically**, Pasteur himself, on his deathbed, recanted: he confessed his belief when he said: **"Bernard was right. The microbe is nothing. The terrain is everything."** (Hume, Ed. Pasteur exposed: the false foundations of modern medicine. Australia: Bookreal, 1989)

This admission, unfortunately, fell on deaf ears... and this change of history never took place.

Now ask yourself ***why the creator of the Germ Theory's ultimate belief that the health of the body is the most important factor in avoiding disease has been kept quiet?***

That's right: Money!

Today more than ever the money is in the medicine, not in keeping you disease-free via having a body that's healthy and vibrant! Today, as we've already talked about, PROFITS are enormous from drugs that claim to destroy "disease-causing" organisms.

**Please understand, there is more money in keeping you on pharmaceuticals to treat symptoms rather than fixing the root problem.**

However there is also another reason that has kept people resistant to considering the fallacy of the germ theory to eliminate disease. Think about it, isn't it much easier to *blame*

germs for your sickness than to take personal responsibility for how you have been treating your health?

Of course!

With the germ theory, you don't have to take responsibility for sickness caused by your own transgressions of the laws of health. Instead you blame germs for invading your body.

The germ theory effectively shifts personal responsibility for health and well-being onto the shoulders of the medical profession which supposedly know how to kill off the offending germs. It also implies that anyone who is sick is a victim – you were attacked by a 'bad' organism. And your own health slips from your control.

*"I do not question the existence of micro-organisms, but they are the result, not the cause, of disease. They are scavengers, their legitimate work is to clean out the sewers of our bodies. Whenever there is decay, pus or decomposing matter these little life-scavengers are doing their work of neutralisation, sanitation and purification. They feast upon effete decaying animal matter. They are beneficial helpers to an important end."*

—Dr Alexander Ross

**So you see, whether or not you get sick has very little to do with what germ you catch, but has EVERYTHING TO DO with whether YOU keep your body free of the toxic matter which these germs feed on.**

**The only problem is that if you create an environment that is polluted, germs will proliferate like crazy. And then they'll create their own wastes thus creating more and more problems, but that only happens if you create a "supportive" environment.**

**If you are healthy, if your terrain is balanced, you will not develop disease, even if you are exposed to, or even hold within, the associated germs. In fact, healthy individuals usually have many if not most of these "causative" germs constantly residing in their bodies, and yet continue to be healthy.**

**It doesn't happen TO YOU, instead, "you" make it happen...**

**So don't worry about germs, what you should be afraid of is an unhealthy lifestyle!**

## In summary:

- We're subconsciously taught that symptoms are the cause of disease, and that the world is an evil place full of germs out there to ruin our lives.
- Germs are NOT the primary cause of disease.
- Germs do NOT have any action on LIVE cells; only DEAD cells.
- The germ theory has taken responsibility away from the individual and given it over to the medical community where health care has grown into corporate business, with emphasis on PROFITS, not health.

Soon everyone will learn that it is the **individual's way of life** that produces disease and not the germs, which are actually beneficial to us. Without them we couldn't even survive.

**That's right, the presence of germs does not constitute the presence of a disease. Bacteria are scavengers of nature...they reduce dead tissue to its smallest element. Germs or bacteria have no influence, whatsoever, on live cells.**

Germs or microbes flourish as scavengers at the site of decay. **They are not the cause of the disease, any more than flies and maggots cause garbage.** Flies, maggots, and rats do not cause garbage but rather *feed* on it. Mosquitoes do not cause a pond to become stagnant! You always see firemen at burning buildings, but that doesn't mean they caused the fire...

To learn more about the fraudulent research of Pasteur, read the following:

- Pearson, RB. [\*The Dream and Lie of Louis Pasteur\*](#), Collingwood, Australia; Sumeria Press, 1994 (This book is online.)
- Hume, E Douglas, *Pasteur Exposed - The False Foundation of Modern Medicine*. Bookreal (Australia - 5th Ed.1989)
- Hume, E Douglas, *Bechamp or Pasteur: A Lost Chapter in the History of Biology*. Belle Fourche, South Dakota: Kessinger Publishing Company 1996.

**The information in this programme is vital to your life.**

**Perhaps one day modern medicine can turn back to what Bernard and Bechamp taught us, and realize the enormous cost to humanity from an opportunity lost 100 years ago.**

**As Pasteur said on his death-bed, "Bernard was right".**

# **THE NEW BIOLOGY**

## **CELLULAR HEALTH**

**A NEW PERSPECTIVE**

# AN INVITATION

I really want you to get everything you can out of this program. To do that, you'll have to change the way you think about health. Specifically, you must embrace the concept of **taking responsibility for your own health.**

Please understand: Your health is not some highly complex thing which you can't gain FULL CONTROL over. You don't have to hand over your health to an "expert" who will know what to do with it. All you need is the right information.

**The absolute best person to take charge of your health is you.**

A lot of the information I'm about to share with you will seem RADICALLY different to what you've been taught in the past. That's fine, I totally respect that. You will have to decide what you're going to believe (though everything I'm sharing is backed up by the top scientists in the world and by thousands and thousands of studies and researches).

But ultimately the best way to decide whether or not something is true is to try it for 10 days and judge by the RESULTS in your own body.

If you do, I promise you a TOTAL TRANSFORMATION in your health and in the quality of your life beyond anything you ever thought possible.

Therefore my goal for this second part of this program is to 1) Empower you to take charge of your health and to take responsibility for the choices you make, and 2) Free yourself of ANY disease and create extraordinary energy in your life.

Because when you choose to take charge of your own health, you WILL be free of all the plagues of the 20<sup>th</sup> and 21<sup>st</sup> centuries.

*I believe that wellness is your birthright, and my mission is to wipe out the B.S. and contradicting health information that's plaguing the mainstream media. You're about to discover exactly how to transform your body into a healthy, energetic example of what life is supposed to be.*

*Because the answers are always within us; found in our own immune systems and our own biology. We are living, breathing healing machines, and my task is to simply remind you of your true healing nature – and to show you how to take back your health power NOW!*

I predict that in just 20 years from now the fallacy of the germ theory of disease will be public knowledge (how costly this will be for doctors and pharmaceuticals!) and the public will recognize the inability of the medical profession to "cure" people with "miracle drugs" and will awaken to find truths that have long been denied them.

# The most important thing for you to understand about the "New Biology" is the fact that **THE QUALITY OF OUR LIFE IS DETERMINED BY THE QUALITY OF OUR CELLS**

## **WHY?**

Think about it. **What is health?**

**HEALTH IS ENERGY, AND ENERGY IS LIFE.**

Where does energy come from?

Energy is made in our cells.

**All life is energy. And cells are the building blocks of all life.**

The state of our cellular health DICTATES our energy levels and overall health and well-being. If our cells are sick, we become sick.

**Cells are like miniature factories that create their amazing product which is none other than life itself.**

All living things including plants and animals are made up of cells.

Since cells are the bricks and mortar from which all living tissue and organs are made, to understand and eliminate disease you must become familiar with these basic building blocks – your cells!

## **WHAT ARE CELLS?**

Cells are the structural and functional units of all living matter. We are nothing but cells. We have over 75 trillion cells in our body.

These biological blocks compose our organs of sight, sound, smell and taste, every nerve in our bodies, and our brains. They make up the lungs that we breathe with, our beating hearts, our muscles, our skin... even our blood.

A healthy body is determined by the health of each of its single cells. All disease originates at the cellular level.

So if the *health* of our cells is THE ANSWER, we'd better take very good care of these **amazing electro-biochemical factories.**

## **WHAT DO CELLS DO?**

As you quietly read these words, a whirl of activity is taking place in every cell of your body.

Cells are multifaceted and have many different functions. For example, nerve cells carry electrical impulses, muscle cells contract when excited, intestinal cells absorb nutrients from the digestive tract, and red blood cells carry oxygen to cells throughout the body.

They all respire like a lung to bring in nutrients and remove toxic waste products.

Cells are also manufacturing plants that synthesize hormones, neurotransmitters, proteins and life force. These cellular engines also communicate like a wireless fiber-optic network 24 hours a day.

If your health is in a less than optimal state, then you need to look at your *cellular* health.

So now the big question is:

***“What do my cells need to ensure optimum health and energy?”***

In leading a life full of health and vitality you must follow certain guiding principles.

Essentially, there are five things your cells need in order to really thrive (which we’re now going to explore one by one):

1. **OXYGEN**
2. **WATER**
3. **NUTRIENTS**
4. **MINDSET**
5. **ALKALINITY (pH balance)**

## **1. OXYGEN**

**The most important element of cellular health is Oxygen.**

Health — life and death — happens at the cellular level.

Health is energy, and energy is built at the cellular level. Cells need oxygen to convert glucose into ATP (adenosine triphosphate), our body’s fuel. Therefore cells must have oxygen.

***We’ve learned that illness is the result of improper removal of toxins from the body. And oxygen is **CRUCIAL** to the process of removing these toxins from the body; because it takes energy to release toxins and energy comes from oxygen.***

Oxygen is the most powerful and the most important source of energy.

Most people forget to realise that **it is oxygen that drives our bodies**. The way in which you utilise oxygen impacts directly on how your body functions.



Oxygen is *absolutely essential* for the existence of all living matter. We can survive weeks without food, days without water, but only minutes without oxygen! There is no other substance on earth that we are as dependent on as oxygen.

**You will find a lack of oxygen in all disease conditions.**

Research studies clearly show a direct correlation between a person's health and the level of oxygen in their bloodstream. Anything that deprives your cells of oxygen is disease producing and *lowers* your nerve energy (*'deficiency of force'*). Anything that can increase the amount of oxygen that gets to your cells is going to make you more healthy. Period.

Dr. Otto Warburg, twice Nobel Laureate, awarded the Nobel Prize in Medicine for his research on cellular respiration, discovered that unlike all other cells in the human body, cancer cells do not breathe oxygen. Cancer cells are anaerobic, which means that they derive their energy without needing oxygen. He explains: "The growth of cancer cells is initiated by a relative lack of oxygen. Cancer cannot live in an oxygen-rich environment."

Dr Warburg goes on to talk about how this anaerobic environment creates a whole host of other degenerative diseases such as:

- **Diabetes**
- **Heart Disease**
- **Autoimmune Disease**
- **Arthritis**

**The link between oxygen depletion and disease has been firmly established — and the evidence is overwhelming — although the medical establishment chooses to discredit because it runs amok to their agenda...**

Studies have been done on cells taken from mice in the laboratory where the amount of oxygen the cells received was reduced by 40% over a period of time. As a result some of these cells died, others weakened, still others mutated. They were then injected back into the mice and the mice developed cancer.

Similar cells were given full oxygen during the same period of time and were then injected back into the other set of mice. None of these mice developed cancer.

The only way the disease-causing pollution can ever leave our bodies is to first be COMBINED WITH OXYGEN. Without enough oxygen the body simply *can't* take the inner garbage out, so that means the pollution and toxin build up stay within us which is what causes all the problems.

LACK OF OXYGEN LEADS to an accumulation of toxins which LEADS to DISEASE.

**The more oxygen we have in our system, the more energy we have available to eliminate toxins and keep ourselves healthy.** Insufficient oxygen means insufficient energy that can result in anything from mild fatigue to life threatening disease.

Oxygen is taken for granted by almost everyone. But it's about time that you started to realise how crucial this precious gift really is.

A body that has a high oxygen count has a far better army at fighting away disease and infection.

A body that is oxygen rich will NOT support the likes of anaerobic bacteria, fungus and viruses.

**We are not getting enough oxygen into the body and that is one of the reasons that we are getting so ill.**

**The best way to optimize our health therefore is to be sure that we oxygenate every cell in our body.**

## **OPTIMAL BREATHING**

Clinical studies including thousands of participants spanning a 30-year period offer conclusive evidence that the most significant factor in health and longevity is how well you breathe ([The Framingham Heart Study](#); The Breathe Well Be Well Study; The von Ardenne studies; and many others).

**Optimal breathing is VITAL.**

In your lungs there are a billion tiny air sacs, where your blood is purified, supplied with oxygen and sent to the rest of your body. As you breathe out, you expel carbon dioxide and other toxic substances. **Proper breathing eliminates as much as 75% of your body's wastes!**

Breath is life. It gives us most of our energy. **But few breathe more than 20% of what they could.**

As simplistic as this may sound, *we must learn to breathe effectively!* If your cells don't get enough oxygen, they won't have the energy to function properly.

Therefore breathing right is unquestionably the single most important thing you can do to improve your health IMMEDIATELY.

**Nothing creates more lymph stimulation than DEEP DIAPHRAMMIC BREATHING!**

An interesting breakthrough is from lymphologist Dr. Jack Shields who put cameras inside people's bodies to **actually observe** what it was that stimulated the cleansing of the lymph system. He found that a **deep diaphragmic breath** is by far the most effective way to accomplish this. This kind of breathing creates something like a vacuum that sucks the lymph through the bloodstream and increases the rate at which your body eliminates toxins.

*"Deep diaphragmic breathing is the equivalent of having a vacuum cleaner in your immune system pulling the poisons out at a rapid pace."*

— Dr. Jack Shields

This kind of breathing can accelerate the cleansing process by as much as 15 times the normal rate!

Remember: The body is hugely dependent upon the lymph system.

### ***So how exactly do I do that?***

Before you start with some simple breathing exercises, realise that the heart is the pump for your blood, but the lymph system doesn't have a pump. It must rely on your movement and breathing for its circulation.

LYMPH CIRCULATION allows your body to carry away and excrete toxins, thus providing you with a clean, nurturing environment for healthy cells.

The thing to remember is that the **richest blood flow** is in the **lower lungs**.

The lower third of your lungs is the most oxygen-rich part of your lungs and it's bigger.

Unfortunately most people are shallow breathers. You see, with every complete breath you take, there is a very important exchange taking place inside your lungs.

**When you inhale, you infuse the blood running through your lungs with life giving oxygen. And when you exhale, toxins that were in your blood like carbon dioxide are expelled through your breath.**

Most people only use the top 1/3 section of their lungs when they breathe which is where only about 20% or so of the blood is actually circulating!!

Shallow breathers don't fully complete the exchange at the bottom sections of their lungs where a majority of the blood is circulating which means your blood returns to your cells full of toxins and lacking the fresh oxygen your cells need to thrive.

Slow and deep breaths ARE the foundation for a healthy body, mind and spirit!

So to get the maximum benefit from the air you take in daily, learn to BREATHE FROM THE BOTTOM UP!

The best pattern for deep diaphragmic breathing is the following ratio:

1 : 4 : 2

**Inhale** (through the nose) for a multiple of 1 counts.

**Hold that breath** for a multiple of 4 counts.

**Exhale** (through the mouth) for a multiple of 2 counts.

An example of this breathing ratio:

**Inhale** for 6 seconds.

**Hold that breath** for 24 seconds.

**Exhale** for 12 seconds.

Do this 3 times a day for 10 days and notice how your energy levels go up *dramatically*. You will also notice more clarity and an ability to ward off illnesses.

So next time you're worried about your health or want to strengthen your immune system, before you do anything else, take a couple of deep diaphragmic breaths. It will cleanse and fully oxygenate your cells – giving your cells the life-giving energy they need to work optimally!

## AEROBIC EXERCISE

Aerobic exercise is vital to your health as **it refers to your body's ability to maximally use OXYGEN** — it helps oxygen *flow and circulate* through your blood vessels.

This is so critical because, even if you eat healthy foods and take the most powerful supplements in the world, but if that nutrition can't reach some parts of your body because the circulation is restricted, then those parts will suffer and eventually become diseased.

New England Journal of Medicine has published that **women who exercise regularly reduce their risk of breast cancer by 72%!**

Aerobic exercise refers to moderate, continuous exercise lasting at least 15-20 minutes (by the way, aerobic means “with oxygen”). The key is to exercise longer *not* harder. It should have a comfortable pace.

If you're exercising with pain, and you do not have an aerobic base, you're making a huge mistake.

The proper way to exercise aerobically is as follows. You want to spend 5-10 minutes warming up. 15-20 minutes in exercise and then another 5-10 minutes cooling down. These three states represent the following: The warming up phase is where you raise your heart beat to 60% of capacity. During the aerobic workout phase you raise your heartbeat to 70% of capacity (IT IS DURING THIS PHASE THAT YOU BURN FAT). Then during the cool down phase you lower your heartbeat to 55% of capacity.

Regardless of your age, weight or athletic ability, aerobic exercise is GREAT for you.

**It does wonders for your heart.** Aerobic training develops your heart into a strong and healthy muscle to support you during moments of peak physical activity or emotional intensity. By doing so, you maintain large reserves of power to handle whatever physical or emotional stress you come across.

**Also, training aerobically increases your blood supply (especially the red blood cells and hemoglobin), boosts your immune system, widens your blood vessels and capillaries to deliver more oxygen, assists in both the oxygenation of your cells and the elimination of their wastes, and reduces the risk of many conditions including heart disease, cholesterol, high blood pressure, diabetes, stroke and cancer.**

In addition, aerobic exercise produces happy bio-chemicals called endorphins which drive away stress and depression and stimulate the immune system. And, it also increases your levels of growth hormones – the youth hormone!

Most types of exercise can be either aerobic or anaerobic (“without oxygen”). The level of intensity determines whether you are exercising aerobically or anaerobically.

At lower heart rates, the following are good examples of aerobic exercise: swimming, dancing, running, bicycling, rowing, hiking, spinning, etc. Just to give you an idea, if you’re training aerobically, you should be able to easily carry on a conversation while you’re exercising.

Bottom line: you must exercise aerobically so that you have a healthier body full of energy.

‘Health’ by the way does not mean having a spectacular physique full of muscles. Health is having all the systems in your body – your muscular, nervous, circulatory, digestive, lymphatic, and hormonal systems – working optimally. You want to be not just fit, but *healthy* – having tons of energy and vitality!

Take a test and judge by results. Schedule a specific time that you will exercise for at least six out of the next ten days! **And have fun while you exercise:** Add elements to your routine (music, friends, a change of environment, a personal trainer, etc.) to motivate you to follow through.

## 2. WATER – THE STUFF OF LIFE

**How much water do you drink everyday?**

**Water is the second most important thing that your body needs.**

**We can live without food for months, but we can only survive for a few days without water.**

Every function in your body takes place in water. Water must be available to carry the nutrients and oxygen to all parts of the body.

Water is also necessary to carry toxic waste away from the cells.

**More than 70 percent of our bodies is actually made of water.**

Water is used by your body to regulate body temperature through sweating. Sweating keeps you from overheating, especially during exercise and hot weather. Also remember that your body needs as much water in cold weather as it does in hot weather.

The human body is a bio-electrical water machine that requires a continuous supply of water.

Blood, which carries nutrients and oxygen throughout the body, is about 85% water. Lymph fluids, which transport nutrition to the cells and take away waste products, are made from the water we consume.

**Water carries life energy — water is your lifeline!** Every cell that makes us who we are literally owes its life to an adequate supply of water.

**Water is necessary to move the waste out of your body. If you are not drinking enough water, your body has to recycle dirty water and every function in your body does not work as efficiently.**

**Consider the following conditions:**

*Heartburn, arthritis, asthma, high cholesterol, high blood pressure, heart disease, cancer formation, hot flushes and menstrual problems, obesity, allergies, bulimia, chronic fatigue syndrome, ME, angina, lower back pain, gout, kidney stones, skin disorders, diabetes, fungal/yeast overgrowths, multiple sclerosis, Parkinson's, allergies, migraine headaches, general aches and pains, morning sickness, depression, heavy/burdensome periods, colitis, dyspepsia, peptic ulcers...*

***Do you think they have anything to do with lack of water?***

World-renowned water expert Dr Fereydoon Batmanghelidj, in his book, *Your Body's Many Cries for Water*, maintains that the above conditions are the body's many cries for water. Dr Batman's work has helped thousands of people overturn health problems *effortlessly and inexpensively*.

I've heard Dr Batman speak at a Health Conference a few years ago in Hawaii, and he shared with us that he has successfully treated with water more than three thousand people with symptoms of those types of disease.

The problem is that most people don't drink enough water. And their body responds to this water deficiency in ways which we often see as illnesses.

So dehydration can cause serious disease as your body struggles to maintain itself with insufficient water.

The brain is about 80% water. Although the brain is only 1/50th of the body weight, it uses 1/20th of the blood supply.

With dehydration, the level of energy in the brain goes down – leading to depression & chronic syndrome.

***'I drink coffee, diet sodas and beer. They contain water, don't they?'***

No. These kinds of drinks act as diuretics—they actually cause you to *lose* water.

Here's the challenge. Since we decided water was too “boring” to drink and ignored it in favour of coffee, beer, wine, and addictive sodas, most people have become *dangerously dehydrated* (a problem compounded further by the fact that most doctors today cannot readily identify the many water-deficient diseases).

So the underlying dehydration continues to cause problems while the inevitable drugs given will switch off the WARNING symptoms.

### ***How much water do I need?***

Every day you lose water through your breath, sweat, urine and elimination of toxins and wastes. For your body to function properly, you should be drinking half of your body weight in ounces. For example, if you weigh 150 pounds, you should drink 75 ounces of water per day.

Your intake should be spread throughout the day and evening. You may wonder: If I drink this much, won't I constantly be running to the bathroom? Yes. But after a few weeks, your bladder tends to adjust so you urinate less frequently but in larger amounts.

And by consuming this amount of water throughout the day, you'll be on your way to a healthier body.

## **3. NUTRIENTS**

*"Why must we accept as normal what we find in a race of sick and weakened beings?"*

—Herbert M. Shelton

*If I told you that one out of every two people you know is going to be murdered or killed before their time, would you consider that a national epidemic? What if all you had to do to prevent these deaths was get the people you know to eat differently?*

The National Academy of Sciences (NAS) reports that one in two people will die of heart disease and one in three from cancer, and that these deaths are preventable because they are diet and lifestyle related.

Similarly, the American Medical Association (AMA) has published that 85% of all major diseases—including diabetes, heart disease, stroke, cancer, high blood pressure, high cholesterol, obesity, Parkinson's, etc.—are diet related.

Before we look at what we should eat, let's keep in mind that **we are continually led to believe that disease is a mystery, or beyond our control.**

In today's world of medicine monopoly, scientific proof comes under the titles of who wants it most and *how much can you pay for it*. Scientists findings are based upon **who is signing their pay-check**, rather than on truly scientific verifiable fact.

In the United States, the animal food and junk food industries financially support and influence most nutritional research in major universities and institutions. Over the last 50 years, the largest contributors to Harvard for nutritional research have been the sugar, meat and dairy industries (such as **the American Meat Institute, Coca Cola, Hershey**

**Foods, McDonald's, General Foods, and the Sugar Research Foundation** just to name a few).

The American Society of Clinical Nutrition who publishes the American Journal of Clinical Nutrition, is supported by **CocaCola, NutraSweet, Nabisco, Borden, and numerous pharmaceutical companies.**

Hello?

Do we have a conflict of interest here?

Industrial food giants control diet recommendations in the United States. The animal and dairy industries have used *false* nutritional dogma for decades to *promote* their products.

Schools and advertisements teach that meat and dairy foods are essential for wellness. **This is the result of billions of dollars spent to influence public opinion, public information, and public curriculum.**

**Big industry is driven by economics, not science.**

We are being brainwashed by the advertising that we see every minute of every day. We are being told how to eat, how to live, what to buy, etc. People's lives are being destroyed.

The results of eating highly refined, processed foods that lack essential nutrients has made the most technologically advanced and wealthy countries in the world suffer from all forms of malnutrition and degenerative diseases.

Former Surgeon General C. Everett Koop said the following concerning the American diet: ***"Your choice of diet can influence your long-term health prospects more than any other action you might take."***

**Today's highly commercialized greedy corporate machine PROFITS TWICE by creating an unhealthy population feeding them junk foods and then treating them with pharmaceuticals!**

Here's the rub: The establishment convinces the public that it doesn't matter what they eat. Any processed, denatured, devitalized, chemical-filled "food" will meet the body's needs as long as we take vitamins, minerals, antacids, allergy remedies, and other drugs.

That's crazy! The reality is that true health and wellbeing can only be achieved by living in accordance with the innate dictates of our human physiology.

Living healthfully means observing our natural mandate. The body is fully self-operating and self-sufficient if its needs are met. Basically, these needs are pure water and fresh air, foods to which we are biologically adapted, adequate rest & sleep, physical exercise, sunlight, recreation & play, love, and self-mastery.



# Your Health Destiny is in Your Hands: The Causes of Disease are Within Your Control

The real cause of most degenerative diseases is the lack of nutrients and the presence of toxic substances in our modern food.

**There is no known cure for even the common cold. The immune system is literally our only defence against disease but it is ineffective if it does not have ammunition; and the ammunition the immune system needs is proper nutrition.**

**Our immune system is stronger than any medicine will ever be.** The immune system prevents and cures disease and illnesses; it is not surprising that most degenerative disease is caused by failure of the immune system.

This happens through poor diet and nutrition and basically not looking after yourself. **Disease and illness are the result of many years of malnutrition.**

It is estimated that 90% of Americans are malnourished to some degree. This is not from the lack of food, but from the ***lack of nutrition*** in our food.

**In other words, 'WE ARE NUTRITIONALLY STARVED'.**

This is seen all around the world with the rise of the disease epidemic. The rise in degenerative disease rates is indirectly proportional to the decline of the quality of our foods!

Almost all types of disease and health problems are the direct result of not eating the right food and balancing out your body!

**Eating the wrong food is now being cited as the number one cause for illnesses and degenerative diseases.**

Eventually, the immune system can no longer fight, and a degenerative disease begins to grow. It is only in recent years, that degenerative diseases such as diabetes, cancer, heart disease, Alzheimer's disease, Parkinson's disease, MS, and many others have begun to multiply in amazing numbers!

**The key to a strong immune system is biologically correct living habits.  
THE IMMUNE SYSTEM : Balance = Wellness**

**The closer the food is eaten as yielded by the field, the more it strengthens the immune system and supports cellular health.**

**So the question is, do you consume *people food* or *cell food*?**

In order for your cells to operate at peak efficiency, they need **nutrient-rich foods** to provide the energy, vitamins, minerals, proteins, fats, and antioxidants that they need. This is why we should be CONSCIOUS of what we eat.

**If we eat unhealthy foods, we generate unhealthy and toxic cells, which means that we become unhealthy and toxic.**

With the right nutrients your cells can heal the body faster, delay the aging process, grow and repair, and remain disease free... not to mention the energy throughout the day!

Are YOU helping your cells perform their functions well (...or not).

**YOU ARE WHAT YOU EAT. IF YOU WANT TO BE *LIVE*, EAT LIVE FOODS.**

*"Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet."*

— Albert Einstein

**It is not a mystery which foods we're supposed to be eating. This has been determined with as much certainty as whether we should drink water instead of Kool-Aid or breathe oxygen instead of smoke.**

Just think about it...Your body is over 70% water. Your brain is 80% water. Doesn't it make sense that a large percentage of your diet should be made of high water-content foods.

'Live' means that the food is still high in vitality and naturally occurring enzymes. These are destroyed when food is heated above 104 degrees F (40 degrees C).

Live foods are plant-foods that have not been cooked, processed, or refined in any way.

Live foods include uncooked, organic vegetables and fruits, raw nuts and seeds, grasses, and sprouted grains and seeds of all kinds (alfalfa, flax, sesame, sunflower, etc). These foods are LOADED with nutrients and healing properties and should make up about **70-80% of your diet.**

All food has an electrical energy. If we are constantly eating foods that don't give energy back, we will become toxic and acidic. The substances that increase our ENERGY, include **oxygen, water, sunlight, and LIVE FOODS.**

**Sprouted** seeds, nuts, grains, and grasses, have the HIGHEST ENERGY of any foods.

A dry viable seed is alive but "dormant". During soaking and sprouting the seed *awakens* to full life with an abundance of enzyme activity.

The process of sprouting (germination) INCREASES EXPONENTIALLY the nutritional value of seeds and grains so they become a rich source of **chlorophyll and proteins** — which help regenerate your cells and boost your immune system.

The more we include these high-energy foods in our diet, the more we improve our health and energy. *If you want more energy, eat more live foods.*

*"If we as a society switched to a vegetarian diet, atherosclerotic coronary artery disease, which accounts for most heart disease, would vanish."*

—William Roberts, M.D., Editor-in-Chief of the American Journal of Cardiology

### **Why does live food heal?**

Live foods contain loads of **minerals, vitamins, and phyto-nutrients (natural plant medicines)** that boost your immune system, increase your energy, and help **cleanse rather than clog your body**—preventing or treating most degenerative diseases.

Also, live foods contain myriads of **live enzymes**, ensuring optimal digestion, optimal functioning and optimal health.

Nutritional deficiencies actually create a multi-billion dollar disease treatment industry that exploits your health for profit.

### **WATER RICH-FOODS: YOUR FUEL OF CHOICE**

High-water content of fresh *live* foods is what your body uses to maintain a clean *terrain*.

Water is the medium which forms the fluids that bathe every single cell of the trillions in your body. The less toxic your choices of food and drinks, the less energy is wasted in trying to eliminate poisonous substances. As a result, you will have more energy without any illnesses.

### **How do cooked and processed foods create disease?**

We've all been conditioned since infancy to eat cooked food.

The problem with cooked food is that it produces a lot of toxicity. Cooking destroys living tissue including nutrients, turning them into toxic substances — there are a lot of chemical changes that occur to our food as we cook it.

**Make sure you eat at least 75% of your diet as raw, whole, live uncooked food. At this level, your body can eliminate the toxins in cooked food as fast as you eat them. More cooked food results in a build-up of toxins that creates “dis-ease”.**

Live food is replete with nutrients especially in ENZYMES that help digestion. Digestion is one of the most energy expending functions — it takes an enormous amount of energy.

**Cooked food puts a lot of stress on digestion, wastes energy, and adds toxins to your system. The less energy is drained out of your system, the more you have available for building health.**

Nutrients within live foods are pre-digested—making it easy for your body to assimilate. Fruit sugar for instance, is readily absorbed into your bloodstream within minutes.

Eating processed or excessively cooked foods forces the body to leach enzymes from its own supply to digest whatever is eaten. Enzymes are not the only nutrients that are leached. Your body leaches vitamins, minerals, protein and hormones from its own constitution — resulting in weakened cells, toxin build up, deterioration and disease.

*“The source of most health problems is what we eat. Whoever started cooking food 40,000 years ago didn't realize that we are not designed to eat cooked food. We're designed like other species to eat food in the raw form.”*

—Ed Douglas, director of the American Living Foods Institute

**The greater the percentage of live food in your diet, the greater the health benefits. Live food prevents and heals many chronic diseases.**

Vegetable juices are a great source of easily absorbed vitamins, minerals, antioxidants, water and chlorophyll — healing the toxicity from years of eating cooked food, and boosting your health and energy.

From the first moment of eating live foods the blood begins to cleanse.

Fresh vegetable juices also provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, start drinking fresh vegetable juice (most vegetables including bean sprouts) and eat some fresh vegetables 2 or 3 times a day.

Live foods have an extraordinary power to heal and are central to building extraordinary health and energy. **The most anti-oxidant and nutritious foods include dark green vegetables, black raspberries, blueberries, strawberries, almonds, flax seeds, sunflower seeds, pumpkin seeds, avocados, sea vegetables, broccoli sprouts, chlorella, and cereal grasses such as wheatgrass and barley grass.** These high nutrient foods, consumed regularly, will contribute to your health and longevity.

**By making these antioxidant nutrient foods the major portion of your diet, you can protect yourself against cancer, heart disease and other serious diseases.**

For healthy and tasty food options and menus, just know that there are LOADS of great 'uncook' recipe books on the market that you can find at your local health food store.

# DESTRUCTIVE ADDICTIONS

Before we go any further, let's get something straight here: We learned that the basis of all disease is a build-up of toxins — also known as “auto-intoxication”. In other words, **we literally poison ourselves by our lifestyle!** Consuming toxic food, drink, and abnormal substances including pharmaceutical and recreational drugs, makes *ZERO* sense.

**Poisonous habits (including sugar, alcohol, caffeine, nicotine, and drugs) all contribute to disease and destruction of health.**

## SUGAR

Sugar is an *addictive drug*. What is very sad and *devastating* is that sugar addiction is an acceptable addiction. It's not seen as a serious matter, when in reality it is very serious indeed. Sugar destroys a person's health over time, directly causing diabetes, obesity, heart disease, cholesterol, varicose veins and, indirectly, mental disturbances.

## ALCOHOL

Alcohol is a *depressant* — **it depresses the human cell** — and causes damage and destruction to brain cells. Alcohol breaks the body down and can lead to inflammation of the **pancreas** — a potentially fatal condition. Enough said.

## CAFFEINE

The caffeine industry knows **caffeine saps your natural sense of vitality**, leaving you dependent on their products to get through the day. They know that you actually crave their products and that you suffer when you don't consume them.

Coffee is not a food, it is not a drink — it's a poison. It's a drug containing lots of toxic substances and more than 200 acids. Caffeine does not provide energy. The perceived energy comes from the body's struggle and effort in neutralizing this poison. In other words, the stimulation people get from drinking coffee is an expenditure of vital forces that weakens the body. Possible consequences: high blood pressure, high cholesterol levels, digestive problems (stomach upset, ulcers, reduced nutrient absorption), insomnia, restlessness, anxiety, depression, chronic fatigue, and headaches.

## NICOTINE

**One thousand Americans stop smoking every day — by dying.** Please listen carefully: You CANNOT smoke and be healthy. Period.

Smoking is the No 1 cause of lung cancer — it accounts for more than 90 percent of all lung cancer cases. It's responsible for about a quarter of heart attack deaths. About 75% of deaths from chronic bronchitis and emphysema are caused by smoking.

If you're one of those people still injuring themselves and their loved ones with smoking, **PLEASE STOP IMMEDIATELY!** Do whatever it takes to quit. If you need some help, check out the work of Allen Carr or Dr John Grosboll — or just do it NOW: Associate yourself to the negative consequences of smoking, make a *new congruent and committed decision and break your pattern!*

## DRUGS

As you know, the effects of drugs, both prescription and illegal, are **HIGHLY TOXIC AND DESTRUCTIVE.**

# THERE ARE **3 POISONS** YOU MUST ELIMINATE IF YOU TRULY WANT TO BE HEALTHY

## **POISON No. 1:**

### **PROCESSED FATS (“FATS THAT KILL”)**

With all the confusion about fats, let's set the record straight. If you are eating **HYDROGENATED OR PARTIALLY HYDROGENATED FATS OR OIL** you are asking for trouble!

**If the label contains the words  
hydrogenated or partially hydrogenated,  
DO NOT EAT IT.**

The stuff is called *trans fat*, created when ordinary vegetable oil is processed into partially hydrogenated oil. This stuff is very dangerous and it's in most commercially prepared foods (such as margarine, crackers, cakes, etc.). Food manufacturers put this stuff in their processed foods to prolong their products' shelf life.

Dr. Jeffrey Aron, University of California-San Francisco professor of medicine and one of the nation's leading experts on fatty acids and their effects on the body, states:

*"There should be a warning on food made with this stuff like there is on nicotine products. It's that bad for you."*

### **Why are They So Bad for You?**

**Cardiovascular diseases are the major killers worldwide.** The BAD fats (such as “trans fats” or “trans fatty acids” or “hydrogenated fats”) are the key factor in heart disease because they not only increase LDL (“bad”) cholesterol, they also deplete HDL (“good”) cholesterol – which helps protect against heart disease. They also inhibit insulin from binding to the cells, which creates blood sugar problems that lead to diabetes and obesity.

**In other words, these bad fats clog up your arteries. Over time, they “clog the pipes” that feed the heart and brain, leading to heart attack or stroke.**

## NATURAL FATS (“FATS THAT HEAL”)

**Fats in our society are terribly misunderstood yet essential to our diet.** Our bodies need fat — but **good** fat. Essential fatty acids like omega-3 and omega-6 oils benefit every cell, tissue, gland and organ in the body. They are **essential** to normal functioning and optimum health.

These good fats **strengthen and cleanse our bodies**. They **build cell membranes** and provide **lubrication** to the body so that the cells can do their jobs. **They also bind with toxins, helping to eliminate them from your body**. In addition, good fat is a **major source of energy** for your body.

**Good fats act like oil in our cars. They transport nutrition to our cells while encapsulating and eliminating toxins that our bodies accumulate.**

My friend and mentor Dr Udo Erasmus, the world's expert on fats and oils in human health, states that a diet deficient in essential fatty acids can lead to heart attack, stroke, cholesterol, MS, Parkinson's, arthritis, weak bones, low energy, dry skin, obesity, type II diabetes, depression, and symptoms of mental illness (including schizophrenia, bipolar, obsessive-compulsive, anxiety) and Alzheimer's. However, he says that **all of these conditions quickly improve when people increase their intake of essential fats**.

Dr Erasmus has developed his own oil blend (Udo's Choice Oil Blend) which I highly recommend for it has all the good fats your body needs. By the way, at our health programs that we do with Anthony Robbins around the world, we always use Udo's Oil to help our clients cleanse and energise their bodies.

But you can also get all the good fats you need from oily fish (Herrings, Mackerel, Salmon, Sardines, Trout) or plant sources such as avocados, almonds, walnuts, flax, pumpkin, hemp, sesame, and sunflower seeds.

The problem in our society is that we're taking refined, cooked fats (bad fats) on a regular basis. These clog up our blood vessels to such an extent that we can't even get the oxygen to flow through our system, much less get the nutrients! That's why **one in two people dies of heart disease! It's the No 1 killer of both men and women worldwide!**

### **What can I do?**

- Avoid fried foods and stop cooking with oils! Erasmus puts it this way: "If you want to fry, the only oil to fry with is water". So, no frying, no deep frying, no sauteeing. You see, it doesn't matter what fat you use, if you heat it, you change the chemistry and that changed chemistry does not work (it causes hardening of the arteries, cancer and inflammatory diseases).
- Use olive oil and garlic in place of butter or margarine.
- Limit commercial baked goods (cookies, pastry, crackers).
- Limit packaged, convenient foods.

## POISON No. 2: MEAT

*"It is regrettable that the world moves so slowly in accepting truth."*

—Le Grand Richards

We know that diet plays a key role in determining our level of health. But with all the conflicting information in the media, it's easy to get confused about what we should and shouldn't eat.

But the overwhelming evidence makes it quite simple: **study after study has shown that the more plant-based foods we eat, and the less animal-based foods we eat, the healthier we will be.**

**Please understand, you can easily protect yourself from disease! Just stop digging your grave with your teeth!**

***"Choosing meals built on whole grains, legumes, fruits and vegetables is the best way to stay healthy."  
(American Dietetic Association)***

Research studies have established consistent relationships between a vegetarian diet and reduced risk for...obesity, diabetes, coronary disease, cholesterol, Parkinson's, Alzheimer's, and cancer.

**After more than 40 YEARS OF RESEARCH on the impact of nutrition on health, Dr. T. Colin Campbell concluded:**

***"People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease."***

***"Even small intakes of animal foods—meat, eggs, and milk—are associated with significant increases of chronic degenerative diseases."***

—T. Colin Campbell, PhD

Walter Willett, Chair of the Department of Nutrition at the Harvard School of Public Health, maintains that a diet rich in fruits and vegetables plays a key role in reducing the risk of all the major causes of illness and death.

**Think about this. Every 35 seconds, 24 hours a day, someone dies from heart disease, and its treatment has become a huge business in the United States. Operations cost thousands of dollars, while people are taking more and more pills every day for the joy of the immensely profitable drug companies.**



Meanwhile, study after study after Study has shown that a plant-based diet, rich in whole grains, legumes, fruits, and vegetables, can stop and even *reverse* heart disease!

Dr. Dean Ornish has consistently proven and demonstrated that **heart disease can easily be reversed with simple lifestyle (including dietary) changes – and without medicines or surgery**. His program is the first scientifically proven system to *reverse* heart disease. It combines a very low-fat plant-based diet, moderate aerobic exercise, and stress management.

Similarly, Dr. Caldwell Esselstyn's powerful program scientifically proves that **a plant-based diet *alone* can not only prevent but again, reverse heart disease**. Drawing on the groundbreaking results of a 21-year study, Dr Esselstyn shows that we can, in fact, abolish the heart disease epidemic by changing our diets.

Eating meat is not only linked to heart disease, but it is also strongly linked to the risk of developing cancer.

Sadly, people just are not informed about the POWER of their food choices.

Simply put, the countries with the highest consumption of meat have the highest rates of prostate cancer, while those countries that consume the lowest amount of meat have the lowest rates.

**The *Journal of the American Medical Association* found in a 2005 study that those who ate the most meat had twice the risk of colon cancer as those who ate the least.**

The American Cancer Society makes TWO FUNDAMENTAL RECOMMENDATIONS for preventing cancer through diet – here they are:

- No 1: **Eat more plant-based foods.**
- No 2: **Eat fewer animal-based foods.**

Most cancers can be prevented simply by eating a healthy plant-based diet, avoiding most processed foods, and staying committed to a smoke-free and physically active lifestyle.

**If animal foods are the centre of your diet, it's impossible to live in accord with the overwhelming scientific evidence regarding true human health.**

The problem is that meat protein is very difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines **putrifies** — which means it creates poisons that are toxic to humans — leading to more toxic build-up. And cancer cells thrive in a toxic environment.

**In other words you cannot eat animal flesh without causing damage to your body.**

Dr. T. Colin Campbell, a key researcher involved with The China Study, says “**In the next 10 to 15 years, one of the things you’re bound to hear is that animal protein is one of the most toxic nutrients of all that can be considered.**”

**Meat also contains livestock antibiotics, growth hormones, anti-parasite drugs and many other medicines. These drugs are passed directly onto the consumers of their dairy or meat, which contribute to meat related diseases like coronaries and high blood pressure.**

## **But, Where am I going to get my PROTEIN!?**

The story on protein has been made *deliberately* so confused by commercial propaganda that it's always the first question that is asked about diets that include no animal products. It is surprising for most people to learn that our protein needs are actually very small.

**Overconsumption of protein presents a far greater threat to our health than not getting enough.**

**In fact, a major culprit in many human degenerative diseases is a protein overdose.**

Your concern should not be how to get more protein but that you are getting too much. Our Western society is protein poisoning itself!

The truth is, it's practically impossible to not get enough, and actual cases of protein deficiency are almost nonexistent in our culture.

Our true protein needs can be easily determined quite definitively by examining the protein content of human mother's milk.

Sure!

Use your common sense! When in life are your protein needs the greatest?

The time in our lives when we are growing the most and therefore need our highest level of protein is in the first six months of life. Yes, when we are infants we grow faster than at any other time in our lives, consequently our protein needs are the greatest. **HOWEVER mother's milk contains less than 2% protein!!!** By the way, fruit contains roughly the same percentage of protein.

The reality about proteins is that you needn't concern AT ALL with getting enough of them. And understand this: 70% of your protein is created within your body. In other words, your body reuses and recycles your protein, and the more efficient your body is, the less protein it needs!

All the aminos you need for proteins are found in plant sources. If you eat a variety of fruits, vegetables, whole grains and legumes, you will get more than enough protein. For example, **lettuce is made up of 34% protein and broccoli is 48% protein.**

The strongest animals in the world — horses, gorillas, elephants — are plant eaters. And they sure aren't eating steak or having protein shakes for breakfast!

### ***Don't I need to eat meat for energy?***

**No. Protein is the last thing the body burns for energy. The first thing your body uses is sugar, the second is carbohydrates. Then it uses fat. The last thing it ever uses for energy is protein. Moreover, excess protein creates nitrogen in the body. Nitrogen causes fatigue — it makes you feel tired.**

### ***But if I don't eat meat, won't my bones get weak?***

Meat contains a lot of uric acid which leaches calcium from the system. People who eat meat have the weakest bones. Osteoporosis, is caused by an OVER-ABUNDANCE of protein, NOT a lack of calcium.

Now, let me tell you what gives meat its taste. Meat gets its flavor from uric acid. This is the acid from the **urine** of the animal, which is flooded through its body when it dies. (By the way, *kosher* has no urine, or taste.)

But that's not all; when an animal dies its natural osmotic pressure disappears and putrefactive germs contained in the colon flood its system. That's right, putrefactive germs are colon germs; and they saturate all the cells of the meat. It is these putrefactive germs that tenderize meat during the aging process. *Now you know what you're actually eating!*

Now, the body can only deal with about 6 grains of uric acid in one day. An average piece of meat however contains 16 grains. **Uric acid in our bloodstream directly causes gout and arthritis.**

### ***Don't athletes need to consume lots of meat?***

The world record-holder in the 24-hour triathlon is Sixto Lenares who cycled 185 miles, swam 4.8 miles and ran 52.4 miles in a single day without dairy products, meat or eggs.

The Canadian tennis player, Peter Burwash, decided to try living on a vegetarian diet. One year later, he was given the highest physical index of any athlete in Canada.

Dave Scott, another vegetarian athlete, won the Ironman triathlon (2.4-mile swim, 112-mile bike ride, 26.2-mile run) six times.

## **A FEW IMPORTANT POINTS ON ECOLOGY**

- The world's livestock consume increasing quantities of land, energy, and water.
- While It takes 25 gallons of water to produce a pound of wheat, it requires an astonishing 2,500 gallons (11,250 litres) of water to produce a pound of meat.
- If Americans reduced meat consumption by just 10%, it would free 12 million tons of grain annually for human consumption — an amount that would entirely feed the 60 million people who will starve to death each year.
- A child dies of starvation every 3 seconds.

*"If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do."*

—Paul McCartney

## **POISON No. 3: MILK (The Deadly Poison)**

### **Cow's Milk is the "Perfect Food" for Baby Calves!!!**

People who have been taught that cow's milk is the "perfect food" are usually shocked to hear that dairy consumption is a major contributor in nearly two dozen diseases of children and adults.

**Nature created human mother's milk for baby humans, cow mother's milk for baby cows, and so on.**

Asked what single change in the American diet would produce the greatest health benefit, Washington DC based pediatrician Russell Bunai, says  
**“Eliminating dairy products out of the diet.”**

Drinking milk is promoted as essential to good health. Milk is said to be the “perfect food.” Subtle advertising messages like “Milk Does a Body Good” are imprinted in our minds from an early age. There’s a multibillion dollar industry whose very survival depends on their ability to keep promoting and brainwashing people into this idea that milk is essential to build strong bones.

**Well, one thing’s for sure: Drinking milk builds dairy producers' profits.**

Despite what the dairy industry has led us to believe, the wealth of research available on milk and calcium shows a completely different story.

Dr William Ellis, who has studied the effects of dairy foods for more than **four decades**, states: "Thousands upon thousands of blood tests I've conducted show that people who drink three or four glasses of milk a day invariably had the lowest levels of blood *calcium*."

Dr Ellis says that these tests showed conclusively THAT ADULTS WHO USE MILK PRODUCTS **DO NOT ABSORB NUTRIENTS AS WELL AS ADULTS WHO DON'T.**

Furthermore, he outlines how milk drinking causes malabsorption.

The first reason is that milk and milk products have a great ability to **neutralize hydrochloric acid** (this acid aids in the digestion of your food). This forces your stomach to work harder to produce enough hydrochloric acid to digest your food.

The second reason and most revealing is that MILK AND MILK PRODUCTS TEND TO GENERATE **EXCESSIVE MUCUS** IN THE INTESTINES, SINUS AND LUNGS. The extra mucus in the intestines hardens and forms a coating on the inner lining that is relatively impermeable to nutrients. **This, of course, means poor absorption**, which results in chronic fatigue.

In full agreement, Dr. Kurt Esselbacher (Chairman of Medicine of the Harvard Medical School) writes: **“Tests on more than 25,000 blood samples show adults using milk do not absorb nutrients as well as those who don’t. Milk forms a mucous coating inside the intestines, resulting in poor absorption and assimilation.”**

They also found that milk is a cause, rather than a prevention, of osteoporosis. America being one of the largest consumers of dairy as a country, has one of the highest rates of osteoporosis. Scientists have found that there is a direct correlation between dairy intake and osteoporosis.

Researchers at the Harvard School of Public Health looked at all of the studies of dairy consumption in human beings and wrote, in 2005: **“The recommendation to drink three glasses of low-fat milk or eat three servings of other dairy products per day to prevent osteoporosis is another step in the wrong direction.”**

The problem is that cow's milk is very high in protein. The excessive protein in milk causes the blood to become very acidic. To buffer this rise in acid, the body pulls off the calcium right out of your bones, a process known as calcium leaching.

And the greater your protein intake, the higher your calcium losses will be, and this calcium leaching will continue unless you reduce your protein consumption (in other words drinking more and more milk won't stop the calcium leaching from your bones **but increase it**).

According to Susan Stockton, Author of ‘The Book of Health’:

***“A major reason that we become calcium deficient is that we take in too much protein (including dairy product) which causes an over-acid condition, necessitating the robbing of body's storehouse (bones and other tissue) to buffer the acidity with an alkaline mineral, calcium.”***

Furthermore the calcium in milk is not absorbed because it does not contain the appropriate ratios of other minerals such as magnesium and manganese as well as vitamin B 12 which our bodies require in order to properly assimilate calcium. These substances are not present in milk in a way that our bodies can absorb; cow milk is for calves, not for human adults.

The great Dr Frank Oski, the leading pediatrician in the US and former Chairman of Pediatrics at Johns Hopkins, says, **“There's no reason to drink cow's milk at any time in your life. It was designed for calves, it was not designed for humans, and we should all stop drinking it today.”**

**Milk and other dairy products weaken the bones and accelerate osteoporosis. That's right, consumption of milk causes the very condition it's advertised to prevent. If you want strong bones, don't drink milk.**

Harvard University's landmark *Nurses Health Study*, which followed 78,000 women over a 12-year period, found that the **women who consumed the most calcium from dairy foods broke more bones than those who rarely drank milk.**

***“The association between the intake of animal protein and fracture rates appears to be as strong as the association between cigarette smoking and lung cancer.”***

—Dr. T. Colin Campbell

Dr. Ellis conclusively states: “Dairy products are "simply no good for humans... There is overwhelming evidence that milk and milk products are harmful to both adults and infants.”

### ***So what can I do to prevent osteoporosis and build strong bones?***

- **Get plenty of exercise.** Studies have concluded that *physical exercise is the key to building strong bones (it's more important than any other factor).*
- **Eliminate animal protein.** Animal protein causes severe bone deterioration.
- **Eat plenty of fruits and vegetables.** The healthiest and highly absorbable sources of calcium are dark green vegetables (such as broccoli, bok choy, kale and parsley), fruits, legumes, sesame seeds, almonds, figs, and seaweed.

### ***So how come you didn't know about the harmful impact of milk and how it can actually give you weak bones rather than strong ones?***

Remember, the dairy industry spends hundreds of millions of dollars every year on advertising to convince us that their products are absolutely essential for your health, to push the message of strong bones and osteoporosis prevention inside almost every popular magazine, in as many strategically placed television commercials, into the posters of celebrities with “milk mustaches” hanging inside classrooms or on your own room’s walls. Never mind the truth. Never mind the increased risks in heart disease, cholesterol, diabetes, osteoporosis, and four kinds of cancer (colon, breast, ovarian and prostate).

### **The dairy industry is a very powerful force, controlling the USDA’s nutritional guidelines and influencing people’s thoughts about milk.**

The advertisers' power to dictate the content of what we see as news and entertainment keeps growing every year. And we’ve seen that corporations will serve their own interest before they serve the public interest and have historically demonstrated to also serve their own interest *at the expense* of the public’s welfare.

## Key Organizing Principles For Effective Nourishment

**In a nutshell, the most important rule is to eat your food as much as possible whole, live, organic and free of added chemicals. Other important rules are to chew well, enjoy what you eat, combine the food correctly and eat comfortable amounts of foods.**

No matter how many times we're told that certain foods are bad for our bodies, we continue to indulge in them. Why is that? Not only have we become victims of commercial brainwashing, we've lost the REAL REASON we're meant to consume food — for **maximum nourishment**.

My purpose now is to tell you the truth about your body's biochemistry — how your body actually works, unlike what you've been taught culturally — so that you have control over your health.

**For maximum nourishment and energy, you must properly combine your foods.**

What happens is that you improve your digestion and the energy you save goes into cleansing your body and improving every aspect of your health.

If foods are not properly combined, our digestive systems have to work overtime and our energy levels become greatly reduced as our digestive systems require this extra energy to digest the food. This means that our digestive systems sometimes work 12-14 hours to digest our food; which is often the reason why some people wake up tired the next day even after 7-8 hours sleep as their digestive systems are forced to work through the night to digest the food.

The discomforts of indigestion are so common in today's society that indigestion is almost considered normal. The fact that **over 2 billion dollars are spent each year on antacids** is proof of this.

But instead of using drugs to suppress symptoms, wouldn't it be wiser to remove the causes of indigestion?

The principles of food combining are dictated by digestive chemistry. The most important rule about food combining is simply this: **DO NOT EAT STARCH (CARBOHYDRATES) AND PROTEINS TOGETHER.** Why not?

Different foods require different digestive enzymes to aid in the digestive process — some acid, some alkaline. Protein foods require highly acidic juices for digestion while carbohydrates require alkaline juices. As any student of chemistry will assure you, **when acids and alkalines come in contact, they neutralize each other and this retards digestion.**

Also, when starches and proteins are combined, the digestive process is compromised. This situation leads to indigestion, bloating, gas, and poor absorption of nutrients.

### [Here are other key principles to ensure efficient digestion.](#)

- **Eat fruit on an empty stomach.** That's because fruit doesn't digest in the stomach; it quickly passes through to be digested in the small intestine. If it is eaten after your meal, it will ferment, possibly causing upset stomach and definitely causing ineffective digestion – that's why some people say they "don't agree with fruit"!
- **Eat slowly and chew your food thoroughly.** Saliva contains digestive enzymes, which should be well-mixed with your food. It's the first crucial step in digestion, which in turn is crucial for optimum health!
- **Do not eat while you are stressed.** Eating when stressed inhibits digestion and creates fermentation. It also increases the chances of eating too much, hurrying your meal, not chewing properly and therefore poor digestion. Eating should be enjoyed slowly and in a relaxed frame of mind. Your body will thank you for it.
- **Do not eat if you are not hungry.**
- **Eat comfortable amounts of food.** The stomach is equipped to digest a meal the size of two cupped hands together.
- **Eat organic foods whenever possible.** While still being priced slightly more expensively in the supermarkets, the benefits of organic food far outweigh the financial costs.
- **When you drink fresh juice, allow it to remain in your mouth a few seconds before drinking.** This enables it to be broken down by your salivary enzymes, a crucial step in optimum digestion.
- **Have a mixed vegetable salad with a protein, carbohydrate or fat.**
- **Avoid vinegar.** It contains acetic acid which has a deteriorating effect on the liver as does alcohol. Vinegar also interferes with digestion. Replace vinegar with lemon juice and olive oil. Or make your own salad dressing with recipes you find in your local health food store.
- **Never drink liquids with or immediately following a meal.** Drinking during meals hinders digestion and it interferes with nutrient absorption.
- **Eat at least a couple of hours before the time you retire.**

## One Note on Nutritional Supplementation

Due to increasing levels of nutritional soil depletion, today's typical diet generally fails to provide sufficient amounts of nutrients.

As a result, we utilize supplements to compensate for our diet's deficiencies — thus supporting you in creating and maintaining a lifestyle of optimal health and abundant energy.

Remember though that supplements should complement the fruits, vegetable, and whole grains in your diet, and NOT supplant them.

Anti-oxidants, enzymes, multivitamins, super greens and glyconutrients (more on these later on) should fortify the solid base you already have in place, facilitating your maximum nourishment.



## 4. A DIRECTED MIND

**Your MINDSET about health will affect you more in your life than any pill, any disease or any doctor you see, and my goal now is to help you develop a new, empowering and confident belief system about your health and well being.**

We used to believe that the body was influenced solely by physical and biological events. The mind might be important for emotions and beliefs but had little to do with the reality of the body.

But today there's an immense amount of research showing that PHYSICAL HEALTH is strongly impacted by the MIND. The way you think influences your susceptibility and resistance to disease. Now there's even a new field of research called psychoneuroimmunology which is dedicated to unlocking the connection between our thoughts and our immune system.

However, it has yet to be accepted by the majority of medical practitioners. In part, this is simply the result of resistance to change: it is contrary to what doctors were taught in medical school.

But also, most doctors don't want to believe that health is dependent on the mind. Because if they believed that it is, they would have to admit that there is not a lot they can do to eliminate chronic illness. They would be forced to recognize that much of what they do is at best ineffective and at worst, harmful.

This is a serious problem, and it's going to get worse as the evidence for the mind's influence on health builds up.

As a matter of fact all the research now clearly shows that **the mind has tremendous power over the body**. For example, the placebo effect provides dramatic evidence for the power of the mind. We talked earlier about the placebo effect, that's when researchers mislead patients by treating them with placebos (dummy pills). The simple thought that one took a real drug causes reactions consistent with their expectations.

**Your thoughts create a direct physical effect on your body.**

There is in fact a direct correlation between thoughts, emotions, and illness. What has been discovered is that our thoughts and emotions play a powerful role in the development of disease. **We can make ourselves healthy or sick through our thoughts and our emotional reactions to those thoughts.**

It's been scientifically proven that fear compromises your immune system. People who are fearful experience a drop in their immune system's T-cells. Fear, anger, guilt, and resentment are physical POISONS to the body — they have a *chemical effect* — they wear down the immune system, leaving you more susceptible to disease.

*“Every cell in the body has a mind. Every cell creates messenger chemicals. These chemicals are secreted in response to feelings, emotions, beliefs, and intentions. Whenever we have a feeling, it's happening throughout the body — at the same instant in time.”*

—Dr. Deepak Chopra

Worry, fear, anxiety, grief, depression, hate, anger, jealousy, self-pity and similar **destructive** emotions are great **annihilators of nerve energy.** And this loss of nerve energy, like we saw earlier, is the precursor of all disease.

**Fear is a killer. It ruins the quality of both your health and your life.**

**Realize that fear and stress are *entirely* a function of your perception — how you interpret events!**

One extreme example of the power of perception — that is, the *meaning* we give to things — is the power of the witchcraft rituals. Voodoo deaths come from the great anxiety and loss of hope in the cursed person caused by one overwhelming thought, the belief that death inevitably awaits. (By the way, that's why it is a great crime for physicians to frighten people by telling them about their disease.)

For example in the Haitian culture people believe in the deadly power of the witch doctor; whose ritual (usually referred to as “pointing the bone”) can indeed cause death. But the real killer of course is the BELIEF that the witch doctor has total power over our body. And when we have that level of certainty, our body responds accordingly.

**How you deal with events can mean the difference between health and sickness.**

A **DIRECTED MIND** is a mind that thinks *positive thoughts*, that has learned to find an *empowering meaning* in every situation, and that tunes in and expresses all *great emotions*. A directed mind also leads you to surround yourself with *positive energies*, with people who are *happy, healthy, and energized!*

**This is why laughter keeps being confirmed as one of the most effective methods to heal disease, and even cancer. Laughter has been shown to release happy chemicals – such as serotonin and endorphins – that produce a sense of well-being and positively influence our body in ways that sustain health.**

***Specifically: When you laugh, natural killer cells which destroy tumors and viruses increase, along with Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which produce disease-destroying antibodies). As well as lowering blood pressure and reducing stress hormones, laughter increases oxygen in the blood, which also promotes healing.***

The most famous example of “laughter therapy” comes from the life of Norman Cousins who wrote a book about his experience called ‘Anatomy of an Illness’. Suffering from a degenerative disease, doctors told him that he had only one chance in 500 for recovery. He was immersed into the world of gross medication and had to cope with their excessive side effects. He got totally miserable. This state of affairs continued day after day until he got sick and tired of being sick and tired. He stopped all conventional medication, checked himself out of hospital and booked into a hotel room. There he spent up to 8 hours a day watching funny movies. Cousins had a complete recovery – he literally laughed himself back to health!

**Laughter is so miraculous because it works as a prescription drug, but is entirely NATURAL — *it's FREE* — and has NO NEGATIVE SIDE EFFECTS! And, as shown with Norman Cousin, it can save your life.**

**The use of laughter as a natural healing therapy is spreading fast... That's why I urge you to laugh. Tap into your source of joy and learn to laugh *for no good reason at all* — except that it feels good and does your health a huge amount of good.**

Watch this short 5 minute video that takes us to India where an Indian Doctor prescribes laughter for health. As funny as this may sound studies in the United States are actually confirming that laughing may just really be the best medicine after all.



## **THE CREATIVE POWER OF YOUR THOUGHTS**

Many Nobel Prize winning physicists have recently proven beyond doubt that **the physical world is one large sea of energy**. Nothing is solid. Everything is fluid and ever-changing.

The science of quantum physics has proven that the entire universe is a vast expanse of energy vibrating at different rates and that thoughts are what put together this ever-changing energy into the "objects" that we see.

The physical world is a sea of ENERGY– dancing, fluid, ever-changing ENERGY – and it is through our thoughts that we transform this ever-changing ENERGY into subjective reality.

We have been conditioned to believe that the external world is more real than the internal world. Quantum physics says just **the opposite**. It says that **what's happening on the inside determines what's happening on the outside**. It says that **our world is shaped by our thoughts**.

Look around you right now. Whatever you see started with a thought (including you!). Your life is the product of YOUR PAST THINKING. The good news, the *phenomenal* news is that, if you don't like what you see, **YOU** can change it by *changing the way you use your mind*. It really is that simple.

You literally become what you think about most.

The human mind and body are fundamentally packets of vibrating energy constantly interacting with this vast energy sea.

THINK ABOUT THIS – What is our body made of?

On the surface you could say we are made of tissues and organs. But what are tissues and organs made of?

**Cells.** What are cells made of?

**Molecules.** What are molecules made of?

**Atoms.** What are atoms made of?

**Sub- atomic particles.** What are subatomic particles made of?

Energy? No. They are not made of energy; **THEY ARE ENERGY.**

You are one big "chunk" of energy. And so is everything else.

So the **physical world**, the world of objects and matter, **is made up of nothing but information contained in energy vibrating at different frequencies.**

**And energy vibrating at a certain frequency is attracted to other energy vibrating at the same frequency.** This is the essence of the Law of Attraction.

The Law of Attraction is one of the universal or natural laws of this universe. Like gravity or electricity, it works with mathematical certainty. It is energy in motion. Whatever you are consciously or unconsciously focusing on in your life, you will attract more of, to you. Your inner world defines your outer physical experience.

This Law has gained special attention and is transforming humanity through movies such as "The Secret" and "What the Bleep" and popularized to the world on The Oprah Show and Larry King Live.

The important thing here is that the law of attraction is at work on a continual basis both consciously and unconsciously. Every one on this earth is subject to this law. There are no exceptions. **WHATEVER YOU FOCUS ON BY MEANS OF YOUR THOUGHTS, YOU WILL ATTRACT INTO YOUR LIFE.**

Thoughts are energy and energy attracts like energy, that's the reason why 'THOUGHTS BECOME THINGS'. ***What you think about you bring about.***

**Through your own thoughts and emotions, you influence your physiology and create your state of health.**

## **You Are The One Who Creates Your Reality.**

The way YOU THINK AND FEEL about your health has a profound effect on how healthy you actually are.

The ultimate responsibility lies with YOU to realize that if you want to have optimum health then you really need to **change the way you THINK about your body and your health.**

*“The world we have created is a product of our thinking. It cannot be changed without changing our thinking.”*

—Albert Einstein

## **Life is all about choices – choosing your thoughts**

**Yes, the solution begins from within: change your mind and you change everything.**

And you DO have control over your vibration by **consciously choosing** your thoughts and your focus.

## **WHERE YOUR FOCUS GOES, ENERGY FLOWS**

Your thoughts send out an energy or vibration. The energy that you put out with your thinking affects your own well-being and the internal environment of your body.

Everything is vibration and you attract those things that you are in vibrational resonance with. Your vibration is your feeling. The more positive feelings you can experience, the easier and faster you will manifest health into your life.

**High vibrations (positive emotions) are consistent with health, low vibrations (negative emotions) are consistent with disease.**

**For example, when people are emotionally depressed, their immune system becomes weak. Conversely, someone feeling happy has his or her immune system stimulated!**

To regenerate your body you must **raise the frequency of your energy vibration**. Your thoughts and emotions determine how fast or how slow it vibrates.

**Always be aware of how you are feeling.** Never allow your emotions to be too low for too long.

The truth is; if a person has a disease and they talk about it, feel sorry for themselves, believe they are the “victim”, and expect everyone else to feel sorry for them too, they are providing the perfect vibration for the disease to become worse and escalate.

**Therefore one of the major secrets to healing is your attitude and emotions.**

If you want proof of what is possible by using your MIND alone, please visit:  
<http://www.themiracleman.org/> (The Miracle Man)

And please watch the videos (including the one by my friend and mentor Zig Ziglar).

**“In order to change the print out of the body, we must learn to rewrite the software of the mind.”**

—Deepak Chopra, M.D.

### ***So what should I do?***

Be aware and mindful of the thoughts that you allow yourself or find yourself thinking.

**Purposefully focus on thoughts that you like and that make you feel good.** The better you feel about yourself, the easier it is to treat yourself like your own best friend, feeding yourself healthy foods and engaging in regular exercise.

Disease cannot survive in the presence of the vibrations of high emotions— such as joy, gratitude, happiness, strength, appreciation, freedom, passion, admiration, certainty, confidence, faith, and above all Love—so think and do whatever necessary to maintain these feeling states. If you ever feel “sad” or “low”, then immediately recall times of joy, happiness and Love.

**Emotion is energy and energy attracts like energy. Your feelings create your reality.**

Again, you can control your **feeling** with your thought. Positive feeling is high vibration. You can choose to be happy by *choosing* to think positive thoughts.

Be like the good gardener, who waters the plants and not the weeds.

Finally, use the power of language: *Speak that which you wish to become*. Language is extremely powerful and **every word is accompanied by a feeling that either lowers or raises your vibration**. Here’s an example of an affirmation that by repeating it you will start feeling the RIGHT emotions and doing the RIGHT thing:

***Nothing tastes as good as absolute health and energy feels!***

# REVIEW

Before we continue **let's recap** for a moment.

So far we've learned of the disease epidemic raging across the Western world.

Then we've learned that THE CONVENTIONAL APPROACH TO HEALTH DOES NOT WORK. But unfortunately over the last 100 years, conventional medicine has become the largest and most powerful establishment on the planet. It's a very well organized Medical-Pharmaceutical Industrial Complex that has corrupted the legal system and crushed Natural Doctors, Natural Medicine, and Self-Care.

Hence we pulled back the curtain on this multi-billion dollar industry to expose the insidious ways that **illness is used, manipulated, and sometimes even created, for capital gain.**

**Pharmaceutical companies "treat" diseases, not cure them. It's a profit making business! They defined the human body as their market place, they profit by keeping your sick. You stay sick; they stay rich.**

**Then we learned that the TRUE SOURCE of health and disease can only be found in the TERRAIN: "The microbe is nothing, the terrain is everything." The battle for our health is won and lost from within and not from the outside.**

If we find germs in our bodies (the terrain), they are there because we have created an environment that supports them. Germs do not produce a disease condition any more than a vulture produces a dead rabbit or rats produce garbage.

**Winning the game of health is all about removing from our bodies the accumulated toxins (acid wastes) over our lifetimes, including the toxins we take in each day. It is these toxins that are creating disease and killing us as a society.**

Then I presented you with THE ONLY TRUE SOLUTION FOR BEING HEALTHY: **CELLULAR HEALTH.** The quality of your life is the quality of the life of your cells. And the quality of the life of your cells is ultimately shaped and influenced by the **ENVIRONMENT** in which they live – ie, the environment you create within.

In order to function optimally and create vibrant health, your cells need:

1. Oxygen – Anything that deprives them of oxygen is potentially disease-producing.
2. Water – Drink half your body weight in ounces daily.
3. Nutrients – High water content and nutrient-rich foods.
4. A directed MIND – Think and speak only that which you like and which makes you feel great!

**Now we look at the final piece of CELLULAR HEALTH: The Power of Alkalinity**

## 5. **ALKALINITY IS THE KEY TO YOUR HEALTH!**

Now I want to introduce you to one of the most significant medical research breakthroughs in the last century: **The power of alkalizing.**

To fully appreciate this power, you first must understand the concept of acidity and alkalinity in your body — a concept so PROFOUND and SIMPLE that will put everything you've learned so far in this report into a crystal clear perspective.

Most people don't know that your body is basically a huge "Bio Electrical Engine", this engine runs on an **electromagnetic current.**

**All the cells in your body communicate through a very sophisticated system of nerve signals which are really ELECTRICAL signals driven by electricity in your body.**

Think about it this way, we said that to be alive and healthy we must have HEALTHY CELLS. In order for your cells to be healthy they must be totally energetic. And to be totally energetic they have to have ELECTRICAL POWER.

When you eat food, your body breaks down the food particles into micro particles called **colloidals.** These colloidals are moved through your body by ELECTRICITY. So food actually gets to your cells through these electrical charges.

***But where the heck do we get electricity from?!***

Here is one of the most important parts of this program, so listen closely:

In order for you to LIVE, there is a delicate **chemical balance** in your blood which produces this life giving electric force in your body. This pH balance is between two primary forces—**ACID and ALKALINE.**

Acidity and alkalinity is measured by a pH scale (pH is the acronym for "Potential Hydrogen"): 0 pH being completely acid, 14 pH being completely ALKALINE. The balance point being at 7 pH.

In fact I encourage you to go to your local pharmacy to buy some pH strips. Put one on your tongue or in your urine for a few seconds and it shows you how acid or alkaline you are. It's best to test first thing in the morning and best to test urine as saliva is too variable.

**In order for your body to stay at a functional level to produce this electric life giving current in your body, your pH level must stay at a constant 7.36 pH (which is slightly more alkaline).**

**Your pH balance is actually formed in your blood. Your blood is the river of life.**

**YOUR HEALTH IS IN YOUR BLOOD**



Your red blood cells have an electrical charge of their own, that enables them to travel freely through your body. The centre of a red blood cell has a POSITIVE (+) electrical charge. The outside of a red blood cell has a NEGATIVE (-) electrical charge. Can you guess why?

That's right; when your red blood cells have a negative charge on the outside they repel each other (*two negative charges repel each other*). This allows them to carry oxygen to the rest of your body, which is what red blood cells are supposed to do. And in order to do that they travel through little, and I mean little, capillaries that lead to important organs in your body.

Now, this negative charge allows your cells to remain separate from each other, so they can pass through the capillaries smoothly and easily.

## **Acid: The Hidden Cause of All Sickness and Disease**

When the pH balance in your blood shifts out of balance, it turns more acid, the acid level in your blood literally **STRIPS away the negative charge from your blood cells**, resulting in cells that stick, bump, and clump together. You can imagine how difficult it is for these guys to pass through the small capillaries like this. This results in something we are all familiar with – poor blood circulation and the ever-dreaded blood clots.

Poor blood circulation also means less oxygen to the point where you're fatigued all the time, your energy levels drop super low and the probability of getting ill becomes super high.

Not only will excessive acid result in clumping blood cells, but it also weakens them... causing them to die. And what happens when they die? Yep, they release more acid into your system.

At this rate you begin to COMPOUND ACID into your blood stream as more and more blood cells begin to break down from the lack of oxygen and increased acid level in your blood.

Clearly, this type of environment in your blood makes it EASIER for germs to grow and multiply in your body. In other words, *you're creating a TRASH environment in your blood stream!*

## **How your Body Reacts to Acid**

When the life giving balance in your body becomes more acidic, your body goes to great lengths to neutralize these acids. One of the first things your body will start doing is robbing alkaline components from your body's precious alkaline reserves in an effort to restore a proper pH balance. *However, these reserves don't last very long.* When the acidity in your blood continues to rise, your body runs out of alkalinity reserves and you reach an **alkalinity deficit!** This is when most people get a major DISEASE.

When you have an alkalinity deficit, your body will also start breaking down the calcium in your bones to neutralise the acid. **This is why most people SHRINK when they get**

**older!** (*There is no actual “reason” why people should shrink when they get older, it’s simply because of the acid stripping off calcium off your bones.*)

**When you think acid, think of something that is corrosive and something that eats anything in its way.**

When your blood is more acidic, another thing your body will do is store acid into your fat cells in an attempt to PROTECT your blood and vital organs. *The fat is retained in order to bind the acid.*

**“Acid is the killer” and the human body is very smart.** When you start becoming acidic, the human body says, “Acid is the killer and we cannot have it close to any vital organs. It will cause heart attacks, strokes, hardening of the arteries and almost any disease you want to talk about, from diabetes to cholesterol to **Parkinson’s** to allergies, and cancer. What we have to do is get the acid as far away as possible from these vital organs.”

As a protection mechanism your body actually creates fat to store the acid. Whether you like it or not, fat and cellulite are saving your life. These fat cells and cellulite are packing up the acid and keeping it (as far away as possible) from your vital organs.

So the more acid waste we produce, the more fat we retain — which clearly makes it impossible for you to lose weight.

***Being overweight is not a fat problem,  
it is an acid problem.***

## Imbalance First... Disease Second

*“Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.”*

—William Howard Hay, M.D.

Most diseases raging through our society have ONE COMMON CAUSE. The cause comes down to three words: **ACID ALKALINE IMBALANCE** (or, **TOO MUCH ACID!**).

In his remarkable book *Alkalize or Die*, Dr. Theodore Baroody, a foremost authority on acidity of the body, says we "are facing the largest health crisis in recorded history." It's not heart disease. It's not cancer. It's not MS or Parkinson's. It's not even diabetes or obesity. It is over-acidity in our bodies. Dr. Baroody's comprehensive research and clinical findings indicate that **illness and disease are directly linked to over-acidity in the system.**

**DISEASE THRIVES IN ACIDITY**

The underlying cause of cancer, heart disease, arteriosclerosis, high cholesterol, high blood pressure, diabetes, arthritis, Parkinson's, gout, kidney and gall stones, asthma, allergies, auto immune disorders such as lupus, MS, and psoriasis, indigestion, diarrhea, obesity, tooth and gum diseases, osteoporosis, morning sickness, eye diseases, etc., is ACIDOSIS (or over-acidity in the body). Acidosis is the basic foundation of all disease.

So if we ask ourselves, "What is killing us?" The answer is ACIDOSIS! Without acidosis there can be no sickness or disease. It is acidosis that gives rise to an internal environment conducive to disease.

**Disease thrives in an acidic body environment, but *cannot exist* in an alkaline one.**

Acidosis is the main cause of all illness. When I say this, I mean ALL illness, because your INNER TERRAIN holds the secrets to whether you are going to lead a healthy vital life or whether you are going to live in sickness and disease.

Hence **the most important thing is to RECLAIM YOUR INNER TERRAIN and once you do that, you will send the parasites, fungus, mold, yeast, and bad bacteria (therefore all disease) packing because they *cannot exist* in an alkaline environment.**

**You see what is healthy for us is unhealthy for the body attackers and what is healthy for them is what is unhealthy for our body.**

*"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...**too much tissue acid waste in the body!**"*

—Theodore A. Baroody, N.D., D.C., Ph.D.

**The list of diseases caused from pH imbalance is a mile long. And we know that cancer and most other diseases cannot exist in an alkaline environment.**

**Regulating your pH is the secret to beating virtually every known disease today.**

## ***How Do I Get Out of Balance in the First Place?***

What gets you out of balance is any combination of FACTORS that disturbs the natural function of the body.

These factors include **EMOTIONS** (negative emotions, thoughts, words, and actions are all major causes of high blood acidity); **ALCOHOL, VINEGAR, COFFEE, SMOKING, ANIMAL PROTEIN, COOKED OILS, SUGAR, PROCESSED FOODS, REFINED CARBOHYDRATES, STRESS, LACK OF SLEEP, LACK OF REGULAR EXERCISE, SHALLOW BREATHING, CHEMICALS, POLLUTION AND RADIATION** can cause a physical disturbance at a cellular level. These disturbances break down cells and the cycle of imbalance begins.

## ***So What's the Solution?***

### **It All Begins with Getting Your Body Back in Balance**

**The life of your body is in your blood, and the FEEDING and ELIMINATION OF WASTES are the crucial activities in the health of your cells.**

Nobel prize-winner, Dr. Alexis Carrel, rocked the medical establishment by keeping a chicken heart alive in a regularly cleaned, nutrient-rich solution for 34 years — outliving Carrel himself — before it was DELIBERATELY terminated.

He proved that CELLS simply need oxygen, proper nutrition and to have their wastes removed to live indefinitely. And they remained amazingly healthy and never got sick — and didn't die!

“The cell is immortal”, said Dr. Carrell of this experience. “It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cell something upon which to feed and, so far as we know, the pulsation of life may go on forever.”

Think of your body as a fish tank. Think of the fish as your cells and the water in the tank as your blood. How important is the quality of the water in that tank to the health of the fish. Very, right? If the water gets dirty the fish get sick. This acidic fluid threatens the health of the fish (your cells).

**Fish are healthy when the rivers they swim in are clean. How clean do you think the rivers of your body are?**

**The environment inside your body is everything.**

### **Alkaline is Key to Your Health**

One of the most significant scientific breakthroughs in the last century is that **the human body is alkaline by design and acidic by function, which means that your body's health is dependent upon it being alkaline. Maintaining alkalinity is essential for life health and vitality.**

**We live and die at the cellular level. The maintenance of an alkaline pH is critical to cellular health. This is truly the secret of life, health, and longevity.**

Among many great researchers and scientists of this subject the most widely known is **Dr. Robert O. Young: One of the world's foremost experts on the subject of pH. His work is the true answer to being healthy and vibrant.**

Dr. Young is a gifted microbiologist who has been studying and applying the principles of pH balance for over 30 years. He is the author of the best selling 'pH Miracle' book series

which I highly recommend. I have had the fortunate opportunity to work with Dr. Young and was trained by him on the power of *Alkalizing*.

This revolutionary concept gives you the opportunity to experience a truly miraculous transformation in health and vitality.

So what is Alkalizing? Simply put, it is the term used to describe the science of balancing the over-acidification of the body, which is the single underlying cause – *the breeding ground!* – of all disease.

This new understanding is in direct contrast to the old biology, based on the work of Louis Pasteur which, as we talked about earlier, stems from the idea that disease comes from germs that enter from outside us.

But we now know that in reality **disease occurs when these micro-organisms *mutate* into more virulent forms of life (“pleomorphism”) due to the state of the environment in which the germ lives.** In fact, in over 20 years of research Dr. Young has found that **when the body is in healthy alkaline balance, germs are unable to get a foothold.**

**In a clean alkaline internal environment there can be no disease.**

## **The First Step to Regaining Your Balance is YOU MUST CLEANSE!**

Cleansing is required to remove the heavy load of wastes and toxins that you have built up inside throughout your life. Because again, the real challenge that most people have is NOT some ‘bug’ attacking them. No, the real problem is that their environment has been compromised by their lifestyle, and now problems are building on top of each other!

**So the ULTIMATE GIFT you can give your body is to go on a cleanse for at least 7 to 10 days.**

During the cleanse, it is very important to provide the nutrients that your body needs in order to have enough energy for the cleansing process; this is not a fast! This is a **Juice Feast!** Your goal is basically to **consume only vegetable juices and green soups, water with lemon, essential oils, and lots of green drinks throughout the day.**

**Vegetable juices and green drinks will start to quickly alkalise your body and accelerate your healing by neutralising the excess acids.** From there you'll notice your cravings for sugar, coffee, meat and dairy products *will dissipate* naturally.

Alkalizing provides sustainable energy, what your body has been looking for the whole time — and you will find you'll begin to enjoy a healthier lifestyle .

There are many formulations of alkalizing green drinks on the market, makes it pretty hard to decide which ones to buy.

In my own quest for better health, the best I found is called SuperGreens, formulated by Robert O. Young (some of Dr. Young’s photographs of live blood samples, documenting

marked positive changes in people's blood within weeks of taking Super Greens, can be found in one of his books called *Sick and Tired*, available in health food stores.)

*Please note: I have no connection to this product in any way, nor to any other product mentioned in this report. All products mentioned have been bought and used by myself and others.*

This green juice powder consists of 49 different vegetables, grasses and herbs, combined to increase energy, detoxify the system, decrease appetite, and strengthen immune function to prevent disease and illness.

**During the cleanse, you should drink A MINIMUM of 3 litres of water, a teaspoon of the powder in each litre per day.**

(For optimal results I recommend using SuperGreens with 10 to 16 drops of Prime pH per quart/litre of water. Prime pH helps your blood absorb the oxygen from water more easily – maximising the alkalizing effects of SuperGreens. For more information please visit [www.innerlightinc.com](http://www.innerlightinc.com))

It has been proven in current alternative medical research that those in the poorest of health, chronically sick, diseased, fatigued or plagued by weight issues, actually REVERSE their symptoms and achieve vibrant health by CLEANSING AND ALKALIZING.

Having personally supervised dozens of cleanses at the Anthony Robbins Namale Resort in the Fiji Islands, as part of the Mastery University Program that we do around the world, I know from direct experience the miraculous changes that happen in people's bodies as they go through this type of cleanse.

As your body prefers to make changes *gradually*, the best way to reach your greatest energy & health potential is to begin *gradually*. Start by alkalizing your body by drinking increasingly more fluids than you normally drink. Make sure you drink fluids that are *alkaline* in nature, such as wheatgrass juice or Dr. Young's SuperGreens.

I personally drink 4 litres of Super Greens a day and the difference it makes is amazing! And for me this super-hydration is not just 7 or 10 days, for me it's every day!

***Remember, you want to develop a cleansing lifestyle, not a clogging lifestyle!***

Try it for 30 days (minimum 7-10 days) and you'll notice a HUGE difference. Your outlook changes as your body becomes balanced and making better choices becomes the lifestyle of choice.

# Colon Cleansing

*"It is the bowel that invariably has to be cared for first before any effective healing can take place."*

—Dr. Bernard Jensen

Man's body has not changed very much in the past several thousand years... however man's diet has certainly changed a lot.

All the refined sugar, white flour, hormones/antibiotics-filled meats and acid addictions that people constantly ingest constitute an assault on their bodies.

As a result of these unnatural dietary habits, most people's bodies are virtual human toxic garbage cans — they've become reservoirs for toxic waste.

Layer upon layer of mucoid matter has been built up in the intestinal tract.

As mucoid material builds up in the intestines, elimination of wastes can no longer function at optimal levels, which serves as a breeding ground for germs and parasites that pollute the blood and lymph — poisoning the entire system. This is what creates toxemia, or auto-intoxication, which compromises the integrity of your inner terrain.

**Autointoxication is literally a process of self-poisoning, or slow suicide!**

The result is that **colon cancer is now the 2nd leading cause of cancer deaths in the U.S.**

The fact is that death begins with a toxic colon!

By the way, the colon is where 70% of the body's immune system does its work. If the colon is filled, the immune system is lacking and that's why people get sick — remember, the best doctor in the world is our immune system. So colon cleansing is crucial to optimal health, more energy and a better *immune system*.

It's been proven that the average person has accumulated 15 pounds of pure waste in the colon. Waste that never leaves. It just sits in there, putrefying.

Parasites of all sizes thrive in this indisposed residue of fecal matter, slowly but surely toxifying the whole body. (Visit [http://www.bibkit.com/mucoidal\\_plaque.html](http://www.bibkit.com/mucoidal_plaque.html) to see what mucoid plaque in your intestines looks like.)

So, all congestion and toxins must be removed, and it must begin with cleaning the inside!

The best way to cleanse internally is with colonics or **colon hydrotherapy**. This type of colon cleanse gradually and gently cleanses the colon by flushing with a warm water solution, cleansing the colon thoroughly.

This process will give you the ability to **get rid of the harmful toxins** in your body, rebuild your bowel and regain vital health, protecting yourself from disease. Please, pick up the phone and book an appointment for a colonic at your local clinic — you'll be glad you did!

# THE CAUSES OF SPECIFIC DISEASES

In line with the principles of the New Biology, leading scientists have recognized pH or acid/alkaline balance as the most important aspect of a healthy body.

They discovered that **the maintenance of an alkaline pH is the one single most critical determining factor to cellular health.**

All cells in your body are slightly acidic **BUT in order to remain healthy and produce energy they MUST exist in an ALKALINE ENVIRONMENT.**

**THE HUMAN HEALTH IS ONLY AS HEALTHY AS ITS SURROUNDING ALKALINE ENVIRONMENT. Maintaining proper alkalinity is essential for life, health, and vitality.**

## Obesity

You can thank an overly acidic internal environment for the excess pounds you're carrying around. *Being overweight is not a fat problem... it is an acid problem!* As I explained earlier, the body creates fat cells to carry acids away from your vital organs in order to protect them. That's why your body doesn't want to let go of these fat cells so easily. When you eat to make your body more alkaline, your body will let go of your fat.

## Diabetes

When acidic wastes accumulate in a person's pancreas – impairing its ability to produce adequate amounts of insulin (which regulates the levels of sugar in the blood) – we call this condition diabetes.

Fortunately, by alkalizing and energizing your body you can regenerate your pancreas and improve your health. An alkalizing diet and lifestyle can reverse the damage caused by acidity and diabetes.

## Cancer

In 1964, only 1 person in 214 contracted Cancer. **Today it is 1 in 3!** The determining factor between health and disease is pH.

Most people are not aware (not even your doctor) that cancer lives *without* oxygen, develops and spreads in an ACIDIC environment.

**Dr. Otto Warburg won 2 Nobel Prizes for discovering that the cause of cancer is lack of oxygen.** Not only that, Dr. Warburg also proved that **cancer thrives in an acidic environment.** As the human body becomes more **acidic**, it retains increasingly **less oxygen** because oxygen can't remain in an acidic environment. This brings about degenerative diseases such as cancer.

In an independent study featured in a scientific publication, a cancerous tumour was cut in half. Half of the tumour was placed in an acid solution and it *doubled* its size within a few



hours. Then the other half of the tumour was placed in an alkaline solution and it *died within minutes*, and after four days it was reduced to the size of a pea.

Over and over it is shown that cancer CANNOT survive in an oxygenated, alkaline environment.

Cancer *thrives* in an acidic environment, and *doesn't survive* in a normal, more alkaline environment.

**If your body pH is ALKALINE, you CANNOT get cancer. And if you have cancer, it goes away.**

Cancer can be cured now. We can change our diet, our thoughts and our lifestyle from acid to alkaline.

So please practise what we've talked about thus far: ***Alkalize and energize*** your body by providing your cells with a cleansed, alkaline environment (inner terrain), plenty of oxygen & aerobic exercise, pure water, quality nutrients, and maintain cells' ability to eliminate their own waste, and please avoid things that can *disrupt* your cells, such as negative emotions, stress, drugs, toxic chemicals and radiation.

## Kidney Disease

As acidic wastes accumulate in the blood, the kidneys - the bloodstreams filter - become more taxed, leading to bladder diseases. All kidney disease is acid related, which can be improved by an alkaline diet. Kidney stones are salts of phosphoric acid and uric acid, generally combined with calcium and/or magnesium. These salts are acidic salts that gradually build up into a stone like object.

By alkalizing and energizing your blood with an alkaline diet, kidney stones will dissolve from the inside.

## Flu

Every year we hear doctors and media referring to the so-called "flu season". As if the flu *virus* had a favourite time in the year to come and mess things up for people.

In reality the flu is caused primarily by your body's vulnerability to flu germs due to extreme toxemia – an excessive accumulation of toxins in the system – which impairs immunity.

What you should do is raise your immune system so that your body can fight off these germs. You catch a cold or flu when your immune system is down and when your body is acidic. **An acid body attracts all kinds of outside pathogens and allows the ones inside your body to morph and proliferate.**

So keep your body alkaline! Flu and Cold germs *cannot and do not* live in an alkaline system! They love an acid environment... They just thrive on it.

## Arthritis

Arthritis is the result of acid accumulation from the blood into the joints and wrists. It is this accumulated acid that damages cartilage and irritates the joints, causing inflammations, swelling and aches. With a cleansing alkalizing diet & lifestyle, arthritis will disappear.

## Allergies

Allergies are an irritation reaction appearing as allergy symptoms as a means of dealing with acid toxins. Such allergies disappear entirely when the body is thoroughly detoxified; colon cleansing is the best way to start the process, followed by an alkalizing diet.

## Osteoporosis

Osteoporosis is very confusing for many people. Most people think they can eliminate it by increasing their consumption of milk and dairy products. But in the countries where the consumption of dairy products is very low the instances of osteoporosis is very rare.

**Osteoporosis is an acid problem.** As the body becomes more acidic, to protect against the event of heart attack, stroke, illness, or even cancer, the body attempts to remain healthy. So, it steals calcium from the bones, teeth, and tissue. As bone mass becomes depleted, this is what we call osteoporosis.

Here is the process at work, your body uses alkaline minerals to buffer the acidity of your body, which is caused by your environment, your diets, and your lack of exercise. **This state of acidosis is the main cause of osteoporosis.** Your body, in its attempt to ward off the over-acidification of your system, robs alkaline minerals from your bones, tissues, and body fluids in an effort to keep you alkaline.

## High Blood Pressure

High Blood Pressure is due to two reasons:

- 1) Narrowed blood vessels caused by acidic wastes.
- 2) Lack of oxygen due to chemical reasons, namely solidified acidic waste in the blood vessels.

## Cardiovascular Disease

Cholesterol is an acidic byproduct of fat metabolism. As the body becomes more acidic, it defends itself by solidifying cholesterol in the blood and depositing it in the cells of our blood vessels.

Over a period of years plaque builds until circulation is impaired resulting in surgery, medication or heart attacks and strokes.

When pH is raised to an alkaline condition the body is able to neutralize and dissolve these wastes and flush them out of the system.

## Psoriasis

Psoriasis is a common inflammatory skin condition. Like with many other skin conditions – such as eczema, dermatitis, acne and dry skin – psoriasis indicates an excessive acidic pH in the body.

A quick and radical improvement is observed with Psoriasis patients when a shift from acidity to alkalinity has taken place in the body.

## Autoimmune Diseases

Insidious, progressive, difficult to treat diseases where the body attacks itself. Here are just a few: rheumatoid arthritis, lupus, MS, Type 1 Diabetes, IBS, Crohn's Disease, Scleroderma, Sjogren's Disease. Many research studies indicate **a high correlation between a diet high in meat and dairy consumption – i.e. highly acidic diet – and autoimmune diseases.**

## Stress and Headache

When we suffer from stress, our body produces more acidic waste, leading to acidosis. Physical stress can be relieved by getting a good rest. Nowadays, however, most of us do not find the time to relieve mental stress. Continued long term stress will create harmful problems like headaches, mental disorder, bad temper and unbalanced hormone excretion, etc.

To conclude it is reasonable to say that there are no specific diseases, only specific disease conditions.

There is only one disease. And that one disease is *acidosis*.

# The Parkinson's Breakthrough Solution

## Symptoms of Parkinson's

"Parkinson's disease (also known as Parkinson disease or PD) is a degenerative disorder of the central nervous system that often impairs the sufferer's motor skills and speech.

Parkinson's disease belongs to a group of conditions called movement disorders. It is characterized by muscle rigidity, tremor, a slowing of physical movement (bradykinesia), and in extreme cases, a loss of physical movement (akinesia). The primary symptoms are the results of decreased stimulation of the motor cortex by the basal ganglia, normally caused by the insufficient formation and action of dopamine, which is produced in the dopaminergic neurons of the brain. Secondary symptoms may include high level cognitive dysfunction and subtle language problems. PD is both chronic and progressive.

PD is the most common cause of parkinsonism, a group of similar symptoms. PD is also called "primary parkinsonism" or "idiopathic PD" ("idiopathic" meaning of no known cause). While most forms of parkinsonism are idiopathic, there are some cases where the symptoms may result from toxicity, drugs, genetic mutation, head trauma, or other medical disorders."

Source: [http://en.wikipedia.org/wiki/Parkinson's\\_disease](http://en.wikipedia.org/wiki/Parkinson's_disease)

## Parkinson's disease: The silent epidemic

PD is one of the most common neurodegenerative diseases, second only to Alzheimer's disease in the number of people affected.

A new survey, published in the journal *Neurology* and led by Dr. Deborah Hirtz of the National Institute of Neurological Disorders and Stroke, found that nearly 10 out of 1,000 older Americans have Parkinson's disease, and four out of every 100,000 has amyotrophic lateral sclerosis, also called ALS or Lou Gehrig's disease.

The survey projects that the number of people with Parkinson's will double from about 4.3 million people now to 9 million people worldwide over the next 25 years.

The conventional medical approach is limited to pain relief and controlling some of the related symptoms by using harmful drugs riddled with side effects.

## THE TRUE CAUSE OF PD AND HOW TO REVERSE IT

**An acid pH is the seedling bed to many neurodegenerative diseases such as MS, MD, ALS and Parkinson's.**

Over-acidity is the result of extreme low pH levels. It is an accumulation of more acid than the body can effectively process and is generally seen by medical science as a part of the pathology of many different diseases.

It is the forerunner of most, if not all, chronic degenerative diseases including cancer, diabetes, arthritis, heart disease, Alzheimer's disease, and Parkinson's disease. These diseases are rampant enough to be considered epidemic in our country.

Conventionally, the name "Parkinson's" is given to a collection of symptoms that describe a so-called "*disease*" that allegedly "attacks" the brain cells.

**I'm about to expose to you how this description – repeated all the time everywhere – is *total nonsense* and what you can do to STOP and EVEN REVERSE this terrible disease.**

**It is only by understanding THE REAL SOURCE OF THE PROBLEM that we can start to understand THE REAL SOLUTION to the problem.**

[Following is an article by Dr. Robert O. Young, about the real cause of diseases such as Parkinson's, and what you can do to reverse this condition.](#)

## The Answer and Solution to All Health Questions

### Acidosis and the new Alkalarian Biology

Article from Dr. Robert O. Young  
Reprinted by permission of author

Dear Friends and Family,

Thank you for your concern and questions for all the different kinds of medically diagnosed cancers.

First, we must understand that cancer is NOT a sickness or disease but a symptom – or better said the effect of metabolic acids and catarrh that has built up in the blood and then thrown off into the tissues that has significantly effected the white blood cells (our janitorial and garbage collection service for the blood and tissues) ability to remove these acids and the cells they destroy or spoil out of the body through normal elimination pathways. I am simply suggesting that cancer is not a cell but an acidic liquid that spoils our cells that

make up our tissues and organs when those acids are not properly eliminated through urination, perspiration, respiration or defecation.

**When we are dealing with any symptom or an effect we need to look to the cause. To understand the cause is very simple as well as the treatment.** The "New Biology" explains the cause and effect of all sickness and disease as well as how to improve the quality and quantity of life without medications, radiation and/or surgery.

For example, enervation and muscle weakness per se is not a disease. Weakness, lost power, is not a disease; but, by causing a flagging of the elimination of tissue-waste, which is toxic, the blood becomes charged with acids, and this **I call acidosis or latent tissue acidosis — poison in the blood then the tissues.** This is disease, not even skin challenges, and **when the toxin accumulates beyond the toleration point, a crisis takes place**; which means that the poison or acid is being eliminated through the skin, the third kidney. This we can call disease, but it is not. The only disease is systemic latent tissue acidosis, which localizes in the weakness parts of our body. And what we call disease are symptoms or the effects produced by a forced vicarious elimination of acids through the mucous membrane.

When this elimination takes place through the mucous membrane of the nose, it is called a cold — catarrh of the nose. And where these crises are repeated for years, the mucous membrane thickens and ulcerates, and the bones enlarge, closing the passages. At this stage hay fever or asthma develops. When the throat and tonsils, or any of the respiratory passages, become the seat of the crises of **acidity**, we have croup, tonsillitis, pharyngitis, laryngitis, bronchitis, asthma, pneumonia, etc.

**When the acids locate in the cranial cavity we have dementia, Parkinson's, Alzheimer's, muddle thinking, forgetfulness, and even depression.**

When the acids locate in the gastrointestinal tract we have IBS, gastrointestinal dysmotility, autonomic dysfunction, carotid stenosis and ischemic colitis. When the acids locate in the pelvic tissue we have micro-calcifications of these acids that lead to tumors and cervical cancer or prostate cancer. What is in the name? All are symptoms of the expulsion of acids from the blood and then tissues at the different points named, and are essentially of the same character and evolving from the one cause — namely — systemic acidosis — a crisis of toxemia.

The description can be extended to every organ of the body - the lung, the liver, the pancreas, etc., including the largest organ, the skin. For any organ that is enervated below the average standard from stress of habit, from work, or worry, from injury, or from whatever cause, may become the location of the crises of systemic latent tissue acidosis. The symptoms presented differ with each organ affected and that gives color to the belief that every symptom-complex is a separate and distinct disease. But, thanks to the new LIGHT shed upon nomenclature (naming disease) by the philosophy of the "New Biology," every symptom-complex goes back to the one and only cause of all so-called diseases — namely **systemic latent tissue acidosis**.

To find the cause of all symptomologies, including lung cancer, start with colds and catarrh, and watch the pathology as it travels from irritation (IBS), catarrh, inflammation,

induration (lupus), ulceration and then cancer. As well, try to find the cause of man by ignoring his conception, embryonic life, childhood, manhood, etc.

Nature's order is interfered with by enervation habits until acidosis is established. Then a vaccination (as evidenced in Gulf War Syndrome and the Spanish Flu Epidemic) or an infection (in truth an outfection) from any source, acts sooner or later as a firebrand in causing the most vulnerable organ (the bowels) to take on organic change. The organ, however, has nothing to do with cause, and directing treatment to the organ is compounding the problem and is nonsense. Types of such nonsense are blood transfusions for pernicious anemia, gland treatment for gland impotency, cutting out stones, ulcers, tumors and the latest craziness, vaccinating for phantom viruses such as the avian flu virus.

There is no question that one of the most pernicious practices in vogue today is treating so-called disease with disease, and immunizing with the products of disease. Current medical science calls this pathological thinking, vaccination, or even chemical therapy.

If cause is not known, how is prevention or cure possible — as, for example, by producing a mild form of the smallpox vaccine or other so-called disease by poisoning a healthy person by introducing into his body the pathological products of the said disease? Certainly only pathological thinking can arrive at such conclusions. Vaccine and autogenous remedies (metabolic acids) are made from the products of disease and the idea that disease can be made to cure itself is an end-product of pathological thinking! If prevention and cure mean producing disease, surely prevention and cure are not desirable. If prevention can be accomplished, then cures will not be needed!

It is not disease, it is cause "in all its aspects" that we need to know before we can take steps to prevent or cure "disease".

Cause is constant, ever present, and always the same. Only effects, and the object on which cause acts, change, and the change are most inconstant. To illustrate: a catarrh of the stomach presents first irritation, then inflammation, then ulceration, and finally induration and cancer. Not all cases run true to form, only a small percentage evolve to ulcer, and fewer reach the cancer stage. More exit by way of acute food poisoning or acute indigestion than by chronic diseases. Most Americans are challenged with the symptomology of indigestion, which can include acid reflux, bloating, indigestion, diarrhea and/or constipation.

The proper way to study disease is to study health and every influence favorable or not to its continuance. Disease is perverted health. Any influence that lowers energy becomes disease producing. Disease cannot be its own cause, neither can it be its own cure and certainly not its own prevention!

My discovery of the truth of ALL sickness and disease — **that acidosis is the cause of all so-called diseases**, came about slowly, step by step, line upon line, precept upon precept, here a little and there a little.

At first, I postulated that yeast and molds must be the general cause of disease. Then I decided that it was not yeast and molds but the body becoming enervated. But wait a minute, enervation is not a disease, disease must be due to metabolic acids. I learned through years of research that localized or systemic acidosis is the true general cause of

all disease and must be autogenerated. And if disease is due to autogenerated acids, what is the cause of that autogeneration? The answer is found in understanding the nature of matter and how it organizes and disorganizes. I realized that there must be a physical or emotional disturbance to organized matter before it can begin its disorganization. And when matter begins to disorganize, it gives rise to autogenerated acids. This is true for All matter!

To illustrate, take a physical injury to a joint which is often complicated with the symptom of rheumatism. The rheumatism previous to the injury was potentially in the blood and/or tissues. Just what change had taken place in the matter which, under stress of injury or shock of any kind, would cause a reaction with fever? I could not understand, until the 'Acid Theory' suggested itself to my mind, after which the cause of disease unfolded before me in an easy and natural manner. I called this new paradigm for ALL sickness and disease, "The Cycle of Imbalance". You can read about "The Cycle of Imbalance" in my book, "Sick and Tired, Reclaim Your Inner Terrain". You can order this book through our website at: <http://www.phmiracleliving.com/books.htm> or you can order the book from the pH Miracle Center by calling, 760-751-8321.

In a few words, without acidosis there can be no sickness or disease and there can be NO CANCER! It is also true that without acidosis there can be NO PAIN! Therefore pain equals acid and acid equals pain. I knew that the waste products of cellular disorganization and metabolism was toxic, and that the only reason why we were not poisoned by it was because it was removed from the human organism as fast as it was produced.

Then I discovered that the acid was retained first in the blood and then in the tissues, when there was a checking of elimination. Then, the cause of the checking had to be determined. In time, I thought out the cause of All sickness and disease. I knew that, when we had normal energy, organic functioning was normal. **Then came the discovery that enervation caused a checking of elimination. Eureka! The cause of ALL sickness and disease is NOW found! Enervation checks elimination of the waste-products — ACIDS — of cellular disorganization and metabolism.** Retention of metabolic ACIDS are the first and the only cause of sickness and disease! After twenty-five years of research I have discovered that the human organism is alkaline by design but acidic by function. When we retain metabolic acids in our tissues and organs we begin to spoil and die. Eliminate the metabolic acids from our tissues and organs and we can live a long and healthy life free from all sickness and disease!

**One of the first things to do to get rid of any so-called disease is to get rid of all the acid retained by the body. For it is this state of the blood and tissues that makes disease possible.** Outfection, drugs and food poisoning may kill but if they do not, they will be short-lived in the human organism free from enervation and acid. Conversely, the poisoning will linger in the system until the acid is overcome. Then and only then will elimination remove all traces of outfection.

Syphilitic outfection is pronouncedly an acidic subject thrown into great virulency by conventional treatment. The same is true with HIV/AIDS. This so-called infection is the least offender of the trio. Add fear (false evidence appearing real) and wrong eating, and we have a formidable symptom complex, justifying all that professional syphilomaniacs say and write about the disease. Remove acidosis, drugging, fear, and vile eating and there is little left. What is there can easily be thrown out by Nature!



Scientific research is being carried on vigorously in an attempt to find the cause of disease. The conception of disease being that it is individual. Here is where investigators meet their Waterloo. All the so-called diseases are increasing symptom complexes due to repeated crises of Acidosis. They have no independent existence! As soon as acidity is controlled, the symptoms disappear, unless an organ has been forced by innumerable crises to degenerate. Even organic change, when the organ is not destroyed, will come back by correcting the life and getting rid of the true cause — crisis of latent tissue acidosis!

All symptoms of all so-called diseases have one origin. All diseases are ONE! Unity in all things is Nature's plan. Polytheism is gone, and everything is pertaining to it and coming out of it must go.

So there is only one sickness, one disease, and NOW one treatment. The one sickness and disease is the over-acidification of the blood and tissues due to an inverted way of living, eating, and thinking. The one treatment is to alkalize and energize our body with the pH Miracle Living Program. You can learn more about this program in our new book, The pH Miracle for Weight Loss, which you can purchase through <http://www.phmiracleliving.com/books.htm> Barnes and Noble or Border Books.

The complete program is a 12 week program that includes the foods outlined in the foundational section of Shelley's book, "Back to the House of Health," and the supplements outlined in our latest book, The pH Miracle for Weight Loss.

**You start the program off with a 10 to 14 day liquid feast. You can find the outline on the 10 to 14 day liquid feast in Chapter 12 of The pH Miracle for Weight Loss. You can eat as much and as often as you like as long as the food is green and pureed. The soups found in our books such as the Broccoli Soup, Aspar/Zinc Soup, The Healing Soup and the Popeye Soup with lots of avocados are excellent to eat during the liquid feast. You also need to begin taking the nutritional supplements while drinking at least 4 to 6 liters of greens or alkaline fluids a day. Start out gradually drinking 1 liter of greens a day and then work up to 2, then 3, then 4, until you are drinking 6 liters a day.**

When you take the nutritional supplements, take 5 drops 6 times a day of the liquid colloids (except the pH drops which you put in distilled water and never take under the tongue) under the tongue, away from meals and you take 1 capsule 6 times a day of the capsule products with meals. I would suggest taking 4 to 6 capsules, 500 mg. each, every 4 waking hours of magnesium oxide. This will help to keep things moving through normal elimination.

After you complete the 10 to 14 day liquid feast you can then begin introducing some solid food but your meals need to be as green and alkaline as possible. I would suggest not only the vegetable soups, but steam fry vegetables and lots of salads. Make sure you use only lemon or lime and good oils on your salads for the dressing. Another tip is to include liberal amounts of flax and olive oil in and with your soups and salads. I suggest a minimum of 5 to 6 tablespoons of good polyunsaturated oils each day.

If you have any other questions or need specific coaching you can call the pH Miracle Center at 760-751-8321 to set up a consultation. Or you can go to our website at [www.phmiracleliving.com](http://www.phmiracleliving.com) for more information.

I would also suggest reviewing the sections that cover the 10 day liquid feast/cleanse at <http://www.phmiracleliving.com/cleanse.htm> and the frequently asked questions found on our website at <http://www.phmiracleliving.com/search/index.php?category=FAQs>

You might also find that many of your questions are answered in the articles on the "New Biology" section at the same website location.

In conclusion, the medical world has been looking for a remedy to cure disease or cancer, notwithstanding the obvious fact that nature needs no remedy -- she needs only an opportunity to exercise her own prerogative of self-healing.

Cures! There are NO Cures! The subconscious builds health or disease according to OUR ORDER ? OUR CHOICE. If we send impulses of irritation, discontent, unhappiness, complaining, hate, envy, selfishness, greed, lust and the biggest one of all PRIDE, the subconscious builds us in the image of OUR ORDER!

The truth is that we need no Doctor. We need to empower ourselves to effect a reconciliation between our subconscious creator and ourselves. What we need is to learn self-control, respect, poise, and relaxation! And when these impulses are sent over, the sympathetic nerves to our subconscious creator, we will begin to receive images of a more ideal man or woman, until an approach to perfection is attained.

Sickness and disease, including the symptoms of cancer, tumors, AIDS, diabetes, MS, lupus, HIV/AIDS, depression, hyperthyroidism, Wilson's Syndrome, fibromyalgia, pain in every joint and muscle, chronic fatigue syndrome, muscle cramps, allergies (food), asthma, bronchitis, frequent colds, candida, hypoglycemia, allergic reaction to any chemical, fatigued all the time, food cravings, indigestion, inflamed joints, insomnia, mood swings, gas, bloating, diverticulitis, irritable bowel, pneumonia, ulcers, stomach and bowel cramps and even memory loss is the culmination of years of abuse of nutrition and years of acids from faulty elimination by forcing the bowels to move. We don't get sick and tired we do sick and tired! The most powerful program for all these effects of choice is to eliminate the acids from the blood and tissues with alkaline lifestyle and dietary choices.

You are the author and builder of tomorrow, and you need not pay a fortuneteller, a doctor, a lawyer, a preacher, a banker to tell you what will happen to you tomorrow. Nothing will happen. The inevitable will come. You will inherit the fruits of today's sowing.

I hope you find these thoughts and suggestions helpful when dealing with any symptomology including lung cancer, whether physical, emotional or spiritual.

In Love and healing Light,

Dr. Robert O. Young"

**In essence, Dr. Young's discovery, as it relates to Parkinson's, is that our inverted way of living, eating, and thinking causes the over-acidification of our inner terrain. In such an environment, toxins and other microforms thrive, and then irritate and destroy our healthy cells – including the ones in our cranial cavity.**

**These toxic microforms cannot survive in an alkaline environment, thus alkalizing, cleansing, and energizing the body is the ONE REAL SOLUTION.**

***Does all this make sense to you?***

***So start Alkalizing and Energizing TODAY!***

You want to eat a high alkaline diet, drink at least 1 gallon of water per day (to help the body flush the system), and maintain a healthy level of oxygen through exercise and the use of alkalizing supplements.

**Also start drinking large quantities of delicious raw vegetable juices daily – thus delivering thousands of healing **phytonutrients** (plant medicines) to your body's cells on a daily basis. ***These phytonutrients are the most potent healing medicines in the world!*** You're literally bathing your cells in the most potent **disease-reversing** medicines that mother nature has ever invented. Please understand: YOUR BODY KNOWS HOW TO HEAL ITSELF, YOU JUST HAVE TO GIVE IT THE RIGHT MATERIALS.**

**THAT'S HOW THE BODY HEALS AND REPAIRS ITSELF!**

*“All that mankind needs  
for good health and healing is  
provided by God in nature...  
the challenge for science is to find it.”*

Paracelsus, the father of pharmacology

***In addition to the “miracle” scientific discovery of  
The Power of Alkalinity (The pH Miracle), let me now  
introduce you to another breakthrough scientific  
discovery: The Healing Miracle of...***

# GLYCONUTRIENTS:

## A revolutionary new medical science.

*"The Biggest revolutionary change in the war against disease is represented by Glyconutrients."*

—Dr. M. Schlachter, MD

In a nutshell: A new technology is changing the world of medical science. Science has found that there are eight essential glyconutrients or carbohydrates, which enable our cells to communicate optimally. The application of these glyconutrients are at the forefront of medicine and nutritional science with thousands of studies and articles having been published in the last few years. Your body can only function properly and repair itself when it receives each and every day, the nutrients it needs to restore cell-to-cell communication and *stimulate stem cell production*, which provides an enormous healing power in the body.

As with the pH Miracle, the science of Glyconutrients understands that health is gained or lost at a CELLULAR LEVEL.

It happened in just the last decade. A discovery that has changed and it is changing millions of lives across the globe. A scientific breakthrough discovery called **GLYCONUTRIENTS**. A discovery so important that it's now supported by its own branch of study: **The Science of Glycobiology**.

### ***So what are Glyconutrients?***

Glyconutrients are NUTRIENTS which come from an active plant 'good' **sugar**.

When we consider sugar, we immediately remember what we were taught in high school biochemistry, that our bodies digest and burn sugars to produce energy.

However, science has recently proven that **eight specific "biological active" sugars (called glyconutrients) are not burned** in this way, and instead become building blocks known as **glycoproteins**. Basically, this means that these eight sugars actually become part of our own bodies.

Now, we know that these eight sugars combine together to form complex structures which exist on the surface of all of our cells and which are used for **cellular communication**.

Without these sugars, the cells cannot communicate properly.

Recent scientific research has shown that **these eight dietary sugars** (monosaccharides), most of which are often lacking in the standard modern diet, are now known to form the alphabet of cellular words – **the very words of life at the cellular level!**

**These eight essential sugars are the basis of multicellular intelligence** – the ability of cells to recognise and communicate with each other in order to work together to keep us healthy and balanced.

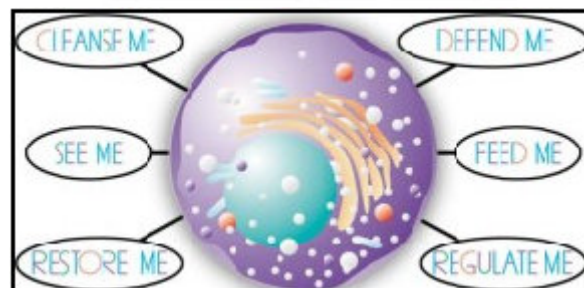
Although there are over two hundred monosaccharides found in Nature, only eight of these sugars have been identified as being essential for cell-to-cell communication.

But if even one sugar is missing the cells cannot communicate all their needs, this is when the disease process begins. So these essential sugars help the body heal by giving the cells the ability to communicate efficiently. (Again, cells have to communicate to do all sorts of things, including identifying whether they're healthy or not.)

**The last four Nobel Prizes in Medicine have been awarded for the discovery that Glyconutrients are responsible for cell-to-cell communication.**

***Optimizing cell-to-cell communication means allowing your body to naturally heal itself much more effectively.***

## CELL TALK



Every cell communicates because it needs to be recognized by the system in order to be defended if it is under attack by a virus or bacteria, repaired and restored if damaged, fed when needing energy, regulated and cleansed as it collects and builds up toxins during normal function as well as exposure to toxins in the environment.

What glyconutrients actually do is they stack on the outside of our cells much like a cellular telephone antennae, and they facilitate communication between our cells.

### **Your Body Can Be Stimulated To Make Own Stem Cells**

Stem cells are produced in the bone marrow and travel throughout the body repairing damaged tissues.

**Doctors at the *Fisher Institute for Medical Research* were perplexed by the numerous reports from around the world of *Alzheimer's*, *Parkinson's* and *Stroke***

**sufferers making remarkable recoveries.** *Diabetics* were producing insulin again and transplant recipients no longer needed anti-rejection drugs. **All were taking glyconutrients.**

**“When they measured the before and after stem cell counts in the blood, virtually none are detected prior to glyconutrients. Within a week of consuming glyconutrients, TRILLIONS of stem cells can be found.”** [Fisher Proceedings, vol3, no.3.]

**This is amazing since to date there has never been a product that stimulates stem cell production. And no other product, natural or artificial has ever been clinically proven to stimulate production of stem cells!**

**This discovery has been hailed as “one of the ten technologies that will change the world” (MIT review 2003).**

### ***Is there proof that this helps with this condition?***

In a recent AMA-approved Medical Conference where 400 Doctors and Healthcare Professionals were in attendance, Clinical Studies were presented of **Parkinson, Alzheimer, and Stroke** patients, which showed that this action of **glyconutrients resulted in DRAMATIC improvements in every case presented.**

DVD's of the Conference are still available at this address:  
Glycomics Medical Conference [www.endowmentmed.org](http://www.endowmentmed.org)

This event is held annually.

And here's an article reporting on these findings:

### **Non-Technical Summary of Glyconutrients Research**

On February 19, 2003, a remarkable article in The Journal of the American Medical Association (JAMA) on research from Johns Hopkins Medical School reported for the first time that donor stem cells crossed the blood brain barrier and became neurons in the recipient's brain. This is an important finding because neurons are the most highly advanced functional cells in the body; they control all brain and muscle functions. This is a recent revolutionary discovery about the potential to repair and regenerate the human brain.

Early research on glyconutrients (the necessary sugars) suggests that by **adding glyconutrients to the human diet, there is an increase in production in one's bone marrow stem cell production.**

Until the JAMA article, Dr. McDaniel's science team had not been able to explain how **adults with Alzheimer's, Parkinson's, and Huntington's and children with cerebral palsy, leukodystrophy, Down syndrome, autism and FAS experience restorations in brain function with the addition of glyconutrients and other micronutrients to their diet.**

Prior to this knowledge in 2003 from JAMA, there was no reasonable scientific explanation of how the many individuals with presumed permanent brain injury from strokes, trauma or neurodegenerative disorders could heal and regain lost central nervous system function that physicians and scientists had regarded as permanent and irreversible.

Our new understanding of glyconutrients stimulating the development of one's bone marrow stem cells, which have the capacity to develop into any cell the body needs, provides us with a scientific understanding of how such unparalleled restorations of brain function can be induced by dietary supplementation of glyconutrients.

Dr. McDaniel's science team has noted many unexplainable restorations of function of the central nervous system, pancreas cells, lung, kidney, and heart that defy explanation. The team has seen changes in people of all ages, including infants, children, teenagers, adults and some quite elderly, who were thought to be in irreversible health situations.

The discovery of the stimulation of stem cell development in one's body can take place within one week of adding glyconutrients. This may explain all of these medically impossible changes.

**The potential benefits for supporting health recovery by using micronutrients are beyond material measure.**

Source: <http://www.natural-humor-medicine.com/glyconutrients.html>

***Does all this make sense to you?***

***So start supplying your body with the nutrients it requires to support a function in your body that produces stems cells!***

(This prompts oneself to question if embryonic stem cell research is even necessary.)

Learn more about stem cells and glyconutrients at  
<http://www.diseaseeducation.com/science/Stem-Cells.php>

**THIS IS REVOLUTIONARY LIFE-SAVING INFORMATION!**

**THIS IS HOW PERSONS WITH PARKINSON'S ARE SEEING IMPROVEMENT IN A DISEASE NOT KNOWN FOR IMPROVING!**



Therefore, besides cleansing and alkalizing, you also need to supply your body the specific nutrients your body requires to support the biological process of stem cell production.

The mounting testimonies are nothing short of miraculous when all eight of these glyconutrients are provided.

Here's a list of the ailments and diseases that Glyconutrients have been shown to help with:

Acid reflux, ADD/ADHD, Adrenals, AIDS-HIV, Allergic reactions, Allergy or Allergies, ALS, Alzheimer's disease, Anorexia, Arthritis, Arthritis -juvenile rheumatoid, Arthritis - osteoarthritis, Arthritis -rheumatoid, Asthma, Attention-deficit / hyperactivity disorder, Autism, Autoimmune diseases, Back pain, Bipolar disorder, Bladder cancer, Brain tumor, Breast cancer, Cerebral palsy, Cancer, Cholesterol -high blood, Chronic fatigue syndrome, Cold, Colitis, Colds, Crohn's disease, Cystic fibrosis, Depression, Diabetes -type 1, Diabetes -type 2, Down syndrome or "Downs", Dyslexia, Eczema, Enlarged thyroid, Fetal alcohol syndrome, Fevers, Fibromyalgia, Fibrosis -cystic, Flu, Food allergy, Graves disease, Hay fever, Headache - migraine, Heart attack, Heart disease, Heartburn, Hepatitis A, Hepatitis B, Hepatitis C, High blood cholesterol, High blood pressure, HIV-AIDS, Infections, Infertility -female, Infertility -male, Influenza, Irritable bowel syndrome, Joint pain, Juvenile rheumatoid arthritis, Kidney cancer, Knees -pain, Lack of energy, Leukemia, Liver cancer, Lou Gehrig's disease, Lung cancer, Lupus, Lyme disease, Macular degeneration (Blindness or going blind), Menopause, Migraine, MS, Multiple sclerosis, Muscular dystrophy, Myasthenia gravis, Obesity, Oral cancer, Osteoarthritis, Osteoporosis, Ovarian cancer, Overactive thyroid, Pancreatic cancer, **Parkinson's disease**, PMS, Poor vision, Prostate cancer, Psoriasis, Psoriatic arthritis, Rheumatoid arthritis, Scleroderma, Sclerosis -multiple, Sinusitis, Skin cancer, Stomach cancer, Stroke, Testicular cancer, Thyroid -overactive, Thyroid -underactive, Tourette's syndrome, Toxic shock syndrome, Tumor (Tumors), Ulcer r (Ulcers), Ulcerative colitis, Underactive thyroid and other health problems.

Also, visit [www.glycostory.com](http://www.glycostory.com) and [www.nutrientsforhealth.com](http://www.nutrientsforhealth.com) to watch and listen to many people who've reversed Parkinson's after taking Glyconutrients, such as:

### **Parkinson's Disease**

**Summary: In 1992 Karl was diagnosed with Parkinsons disease after his hands began shaking. The doctors told him he could expect to live another 10 years with a significant decrease in mobility. He is still fully mobile today and his symptoms are almost non-existent.**

### **Parkinson's Disease**

**Summary: Her dad was losing balance, vision and was unable to speak loudly. After taking glyconutrients, he began getting these functions back.**

## **What Doctors and Scientists Say**

Read the revolutionary words of respected physician Dr. Norman G. Marvin, M.D., about glyconutrition:

***"Due to its stimulation of the stem cells, many unrelated conditions have been shown to be reversed. These include cancer of various organ systems, even those with metastases. These include liver cancer, prostate cancer, pancreatic***

*cancer, lung cancer and very aggressive cancers such as leiomyosarcoma. Other diseases include vascular abnormalities, diabetes, fibromyalgia, multiple sclerosis, ADD & ADHD, ALS (or Lou Gehrig's Disease), asthma, joint pain, cystic fibrosis, macular degeneration, brain aneurysm, depression/anxiety disorder, severe allergies, PMS, arthritis, and skin disease including psoriasis."*

Dr Iain MacRobert FRACO FCOphthHK FHKAM states:

*"The case history data is growing into the tens of thousands of patients whose disease states have been improved, or in many cases eradicated, by the simple act of adding these sugars to the diet.*

*This evidence will, in time, be overwhelming, and those who are skeptical and critical will be won over, by evidence that cannot be refuted.*

*When you have CAT scan evidence of the lesions of multiple sclerosis disappearing, of metastatic carcinoma resolving, of the reversal of Alzheimer's and Parkinson's disease, of increase in IQ of Down's syndrome children, along with positive effects in arthritis, infections, chronic fatigue syndrome, fibromyalgia, what can you say? These are case histories presented by medical professionals, not snake oil salesmen. They are medically verifiable.*

*I think you will find the accompanying papers interesting. I hope that they will increase your understanding, and help you on the road to optimal health."*

The efficacy of glyconutrients has been established by the world's leading scientists and researchers as **the key to proper cellular communication and proper cell function.**

With proper cellular communication, your body has the ability to heal itself more effectively!

With over 70,000 clinical studies and research papers published worldwide in the Scientific Literature attesting to the safety and effectiveness of each individual Glyconutrient, the scientific evidence is now overwhelming.

*"I really believe that Glyconutrients are something that will become mandatory for overall health, and the reason I have come to these conclusions is because I have spent the past several months doing what I call research on the research. And when I would do searches on glyconutrients, and especially a lot of different disease processes, I was floored by the number of quality studies that are out there that have shown such benefit and promise in a myriad of diseases ranging from diabetes to arthritis."*

—Rob Ortmann, MD Immunologist and Research Scientist

***“These sugars are so important to our health that Mother Nature has made provisions to insure we get them early on in life. Breast milk contains all of the essential sugars.”***

—Rita Elkins author of “Miracle Sugars”

## ***Who studies and recommends glyconutrients?***

- The Physicians Desk Reference (PDR) is consulted by 99% of all doctors and healthcare professionals before recommending solutions to their patients. Glyconutrients are listed in the PDR for compromised immune systems.
- Harper’s Biochemistry, a medical textbook identifying the necessary monosaccharides (sugars) necessary for optimal health. This text book has been educating healthcare professionals since 1996 about glyconutrients and their role in health and healing.
- Scientific American, the July 2002 cover story titled “Sweet Medicine” stated, “Sugars modify many proteins and fats on cell surfaces and participate in such biological processes as immunity and cell-to-cell communication.”
- The National Institutes of Health recently awarded the Scripps Research Institute in San Diego, CA, a \$34 million grant to understand how cells and the immune system use these sugars.

To find out more about glyconutrients and read and listen to some extraordinary testimonials (you have GOT to check these out!), visit the following websites:

[www.glycoscience.com](http://www.glycoscience.com)

[www.glycoinformation.com](http://www.glycoinformation.com)

<http://www.nutrientsforhealth.com>

[www.glycostory.com](http://www.glycostory.com)

[www.thesugarsecret.com](http://www.thesugarsecret.com)

[www.myglycostore.com](http://www.myglycostore.com)

[www.MostPowerfulAntioxidant.com](http://www.MostPowerfulAntioxidant.com)

These websites are devoted to the science of glyconutrients. There is an abundance of scientific validation and information on this revolutionary medical science. *(Note: I have NO financial ties to any of these websites.)*

## In essence, here's what you need to do to **STOP and REVERSE Parkinson's**

- **Start A 30-Day Cleanse!**
- **Buy Supergreens™ And Glyconutrients!**
- **Super-hydrate, Alkalise, and Energise Your Body!**
- **Change Your Diet And Lifestyle!**

**Note:** I have always been very adamant on the fact that I do not sell any products, I teach a lifestyle (a cleansing, energising and alkalising lifestyle). I have always taught and believed that our bodies are made to heal themselves. However due to modern processed foods, depleted soils, and green harvesting (before nutrients are fully formed), we utilize supplements to compensate for our diet's deficiencies.

**These supplements do not heal you, they get your body in a position to heal itself. The way God intended.**

You see, the solution is SIMPLE and the results are DRAMATIC. Does it take discipline? Absolutely. Changing old habits is never easy. But, you will find that the results of making this change in your life will be so *dramatic*, and happen so quickly (in a matter of weeks), that you will never go back to those old habits again.

# MAKING IT ALL WORK

I want to remind you that to make it all work for you, **you still must take COMPLETE, TOTAL RESPONSIBILITY for your life, and be willing to commit 100% to recovering your health. If you have these qualities, you will find your health improving very quickly.**

Please understand that, no matter how profound the transformation that people experience when applying these powerful principles, at the end of the day YOU are the person who can make the decision to actually use this material to change your life. *Because it's not food first, it's HEAD first.*

## Changing Habits

I understand that making these changes might be a little difficult (at least in the beginning) because changing habits means pioneering a new way of life. But the benefits you get from this process are well worth the effort.

Imagine yourself at the edge of a dense jungle. Ahead of you, you see an old, well-worn path through the thick vegetation. It's tempting. It seems much easier just to start along that path than to cut a new path through the underbush. People are more likely to take the well-worn path, the path of least resistance.

Your habits are like the well-worn path. It is a route you have taken before, and it was most likely formed by others around you. To form your own habits, you have to plunge into the jungle and start cutting a new path. At first, that may be a little difficult. You have to disrupt the jungle growth and stay committed to your new route even when it would be easier to return to the old path.

Yet with a bit of discipline, your new path begins to take shape. If you commit to travelling only on your new path, and if you travel it several times a day, every day, then it begins to get more comfortable. It becomes better defined. There is less resistance each time you travel it. You have developed your own route through life. **And it takes you exactly where YOU want to go.**

**Soon your new path becomes much easier to travel. And the OLD path actually looks *more difficult*.** Roots and plants have begun to grow over it, because you haven't been using it. Others may even see your new path and choose it for themselves, so that your new path continues to grow and becomes increasingly easier and more comfortable to walk. **Eventually your new route becomes so familiar that it is actually EASIER than the old one!**

# NEXT STEPS

Once you have completed your cleanse from the inside out, your body systems can begin working properly. But remember, as important as the cleanse is for your body, it is your DAILY PRACTICES that will create a lifestyle of vibrant health and energy.

**Commit to practising the following *Key Organizing Principles of Superhealth* daily – or at least for the next 30 days! – this will help you develop A Healthy, Alkalizing, and Energizing Lifestyle.**

1. Breathe. Remember to stop three times a day and do your ten power breaths in the following ratio:  
**Inhale** (through the nose) for the count of 1  
**Hold that breath** for a the count of 4  
**Exhale** (through the mouth) for the count of 2
2. Continue to **super-hydrate** your body (drink half your body weight in ounces daily). This is something you want to do, not only for the next few days, but forever! This is the most important habit you can develop to keep your body alkaline vs. acidic.
3. Move! Avoid living in a box: Stay active, and move as many muscles in your body as you can daily! Find a **physical movement** that you enjoy such as walking, dancing, yoga, martial arts, re-bouncing etc. and include it as often as possible in your life. Remember, the body develops and maintains itself through MOTION.
4. Eat lightly and as always, make sure that at least **70% of your diet consists of high-water content, live, alkalizing foods**. Up to 30% can be cooked foods (cold-water fish like mackerel and salmon, whole-grain carbohydrates, and quality oils). Also, wheatgrass juice is a great supplement to add to your daily routine (for more information about wheat grass, please see 'Appendix III' in the back of this manual).
5. **Take care of your emotions**. Reduce the amount of TV, radio and newspapers in your life and switch to more nourishing forms of entertainment! The media has a heavy focus on the drama and traumas in life, which creates fear and a sense of helplessness. In reality there are millions of positive things happening all the time and "the news" only forms a small part of what is happening in people's lives.
6. Start to detox your world by using **chemical free products**.
7. **CHOOSE to be with people who support you** in making lifestyle choices that you know are great for you!
8. Consistently saturate yourself with information that empowers you. Eating a successful, healthy, live-food, organic, plant-based diet depends on your ability to continually educate yourself on the subject. **Saturate yourself in the information until it becomes habit for you.**
9. **Enjoy yourself!** It's about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.

# Overview & Conclusions

Overall we found that traditional thinking about health and nutrition is killing us — prompting growing rates in heart disease, cancer, obesity, diabetes, etc.

We live in a worldwide society that seeks means to cure the **monsters of disease that we as a society have created.**

The medical world has been looking for a “remedy” to cure disease, despite the obvious fact that nature needs no remedy — she needs only an opportunity to exercise her own prerogative of self-healing.

**Disease is something that you grow yourself, and not something that just happens to you. Bechamp knew it. Bernard knew it. Enderlein knew it. Others knew it, too. Pasteur even admitted it on his death bed!**

These scientists investigated “pleomorphism” (plea = more, morphic = change, the mutation of cells). In particular, they determined that **germs (yeasts, fungus, and microorganisms) can alter their form and function when the terrain of your body changes pH levels.**

**Specifically, disease THRIVES in a low pH (acidic) environment and STARVES in a high pH (alkaline) environment.**

**When your pH is alkaline, your germs are benign and you are healthy. However, when your pH is acid, your germs are pathologic and you are ill.**

**Too much acidity in the body’s tissues is the cause of pleomorphic activity (the mutation of cells) which leads to disease.**

**So if you keep your body alkaline, you can avoid disease and create health!**

**This is phenomenal life-changing information!**

What this also means is that **YOU are the author and builder of tomorrow**, and you need not pay a fortuneteller or a doctor to tell you what will happen to you tomorrow. *“Nothing will happen. The inevitable will come. You will inherit the fruits of today’s sowing.”*

**Disease is never caused by bad luck: it's always CAUSE AND EFFECT, and the outcome of virtually any disease can be altered or reversed through your LIFESTYLE AND DIET.**

**The New Biology explains the CAUSE AND EFFECT of all sickness and disease.**

**Enervation (the deprivation of force or strength) per se is not a disease. But, by causing a flagging of the elimination of toxic wastes, the blood becomes charged**

with acids, poisoning the blood and tissues (acidosis). And when the acidic toxins accumulate beyond the toleration point, a crisis takes place (disease).

**Disease is the result of acid in the body. Your lifestyle and eating habits will lead to disease if you do not *alkalize* your blood with the proper foods and hydration.**

Sickness and disease, including diabetes, heart disease, cancer, tumors, MS, lupus, hyperthyroidism, fibromyalgia, pain in every joint and muscle, chronic fatigue syndrome, muscle cramps, allergies, asthma, bronchitis, frequent colds, candida, hypoglycemia, food cravings, indigestion, insomnia, diverticulitis, irritable bowel, pneumonia, ulcers, stomach and bowel cramps and even memory loss **are the culmination of years of abuse due to an acid lifestyle and nutrition.**

Then medical doctors come in and treat the acid condition with another acid (*pharmaceuticals*). Pharmaceuticals are acid, they create acidity. You cannot treat an acid condition with acid.

**The SOLUTION then for all these conditions (THE EFFECTS) is to ELIMINATE THE ACIDS from the blood and tissues with an ALKALINE LIFESTYLE AND DIET.**

**Your lifestyle and eating habits will lead to disease if you do not ALKALIZE your blood with the proper foods and hydration.**

**In order for us to experience vital health, we need to ensure that our systems are operating at peak efficiency.**

**And remember, it is your *daily decisions* that determine your *physical destiny*. Make the decision today to *stop the poisoning* and begin to create an environment free from toxicity, where your mind and body are functioning at *peak efficiency*.**



# Final Thoughts

The most important thing that we all must do is to

- **RECOGNIZE THAT OUR PHYSICAL HEALTH IS OUR MOST IMPORTANT POSSESSION, and**
- **TAKE TOTAL RESPONSIBILITY FOR OUR OWN HEALTH AND ENERGY.**

The ultimate responsibility lies with YOU to realize that if you want to have optimum health then you must **TAKE CONTROL OF YOUR LIFESTYLE CHOICES.**

**And please remember that we do not catch diseases. We *build* them. We have to *eat, drink, think, and feel* them into existence.**

Unfortunately, as you've learned, millions of people are suffering *needlessly* as a direct result of the food industry and the drug manufacturers' unconscionable zeal to earn hundreds of billions of dollars, aided and abetted by scientists who have been paid handsomely to fudge, even falsify, test results.

## "A Culture Dominated by Drugs and Pharmaceutical Companies"

*"As a society we are tired of living in a pharmacopoeia – a culture dominated by drugs and pharmaceutical companies. It's become too expensive and unreliable. Natural alternatives will revolutionize all of that."*

*James F. Balch, M.D.*

*Author, Scientist and Expert in the Field of Antioxidants*

Dear friend, I created this program for the purpose of empowering you with **THE TRUTH** and with **THE KEY FOUNDATIONAL PRINCIPLES OF SUPERHEALTH.** When these principles are put into practice, our wonderfully designed bodies can regain our health. Cancers can be prevented and overcome. The plugging up of our arteries begins to reverse. Circulation to our hearts, joints, and brains is reopened. **New stem cells are created. Our immune system can be strengthened to a remarkable degree.**

When you start practicing these principles, your body starts to use its **miraculous healing power**: you look better, feel better, have more energy, and you begin to optimize all of the areas of your life that are most important to you.

In order to attain the physical health that you deserve, you must weave these KEY DISTINCTIONS—*THESE PRINCIPLES*—into the fabric of your life.

Utilizing these principles you can too have the health you deserve and massively expand your sense of absolute energy, mental clarity, physical vitality that you probably have never

experienced before. And you will also have a renewed sense of excitement, joy, and possibility for your entire life!

Start your new healthy lifestyle today and keep your momentum going.

I sincerely hope that you realize – like I did – how truly BLESSED you are to have come across this life-changing information, for immensely powerful vested interests have fought tooth and nail to keep it suppressed.

Now I challenge you to take advantage of these resources and create the extraordinary health you deserve! I know that you're one of the few who do versus the many who talk... Lots of people say they want to change their life and achieve optimum health but you've actually done something about it; so you have both my respect and appreciation for that.

Because remember, your physical health is really the foundation for everything else in your life; so the first thing you must do is TAKE CARE OF YOUR PHYSICAL HEALTH, or nothing else matters.

And if you have any questions at all on any of the above resources please [email us](#) and we will do everything we can to answer you as soon as possible (usually that day).

I'd very much appreciate it if you would keep in touch with me. I love reading notes from people who share with me their personal breakthroughs and success stories.

May God bless you, guide you, and strengthen you as you apply these Laws of Health and make them your new habits.

Life is meant to be enjoyed. Live it to its fullest, take care of yourself and you will remain healthy and disease free.

If you do, you will discover God's greatest gift to you on earth: YOURSELF.

Wishing you the best of health and God's blessings,

Matt Traverso

## Appendix I – About The Author

Matt Traverso is a public speaker, natural health expert and best selling author who teaches people how to dramatically improve their health naturally, without expensive and potentially dangerous prescription drugs. With over 10 years of study on nutrition and the true causes of disease and health, in his holistic health private practice he coaches his clients to higher levels of health and wellbeing. His work has helped people around the world get off prescription drugs and easily adopt healthy lifestyle choices that make illness and disease simply *vanish*.

### Personal Message from Matt

***“I am deeply grateful for the opportunity to share life-changing information that can radically improve the lives of people everywhere. My purpose and mission in life is to empower people to take charge of their own health & wellbeing and to help them live their lives free of pain and disease, with extraordinary health, outstanding mental clarity, and a passion for life.”***

Matt is also the creator of the ‘Extraordinary Health & Vitality’ program – an exclusive live seminar designed to teach people how to rebuild the body’s health by utilizing simple, powerful knowledge for self-healing. This system for regeneration, revitalization, and rejuvenation, is a residential learning experience that focuses on nutritional, physical, mental, emotional, as well as spiritual, balance and harmony. You’ll learn how to provide your body the healthy environment it needs to restore itself naturally. When the body is properly *cleansed* and *nourished*, the symptoms of disease and the disease itself will disappear.

For more information please contact [support@parkinsons-disease-cure.com](mailto:support@parkinsons-disease-cure.com)

### Further Resources:

- Please buy Dr Robert O. Young’s phenomenal books – ***Sick & Tired*** and ***The pH Miracle*** – which are truly revolutionary! The information in these books obliterates contemporary medicine and nutrition, leaving you to rethink the world's perspective on health and of treatment of sickness and disease. With these books Dr. Young has set a paradigm for the future of healthy living.
- Anthony Robbins, author of *Unlimited Power* and *Awaken The Giant Within*, has helped me make marked improvements in not only my health but other aspects of my life as well. I highly recommend his life-changing programs. To find out more please go to [www.anthonyrobbins.com](http://www.anthonyrobbins.com)

## Appendix II – Live Blood Cell Analysis

*Is your internal terrain a clean friendly environment for our helper organisms to thrive and the blood to flow, or is it a congested hostile environment loaded with toxic substances and pathogens?*

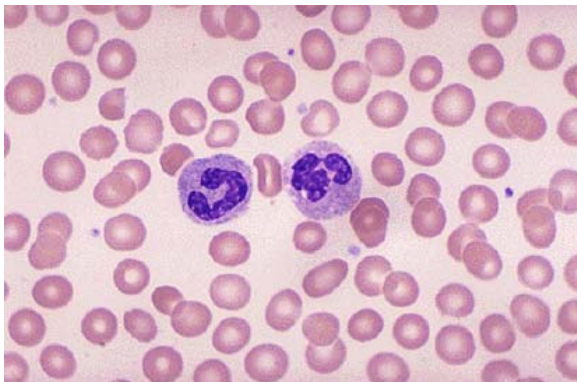
***You don't have to guess whether your health is improving. You can see the pictures for yourself.***

Live Blood Cell Analysis (or Darkfield Microscopy) is a unique method of blood analysis using a microscope that allows you to take an **in-depth look** at the internal terrain of your body.

This test uses a drop of live blood taken from your fingertip and, using what is known as a Darkfield microscope, a vivid image is then projected onto a monitor where you can easily see the health state of your blood cells.

Darkfield Microscopy is a very effective method to observe living blood cells, unlike conventional methods which effectively kill the cells by staining (besides, half an hour after the cells are taken from the body the cells are dead therefore they cannot reveal information that live blood analysis can, such as immune system activity.)

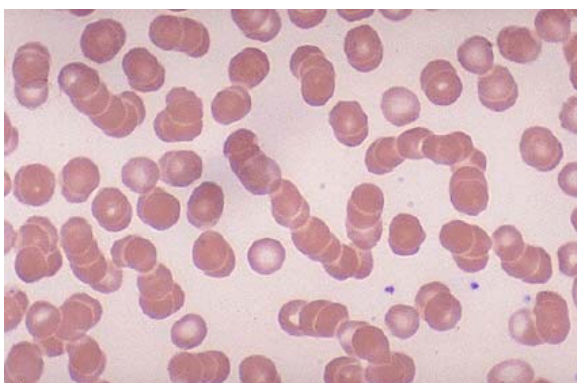
Here's a picture of healthy red blood cells (the blue cells are white blood cells):



Do you see how far apart the blood cells are from each other? As a result, your blood can move freely throughout your entire body, and get into all your small capillaries, providing energy to your whole body.

As I'm sure you recall, your blood cells have a negative charge on the outside and a positive charge inside; this is what keeps them healthy and far apart from each other. However, when your body is over-acidic, the acid strips your

blood of its negative charge. Your blood cells no longer have the same repelling force and clump together like this:



When your blood is clumped together like this, it no longer can get to all the little capillaries in your body to give you the life giving oxygen you need. *So what happens in a body whose red cells are all stuck together for a few years?* It's not rocket science: the tissues of the body become oxygen deprived, leading to major disease. This by the way is also the major reason why many people feel tired all the time, and why they need to sleep longer.

(Please visit [www.phmiracleliving.com](http://www.phmiracleliving.com) to find out where you can get a live blood analysis.)

## Appendix III – The Power of Wheatgrass

Wheatgrass juice is a green juice pressed from young wheat plants that is one of the richest sources of chlorophyll, natural vitamins, minerals, enzymes and life energy available.

### Amazing Benefits of wheatgrass

**The most important property of wheatgrass is that it is made of about 70% chlorophyll; which helps to purify and cleanse your blood, stop the growth of unhealthy bacteria and improve the function of the organs and systems in your body.**

Wheatgrass juice contains most of the **vitamins and minerals** you need for optimum health. It is a whole meal and a complete protein with lots of enzymes. Wheatgrass is also an excellent source of calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, and zinc.

Chlorophyll is the first product of light and, therefore, contains more light energy than any other element. Wheatgrass juice is 70% chlorophyll — the basis or blood of all plant life — and it is an important body builder.

The Chlorophyll Molecule closely resembles that of the Haemoglobin Molecule. The only difference is the chlorophyll molecule contains magnesium as its central atom, and haemoglobin contains iron. The molecular structure of these two substances is almost identical in all other respects. **It builds the blood. Wheatgrass juice has been proven to quickly build red blood cells which, as you remember, carry oxygen to every cell.**

**Wheatgrass also cleanses the body.** It dissolves scars formed in the lungs, washes away drug deposits from the body, **purifies the blood and organs, and drains the lymph system — which carries away acids and toxins from your body cells.** Chlorophyll arrests growth and development of unfriendly bacteria and helps to destroy free radicals.

Wheatgrass is a complete food in itself. The fact is that one pound of fresh wheatgrass is equivalent in nutritional value to 23 pounds of choice garden vegetables.

#### **Suggested Dosage:**

Start with a 1-ounce serving and work up. Drink on an empty stomach.

Wheatgrass is a powerful "detoxifier" of both the liver and large intestine. Consequently, people should *gradually* increase from one ounce a day to five or six ounces spread throughout the day. Too much can release too many poisons too fast.

#### **Where can you get it?**

Though it is available in powdered and tablet form, fresh-squeezed juice is best. Any major health food store or juice bar will have fresh wheatgrass juice.

# Alkaline Foods Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Breads	Corn Tortillas		x				
Breads	Rye bread			x			
Breads	Sourdough bread		x				
Breads	White biscuit			x			
Breads	White bread		x				
Breads	Whole-grain bread			x			
Breads	Whole-meal bread			x			
Condiments	Ketchup		x				
Condiments	Mayonnaise		x				
Condiments	Miso		x				
Condiments	Mustard		x				
Condiments	Soy sauce		x				
Dairy	Buttermilk				x		
Dairy	Cheese (all varieties, from all milks)		x				
Dairy	Cream			x			
Dairy	Egg whites		x				
Dairy	Eggs (whole)		x				
Dairy	Homogenized milk			x			
Dairy	Milk (not pasteurized)			x			
Dairy	Milk (pasteurized)		x				
Dairy	Yoghurt (sweetened)		x				
Dairy	Yoghurt (unsweetened)			x			
Beverages & Drinks	Beer	x					
Beverages & Drinks	Coffee	x					
Beverages & Drinks	Coffee substitue drinks			x			
Beverages & Drinks	Fruit juice (natural)			x			
Beverages & Drinks	Fruit juice (sweetened)	x					
Beverages & Drinks	Liquor	x					
Beverages & Drinks	Soda/Pop		x				
Beverages & Drinks	Tea (black)	x					
Beverages & Drinks	Tea (herbal, green)				x		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x		
Beverages & Drinks	Water (sparkling)		x				
Beverages & Drinks	Water (spring)			x			
Beverages & Drinks	Wine		x				
Fats & Oils	Borage oil				x		
Fats & Oils	Butter			x			
Fats & Oils	Coconut Oil (raw)				x		
Fats & Oils	Cod liver oil			x			
Fats & Oils	Corn oil			x			
Fats & Oils	Evening Primrose oil				x		
Fats & Oils	Flax seed oil				x		
Fats & Oils	Margarine			x			
Fats & Oils	Marine lipids				x		
Fats & Oils	Olive Oil				x		
Fats & Oils	Sesame oil				x		
Fats & Oils	Sunflower oil			x			
Fruits	Acai Berry			x			

Fruits	Apples			x			
Fruits	Apricots			x			
Fruits	Apricots (dried)			x			
Fruits	Avocado (protein)					x	
Fruits	Banana (ripe)		x				
Fruits	Banana (unripe)				x		
Fruits	Black currant			x			
Fruits	Blackberries			x			
Fruits	Blueberry			x			
Fruits	Cantaloupe			x			
Fruits	Cherry, sour				x		
Fruits	Cherry, sweet			x			
Fruits	Clementines			x			
Fruits	Coconut, fresh				x		
Fruits	Cranberry			x			
Fruits	Currant			x			
Fruits	Dates			x			
Fruits	Dates (dried)			x			
Fruits	Fig juice powder			x			
Fruits	Figs (dried)				x		
Fruits	Figs (raw)				x		
Fruits	Fresh lemon				x		
Fruits	Goji berries			x			
Fruits	Gooseberry, ripe			x			
Fruits	Grapefruit			x			
Fruits	Grapes (ripe)			x			
Fruits	Italian plum			x			
Fruits	Limes				x		
Fruits	Mandarin orange		x				
Fruits	Mango			x			
Fruits	Nectarine			x			
Fruits	Orange			x			
Fruits	Papaya			x			
Fruits	Peach			x			
Fruits	Pear			x			
Fruits	Pineapple		x				
Fruits	Pomegranate		x				
Fruits	Raspberry		x				
Fruits	Red currant			x			
Fruits	Rose hips		x				
Fruits	Strawberries			x			
Fruits	Strawberry			x			
Fruits	Tangerine			x			
Fruits	Tomato					x	
Fruits	Watermelon			x			
Fruits	Yellow plum			x			
Grains & Legumes	Basmati rice			x			
Grains & Legumes	Brown rice		x				
Grains & Legumes	Buckwheat				x		
Grains & Legumes	Bulgar wheat			x			
Grains & Legumes	Couscous			x			
Grains & Legumes	Granulated soy ( <i>cooked, ground</i> )					x	

Grains & Legumes	kamut				x		
Grains & Legumes	Lentils				x		
Grains & Legumes	Lima beans					x	
Grains & Legumes	Oats			x			
Grains & Legumes	Rye bread			x			
Grains & Legumes	Soy flour				x		
Grains & Legumes	Soy lecithin, pure						x
Grains & Legumes	Soy nuts ( <i>soaked soy beans, then dried</i> )						x
Grains & Legumes	Soybeans, fresh					x	
Grains & Legumes	Spelt				x		
Grains & Legumes	Tofu				x		
Grains & Legumes	Wheat		x				
Grains & Legumes	white (navy) beans					x	
Meat, Poultry & Fish	Beef	x					
Meat, Poultry & Fish	Buffalo		x				
Meat, Poultry & Fish	Chicken		x				
Meat, Poultry & Fish	Duck		x				
Meat, Poultry & Fish	Fresh water fish		x				
Meat, Poultry & Fish	Liver			x			
Meat, Poultry & Fish	Ocean fish		x				
Meat, Poultry & Fish	Organ meats			x			
Meat, Poultry & Fish	Oysters			x			
Meat, Poultry & Fish	Pork	x					
Meat, Poultry & Fish	sardines (canned)	x					
Meat, Poultry & Fish	Tuna (canned)	x					
Meat, Poultry & Fish	Veal	x					
Misc	Bee pollen				x		
Misc	Canned foods		x				
Misc	cereals (like Kelloggs etc)		x				
Misc	Hummus			x			
Misc	Rice milk			x			
Misc	Royal Jelly				x		
Misc	Soy Protein Powder			x			
Misc	Tempeh			x			
Misc	Whey protein powder			x			
Nuts	Almond				x		
Nuts	Almond butter (raw)				x		
Nuts	Brazil nuts			x			
Nuts	Cashews			x			
Nuts	Filberts			x			
Nuts	Hazelnut			x			
Nuts	Macadamia nuts (raw)			x			
Nuts	Peanut butter (raw, organic)		x				
Nuts	Peanuts		x				
Nuts	pine nuts (raw)				x		
Nuts	Pistachios		x				
Nuts	Walnuts			x			
Roots	Carrot				x		
Roots	Fresh red beet					x	
Roots	Kohlrabi				x		
Roots	Potatoes				x		
Roots	Red radish					x	



Roots	Rutabaga				x		
Roots	Summer black radish						x
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		
Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds				x		
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		
Vegetables	Cooked vegetables (all kinds)			x			

Vegetables	Cucumber, fresh						X
Vegetables	Dandelion						X
Vegetables	Dog grass						X
Vegetables	Endive, fresh					X	
Vegetables	French cut ( <i>green</i> ) beans					X	
Vegetables	Frozen vegetables		X				
Vegetables	Garlic					X	
Vegetables	Ginger					X	
Vegetables	Ginseng				X		
Vegetables	Green cabbage, ( <i>December Harvest</i> )				X		
Vegetables	Green cabbage, ( <i>March Harvest</i> )				X		
Vegetables	Horse radish				X		
Vegetables	Jicama						X
Vegetables	Kale						X
Vegetables	Kamut grass						X
Vegetables	Lamb's lettuce				X		
Vegetables	Leeks (bulbs)				X		
Vegetables	Lettuce				X		
Vegetables	Mushrooms		X				
Vegetables	Mustard greens				X		
Vegetables	Onion				X		
Vegetables	Oregano					X	
Vegetables	Parsnips				X		
Vegetables	Peas, fresh				X		
Vegetables	Peas, ripe				X		
Vegetables	Peppers				X		
Vegetables	Pickled vegetables	X					
Vegetables	Pumpkins (raw)				X		
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				X		
Vegetables	Sea Vegetables				X		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Shave grass						X
Vegetables	Sorrel					X	
Vegetables	Sourkraut		X				
Vegetables	Soy Sprouts						X
Vegetables	Spinach ( <i>March harvest</i> )				X		
Vegetables	Spinach ( <i>other than March</i> )					X	
Vegetables	Sprouted seeds (all kinds)						X
Vegetables	Squash (all kinds, raw)				X		
Vegetables	Straw grass						X
Vegetables	Thyme				X		
Vegetables	Tomatoes (raw)				X		
Vegetables	Tomatoes (sundried)						
Vegetables	Watercress				X		
Vegetables	Wheat grass						X
Vegetables	White cabbage				X		
Vegetables	Yeast			X			
Vegetables	Zucchini				X		