



ALLERGIC TO EVERYTHING

*The human body
And
Today's chemical infested world*



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Introduction

Here is a news flash; **You are not allergic** to pollen, pet dander, or whatever it is that makes your body revolt! Rather, your body just can not handle that one thing, what ever it is, anymore, due to the massive barrage of toxic chemicals you and everyone else are ingesting every single day. We're ingesting these toxins through the foods we eat, the liquids we drink, the air we breathe, the stuff we put on our skin, and everything else in the environment.

Twenty thousand years ago, all they had available to break their bones were sticks and stones; now it is words on a food label that can kill you. Granted, that is an oversimplification; yes there were diseases, but not like there are today. Back then, everything was “natural” and “organic.” Early peoples could not make the chemicals we can, and unfortunately do, today.

Yes, they died of things like the common cold, but, according to my research, not tuberculosis, anthrax, or AIDS; much less cancer. But do not believe a word I say, prove it for yourself! This is my point; we should not take *anything* at face value.

For instance, I propose sickness is not a *natural human condition*. I believe, based on my findings, we were not born to suffer from allergies, obesity, irritable bowel syndrome, or migraines. The so-called health “care” industry would have us believe taking pills is the only natural and “proven” way to fix whatever ails us, and that being sick is not only typical, but a normal process of the human body. But, in fact, I believe we were never, ever designed to be sick a day in our lives!



Reports show more people are getting medical care than ever before. More people are taking pills than ever before. More pills are being taken overall than ever before. Yet more people are sick, and sicker, than ever before – and this is taking into account population growth.

Why? It can hardly be a coincidence that as more people than ever before are getting health care, more people than ever before are sick and with more diseases than ever before. The issues are more complicated I agree, but it all boils down to one common thread. Humanity today is trained to be sick. Between our environment, what we eat, our daily activities, how we wash our clothes, lotions, makeup, soap, and even what our houses are made of; our entire lifestyle is built for the sole purpose of making us sick.

The ideal condition

Animals in the true wild rarely get sick. They rarely have heart disease, cancer, migraines, or allergies. Only when animals are kept domestically and given medicines, processed foods, and immunizations do they develop so many of these kinds of diseases and allergies. I repeat – it is in only animals kept domestically that we see this overwhelming prevalence of sicknesses. I am asserting that human contact causes animals to have illnesses.

There are case studies of entire civilizations so remote they can not even be considered third world, that are purported to have never had allergies or any of the so-called degenerative or genetic diseases existing in the rest of



civilization today. The denizens of these societies never get those kinds of illnesses until they come over to the Western world - and then almost instantly they develop allergies, become obese, and suffer from depression.

I recently read a study on autism that was done in a Quaker community (a people who refuse modern medical treatment and live their own way in their own little commune.) Here the results are compared: In the rest of the Western world, 1 in 150 children have autism, but in this Quaker community of over 6,000 people, only 3 children had autism - those were the only three children in the entire community to have received all their immunizations! I was shocked! Is this a coincidence? I hardly think so!

Win some, lose some

Twenty thousand years ago, they had communicable diseases - things like the flu or the cold, and in severe cases the black plague, chicken pox, and others. This is the original way to be sick - to “catch” a disease – and, according to my research, up until about five thousand years ago there were no other kinds of diseases.

So what changed five thousand years ago? According to my research, at this time China was first beginning to develop chemically engineered medicines, coincidentally the first documented degenerative and genetic diseases started to be reported - such as allergies. It is very difficult to track just exactly what caused what, but even just following the time line it's very easy to see that as medicine advanced, so did diseases.



This is also about the same time when farming for food production became widespread as a domesticated practice - in other words, civilization started mass producing their own food, instead of going out in the wild and gathering it wherever the food naturally occurred. This made life more convenient yes, but conversely; you know what happens when anything is put very close together in a dense, tight, singular location, right?

Take 100 average sized fish, for instance. Put all of them in the ocean - they can run wherever they want, and the broad ecosystem is more than capable of disposing of all their waste and feeding all of them adequately. Now take them out of the ocean, and move them into a 50-gallon fish tank. Their water becomes misty and polluted; the walls of the tank covered in disgusting green grime, the filtering system just can't keep up and eventually clogs.

Even planted crops will eventually develop waste disposal and nutritional problems in high concentrations. Not to mention, diseases will spread much more rapidly throughout the field.

The only thing science does better than nature is make a profit. Every single advancement thus far, every single thing that is considered a new development, has some kind of trade off and side effect. Some "advancements" more detrimental than others.

Example - with the advancement of cars, there came the advent of more and bigger junkyards to hold all the waste created. Cars made our lives more efficient, and allowed for us to travel great distances on our own



terms (rather than waiting for a train), but what goes up must come down and eventually the useless hunks of metal had to be disposed of somehow. Not to mention everything else cars have done to the environment.

Now lets think about this on a smaller scale; think about that little pill you are taking. It's meant to treat symptoms, right? Read the bottle carefully - treat symptoms. Whatever happened to fixing a problem at the root? What if you only treated the symptoms of everything in your life, instead of fixing anything at the root?

The light bulb in the living room goes out, so you buy candles. The pipes freeze and burst in the winter, so you just move everything out from the basement. Your car stops running, so you just push it to work every day. Obviously all of these “solutions” will eventually create more problems, sometimes-unforeseen problems. The candles catch on fire and your house goes up in flames, or the water causes your house to rot from the bottom up, and you are late to work every single day and eventually develop back problems - if you don't lose your job first.

Causing illness

What else is that pill doing to your body? What is the path of the chain reaction? That chemical is going to do something to every single function in your body, and since science as yet does not fully understand the careful balance of the human body, those effects are much more likely to be adverse than positive. Of course, that much is obvious, just read the labels on medicine for side effects.



Every food you eat, every drop of water, every molecule of oxygen, will affect your body somehow. If that food is toxic, if that water is contaminated, if that oxygen is polluted, obviously it will do something negative to your body. Maybe the obvious effects are not immediate, but over time, as you continue to poison your body, it will eventually break down and not be able to handle everything you put it through.

Thought for the day - the only thing that cures illness is your body. Everything you do to it can only help or hinder that process. When your body is out of balance, it becomes sick. When your body is in balance, it can ward off illnesses more readily.

You know how a friend of yours gets a cold, and some of their friends and co-workers catch it, yet others don't? Everyone was exposed to the germ that caused it, yet somehow only certain people got sick. Reason being, their body was out of balance and couldn't handle the illness properly.

The same thing goes for allergies. Everyone is exposed to pollen. Everyone is exposed to pet dander, mold, dairy products, peanuts, and so forth. Why is it that only some people are incapable of processing these things, while others have no problem whatsoever? It's not over-exposure, because the same theory would still apply to everyone.

The answer is very simple - you have a chemical imbalance in your body, but it's not histamine or dander. Although actually, in the course of my research, I could not find anybody who really knew what originally causes



allergies or other so-called genetic diseases, one thing became perfectly clear - we are exposed to thousands upon millions of chemicals and toxins every single day. So, eventually our body can no longer keep up anymore, and we stop being able to process even natural things like pollen, creating an allergy.

Reversing this requires first understanding where all of these toxins are coming from. This is very far-reaching and all encompassing – but we cannot work to change this until we really know just how well-trained we are in the art of making ourselves sick.



Chapter 1 - 20,000 years ago vs. Today

Way back when, everything was very different. Shaman medicine men treated ailments with herbal mixes, all food was organically grown without pesticides or fertilizers, water was not fluoridated or chlorinated, and there was no such thing as sunscreen, hair gel, or concealing makeup. Back then, virtually all they had to die from was the common cold.

Today we fill our bodies with lethal chemicals every day. How did this come to be? Why do we now suddenly seem to want to kill ourselves so adamantly? My guess is that people don't realize they are, in fact, killing themselves every day.

First of all, what governments, doctors, and scientists say is all too often worshiped as gospel. They do a study, say it's safe, and we believe them. Then "whoops," they say, "we were wrong," and a couple hundred thousand people die. I will repeat what I stated before; nobody knows exactly how the body works. It's all just theory. There is not yet enough scientific facts collected. It's all just theory – in my point of view, waiting to be proven wrong.

Secondly, a big part of the reason we allow ourselves unknowingly to be poisoned lends itself to the first – money; out and out greed. It's all about the money. It's always all about the money. Food and health care are businesses, and much like every other business out there, they are out to make money. Some people feel that drug and chemical companies



commission studies only to prove their product to be safe so that we will buy them. They contest that leaders in these industries will bribe any scientist necessary to get that “safe for mass consumption” seal of approval.

In accordance with judgments in some cases that have been through our court systems recently, this may be an assertion that isn't too far fetched.

Last but not least, modern society is lazy. We want everything to be convenient, efficient, and easy. Why go to the gym when we can take some magic pill and be thin? The only shortcut in life, in my experience, seems to be killing us – and that is exactly what we do every day by taking pills, or any other of the myriad of quick and easy way to get thin, get rich, or get “happy.”

These three factors are all encompassing, and have infected every part of our lives so seamlessly that we do not even notice it anymore. We are trained to be sick! I have come to the startling conclusion that we have “evolved” into becoming finely tuned, specially bred consumerist suicidal machines, built and trained to do “Their” bidding, day in and day out, without ever questioning it. Don't believe me? Good! You're already on your way to recovery.



Food and the farming industry

Over the years, a lot has changed in the gradual domestication of crops and livestock, including the nutritional value of the food itself. Think about this - if everything you eat affects your health, then wouldn't everything used to grow and cultivate crops and livestock affect their health, and in turn yours as well? They digested it, and that means you will too.

Nutrients in the very soil that crops grow from are or were a renewable resource, but in today's competitive and demanding market, farmers hardly have the time to cultivate and properly maintain their land. Thousands and even hundreds of years ago, farmers went through a process sometimes twice as long as growing the crops themselves, to renew the land and make it as fertile and nutrient rich as possible.

Nowadays, big name industrial farm corporations use chemical fertilizers to help plants grow bigger and faster than nature intended. In addition, they use lots of pesticides to combat the magnified problems inherent in high concentration mono culture farming – again treating only the symptom of easily spread illnesses or unwanted pesky little consumers. Over hundreds of years of doing this, the land has become so void of anything good for crops, that now farmers have to take additional measures to even make an apple taste like an apple.

So if apples no longer taste like apples because of the fact the ground lacks anything “good” anymore, and some farmers inject flavor into the apples so that nobody notices – what else do you think is missing? You guessed it;



the nutrition! I have read reports stating the astonishing conclusion of how we will have to eat 100 times more apples today to get the same nutritional value that we would of once gotten from just one apple 50 years ago.

Guess what else we get in those extra 99 apples? You guessed it; one whopping dose of pesticides and fertilizer residue. Of course, the farming industry would have us believe that all these chemicals are completely safe, and will not affect our bodies whatsoever. Wait a second - chemicals designed to kill living creatures won't do anything to humans? For that matter, if it can't possibly affect you in any way whatsoever, then why even bother to put it on the plants if it is so ineffective?

If it does something to the plants, then obviously it's going to do something to you. The only way to avoid the effects of pesticides and fertilizers is to eat foods that are never made with them – because it is not just on the skin of the produce. These chemicals infect and poison every part of the product, from the soil up.

No matter how many times or how hard you wash them, you just can't change the chemical make-up back to the way nature intended. Not on produce and certainly not on livestock. Not too long ago, some chicken farmers had a huge problem with thieves stealing their chemically engineered chicken feed. This was expensive stuff, you know. It increased the chicken's metabolism, and that would help the chickens lay more eggs - but it wasn't other chicken farmers who stole the chicken feed.

Actually, street drug producers stole the feed. Why? The chemical that



made the chickens lay more eggs, in some cases, was an amphetamine, and they could extract the amphetamine from the chicken feed and make methamphetamine - you know, the drug they call Speed. The drug that is highly addictive and does more to the brain than almost any other drug on the market, elicit or otherwise.

If chickens eat it, and you eat chicken or eggs, guess what you're eating? Let's not forget the recombinant bovine growth hormone, which causes cows to grow faster and produce more milk than nature intended. If cows grow faster and produce more milk, and you eat beef or drink milk, let us guess what will happen to us.

Now this is just in the livestock nutrition! What about the processes farmers now employ to extract the milk and eggs? What about the conditions these animals are kept under? The reason why so many diseases have become resistant to antibiotics is due, in part, because today's livestock are kept in such horrid, unnatural, and overcrowded conditions that they are required to be regularly pumped with antibiotics to keep them from getting atrociously sick.

Livestock are injected or fed with antibiotics, you eat the meat or dairy products from these animals and you have essentially been injected with the same antibiotics - and you're not even sick. So when you actually become sick, whatever it is that you caught, has already encountered and beaten the antibiotics that are inadvertently in your blood stream. This is why taking more antibiotics at this point may not do you any good.

Cow's milk is homogenized and pasteurized so that all the blood and pus



that comes with being mechanically milked and pumped with growth hormone will not make you sick, and it is done so that the milk will last weeks longer than nature intended. This is a great convenience for us, essential for the farming industries big profits, and even desirable to a government that desires governing fat, happy citizens. But, all that blood and puss is still in the cow's milk; it just won't make you "sick" anymore. Tasty thought, isn't it?

I've said it before and I'll say it again – the only thing that science does better than nature is make a profit. The whole reason why the farming industry has resorted to these measures is so that they can make a profit, and they are doing such a good job and so proud of it, the attention they are getting may eventually be the thing that hopefully puts them out of business.

People are becoming aware of the harmful effects mass produced, fertilized, pesticide infested, growth hormone injected, amphetamine fed, and poorly treated food has on them. In addition, their very land and livestock are dying off because the plants and animals themselves are having a hard time handling everything the industry is putting them through.

If the plants and animals are having a hard time living through it - what makes you think the produce is anywhere near good for you? Much of it is not! It's toxic. You are poisoning your body. You are barraging yourself with chemicals and toxins. You can't possibly know what they will do to you now, much less what continued long term exposure will do to humans as a species.



I have briefly covered our food, and the food of our food; now, what about the water? Almost all water in the Western world today is fluoridated and chlorinated. Both fluoride and chlorine are highly toxic chemicals. So toxic in fact, those manufacturers do not have anywhere to dispose of all the chlorine and fluoride they produce. How can the same things that are labeled toxic be put into your water? Why?

Well it is easy to answer but harder to do research on – but my unsettling preliminary finding contends that it was presumably a way for manufacturers to get rid of large quantities of unwanted chlorine and fluoride. This is a dark conclusion I know, and I suggest you should do research independently and come to your own conclusions, but it would appear industry needing to get rid of these chemicals employed scientists to find a way to use these unwanted chemicals, and powerful lobbyists paved the way to get rid of them in the most efficient way possible - mass consumption. Fluoride and chlorine are highly toxic chemicals; you would die almost instantly if you ingested them in large quantities, but there was needed a way to dispose of these chemicals. Aren't you happy to be helping all these nice manufacturers use you as a garbage dump?

Consensus amongst the ambiguously funded scientific community say these chemicals are fine in the small amounts presented to the body by drinking normal tap water – but the simple fact of the matter is, we don't just drink water. Our crops use water to grow, cows and chickens and other livestock drink the water, you shower in the water, you swim in chlorinated pools, you boil food in it, you wash your clothes in it, evaporated contaminated



water rains on you, and on and on.

Thus, by no means are we receiving small amounts of the toxic and deadly chemicals chlorine and fluoride. What are they doing to our bodies? Do we know? Can we get an honest answer from the government, or water treatment plants, or manufacturers whose incomes are at stake? For that matter, does anybody really know? Due to the lack of total understanding concerning the human mind and body, nothing in this regard is scientific fact. Absolutely nothing; all they are presenting is pseudo science; their opinions. Therefore, you should honor it no more than any other well-educated opinion.

Everything in science and medicine is just a theory – and it is only true so long as nobody has proven it wrong yet. In absence of scientific facts, only theories remain that have not been disproved yet. Medicine is a practice. Science is a practice. (This should lead you to the conclusion they have not gotten it all right.) There is no end-all be-all answer to anything – but the “experts” would have you believe they know it all. I’ll dig deeper into that rabbit hole later.

All of this is just the tip of the iceberg - making a profit has so thoroughly corrupted everything that should be making us healthy, that it can be hard at first to fathom just how many lethal and toxic chemicals we are ingesting every single day. Money, money, money; it makes the world go around, and the easy way to make money is to make more food more cheaply that lasts longer, and sell more of that food. Of course, with all the wonderful scientific "advances," manufacturers can, in fact, make food faster, cheaper,



and that lasts unnaturally longer, to sell even more food than ever before.

Processed food manufacturers will never have to worry about a labor strike because their food could literally last for hundreds of years in some cases. It makes you wonder what all those chemicals are doing to your body, doesn't it? And just how digestible are all these processed foods?

All processed foods are definitely resistant to proper digestion. Eating these toxins takes a toll on your body, and some appear to take away from other beneficial processes, such as using the nutrients you did manage to extract from that which you consumed. It's no wonder people report the feeling that processed foods leave them feeling drained, depressed, and useless!

Making food that lasts longer is just one way manufacturers increase their profits. Obviously, there is a finite amount of people in the world, and they will eat a finite amount of food in order to be healthy. How do you increase demand for something? You make it more desirable, of course. There are many ways that food can be made more desirable, and some of them will surprise you.

I've already mentioned that some foods are injected with flavor so that they taste as they should, so it's no surprise that they inject food to make it taste better when perhaps it wouldn't. What is surprising, however, is that some food manufacturers knowingly and purposefully put chemicals into food so that your body becomes chemically dependent on the food. You read that right. Let me try to explain:



Yes, food is addictive, especially processed food; for two reasons. For one, the preservatives and “enrichment” process to infuse foods with so-called vitamins and make them safer actually strips food of some nutrients your body needs and is used to receiving. When your body does not receive what it expects to from what you eat, it will continue to crave that nutrient, and you will therefore need to eat more of it.

Not only that, but remember I mentioned that some chickens are fed amphetamines. It’s not a big jump from there to understand the desire of other manufacturers to want to enhance their food with chemicals that make you addicted, or to grow hungrier faster. You knew about Coca-Cola right? Back in the early 1900’s the cocaine was quietly removed, but they really set a prestigious benchmark for the food industry. And believe it or not, white bread is now the biggest culprit of addictive chemical additives.

These chemicals did not exist 20,000 years ago. Back then, food was for fuel, for actually feeding the body with everything it needs to survive and thrive. Today, food takes on a sometimes darker role, which is to make a fast buck, and too many food manufacturers have no problems with using their consumers in order to do just exactly that. You are justly appalled in feeling you are nothing more than a garbage disposal and financial resource to them.

Don’t believe me? Good! Keep questioning me. Don't believe a word I say and prove everything for yourself with your own eyes. Do that with everything you're presented and you will do very well at getting rid of all that ails you. So let’s have a look at the money trail, which always leads to



the guy with the soft cushy seat at the top that pulls all the strings. The food industry is obviously regulated by the FDA, who also regulates drug companies. Isn't it funny that food and drugs go hand in hand?

In the next chapter I'll get deeper into the FDA, but here's the gist of how it works. The FDA, like every other business (because government is a business after all), has its own interests to protect and needs money in order to operate. The groups tied to the FDA with the most money are drug companies, aka Big Pharma. So guess whose best interests are being looked after?

Here is an interesting fact. You know those so-called diet foods? Some of them contain chemicals that make you depressed and addicted to the food, not to mention gain weight. Guess what - the very same company that provides the food manufacturer those chemicals that make you depressed and gain weight often also sell the drugs that make you not depressed and lose weight. Who is winning there?

According to some estimates, over one third of the FDA is staffed with employees paid directly by Big Pharma. It makes you wonder just how unbiased "FDA Approved" really is. Back when the FDA was originally founded, they probably actually did desire to protect consumers from all the terrible things food could do to you, but some feel that the humanitarian aspect has disappeared since then – only to be replaced by greed.

20,000 years ago they didn't have money to corrupt their intentions.



20,000 years ago they didn't have the diseases we have today. 20,000 years ago farmers made everything the natural and organic way. 20,000 years ago you didn't have to worry about man-made toxins coming in from every direction, breaking down your immune system and natural bodily functions, causing you to develop allergies, cancer, polio, and other diseases seemingly out of thin air.

Medicine and the medical industry

Way, way back in the ancient history of medicine, a Shaman medicine man would come to your tipi and administer herbal remedies to help your body rebalance itself. Humans are creatures of nature after all – being a part of nature, obviously everything that ails us naturally can be sent into repression with something natural.

As I said before, the only thing that science does better than nature is make a profit. Nature is built upon the foundations of cyclical balance. That is, sometimes the death of something allows something else to live – life helps other life to survive. In addition, the only thing that can truly cure you of any illness is your own body, because nature is always seeking balance, and your body is always seeking homeostasis.

Your body is not designed to be sick. You are supposed to be filled with vitality and life throughout your entire lifespan of 100 to 120 years. The answer is very simple and although two parted, both ends are linked to the medical industry.



For one, lifespan statistics are flagrantly wrong. Much like every other “study,” the results of these are designed to make profit for business, and the business, which profits from lifespan statistics, is the medical industry. Think about it – as these numbers go up, aren't you convinced the medical industry is doing its job?

You don't reach this age because you don't believe you will reach this age, and because of all of the toxins you are filling your body with – including the toxic thought that you will not reach 120 years old without being completely infirm.

Yes, your thoughts can be toxic, or they can cure you. That's the placebo effect, the “medicine” that cures 40% of all patients, and cannot be explained by modern medicine. Perhaps they don't want to explain it – the placebo effect has a track record of curing, and if you're cured, then you no longer need a doctor or medicine.

There are no known medical facts, only well-founded and researched opinions. It is one great big mystery how the body works. For instance, if you were to weigh everything a person consumes, and then everything a person expels, you will find that the weight is almost precisely equal. So how does a person grow from an embryo weighing hardly a few ounces to a five foot or six foot person weighing sometimes 300 pounds?

Medicine can't explain it, but science is close - the answer is energy.

Everything around us, everything we are, everything we eat, everything we think, everything we say, everything we see, is made of energy. When you



consume something, rather than keeping parts of the material, our body actually feeds off the energy to nourish itself.

Modern traditional medicine will deny this until the world becomes flat again, but science has already proven this, and ancient Eastern medicine has already been using this to their advantage for thousands of years. Eastern medicine has also been curing for thousands of years, so the medical industry doesn't want you to know about it because if you knew about it you would be cured, and then you would no longer need the medical industry.

But let's go back to 20,000 years ago. I've already mentioned that all of the diseases back then were communicable diseases, not the degenerative and genetic diseases that we have today. The distinction is very important, because there are three very different ways to be sick.

The first way is the way that doctors are very well suited for treating – emergencies. You see, medicine is an age old practice – and the first time that anyone ever needed any kind of medical help was when that woolly mammoth took one great big meaty chunk out of a hunter.

Then that hunter ran to the most intelligent men of the tribe and said, not in so many words of course, “help me help me, I'm bleeding.” This is what doctors have been treating for thousands of years. This is, in fact, what doctors today go through seven years of school to do. They specialize in two things alone – chopping up anatomy and prescribing drugs. Emergency situations such as these are what doctors are actually best suited to treat.



The second way to be sick is to “catch” a disease, through either a germ or virus. Everyone is exposed to germs and viruses every single day, and not just one or two – more like billions. Yet not everyone is sick every single day. This is because of your immune system.

Just like you learn to walk, you also learn to fend off disease. You learn to fend off disease by falling down a few times, just as you do to walk.

Eventually fending off disease becomes second nature, just like walking – and the same applies to the germs and viruses themselves. They, too, adapt to their environment, and learn to fight off your immune system.

As you grow older, the only reason why you catch disease is because your immune system has grown weak, and the only reason why your immune system has grown weak is because you are filled with so many toxins your body cannot handle anything more. This all seems very elementary, but you would be surprised by how many people think that the disease is the problem, when it is, in fact, their body beaten down by toxins, which renders it incapable of handling disease that is the real problem.

Remember what I said about the root causes? Remember what I said about the body being the only thing that can cure you? The sneezing is not the problem. The fever is not the problem. In fact, treating the symptoms will only make things worse because what is causing them is still running rampant through your system, and if you suppress the body's natural way of expelling these toxins, you will only make things worse.



You are sneezing for a reason. Your body is heating up for a reason. Your immune system is trying to do its job, the job you have trained it to do for the last however many decades. You wouldn't want all of your body's hard work to go to waste now would you? Not only that, but you can actually un-train your body from being able to fight off illnesses by taking pills to combat them.

In addition, taking a pill sets off a chain reaction in your body. Since all of medical science is just a theory, I would like to point out one theory in particular – Einstein's Theory of Relativity. “Every action has an equal and opposite reaction.” Do you really know what that pill is doing to your body? For that matter, does medical science even know what that pill is going to do to your body? It's just a theory, after all!

As medicine has advanced, so has disease. As medicine has become more unnatural, so has disease. Have you ever noticed that when you treat the flu or the common cold with medicine, they usually give you something made from bread mold for another natural material? Your disease is natural, and so it should be treated with something natural.

However, the more unnatural the disease is, the more unnatural the treatment. Cancer is treated with radiation and dozens of highly toxic chemicals, for instance. Granted, radiation does occur naturally, however, the body is not meant to be exposed to such amounts – but then again, your body is not supposed to have cancer, or be exposed to the toxins in such amounts that cause cancer to begin with.



Makes sense, right? It's also pretty logical to assume that when you treat your body naturally, natural things will happen to your body. Therefore, when you do unnatural things to your body, unnatural things will develop within your body. The chemicals in our environment and in chemical treatments for diseases are exactly why we have this third and final form of disease.

In so called degenerative genetic diseases, the disease just seems to magically form within your own body. Get this straight – the body is not designed to be sick ever, not for one single solitary day in your life. The only reason why your body forms allergies or other kinds of degenerative and genetic diseases is because of the chemicals and toxins you are putting into your body.

Degenerative and genetic diseases did not exist 20,000 years ago. Neither did modern medicine. The correlation is very hard to ignore. Yet the medical industry would have you believe that these pills are the cure – when they are actually causing illness. Why? Again it's all about the money, of course!

Unlike 20,000 years ago, doctors make a living off of you being sick. The pharmaceutical industry makes a living off of you taking pills because you're sick. Some are of the opinion that the FDA is supported in large part by the pharmaceutical industry, so it is, of course, in their best interest to make sure you stay sick – because if you were ever cured, they would all be out of work.



Most doctors practicing traditional medicine do not realize that they are poisoning you. More than half of all doctor education is currently sponsored by the pharmaceutical industry. That means the doctor's education is skewed in favor of the drug, and they often have no idea just how bad for you that pill can be.

Not only that, but doctors are actually paid by the pharmaceutical industries to prescribe these medications to you, and paid to attend these classes, and paid to teach these classes, and paid to speak on television about the medication. The worst part of it is that the pharmaceutical industry is very good at hiding the money trail, even from the doctors that they educate.

Don't believe me? Good! You should never take anything at face value. You see, the pharmaceutical industry knows that the public tends to believe anyone with any kind of credentials, and of course they would want the biggest and strongest person on their football team. In the medical industry, the more it costs to bribe someone, the more profit their words will make the company.

Some people are convinced that the medical industry, and everyone that is linked to it, will do absolutely everything within their power to protect their soft, cushy seats. They contend that the pharmaceutical industry literally has its hands in everything – they put chemicals in your food so that you need their drugs, they pay doctors to say with all conviction that you need their drugs, they pay the FDA to get that safety stamp, and to top it all off, they tip politicians as to when they will have a sudden increase in sales, so



they can buy the pharmaceutical company's stock and make a profit.

The worst part of it is that news media outlets can't even blow the whistle on the pharmaceutical industry because their biggest advertiser is none other than the pharmaceutical industry. If anyone says anything to hurt the pharmaceutical industry's profit, they are very quickly left out in the cold.

The FDA and the FCC contribute in large part to the pharmaceutical industry's staggering power, but I'll get more into that in the next chapter. My point here is, the humanitarian aspect of modern medicine is completely gone, and unlike 20,000 years ago, they don't want to cure you. In fact, it is in *their best interest* to make sure that you stay sick.



The healthy lifestyle

So far I have only touched on the very tip of the iceberg of what is making you sick, allergic, or otherwise infirm. Don't be overwhelmed, and don't think you have to be fanatical about living a healthy lifestyle. In today's modern world, where toxicity is a daily practice, it's not always practical to be perfect.

One thing is for certain though; once you bring down the level of toxicity in your body you will definitely experience much less illness. The closer you can get to the way they lived 20,000 years ago, the better.

Being healthy is a full lifestyle change – remember you have been trained since birth to be sick. Don't think of it as becoming a health food fanatic, or all natural nut, think of it is living your life the way you should, the right way, the way that it was lived naturally 20,000 years ago.

I read something once that made a lot of sense. If man made it, don't eat it, and if you wouldn't eat it, don't put it on your skin, in your hair, or in your environment. As I mentioned, I have only just scratched the surface on where all of your toxins are coming from; the rest will come later.

You have, in fact, been trained your entire life to be sick and make yourself sick. Everything you do, everything you know about health, is wrong. With the exception of two things; eat healthy and exercise. The only shortcut for life is killing yourself.



Yes, I am repeating myself, but that is how we learn – by being told to do things and doing things over and over again. By watching television, by reading the newspaper, by watching the ad pass by on a bus, you are exposed over and over again to various messages. Messages that say pills are good for you, pills will fix everything that ails you, and that a pill will be the easy way to do anything that you want to with your body.

You are constantly being tempted by that easy way out. Everything around you has been carefully engineered into making you a fine-tuned suicide machine, believing that modern science is some miraculous solution to everything.

I'm trying to make you aware of all of this so that you can see right through the lies. People trust far too easily. Don't believe a word I say. Don't believe a word you read, hear, or speak at face value. Question everything!

There is statistical evidence that the more you are exposed to something, the more likely you are to trust and believe it. The entire marketing industry is built upon that statistical evidence. They believe that after 21 instances of exposure, the likelihood of someone buying something goes up to nearly 100%.

Marketing firms also conduct studies to figure out which words will get you to do exactly what they want you to. Without hesitation, they will use every trick in the book they know to get that money out of your pocket. That's their job. That is what they are paid to do.



They are not paid to question whether the product they are selling is good for you or not. In fact, it would be bad for business, very bad for business. When money comes into the picture, all humanitarian concern evacuates. If someone is getting paid to tell you something, you can rest assured that they are not doing it because they care about you. They are just doing their job. They are doing what they are paid to do.

If you are going to truly live a healthy lifestyle, you are going to have to change the way you think about society at large, your body, your health, and life in general. A good way to start is to look at everything that you use today, and ask yourself one simple question: how would they have done this 20,000 years ago?

Next, you need to outsmart your “enemy.” If you're smart with your money, then you should already know that it is not a good idea to be educated by the salesperson. You should already know what you want, and why you want it, before you ever set foot in a store.

So before you walk into a doctor's office, ask yourself – what is the root cause for my symptoms? Keep in mind that most of what modern medicine classifies as a “disease” is actually just a symptom. It is not the root cause.

The root cause is what you are doing to your body – how you are eating, the level of exercise you are getting, even how much sunlight you get in a day. A good doctor will tell you how to change your lifestyle in order to cure what ails you, because a healthy lifestyle is just exactly that – a lifestyle that leads to health!



The only shortcut for life has the side effect of killing yourself. There are no quick and easy ways to being healthy. However, living a healthy lifestyle is very simple – or at the very least, simplistic. You just have to do things the right way, the simple way, the way they used to do things 20,000 years ago.

Back then, they didn't have cars, cubicles, cell phones, high fructose corn syrup, red number 40, and violence on television. If you were to rid yourself of all of these toxic chemicals and toxic energies, you would have a very high likelihood of never being sick again in your life.

Remember, they did not have all of these things 20,000 years ago. Your body is still adjusting to all of the changes that society is putting it through. It's quite likely that 20,000 years from now, the human body will be able to metabolize all of the toxins that we are currently ingesting. However, in this day and age, it will kill you.

Radiation is effective against cancer for this precise reason. Radiation occurs naturally, therefore the human body has been exposed to it for the last 20,000 years and is thus used to metabolizing it – in the levels that it occurs in nature. Just like you learn to walk, just like you learn to fight off germs, the human body also eventually learns to metabolize everything that you put into it.

This is why you can cure virtually everything that is wrong with you right now. Your allergies, your cancer, your migraines, your depression, all of it



can be cured simply by teaching your body to deal with it properly. There is no shortcut for this however. It takes the average human two years to develop the strength and coordination to be able to walk. Nothing happens overnight, or without a significant amount of effort.

Although, you should crawl before you walk. And before you even crawl, you should roll over. And before you even roll over, you should lift your head. A healthy lifestyle does not need to happen all at once. Just do what you can manage for now, and integrate the rest, as you are comfortable.

Right now, you are only just lifting your head. You are only just beginning to see how toxic your environment really is. Soon enough you'll roll over, and be able to gain a completely new perspective and understanding on the world. Once you understand the world around you, from the perspective of a healthy lifestyle, you can then begin to crawl toward one.

So let us now continue in that journey to gaining that healthy new perspective.



Chapter 2 – The FDA

In the previous chapter, I only just scratched the surface of how much power the FDA has over your health. The FDA writes all the rules, holds all the keys, and is the end all be all to health. This is a very bad thing. Nobody should have that much power.

The American government was founded on checks and balances. So it is absolutely amazing to me that the FDA would be allowed to have so much power. They are literally the judge, jury, and executioner – and let's not forget the fact they wrote the rules to begin with.

I'm going to head just a tad off track here, but bear with me for a little bit. I'm sure you already know that the most efficient way to get anything done is to have a lot of people doing a little work, with all of their hands moving toward the same goal. So let's explore that aspect of society for a moment.

In order to understand the FDA's final goal, you have to understand how the American government was founded. Out of all our great founding fathers, there was only one that did not believe the rich and powerful were the only people qualified to make decisions for the common good.

In other words, all but one of the founding fathers believed that the rich would be benevolent and humanitarian, and should thusly be the only people who can make decisions. After all, if they are rich, then they are



obviously very smart, and good at making decisions. The rich are a minority of the population for good reason – smart people are far and few between.

Isn't that funny? The majority decided that only the minority should make decisions. Thomas Jefferson was that one founding father that disagreed. Unfortunately, he was not privy to most of their conversations and decision making.

Also rather unfortunate, is the fact that James Madison did not discover the rich would not be benevolent until after he had already given them the power to make decisions for the “common good.” But please, don't trust me. Don't believe a word I say. Go look into the writings of James Madison and Thomas Jefferson yourself.

So from the very beginnings of the American government, the one common goal, which all the hands were working toward, was ensuring that the rich are in power and making decisions for everyone. This is the way it has been for over 200 years. This is what everything in our government is based on. This is the one common goal for everything the government does. The very structure of our government allows for nothing else.

The FDA is a part of our government. The FDA is built upon and follows the same structure. Some people feel strongly that the FDA is going to make sure that only the rich can make decisions for everyone. The FDA and this government were founded on the belief that the rich are rich because they are smart, and so should make the decisions.



Unfortunately, they did not take into account the fact that being smart does not always equal being a humanitarian. The rich are just good at making a profit – and what better way to do that, than with science? Remember, the only thing that science does better than nature is make a profit!

The reason I went off track and pointed that out, was that you have to remember everything is connected and part of one big system in order to function efficiently and how the foundation is laid will directly affect how the house is built. Some are of the opinion that the government, the FDA, and this and that company are all working together toward the same goal – of getting you to do exactly what they want you to do, and to further this one common goal of keeping the rich in power.

If you disagree with the concept of rich people being in power, then move to a country that is not founded on a capitalistic economy – because that is how capitalism operates. America is the land of promise because anyone can make his or her fortune here. The smart people get rich, and then they can pull all the strings they want, because everyone wants money so they too can pull strings and make decisions.

Obviously, since only the rich can make decisions, and everyone wants to make decisions, people will do everything they can to become rich. That means controlling you, and making you help them become rich. Do you see how this can be a problem?

One of the biggest problems is the fact that the FDA writes and enforces the rules. One of these rules that the FDA has written states, that “only a drug



can treat a disease.” Have you noticed in recent years the rush to call everything a disease? For that matter, have you noticed the rush in recent years to patent human genes?

Just imagine the power this gives drug companies. Something “abnormal” is discovered, and suddenly it is a disease – soon enough they just might find certain blood types to be harmful and require a lifetime regimen of drugs. Why not? They already do it for the so-called genetic disorders arthritis, diabetes, and obesity – when there is in fact a cure for these through a healthy lifestyle.

The FDA holds all the cards. The FDA and the FDA alone determines what is good for you, with a lot of help from the folks who pay their bills. Remember – this government is founded on rich people making all the decisions.

Even in government, one third of a populous can mean whether something goes through or not. Imagine, in a “tit for tat,” “just give me money” environment, what one third of a company thinking a certain way would do to that company's decisions – especially in the shaky job market we have today!

Of course, that one third of the staff is not all of the people who have the pharmaceutical industry's best interests at heart. According to some estimates, the large majority of people who once worked for the pharmaceutical industry eventually leaves and goes to work for the FDA. The largest majority of this populace includes former lobbyists and CEOs



from the pharmaceutical industry – the most convincing, conniving, rich, and intelligent people in the industry.

These are very influential people, to say the least. Not to mention the fact they still have all the ties and network of cronies they did when they worked in the pharmaceutical industry. Even if they truly intended on doing “real good” for the American public, they may lose a lot of friends in doing so.

They may lose a lot of their power. They may lose a lot of their money – and it's really hard to ask a person to sacrifice something personally, when they could just as easily take advantage of someone else instead. You take the easy path by taking pills, and they take the easy path by taking advantage of you. It's amazing how lazy society truly is!

Now remember, the FDA is judge, jury, and executioner. They have the absolute final say in your health and what is good for you. If over half of the FDA is composed of people from the pharmaceutical industry, then that means the pharmaceutical industry is actually in charge of your health – and the pharmaceutical industry, according to some, is most definitely, without a doubt, all about the money.

The money trail

Fact: the pharmaceutical industry is a business. Forget about the supposedly humanitarian aspect they have for a moment, and think of them as simply manufacturers of a product – because that is, in fact, what they actually are. Now let me show you the structure of these manufacturers and



how they operate.

This group of manufacturers has a team of service and salespeople, who just so happen to need a doctorate in order to work for them. Their job is to tell you about the products these manufacturers distribute and sell it to you. This is their job. This is what they are paid to do, by the manufacturers in large part.

These salespeople with doctorates went to school for seven years or more to figure out the best way to convince you to buy these products. They were taught to use words like “disease” and “treatment,” but not really taught about *curing* disease.

Actually, their real specialty is anatomy, because that is all that modern medicine has really figured out and not even perfectly at that. Remember, the procedures “doctors” have the most practice in was the first kind of treatment that was ever necessary – emergency hunter sew-up.

Nevertheless, these manufacturers also have auxiliary associations composed of researchers and scientists. Their job is to figure out how to sell what the manufacturers produce, and figure out all the ways that it can be used in mass quantities for a profit.

They do this by conducting studies and reporting all *favorable* results to news outlets, government associations, and the educational institutions, which teach the salespeople, with doctorates, about the manufacturers' products. Make special note of the most important word in that sentence –



favorable.

Some people feel that these associations cannot produce any negative results about the manufacturers' products through these studies, because they are paid for by the manufacturers – and anything that would harm their profits or decrease their chances of passing the “big test” is simply unacceptable. By the way, these organizations go by such names as the World Health Organization, the American Cancer Society, and the American Chemistry Council.

These associations claim to be doing everything they can to find a cure – but how much money is spent on alternatives to traditional medicine? How much money goes toward something that cannot make a very large profit? Could it be that there isn't a whole lot of money to be made in natural remedies?

That “big test” I mentioned, by the way, is administered by the FDA. Once the manufacturers have this seal of approval, they then have the authority to sell their product on the mass market. All they have to do after that is make sure nothing bad or negative gets out about their product or at least sell as much as they can until someone dumps the cat out of the bag.

More people are beginning to believe that, in many cases, they do this knowingly – they put their customers at risk on purpose, because they know that once you take one pill, you will eventually need another to treat the symptoms that last pill caused later on down the line. And guess who will be there to save the day? They developed the drug, they conducted the



studies and obviously they know what will happen to you. Isn't it wonderful that they know exactly what you will need? Gosh, I just can't get over how innovative these guys are!

By the way, passing the test by the FDA is cake, because it just so happens that the manufacturers' own employees are doing the test, and they have been doing these tests for years. So even though the questions change each time the test is administered, the manufacturers always have the answer key. For these manufacturers, getting the FDA's safety seal of approval is like sending a 40 year old to buy cigarettes – even if they get carded, and that's a pretty big if to begin with, the cigarettes will still be sold to them.

One day, however, the manufacturers ran into a problem. They couldn't get rid of certain products fast enough – they wanted to make more of a profit, make more decisions, and have more power over the market and their income. So they contacted their auxiliary associations of researchers and scientists, and urged them to find more uses for, and other ways to sell more of, certain products.

These researchers and scientists then got in touch with several other kinds of industries. They figured out that if they put one chemical in another manufacturer's product, they could increase demand for their employer's products.

The best part about this deal is their employer made both products so they made an insane amount of profit. In addition, they could get their



employees at the FDA to make it mandatory for this other chemical to be in the other manufacturer's products, guaranteeing and stabilizing their income.

To sweeten the deal even more, these auxiliary associations of scientists and researchers would then conduct and put out studies, which said that any product without this new chemical was unsafe, and presto – they now had an absolutely enormous demand for their products. By working with other industries, the manufacturers were now able to predict and even control their income, and essentially monopolize the entire market.

The funny thing was, the more people they involved in this, the more money they could make. For instance, lawmakers could be influenced to pass a bill in the manufacturers' favor if they told the lawmaker when they planned on increasing their profits – by having a new drug get the FDA's safety seal or developing a promising miracle drug, which will increase visibility of the company.

The lawmaker could then purchase stocks in the manufacturers and make a profit himself. Lawmakers even passed a bill so that this would be perfectly legal because they liked this setup so much.

An added benefit to having salespeople with doctorates is the manufacturers could get free advertising too. All they had to do was get one of their salespeople with doctorates to contact the news media outlets, and offer to do an interview. The media outlets loved this because their viewers



want to know these kinds of things – health is a major and common concern, after all.

Since people with doctorates are regarded as experts, whatever they say is believed at face value. In addition, due to the fact that manufacturers have so much power, their salespeople with doctorates never have to state that they are paid to talk about the products. Who ever heard of full disclosure in the medical industry anyway?

Sometimes the manufacturers will sweeten the deal and pre-record the salesperson's statement, when it is convenient for them, and send it out to the news outlets – the most desired successful salespeople with doctorates are busy people, after all. They really should be spending their time with the patients that have invested so much in them – or do I mean the patients they have invested so much in.

Then one day, the manufacturers ran into another problem. Someone was cutting into his or her profits, and undoing all the dependencies they had worked to build in their consumers. These people were not a part of their system, and while most of them had doctorates, they didn't sell any products – or at least, none of the products that would lead to consumers needing products produced by the manufacturers.

Slowly but surely, the manufacturers were losing sales. They didn't have as many consumers to sell to. So they contacted their lawmaker friends, and their employees at the FDA, and asked them to figure out a way to put these people out of business. They then had their auxiliary associations of



scientists and researchers put out studies that showed these people and the methods they used to be dangerous, harmful, and risky.

This is how the pharmaceutical industry works, according to some. This is how they keep you sick. This is how they make sure you always have allergies, migraines, depression, and even general aches and pains. This is how they make sure you always need their services and products. It is not in their best interest to cure you, because if you were cured, you would no longer need them, and they would be out of business.

The plight of natural remedies

Natural remedies really have their work cut out for them. For one, as I already mentioned, the FDA is on the side of the pharmaceutical industry. Secondly, as I already mentioned, the scientists and researchers are on the side of the pharmaceutical industry.

Third, as I already mentioned, the government and lawmakers are on the side of the pharmaceutical industry. Fourth, as I already mentioned, the food industry is also working alongside the pharmaceutical industry. Really, honestly, how do you compete with that? How do you compete with total market monopolization?

Remember, the FDA writes and enforces the law on health. That one line, “only a drug can treat disease,” is a lot more trouble for natural remedies than you would think. Part of the reason why this is such a problem is the



FDA charges \$8 million for something to be tested and classified as a drug safe for mass consumption.

You see, anything that is natural cannot be patented, and if you can't patent something, then you cannot guarantee your profits. With an \$8 million price tag just to become a “safe” drug, it will be very difficult to recoup your losses if everyone else is taking advantage of your FDA seal of approval.

Otherwise, natural remedies would all be getting that approval – because most of them are safe and most of them have no negative side effects! But all of them are natural, and so cannot be patented – and \$8 million is a really steep price tag, especially if you will have to compete for sales cutting into your profits.

As if that wasn't bad enough, scientists and researchers are working day in and day out to debunk natural remedies. Remember, these researchers and scientists are paid by the pharmaceutical industry to do their bidding – and if a natural remedy will have a hard time recouping the \$8 million FDA safety seal price tag, then they certainly can't compete with the billions of dollars the pharmaceutical industry can lavish on these scientists and researchers.

Natural remedies also cure disease, and that is naturally bad for business, especially for the pharmaceutical industry. Since the pharmaceutical industry has completely monopolized the market and can control their income, they tip off the lawmakers about planned profit increases so the lawmakers can buy their stocks and make a profit. Obviously, the



lawmakers don't like natural remedies because it will directly affect their personal income!

The government is also working with the FDA to keep the lid on natural remedies, all because of that one line, “only a drug can treat disease.” Natural remedies cannot advertise anything that states what they do to treat or cure disease, because they are not classified as a drug – and the FCC is always keeping an eye on natural remedies to make sure they don't break “the law.”

If anything is mentioned to the effect of “this non-drug treats or cures such and such disease,” the advertisement will be stripped from broadcast by the FCC, the company put out of business by the FDA, and all of its assets seized and confiscated by the FDA. This is done repeatedly to natural remedies without ever receiving one single customer complaint!

That is a huge double standard in advertising. Technically, it's illegal to lie in advertising. That is pretty obvious and straightforward right? Well the big pharmaceutical companies hire spokespeople who read from a script – which I believe is illegal by the way – and say things like “my boyfriend took this drug and...” but they don't even have a boyfriend! Yes that's very trivial, but that isn't all they lie about.

Now remember what I said about real customer testimonials for natural remedies – the big pharmaceutical companies can hire spokespeople to flat out lie, yet the wee little natural company can't even tell the truth! This is all because the pharmaceutical industry has monopolized the market so they



have totalitarian control over it and you, to ensure that you work toward their goal of making them rich, and keeping the rich in power.

Last but not least, the food industry really dislikes natural remedies. Reason being, natural remedies include eating organic food – which means, all their pesticides, amphetamines, fertilizers, and growth hormones go to waste. All their efforts to produce more food and make more profit is then for nothing.

Natural remedies are not just products, by the way. Naturopathic practitioners have the same problem too. Remember, “Only a drug can treat disease.” If a practitioner cures cancer with laughter, then this is technically illegal. For that matter, I'm surprised your mother wasn't persecuted for practicing without a license when she gave you a glass of water, to drink upside down, for your hiccups.

Chiropractors had a really big fight some time ago with the World Health Organization and the FDA. Back then, there was no such thing as a license to practice chiropractic medicine, and the FDA says that, “only a licensed practitioner can treat disease.” Obviously, after a very long drawn out court battle, chiropractors were allowed to continue their practice.

The courts determined that chiropractors really provide a service to their patients, and did not harm them. In fact, they actually cured their patients of disease – but that doesn't mean “traditional” medicine practitioners won't do everything in their power to make you think twice about visiting a chiropractor.



Of course, chiropractors are not the only natural medicine practitioners that are subjected to the medical industry's tactics of ridicule in order to embed doubt into your mind. Remember, if you are cured then you no longer need them. The “traditional” medical industry does not want you to be cured because it would put them out of business.

In fact, the very word “traditional” exposes so much about their tactics. Remember, they conduct entire studies to figure out what words will encourage you to do exactly what they want you to do. “Traditional” medicine practitioners do not, in fact, practice traditional medicine. They are simply the most common kind of practitioner.

Using drugs to treat symptoms did not exist 20,000 years ago. Writing prescriptions is by no means traditional medicine; they only use this word because they know it makes you trust them more readily.

Remember, everything they say is part of a carefully engineered plan to get you to do exactly what they want you to do. You are their finely-tuned suicide machine, bred and trained from birth to give them your money, keep the rich in power, always come back for more, and never ask questions.

Yes – from birth! It all starts with immunizations, which the FDA has deemed to be mandatory for every child born. (Check with your state regarding state vaccine laws and exemptions.) Every action has an equal and opposite reaction. That immunization could set off a chain reaction in



your body, which causes you to need the medical industry no matter what you do.

They are also administering these immunizations with full knowledge of the fact the preservatives used to keep the medicine effective is loaded with toxic chemicals, some of them not safe for human consumption in any amount – but you better believe they have studies to prove otherwise. The FDA has been raising the number of immunizations too, so even if those chemicals are actually safe in the amount presented to the body in one dose, they certainly become toxic after the 20 to 30 doses the average person receives by the time they reach puberty.

Don't believe me? Well, maybe you do by now. After all, unlike the pharmaceutical industry, the FDA, the food industry, news media outlets, so-called “health” associations, scientists, researchers, politicians, and marketing professionals, I have much less of a financial interest in saying this to you. Aside from that, everything I have said makes a lot of sense, doesn't it? But, you must prove it for yourself.

Now that I have connected all the dots for you, and I apologize if, as I believe I did, probably just turned your world completely upside down, I can now start showing you what the world really looks like from the perspective of your body. In the next chapter, you'll get to see where all the toxins are coming from, and precisely why one seemingly tiny little thing can so easily tip the scales in terms of your health.



Chapter 3 – Causing Illness

Ignorance is bliss, and because of that I am really sorry. Your world is about to be turned completely upside down, and you will never be able to look at anything the same way again. You have already rolled over; now it is time to start crawling through and discovering all of the toxins that you are feeding yourself.

Once you know this, you can never go back. You will never be able to accept life the way you did before. You will look at commercials, salespeople, and others, and just shake your head, knowing exactly how they are trying to deceive you.

Remember, you are not supposed to have allergies. You're not supposed to develop cancer. You are not supposed to have arthritis. Most diseases that they call genetic are not, in fact, genetic. They just happened to occur within most of one family.

Parents pass down from generation to generation eating habits, exercising habits, and even sometimes give their house to their children, effectively passing on the exact same environment. Just because uncle Bob had heart disease doesn't mean you will – unless you do the same things uncle Bob did to give himself heart disease.

In the medical industry, sales gimmicks come and go. They are literally health fads, designed to get you to buy whatever product they want you to.



Again I say in a deep ominous voice, "Designed to make you into a finely tuned suicide machine and designed to make you keep the rich in power."

Also keep in mind; the food industry and the pharmaceutical industry are very closely linked together. They work hand in hand toward that same goal of getting rich and keeping the rich in power. Some people feel that the food industry develops food to make you need more drugs, and in turn, the pharmaceutical industry produces chemicals to put in food so that you need more food.

They don't want you to be thin, because if you were thin then you wouldn't eat as much food, and you wouldn't need diet or cholesterol pills, and you wouldn't need a gastric bypass, and you wouldn't want plastic surgery, and on and on. The food industry actually lobbied against the "eat less, exercise more" campaign, because they really did not want people eating less food!

I repeat – fat people eat more food. The food industry wants you to buy more food, because that is how business works. They can and will do anything they possibly can to make you want more food, and the medical industry is not so different at all – in fact, they help!

This change into a healthy lifestyle is going to be very difficult for you. Last but not least, modern society has made it so easy for you to make yourself sick, and just about impossible to live a truly healthy lifestyle. Most of the modern conveniences you are using today are actually causing your illness – and some are just too convenient to give up. Others are downright impossible to avoid without going completely out of your way.



Any measures you make toward a healthier lifestyle are better than nothing. Just do the best you can, and before you know it, you'll be walking as a healthier, more vivacious, and all in all happier person. Once again, don't think of yourself as becoming a health nut, think of it as living the right way, the healthy way, as they did 20,000 years ago.

However, because society has made it so hard to live a healthy lifestyle, you could very easily be viewed as a health nut. It will be very obvious that you are avoiding everything that is bad for you because it really does take a lot of effort, especially at first. But is the trade-off worth it? If you value your life and health even a little bit, then of course it is.

So why are you allergic to anything? Why does your body revolt against anything and everything in your environment? Altogether, there are four reasons. The first reason, which I have already covered in some detail, is the fact that you are filling your body with hundreds of toxins a day. Virtually everything you use and eat is toxic to your body.

In addition, you are severely nutritionally deficient due to the fact everything you are consuming does not have the nutritional value that you need. Remember how today's farming industry, according to some, has depleted the soil so much that apples no longer taste like apples, much less provide the nutrition they should.

The other causes for illness include being stressed, and allowing your



body's natural energy flow to continue to be out of whack. Remember – everything is made of energy, including and especially your body. All of these things compounded together put enough stress on the body as it is, let alone once germs and viruses come into the picture.

Remember, you are supposed to be able to fight off all those germs without showing symptoms for much longer than a day. You are supposed to metabolize pollen, pet dander, and everything else that some people believe they are supposedly allergic to. However, when your body is overly saturated with toxins, it simply cannot handle any more.

Don't be overwhelmed by everywhere your toxins are coming from. Just do what you can, take it at your own pace, and integrate solutions into your life, as you are comfortable. That being said, let's start with the toxins you are consuming.



Toxic buildup in the basic essentials for life

Every human being needs three basic things in order to survive – food, water, and oxygen. You can survive if these three things are contaminated, but the length and quality of life will be impacted, resulting in premature infirmity and death.

Everything that did not exist 20,000 years ago cannot be metabolized by the body; even some of the things that did exist 20,000 years ago still cannot be metabolized by the body. For instance, most rocks cannot be digested – but that's kind of obvious, right?

Baking powder is made of one such rock. Twinkies are made, in part, with baking powder, as are most mass-produced processed baked goods – including white bread. Are you eating food, or are you eating rocks, which the body has a really hard time digesting?

Once mixed with water, most of the ingredients in white bread turn into a rock-solid mass of junk that your body cannot digest. However, your body will try futilely for the next 18 hours or so, barraging it with everything in its arsenal trying to break it down.

Whenever it is able, the body simply expels everything that it cannot digest. However, as time goes on and you consume more toxins that your body cannot digest, they just sit in your colon and prevent anything else from being processed properly and expelled.



These toxins sitting in your colon do not just prevent other toxins from being expelled. You absorb a large majority of your nutrition through your intestines. All of the toxins sitting there are preventing nutritional things from being absorbed, since they stubbornly occupy the walls of your intestines, refusing to let anything else pass.

These toxins however, have no trouble whatsoever infiltrating your entire body. They cause you to have allergies, illness, and even an odor to your body, sweat, urine, and fecal matter as these toxins rot and fester in your colon. They can also wreak havoc on your digestive system as a whole, causing indigestion, irritable bowel syndrome, constipation, heartburn, and other problems.

After a while, you are no longer capable of expelling any of these toxins when you go to the restroom. Not even in the small percentage you were before – because these toxins also prevent normal bowel movements. These toxins eventually become a plaque buildup in your intestine, which cannot be removed by regular “brushing” alone.

The average person has about five to fifteen pounds or more of this toxic buildup sitting in their colon. Obviously they must have been eating a lot of rocks – but let's have a look at where these toxins could have come from in the basic essentials to human survival.

For one, it's pretty obvious that the air you breathe is polluted. I don't have to tell you that. You need look no further than the smog in the morning to confirm it for yourself, or the massive number of toll booth workers,



landscapers, truckers, and airport personnel who are treated for lung conditions.

In addition, people simply are not breathing deeply enough. Instead of fully extending their diaphragm and lungs, they are only breathing from their upper chest. This is causing people to be oxygen deficient, and when you are oxygen deficient, you are not as capable of metabolizing everything you put into your body and disease is allowed to thrive.

Cancer cannot exist in an oxygen rich environment. Most diseases cannot survive in an oxygen rich environment. Your body is supposed to be an oxygen rich environment, but because the air is polluted, and you're not breathing deeply enough, you are allowing disease to thrive. This hinders your body's ability to metabolize everything you put in it.

The second most crucial element to human survival is water. Unfortunately, even your water is horribly polluted and filled with toxic chemicals. Most water supplies today are loaded with chlorine and fluoride – two highly toxic chemicals that should never, ever be consumed.

They say that chlorine sanitizes the water by killing off all the harmful biotic matter, such as germs. Think about that – if chlorine is meant to kill biotic matter, and you are made of biotic matter, then obviously it will kill you too!

If you were to drink pure chlorine, you would die in a very short span of time. The only reason you have not died instantly from drinking the water



supply is because you are drinking chlorine in “small” amounts. So you're just killing yourself slowly, little by little. No biggie then right? I say No!

Fluoridated water is supposed to help your teeth – but it is another chemical that if you were to ingest in pure liquid form, you would die. Manufacturers cannot dispose of fluoride, so they got in touch with their scientist friends to figure out a way they could feasibly get rid of it in mass quantities. Putting it in your water supply and telling you fluoridated water will protect your teeth is their solution.

Now let's just say hypothetically that these chemicals are actually safe in the quantities presented in the water you drink. Let's just say, hypothetically, that your body can actually metabolize the deadly and toxic chemicals chlorine and fluoride from your 8 daily glasses of water.

Well then your morning shower will definitely overwhelm your body – since you absorb more chlorine and fluoride through your skin in the shower than you would in your entire daily consumption of water. Not only that, but the heated water for your shower becomes a toxic gaseous cloud of chlorine and fluoride.

In addition, all those crops and produce took in the contaminated toxic water to become the fruits and vegetables and nuts and beans and berries that you eat. The animals and livestock drank the very same contaminated toxic water before being chopped up and put on your plate.

Then you rinsed, soaked, and boiled your food in the very same



contaminated toxic water. That swimming pool is loaded with chlorinated water – and the hot tub makes a chlorinated toxic cloud of gas. By no means are you being exposed to chlorine and fluoride in small amounts.

By no means is your body capable of metabolizing these toxic chemicals. Chlorine and fluoride are also killing you, little by little.

Last, but most certainly not least, food is also a basic essential to human survival – and is also horribly polluted and toxic, in most cases. If man made it, don't eat it, because the only thing science does better than nature is make a profit, and the food industry has definitely mastered using science to make a profit.

The food industry has three basic goals – produce more food cheaply, ship their food to as many markets as possible, and sell as much food as they can. So on the first point; let's have a real close look at how they produce more food.

The problem with growing crops in mass quantities is the fact that such a large concentration of plants makes the farm one great big target for pests. In order to keep as many crops as possible, they put on that faithful gas mask and spray their crops with pesticides.

Why do they put on that gas mask? Well gee, pesticides are poisonous! If the farmer doesn't even want to breathe it in, what makes you think you should eat it! You can't even get rid of pesticides by rinsing the produce, because they not only get soaked up through the skin of the produce, but



also get into the very ground that is supposed to nourish the plants.

In order to grow more crops, some farmers also treat their produce with chemical fertilizers. These toxic chemicals make the plants grow faster than nature intended. When plants grow faster than nature intended, then they obviously do not have the same nutritional value that nature intended, and they also do not taste the same.

Some of these farmers don't care about the nutritional value; they just want to make more food faster. The most effective fertilizers are also the most toxic, because they are chemicals – and the only thing science does better than nature is make a profit.

However, the loss of flavor is a bit of a problem, so some farmers inject their produce with flavor and other chemicals to make the food more appealing to consumers. After all is said and done, you have a plant with a whopping huge dose of chemicals that your body cannot digest very well.

Another very unnatural way that some farmers produce food is through genetically engineered single-use suicide seeds. That is, the crops are not fertile, and will not produce seeds that can create another plant, if even any seeds at all. You can just imagine what that does to the nutritional value of such plants.

Crops produced in this way are, in fact, the only produce that gets major advertising and market exposure. Everyone else has to fight tooth and nail just to get into a local market, let alone earn anywhere near “top dollar” for



their produce.

In order to ship their food to as many markets as possible, farmers have to make their food last longer. Some of them do this by injecting the crops with yet more chemical preservatives, so that California oranges can reach Maine with about two weeks left before they spoil.

Last but not least, some farmers sell as much food as they can in two ways. For one, they get in touch with their buddies in the pharmaceutical industry to get those special chemicals that make their foods addictive, and inject those chemicals into their food. You see, with a finite amount of people in the world, they have to increase demand somehow!

So what do some farmers do with all the crops they can't sell in the produce section? Well, every diseased, damaged, spoiled, or otherwise unusable crop is juiced or sent off to food processing facilities to become part of something else called food.

That's just the produce farming industry. There are still two more kinds of food producers with the same goals – make more food cheaply, make that food last longer, and sell more food. Hopefully you can already see they will stop at nothing to reach those goals, even at the risk of your health.

Mass production of dairy is probably the most toxic form of food there is. First of all, the way they treat the cows is downright despicable – all in the name of producing more milk. In fact, the conditions are so horrid that some people believe cattle ranchers have to load these poor animals with



antibiotics just to keep them from becoming deathly ill.

Instead of allowing the cows to roam freely, as nature intended, they are kept tightly packed in pens and barns, unable to move for most of their lives. They stand in their own feces and urine, and sometimes never get to see the light of day.

Then when meal time comes around, these vegetarian cows are fed chemically engineered food, mixed with miscellaneous diseased body parts from their own brethren, along with other animal flesh too. Nature intended for them to roam free and eat grass – not meat, and not chemically engineered feed designed to make them produce more milk than they should.

Cows and other livestock are also given growth hormones – obviously so they grow faster and produce more milk. Since they are getting growth hormones, so are you. Everything fed to cows and livestock gets into the food made from them, and thus it is eventually fed to you.

In order to cut costs, of course, these cows can't be milked by hand. That would just be too much to ask, especially since the overburdened udders are causing the cows so much pain that they have to be milked more often. So they are milked mechanically – which is even more painful for the cows, and causes a lot of blood and pus to get into the milk.

All that blood and pus will obviously make consumers sick right away, so the milk has to be pasteurized. This kills off all the bad bacteria – and good



enzymes; the very same enzymes that make milk good for you and the very same enzymes that help you to digest milk and dairy products.

In order for it to last longer, they also homogenize the milk. This process spins the milk really, really fast so that the cream no longer separates and rises to the top, and makes every particle of the milk teeny tiny. So small in fact, that whenever you consume a homogenized product, these particles scar your arteries, causing heart disease in all eventualities, according to some researchers.

If the dairy you consume is not from a free range, organic farm – that is what you are doing to your body. That is why so many people are lactose intolerant. That is why so many bacteria are resistant to antibiotics. That is why children today are so much taller than they were before – but that isn't all the growth hormones are doing to you. Remember, if they eat it, you eat it too.

What happens to the cows will happen to you. Remember mad cow disease? Sure they may have lowered the dose of those growth hormones so the symptoms don't show right away, but little by little are people still showing symptoms? Some of those symptoms include increased aggressiveness, increased hunger, and general illogical behavior. What do you think?

Every action has an equal and opposite reaction. Every chemical you put into your body, either directly or through the food you eat, will have an effect on your body. When you do unnatural things to your body, unnatural things will happen within your body. Is this making sense yet?



Remember I mentioned that Chinese medicine has been using energy treatments to the benefit of their patients for thousands of years? Well, there are other groups that have been using holistic and healthy methods for thousands of years. One such group is the Jewish people.

“Kosher” is not just some convoluted religious red tape – they actually only eat kosher meat for a very good reason. It's healthy. When livestock is slaughtered in any way other than the kosher way – well let's just say it's nowhere near healthy for you.

The traditional method for slaughtering livestock is to shoot them in the head with a bolt. The animal suffers a great deal of pain, adrenaline floods the animal's system, and blood pools in its body. Then after all that, the animal falls and dies in its own feces and urine, dragged off to be chopped up, hung up, and aged.

In the aging process, all kinds of bacteria will be allowed to grow on the meat. The thick green film that eventually completely covers the cut of meat is actually something unsuspecting consumers prefer, because it tenderizes the meat. Sorry, but to me that is just plain disgusting.

The kosher way to kill an animal is the most humane and healthy way possible. The animal's throat is sliced, and it is immediately drained of all blood. Then salt is used to extract all remaining blood and bacteria, and the meat is not aged. In addition, kosher animals are not kept in pens – they



are raised the way nature intended.

I have just touched on beef production, but basically all livestock are treated in much the same way. I mentioned before that chickens are fed Speed so they produce more eggs. It makes you wonder what else they are doing to produce more food and make it last longer in order to sell more food. It makes you wonder what all this contaminated food is actually doing to your body, doesn't it?

The third and most toxic form of food is processed food or anything canned, bagged, boxed, or "ready to eat" in under 5 minutes, including fast food. This is the longest lasting kind of food, and the kind of food with the longest lasting effects on you as well.

Just look on the label – there are chemicals galore! They use things like formaldehyde to keep things "fresh" for longer periods of time. Formaldehyde is a toxic chemical. It is lethal and poisonous and should never, ever be consumed.

They also increase the demand for food by making you addicted to it. Sugar is the most addictive substance known to man, right up there with amphetamine – and you will find it to be ingredient number one on just about every single processed food. Disguised, of course, as high fructose corn syrup, glucose, lactose, and many other names. Even if it doesn't sit as the first ingredient, all the different kinds of sugar in it would definitely add up to being the largest ingredient in that so-called food.



Either way, you're not even getting all the facts anyway. There are over 15,000 ingredients that do not have to be listed on labels. Guess what most of them are – toxins, addictive substances, and stuff I bet you wouldn't eat knowingly, if I paid you!

Processing, much like homogenization and pasteurization, actually subtracts nutrients from the food. So-called “enriched” foods are just chemically engineered and are, for most accounts, absolutely no good whatsoever. My research has led me to believe that these foods are stripped of all nutritional value, and other things are added only so “they” can get you to do what “they” want you to do – buy it, make “them” rich, and keep the rich in power.

There was a study done on three groups of mice. One group was only given vitamins, the next only vitamins and water, the third vitamins, water, and cereal. The group that was fed only vitamins lived for about one week. The group that was fed only vitamins and water lived for about a month. The group that was fed vitamins, water, and cereal died in three days of liver failure. I cannot find this study published anymore but if it is true, is this what so-called “enriched” food will do to us!

Diet soda is one of those things that I have found is just plain awful. For one, it contains artificial sweeteners, which are linked to migraines, depression, and obesity. Yep, diet soda may make you fat and depressed. For that matter, most diet foods may make you fat and depressed too. The funny thing is, the same companies that make artificial sweeteners are the same companies that sell anti-depressants and diet pills. Artificial



sweeteners may also cause diabetes. Go figure.

It gets even worse in food that is blind - like at fast food restaurants. Several major chains actually put MSG – mono sodium glutamate, a chemical flavor enhancer, in the food, on purpose, so that you become addicted to their food, hence depressed, and obese. Of course, MSG does other things to your body, such as messing with the chemical balance in your brain. It's just bad news. Please avoid fast food at all costs.

If man made it, don't eat it! This includes anything that was modified by man; because the only thing science does better than nature is make a profit. For that matter, if you wouldn't eat it, don't put it on your skin or in your environment – which I will get into next.

Toxins in our daily lives

Did you know the five most common ingredients in sun block are known to cause cancer? The very things they say you should use to prevent something, are more often than not, the precise reasons why you end up developing that disease.

In Africa, they spend all day in the sun – but skin cancer does not exist over there. Sun block also blocks out all the good sunshine, such as the rays that provide you with vitamin D. Sunshine is good for you. Just cover up a bit more when you go outside so that you don't get sunburn.

Would you drink sun block? No way! It's poisonous, right? Well, everything



you put on your skin is absorbed and goes straight into your blood stream. The same goes for bug repellent, lotion, make-up, deodorant, perfume, and even the detergent you wash your clothes in.

You wouldn't eat any of those things I just listed, would you? Of course not! They're poisonous, and in most instances, you would die almost instantly by ingesting them. So why are you giving these toxins the chance to get into your blood stream by putting them on your skin?

Some believe that deodorant causes cancer. Anything you put on your armpits goes straight into the lymphatic system, and is quite possibly the leading cause for breast cancer. The same goes for bug repellent, lotion, make-up, and perfume.

Laundry detergent and dryer sheets are a beast all their own. The chemicals in those are so unbelievably toxic. The chemicals in them are known to adversely affect the central nervous system, heart, blood vessels, lungs and kidneys. In addition, some people believe they cause cancer, bacterial mutations, reproductive, endocrine, and immune system disorders, and allergic reactions when the skin is later exposed to sunlight.

This is all just in the laundry detergent – let's not forget the process of making laundry detergent and what that releases into the air. Let's not forget dryer sheets and all the chemicals they have, and the fact that when you heat anything it accelerates dispersion of the toxins and makes them airborne. If you ever wondered why clothes irritate your skin – that's why!



And just like all those toxins that are festering in your colon, all the toxins you put on your skin are blocking absorption of good nutrients and excretion of bad toxins. You are supposed to sweat, sweating is a good thing – and your sweat is not supposed to smell. The only reason you have any body odor whatsoever is because of all the toxins in your body.

If you put a non-stick Teflon pan on your stove, turn on the burner, and leave it there for a while – it would kill a bird if it were to pass over it. While some may think of this as a convenient way of hunting, I prefer to think of it as a great way to kill ourselves over time.

All those chemicals in your carpet, paint, air fresheners, deodorizers, household cleaners – they're all toxic. They will all make you develop illness and allergies. They will all make you die before the typical age of 120. They will all just sit in your colon and prevent your body from being able to function properly.

Deodorizers are probably the worst of that group. They really don't get rid of odors, they just kill off your ability to smell them. Just like medicine, deodorizers are only covering up the symptoms, instead of treating the offending odor by cleaning it at the root cause.

The next toxins I will cover are the invisible offenders.

American medical science refuses to accept this fact – but medical practitioners in other countries have been using electromagnetic methods to treat and cure illness for thousands of years, safely and effectively. Yet



the FDA has outlawed this. Some believe that the FDA refuses to teach you about every way energy affects the body – because if you knew, you would no longer be sick, and you would no longer need them.

Microwaves change the energy emanation and frequency of everything you heat in them. The energetic makeup is changed. You are no longer eating food; you are eating pure toxic junk. This is believed to be proven with Kirlian photography.

Slightly less obvious are all the radio transmissions and satellite feeds. They go through walls, atmosphere, and oceans – of course they go through your body too. Their only limitation is the natural curvature of the Earth. Radio transmissions did not exist 20,000 years ago. Is our body capable of metabolizing and properly handling this energy?

Everything electronic that uses energy is making energy pass through your body too. Plants have been proven to grow more rapidly when classical music is played in the vicinity, and literally die to rap and metal. It's plain as day that energy affects you – because even sunlight is energy.

Television, and the negativity broadcast over them in particular, is toxic. Cell phones are toxic, not only for the energy they emanate, but also because they increase your stress levels. Driving also increases stress levels exponentially – and stress causes illness as well.

Stress makes your body release adrenaline, a chemical that takes a while for your body to metabolize. If you produce too much adrenaline for your body



to metabolize, then it will just stagnate in your body, and make you sick.

Please do not be overwhelmed by all of this. My point is that your body is overloaded with toxins and simply cannot handle anything more. You also need to know where all of your toxins are coming from so you can avoid them once you have gotten them out of your body. I'll get into that in the next chapter, but for now let's have a look at one more place your toxins are coming from.



Toxic medicine

Every action has an equal and opposite reaction. Every drug you take sets off a chain reaction in your body. Some believe that every drug has adverse side effects and that every drug causes illness. Absolutely nothing manufactured by man is 100% safe for human consumption. The only thing that science does better than nature is make a profit!

Studies show just in America, thousands of people die every year from taking prescription and non-prescription drugs in their recommended dosages. Vioxx alone contributed to the death of 27,785 people according to FDA estimates before it was taken off the market. Drugs absolutely, categorically, without a doubt, cause disease.

Drugs do not cure anything. They only mask the symptoms. Whatever is causing your symptoms is still causing the problem; you just don't notice it anymore. In some cases, you may even be allowing the cause to create a bigger problem, because you are stopping the body's natural defense mechanisms from fighting off the cause.

Remember, the only thing that can cure you is your body itself. There are absolutely things you can do to help your body cure itself, but they do not include putting unnatural chemicals into your body. These chemicals did not exist 20,000 years ago – your body is not made to digest them!

Some are convinced that the purpose of drugs is to make you ill. I believe the purpose of drugs is to make you need the medical industry. If you were



cured, you would not need them anymore, and that is bad for business. They have no financial motivation to want to cure you – I just wanted to make that absolutely clear.

In some cases, the drug you are taking to treat a symptom is what causes that very symptom. Headache medications can cause headaches. Your body develops a dependency on this chemical coming from an outside source, and stops fighting the cause.

All of that hard work to train your immune system is wasted when you take that quick fix. Your body tries to adapt to everything you do and ceasing the production of certain enzymes is certainly a lot easier than starting that production. Death is a much easier state to attain than life.

That is not the only reason why pills cause disease. Instead of releasing this chemical only where it is needed, the pills go through your entire body. Your natural defense mechanisms would not have done this, and they also would not have all the piggy backed chemicals that a drug contains.

Every drug you take sets off a chain reaction in your body, and you cannot predict what that pill will do to you. This includes all drugs; immunizations, ointments, medicated mouthwash, anti-fungal cream, acne treatments, birth control, dandruff shampoo, and so on.

I hope you see now why your body cannot handle anything more. Since the day you were born, you have been overloading your body with toxins.



For now, you are allergic to everything man-made. As I mentioned before, it's entirely possible that humanity will be able to metabolize all the toxins we are currently ingesting 20,000 years from now – but as it stands at this precise point in time, they will kill you.

I have shown you where all of your toxins are coming from, and why you cannot trust the people who are supposed to protect your health. You have lifted your head, rolled over, and crawled through the muck that is this toxic life. Now it is time to walk the walk, and live a healthy lifestyle.

The next chapter will cover all the very simple ways you can live a simple, healthy life. By no means does simple mean easy – rather, simple means basic. Going back to the way they lived life 20,000 years ago, the right way, the healthy way, is going to take a lot of work, especially initially. Do not be overwhelmed – just do what you can, as you can.



Chapter 4 – Curing Illness

Remember, you are not supposed to be sick a day in your life. The state of being sick is completely unnatural to the body. You are supposed to be balanced, your body in a state of homeostasis so that it can take care of everything you put your body through.

However, due to all of these toxins, obviously your body simply cannot handle anything more. So the first step is getting rid of the toxins. After that, you need to maintain a healthy lifestyle in order to minimize the toxins you ingest and periodically purge your body of toxins again – since some toxins are absolutely unavoidable, or impractical to completely eliminate from your life.

This is how you treat at the root and allow your body to heal itself. The sneezing, the coughing, the migraines, the cancer – they are all just symptoms. The root cause is the massive amount of toxic buildup in your body.

There are specialized remedies that you can use, depending on the specifics of your condition. However, you really should speak to a medical professional about that – specifically a practitioner who does not use drugs or surgery.

It is important to note that you cannot read a book and cure yourself. You



cannot be diagnosed and treated over the phone or Internet. You absolutely must see someone in person on a regular basis. Your car can't get a tune-up over the phone, right?

So who should you see? Well, for starters, a chiropractor is a good idea. Even if you are experiencing no pain, your spine may be out of alignment, causing undue stress on your muscles. Not to mention it may be disrupting your energy flow. So seeing a chiropractor on a fairly regular basis is a good idea.

One of the practitioners of the greatest benefit to offer you is an herbalist. Seeing a highly recommended herbalist allows you to be treated in a natural way, so that you can avoid the dangers of drugs. An herbalist will develop a program especially for you, and I really can't emphasize enough how much benefit this will provide.

Other key practitioners to look for include homeopathic and naturopathic, whose practices are based on using no drugs and no surgery to bring your body back to a natural balance. All of these practitioners will tell you how to change your lifestyle in order to improve your health, instead of instructing you to take two of these and call him in the morning.

Remember, the only shortcut for life is killing us. You absolutely, without a doubt, will need to change your lifestyle in order to become healthy. Pills are shortcuts, and all convenience comes with a price.

Now, let's have a look at what everyone can and should do to improve their



health, regardless of their ailment. These are the basic building blocks for a healthy lifestyle that everyone should use and practice.

Removing the toxic buildup

Removing all that toxic buildup in your body is going to be a multi-part process. Part of it is dietary, the other part of it is herbal. The rest is completely dependent on you, and your devotion to the program.

Remember, the food industry has you addicted to everything that is bad for you. It is going to take a significant amount of willpower to get through this lifestyle change.

In most cases, most people experience a significant decrease, and in some cases, complete elimination of their symptoms just by cleaning out the toxins in their body. Chances are, you probably have about five to 15 pounds of the “toxic stuff” in your body right now.

Also, remember, nothing happens overnight. Even if you were to clean out all of the toxins in your body right now, it may take several months for your body to heal itself. It took years and years for your body to develop the disease in the first place; it certainly will not go away overnight.

Many say to start with, you should do a series of 15 colonics in 30 days. This will eradicate most of the toxic waste that is simply sitting in your colon. The benefits of doing this are far reaching. Not only will you lose the 5 to 15 pounds that this waste weighs, but your depression, stress, anxiety, and fatigue are likely to completely go away.



You should also do a complete colon cleanse, liver and gallbladder cleanse, kidney and bladder cleanse, heavy metal cleanse, parasite cleanse, Candida cleanse, and a full body fat lymphatic cleanse. This will take care of most of the toxins the colonics couldn't.

These are all dietary plans along with herbal supplements, and should not be done without the supervision of a licensed health professional. These are also the absolute backbone to good health. Over the course of your life you have allowed a lot of toxins to build up and infiltrate your entire body – so you must work to clean out every part of your body.

For example, if you have ever taken an antibiotic even once in your life, you may have a Candida yeast overgrowth. Despite conclusive findings in 1969 that Candida can and will spread throughout your entire system, causing a wide array of illness that will only be exacerbated with antibiotics, conventional medicine practitioners still refuse to accept and recognize this as fact.

Among the most common symptoms of Candida are both airborne and food allergies, anxiety and depression, chronic fatigue, and confusion and/or memory problems. Eye irritations, earache, fungal infections, gastrointestinal problems, headache, heart palpitations, and hives can also be associated with Candida. In addition, hyperactivity, irritability and mood swings, as well as increased susceptibility to the affects of alcohol have been blamed on Candida. Candida yeast overgrowth is also thought to cause a loss of libido, oral and/or vaginal thrush, vaginitis, and painful



premenstrual syndrome. Finally, respiratory problems, sexual dysfunctions, skin problems, edema, and sleeping problems could arise due to Candida yeast overgrowth.

The above-mentioned cleanses are important and can dramatically reduce if not completely eliminate most if not all of the symptoms you may now be experiencing.

The next thing you must do to eliminate all toxins from your body is drink eight glasses of pure water every day. Remember, all tap water is poisonous, and is loaded with chlorine and chlorine byproducts. Chlorine may scar your arteries and, along with hydrogenated oil in homogenized dairy products, causes heart disease.

Being properly hydrated helps your body to expel toxins through your sweat. Being dehydrated causes just as many, if not more problems than a Candida yeast overgrowth. You must filter not only the water that you drink, but also the water that you shower in. Some water filtration systems are definitely better than others so be sure to do your homework before investing in one.

Proper exercise will also eliminate toxins from your body. In the most simplistic terms, there are seven kinds of exercise, each with its own very specific benefits in addition to making you sweat, which helps you expel toxins.

Slow rhythmic movement, such as walking, is probably the most important



form of exercise you can do. The human body is designed to walk; you are designed to walk for long distances and long periods of time.

Walking decreases stress, as opposed to driving, which exponentially increases stress, and has a profound effect on your state of mind and happiness. The lack of walking causes your body's ability to expel toxins to become slow and sluggish. Your body is designed to walk; walking is free and offers multiple health benefits.

Stretching is also highly beneficial to your health. If you are outside of society living in a natural setting, your daily activities would provide the stretching you're supposed to receive. However, you are not, and by not stretching you are allowing toxins to accumulate in your body.

Another beneficial form is posture exercise, the most common form of which is yoga. Not all yoga is posture based; some yoga techniques are fluid and movement oriented. However posture exercises are well known for their benefits of opening the natural energy channels in the body and stimulating internal organs.

“With air” exercise, or aerobic exercise, is any form of exercise where you are breathing heavily, but can still hold a conversation. Aerobic exercise stimulates blood flow through the body, oxygenates your cells, and speeds the elimination of toxins.

Any form of exercise where you are breathing so hard you can barely talk is anaerobic exercise. Anaerobic exercise puts every cell in your body at risk



because of the lack of oxygen, and throws your body into survival mode. This is actually beneficial, and is very useful in “reprogramming the body” to increase the elimination of toxins and stop any cellular activity that was abnormal.

Jumping on a mini trampoline, or rebounder, has been shown to stimulate and strengthen every cell in the body. This is called cellular exercise, and dramatically increases the movement in the lymphatic system, stimulates every cell's ability to eliminate toxins, and increases the strength and vitality of every cell in the body.

The only unnatural and thus unhealthy form of exercise is resistance exercise. Chimpanzees are eight times stronger than a man, yet do not lift weights. It may make you look better; however it does not address the strength of muscles, ligaments, and tendons that do not have any aesthetic value. This can create an imbalance, and also reduces flexibility. Nonetheless, doing any form of exercise is better than none.

At a minimum, you should use a rebounder, walk one hour a day, and stretch the muscles and tendons in your body. Or, quite simply, do as they did 20,000 years ago – jump up and down to get coconuts, take them back to camp, and then help a new family build their hut.

You should also practice deep breathing. Deep breathing every day stimulates the immune system, increases metabolism, reduces stress, and oxygenates the body. Most people are oxygen deficient, allowing disease to thrive in their body. Most diseases cannot survive in an oxygen rich



environment – and breathing is yet another way that your body eliminates toxins.

Other ways to eliminate toxins from your body include sweating in a regular dry or infrared sauna, giving yourself a dry brush massage daily to exfoliate the skin and allow toxins to come out, and getting a full body Swedish or deep tissue massage on a regular basis. None of these are absolutely necessary, but are definitely great ways to help your body eliminate toxins.

Martial arts also provide a great deal of health benefits, most specifically tai chi and Chi Kung. Almost any form of tai chi has its benefits, but don't expect to experience the real thing until you go to a Shaolin temple and learn from a Shaolin Monk. Mainly these practices focus on enabling the energy channels in your body to do their job, which can provide many benefits.



Last but not least, you should do a seven to thirty day fast and get specialized treatments as needed. Obviously, you should do that fast under the care and supervision of a licensed health care professional.

Once again, do not be overwhelmed. Just integrate these into your life as you are capable and feel comfortable. However, I personally recommend you should definitely start with the colonics, and various cleanses that I mentioned – and take care of your water and exercise regimen as soon as possible after that.

All of this just covers getting the toxins out of your body to begin with. Once you have gotten the toxins out of your body, you are going to have to maintain that lifestyle and continue to prevent toxins from getting into your body. Please do not be overwhelmed, once again, just take this at your own pace.

Living a non-toxic lifestyle

In order to prevent the return of all those symptoms, now that you have cleansed your body – you have to stop consuming toxins. Remember, you are a fine-tuned, trained since birth, suicide consumerist machine. This is not going to be easy, and will change a lot of what you do every day.

First of all, do not eat any food that is produced or sold by a major publicly traded corporation as a “brand name” product: Food processing on massive scales does terrible things to the food and your body, and let’s not forget the 15,000 regularly added ingredients that never have to be listed on the label.



If you absolutely have to buy something in a box, jar, can, or packages, get something made by hand in a very small facility, or “100% organic.” Do not be deceived by the words “all natural,” “fat free,” “sugar free,” “low carbohydrate,” light, healthy, or anything of the like. The food industry has lobbied so that these words can be put on almost anything – in fact they're trying to do the same thing with organic.

This especially includes canned and bottled juice. The pasteurization process makes the juice toxic, and then the further processing only concentrates the toxins. Only drink 100% fresh organic juice, preferably straight from the tree in your back yard to your juicer.

Food bars and diet or protein shakes fall into this category as well. These are just chemicals put together; there's nothing natural about them. If you happen across all-raw organic food bars, be sure to read the ingredient list, but they should be okay. It's also a good idea to make your own beer and wine, if at all possible.

You should do your best to eat only 100% organic food, and never eat at fast food restaurants. Fast food is designed to increase your appetite, cause you to be chemically addicted, and is constructed for the sole purpose of making money and making you obese. Fast food is not even food the way we should be thinking about it – avoid it at all costs.

You should also avoid aspartame, monosodium glutamate, and all artificial sweeteners. These are all chemicals that do all kinds of



unpredictable things to your body; Aspartame and monosodium glutamate are both classified as excitotoxins, and are responsible for headaches, memory loss, hyperactivity in children, and seizure disorders.

Instead, use raw organic honey, organic raw evaporated sugarcane juice, or the herb stevia to sweeten your food. High fructose corn syrup and other sugars should be avoided in general – they only serve to make you fat, and fat people eat more food. Again I will say “The only thing science does better than nature is make a profit” – and all those man-made sweeteners are not good for your body!

Diet sodas also use a great deal of artificial sweeteners, but that is not the only reason they should be avoided. They have been called the “new crack” because diet sodas are so addicting – and some feel that they will actually make you fat and depressed. If you must indulge in a soda, at worst drink a regular soda, or get an organic soda.

What you read on the nutrition “facts” is not what it will actually do to your body – fewer calories does not necessarily equate less useless buildup in your body. Also keep in mind, all carbonated drinks block calcium absorption.

Speaking of calcium, stop consuming homogenized and pasteurized dairy products. Milk and cheese from a genetically modified cow given antibiotic and growth hormone injections is not good for you. Remember, this same cow is never allowed to roam and is fed chemically laced growth enhancing feed consisting of its own brothers and sisters, and then homogenized and



pasteurized. This is obviously just plain not good for you.

However, don't replace butter with margarine – the hydrogenated oil is even worse. Hydrogenated oil is classified as a trans-fat, and not only scars your arteries, causing heart disease, but also does a number on your liver, spleen, intestine, kidneys, and gallbladder, causing them to operate much less efficiently.

The bad news is, hydrogenated oil is in many products that you buy – from peanut butter to baked goods and more. The only way you can truly avoid hydrogenated oil is if you shop at a health food store and read the ingredient lists. You will certainly be able to find many perfectly good, maybe even better, substitutes for the products you currently use.

Obviously, since the dairy products from those cows aren't healthy for you – then you should not eat those cows. Only eat kosher and organic meat and poultry. This is one of those things that you won't notice the difference until you go to eat the “regular” meat again. Most people report being instantly ill after eating only kosher organic meat for a period of time and then taking just one bite of "traditional meat."

Other meats you should avoid are pork, farm raised fish, and shellfish. Pigs eat everything in their path, including their own feces. Everything they eat becomes meat on their bones, and if you eat the meat, you are eating everything they ate – which was everything in their path.



Fish farms are practically pig pens too. High concentrations of fish mean high concentrations of fish excrement, fish disease, and general fish toxins. Even if the fish is wild, you still should stay away from anything that does not have fins and scales – this includes all shellfish, squid, eel, catfish, and shark.

Reason being, fish with scales and fins do not absorb toxins as readily as fish that do not have scales and fins. It's interesting to note this is one of the kosher laws too – do you think they may have been on to something?

At this point you are definitely nutritionally deficient, but don't go out buying up every vitamin and multivitamin that you can. Most companies selling vitamins are only doing so to make money, and so they use the cheapest vitamin grade they can possibly get their hands on. In addition, they are not even made in a way that your body can use effectively, since they lack the enzymes and cofactors necessary for properly metabolizing the nutrients.

The best way to get your vitamins is by juicing or getting whole food supplements, which are organically grown fruits and vegetables concentrated into a tablet form. This ensures that you receive the proper nutrition in the proportion nature intended, with the proper enzymes necessary for your body to actually make proper use of the nutrients.

The only thing that science does better than nature is make a profit – because a good chunk of nature is not understood by science! Up to 30% of a plant's composition cannot be defined by science. Don't leave it up to



chance; get your nutrition the way nature intended.

White processed sugar and white processed flour should be avoided as well. They come from plants that have been chemically altered and treated during the growing process, then stripped of all its natural fiber and nutrients. Real unprocessed, evaporated, raw cane juice should be used instead of white processed sugar, and, of course, organic whole grain flour instead of white flour.

If you wouldn't eat it, don't put it on your skin. Everything you put on the largest organ of your body – your skin – absolutely without a doubt gets absorbed into your body. If you wouldn't eat your sunscreen, bug repellent, makeup, lotion, shampoo, deodorant, or topical medicinal cream, then don't put it on your skin.

If you have any metal in your dental work, you absolutely must go see a holistic dentist and have the metal taken out. Simply taking out the metal in dental work, for many people, is the natural cure to all their symptoms. Think back to when your ailments began.

You should also use only 100% organic and natural cleaning supplies – including laundry detergent, dryer sheets, and however you intend on cleaning your floors and toilets. The cleaning products that you currently use actually inhibit your immune system as you inhale the fumes. You should also avoid dry cleaning, since the toxic chemicals used on your clothes will get on your skin and thus into your bloodstream.



Getting an air purifier is definitely a good idea, especially if you have ever used air fresheners or air conditioning. Both air fresheners and air conditioning are toxic poisons. Even decreasing the amount of exposure you have to air conditioning will dramatically decrease the number of colds and bouts of flu you come down with.

If you don't believe the air you breathe in your own home to be polluted and toxic, just look at an air filter or old fan. It's also a good idea to get a good vacuum cleaner with a hepa filter. To scent your home, use 100% organic essential oils.

Of course, you should stop smoking too. That much is pretty obvious. Look for natural ways to do this, without adding more toxic chemicals to your body.

Hot tubs, steam rooms, and swimming pools with tap water and chlorine should be avoided as well. Remember, chlorine scars the arteries and causes heart disease, and would kill you almost instantly if you ever drank it.

Last but not least, replace all your fluorescent lights with full spectrum lighting. Fluorescent lighting makes you tired and weakens your immune system, but full spectrum lighting is very close to natural sunlight – and obviously doesn't have the same side effects as fluorescent lights.

Once again, do not be overwhelmed. Just do what you can, as you can. Certainly minimizing the toxins that you put into your body is better than



just letting them continue to run rampant throughout your system.

Nevertheless, I'll make all of this really simple and easy for you to remember – just do everything the way they did 20,000 years ago. They didn't have homogenization, chlorine, air conditioning, food processing, and growth hormones back then. Your body is not designed to handle these things, so don't put your body through that torture!

Basically everything that you have called food up until now has been so stripped of all its nutritional value, and loaded with junk that blocks the absorption of nutrients, that you almost definitely have a nutritional deficiency. So now we're going to work on rectifying all those nutritional deficiencies.

Regaining proper nutritional balance

In order to get your body back into a state of homeostasis and capable of handling everything modern society throws at it, you have to eat real food. Food that actually provides nutrition and you will also need to supplement that diet with vitamins. Some foods are definitely more important than others, and, of course, some vitamins are definitely better than others.

You don't have to be a vegetarian in order to be healthy – but eating plenty of raw, organic fruits and vegetables every day will definitely help. If you were to change nothing about your diet and just add two large salads and four pieces of fresh fruit every day, many medical conditions would disappear. This is the ideal of course, but cooked non-organic fruits and



vegetables are better than none at all.

Our food supply today is virtually stripped of all nutritional value, so to get the most possible benefit that you can from today's food, it's a good idea to get a juice machine and use it. Drinking three to four glasses of fresh fruit juice gives your body not only the vital nutrition it needs, but also the enzymes and cofactors necessary to help your body properly metabolize those nutrients in the amount nature intended.

As previously mentioned, your fruit juice ideally should be made from fresh organic fruit picked from a tree that very day in your own back yard. At the very least, you should make your juice with fresh organic fruit from your local whole foods market.

There are some juices sold internationally that are very difficult, if not impossible to make on your own. The juices you should definitely look into getting – in the bottle, at your whole foods store – are noni, goji, mangosteen, aloe vera, and acai berry. Even though these must be pasteurized in the U.S., the positives definitely far outweigh the negatives.

Get your nuts and seeds raw – that means uncooked. That means you should stay away from roasted and salted nuts and seeds. Preferably, they should also still be in the shell, since they retain more nutritional value that way.

By the way, here's another news flash – sunshine is still good for you. The sun helps plants grow every single day, and that same energy is just as vital



to your growth. Don't use sun block, and if at all possible, don't wear sunglasses either. When the sun enters through the eyes, it stimulates energy throughout the entire body.

Daily exposure to the sun reduces depression and bolsters your immune system. Some say you should get about twenty minutes of sunshine daily, some say a minimum of thirty minutes per day is necessary. I say, just go outside for your daily walk and you should be fine. Usually, I walk to a local market every day to buy a couple of the freshest organic fruits and vegetables – it's a great way to get three birds with one stone.

Of course, as they say, an apple a day does, in fact, keep the doctor away. Especially, if that apple is organic. Apples actually are a super food. If you're trying to avoid sugar, the best option for your daily doctor keep-away would be a green apple.

Raw organic honey, bee propolis, royal jelly, and bee pollen should also be added to your diet. Royal jelly, for example, has the highest amount of components that cannot be defined, let alone replicated, by science – but all of them are highly nutritious.

Keep in mind, just because science can't understand it, that doesn't mean your body doesn't need it. Eating food in its most natural raw state is highly important, and bee products in particular are some of the most nutritious and healing foods on the planet.

You should also take coral calcium, all-natural Vitamin E, liquid colloidal



minerals, omega-3 supplements, and a whole food supplement daily. You might also want to take digestive enzymes. It has been shown that, due to use of antibiotics, nonprescription and prescription drugs, and the chlorinated and fluoridated water, you are very likely to have a diminished amount of digestive enzymes in your system. This slows down your metabolism and decreases your ability to process and get rid of toxins, and leads to problems such as acid reflux, indigestion, constipation, heart burn, gas, and bloating.

Some people also swear by an oxygen water cooler to help with their oxygen deficiency due to not breathing deeply enough. However, do not buy oxygen water at the store – by the time it reaches you, the oxygen is already gone. Having water oxygenated on location provides the maximum benefit.

Organic sea salt is also far better for you than toxic table salt – which just builds up in your system, blocking your ability to absorb nutrients. Just switching to sea salt is one of the many ways that can help you expel all those excess toxins and lose anywhere from five to fifteen pounds.

You should also replace all your regular chocolate with organic dark chocolate. Some of the ingredients in standard, processed, mass manufactured chocolate are definitely bad for you, so when you are craving something sweet, look for an organic dark chocolate alternative.

Last but not least, eat snacks. Not junk food either, but organic raw celery, organic raw nuts and seeds, organic chicken salad, organic raw fruits, or a glass of freshly made organic fruit or vegetable juice. The idea is to not go



hungry.

This will not only speed your metabolism, but will increase your ability to consume your necessary daily nutrients. Treat your body like a wood stove. If you give it little bits of wood from time to time, it will stay lit – instead of loading the entire stock in it all at once, extinguishing the fire.

Also, keep in mind, if you have grown extremely hungry, your fire has already gone out. Eat a small light meal to get your metabolism going again, or better yet eat slowly. Your body’s “full” meter is actually time-based, not mass based. In other words, the average person is full about one half hour after they consumed their first bite, not, for example, because they ate one pound of food.

Many diseases have been linked to nutritional deficiencies. When you are nutritionally deficient, your organs degrade, and your body is eventually not as capable at metabolizing anything at all – much less the toxins you have been consuming all this time.

“They” want you to believe that drugs are the end-all be-all cure to disease. Well the simple truth of it is, disease is not caused by a lack of drugs – disease is caused by your lifestyle, the lack of nutrients you are consuming, and the massive over-attack of toxins you are replacing those vital nutrients with.

The last two areas where you can and should reduce the toxins you are consuming are the invisible invaders. These include electromagnetic chaos



and stress. I realize you may be a bit skeptical, but please don't believe a word I say on these topics. Prove it for yourself, if even only for a few days.

Neutralizing electromagnetic chaos

The bad electromagnetic energy around you is definitely something that you absolutely cannot avoid, however you can work to neutralize or at least minimize these invisible toxins. Remember, your body is made of energy; everything is made of energy – electromagnetic energy can, will, and does affect you.

Modern science knows this, yet modern medicine doesn't even want to touch the idea. Remember, "only a drug can treat or cure a disease," and energy frequencies cannot be patented – so energy frequencies are not worth the expense of going through the FDA screening process to become a drug.

Due to that fact alone that modern medicine won't even look at energy as a positive thing for the body, they obviously won't look at it as a negative. Some believe that all they know how to do is prescribe drugs and cut up anatomy. They don't care why you're in their office – they just want to figure out what drugs they can give you and what part of your anatomy they can cut off to make you smile, pay them, go away, and then come back again.

This has become so widespread, that all of society just wants that quick fix. I will bet you were looking at all the things you need to change in order to



live a healthy lifestyle and thinking, “gee, isn’t there an easier way?” No, there isn’t. The only shortcut for life is killing ourselves.

Almost everything that you use today is wreaking electromagnetic havoc on your body – even things you don’t use! Satellites, high tension power lines, computers (especially laptop computers), cell phones, GPS systems in cars, wireless telephones, remote controls, high definition TVs – and now they are working on wireless electricity.

Science cannot technically explain how all these wireless things work, how all these gadgets send signals through walls, millions of humans, and billions of miles, yet still come across clear on the receiving end. This technology is nothing short of trial and error. All the while, this technology has been a major source of concern to some regarding cancer causes.

Of course it’s not entirely possible to completely eliminate some of these devices from your life, but at least try to minimize their use. You can also obtain devices that neutralize the electromagnetic energy around you. They come in pendant form or can be placed in your home, pocket, or purse very easily. They are also inexpensive and, some believe, quite effective.

Also, don’t eat irradiated and microwave food. It’s just not natural! Of course it can be very difficult knowing what food has been irradiated and what hasn’t, since some farmers will contract bee keepers to pollinate their crops, and some bee keepers irradiate their bees to keep them healthy after pollinating a farm treated with pesticides.



However, you can certainly just get rid of that microwave and fix half of the issue right off the bat. Microwave food is not the same as its original counterpart – the energetic makeup is completely altered. In addition, microwaves also leak that toxic energy when in use. So just do yourself a favor and get rid of it altogether.

Televisions are pretty hectic on your energy as well. High definition televisions especially – they emit such powerful energy that they have wiped out entire computer networks just by being turned on. The images on television also cause stress – but that isn't the main reason why you should avoid television as much as you can.

I mentioned before that the marketing industry knows something you don't – you will buy their product after 21 instances of exposure to their message. Cigarettes used to be advertised on television, but the ads were pulled because they were proven to be too effective.

Don't let the drug and food companies continue to brainwash and teach you exactly how to be their finely-tuned, trained since birth, consumerist suicide machine. Do your best to expose yourself as little as possible to their deceitful messages.

Other household items you should avoid are electric tumble dryers. Go to a laundromat and see how you feel after standing in front of the dryers for a little while. Negative ions are good for the body, but these things emit such huge amounts of positive ions – causing you to be depressed, fatigued, and anxious.



The clothes coming out of these tumble dryers end up being charged the same way too. You will actually feel so much better if you dry all your clothes on a line instead of in your dryer – but please, don't believe me. Prove it for yourself.

Colors affect energy as well. Simply wearing white will improve your mood – and while this may be impractical in many situations, just do it around the house and see how you feel. Change up your wardrobe a bit. Even wearing items that are close to white will help.

Here again I'm going to revert to the great wisdom and knowledge of ancient civilizations. Feng Shui would definitely be a very good idea to use in your home and office, as it allows energy to flow more freely. Use living plants as well, which will help balance energy, add oxygen to the air, and create life-enhancing negative ions.

Last but not least, use magnets to enhance the Earth's natural magnetic force. At one time, the Earth had a magnetic level (gauss) of 4.0 – today, it is .04. In order to get the same effect they had 20,000 years ago, sleep on a magnetic mattress pad and use magnetic finger and toe rings when you sleep as well.

If at all possible, move somewhere very far away from power plants, power grids, and anywhere satellite transmissions would be frequent – such as military and government grounds, large cities, and so forth. Of course you don't have to do this, but it definitely couldn't hurt.



You may have never heard of any of these techniques, or even about the simple fact that energy can, will, and does affect you. However, I very much doubt you would be reading this if modern medicine had taken care of you properly. The definition of insanity is doing the same thing over and over and expecting a different result. If you want to be healthy, you just might have to think outside the box.

That being said, let us move on to the final element to your new healthy lifestyle – reducing and living without stress. Stress is such a big factor of your health that it deserves an entire section all of its own. It truly is that important!

Reducing Stress

Stress absolutely can, will, and does affect your body – every cell in your body, in fact. A good friend of mine, at 21, had a heart attack due to stress. It wasn't cholesterol, his heart wasn't weak; it was all just stress.

Around the world, health-care practitioners have cured disease just by helping their patients reduce stress – diseases such as cancer. Even in the literature of modern medicine, 40% of all patients cure themselves with just their thoughts; all just because they took a placebo.

They say laughter is the best medicine – and with good reason. It is! In a book called “The Anatomy of an Illness,” there is a story of a man diagnosed with cancer, who, after given 6 months to live, cured his cancer just by



laughing it away. Laugh more; it will do you a great deal of good. Children laugh 10,000 times per week, adults average only 5 times per week – you have a lot of catching up to do!

Smile more too. The simple physical act of smiling bolsters the immune system and releases endorphins from the brain, making you feel better. It also changes the energetic field around you, as proven with Kirlian photography.

Then after you smile, give and get hugs. Think on this. Babies given all the nutrition they need but not having any physical contact with other humans grow less, cry more, and are much more susceptible to disease. Some even border on death. Hugging strengthens the immune system, and of course, just plain feels good.

Since thoughts affect the mind and body so much, words most certainly do as well, since these are the projection of your thoughts. Use powerful, positive words, even affirmations, and choose your words carefully.

Then when it is all said and done, get a full eight hours of restful sleep. The best time for this is around 10pm until 6am, since hormones that heal the body are only released during this time, and only if you are sleeping. You should also take time to rest from Friday sundown to Saturday sundown, since it is believed the moon cycles are in position to promote healing and rejuvenation in the body. Schedule this time just for yourself, to do the things you find relaxing and joyous.



Make it a habit to be kind and perhaps even generous to everyone you meet and commit random and reckless acts of kindness. Be thankful for every day and every gift you have been blessed with. Also, being lighthearted has taken thousands of people past their hundredth birthday – the centurion credo, “you have to care, but not that much.”

Having sex promotes health as well – and they certainly had that 20,000 years ago! Listen to nice music, the kind of music that would promote growth in plants, such as classical. Generally the idea is to promote a positive mood as much as possible. Get a pet, dance and sing, cook, plant a garden, and don't eat past 7pm. In addition, get out of debt, write down your goals on white paper with a blue pen, and find your life's purpose. Seriously, just knowing what you want out of life and striving for it can be very uplifting.

Use aromatherapy essential oils to scent your home. Certain smells evoke certain chemical responses in the body, and you should well know the lasting power of scent and memory. Scents definitely affect your wellbeing, and aromatherapy is designed specifically to promote your wellbeing.

You can also use stress reducing CDs with specially created music and phrases designed to create well-being and calm within your body. These are excellent for an afternoon fifteen-minute break, which you should also take time for every day. Alphabiotics also reduce stress, help clarity of thought, and reduce muscle tension and pain. An inversion table can be useful, and a range of motion machine.



Foot orthotics help your posture and reduce foot pain, which in turn reduces stress and opens up your energy channels. You can also use a specific kind of deep-tissue massage, called rolfing, which is a fifteen week program designed to improve posture, balance, and integrate your entire body for overall wellbeing.

Of course, with all this hard work to improve your stress levels, you wouldn't want to undo all of that. Try not to speak on a cell phone that much, and do your best to drive less. For that matter, absolutely do not drive and speak on the cell phone at the same time.

Don't read the newspaper or watch the news – you know it is all negativity, and that it will create worry and stress. Besides, who can you really believe anyway? And how pertinent is it to your life, really? Just 30 minutes of a news broadcast will have so many detrimental effects on your health that it's just not worth it.

Last but not least, stop using that jarring, loud, and systemically shocking alarm clock. Find one that starts off soft and gradually increases the volume of lovely gentle tones in order to wake you up, or one that gradually increases the brightness in your room. It is important to wake up gently and slowly.

Congratulations, you now have an excellent first aid kit to cure virtually everything that ails you the natural way, the way they did it 20,000 years ago. Again, do not be overwhelmed. Just do what you can, as you can – and even if you were to just utilize one of these techniques, you would definitely



experience a measurable difference.

Your symptoms took years to develop, so you will not experience a miraculous overnight cure. In addition, your symptoms may not be the result of just one toxin – it may be a combination of many things. For this reason, it is definitely recommended that you speak to a homeopathic practitioner and utilize as many methods as you can integrate into your life.

Finding a good homeopathic practitioner can be difficult, however, even risky. So, do your homework and ask for referrals. Be smart about your health. And don't take my advice or anyone's at face value. Prove it for yourself!



Chapter 5 – Being Smart About Your Health

You're not showing symptoms because you lack drugs. You're showing symptoms because your body is just plain overloaded with toxins and can't handle anymore. You are showing symptoms because of your lifestyle.

A good doctor will tell you how to change your lifestyle in order to be healthy – and it shouldn't include making sure you have a pill bottle with you at all times. Unfortunately, for some people, their illness has gone beyond the point of no return; natural healthy living will not bring them back to normal, and so they must be treated by emergency practitioners – a.k.a. the “traditional” doctor.

If you're not past the point of no return, then the only way to prevent yourself from reaching that point is to live a natural healthy lifestyle, under the care of a naturopathic practitioner. This includes those who suffer from diabetes, herpes, AIDS, allergies, cancer, and other so-called incurable diseases.

Granted, some natural remedies don't do a darned thing for the patient. In fact, some are downright deadly, sold by crooks even worse than so-called “traditional” doctors – since they are knowingly poisoning you. For these reasons, you need to be very smart about the choices you make toward improving your health.



You have to get out of that victim mentality. You have to take responsibility for your health. You are responsible for finding the cause of your disease. You are responsible for seeking out and researching the answers. It is your responsibility to ensure that you are healthy. Not your doctor's, but they can certainly help you research and seek out the correct answers.

An excellent place to start your search for reputable, honest homeopathic practitioners and natural remedies is at your local whole foods market. Ask who they recommend, and what distributors have the best proportions of ingredients toward bettering your particular set of symptoms.

The people who own and work at organic, whole foods markets are often surprisingly knowledgeable. They have been living a natural, healthy lifestyle, and cared for it so much that they opened their own store so they could help others reap the benefits of such a lifestyle. All vendors of natural products are good places to start – even your local essential oil aromatherapy candle maker.

You can also look in the yellow pages for natural path practitioners – those who do not use drugs, but are capable of advertising their services. You can look under naturopath, chiropractor, massage therapist, colon therapist, oriental medicine, homeopathy, acupuncture, and holistic medicine.

Next, don't believe a word they say at face value. Get multiple opinions, see multiple practitioners, and ask for references. Think about it this way. If you owned a business, and were seeking to employ this person, would you do any less?



Well, you own your body, and you're seeking to employ this person to help cure you. Just because they spent years in school to do what they do, that doesn't mean they are an absolute expert, much less honest!

Remember, nobody actually knows everything about nature and how the body works. Some people are just more educated than others, and so have a better idea. A doctor's opinion is just exactly that, an opinion, and should not be regarded more highly than any other educated opinion.

Once you have found one good naturopathic practitioner, the rest is easy. Just ask your trusted practitioner for recommendations – but don't just follow them blindly. Keep your wits about you, and always remain attentive, alert, and smart about your health.

I personally wish you the best of luck and best of health to you and yours. Keep that head of yours screwed on straight and you will do just fine.



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