

# Secret Nutrition for Life!

(Food secrets that will keep you vitalised, prevent disease & allow you to live to a ripe old age!)

Paul A. Philips

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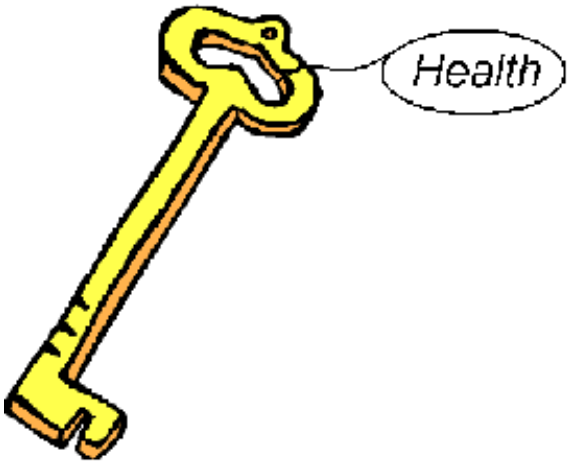
*Written by Paul A. Philips*

## A few words of warning…

Although this book contains vital life-saving information, with all the evidence to support, it is not a 'Health Manual'. This was written as a guideline and for educational purposes only. It is not a substitute for the trusted advice and direction of fully qualified health professionals, who you should consult for diagnosis, treatment and medical attention at all times.

# Contents

# Introduction




Ask yourself this. What are the things I hold most dearly in my life? Surely, there is one thing that has to be on the top of your list. After all, who are you without it? Your very freedom is, of course, dependent on it.

-That single most important thing is *your health.*

Now here's the next question. What are the key factors that determine your good health?

It can be said that your good health depends on the prevention of:

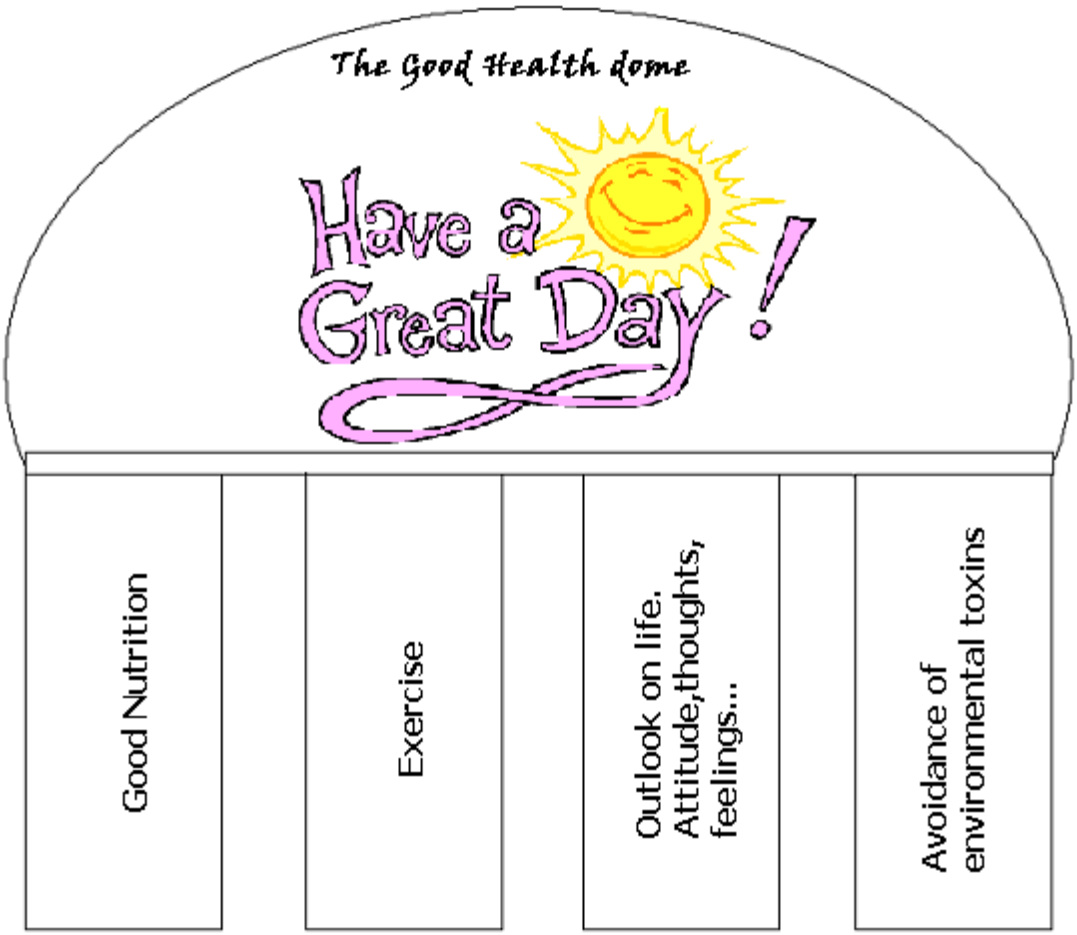
1. **Accident or injury**
2. Toxicity and/or stress resulting in **disease**
3. Or a combination of the above

With regards to number 1, we can of course go about life careful to avoid accidents or injuries. But the most significant key factors that determine people's health are in circumstance number 2, because the figures for ill health and deaths are much higher here.

Given that circumstance number 2 is much more significant, we can ask, what are the main factors that contribute to the prevention of disease?

The answer can be provided with an illustration.

## The 4 Pillars That support Good Health!




As you can see from the above illustration, there are 4 vital factors that provide good health and contribute to the prevention of disease. I wouldn't guarantee the health of anyone that chooses not to pay heed to all 4.

…So here is a brief overview of each pillar!

**1. Avoidance of Environmental Toxins**

In order for disease to rear its ugly head, one of the conditions necessary is that the body must have a certain level of toxicity. The culprits that cause levels of toxicity in the body are toxins that can be chemical, electrochemical or in the form of radiation.

Examples of the chemical sort are organic solvents present in things such as glues, paints and pesticides. Inorganic chemicals include heavy metals like cadmium; arsenic, lead and mercury, which can be found for example, in industrial materials, certain foods, toiletries...

-All these chemicals are capable of damaging the body's cells and affecting vital organs with vital biological processes. There is much evidence to show that chemical toxicity has been linked to disease.

Electrochemical and radiation toxins include microwave cooking (You may be a bit shocked by that. Read the interesting article by Anthony Wayne and Lawrence Newell 'The Hidden Hazards of Microwave Cooking' at the website mercola.com), other forms of irradiated food, overuse of mobile phones and living near power lines.

I strongly recommend avoiding overexposure or contact with toxins by educating yourself. It has been said that knowledge is king and a bit of savvy could save your life.

## 2. Outlook On Life. Attitude, thoughts, Feelings, Emotions…

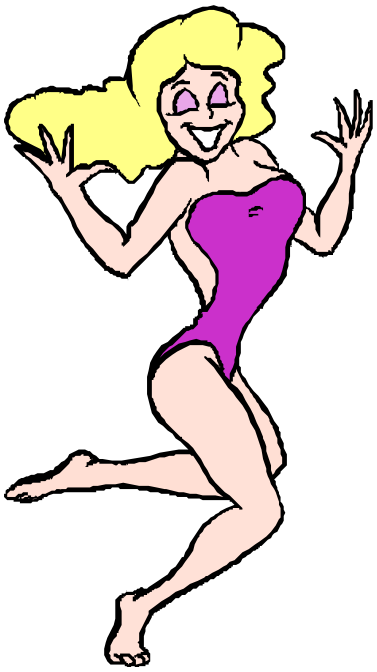
Maintaining A State Of Well Being.

As you know many folks devote themselves daily to checking out their physical appearance in the mirror to see if they look good. If people spent half this time looking at their outlook on life: Their attitude, thoughts, feelings, emotions then they would have transformation of the quality of their lives!

How come?

Life shows up as a consequence of your attitude, thought patterns, feelings, emotions: i.e. your ***way of being***. A clue to the truth of this lies in the Descartes statement: *'I think therefore I am.'* So, for example, any negative emotions: anger, fear, guilt, regret… will affect the outcome of your life and could help develop an illness.

Be really present to your outlook on life: attitude, thoughts, feelings, emotions… and handle it.



Think happy, sing a lot and love a lot…!

## Exercise

A typical recommendation is to do at least half an hour of exercise a day. I like to start the morning off by taking a short run so that I end up panting; taking in some fresh air and getting rid of the stale. Couple this with some good nutrition you'll then feel a lot more alert and charged up for the rest of the day. You may be fully aware that physical activity burns off excess calories and improves heart and blood circulation, but what is not so well known is that there are many other hidden benefits.


…Through exercise you can for instance.

- Enhance your cognitive ability. For example, evidence has shown that intelligence can be increased by improving brain cell coordination through regular bouts of activity. A really good book to read is 'Smart Moves' by Dr Carla Hannaford.

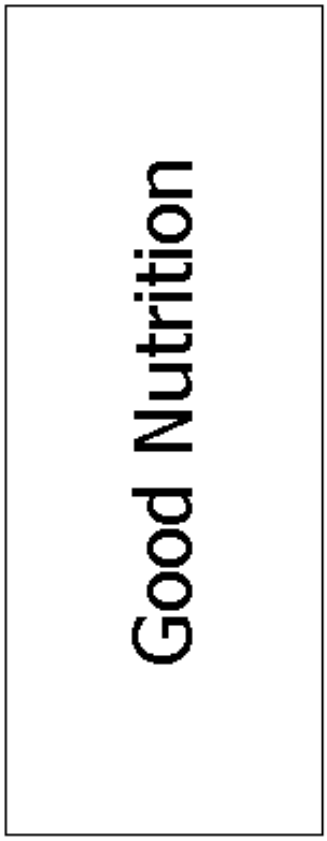
- Aid brain cell replacement. A 'USA Today' journal (Sept 21 2005) shows that some experiments revealed how brain cells were more readily made following exercise. Consequently, exercise has been recommended as one way of preventing Alzheimer's disease.

- Improve erectile dysfunction through better blood circulation.

- Combat ageing by a range of things such as by:

  1.Preventing reductions in muscle fibre.
  2.Restoring lung function
  3.Combating hypertension
  4.Delaying the onset of osteoporosis
  5. Serving as a form of detoxification

**And, last but not least!**




-The reason for me writing this!

## You will be amazed!

The reason I wrote 'Nutrition for Life' was to make people more aware of the invaluable health contributions made by good nutrition.

To this end I will discuss in some detail how it can be used to prevent and reverse the life-threatening illnesses: Heart attacks, strokes, cancer and diabetes…

Good nutrition has been shown to reduce ageing, keep away: allergies, respiratory troubles, skin disorders, digestive disorders, feeling down in the dumps or depression, mood swings, attention deficit hyperactivity disorder, violent behaviour… and as I will show you, much, much more.

After eating the right food and having been well hydrated you can feel that much more energised and revitalised.

–The necessary related methodologies, documentary evidence; scientific findings, case testimonies support all the above claims…

More and more people are waking up to the realisation that the vital role of nutrition has been greatly underestimated.

–This is my slant on the food revelation. I predict it will continue to unerringly sweep across the westernised / industrialised world with all its accelerated deliverance.

*To Your Very Good Health!*

*Paul A. Philips*

## Overview or Starting Post – The Road to Good Health Begins Here!

First I will give a brief resume. A general overview of how nutrition stands in the 'big picture' of things. This not only embraces nutrition and health related matters, but also the medical/pharmaceutical establishment's intervention, academia, approval bodies, the wheel of commerce, the media and political self-interests.

I cannot guarantee the health of anyone who does not see how the 'big picture' works and the way in which it can have an affect on people's well being. Without knowing this, there is more than vulnerability at stake. I discuss this in much detail in my book 'Health Expose' (uncovering the truth behind the medical/pharmaceutical industry). For now, however, only a brief overview is necessary.

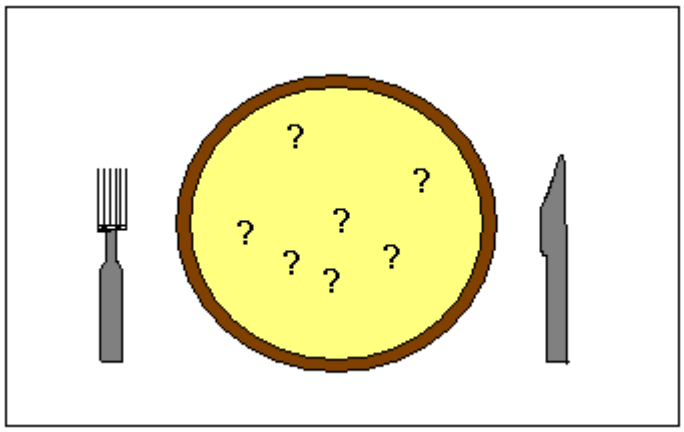
## Questions are the Answers

*'If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.'*

*- J.R.R Tolkien*
*British scholar & fantasy novelist (1892 - 1973)*

*'Water is the most neglected nutrient in your diet but one of the most vital'*

*-Kelly Barton (Author)*



**-What is good nutrition?**

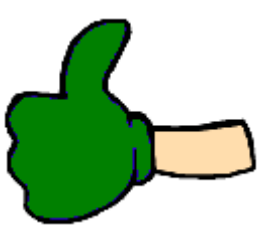
To answer, first it could be said that good nutrition must have all the elements of a well-balanced diet: Having all the adequate nutritional requirements for healthy growth and activity. The nutritional requirements being, carbohydrates, fats, proteins, fibre, water, vitamins and minerals.

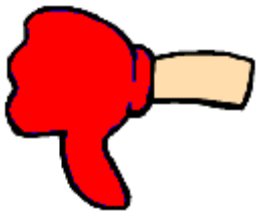
–Fine, but there are certain things the school textbook doesn't tell you:

***No distinction is made between the qualities of nutrition.***

How do you know when something is good for you? What are the main factors that determine whether or not food is healthy or unhealthy? Here is a list that will help distinguish.

# General List to Distinguish Good and Bad Nutrition

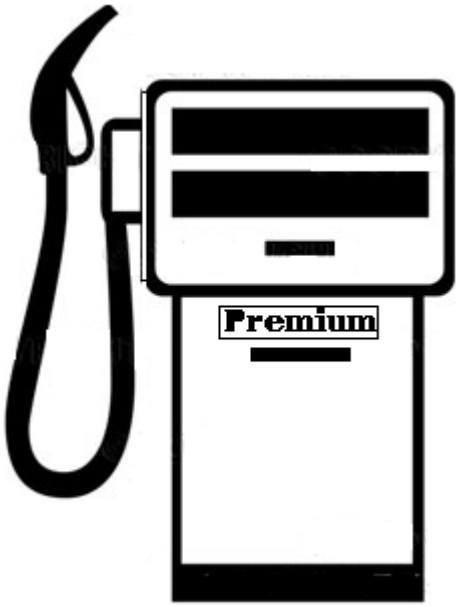




**Nutrition**

| **Good nutrition** | **Bad nutrition** |
|---|---|
| Natural and wholesome foods: E.g. Beans, nuts, fruit & veg. | Factory processed food with artificial flavouring, chemicals, preservatives, high trans-fats… |
| Organic farm produce. | Intensive farm produce having, herbicides, pesticides and fungicides and other contaminants. |
| Food with little or no heat treatment. | Factory food manufacture can involve high or low temperatures in processing. This causes the nutrition value to be greatly reduced. Sometimes the value can be next to nothing, like for example, refined sugar. |
| Eat less starchy grainy foods | Too much starchy grainy food. Health risks include obesity, diabetes, mood swings… |
| Clean water, preferably from a mountain stream. | Tap water has chemicals such as chloride, fluoride… |
| Fresh fruit juices. | Soda pops, coca-cola, fanta… etc. Commercial pops laden with too much sugar and containing potentially harmful ingredients like phosphates, aspartame… |
| Supplements: vitamins &minerals | Lack of may allow nutritional deficiencies to continue. |

Like I say this is not an exhaustive account but a general list. The main thing for now is to ***understand the underlying principles.*** I cannot emphasise this enough. I will go into this in much more detail later.




**How does good nutrition work?**

Nutrition is required for the body's metabolic processes. If it is good, then the body will run efficiently. Consider the running of a car. In this analogy, if the petrol used is a good grade then the car will run well. If the petrol is a poor grade, then it will run sluggishly. On the long-term it may cease to function. The same applies to the body when it comes to bad nutrition. If the body is fed on junk food and poor hydration (lack of water), then it may well become sluggish. If this continues on the long-term then disease could manifest and result in death.

Junk food in moderation x twenty-odd is not equal to good nutrition!

Let me put this into perspective. I'm not a nutrition Nazi. I'm not saying you should not eat any junk food at all for the rest of your life. I realise that it's okay to have the occasional binge. But remember, eating a high number of different junk foods all in moderation in a short time period does not mean that it adds up to healthy eating!

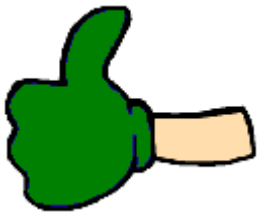
-Hence the above equation!

**-Why has nutrition been so neglected or underestimated in the role of good health and the prevention of disease?**

*"Let your food be your medicine and your medicine be your food."*
*Hippocrates 460BC—377 BC Greek physician*

The powerful role nutrition has in health and healing has been known since ancient times. Take for instance the above quote made by Hippocrates. From the nutrition perspective, the basic underlying principle of disease goes like this:

**Because of a change in the body's normal metabolism due to a POOR DIET illness shows up as a consequence.** (The metabolic processes had gone into a 'makeshift' response, caused by the dietary deficiency).

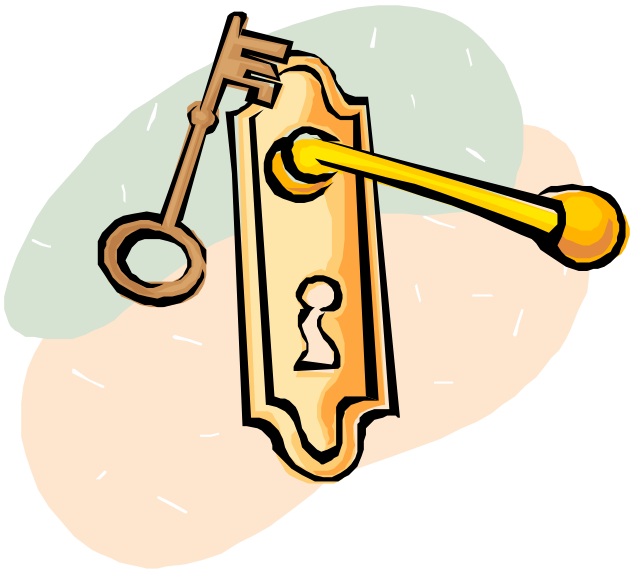


The effective solution is therefore to undergo a change in dietary habits. To this end, for those who are suffering, a dedicated, systematic and selective approach is needed.

**-**Or put another way, **the remedy for a *specific disease* is to frequently take much higher than normal supplies of *specific nutrition* to reverse or cure.**

For those considered to be well, eating the right food is the preventative way to staying healthy.
The above principles are well documented with all the scientific evidence and case testimonies needed to show the effectiveness of this approach.

-I will give examples with the relevant theory and practice later.



However, in spite of history having more than its fair share of innovators in the practice of using nutrition to heal, many have been ignored, quashed, suppressed or even ridiculed even when there is overwhelming evidence to show their success.

The reasons for this vital life-saving information not finding its way into mainstream and being kept under wraps generally go like this:

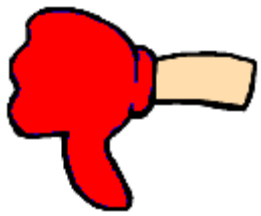
1. The pharmaceutical companies don't want people to know that there are such cheap and natural nutritional therapies that cure disease. They feel that their business would be severely threatened if the cheap and natural alternatives were well known. (Profits before people)

2. The medical establishment: training schools, Doctors, research institutions… are all heavily sponsored by the pharmaceutical companies who, because of bias or vested interest generally pay little or no attention to nutrition.

3. Because governments rake in huge revenues from the pharmaceutical companies they too have vested interest at heart and don't want you to know about the cheap alternative cures…

4. The media also keeps the true potential of nutrition under wraps due to vested interest: Because their big sponsors, the government and pharmaceutical companies pay them off to do so.
5. Approval bodies such as the FDA (The Food and Drug Administration), the United States set up, comprise a group of individuals who decide what food and drugs are safe to go on the market. Many of these individuals have ties with the very pharmaceutical or food companies they are judging! So any real decision-making made from these people will be most likely in favour of the pharmaceutical or food companies.

   Evidence has been shown time and time again that these individuals have been biased. It has also been shown that some of those who were not tied to companies during the time of the decision-making were later on. For example, some individuals who had been on the FDA later became appointed on the board of directors of the pharmaceutical companies.



**-How has our food and its nutrition value become greatly compromi$ed?**

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The corruption and dog-eat-dog world continues in the wave, shape and form of the food industry where making bigger profits is also favoured

over the more healthier option. This time, rather than food being underestimated or ignored, it is given a bad name. Because of the above point 5, the approval bodies have been known to allow many foods that are not healthy for us to get on to the market.

–Over the years, the number of corporate back-handers to corrupt individuals has ran into incomprehensible millions…

An example of this is the artificial sweetener aspartame. This has been known to cause many side effects such as the neurological related problems: loss of memory forms of dementia, brain lesions, and depression… Hormone imbalances, loss of hearing and epilepsy…and many other side effects have also been documented. Aspartame contains the potentially nasty chemicals phenylalanine and methanol.

–I bet you haven't read much information about this in the latest copies of the Daily Mail!

-Information on this can be got from a great book written by Dr. Janet Starr Hull called 'Sweetpoison'

Junk food and potentially harmful foods have also found their way on to the market, care of slick advertising and marketing. There is much trickery and deception involved in this. I will leave this subject for now since I have written a section on this for later reading.

The main thing for now is to get smart and realise there is a game going on played by the people mentioned in the 5 points who obviously don't really care about your health.

**The purpose of this book is to give you the opportunity to get wise; make informed decisions over what's healthy for you and take charge of your health.**

> *'The Doctor of the future will give no medicine, but will interest his patient in the importance of the human frame, diet and the prevention of disease.'*
>
> *-Thomas Edison*

So that you can use this book effectively, here are some questions for consideration:

- How would you describe your health?
- What would you like to see improved about your health?
- Are you a driver or a passenger in life?
- If the answer to the above question is driver, then how could you take control of your health?
- Just how committed could you be towards a healthier choice?
- Exactly how could nutrition help improve your health?
- What nutrition could you give up that's known to be detrimental to your health?
- Do you have difficulty in sorting out what is healthy and unhealthy nutrition?
- Can you picture how you could be as a consequence of having made a long-term commitment towards a healthier choice?
- What does improved health and well being mean to you in terms of:

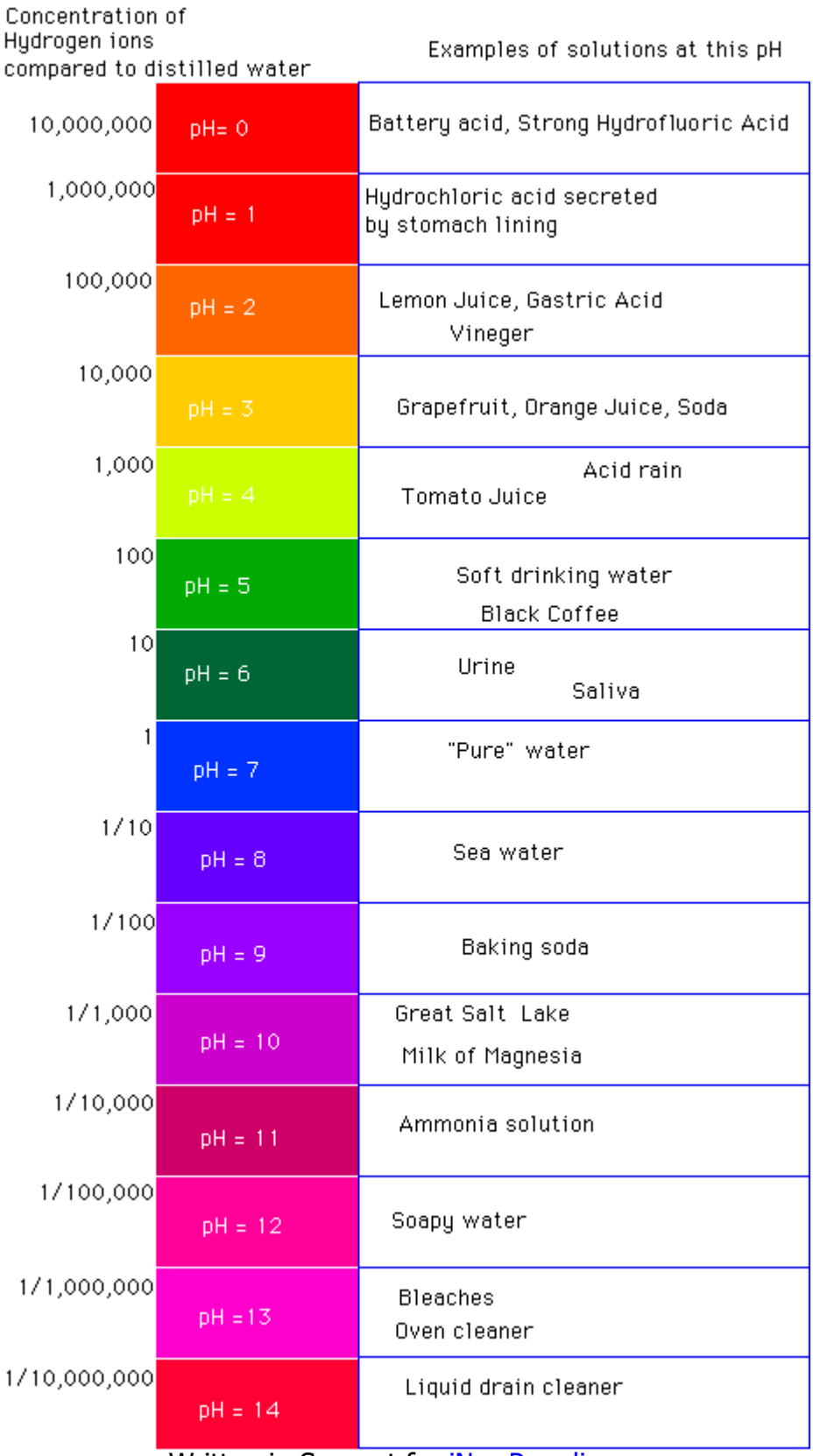
  Appreciating you?
  Appreciating others?
  Valuing quality of life in general?
  Freedom?

-You may want to hold on to these questions as thoughts and considerations or write some answers down and pin them on the wall... That's up to you, I realise.

Whatever you chose as a response, I strongly recommend you engage in the healthier option so that you can use it in conjunction with this book.

# The Alkaline Diet

## The pH Scale



**Note for those not familiar with the pH scale**

We can see from the chart that the pH scale measures whether or not a substance is an acid or alkaline: An acid has a pH of less than 7. The lower the pH the stronger the acid. pH 7 is neutral. An alkaline has a pH of more than 7. The highest pH is 14, which is the strongest alkaline.

**You are what you eat?**

-This saying is not accurate. It's not really true either. However, what is accurate and true is **'You are what you digest and absorb.'**

Take, for instance, the example of fruits. They have an acid pH, but after eating and digesting, many types of fruits absorbed into the body then become alkaline. They give an alkaline ash residue.

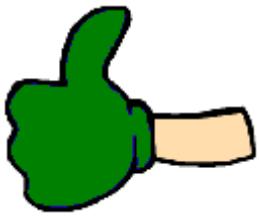
Any foods that give an alkaline ash residue when absorbed into the body are called **alkaline foods**. Foods that give an acid ash residue when absorbed into the body are called **acid foods**. It is important to distinguish the differences when choosing a healthy diet.

**Getting it right…**

Ideally, for optimum nutrition a good diet should strike a balance between 80%/20% alkaline/acid foods respectively. Ideally, your pH should be around 7.4.Before I list what foods are available to strike this right ratio in favour of the alkaline diet, it has been well noted that many people are out of balance. The reason being that there has been a rise over the years of not so good, or even downright poor nutrition, such as those containing trans-fats, certain saturated fats, refined sugars, starchy carbohydrates…This has given rise to higher acid foods and a predominantly more acid ash residue in the body. It comes as no surprise to me that the rise in acid foods correlates with the

increase of the major life-threatening illnesses, cardiovascular disease, cancer and diabetes…over the last 60 years or so.

## So what are the possible benefits of an alkaline diet?



- Feel more alive and alert
- More able to concentrate better
- Far less prone to mood swings…
- Need less sleep
- Feel more willing to do exercise
- Serves as a strong prevention against disease
- Slows down the ageing process

# Alkaline Foods for the Alkaline Diet

## The vegetables

Spinach, asparagus, broccoli, carrots, celery, cucumber, lettuce, courgette, cabbage, greens, swede, squash (summer, butternut, yellow etc), peppers, chilli, tomato, onion, garlic, chickpeas, pinto beans, kidney beans, spring onions, root ginger, and aquatic vegetables such as sea kelp and sea dulse.

## Salad Recommendations

Avocado, celery, cucumber, dandelion greens, kale, lettuce, rocket, spinach, walnuts, almonds, macadamia nuts…i.e. any nuts accept cashews and peanuts. Seeds of different sorts such as pumpkin, sunflower, sesame, flax or any sprouted seed… and watercress.

## Some Herbs and Spices…

Basil, parsley, coriander, ginger, garlic and dandelion greens…

## Grasses Include

Barley, wheat, oat and lemon etc…

## Some Necessary Fats

Flaxseed or linseed oil, olive oil, avocado oil, evening primrose oil…

## For Fruits…

Banana, Tomato, grapefruit, lemon, lime…

## Sprouted Seeds

Broccoli sprouts, Chinese bean sprouts, adzuki beans, lentils, chickpea…

## Some Dips and Sauces

-But be careful of the contents. Watch out for the additives, preservatives…etc if any, from the factory processes. Humus, guacamole, pesto…

## Drinks

Vegetable juice, ionised water and green tea…

# Acid Foods

## Meats

Beef, pork and pork-based products, lamb, mutton, chicken, turkey and pheasant… Crab, shrimps, prawns, lobsters…i.e. crustaceans. Sardines, cod, haddock and salmon.

## Dairy Foods

Cheese, cream, butter, milk and milk-based drinks, eggs, yogurt and ice-cream.

## Miscellaneous

Spaghetti, macaroni… i.e. all types of pasta, white bread, wholemeal bread, bran oat, bran wheat, whet germ, blueberries, honey, oatmeal, peanut butter, peanuts, pistachio nuts rice (brown and white), plums and prunes.

## From the Convenience store

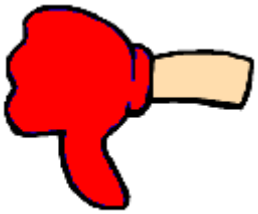
All refined sugar products. Microwavable, ready made or instant meals. Beware of the cans of, tins of, packets of… foods with all their mysterious E -numbers, preservatives, chemicals, over saltiness… Dehydrated (powdered) soups, fast foods, soy sauce, cooking fats and oils, saturated fats and

hydrogenated oils. Sunflower oil, corn oil and margarine, which, by the way, is worse than butter. Canned drinks, fizzy drinks, tea, coffee and artificially sweetened drinks…

## Some Foods that are neutral, but have the effect of acidifying…

Are corn oil, sugar and high fructose corn syrup.

## The acid diet can cause



- Overweight
- Diabetes
- Immune deficiency
- Kidney & bladder problems
- Fatigue
- Premature ageing
- Osteoporosis

- Aching joints
- Aching muscles
- Heart disease
- High blood pressure
- Strokes
- Parasitic infection
- Digestive disorders
- Mood swings
- Difficulties in concentrating

Remember that this is not an exhaustive account but a general list.
Getting the 80%/20% alkaline/acid balance doesn't have to be a complicated affair. If you get a fair share of salads, selected fruits and nuts with raw vegetables, preferably of the organic kind and good healthy oils, then you are well on your way to achieving the favourable balance. Always drink plenty of good clean water, preferably that which comes from a mountain stream.

Generally, the acids foods to be careful of are:

Meats, fatty foods, dairy products, factory-processed foods, sweets… If foods are overheated then the vitamin and enzyme content will be spoiled, causing the nutrition value to be greatly reduced.

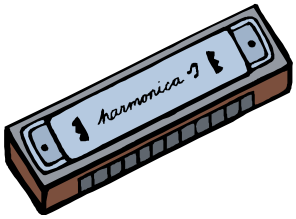
## A Recommendation

If you want to systematically pursue the alkaline diet, then I recommend an excellent course devised by Michael Murray:

http://AcidAlkalineDiet.com/letter.htm

# Blow away those bad food blues…

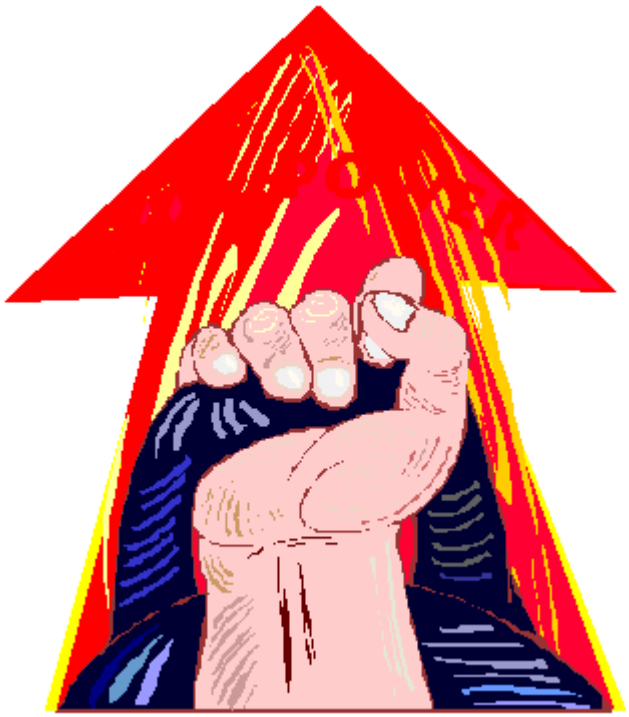

# …Eat more greens!



Above all, if you are not alkaline balanced, then I strongly recommend you take the stand and make those simple changes to make the switch. Just see how much more alive you'll feel.

# Bon Appetit!

# The Healing Power of Vitamin C



*'...the lack of this molecule [vitamin C] in humans has contributed to more deaths, sickness, and just plain misery than any other single factor in man's long history'.*

*-Irwin Stone, Biochemist. Quoted from The Healing Factor 'Vitamin C Against Disease.'*

*"There are more than ten thousand published scientific papers that make it quite clear that there is not one body process (such as what goes on inside cells or tissues) and not one disease or syndrome (from the common cold to leprosy) that is not influenced -directly or indirectly by vitamin C."*

*-Dr. Emanuel Cheraskin, Dr. Ringsdorf and Dr. Sisley from THE VITAMIN C CONNECTION*

*'I think I know what the answer is... we can get almost COMPLETE CONTROL of cardiovascular disease, heart attacks and strokes by the proper use of this therapy... even cure it.'*

*-The late Linus Pauling twice Nobel Prize* winer, lecturing on how the Unified Theory (*www.paulingtherapy.com*) **Uses vitamin C *as a major component to prevent and reverse cardiovascular disease.***

*'There was something odd about the results of the experiments Linus Pauling reported in the 1980s: patients lived longer - much longer. Those treated with vitamin C lived an average of four times as long as control patients who did not receive vitamin C. This massive improvement was unparalleled in the history of medicine'*

*-The Cancer Breakthrough Handbook on Vitamin C Therapy for Patients and Doctors by Steve Hickey and Hilary Roberts*

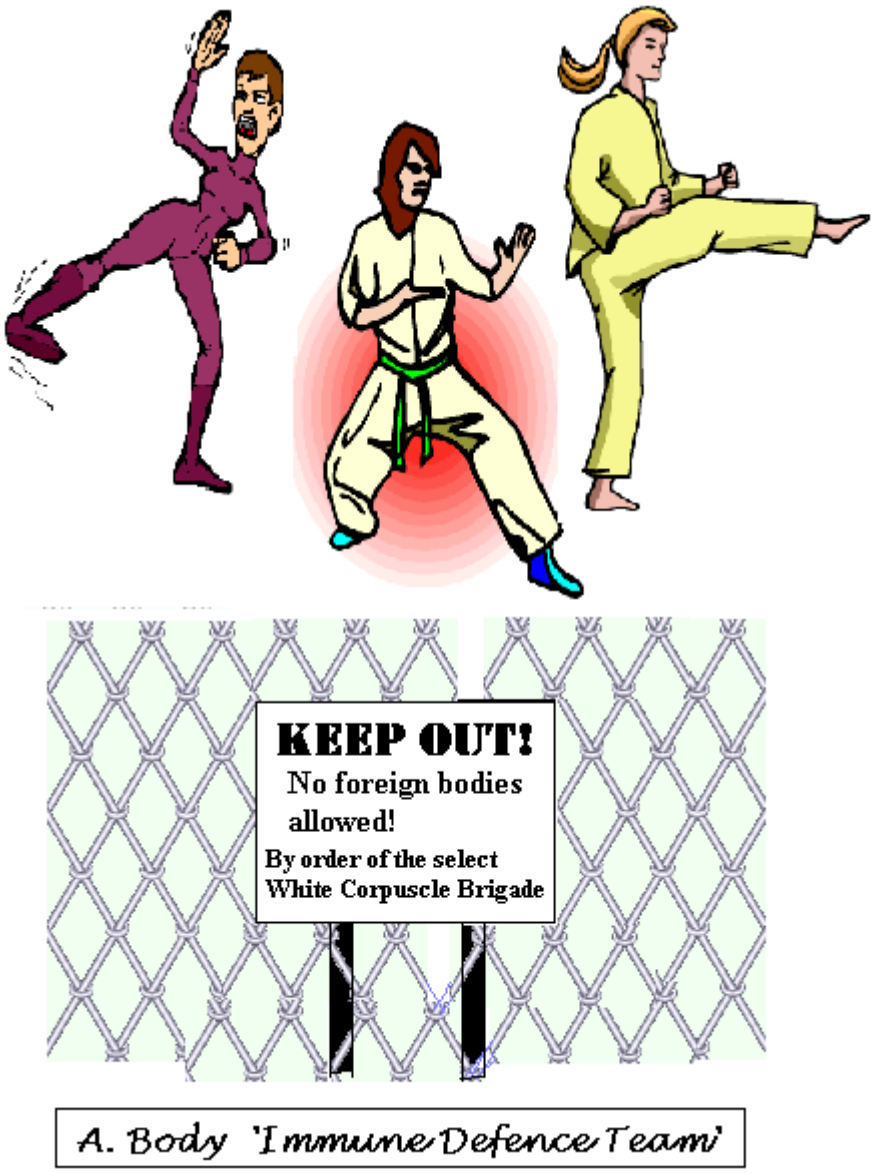
**So what role does vitamin C play in good health?**

**&**

**What can a deficiency in vitamin C lead to?**

**For optimum body functions**

When it comes to keeping the body's metabolic processes running smoothly for optimum health vitamin C has a hand in a vast number of vital functions. Any of the body's organs, tissues or cells deprived of this wonderful nutrient would soon start to go awry in functioning.




A. Body 'Immune Defence Team'

**As an immune system builder**

The white blood cells are involved in immune defence: They kill off the unwanted foreign matter that invades the body. The types of white blood cells involved in immunity are called the T-cells and macrophages, which vitamin C is involved in the making of. If the immune defence could not do its job, then toxicity and disease sets in.

**As an antioxidant**

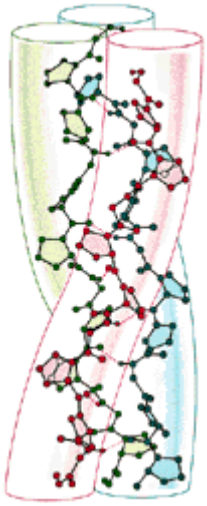
Damage to the body's organs, tissues and cells happen by means of reactive molecules called free radicals. These free radicals can cause damage by oxidation. They may come from environmental toxins such as heavy metals, noxious hydrocarbons; herbicides, fungicides, pesticides…or a whole range of chemicals like, for example, nitrosamines from nitrates found in factory processed foods. Smokers take in free radicals when inhaling…The extent of the damage caused by oxidation can range from ageing to a number of chronic conditions such as cancer and cardiovascular disease.

-To this end, vitamin C has shown to be a highly effective antioxidant by 'mopping up' free radicals and preventing them from doing damage by oxidation.

> *'...that ascorbate is useful as part of the treatment of almost all diseases. This almost universal benefit is because massive doses of ascorbate neutralize massive amounts of free radicals and free radicals mediate all inflammations. Most acute infectious diseases can be cured if the free radicals are eliminated.'*
>
> *-Dr. Robert Cathcart (www.orthomed.com)*

**Where immune system building and antioxidant comes together.**

Because Vitamin C serves as an immune system builder and antioxidant, it acts as a good source of cancer prevention. I will cover the subject of cancer and how good nutrition can be used to prevent it later.



## Vitamin C in the maintenance of collagen

Collagen can be found in connective tissue. Skin, bone, teeth intervertebral disks, tendons, ligaments, cartilage and heart valves…are some of the connective tissues that contain collagen. Without collagen our tissues would not have their structural integrity or togetherness. Therefore, a lack of this vital protein could cause some serious illnesses.

Studies have shown that collagen deficiency has been linked to a lack of vitamin C in the diet. Vitamin C has an involvement in the making of collagen in the body.

## How effective is vitamin C in the prevention of cardiovascular disease?

To answer, I'll take as an example the case of Jacque Cartier and his seamen:

## Jacque Cartier and Scurvy

Around 1535, sea captain, explorer in search of wealth, Jacque Cartier attempted to sail to Montreal with his crew. Getting as far as the St. Lawrence River, Quebec City, his ship became encased in ice due to a terrible winter climate. During the time they were marooned, his men became sick with scurvy. In fact 25 of them died due to this disease. Historic records describe his account of the situation with some fascinating gory detail!

*'Some did lose all their strength and could not stand on their feet…others also had their skins spotted with spots of blood of a purple colour. Then did it ascend up to their ankles, knees, thighs, shoulders, arms and legs. Their mouths became stinking, their gums so rotten that all the flesh did fall off, even to the roots of the teeth which did almost all fall out.'*

Unknown at the time, because of a lack of vitamin C (ascorbic acid), the crew were suffering from the body's inability to make the connective tissue proteins: collagen and elastin. These two proteins make the walls of our blood vessels. They are extremely strong. It has been said that they are stronger than the same width equivalent of iron wire. Without this materiel, the body goes into a makeshift response by metabolising a fatty type substance to make the walls instead. However, this fatty type substance has nowhere near the strength and rigidity of its counterparts collagen and elastin for building the walls of our blood vessels. Consequently, skin legions, scabs and holes had formed in their blood vessels, which had caused the vessels to become frail and leaky.

–Hence, the outcome, **scurvy**, a lack of vitamin C in the diet. Vitamin C is an essential in the building of the strong vascular connective tissue proteins. Fortunately, before the time came when they would all be pronounced dead, the natives helped Cartier's men regain their health. The natives took and boiled the bark and needles of white cedar. Rich in vitamin C, this mixture was then given to the crew who soon became well again.

Some years later it became official policy by the British Navy to give sailor's vitamin C enriched foods such as lemons or limes. (This is how the term 'limeys' came about). However, because of the heel-dragging by the authorities it had taken years before the diet was implemented. As a result many had already died of scurvy.

-What's this all got to do with heart disease? I hear you ask.

Read on!

In 1953, Canadian physician G.C Willis put forward the idea that cardiovascular disease was caused by a lack of vitamin C. Through his research, he found that vitamin-C-deprived humans and guinea pigs were discovered to have fatty atherosclerotic deposits in their vascular tissue, characteristic of heart disease. [1]

So, doesn't this beg the questions: What's the difference between the scurvy that Jacque Cartier's men had and the heart disease indicators that Willis' subjects suffered? Or, it could be asked, how is it that Cartier's crew didn't die of heart disease?

The difference between scurvy and heart disease is that scurvy is a sudden, short-term result in vitamin C deficiency after a few weeks or months. While heart disease is slower and long-term. Remember, the latter may take years to develop. Or, put another way, heart disease is a misnomer; it should really be called **chronic scurvy.**

Further evidence supporting Willis' findings came from Paterson, a fellow Canadian researcher. He found that heart patients were deficient in vitamin C. [2]
Around the late 1980's, some very interesting discoveries were made:

1. It was established that heart disease in its early stages starts with a structural change, a crack or stress fracture in the walls of arteries. On similar lines, it was known that many animals could manufacture vitamin C in their bodies without the need for diet. This is why these animals did not get any of the above stages and never have heart attacks. [3] (more on this later).

2. As mentioned earlier, heart patients were vitamin C deficient. As a result, their bodies could no longer maintain and repair the artery walls due to an absence of the usual building materials, two proteins called collagen and elastin. Without this materiel, the body goes into a makeshift response by metabolising a fatty type substance to manufacture the walls instead. It was discovered by Beisiegel *et. al.* in Germany that this fatty type substance was made up of low-density cholesterol (LDL); the so-called 'bad cholesterol' with an additional protein molecule attached, and, together, is called the lipoprotein(a) molecule, or Lp(a) for short.

3. Lp (a) was found to be quite sticky and thus led to the build up of plaque, the atherosclerotic deposits leading to the narrowing or blockage of arteries. In 1987 a Nobel prise was given to Doctors Linus Pauling and Matthias Rath for discovering that Lp (a) occupies the lysine (and proline) binding sites in the arteries.

   Pauling and Rath later found with further experimentation, as the vitamin C deficient chronic scurvy condition progresses, the liver makes more Lp (a) molecules, which, in turn, deposit on already existing atherosclerotic plaque formations.

-Putting these amazing discoveries together with conclusions we can clearly see that the implications are huge:

**Conclusions**

**Essentially, heart disease is a dietary deficiency: A lack of vitamin C and two of the essential amino acids lysine and proline that take part in the formation of good, strong and healthy blood vessels.**

In Rath's own words.

> ***'Animals don't get heart attacks because they produce vitamin C in their bodies, which protects their blood vessel walls. In humans unable to produce vitamin C (a condition known as hypoascorbemia) dietary vitamin deficiency weakens these walls. Cardiovascular disease is an early form of scurvy. Clinical studies document that optimum daily intakes of vitamins and other essential nutrients halt and reverse coronary heart disease naturally.'***

In effect, Pauling and Rath have put forward a unified theory and found a cure for heart disease.

**-Essentially, the answer is to increase the amount of lysine in the blood: The Lp(a) molecule has a binding site, a point where the lysine molecule can attach. If there is a large enough concentration of lysine, then it will be a very high probability that it will bind with the Lp(a) and prevent it from going to the plaque patches on walls of the arteries. -Thus, Lp(a) is rendered harmless.**

**The other essential action is to increase the vitamin C intake to high doses for improving the health of the blood vessels. Thus, allowing the connective tissue proteins elastin and collagen to the make the walls again.**

**- Quite an extraordinary revelation wouldn't you say???**

**Implications: The Pharmafia and Their Cover-Ups!**

Before Pauling and Rath's discoveries, the idea of a unified theory and therapy based on dietary deficiency had already been talked about in fearful tones around the corridors of many a medical / pharmaceutical research institution. However, because of vested interest, mainly in corporate

profitability with the perceived financial threats, the cheap alternative therapy has received scant attention.

**–Is this lack of interest one of the greatest lapses in medical history?**

Linnus Pauling's own comments.

> ***"Vitamin C has been under investigation, reported in thousands of scientific papers, ever since it was discovered (circa) fifty years ago. Even though some physicians had observed forty or fifty years ago that amounts to a hundred to a thousand times larger (than the RDA) have value in controlling various diseases, the medical profession and most scientists ignored this evidence."*** [4]

Not aware of the protocols laid down by Pauling for his unified therapy, Doctors have been known to routinely inform heart patients that vitamin C has no real value. There is much experimental evidence to prove the efficacy of vitamin C, while no evidence is available to show its ineffectiveness. Furthermore, there are many, many case testimonials to prove Pauling's miraculous therapy. Take the case of Jeff Fenlanson a 52 year old from North Carolina, USA. He received the high-dosages of vitamin C (14g) along with 5-6g of lysine each day for only 2 days. After this short time he was shown to recover. Before this '2-day' reversal he had spent 10 years in the hands of cardiologists! [5]

–This case was quite exceptional. For this and other case testimonials, demonstrating the Pauling miracle therapy, I suggest you look at his website: www.PaulingTherapy.com .


So convinced that the therapy is essentially the cure for heart disease, on the website a link can be found. It puts forward a wager, challenging any competing therapy to perform as well or do better. The wager is negotiable and the details can be found on www.internetwks.com/pauling/short.html for terms and conditions. So far, there have been no takers.

> *"Although physicians, as part of their training, are taught that the dosage of a drug that is prescribed for the patient must be very carefully determined and controlled, they seem to have difficulty in remembering that the same principle applies to the vitamins."* –
>
> *-Linus Pauling.* [6]

I mentioned earlier, the good news was that mortality rates for CVD were decreasing. In fact, they have since the early 70's. It is no coincidence, but a pattern, that after Pauling published his book regarding vitamin C, aided by other popular writers and the enthusiastic support from the public, sales for the vitamin increased by 300%. While the USA saw an amazing 40% reduction in heart disease! [7]

Other examples of a breakdown in collagen formation and connective tissue integrity with a lack of vitamin C includes:

**Disk herniation**

Intervertebral disks exist in between the backbones. They cushion the backbones during movement, acting as shock absorbers. Due to excessive wear and tear and a lack of vitamin C, the outer surrounding of the

intervertebral disk becomes less tough and worn, forming pinholes. This allows the inner soft material to find its way on the outside, causing it to make contact with nerves around the spinal column. This can be quite painful. However, from a Japanese study it suggests that frequent intakes of vitamin C can remedy the situation by strengthening the intervertebral disks and restoring their structural integrity. [8]

## Vitamin C and the Prevention of Stress

What happens during stress?

Instead of the dietary supply of vitamin C going in to the body's normal metabolic pathways, some or much, depending on the circumstances is diverted and used in the handling of stress. This stress situation could demand so much vitamin C that it may deprive the body's metabolic pathways of an adequate supply. If this occurs then it could lead to a deficiency and then an illness.

Examples of the type of stress situation leading to vitamin C depletion and illness could be:

Physical: Being cold and wet burdens the body and demands its homeostatic mechanism to maintain a normal temperature…All this requires vitamin C and could lead to a failure in maintaining our immune system without a normal supply of this nutrient. –This is how we can catch colds or flu.

Mental: During mental stress, the sympathetic nervous system responses for action are switched on as a way of coping. This involves the 'fight or flight' mechanisms; a rise in adrenalin, increased heart rate, faster blood flow to the brain and muscles, higher sugar levels and dilated pupils… This demands vitamin C. If there is depletion in the supply of vitamin C to the metabolic pathways because of this stress reaction then illness can result. -Frequently being stressed can lead to illnesses such as cardiovascular disease due to the long-term depletion of vitamin C.

Some solutions…

Bear in mind that there are critiques of the vitamin C solution. They say that it does not work as a cure. But the reason for this is because they have not used a high enough dosage in their experiments. –Remember the above Linus Pauling quote? He basically that said that physicians seem to forget how the careful and correct dosage should equally apply to vitamins as well as medicine for their effectiveness.

An excellent website: www.vitamincfoundation.org provides a solution for curing the common cold. I have tried it myself and it has worked for me.

The link for the page on the cure for the common cold is:

www.vitamincfoundation.org/surefire.htm

Another excellent website is www.cforyourself.com On this website, there is also some good advice given on taking the right doses of vitamin C with plenty of studies and case testimonies in support of its effectiveness in preventing and curing a whole range of ailments.

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6. **Linnus Pauling 'How To Live Longer and Feel Better' 1986 pg.106**
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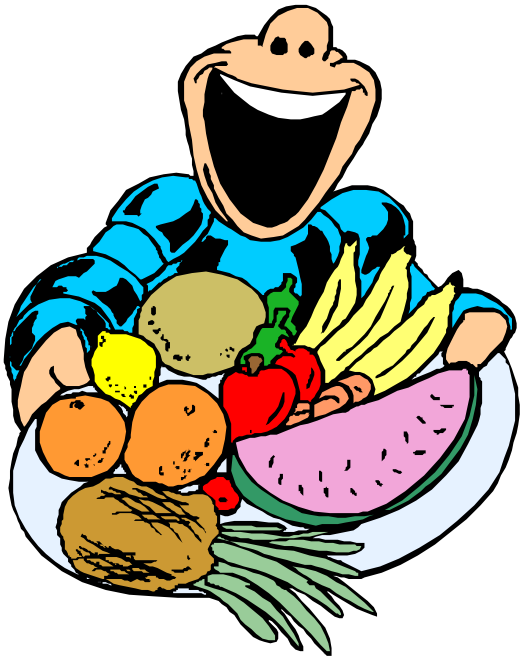
8. **cforyourself.com**

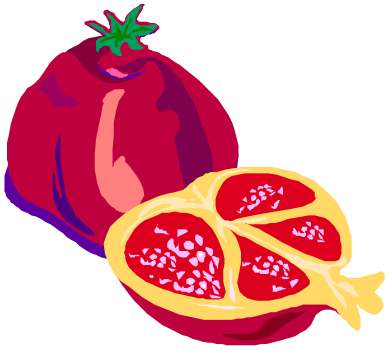
# Anticancer Nutrition



Cancer manifests as a consequence of two things: *Toxicity in the body and stress.* It doesn't matter what type of cancer it is. These two factors are always the *root cause.* Detoxify the body by good nutrition and take out the stress and a person can be cancer-free.

However, for cancer, there is a specific dietary regime called 'metabolic nutritional therapy', which I will go in to later. Apply this, with extended tender loving care and attention to the other factors that make up illness: a positive outlook on life, avoidance of environmental toxins and an appropriate regime of exercise (about half an hour a day) and success in taking control of your health can be yours.

Being cancer-free and therefore healthy means that the body's cells function optimally. For optimal function, the body's cells must have an unrestricted flow of oxygen, nerve impulse and nutrients. The cells must be efficient in the uptake and removal of materials. Ultimately, it's all about the smooth ebb and flow of energy…



## Features of an anticancer diet

### 1. The food is immune system building

Immune system building is one of the most important factors when it comes to the prevention and treatment of cancer. The 'Big Four' health factors: Diet, exercise, the environment and our psychology all contribute to the state of our immune system. Remember doctors pay very little attention to this. Any consideration, for example, to the types of food you eat, which could give a lot of healing power, does not bring money in for the pharmaceutical sponsored orthodox medical approach. This is a sad failure from doctors to not realise how Big Pharma has educated them for profits, rather than a genuine care for the patient.

I would suggest a review of what you eat. Sort out the things that are good and bad for you, and then make some simple gradual changes towards a healthy diet. How long this will take depends on you. The main thing here is not to be too drastic. Do things on a slow, steady gradient, and then perhaps there will be a lesser chance of caving in on your healthy resolution and going back to your old ways. The worst thing I have found is to be tempted by one little morsel of junk food or suchlike, which in effect can open the floodgates towards going back to your old dietary habits again. Resist this and you're well on the way towards a healthier diet. –This is how it has worked for me.

### 2. Organic food is recommended

Don't begrudge the extra money; it's worth it when considering your health. Here are my ten reasons for going organic:

1. Organic crop is grown naturally, free from pesticides, herbicides, fungicides and other cocktails of poisonous chemicals. For example, an apple not organically grown can have something like 25 different chemicals on its skin, even when washed.

2. The nutrition value is something like 50% higher than intensively farmed food: Higher vitamin, mineral, enzyme and micro-nutrient content being the factors.

3. Saying no to GMO food is something I highly recommend for three reasons: a) Considerations to safety. Particularly the long-term effects are yet to be determined and are potentially dangerous. Food companies and their research and development have not invested enough time and money on this.

b) Natural occurring food has higher nutrition value and c) Companies that genetically modify will own the crop (patents). In other words, that which is naturally belonging to Mother Earth could become property of some greedy corporation. Think about the serious implications here…

Choosing organic can be your way of saying no to GMO.

4. Intensively farmed animals are frequently given a wide range of chemical cocktails such as antibiotics, hormones like bovine growth hormone (BGH), anti-parasite drugs… and other medications. These noxious substances remain in the animals when they are killed and turned into food produce for human consumption. The same applies to dairy food.

5. Organically raised animals are at a far lesser risk of becoming diseased and passing on the contamination to humans after they have been killed for consumption. For example, there were no BSE cases reported in organically raised cows.

6. Many people such as myself think that organic food tastes nicer.

7. Organic farming is more conducive to nature. It produces a greater diversity of life and is more flourishing.

8. There is a far less chance of animal diseases such as BSE occurring on organic farmlands, which can be quite costly.

9. There have been far higher cases of illness on intensive farms amongst its workers. This has been related to the agrochemicals used. Therefore, choosing organic farm produce supports a healthier option, not only for the animals but also for its workers.

10. Organic farmland is safer for the public at large to visit

### 3. A vegetarian diet is recommended

After cigarette smoking, meat is the next biggest potential cancer causer. Taking the above point 4 for going organic, the high toxicities in intensively farmed animal food produce and the chemicals; preservatives, flavour enhancers…etc in the manufacturing process of meats, are the reasons. –All pose as a threat to your immune system.

Other health threats in meat eating include cardiovascular problems due to the poisons mentioned in point number 4. Meat contains unhealthy fats, which can contribute to artery blockages.

A vegetarian diet can avoid the above risks. Many vegetarians like myself are known for having healthy blood pressures and heart rates. There is enough evidence left, right and centre to show that longevity occurs more frequently in vegetarians.

### 4. A good supply of fresh fruit & vegetables

As shown in my table 'Some Examples Of A Cancer Free Diet' eating a range of fruits and vegetables and nuts (frugivore)… etc frequently, is health promoting. This kind of diet serves as part of a sound way of building your immune system. Fruit and vegetables have a high nutritional value, high water content and are low in calories. When eaten, say with plenty of water, the stomach expands and signals nervous messages to the brain, giving the feeling of having eaten a big meal or enough food (a good point for the slimmers). There's a lot more to it than that. In this brief mention, it will be suffice to say for now that fruit n' veg of the organic kind has a high vitamins and minerals content. Because the body is made up of about 70% water, it is a good idea to include around just over 80% of high-water content foods (fruit n' veg, and food from the garden…?) Processed foods neither have the high vitamin and mineral or high-water content. They also leave an unhealthy acid condition in the body, unlike most fruit, when absorbed into the body leaves a very health promoting alkali ash. It is to this end that when fruit is eaten on any empty stomach, it is left unhindered to produce an alkalised body. Not only will this serve as a great way of preventing cancer but also, the other hidden benefit is that of making you feel more vitalised and energised. Through trying this I have found that I need less sleep.

### 5. Get a good share of fibre & whole grain foods

Eating fibre and whole grain food acts as a good all-round healthy option. Both improve digestion. Fibrous, solid food gives bulk to the intestine and encourages peristalsis (movement of food along the alimentary canal for digestion). It therefore helps in the stages of digestion: the breaking down of food and then its absorption or uptake into the body for metabolic processes,

and finally the elimination of waste, not allowing a build up of toxins. No doubt, this all helps in the prevention of cancer and greatly reduces the risk of many other diseases.

### 6. Stay well hydrated

It should be well understood that many of the drinks on the market do not have the qualities that water possesses necessary for health. There are so many people drinking things like soda pops, with their high sugar content or artificial sweeteners, giving rise to toxins in the body. Tea or tea or coffee is no exception either when it comes to toxins. The two drinks also loose water through their diuretic effect. After a barrage of all these beverages, no wonder the body is crying out for good clean drinking water. No wonder there is so many degenerative illnesses. They can be traced to a lack of water intake. When intake is increased over time many of these conditions have been known to disappear. [1]

The daily recommendation for water is a couple of litres a day. This volume serves to:

1. keep the digestive system flowing and help flush out the toxins, as well as other spring-cleaning chores

2. Detoxifies the body's cells

3. Maintains water on the lungs

4. Helps to keep the body in an alkalised state. The ideal pH being around 7.4

It is important to drink plenty of water for cancer prevention and is an absolute essential for patients.

## Some Examples of A Cancer Free Diet

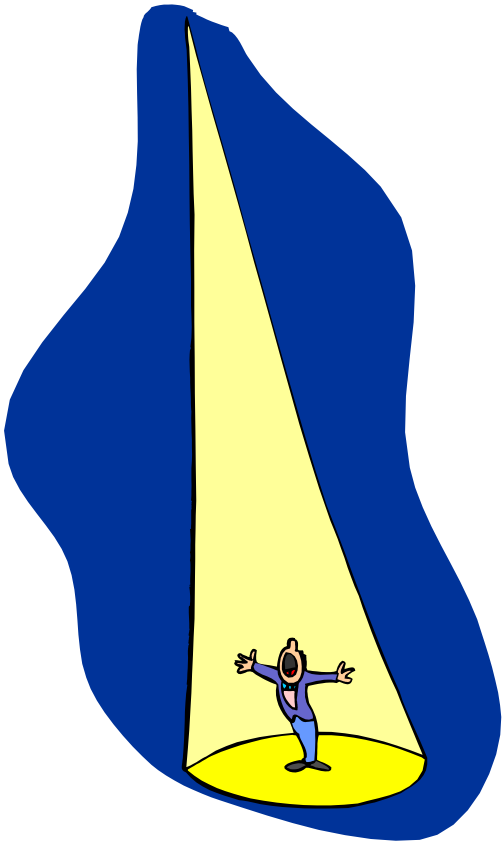
| Type Of Nutrition | Source | Function | Comments |
|---|---|---|---|
| Multivitamins: | | | |
| Vitamin A (retinol) | Carrots. Or as a beta carotene supplement | An essential for metabolic efficiency | Acts in combination with other nutrients. |
| Vitamin B15 (pangamic acid) | Can be taken as a supplement. | Liver detox.Oxygen rich kills cancer cells. | Found in milk thistle (silymarin). |
| Vitamin B-17 (laetrile) | Apricot kernels,seeded fruits, broccoli, cabbage, cashews, bitter almonds, macadamia nuts, garlic, broad beans, chickpeas. Lentils & bamboo shoots. | Nitrilosides in foods react with enzyme in cancer cells.This leads to destruction of cancer cells. | Apricot kernels most effective. |
| Vitamin C or antioxidants. | Citrus fruits, apples, potatoes and green tea. | Antioxidant. Mops up free radicals. | An essential for immune system building & healing. |
| Minerals: | | | |
| Zinc | Can be taken as a Supplement. | Transports laetrile into cancer cell. | Check for amounts as a supplement. |
| Selenium | Mushrooms, garlic & Onions. | Prevents formation of free radicals. | Check for amounts as a supplement. |
| Calcium | Almonds, broccoli, seeds & beans. | Alkalizes the body. | Cow's milk NOT recommended. See section on milk. |
| Enzymes: | | | |
| Trypsin & Chymotrypsin | Produced from the Pancreas | Removes protective protein coating around cancer cell. The cell is then killed off by immune cell. | When frequently eating large amounts of animal protein e.g. meat, may well lose this function. |
| Bromelain & Papain | Pineapples & Paw paw | Removes protective protein coating around cancer cell. The cell is then killed off by immune cell. | Also has vitamin C |
| Water: | Natural mineral water | Many functions. E.g. removal of toxins. | Drink plenty of it |

## Some Examples Of A Cancer Causing Diet

| Avoid | Reason |
|---|---|
| Dairy products. | Insulin growth factor (IGF) in dairy such as cows milk is known to lead to breast & prostate cancer. See above for other sources of calcium.<br>Immune system can also be compromised. 2 |
| Animal protein. E.g. meat. | See above for functions & comments on enzyme therapy, trypsin & chymotrypsin. Vegetable proteins recommended, e.g. nuts, beans and soya. But not processed soya. |
| Processed & fried foods | Contain many chemicals, flavour enhancers, preservatives…The food have been denatured & therefore, has poor nutritional value. These foods have been known to cause DNA injury, leading to cancer. 3 |
| Refined sugar / Artificial sweeteners, e.g. NutraSweet & aspartame. | Promotes the cancer processes of uncontrolled rapid cell division. Sugar can lead to cancer of the ovaries, breast, prostate & rectum. 4<br>Can severely reduce the biochemical formation of vitamin B complexes. 5 Also, is capable of interfering with the pancreatic production of trypsin & chymotrypsin enzymes. 6<br>All if taken on the long term & in large amounts can greatly increase the likelihood of cancer happening. |
| Caffeinated drinks & Alcohol | Go easy on stimulants. Tea & alcohol also. However, green tea is very good. |
| Unclean water / Toothpaste with fluoride | Chloride / fluoride and other chemicals in tap water is metabolic poison. |
| Active / passive smoking | At risk of lung cancer. |

*'Our great grandchildren will look back at this period and wonder how we could condemn one third of the population to cancer, when for the last fifty years we've had good evidence that much of this disease could be eradicated.'*

*-Ross Hulme Hall, chairman*
*Dept. Biochemistry, McMaster University*



**The amazing story surrounding Vitamin B-17, the Hunzas and other cultures isolated geographically from the westernised/industrialised world**

As far back as the nineteen thirties the spotlight of attention had been on a range of tribes throughout the world who had been isolated from 'civilisation'. Examples had included; The Hunzas tribe of Karakorum located in north-east Pakistan, the Abkhasian members of the Circassian people who live to the east of the Black Sea, the Azerbaijanis of Azerbaijan situated around the crossroads of eastern Europe and western Asia and the Eskimos such as those from Greenland…

People, who had been to these isolated areas, returning to their western worlds, had some amazing stories to tell regarding longevity. For instance, Sir Robert McCarrison, senior Doctor to the King of England, had reported that many individuals from the Hunzas tribe were living to ripe old ages, looked remarkably well and there had been no incidences of the major life-threatening illnesses such as cancer, or any other diseases. It had been said that it was nothing to see many of these remarkable people fit and well and continuing to do hard physical labour at the age of 100 years old. Other ages had been reported to be over 100 years and up to as high as 150 years.

Consequentially, over time, many more western world researchers from various backgrounds: medical, physiological, psychological, sociological, political… were sent out to these isolated areas to study the indigenous tribes and their lifestyles. From the studies they had come to some major conclusions explaining their longevity, which can be summarised:

1. Diet. They consistently eat a diet of fresh fruits and vegetables, dried fruits, legumes, whole-grains…Dairy produce and meat was eaten but in much less quantities compared to the western diet. They drank mineral-rich water regularly and this was used to frequently irrigate their crops.

2. Non-toxic environment. That they lived far away from the poisons of the westernised/industrialised world significantly contributed to their well being.

3. Exercise. It was nothing to see the Hunzas perform many arduous tasks, ranging from carrying loads across challenging terrain to playing physically demanding sports games, regardless of age.

4. Outlook on life. The Hunzas were reported to be very high spirited and happy people with a good attitude…

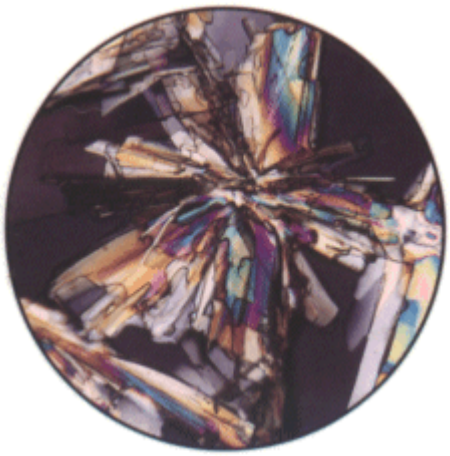
-As you can see, the four above points are basically the same principles as the four pillars that support good health on page 6 with, of course, the same reasons.

After his many studies, both out in the field with these indigenous tribes and in the laboratories with his experiments, he made the following comment.

*'I know of nothing so potent in producing ill-health as improperly constituted food. It may therefore be taken as a law of life, infringement of which shall surely bring its own penalties, that* ***the single greatest factor in the acquisition of health is perfectly constituted food.*** *Given the will we have the power to build in every nation a people more fit, more vigorous and competent; a people with longer and more productive lives, and with more physical and mental stamina than the world has ever known.'* [7]

Following in the footsteps of McCarrison in the nineteen-thirties, more research on the indigenous tribes continued over several decades, which supported the above statement and the above four conclusions considered to be the major contributors towards longevity.

## Laetrile and Vitamin B-17 Cancer Treatment



A Laetrile (Vitamin B-17) Crystal

Bearing in mind that there had been no reported cases of cancer from the studies on the Hunzas people, it was noted that one of the main food sources in their diet was apricot kernels as well as other stone-based fruits. It was discovered that these fruits were rich in vitamin B-17.

From his very convincing research, Biochemist Dr Ernst Krebs claimed that cancer is a disease, caused by a lack of vitamin B17 (laetrile) in the diet. He suggested that stress factors lead to cancer due to an exposure of a lack of this vitamin.

*'There are many of us in the western world who do not ingest this amount...in the course of an entire year.'* [8]

*-Ernst Krebs talking about the amount of vitamin b-17 rich apricot kernels eaten by the Hunzas.*

*If you have any questions about laetrile, the more Critical, the better, because we are dealing with solid science that admits there is no rational alternative in ten years that have passed since these meetings began. Nothing has come about which does anything except make more obvious that laetrile, vitamin B17, is the answer to cancer.*

*- Ernst T Krebs Jr, talking at an annual cancer convention held at the Ambassador Hotel in Los Angeles, 1974.*

The conventional medical / pharmaceutical establishment doesn't want you to know about the effectiveness of the cheap and non-toxic vitamin B-17, and metabolic nutritional therapy, because they perceive this as a great threat to their business. Knowing that their revenues would be compromised, the government doesn't want you to know either. As a result, over the years, the media, care of the pharmaceutical companies and the government, their biggest sponsors have published flawed science, unjustly damning articles and baseless scare stories…condemning vitamin b-17 and its use in metabolic nutritional therapy.

Proof of the effectiveness of B17 is overwhelming, coming from many sources besides Krebs. Further studies on isolated non-cancerous populations free from the spoils of the westernised diet and toxicity have also been carried out. If you are interested in the findings and much more information on a diet related to this I highly recommend several excellent books:

-'B-17 Metabolic Therapy…A Technical Manual' Put together by Phillip Day, which discusses the subject in great detail.

-'Cancer Why We're Still Dying To Know The Truth' Also by Phillip Day.

-Both of these books are on Credence publications. www.credence.org

- 'A World Without Cancer' by Edward Griffin. This It can be accessed through an excellent website www.vitaminb17.org

## Vitamin D -The Sunshine Vitamin!

I more than suspect that most doctors have no idea when it comes to the full benefits of vitamin D. As well as its use in a whole range of treatment and prevention such as:

- **Type 2 diabetes** [9].
- **As an anti-inflammatory agent…**[10].
- **Protection against multiple sclerosis** [11].
- **Reducing bone fragility in old people** [12].
- **Parkinson's disease** [13].
- **Renal (kidney) failure if in chronic deficiency of the vitamin** [14].
- **Much more prone to chronic pain if in deficiency of the vitamin** [15].

**Vitamin D also has showed some amazing results when looked at as a form of cancer prevention.**

**The Creighton, Nebraska Study 'The Greatest Cancer Breakthrough Ever'**

In June 2007, the American Journal of Clinical Nutrition published an article. It showed by means of a three-year study how 1179 post-menopausal women in Nebraska prevented cancer risk by as much as between 60-77%. This amazing result was achieved by giving the women vitamin D3, the sunshine vitamin (so called the sunshine vitamin because humans can obtain all the requirements of vitamin D3 through getting 10-15 minutes of natural sunlight daily). This was given in the way of dietary supplementation. Principally, Professor Joan Lappe of Creighton University School of Medicine had conducted the study [16].

One website had called it the 'greatest breakthrough on cancer, ever.' The findings certainly show that **vitamin D is a lifesaver when it comes to cancer prevention and it alarmingly reveals how it is neglected in the diet.** From her results, Professor Lappe at the university described vitamin D as **'*...a critical tool in fighting cancer as well as many other diseases.'***

In spite of its important findings, the report did not make it to the more prestigious journals such as the 'Journal of the American Medical Association.' It was also published on a Friday, a low impact news day, a time usually for less significant research.

I have no doubt, the reason being for its lack of recognition was due to the fact that the medical/pharmaceutical establishment don't want this effective form of cancer prevention to be pursued: Think of the money they would lose if the public knew that sunshine could be doing more good than their expensive medicine that can do more harm than good!

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# Knowing What Puts the Junk in Junk Food…

# …And How To Avoid It!

## Examples of junk food

You know the things I'm talking about. Burgers, fries, pizza, potato wafers, soda pops, refined sugar products (see my later title 'Sugar Me Not')…

## The hallmarks of junk food

- **High in calories**

The huge increase in junk food over the last fifty years or so has been linked to obesity

- **Low in nutrition value**

Lacking in the essentials of a well balanced diet. Heat treatment (both high and low temperatures), irradiation, microwave… affects the vitamins and enzymes content. Lacks fibre…There's no doubting as to how this food got its well–earned title?!!

- **Unhealthy contents**

Such as refine sugar, high in nasty fats and high salt levels…

- **Contains chemical additives**

Artificial flavour enhancers, artificial sweeteners, nitrosamines from nitrites and preservatives…

- **Addictiveness**

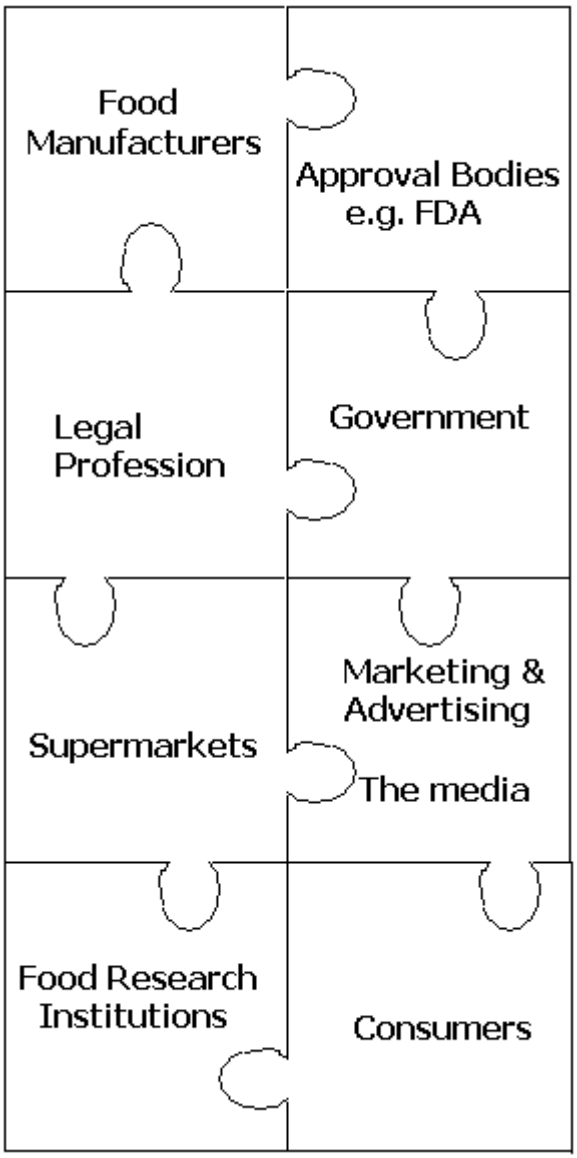
Certain chemical additives can be there to cause this addiction

- **Known to have a hand in the cause of many illnesses**

Junk food has been linked to: Cardiovascular disease, cancer, diabetes, obesity, digestive disorders, respiratory disorders and ageing related illnesses, mental health problems…

- **Cheap to manufacture**

**The Rise and Rise of Junk Food over the Last 50-60 odd years and The Big Picture**




*'People think the FDA (Food and Drug Administration) 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.'*

*-Dr Herbert Ley in response to a question from Senator Edward Long about the FDA during US Senate Hearings in 1965*

Before any foodstuff is put on the market it has to be given the okay by an approval body. An approval body is a group of individuals who decide whether or not food is safe for human consumption. An example of an approval body is the United States' FDA.

Approval bodies, however, have more than their fair share of biased representatives; individuals' having financial ties to food companies. Some of these individuals are funded by the very companies they are supposed to be impartial with when it comes to judging the safety of their food products!

In some cases, if they didn't have financial ties at the time, they did later. For example, it has been known for some individuals to become directors after making approvals for the companies concerned.

Because governments rake in huge revenues from the sales of these questionable foods, they do little in the way of intervention. The food companies and the governments heavily sponsor the media whom, in turn, also show stand-down behaviour by not putting out bad publicity regarding products. In fact, the media, because they are paid off, generally chose to promote instead.

As a consequence, potentially dangerous or poor-quality food with little or no real nutrition value has been allowed on the market. Over the last fifty or sixty years or so years, this has hugely increased in numbers on the many unsuspecting consumers. Together with much deception, slick advertising and marketing, this is a major reason for the rise in ill-health over the years.

**-In short, the powers that be don't really care about your health. It's a case of putting profits before the health and safety of people.**

*`The world is a dangerous place, not because of those who do evil, but because of those who look and do nothing.'*

*-Albert Einstein*

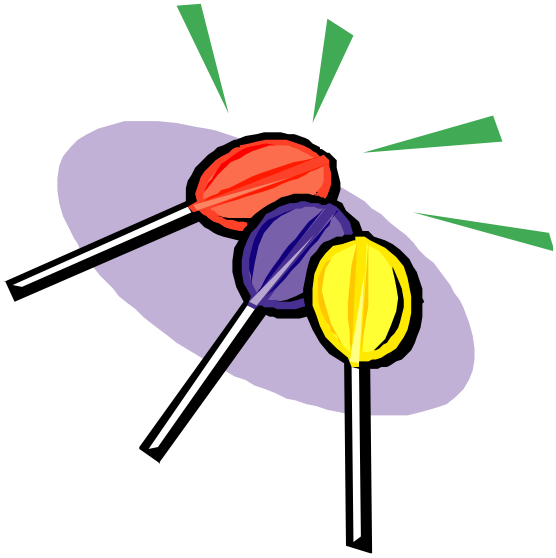
*`If a nation expects to be ignorant and free, it expects what never was and never will be… The People cannot be safe without information. When the press is free, and every man is able to read, all is safe.'*

*-Thomas Jefferson*

**The Cascade effect is the solution…**

Please, do realise that your food choices are of paramount importance. Take control of your health by **educating yourself** on what makes good nutrition. Then make the necessary dietary changes and **tell others** how they too can feel healthier and vitalised…

# Sugar Me Not!



-There is this insidious white substance… It can be crystalline or powdery in form... On face value, it has been innocently described as *'all the delight from the land of milk and honey…'* Or, in Shakespearean times referred as a *'white-handed mistress, one sweet word with thee ... honey, milk and sugar, there is three.'*

Like other drugs such as tobacco, it is highly addictive, gives a rush and then sends it consumers into withdrawal symptoms if it goes amiss. Its effects are potentially harmful. Recently, an article from the BMJ (British Medical Journal) said it should be called a 'hard drug.'

Besides confectionery, cakes, biscuits and fizzy drinks it shows up, sometimes unsuspectingly, in a whole host of other foods that gets passed off for so called nutrition.

-Yes, I am talking about refined sugar.

## The Disturbing Facts Regarding Refined Sugar or sucrose

### ❖ Refined Sugar is close to zero nutrition value

Because of the industrial processes involved in manufacturing, sugar has very, very little nutrition value: The vitamins and enzymes have become denatured (loose their molecular shape) and thus fail to contribute to the body's metabolic requirements. Refined sugar is also devoid of mineral content. However, natural sugars like raw sugar cane and raw sugar beet are okay and are highly nutritious and not harmful.

### ❖ It is pure energy

Basically, glycaemic index is the term used to describe the time it takes for a carbohydrate food source to be converted into glucose to the blood stream after eating. Because refined sugar breaks down so quickly and can contribute to a rapid rise in blood glucose, it has a high glycaemic index.

For those who frequently eat significant amounts of refined sugar products, this can lead to many problems.

Because a large intake of sugar causes a sharp rise in blood glucose, the pancreas jets out high levels of insulin as a sudden response. The insulin converts glucose into glycogen as storage in the liver.

However, the overreaction of high insulin more than converts the excess glucose. This results in the blood having lower than normal glucose levels. Consequently, hunger is felt. Remember that, an individual in this circumstance has more than enough glucose, but it has been converted as storage in the liver.

So, the need to munch away again is carried out (more sugar perhaps?). The even more excess glucose from this next eating binge causes the glucose storage to get converted into fat…Frequent recurrences of this situation can lead to obesity and type-2 diabetes.

### ❖ It can cause Type-2 Diabetes

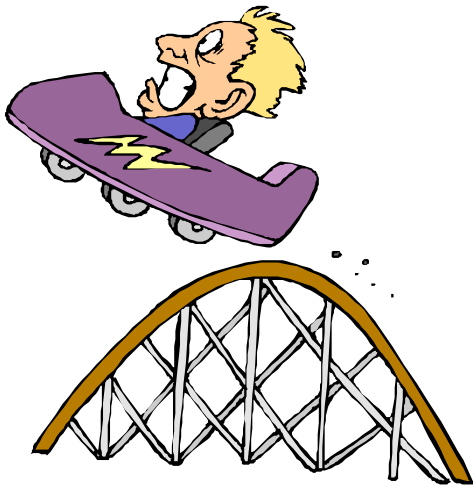
Diabetes is the body's inability to control the blood glucose levels. Diabetes type-1 is where there is *insufficient insulin*; a lack of insulin produced from

the pancreas needed to regulate sugar levels. In the case of diabetes type-2 the insulin levels needed are sufficient. However, the insulin produced is *ineffective:* What this means is the insulin is not in any way defective but is ineffective in that the body's cells do not respond to it.
**With reference to the earlier point regarding the constantly high sugar intake and high insulin levels as a response: This is how the body develops type-2 diabetes over time. It takes about 6 years to manifest.**

The sad thing is that there are now record-breaking numbers of children developing this disease as young as six or seven years old, such as those in the United States of America.

**Is this slow-motion suicide?**

Obesity and the failure to metabolise carbohydrates effectively could lead to illnesses such as: Poor night vision, blindness, kidney disease, cardiovascular problems, liver failure, damage to nerves, impotence, obesity, failure of wounds to heal properly, not to mention type-2 diabetes can lead to a whole range of side effects. This includes: Alzheimer's disease, a lack of male function with low testosterone levels…There is no doubting that diabetes type-2 goes hand in hand with obesity.



❖ **<u>Hyperactivity, mood swings and depression</u>**

There is much evidence to support the idea that 'food changes the mood'. Individuals taking high levels of sugar on a regular basis are no exception. Take the case of children as an example. If you want to see some of them not bouncing off walls and have their hyperactive state prevented or greatly reduced: the solution may be easier than you think. - Just stop giving them sugar. Substitute this for good natural, wholesome food and watch them change their behaviour.

Mood swings and depression has been linked to fluctuations in blood glucose levels. Remember, when refined sugar products are eaten, first there's the 'rush' or 'highs' experienced, and then the pancreas overcompensates by jetting out more than enough insulin (roller coaster ride). This results in too much glucose converted in to storage. So now there's low-level blood glucose. Cravings for more of that sweet stuff comes about and the accompanying feelings of being foggy headed, depressed or down in the dumps results.

## ❖ Sugar feeds bad micro-organisms

If ever there is a circumstance whereby disease is allowed to manifest, it is by means of a sugar environment. Microorganisms can be abundantly present in the body's internal dead-end regions. For example, they can be at ducts or lymph nodes. Feed them on their favourite food, sugar, they will grow and multiply. Consequently, you could be well on the way to illness from the toxic environment they generate.

Candida (*Candida albicans)*, the yeast infection in women is an example of this. John Parks Trowbridge, MD and Morton Walker have written a book called 'The Yeast Syndrome' They show how this debilitating infection can be got rid of. Kicking the sugar habit is one of the things necessary for a successful recovery.

Sugar is also food for cancerous cells. Unlike normal cells that use oxygen, the cancer cell uses glucose for its metabolic requirements. For more information on this take a look at www.cancerfungus.com

## ❖ Sugar and Ageing

> '*Another reason to avoid sugar is to slow down the ageing process. If you want to stay looking young, it is very important to limit sugar to the smallest amount possible. It is the most significant factor that accelerates ageing. It is a negative fountain of youth. It does this by attaching itself to proteins in the body forming new sugar-protein substances called advanced glycation end products (AGE). The higher the age levels, the faster you are ageing. As this study points out, sugar also increases oxidation elements in the body (free radicals) which also accelerate the ageing process.'*

*-Dr Joseph Mercola www.mercola.com/2000/aug/27/sugar_free_radicals.htm*

As you can see from the Mercola quote, another reason to give up sugar is to prevent premature ageing.

The Advanced Glycation End-products (AGE's), the nasty yellow-brown compounds made up of sugar and body tissue protein he talks about acts as a precursor to ageing. In effect, the body becomes oxidised and then ageing, premature grey hair and wrinkles… manifests. Sugar addicts may be rusting themselves away into an early grave since degenerative disease could soon follow on.

Remember that sugar has no nutrition value of its own. It is of no use to the body's cells: No contribution to growth or repair. So if sugar is eaten, the body is depleted of nutrients by having to deal with it. For example, as William Duffy quite rightly points out in his excellent book 'Sugar Blues', through eating sugar, the body is depleted of copper, which is an essential in maintaining the elasticity in veins and arteries. This could lead to strokes or aneurysms. Other essential elements such as sodium, potassium and calcium are used up in handling the sugar onslaught. If too much calcium is used in dealing with sugar, then this could lead to osteoporosis. Not all the sugar is detoxified in the body. Metabolic remnants are left behind that accumulate as fatty deposits.

Sugar can also contribute to an unhealthy acid imbalance in the body.
(See my section on acid/alkaline foods)

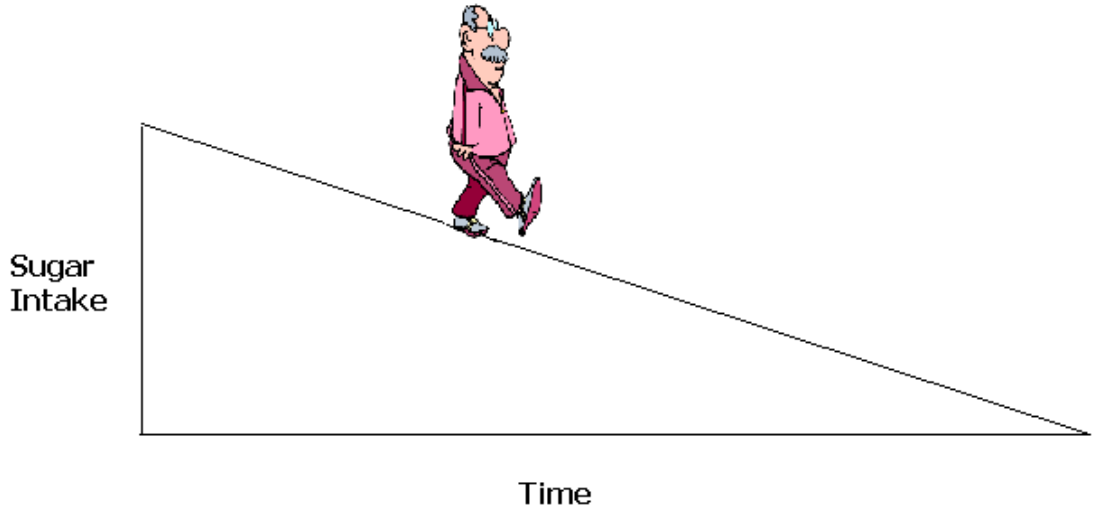
## Some solutions?


In light of this information, folks may now want to look at the possibility of kicking the sugar eating habit. Some might be able to cut it out of their diet

straight away, but I'm sure there are others who would not be able to give it up so easily.

**…Here's what you could do**

## Give up sugar on a slow and steady gradient




-This is how I have given up some of my eating habits. It is quite simple and has worked really well for me, without feeling too uneasy along the way.

First give up something you feel comfortable with. No matter how small or insignificant it is. Just do it. Then, after a length of time, you haven't eaten this food, and no longer want to, go on to the next step.

Then, on step two, give up something else you feel comfortable with…and apply the same principles as step one.

Then give up something else in the same way and so on…

There are two crucial principles that must be applied when it comes to giving up sugar on a slow and steady gradient (or giving up any dietary habit for that matter).

In order for it to work, chose time lengths between each step that are comfortable for you. For example if it takes as long as a couple of years to successfully give up sugar completely, because each step took so long then so be it…and NEVER, NEVER, go back into eating any of the smallest things you

have given up along the way. The same of course applies after having kicked the habit completely. Just the slightest fanciful morsel eaten will open the floodgates for your habit to return fully and no doubt become the ruin of you!

**Turn to fruits instead**

There are plenty of highly nutritious low-glycaemic index fruits, which could be eaten as a compromise for the sweet stuff.

Low glycaemic index fruits include: Apples, cherries, plumbs, grapefruit, and bananas…

**Eat more proteins and fats, instead of the starchy/grainy carbohydrate foods on the market with little nutrition value**

Some of the starchy/grainy foods are advertised as low-calorie, but it also follows they have a low nutrition value. -Don't be fooled by the advertising on the label.

**Finally, eat at regular intervals so that your insulin levels are more consistent.**

# The Milk Deception

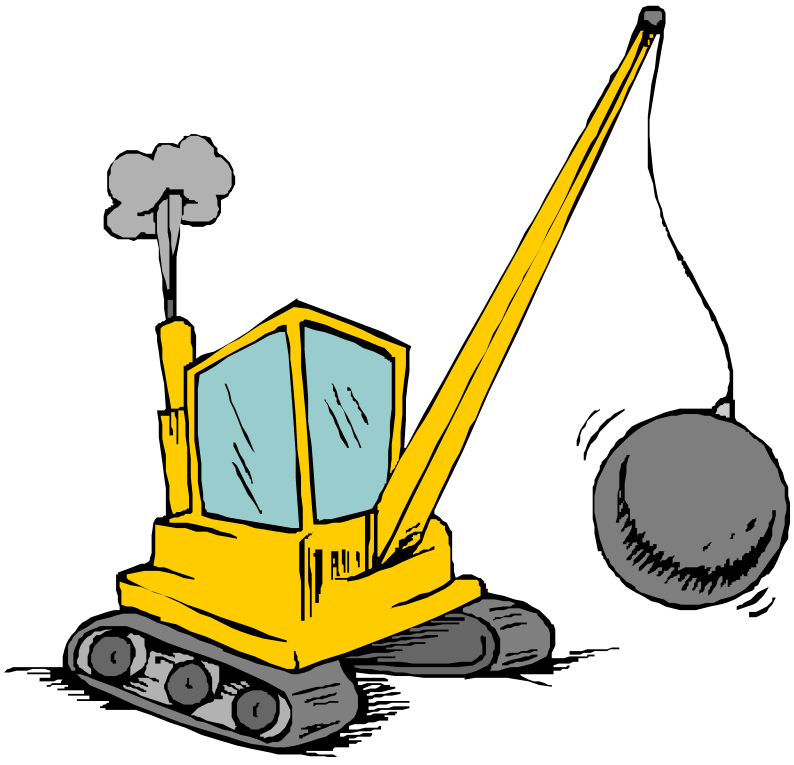

It may have come as quite a surprise to some people from the previous section that refined sugar products have no nutrition value: That they actually deplete the body of essential nutrients when eaten and can cause harm. Perhaps it may come as an even bigger surprise to some that milk is not the great food product it has been touted to be.

To a certain extent, it is understandable why many people think that milk is good for them. 'Mothers milk' was indeed the first food that we ever received: the loving link and the road to our survival… I, like many can remember my Grandmother saying 'How would you like a nice cup of milk?' Again, the association of milk with tender loving care. Many of us, such as myself can recall in infant schooldays that care of taxpayer's money, the milk marketing

boards were funded to give us free school milk. We were told that milk was good for you. This, no doubt planted the indoctrination into us for when we grew up…Milk drinking has been regarded as part of our culture. -With this observation alone, no wonder its popularity has continued. Slick advertising and marketing have further added to the deception: The T.V commercials showing the beautiful people with athletic bodies holding up the white stuff to their lips... I heard some spokesman on a national radio station say that milk is highly nutritious. It's funny that he just happened to be a director of a dairy company!  Hospitals promote and encourage it. Nutritionists have been known to give it the thumbs up. Where would you get your source of calcium to give you strong bones? They might say...

Having had all these experiences and so much information pumped into us you'd think that we should be having our own personal taker of the stuff in our back gardens. How would we ever manage without our regular supply?

However, having said all that, some people have wizened up. The demand for milk is not what it used to be. The truth of the matter is that **milk is not good for you.**



**Now this is where I demolish some belief systems about the goodness of the white stuff: Here are the reasons why milk is not good for you.**

**Milk's nutritional value is severely compromised through manufacture**

Care of slick marketing and advertising deception with its white lies (if you pardon the pun) milk has been lauded as a great nutrition source. Very sadly, this in fact has very little to do with the truth.

Because of the industrial processes involved in the manufacture of milk: pasteurisation, homogenisation and sterilisation…its enzymes and vitamins have become denatured (lost their molecular shape through the heat treatment…). This in effect has greatly reduced its contribution as a nutritional source to the body's metabolic requirements. Why do food-manufacturing companies do this when they know that the industrial processes severely compromise the nutrition value? It's all to do, of course, with making bigger profits. Pasteurised milk lasts much longer and can be transported longer distances in higher numbers…

**Milk is only a short-term food supply for new-borns**

Those who are not in favour of milk have said that it is only good for baby cows. We are a nation of milk drinkers, but no other species of mammal carries on consuming milk beyond babyhood. Like other mammals, in nature, once a calf starts to learn to walk, it does away with milk and starts to eat solid food. After all, you're a big boy or girl now…

***Cow's milk has specific nutrients to assist the developing calf only.***

Nutrients in cow's milk vary greatly when compared to human's milk. For example, cow's milk does not have as much as eleven essential fatty acid components (most specifically linolenic acid) in human's milk needed for an infant's neurological development. It has something like four times more protein than human's milk and has much more mineral content. The cow's milk content is there for aiding its developing body…

Bearing in mind that cow's milk does not have around eleven essential fatty acid components for the infant's neurological development, a study published in the Lancet in 1992 (Vol. 339, p. 261-4) showed that young infants reared on mother's milk, when tested 10 years later, had a higher IQ (intelligence) than the other group brought up on a milk formula.

Other studies have shown that young infants have had their neurological development stunted by taking cow's milk [1].

Dr Frank Oski spoke out against his peers, the American Academy of Paediatrics', discouraging cow's milk as a food source for infants:

> `*It is my thesis that milk (cow's milk) should not be fed to the infant in the first year of life because of its association with iron deficiency anaemia, occult gastrointestinal bleeding, and various manifestations of food allergy. I further suggest that whole modified bovine milk should not be consumed after infancy because of the problems of lactose intolerance, its contribution to the genesis of atherosclerosis (heart disease), and its possible link to other diseases.'*
>
> *-Dr Frank Oski, Paediatrics, 1983: 72-253*

This comment sets the trend for the next reason why milk shouldn't be consumed by children and adults.

**Thousands of scientific studies document the harmful effects of milk.**

**Firstly, let's look at what milk contains. Milk is not the pure white substance it is thought to be…**

In spite of the industrial processes: pasteurisation, homogenisation and sterilisation used in manufacture, milk contains many undesirables. It may come as a shock to some that hormones, pus cells (white blood corpuscles), antibiotics and other chemicals…are all present in commercial milk.

Cows have had more than their fair share of hormones designed to increase beef and milk production. Estradiol can increase the weight of a cow considerably and yield a higher beef content before slaughter. However, this hormone finds its way into milk. There have been carcinogenic implications on human consumers. 2. It has also been linked to heart disease. 3.

As part of the intensively farmed production technologies, corporations have produced a genetically engineered drug called bovine growth hormone (BGH) used to increase milk production when given to the cow. (It is not unusual for these cows to produce ten times more than the amount of milk normally produced in nature). Corporations have given BGH the okay, but there are many doubters challenging its long-term safety. The BGH finds its way into the milk, causing many folks to no longer drink it. Fearing they don't want to be part of an experiment…

Another hormone present in milk from the corporations' manipulations of cows for productivity is insulin growth factor (IGF-I). Both BGH and IGF-I are said to be linked with increasing cancer rates for lymphoma (BGF) and breast cancer IGF-I) 4. See the article written by Robert Cohen on www.notmilk.com/lymphoma.html entitled 'Genetic Engineering.'

The genetically engineered BGH was found to be giving pain to the cows. In fact, many cows were getting mastitis (inflammation of the udders). As a result, increased levels of antibiotics were given to these poor cows. Consequently, not only is there a higher level of antibiotics finding its way in milk but also dead pus cells due to the inflammation response.

-All this was allowed to happen because the food regulatory bodies such as the FDA did not really act to protect the people. Instead, they let the increased levels of these substances happen in order to let the profit machine of 'big milk' continue. Yes, it's that same old story again: profits before the health and safety of people.

**Milk has been linked to allergies and much more…**

Do you ever wonder why so many people of all ages get allergic reactions; asthma, forever runny noses, sinusitis, sore throats, coughs, ear infection, bowel irritations, bowel bleeding, type-1 diabetes, obesity, cancer (lymphomas), mood swings, irritability, hyperactivity, headache, fatigue, and anaemia …

-All this could be due to milk drinking.

If you have any of the above ailments or know of someone who does, then try kicking the milk drinking habit. You may well see a marked improvement in health.

An underpinning reason for allergic reactions in humans is due to the fact that cows milk has around 25 different proteins. These proteins are capable of causing a whole range of allergies. For example, research has shown that children, particularly in infancy are hit with milk allergies. This 1997 JAMA (Journal of the American Medical Association) report recommended the removal of cow's milk in the diet and returning to breast milk.

**Milk and cancer**

The body's immune system has to go into overwork in dealing with the 25 milk proteins. The constant intake of milk and overwork may result in the immune system breaking down, which can lead to lymphoma cancer [4].

**Digestion problems**

Milk contains the carbohydrate lactose. After four years old, many, many people lose the ability to digest cow's milk: Their bodies no longer make the enzyme lactase. Consequently, when drinking milk, symptoms such as diarrhoea and stomach cramps follow. This condition known as lactose intolerance is prevalent across all ethnic groups but occurs as high as 90% in Blacks and Asians [5].

The continual mucous build up through milk drinking has been known to cause problems. When mucous forms a lining on the inside wall of the intestine it can harden. This makes it more difficult for food absorption.

**Milk is a good source of calcium for the body…**

…Well all right, I lied!

## Milk is NOT a good calcium source

Contrary to what pro-milk supporters say milk is not the calcium powerhouse it is made out to be.

Herein lies the problem for milk as a calcium source:

Cow's milk calcium is bound to a protein called casein, which makes it much coarser than human milk. This makes absorption that more difficult for cows milk. Also, milk is phosphorus rich and this combines with calcium, preventing absorption [6]. Furthermore, the industrial processes in the manufacture of milk: pasteurisation, sterilisation, skimming and homogenisation… make the calcium ever coarser. Heavy milk drinkers have been known to accumulate kidney stones. This is because the calcium is not properly absorbed and is responsible for contributing to the stone formation.

## Milk, an acid pH…

Milk like all dairy products contribute to an acid body pH. The body's normal pH is around 7.4. So, in order for the body to be this healthy slightly alkaline pH, it has to steal calcium away from what would have gone towards contributing to healthy bones and teeth. The stolen calcium is then used to neutralise the acid.

## Milk and Osteoporosis

Evidence has shown from studies in countries or areas with varying milk intakes that a higher level of milk drinking causes a significant increase in osteoporosis [6]. For example, in high milk drinking areas such as Sweden, Switzerland, The Netherlands and Finland, there are higher levels of osteoporosis compared to Venezuela and Chile where milk is only drunk in small amounts and relatively low levels of the condition exist. [7 & 8]

## It's those milk proteins again

Author Dr T Colin Campbell in his book 'The China Study' puts forward the idea that milk proteins are looked upon in the body as foreign invaders. In response, the body develops antibodies. Things then go badly: Unfortunately, both the foreign invader proteins and the body's organ systems are attacked because they are very similar. Thus, autoimmune disease can result. An example of this occurring can be diabetes type-1. Where the insulin producing cells of the pancreas are attacked.

**Like all dairy products milk is susceptible to microbial contamination. It has been known to involve bacteriological, viral and other parasitical infections.**

Milk contamination could contain bacteria such as E.coli, salmonella, streptococci and lactobacilli. Viral infections through milk drinking may include measles, influenza and rubella [9].

**Milk is high in fat content**

Besides being calorically dense, milk is low in essential fats, high in unhealthy saturated fats. By the way, it contains no fibre and lacks iron. The milk moustachers drinking a few glasses of milk a day may be well on the way to building up the flab (greasy hair and pimples too?)

**Poor animal treatment**

Genetically engineered milk production technology and their side effects are not the only things that are giving cows a bad time by the corporations. Treated like milk-giving machines, the animals are confined to small spaces with barely enough room to turn around. Their udders become so painful and drag on the ground through overuse, where infections can be picked up. The life of a cow in this production environment is much shorter than nature. If you want to get involved in stopping this cruel treatment to these animals the first step in the right direction would be to stop drinking milk. Then you might

be interested in getting active and campaigning for the better treatment of cows. The website www.milksucks.com can help you. Corporations' callous manipulations of animals for food productivity as you might expect extends to other creatures. For example Kentucky Fried Cruelty…Chickens are treated just as badly as cows…

**Milk alternative**

I would recommend almond milk as a healthy alternative.

**…And finally**

During my research, one of the things that stood out for me was the fact that a study was conducted on calves. They were given pasteurised milk instead of raw mother's milk. These poor calves died before they reached 60 days old.

–Now what does that tells us about commercial milk?!

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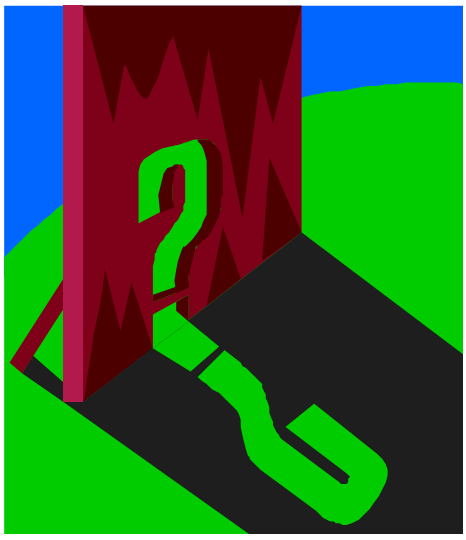
# The Big Fat Lies …Misinformation and Deliberate Confusion?



In the westernised / industrialised world, there has been much lies, misinformation and deliberate confusion given to what types of fats and oils we should be getting in our diet. In fact, I will go so far as to say this. **That one of the biggest causes of the illness epidemics; heart disease, stroke, cancer, diabetes, organ dysfunction, mental diseases… we've had over the last eighty years or so, has to be down to the poor fats and oils eaten.**

**-This, with a lack of quality fats and oils in the diet.**


Now consider yourself to be judge and jury. Allow me to put forward my case. I accuse the food establishment (and those it is undoubtedly in cahoots with) of: Lies, deception, misinformation, cover-ups, shoddy science and confusion, in order to profiteer. They have managed to convince the consumers over the years that their food products containing all the new-fangled junk fats and oils are healthy. But, truth is known; through commercial greed they have caused more harm than good.

**…And this is how it has been achieved.**

Let's turn the clock back to around the 1920's. This was a time when illnesses such as heart disease, cancer, diabetes and other epidemic disorders was quite rare in the westernised / industrialised world. So, it may well beg the question: What has happened for there to be such an appalling rise in these disorders over the last 80-odd years? How have they got to epidemic levels? Why, for example, has heart disease today become the cause of over 40% of deaths in the USA?

During the early years, before any significant rises in the epidemics, basically 2 major things happened that allowed the health of many, many individuals to suffer as a consequence. The suffering continued to escalate in numbers over the years and carries on to this day…

With regards to these 2 things (2 factors), one effectively promoted the other. Thus, allowing both progressing and gaining acceptance with its ill-informed consumers. Which is why I firmly believe that it was not a coincidence that these things occurred together. Both had been orchestrated to happen this way. They were put in place at the right time…More on this later.

-These two things were:

1. **Consumers were told that through 'scientific evidence' it was found that low saturated fat and low cholesterol in the diet would reduce heart disease.**

2. **More and more foods over the years were manufactured containing more unsaturated fat and less saturated fat was consumed. A low-fat diet was also considered to be the so-called safer alternative.**

-Both of course, is still accepted in the mainstream today.

Let's look at number 1. Is it true? Has a low-sat fat and low cholesterol diet really contributed to less heart disease? What about the so-called incontrovertible scientific proof that it has?

-Let's examine the evidence.

A part of my upbringing, I've been led to believe that any major finding should be supported by major evidence. In the case of the low-sat fat diet and low cholesterol leading to less heart disease, the evidence for this, to say the least, is not that convincing, which may come as a surprise to many.

**Was this the start of genocidal misinformation?**

As far back as 1948, a study began. It looked into the relationship between saturated fat and cholesterol intake in roughly 6,000 humans over 5-year intervals. This was called the Framingham study (conducted in Framingham, Massachusetts, USA). On inspection of the results, comparing the 2 groups:

1. One group with a high sat-fat / high cholesterol diet and

2. The other group with a low sat-fat / low cholesterol diet

Doctor William Cannel, the Framingham study's director stated that,

> **'Total plasma cholesterol is a powerful predictor of death related to CHD'**[1].

***However*, some 40 years later, *on closer inspection we find that the above statement was not consistent with the real findings. Without fanfare, revealed in some little-known journal, an admission by Dr William Castelli, the study's successive director sheds some light on the truth of the matter:***

> *'In Framingham, Mass, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's cholesterol…we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active'* [2].
>
> *The study did show that those who weighed more and had abnormally high blood cholesterol levels were slightly more at risk for future heart disease: but weight gain and blood cholesterol levels had an inverse correlation with fat and cholesterol intake in the diet'* [3].

**-In other words, the Framingham study did not show that a low sat-fat and low cholesterol diet reduced the risk of heart disease. Many other studies have also led to the same conclusion.**

For example, another study involved around 3,000 men in Great Britain. One group had a reduced sat-fat and low cholesterol diet with higher amounts of unsaturated fats like vegetable oils and margarine. They were compared with the other group having higher sat-fats and high cholesterol. After a year, it was found that the former group had 100% more deaths than the latter. Even when the latter, unlike the former group, were allowed to smoke! [4].

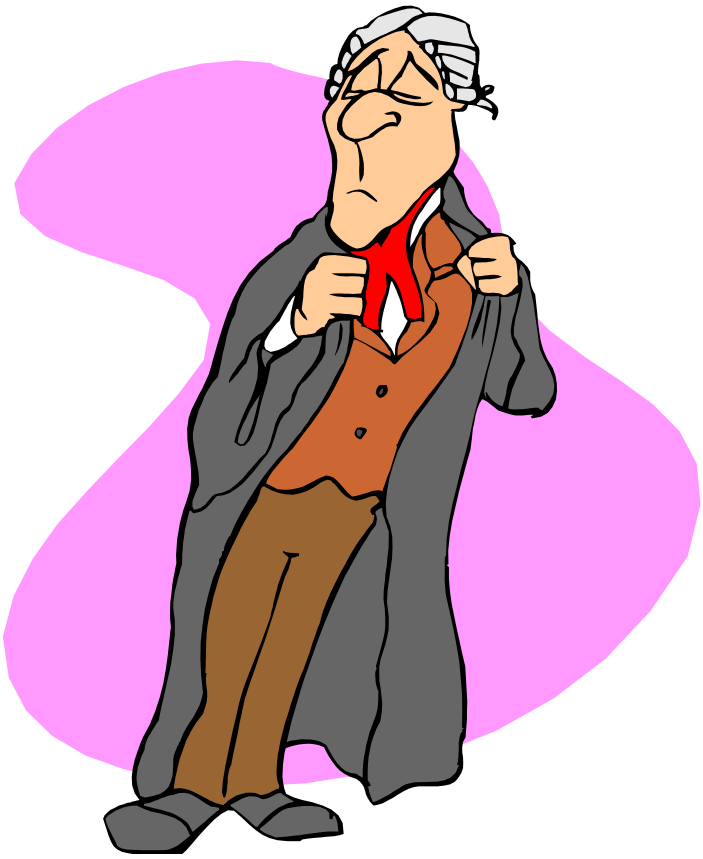
Other findings such as that from heart surgeon Michael DeBakey squarely contradict the idea that high cholesterol = heart disease. Having looked into 17,000 patients, he found no relationship between cholesterol and cardiovascular problems...[5].

A nutrition journal revealed a study from a medical research council showing that men eating butter (sat-fat) were 50% less likely to get heart disease than those on margarine (poly unsaturated fat) [6].

Inhabitants of northern India are known to eat 17 times more saturated fat than southern Indians. However, the incidence of coronary heart disease is 7 times less in northern India...[7].

However, in spite of these studies, like many others showing a lack of evidence for the lower sat-fat and lower cholesterol diet as the healthy option, they have been ignored.

-**The politically correct choice of favouring the low sat-fat / low cholesterol diet has indeed become the mainstream conclusion, care of the diet dictocrats.**



My Lord, ladies and gentlemen of the jury, I put it to you like this! As further evidence against the idea that a low sat-fat and low cholesterol diet reduces heart disease, ask yourself:

If a saturated fat and cholesterol diet really has been responsible for heart disease, then how come is it that the illness was a rarity before the 1930's? Remember, these were times before all those unsaturated fat products started to find their way on to the supermarket shelves, care of the their manufacturers' slick, deceptive advertising and marketing.

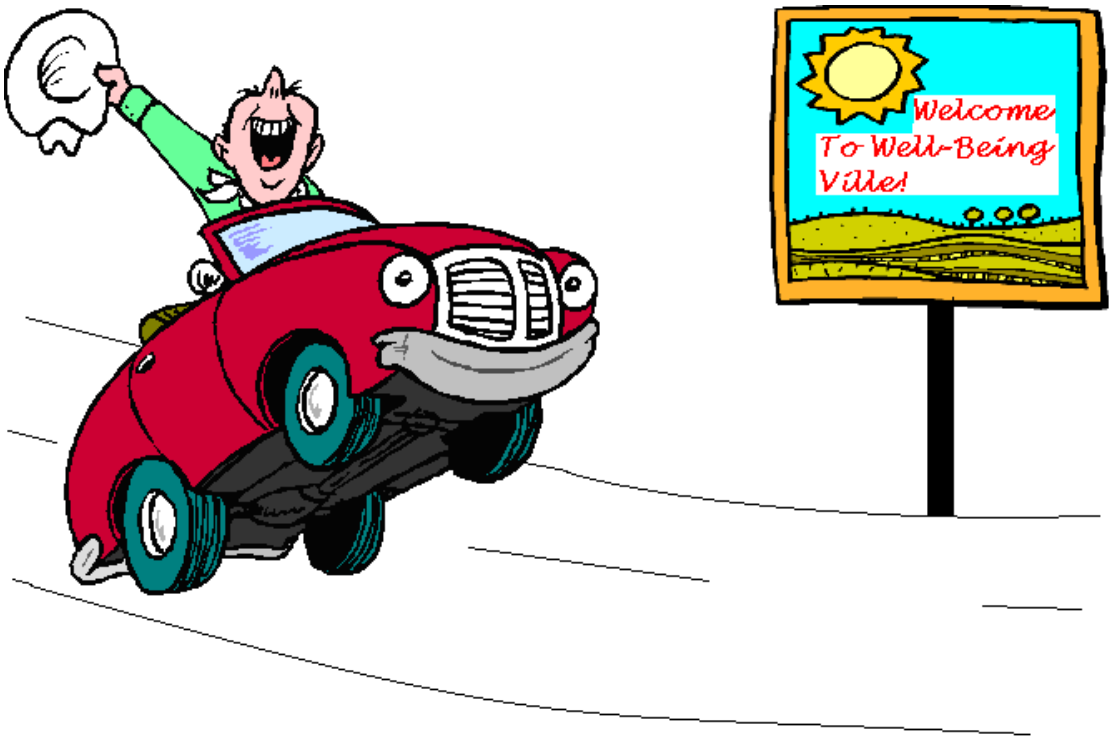
People from many isolated indigenous tribes; those who have lived an existence geographically separated from the western world have eaten much saturated fat and are on record for having excellent health… For examples, the Masai tribes in Africa have diets on high animal fat. The Eskimos eat high amounts of blubber. The long-lived Georgian's have been known to consume much fatty meat…

Compared to the early 20th century, something like 20% less saturated fat is consumed by Americans these days, a typical reflection of the modern western diet. But how is it that heart disease has increased dramatically over the years to become responsible for 40% of deaths in the USA?

Doesn't the rise in heart disease suggest that a low-sat fat diet may cause more harm than good? Or, doesn't it question the health implications of the high unsaturated fat / low cholesterol option? Should the population rethink its diet and reintroduce higher levels of saturated fat intake, like the years of old?

**How the increasing manufacture of polyunsaturated fats and cheap junk oils have wreaked havoc on the health of misled and unsuspecting westerners**

If people really got to educate themselves they would undoubtedly realise that when it comes to the subject of what healthy fats and oils to buy, they're being had, big time. –Don't be a sucker to the deception that all food products on the supermarket shelves are there because they are safe. The food corporations don't really care about your health. Ultimately, they only care about profits. Remember the food approval bodies that decide whether or not certain foods should go on the market? Certain foods, regardless of their long-term threat to health could be accepted, because many of the approval bodies' members have financial ties with the food corporations concerned.




In order to move from the passenger's to the driver's seat in life and take control of your health, it is absolutely essential to understand what distinguishes good fats from bad fats.

**What are polyunsaturated fats?**

Polyunsaturated fats are high in omega-6 content and normally, they exist in liquid form at room temperature. Examples include rapeseed oil, cottonseed oil, soy oil, canola (cONola?), safflower oil, sunflower oil and corn vegetable oil…

**Beware of high polyunsaturated fats.**

Whether it comes from diet gurus, advertising slogans or any other source chanting the politically correct mantra 'high polyunsaturates are good for you,' the real health implications cannot be ignored.

**There is a dangerous imbalance. Far too much polyunsaturated fat is being consumed and not enough saturated fat.**

**How are high polyunsaturated fats not good for you?**

Too much polyunsaturated fat has been known to cause many illnesses such as; cardiovascular disease, cancer, diabetes, cataracts, poor immune system function, digestion problems, poor reproductive function, liver damage, weight gain, stunted growth, difficulty maintaining attention, learning difficulties, premature ageing, Alzheimer's disease, Parkinson's disease, moodiness and depression…8.

The damage is caused by the polyunsaturated fats and oils undergoing heat treatment, oxidation or subjection to water, which occurs during the **manufacturing process or from cooking**: In effect, the polyunsaturates become **rancid.**

Rancidity means that the fats and oils become highly chemically reactive characterised by free radicals. These free radicals attack the body's cells, capable of causing damage to the outer membrane and DNA / RNA strands inside. This, for examples, can lead to heart disease, cancer and the formation of skin wrinkles 9.

Avoid Trans-fatty acids, which are technically polyunsaturated omega-6 fatty acids that have undergone an industrial process called hydrogenation for commercial purposes. They do not exist in nature. **It is strongly advised to keep levels of Trans-fatty acids down to trace amounts.** They have been linked to the above ailments.

Junk foods have more than their fair share of Trans-fatty acids

**The omega-6 and omega-3 imbalance**

Before the rise and rise of factory processed foods, with their cheap and nasty polyunsaturated fats and junk oils such as margarine, rapeseed oil, cottonseed oil and soy oil, canola (cONola?), sunflower oil and corn vegetable oil…there existed a diet of natural and wholesome foods: The type of diet that the human race had been used to since time immemorial. This consisted of an abundance of healthy saturated fats and oils like, coconut oil, flaxseed oil

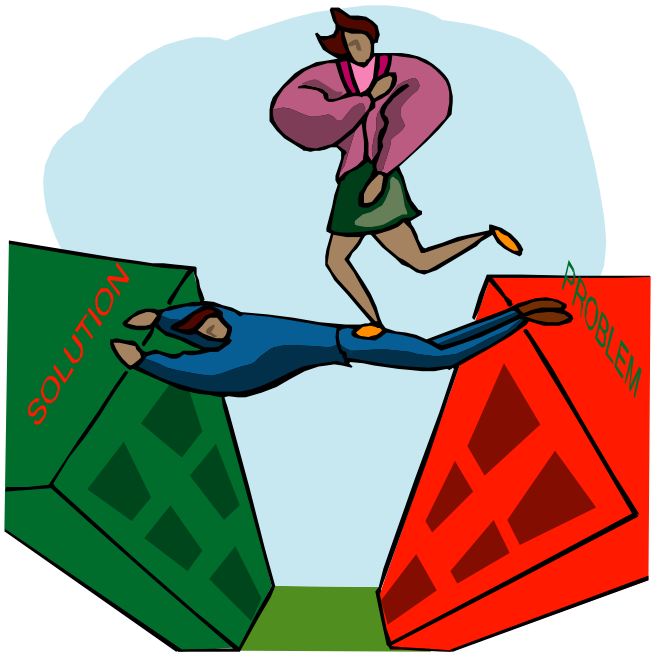
and fish oil… Nowadays, however, because the modern western diet has so many high polyunsaturates with those cheap and nasty fats and oils, there is a health-threatening imbalance in the amount of omega-6 to omega-3 fats consumed.

A normal healthy diet would be a 1:1 ratio of omega-6 to omega-3 fats. Nowadays, the ratio ranges from 25:1 or even 50:1 in favour of the omega-6 fats!

The trick is to see right through the circumstances. What's happened over the last eighty-odd years or so is this:

**Put together the phoney science that saturated fat is bad for you (and ignore the many contradictory findings), with the steady rise in high levels of polyunsaturated omega-6 fats over the years. The result: a lucrative profit machine has been created, at the expense of countless numbers of consumers made unhealthy.**

-With that, I rest my case.




**Getting wise to the situation…**

As you can see, in response to the above, in order to move from the passenger's to the driver's seat in life and take control of your health it is essential that you:

**1. Get the right omega-6 to omega-3 balance of 1:1**

As you can see from the evidence, to maintain health, a balance between omega-6 and omega-3 fats is necessary. The trick therefore, is to avoid or perhaps drastically reduce those cheap and nasty fats and oils: sunflower, corn, soy, safflower, canola… or anything that contains these foods: No margarine, no vegetable oils or hydrogenated fats. –All these products contain a chock full of omega-6 fats. Eat plenty of omega-3 fats to get the balance right.

**The benefits of omega-3 fats**

A good dietary supply and balance of omega-3 fats can provide prevention against illnesses such as:

- Cardiovascular related problems such as thrombosis, cardiac arrhythmias, plaque formations in arteries, high blood pressure…
- Cancer: Omega-3 fats aid in immune system building.
- Diabetes Type-2: An absence or deficiency leads to a failure in insulin to control blood sugar levels and glucose uptake into the inside of the cell
- Asthma
- Learning difficulties
- Inflammation

…and much, much more.

Doctors in the USA know only too well that omega-3 sources such as fish oils supplements can significantly prevent heart attacks. However, in spite of all the evidence in support of fish oils, the FDA has not approved this form of omega-3 fat. Expensive and invasive pharmaceutical drugs that may do more harm than good are the order of the day instead. Doctors in the USA cannot directly sell fish-oil supplements or even provide patients with studies clearly showing their effectiveness. If doctors were caught doing this, then they would be struck off the list**.**

**–This is a clear example of a conspiracy facilitated within the FDA and the controlling pharmaceutical companies. It is another example of how expensive, profit-boosting drugs are undemocratically favoured over cheap, natural and non-toxic**

**alternatives. Wake up folks! These people don't give a damn about your health.**

**Some recommended omega-3 sources**

| Food | Comments |
|---|---|
| | |
| Coconut | Organic virgin coconut oil is recommended |
| | |
| Eggs | Preferably free range from hens fed on a good diet of |
| | insects, flaxseeds and greens |
| | |
| Butter | Organic is recommended from grass fed cows |
| | |
| Cod liver Oil | Good source of vitamin D. Works quite well with |
| | vitamin E supplementation which prevents the fat from |
| | oxidising. A recommended dosage is around 1 |
| | teaspoon full per day for every 35Kg's of bodyweight |
| | |
| Avocados | Once again, organic is recommended |
| | |
| Krill oil | Another good source of omega-3. Like cod liver oil it |
| | has the essential fatty acids: ALA (alpha-linolenic acid), |
| | DHA (docosahexaenoic acid) & EHA (eicosapentaenoic acid). |
| | |
| | |
| Flaxseed oil | Goods source for vegetarians. The fatty acid ALA is present |
| | & can act as a precursor to DHA & EHA. However, some |
| | people are deficient in the ability to make DHA & EHA from |
| | ALA. About 1 tablespoon a day is recommended. |
| | |
| Borage & flaxseed | Again, good sources for vegetarians |
| evening primrose Oils | |
| | |
| | |
| Walnuts | About 28g a day is recommended |

**2. Pay heed to the benefits of saturated fats and act accordingly**

Saturated fats are not the harmful monsters they are sometimes portrayed as. Saturated fats are in fact part of the necessary requirements for a healthy diet. They are found in meats, poultry skin, dairy products and a range of oils of the tropical sorts, like coconut and palm oils.

**What roles do saturated fats play?**

1. About half of our cell walls are made up of saturated fat. Saturated fat contributes to the structural integrity of the cell wall (phospholipid bilayer) and offers sound protection, stopping any unwanted material on the outside from getting in.

2. Saturated fat aids bones in the vital role of calcium utility. For this to function at optimum around 50% or more of the fat diet should be saturated fat.

3. Perhaps this fact is not so well known in mainstream. **Saturated fat can reduce heart disease.** When plaque formations on the inside of arteries build up, this may lead to heart disease. The so-called bad cholesterol and a sticky protein bind together to form a substance called **Lipoprotein (a),** which contributes to the plaque formations and ultimately, heart disease. **When consumed, saturated fat produces less lipoprotein (a) than unsaturated fat**. -Thus, a person eating more saturated fat and less unsaturated fat may well reduce the chance of heart disease.

4. Saturated fats protect the liver from toxicity.

5. Omega-3 essential fats work better when aided with saturated fats. Omega-3 fats of the elongated kind, such as those found in fish oils are well retained in body tissue, care of saturated fats.

6. Unbiased evidence reveals that **saturated fat does not contribute to artery clogging,** as mentioned earlier, with examples.

7. A healthy heart likes to draw in on saturated fats such as coconut oil, and stearic acid found in cocoa and beef when in times of effectively handling stress.

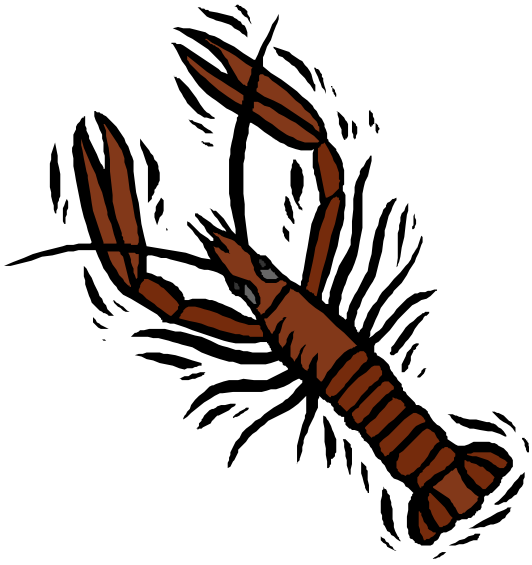
8. Saturated fats help fight fungal infections. Caprylic acid found in coconut oil helps fight candida.

9. Saturated fats help fight off harmful micro-organisms

10. Saturated fats are immune system building

# References


1. **Mary Enig and Sally Fallon - Secrets of the Edible Oil Industry**
2. **Castelli, William, "Concerning the Possibility of a Nut...," Archives of Internal Medicine 152(7):1371-1372, July 1992**
3. **Enig, M., Trans Fatty Acids in the Food Supply: A Comprehensive Report Covering 60 Years of Research, Enig Associates, Inc., Silver Spring, MD, USA, 1995 (2ed), pp. 4-8**
4. **G. Rose et al, Lancet, 1983, 1:1062-1065**
5. **Michael DeBakey et al, JAMA, 1964, 189:655-659**
6. ***Nutr Week,* Mar 22, 1991, 21:12:2-3**
7. **S. Malhotra, Indian Journal of Industrial Medicine, 1968 14:219**
8. **A general view of citations for problems with polyunsaturate consumption is found in Pinckney, Edward R, MD and Cathey Pinckney, *The Cholesterol Controversy,* 1973, Sherbourne Press, Los Angeles, 127-131; Research indicating the correlation of polyunsaturates with learning problems is found in Harmon, D, et al, *J Am Geriatrics Soc,* 1976, 24:1:292-298; Meerson, Z, et al, *Bull Ex Bio Med, 1983,* 96:9:70-71; Regarding weight gain, levels of linoleic acid in adipose tissues reflect the amount of linoleic acid in the diet. Valero, et al, *Ann NutrMetabolism,* Nov / Dec 1990, 34:6:323-327; Felton, CV, et al, *The Lancet, 1994, 344:1195-96***
9. **Mary Enig, PhD and Sally Fallon – The Skinny on Fats**



# The Great Cholesterol Scam

We can see the wilful ignorance demonstrated by cardiac medicine in not dealing with the root cause of heart disease, which is diet. Because the focus is on treating the symptoms rather than the cause there have been differences of opinion on how to deal with heart disease and what can be done to stop the occurrence of heart attacks and strokes.

The media are always eager to put out the different theories. These include high cholesterol, good and bad cholesterol, the fat theory, high homocysteine levels (this underrated theory supports the Pauling / Rath unified theory; experiments from Dr Kilmer McCully show homocysteine levels are high in vitamin C deficient subjects 1.), the idea that microbes may be responsible, or heavy metals and free radicals are the cause and effect…-All are attempts to explain the why arteries have lesions and atherosclerotic plaques (fatty deposits that can obstruct or block blood from flowing freely).

**Cholesterol and Statins**

I shall briefly hone in on the cholesterol theories. Then I will expose some of the massive deceptions behind the mobilisation of the cholesterol lowering drugs, **Statins**, with the mind-boggling facts and figures for you to get your teeth into!

## The myths on cholesterol

- Cholesterol is not the monster it has been portrayed to be. It is an essential in our body metabolism. With sunlight beaming down on us it is converted into the dietary essential, Vitamin D. Cholesterol is also an important precursor. It is needed for the manufacture of hormones such as testosterone and estrogen.

- There is no convincing evidence to support the idea that there is bad cholesterol. Blood cholesterol levels can be affected by the mental and physical factors stress, exercise and body weight. The fact that someone has high cholesterol does not necessarily indicate a heart attack could be on its way.

- High cholesterol does not necessarily lead to atherosclerosis. Whether the cholesterol levels are low or high, atherosclerotic plaques can still form and lead to coronary heart disease.

- A 'careful' diet does not lower cholesterol in the blood. The body produces several times more cholesterol than from the food you eat.

- The degree of atherosclerosis and cholesterol levels in heart patients is not related to a dietary history of high animal fat intake.

- Statins, the cholesterol-lowering drugs do not change heart mortality or total mortality.

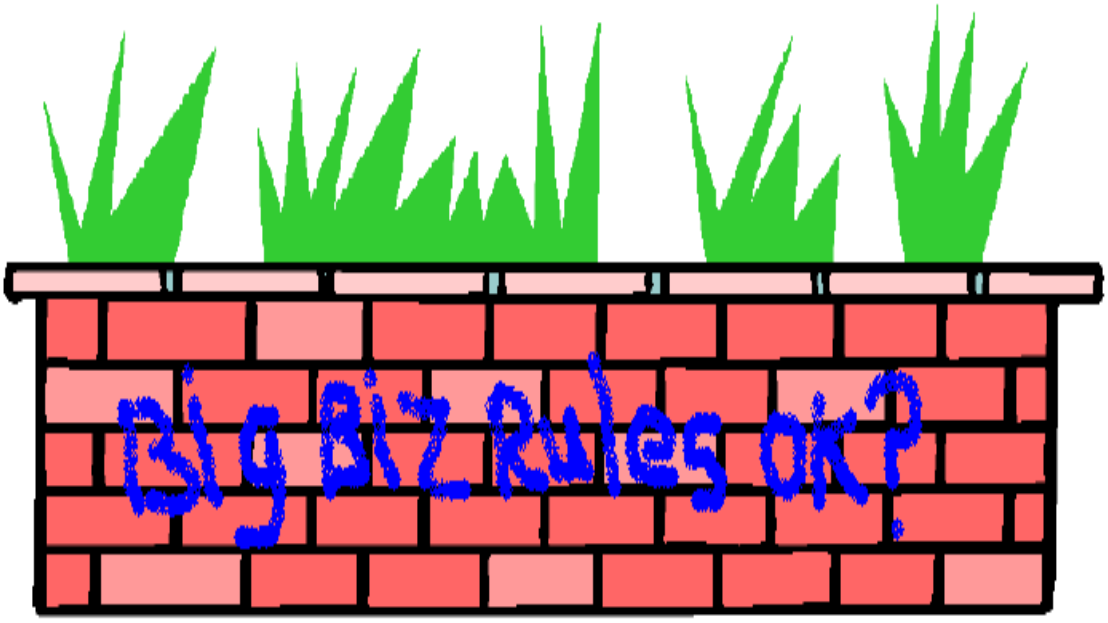
- Statins do not directly prevent heart disease (in fact, they actually increase the risk of heart disease!). They do precious little for getting at the root cause of the problem. They have side effects, causing a drop in: enzymes, vitamin D, CoQ10 and other substances essential for health.

The myths are made as a result of keeping certain media publications exposing the truth away from the public. Because there is so much money at stake for the drugs to get through, Doctors and scientists have been misguided. Many contradictory findings have been ignored.

Writer John Le Carre knows about the deceitful goings on and its implications. In an interview he was quoted as saying:

> *" The mainstream media has failed us completely, here in the UK and the USA. Any news on the pharmaceuticals industries is just too damned uncomfortable to handle; too complicated, often deliberately, too scientific for the layman. Many hacks, who should know better, have been hunched, holidayed and bamboozled into silence.* [2]

If you want a fuller account on cholesterol, I will give you some references later, with all the supporting evidence needed.




$tatin sales In the USA last year totalled to over 16 billion dollars. [2] The rocketing sales over the last few years have much to do with the fact that the pharmaceutical companies have manipulated the National Cholesterol Education committee to change their guidelines on treating people with high cholesterol. In effect more are now being treated. For example, one guideline has allowed lower cholesterol level individuals to become candidates for treatment. That this alone has been allowed something like another 36 million people can now be treated! In time to come, there may be more criteria to increase the number of candidates sought after by companies. Also, with heart disease related problems on the up and the so-called experts advising that more Statins should be taken; it has become a very competitive market. Companies are scrambling to get their slice of the pie. What they don't want you to know is that the side effects have wrought havoc and devastation on some patients.

Sales on drugs to take care of the side effects such as cancer risk, a general weakness, immune suppression, muscle and kidney damage is also a multi-billion industry! How pathetic can it get? As if they're not satisfied enough with selling patients a drug that may not do anything for them. –It certainly doesn't treat the route cause of the problem...

**Marketing and Selling Sickness**

There are many complaining that drugs cost too much. The defence to this from pharmaceutical companies sometimes goes in the way of them saying that the bill for research and development (R&D) was very high. However, I have found that many say this is untrue. For example, Doctor Joe Mercola

insists that the real truth regarding high prices be for marketing and profits [3]. I have worked in R&D myself and from my investigations would say this is quite true.

Some marketing techniques used to promote drugs are nothing short of pure genius. For example, there are some very evil marketing strategies. Take the situation where **a non-existent illness is invented.** Consequently, the pharmaceuticals offer a highly expensive and profitable solution as a form of so called treatment even though there is nothing wrong with the patient…

–Are you finding the idea of this too hard to swallow? I suggest you take a look at what I've written about AIDS.

**In conclusion**

Like the great cancer scam, once again, the underlying principles that keeps the treatment for heart disease going is financial; backed by cash-happy drug companies, a corrupt political system and paid off press. In effect, the seniors representing these three bodies have the upper hand in suppressing key life-saving information. Try to see right through this façade and then make decisions for yourself on how you want to deal with it. Once again prevention prevails. Take care of your diet, exercise, environment and psychological well being (more on this to come).

**Some advice from the heart to the heart…**

Conventional medicine offers over 60 different pharmaceuticals for the treatment of heart disease. The only other therapeutic option is surgery. Between the potentially highly dangerous side effects of toxic drugs and / or the physical assault on the body using surgery, with the psychological factors related to the stress of it all, I'm sure you'll agree it takes a pretty resilient individual that survives.

Having said all that, I am the bringer of glad tidings: Having given you the great revelations of Pauling Therapy and vitamin C, I will now turn to some guidelines for preventative measures:

## Diet

**Some Examples Of A Heart Friendly Diet**

| Type Of Nutrition | Source | Function | Comments |
|---|---|---|---|
| Vitamin B6 | Fish and poultry vegetables and whole grains | Reduces high levels of homocysteine which could lead to heart disease | See other vitamin B Complexes |
| Vitamin B12 | Found in eggs and other dairy products | " " | Also in meat.Vegans need to look at taking supplements |
| Folic acid (folate) | Leafy green veg. and legumes | " " | Another Vitamin B |
| Vitamin C | Fruits and vegetables Especially citrus fruits | Antioxidant. Mops up potentially damaging free radicals involved in plaque formations | See notes on Linnus Pauling |
| Vitamin E | In some seed germ oils. Vegetable oils | Good antioxidant | Helps the function of omega-3 fats |
| Omega-3 fats | Fish and cod liver oils Walnut and flax seed oils | Has a varied and very effective role in metabolism | Also protects against many other diseases. Western diets are sadly lacking in this |
| CoQ10 (a coenzyme) | Naturally occurring and is found in fish, meat or supplements | Good antioxidant. Can decrease blood pressure. Can prevent congestive heart Failure | Supplements may be needed to take care of deficiency when taking Statins |
| L-Glutamine | Can be bought as a supplement | Good for promoting healthy heart muscle | Lack of found in heart patients |
| Magnesium | Can be bought as a supplement | Help to prevent atherosclerosis | Lack of found in heart patients |

**On a more general note for diet**

-Try looking at a vegetarian option. Meats such as beef and pork contain high levels of nasty toxic chemicals.

--Try to avoid dairy products. Look at the option of Soya instead.

-Eat lots of fresh fruits and vegetables.

-Eat organic food

**Food to avoid**

-Fast foods; processed foods; cans of; packets of; cartons of…denatured foods with all those chemical additives; preservatives, mysterious E numbers, artificial flavourings, artificial sweeteners, refined sugars…

-Foods with high fat content.

**-**Don't smoke.

-Avoid too much alcohol. Drink only in moderation.

**Exercise**

-About half an hour a day.

**Outlook on life…**

-Focus on dealing with stress effectively: Take a close look at the things that you find stressful…

-Avoid anger

-Learn to switch off for set times during the day. Find things you like doing that are relaxing. Perhaps you may want to try meditation. Evidence has shown that this is a great health promoter. For example it is very effective at lowering blood pressure.

-Sleep well.

## Finally

'The Natural Cure of Coronary Heart Disease' was published a few years ago in a journal entitled *Nutrition and Health.* From it, Dr Alan Withnell said this:

> *"It strongly suggests that lifestyle and particularly diet are the cause and the cure of coronary heart disease."*

-To this end I rest my case!

## Some recommended information

### Websites

www.PaulingTherapy.com
www.vitamincfoundation.org
www.mercola.com
www.thincs.org/
www.shirleys-wellness-cafe.com/cholesterol.htm
www.healthieralternatives.com/Heart_Disease.htm

### Books

Dr Duane Graveline MD 'Statin Drugs Side Effects'
Dr Uffe Ravnskov MD, PhD 'The Cholesterol Myths'
Burton Goldberg 'Heart Disease, Strokes and High Blood Pressure'

(All Available on www.amazon.com)

### Video

Dr Linnus Pauling 'Heart Disease: A Unified Theory'

(Available from www.PaulingTherapy.com)

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# References


1. **KS McCully 'Homocysteine metabolism in scurvy, growth and atherosclerosis. Nature 1971: 231:391-392 from Pauling/Rath Unified Theory.**
2. **'Then Biggest Pushers Of All.' Interview with John Le Carre, Spectator, 16th December 2000**
3. **Joe Mercola: www.mercola.com**

# WHAT CAN YOU DO?

*- "I would be a coward if I saw that God's truth is attacked and yet would remain silent."*

*-John Calvin*

*- "If a nation expects to be ignorant and free, it expects what never was and never will be ... The People cannot be safe without information. When the press is free, and every man is able to read, all is safe."*

*-Thomas Jefferson*

*-"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."*

*- Mrs. Warren's Profession, 1893*

*(Bernard Shaw)*

*-"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

*-Martin Luther King Jr.*

*-"The dissenter is every human being at those moments of his life when he resigns momentarily from the herd and thinks for himself."*

*-Archibald Macleish*

# Get active rally for the truth!

# OR

# Your inactivity = More suffering & Death

**Any comments?**

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**-To your very good health!!**

**-Paul A. Philips**

## About the Author

I, Paul Phillips, graduated at the School of 'Biological Sciences', which included biochemistry, physiology and nutrition… I later worked in a range of related research & development labs…

After watching some close friends and relatives' die of various illnesses, I learnt that the way in which the medical / pharmaceutical establishment treated diseases was mainly based on fraud and deception in order to profiteer. I then got round to writing what I considered to be the truth in health matters: That unknown to many people, there are cheap, natural and non-toxic ways of treating illness. This includes nutrition, exercise, having a positive outlook on life (attitude, thoughts, feelings, emotions…) and avoiding environmental toxins. These related approaches, as ways of handling stress and toxicity, can be far, far more successful and, unlike the medical/pharmaceutical model, are capable of curing.

In my rally for the truth, it is my intent to have people profoundly realise through reading my work (and others) that through understanding big Pharma's scams and seeing the alternative approaches, your health can be totally in your hands!

I strongly request you to get active in making the truth known to others. In the name of welfare concern, I consider that we owe it to our friends and relatives (and anybody else for that matter) to

also get them educated to make informed choices on health matters, don't you?

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